

October 2024

Red Mountain

263 E 200 S Ivins, UT 84738 | 801-372-3555



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 exploring how our choices affect ourselves and others.

Get To Know



Amie is one of our amazing Youth Development Professionals. She was born in Tennessee, but raised in Arizona. Amie grew up dancing and taught young dancers while she was in highschool. This is where she first discovered her love for educating and helping children. In her free time she enjoys crocheting, reading, and drawing.

CONTACT INFORMATION

Natalie Fetzer, Site Coordinator
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PARENT RESOURCES

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

Project Learn

Tuesday & Thursday
4:40 - 5:25

We will have power hour to provide homework assistance and work on grade level academic skills.

STEM Labs

Friday
1:15 - 1:45

This month we are focusing on the science of colors! We will have some fun experiments involving rainbows and create our own kaleidoscopes.

Enrichment

Monday & Wednesday
4:10 - 4:40

We have two new clubs for October for the students to choose from: Spanish Club and Yoga Club.

Social Emotional Learning (Prevention & Behavior)

Tuesdays & Thursdays
4:10 - 4:40

This month we will continue studying our Positive Actions curriculum as we explore how our choices affect our lives and others.

Happy
Birthday



Lopini

Lion

UPCOMING EVENTS

October 30th: Parent Night! 5-6:00 pm
(see separate invitation for more details)

CLUB CLOSED

Fall Break: October 17-18th & 21st

No Club on October 24th-25th



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Utah State Board of Education





Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Health Positive Actions	30	1 Project Learn Social Emotional Learning-Positive Action (P): Grade 5 Manual: Lesson 21 "Feeling Good About Your Body and Your Mind" Grade 2 Manual: Lesson 25 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"	2 Project Learn Yoga Club/Game Club	3 Project Learn Social Emotional Learning-Positive Action (B): Grade 5 Manual: Lesson 22 "What Your Body Needs To Thrive" Grade 2 Manual: Lesson 27 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"	4 SMART Moves Fun Friday Creative Club Physical Club STEM Club Group Game
Taking care of our bodies	7 Project Learn Yoga Club/Game Club	8 Project Learn Social Emotional Learning-Positive Action (P): Grade 5 Manual: Lesson 23 "What To Eat" Grade 2 Manual: Lesson 28 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"	9 Project Learn Yoga Club/Game Club	10 Project Learn Social Emotional Learning-Positive Action (B): Grade 5 Manual: Lesson 28 "The Power to Move and Groove" Grade 2 Manual: Lesson 31 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"	11 SMART Moves Fun Friday Creative Club Physical Club STEM Club Group Game
Protecting our bodies	14 Project Learn Yoga Club/Game Club	15 Project Learn Social Emotional Learning-Positive Action (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"	16 Project Learn Yoga Club/Game Club	17 Club Closed (Fall Break)	18 Club Closed (Fall Break)
Improving our intellectual health	21 Club Closed (Fall Break)	22 Project Learn Social Emotional Learning-Positive Action (P): Grade 5 Manual: Lesson 31 "Thinking Big" Grade 2 Manual: Lesson 38 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"	23 Project Learn Yoga Club/Game Club	24 Club Closed	25 Club Closed
Thinking Outside the Box	28 Project Learn Yoga Club/Game Club	29 Project Learn Social Emotional Learning-Positive Action (P): Grade 5 Manual: Lesson 34 "Make It New Again" Grade 2 Manual: Lesson 42 "Managing Yourself Using Social / Emotional Positive Actions"	30 Project Learn Yoga Club/Game Club Parent Night 5-6pm	31 Project Learn Social Emotional Learning-Positive Action (B): Grade 5 Manual: Lesson 38 "When It Absolutely Counts" Grade 2 Manual: Lesson 43 "Managing Yourself Using Social / Emotional Positive Actions"	1

Daily Schedule	
Monday-Thursday 3:30 - 3:50 Check-in, Snack, Feelings check-in 3:50 - 4:10 Energy Boost 4:10 - 4:40 Social Emotional Learning or Enrichment Clubs 4:40 - 5:25 Project Learn 5:25 - 5:30 Group game 5:30 - Pass out PM Snack/Parent Pick-up	Friday 12:00 - 12:15 Check-in, Energy Boost 12:15 - 1:15 Smart Moves 1:15 - 1:45 STEM Club 1:45 - 2:05 Super Snack/Feelings check-in 2:05 - 2:30 Energy Boost 2:35 - 3:15 Fun Friday 3:20 - 3:50 Creative Club (computers) 3:55 - 4:25 Physical Club (sport) 4:30 - 5:00 STEM Club 5:05 - 5:20 Group Game 5:20 - 5:30 Gratitude/Pass out PM snack 5:30 - Parent Pick-up

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Program Address: 263 E 200 S Ivins, UT 84738

October Club & Activity Details

Message to Parents:

We hope everyone is enjoying the fall season! We have loved getting to know all of our students in these first couple of months. We have a wonderful group and have already had so much fun together! We are very excited to invite all of our parents to join in on our Parent Night activity on October 30th. It will be such a fun way for your children to show you the kinds of things we get to do at Boys and Girls Club and we look forward to getting to know you all better! More details for the Parent Night will be provided in a separate invitation.

We also have some really fun stuff coming up in our STEM learning and we're excited for two new clubs for the students to choose from in October; Spanish Club and Yoga Club (more details below). As always, we are thankful for your continued support and would love to hear from you if you have any questions. Happy October!

Yoga Club - For yoga club we will be focusing on mindfulness. We will explore the connection between mind and body as we learn different yoga skills and movement.

Spanish Club - We will learn basic spanish vocabulary and phrases in fun ways while also focusing on the importance of embracing new languages and cultures.

Smart Moves: This 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.

Fun Friday: This is a time for club members to challenge one another in games, races, drawing contests, or to spend time engaging in their favorite crafts. Free time helps us become better at choosing what we like.

BGC Mission: The mission of the Boys & Girls Clubs of Utah/Washington County is to inspire and enable all young people to realize their full potential as productive and responsible citizens and leaders.

Our Core Promise: To America's youth we promise to provide a safe, positive place and to have a significant impact on their lives. To the Nation we promise to uphold high ethical standards in all areas, especially overseeing finances, reporting data on membership and community outreach, being good stewards of the donor dollar, and representing ourselves to the public.

Our Guiding Principles: Safety, Integrity/Accountability, Commitment to Excellence, Youth-Centric Approach, Respect, Compassion, Reliability/Consistency.

Our Rules: 1. Respect Club members, staff and property. 2. Keep hands, feet, and body to yourself. 3. Use appropriate language. 4. Follow directions of Club staff. 5. Have Fun!

As always, we appreciate partnering with you to provide a meaningful and fun learning experience for our club members. We look forward to getting started right away. Our first Parent Night is tentatively scheduled for October 30, 2024 for your planning purposes.

