

October 2024

Heritage

747 E Riverside Dr, St. George UT 84790 | (801) 372-3434



BOYS & GIRLS CLUBS
OF SOUTHERN UTAH

The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our Social Emotional Learning focus this month is "Having a Positive Attitude, Practicing positive Actions, Pre-Survey, Choices & Consequences & Physical Health Positive Actions"

Happy
Birthday



To all our October Birthdays

UPCOMING EVENTS

CLUB CLOSED

Thursday 17th
Friday 18th
Monday 21st
Thursday 24th
Friday 25th



Get To Know



Hello! I'm Sydney Hansen, the new Site Coordinator at Heritage. This is my 3rd year working for Boys & Girls Club. I really love the outdoors and traveling. I'm also currently studying Marketing at Utah Tech.

CONTACT INFORMATION

Site Coordinator
Phone: (801) 372-3434
Email: Heritage@bgcuath.org

PARENT RESOURCES

[Parent Handbook](#)
[Membership Handbook](#)

Power Hour

M-THU 4:55pm-5:20pm

In Project Learn our goal is to help members reach their reading minutes, as well as give students opportunities to finish homework and receive help.

STEM Labs

Fridays during 'Rotations'

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering and math can be used in everyday life.

Enrichment

K-2nd: Tuesday/Thursday 4:15-4:50pm
3rd-5th: Monday/Wednesday
4:15pm-4:50pm

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

Social Emotional Learning (Prevention & Behavior)

K-2nd: Monday/Wednesday
4:15pm-4:50pm
3rd-5th: Tuesday/Thursday 4:15-4:50pm

Social Emotional Learning curriculum provide members with important social-emotional skills that can help them throughout life.



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Utah State Board of Education



Heritage Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Health Positive Actions		1 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 21 "Feeling Good About Your Body and Your Mind" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	2 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 25 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	3 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 22 "What your Body Needs to Thrive" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	4 STEM CLUB Rotations SMART Moves
Taking Care of our Bodies	7 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 28 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	8 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 23 "What to Eat" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	9 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 31 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	10 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 28 "The Power to Move and Groove" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	11 STEM CLUB Rotations SMART Moves
Protecting our Bodies	14 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 33 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	15 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 29 "Beware of the Burn" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	16 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 36 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	17 SCHOOL CLOSED	18 SCHOOL CLOSED
Improving our Intellectual Health	21 SCHOOL CLOSED	22 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 31 "Thinking Big" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	23 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 39 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	24 Sorry - We're CLOSED	25 Sorry - We're CLOSED
Thinking Outside the Box	28 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 42 "Managing Yourself Using Social/Emotional Positive Actions" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	29 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 34 "Make it New Again" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	30 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 43 "Managing Yourself Using Social/Emotional Positive Actions" Clubs: 3rd-5th: Games Club or Texture Art Club Project Learn	31 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 38 "When it Absolutely Counts" Clubs: K-2nd: Games Club or Texture Art Club Project Learn	1

Daily Schedule

Monday-Thursday

- 3:30pm-3:40pm: Check In
- 3:40pm-3:55pm: Snack/Brain Break
- 4:05pm-4:15pm: Circle Up
- 4:15pm-4:50pm: Social Emotional Learning/Clubs
- 4:55pm-5:25pm: Project Learn
- 5:30pm- Check out & Pm Snack

Friday

- 12:00pm-12:10pm: Check In
- 12:10pm-12:35pm: Snack/Brain Break
- 12:45pm-1:00pm: Circle Up
- 1:00pm-1:40pm: SMART Moves
- 1:50pm-3:50pm: Rotations
- 4:00pm-4:20pm: Snack
- 4:25pm-4:45pm: Team Building
- 4:50pm-5:20pm: Gratitude
- 5:30pm- Check out & Pm Snack

Contact Info

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October Club & Activity Details

Message to Parents:

Hello Parents and Welcome to the month of October at Boys and Girls Club! We are so excited for the fun activities we have planned for this month! Please be sure to look over the calendar and newsletter and reach out with any questions!

Social Emotional Learning

Positive Action- Social Emotional Learning curriculum is an evidence based program that is integrated in afterschool activities to build a positive environment throughout the program -an environment that encourages students to do their best and be their best. Positive Action teaches real-life concepts that help students feel good about themselves. The October theme is **“Physical Health Positive Actions, Taking Care of our Bodies, Protecting our Bodies, Improving our Intellectual Health, and Thinking Outside the Box.”** k-2nd: Tuesday/Thursday & 3rd-5th: Monday/Wednesday

SMART Moves- This is a Social Emotional Learning curriculum that utilizes actions and activities to identify club members emotions and feelings, and gives them choices to express them appropriately.

Academic Support

Project Learn - The main focus of power hour will be to help youth complete homework assignments, read, and have help with their work. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home. This takes place Monday-Thursdays 4:55pm - 5:25pm.

Clubs and More

STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

Enrichment Clubs- k-2nd: Monday/Wednesday & 3rd-5th: Tuesday/Thursday

Games Club- This Club will introduce members to a variety of new, fun and creative, exercise games that help them with their physical fitness, coordination, and teamwork skills. Some games will include fitness simon says and musical dots.

Texture Art Club- Club members will learn how to use different materials like paper and paint to create fun and interesting surfaces in their artwork. They will explore different techniques like layering and stamping, to make their art feel bumpy, smooth, rough, or soft. By experimenting with textures, they will develop their creativity to express their ideas in new ways. Club members will have fun making unique masterpieces.

