

October 2024

Provo Clubhouse

750 W 200 N, Provo, UT 84601 | (801) 717-6214



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

Happy Birthday



Lorelai 10/04
Charles 10/12
Sophie 10/22
Morgan 10/27

UPCOMING EVENTS

Fall Break 17-22
Halloween 31

CLUB CLOSED

Fall Break 17-22



Do you know.... Boys and Girls Clubs History?

1860, The Good Will Club in Hartford, CT (Mary and Alice Goodwin and Elizabeth Hammersley)

1906, The Federated Boys Clubs-affiliates

1931, Boys Clubs of America

1956, 50th Anniversary and received a U.S. Congressional Charter

1972, Boys Club of Utah County found its beginnings

1987, BGC Utah County closed its doors

1990, Boys & Girls Clubs of America, Congress amended and reviewed the charter

1997, Boys and Girls Clubs of Utah County Reopened with a \$30,000 Grant and a grand opening with 3 boys!

2022, 17 Clubs, 6 Summer Programs, and growing to 33 Clubs in the fall

2023-24 Expanded to Heber Valley, Beaver, Milford, Minersville, Cedar City (Enoch), St. George

CONTACT INFORMATION

Site Coordinator: **Bianca Salazar**
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PARENT RESOURCES

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

Project Learn

Daily

4:55pm

Project Learn is a daily opportunity for youth to learn new skills, practice and refine existing skills through engaging activities such as theme based clubs, homework help, and HYLEA's (High Creative, Physical & STEM Rotations Learning Activities) and also participate in our reading program.

STEM Labs

Tuesday & Thursday
Friday choice rotation all grades

4:20pm

Youth learn all about the scientific and design processes through hands-on experiments.

Social Emotional Learning (Prevention and Behavior)

Monday, Wednesday, & Friday

4:20pm

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



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Provo Clubhouse After school Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Health Positive Actions	30	1 Power Hour STEM Clubs	2 Power Hour Social Emotional Learning: (B) Positive Action	3 Power Hour STEM Clubs	4 FUN FRIDAY Smart Moves Positive Action (B) Activity Rotations (creative, physical, & STEM)
Taking Care of Our Bodies	7 Power Hour Social Emotional Learning: (P) Positive Action	8 Power Hour STEM Clubs	9 Power Hour Social Emotional Learning: (B) Positive Action	10 Power Hour STEM Clubs	11 FUN FRIDAY Smart Moves Positive Action (B) Activity Rotations (creative, physical, & STEM)
Protecting Our Bodies	14 Power Hour Social Emotional Learning: (P) Positive Action	15 Power Hour STEM Clubs	16 Power Hour Social Emotional Learning: (B) Positive Action	17 Fall Break - No Club -	18 Fall Break - No Club -
Improving Our Intellectual Health	21 Fall Break - No Club -	22 Fall Break - No Club -	23 Power Hour Social Emotional Learning: (B) Positive Action	24 Power Hour STEM Clubs	25 - No Club - Professional Development Day
Thinking Outside the Box	28 Power Hour Social Emotional Learning: (P) Positive Action	29 Power Hour STEM Clubs	30 Power Hour Social Emotional Learning: (B) Positive Action	31 Happy Halloween Power Hour STEM Clubs	1

Daily Schedule

Monday & Wednesday	Tuesday & Thursday	Friday
3:00 - 4:00 Club Opens; Snack & Activities 4:05 - 4:15 Circle Up - Age Groups 4:20 - 4:50 Social Emotional Learning Positive Action 4:55 - 5:45 Project Learn: Power Hour 5:45 - 6:00 Final Clean Up 6:00 Snack & Check Out	3:00 - 4:00 Club Opens; Snack & Activities 4:05 - 4:15 Circle Up - Age Groups 4:15 - 5:00 STEM 5:00 - 5:45 Clubs 5:45 - 6:00 Final Clean Up 6:00 Snack & Check Out	1:00 - 2:00 Drop off & Snack; Activities 2:05 - 2:15 Circle Up - Age Groups 2:20 - 2:50 Social Emotional Learning SMART Moves 2:55 - 3:15 Structured Outdoor Time 3:20 - 5 Activity Rotations 5:05 - 6:00 Choice Activities 6:00 Snack & Check Out

Contact Info

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October Club & Activity Details

Message to Parents:

We look forward to spending more time with your kids at Boys and Girls Club this next month and hope that the activities that we have planned will have your kids just as excited! As we continue to get more staff on our team we will likely be adding more clubs to our activity schedule that will be engaging, interactive, and foster social & emotional learning. Be on the lookout for more clubs to come in the near future!

Social Emotional Learning:

Helping youth develop essential skills in managing emotions, building relationships, and developing resiliency are key parts of our social-emotional learning program. Youth participate in 30 minute lessons and activities where they learn about different management strategies, understanding feelings for themselves and others, and so much more. The programs are highlighted below.

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 Tuesday & Thursday with new topics each week. The September theme is getting along with others, a great way to start off the new year!

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 on Fridays with new topics each week. We will be spending Fridays getting out in the field doing a variety of activities including: foot races, soccer, hop scotch, and other activities that we can do outside. When the weather doesn't allow, we will do some other creative activities to get our bodies moving.

Project Learn:

Project Learn is a "catch all" term for our enrichment and academic support programs. Below are explanations of the two primary programs that are included in Project Learn.

Power Hour - PowerHour is a daily academic enrichment and support time where youth are provided help with homework assignments, engage in skill building HYLE activities and also participate in our reading program. 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.

Enrichment Clubs -

Art Club (Creative) - This will include some painting, modeling clay, and other arts and crafts. Carolina, one of our top notch staff members, will be leading this club and is excited to be able to engage with the club members and help teach them some fun arts in a way that encourages social emotional learning.

Let's Move (Physical): Let's get moving! Moving our bodies helps us focus and be healthy! During this club time we will learn new games and activities that will teach us the importance of life-long physical activities for our bodies and minds.

STEM Labs:

Science - Youth will have the opportunity to participate in STEM labs twice per week and engage in an extra activity on Friday's. We are thrilled to have our friends from FlowServe back to provide fun hands-on activities all about STEM.

