

October 2024

Sandstone

850 N 2450 E, St. George UT 84790 | (801) 372-3059



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 Self-Concept

Get To Know



Miss Zadie
YDP

I am currently going to college at UtahTech and getting a degree in Math Education. Outside of school and work, I love spending time with my friends and family, cooking and baking, being out in the sunshine, and watching movies!

CONTACT INFORMATION

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PARENT RESOURCES

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

Power Hour

Monday-Thursday 4:10 - 4:55

During Power Hour, our goal is to help members reach their reading minutes, as well as give students opportunities to receive help with their homework to ensure a better understanding.

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/Clubs

Monday/Wednesday: 5:00 - 5:25

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)

Tuesday/Thursday 4:40 - 5:25

Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 1:10 - 2:10

SMART moves curriculum provides members with relationship building skills with themselves and others

Happy
Birthday



Birthday's Coming Soon...

UPCOMING EVENTS

Fall Break: October 17th - 18th
Halloween: October 31st

CLUB CLOSED

October 17th - 18th: Fall Break
October 21st: Teacher Prep Day
October 24th-25th: Staff Training



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Utah State Board of Education



Sandstone 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 Club Day: Yoga Club Art Club Power Hour	1 Social Emotional Learning Positive Action L 21: "Feeling Good About Your Body and Your Mind" L 25: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	2 Club Day: Yoga Club Art Club Power Hour	3 Social Emotional Learning Positive Action L 22: "Feeling Good About Your Body and Your Mind" L 27: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	4 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Taking Care of Our Bodies	7 Club Day: Basketball Club Origami Club Power Hour	8 Social Emotional Learning Positive Action L 23: "Feeling Good About Your Body and Your Mind" L 28: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	9 Club Day: Basketball Club Origami Club Power Hour	10 Social Emotional Learning Positive Action L 28: "Feeling Good About Your Body and Your Mind" L 31: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	11 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Protecting Our Bodies	14 STEM Power Hour	15 Social Emotional Learning Positive Action L 29: "Feeling Good About Your Body and Your Mind" L 33: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	16 Social Emotional Learning Positive Action L 30: "Feeling Good About Your Body and Your Mind" L 36: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	17 NO SCHOOL NO PROGRAM	18 NO SCHOOL NO PROGRAM
Improving Our Intellectual Health	21 NO SCHOOL NO PROGRAM	22 Social Emotional Learning Positive Action L 31: "Feeling Good About Your Body and Your Mind" L 38: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	23 Social Emotional Learning Positive Action L 33: "Feeling Good About Your Body and Your Mind" L 39: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	24 NO PROGRAM Staff Training	25 NO PROGRAM Staff Training
Thinking Outside the Box	28 Club Day: Basketball Club Origami Club Power Hour	29 Social Emotional Learning Positive Action L 34: "Feeling Good About Your Body and Your Mind" L 42: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	30 Club Day: Basketball Club Origami Club Power Hour	31 Social Emotional Learning Positive Action L 38: "Feeling Good About Your Body and Your Mind" L 43: Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	1 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves

Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:00 Snack & Physical Activity 4:00-4:10 Feelings Check in & Wash Hands 4:10-4:35 Power Hour 4:35-4:40 Transition 4:40-5:25 Club Time 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:08 Snack & Physical Activity 4:10-4:20 Feelings Check in & Wash Hands 4:20-4:45 Power Hour 4:45-4:55 Transition 4:55-5:25 Social Emotional Learning- Positive Action 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	12-12:30 Check in & Physical Activity 12:35-1:05 Circle Up/PM Snack (Feelings Check in & Schedule) 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

Contact Info

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October Club & Activity Details

Message to Parents:

Happy Fall! We are so grateful for your students and the time we have spent with them. We have a fun month ahead of us and were all super stoked! We are so thankful for the cooler weather to come, that means more outdoor physical activity! We do have a lot of days where we don't have program, so please be prepared! I will be sending out more reminders as it approaches!

Social Emotional Learning

Positive Action - Social Emotional Learning curriculum is an evidence-based program that is integrated into 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 August theme is Philosophy and Thoughts-Actions-Feelings Circle.

SMART Moves - Is a BGCA Social Emotional Learning curriculum that is evidence-based and 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.

Academic Support:

Power Hour - The main focus of Power Hour will be to help youth complete homework assignments, practice sight words, and reach to master a new learning skill. We aim to help youth reduce missing assignments by aligning with school-day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

Engineering - Youth will have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

Collaboration:

Team Bonding - Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in program through group games and activities. This also allows them to use teamwork and critical thinking to succeed in activities and enhance their relationships with those in program.

Enrichment Clubs:

Basketball Club - Youth in the monthly club will learn and understand how to dribble, pass, shoot, and defend in basketball club. Each day they will learn a new skill to be able to participate in a game at the end of the month. This club will be offered every Monday and Wednesday.

Origami Club - Youth in the monthly club will learn the Japanese art of paper folding and how to make different types of origami. They will learn to make a ninja star, a shark, and more. This club will be offered every Monday and Wednesday.

