

October 2024

# Sunset Elementary

495 Westridge Dr, St George, UT | 801-372-3151



**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

Happy Birthday



October 2nd - Josephine

October 16th - Liam

October 17th - David

## UPCOMING EVENTS

October 17-18: Fall Break

October 31st: Happy Halloween!

## CLUB CLOSED

October 17th-18th (Fall Break)

October 21st (Teacher Prep Day)

October 24th-25th (BGC Staff Training)



## Get To Know Our New Site Coordinator!

Hi I'm Alexis! I have loved working for the Boys & Girls Program and am so excited to be stepping into this position. Some things I love are reading, hiking, and hanging out with my friends and family!



## CONTACT INFORMATION

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**Site Coordinator**  
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## PARENT RESOURCES

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

## Project Learn

Monday-Thursday

Grades 4-5 3:25-4:10/Grades K-3 4:05-4:35

We will be assisting with assigned homework. In addition we will provide math sheets, books for reading and we will often do trivia to help reinforce learning.

## STEM Labs

Wednesday & Friday

Grades K-3 3:25-3:55/Grades 4-5 4:05-4:35

Fridays: 2:50-3:20

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

4:40 - 5:10

Enrichment clubs offer 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

Grades K-3 3:30-4:00/Grades 4-5 4:05-4:35

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

Friday 3:45-4:30

Our SMART Moves curriculum provides members with relationship building skills with themselves and others.



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Utah State Board of Education





Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Health and Positive Actions	30	1 Social Emotional Learning: Positive Action (p) 4-5: "Feeling Good About Your Body and Your Mind" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	2 Stem Project Learn Enrichment Clubs	3 Social Emotional Learning: Positive Action (b) 4-5: "What Your Body Needs To Thrive" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	4 Computer Lab Physical Activity STEM Smart Moves Fun Friday Group Game
Taking Care of Our Bodies	7 Project Learn Get to know you activity Enrichment Clubs	8 Social Emotional Learning: Positive Action (p) 4-5: "What to Eat" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	9 Stem Project Learn Exercise or Paint Club	10 Social Emotional Learning: Positive Action (b) 4-5: "The Power to Move and Groove" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	11 Computer Lab Physical Activity STEM Smart Moves Fun Friday Group Game
Protecting our Bodies	14 Project Learn Get to know you activity Enrichment Clubs	15 Social Emotional Learning: Positive Action (p) 4-5: "Beware of the Burn" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	16 Stem Project Learn Exercise or Paint Club	17 <b>No Club</b> <b>Fall Break</b>	18 <b>No Club</b> <b>Fall Break</b>
Improving our Intellectual Health	21 <b>No Club</b> <b>Teacher Prep Day</b>	22 Social Emotional Learning: Positive Action (p) 4-5: "Thinking Big" K-3: "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn Enrichment Clubs	23 Stem Project Learn Exercise or Paint Club	24 <b>No Club</b> <b>BGC Staff Training</b>	25 <b>No Club</b> <b>BGC Staff Training</b>
Thinking Outside The Box	28 Project Learn Get to know you activity Enrichment Clubs	29 Social Emotional Learning: Positive Action (p) 4-5: "Make It New Again" K-3: "Managing Yourself Using Social / Emotional Positive Actions"  Project Learn Enrichment Clubs	30 Stem Project Learn Exercise or Paint Club	31 Social Emotional Learning: Positive Action (b) 4-5: "When it Absolutely Counts" K-3: "Managing Yourself Using Social / Emotional Positive Actions"  Project Learn Enrichment Clubs	1

**Daily Schedule**

Monday-Thursday	Friday
<p>2:35 - 3:00 Check-in, Super Snack, Feelings check in                      3:00 - 3:25 Energy Boost                      3:30 - 4:00 K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn)                      4:00 - 4:30 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn)                      4:30 - 5:20 Enrichment Clubs                      5:25 - 5:30 Clean up, Snack, Check-out</p>	<p>1:00 - 1:15 Check-in, Feelings check in                      1:20 - 1:35 Energy Boost                      1:40 - 2:10 Rotation 1 (Creative) - Computer Lab                      2:15 - 2:45 Rotation 2 (Physical)                      2:50 - 3:20 Rotation 3 (STEM)                      3:25 - 3:40 Super Snack                      3:45 - 4:30 Social Emotional Learning - SMART Moves                      4:35 - 5:00 Fun Friday                      5:05 - 5:20 Group Game                      5:25 - 5:30 Clean up, Snack, Check-out</p>



## October Club & Activity Details

### Message to Parents:

Happy Fall! We are looking forward to another fun-filled month at the Boys & Girls After School Program. The weather is starting to cool down and we are excited to spend more time outside. Make sure you are checking the calendar so you know when we are closed this month. Please continue to reach out to us with any questions or concerns you may have.

**Enrichment Clubs:** Members will participate in four new clubs this month!

**Social Emotional Learning** - This 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.

**STEM Club:** We love to get our hands dirty and do everything we can to experiment with messy stuff at the club. This enables club members to be deeply involved in the creation and exploration of our experiments. The skills they learn from being curious and inquisitive will be carried into their adult lives, which will enable them to learn effective ways to think and come to clear and concise conclusions.

**Smart Moves:** This is 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.

**Project Learn:** This is dedicated time to cover school related topics, homework or read. 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. Panorama Elementary has a reading competition that they run for the year and we work with teachers to ensure we are recording reading times for each student and turning it in to be recorded. 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 and slime station, craft table, painting or water-colors table, and sometimes we break out the cornhole and make an obstacle course for the adventurous ones! 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 goes to the computer lab to play school-approved games which they love. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or treasure hunt. STEM Clubs on 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 visualizing what it was like to be between the ages of 6-12 and try to remember our curiosities and what we wanted to learn about, then we do it! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

