

October 2024

# Legacy

280 E 100 S Saint George, Utah 84770 | 801-372-3284



**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 taking care of our bodies and intellectual health.

Happy Birthday



Ezra 6th  
Arland 17th  
Milton 26th  
Odin 30th  
Mari 25th  
Cohen 1st  
Cruze 1st

## UPCOMING EVENTS

Holiday Fun on 31st!  
Fall Break!

## CLUB CLOSED

Oct 17-21 Fall Break  
Oct 24 & 25 Staff Training



## Get To Know Our Staff!

**Spencer Cox**  
YDP



**Spencer is going to school at Utah Tech University. He is currently working towards receiving a Bachelor's degree in Recreation and Sports Management. He spends most of his time watching sports and hanging out with his family. He is also a huge fan of the Utah Utes!**

## CONTACT INFORMATION

**Adeline Tiffany**  
Site Coordinator  
Phone: 801-372-3284  
Email: [legacy@bgcutah.org](mailto:legacy@bgcutah.org)

## PARENT RESOURCES

Parent Handbook  
Membership Handbook

## Project Learn

**Monday - Thursday: 5:00 - 5:30**

We work diligently to provide the best assistance for club members to work on their homework and math/reading skills.

## STEM Labs

**Monday 4:30 - 5:00**

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

**Monday-Thursday: 4:00 - 4:30**

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

## Social Emotional Learning

**Monday - Friday**

Positive Action, Kid-Grit, & SMART Moves curriculum focus on providing youth with important social-emotional skills. All Social Emotional skills are taught through daily lessons and then integrated throughout the rest of programming.



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# Legacy After School Program 2024-2025



BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Health, Positive Actions	30	1 Social Emotional Learning(P): Grade 5 Manual: "Feeling Good About Your Body and Your Mind" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept and Importance" Project Learn	2 Chalk Club & Basketball Club Project Learn	3 Social Emotional Learning: (B): Grade 5 Manual: "What Your Body Needs To Thrive" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Project Learn	4 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Taking Care of Our Bodies	7 STEM Club Project Learn	8 Social Emotional Learning: (P): Grade 5 Manual: "What To Eat" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Project Learn	9 Chalk Club & Basketball Club Project Learn	10 Social Emotional Learning: (B): Grade 5 Manual: "The Power to Move and Groove" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Project Learn	11 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Protecting Our Bodies	14 STEM Club Project Learn	15 Social Emotional Learning: (P): Grade 5 Manual: Lesson 29 "Beware of the Burn" Grade 2 Manual: Lesson 33 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Project Learn	16 Chalk Club & Basketball Club Project Learn	17 <b>No Club Fall Break</b>	18 <b>No Club Fall Break</b>
Improving Our Intellectual Health	21 <b>No Club Fall Break</b>	22 Social Emotional Learning(P): L 16 "To Choose or Not to Choose" L 16 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	23 Chalk Club & Basketball Club Project Learn	24 <b>No Club Staff in Training</b>	25 <b>No Club Staff in Training</b>
Thinking Outside The Box	28 STEM Club Project Learn	29 Social Emotional Learning: (P): Grade 5 Manual: "Make It New Again" Grade 2 Manual: "Managing Yourself Using Social / Emotional Positive Actions" Project Learn	30 Chalk Club & Basketball Club Project Learn	31 Social Emotional Learning: (B): Grade 5 Manual: Lesson 38 "When It Absolutely Counts" Grade 2 Manual: Lesson 43 "Managing Yourself Using Social/Emotional Positive Actions" Holiday Fun!	1

Daily Schedule Monday - Thursday	Daily Schedule Friday
3:30 - 3:35 pm - Welcome Check-in/Wash hands 3:35 - 3:50 pm - Super Snack/Feelings Check-in 3:50 - 4:15 pm - Energy Boost/Wash hands 4:15 - 4:45 pm - Social Emotional Learning/STEM/Club Time 4:45 - 5:25 pm - Project Learn (Academic Support) 5:25 - 5:30 pm - Pass out PM Snack & Check-out	12:00 - 12:30 pm - Welcome Check-in/Wash hands 12:30 - 12:50 pm - Energy Break/Wash hands 12:50 - 1:10 pm - Super Snack Time 1:10 - 2:10 pm - Fun Friday! 2:10 - 2:30 pm - Positivity Circle/Feelings Check-in 2:30 - 3:00 pm - STEM Club (Club Rotation) 3:00 - 3:45 pm - Physical Club & Creative Club (Club Rotation) 3:45 - 4:00 pm - Energy Break/Wash hands 4:00 - 4:25 pm - PM Snack Time 4:25 - 5:25 pm - SMART Moves 5:25 - 5:30 pm - Clean up/Check-out

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## September Club & Activity Details

**Message to Parents:** We are super excited for all the fun this month is going to bring and we can't wait! A couple things to remember is that we will not have program during Fall Break AND the 24-25. Make sure to mark your calendars for those days. Thank you so much for everything you do!

**Social Emotional Learning:** 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 Tuesday & Thursday with new topics each week.

**Power Hour:** This is dedicated time to cover school related topics, homework or reading. Even if the kids don't have homework, we take this opportunity to strengthen their reading skills by reading to their buddy or to a staff member. We often work with the teachers to make sure that we are meeting the needs of students as a class and as individuals.

**Fun Friday:** This provides structured, free time with Club Members where they can choose what station they want to be at. We generally have a game table, a play-doh station, craft table, and sometimes we break out the basketballs! It's a good time to have "down-time" while still exercising their skills in working together, challenging themselves, as well as building sportsmanship and camaraderie with their peers.

**Creative, Physical, STEM Clubs:** These are our rotations where we split Club Members up into smaller groups so that they can experience doing some of our fun activities. Creative Club usually has a variety of different creative outlets to choose from. Typically we will draw, color, and make crafts. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or have races. STEM Clubs on Mondays and Fridays are generally the most fun because that's where we make a lot of the messy stuff! Our staff spends a little time each week to plan out what the kids would really enjoy doing during this time! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

**Chalk Club:** This club is centered around learning how to draw with chalk. Each student will work with chalk and will get to show off their drawings to their peers around them. This club will spark the kids creativity and will help them socialize with fellow club members. We can't wait to see what they come up with!

**Basketball Club:** This club is centered around basketball. We will be going outside and enjoying the warm weather as we get our hearts pumping! Students will engage with their fellow peers as we learn how to play basketball. This club allows the kids to venture outside of their comfort zone (if they choose to do so) and interact with other club members. We are excited to teach the kids this fun game!

