

October 2024

# Independence

636 Independence Ave Provo UT 84601 | 801-372-5839



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

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 Self Awareness

Happy Birthday



2 - Brianna  
16 - Tony

### UPCOMING EVENTS

- 2 - Boys Home vs Maesar Prep
- 14 - Boys Away @ Davinci
- 14 - Girls Away @ Davinci
- 16 - Boys Away @ Liahona
- 16 - Girls Away @ Liahona
- 23 - Girls Home vs Anthem Prep
- 24 - Boys Away @ Uintah River
- 24 - Girls Away @ Uintah River
- 28 - Boys Home vs Uintah River
- 28 - Girls Home vs Uintah River
- 30 - Boys Away @ Wasatch Academy
- 30 - Girls Away @ New Haven

### CLUB CLOSED

October 17-21 Fall Break



### Get To Know



Hi! My name is Brynn and I am the Site Director at Independence. I worked last year as part of the Sports program and as the

Volleyball coach for part of the season. I am so excited to be returning to Independence and continue working with the teens. I recently graduated from UVU and am looking forward to getting my masters in Social Work. I love to go to concerts and movies with my friends. I love playing volleyball and swimming. I am so grateful to be back and am hoping for an amazing year!

### CONTACT INFORMATION

**Brynn Bowers**  
Site Coordinator  
Phone: (801) 372 -5839  
Email: [independence@bgcutah.org](mailto:independence@bgcutah.org)

### PARENT RESOURCES

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

### Sports Practice

Monday-Thursday 3:10-4:25

Volleyball Season! Please see Brynn Bowers for Sign ups! Grade checks will occur the day prior to all games! All Girls games will start at 4 PM and Boys will start at 5:15 PM (with few exceptions).

### Homework Help (Project Learn)

Monday - Thursday 3:00 - 4:30

Come get help with your classes! Math, English, Science! Tutoring Available

### Enrichment Clubs

More information to come about Enrichment Clubs!

Enrichment clubs are organized programs designed to provide students with engaging, hands-on learning experiences that extend beyond the regular curriculum. These clubs focus on fostering creativity, critical thinking, and social skills through activities that cater to students' interests, such as arts, STEM, sports, and cultural exploration.

### Social Emotional Learning (Prevention and Behavior)

Monday - Thursday 3:00 - 3:10

Positive Action & SMART Moves curriculum focus in sports focuses on helping athletes develop key skills such as self-awareness, emotional regulation, teamwork, and responsible decision-making.



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UTAH DEPARTMENT OF  
WORKFORCE  
SERVICES  
CHILD CARE

# Independence After school Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Self Awareness	30	1 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	2 Social Emotional Learning - B (Positive Action) Homework Help (Project Learn) 4 PM Boys vs Maesar 1 5:15 PM Boys vs Maesar 2	3 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	4 No Programs
Self Awareness	7 Social Emotional Learning-P (Positive Action) Volleyball Practice Homework Help (Project Learn)	8 Social Emotional Learning(SMART) Volleyball Practice Homework Help (Project Learn)	9 Social Emotional Learning - B (Positive Action) Volleyball Practice Homework Help (Project Learn)	10 No Programs Parent Teacher Conference	11 No Programs
Self Awareness	14 Social Emotional Learning-P (Positive Action) Homework Help (Project Learn) 4 PM Girls @ Davinci 5:15 PM Boys @ Davinci	15 Social Emotional Learning(SMART) Volleyball Practice Homework Help (Project Learn)	16 Social Emotional Learning - B (Positive Action) Homework Help (Project Learn) 4 PM Girls @ Liahona 5:15 PM Boys @ Liahona	17 Fall Break No Programs	18 Fall Break No Programs
Self Awareness	21 Fall Break No Programs	22 Social Emotional Learning(SMART) Volleyball Practice Homework Help (Project Learn)	23 Social Emotional Learning - B (Positive Action) Volleyball Practice (Boys) Homework Help (Project Learn) 4 PM Girls vs Anthem Prep	24 Social Emotional Learning(SMART) Homework Help (Project Learn) 4 PM Girls @ Uintah River 5:15 PM Boys @ Uintah River	25 No Programs
Self Awareness	28 Social Emotional Learning-P (Positive Action) Homework Help (Project Learn) 4 PM Girls vs Uintah River 5:15 PM Boys vs Uintah River	29 Social Emotional Learning(SMART) Volleyball Practice Homework Help (Project Learn)	30 Social Emotional Learning - B (Positive Action) Homework Help (Project Learn) 4 PM Girls @ New Haven 4 PM Boys @ Wasatch Academy	31 Social Emotional Learning(SMART) Volleyball Practice Homework Help (Project Learn)	1

## Daily Schedule

Monday - Thursday  
3:00 School Ends  
3:05 Snack passed out/Social Emotional Learning  
3:10 Homework Help Begins  
3:15 Practice Begins in Gym  
4:30 All Programs End  
4:35 Vans Leave School

## Contact Info

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## October Club & Activity Details

### Message to Parents:

Welcome back! Thank you for supporting our volleyball teams! We are starting registration for Basketball, if your teen would like to join our basketball team, please reach out and let me know!

**Volleyball - Volleyball** - Sign up for Volleyball season is happening now! Please find Brynn to sign up! Practice is Monday-Thursday from 3:00 - 4:30 pm in the gym! Students will work on teamwork skills and develop mental toughness. All games will occur on Monday or Wednesdays! Students will be required to show their grades to Brynn or Coach the day prior to game day and have passing grades to be eligible for play! State tournament days are Friday November 1st and Saturday November 2nd!

**Basketball** - Sign up for Basketball season is happening now! Please find Brynn to sign up! Season will start in December!

**Homework Help (Project Learn)** - The main focus of project learn is to help students reinforce the academic enrichment and school engagement during club time and provide tutoring or help as needed. Through homework help after school Monday-Thursday from 3:00 - 4:30 pm.

### 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. This program is run Monday & Wednesday with new topics each week.

**SMART Moves** - Is a BGCA Social Emotional Learning curriculum that is evidence based with focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run Tuesday & Thursday with new topics each week.

