

October 2024

Walden Middle

4230 N University Ave, Provo, UT 84604



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 Physical Health and Safety

Happy Birthday



Mirai - Oct 4th

Kenlee - Oct 8th

Karina - Oct 10th

UPCOMING EVENTS

N/A

CLUB CLOSED

Fall Break! – No clubs Wed Oct 16th through Mon Oct 21st

Fri Oct 25th - Staff Training day



CONTACT INFORMATION

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PARENT RESOURCES

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

Project Learn

Project Learn or "Power Hour/Homework Help" is a dedicated time during our clubs where students receive homework assistance and have the opportunity to enhance their literacy skills. This focused period supports academic success and encourages a deeper understanding of their schoolwork, helping students build a strong foundation for future learning.

STEM Labs

We offer a variety of clubs focused on building skills in science, technology, engineering, and math (STEM). Through these clubs, students will engage in diverse STEM activities, learning essential skills that foster innovation, critical thinking, and problem-solving. These hands-on experiences not only enhance their understanding of STEM concepts but also inspire a lifelong passion for learning and discovery.

Enrichment

Students are given the opportunity to explore and learn a diverse range of skills through various engaging activities. These activities are carefully designed to foster creativity, critical thinking, and collaboration, ensuring that each student can discover and develop their unique talents. From hands-on projects and interactive workshops to team-building exercises and individual challenges, our program offers a comprehensive approach to learning that goes beyond traditional classroom experiences. This holistic approach helps students gain confidence, enhance their problem-solving abilities, and build essential life skills that will serve them well in the future.

Prevention & Education

Positive Action is designed to equip students with essential social and emotional learning skills, helping them develop effective communication and social interaction abilities that will benefit them throughout their lives. Our goal is to support youth in becoming their best selves in all situations.

Every day, we will explore a variety of social and emotional topics using the Kid-Grit curriculum, fostering meaningful discussions and personal growth.



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Walden Middle After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Taking Care of Our Bodies	30	1 Project Learn Social Emotional Learning (P) - Lesson 21: Am I what I eat? STEM Club - 3D Printing Dungeons and Dragons Club	2 Project Learn STEM Club - 3D Printing Arts+Crafts Club Games of Strategy: War Hammer	3 Project Learn Social Emotional Learning (B) - Lesson 22: Why should we bust a move? Dungeons and Dragons Club	4 Project Learn Sports Club Drama Club
Finding Balance with Exercise and Rest	7 Project Learn STEM Club - 3D Printing Drama Club Games of Strategy: MTG + Chess	8 Project Learn Social Emotional Learning (P) - Lesson 23: Can exercise move my mood? STEM Club - 3D Printing Dungeons and Dragons Club	9 Project Learn SMART Moves - Guided Imagery STEM Club - 3D Printing Arts+Crafts Club Games of Strategy: War Hammer	10 Project Learn Social Emotional Learning (B) - Lesson 25: Why am I tired all the time? Dungeons and Dragons Club	11 Project Learn Sports Club Drama Club
The Power of Resting	14 Project Learn STEM Club - 3D Printing Drama Club Games of Strategy: MTG + Chess	15 Project Learn Social Emotional Learning (P) - Lesson 26: Do I make time to rest? STEM Club - 3D Printing Dungeons and Dragons Club	16 Fall Break No clubs!	17 Fall Break No clubs!	18 Fall Break No clubs!
Safety is Important	21 Fall Break No clubs!	22 Project Learn Social Emotional Learning (P) - Lesson 28: Are your lives at stake? STEM Club - 3D Printing Dungeons and Dragons Club	23 Project Learn SMART Moves - Changing Impossible to I'm Possible STEM Club - 3D Printing Arts+Crafts Club Games of Strategy: War Hammer	24 Project Learn Social Emotional Learning (B) - Lesson 29: Why is safety so important? Dungeons and Dragons Club	25 Staff Training Day No clubs!
Expanding Our Capacity to Learn	28 Project Learn STEM Club - 3D Printing Drama Club Games of Strategy: MTG + Chess	29 Project Learn Social Emotional Learning (P) - Lesson 31: Why is learning cool? STEM Club - 3D Printing Dungeons and Dragons Club	30 Project Learn SMART Moves - Calming Lamps STEM Club - 3D Printing Arts+Crafts Club Games of Strategy: War Hammer	31 Project Learn Social Emotional Learning (B) - Lesson 34/35: What is curiosity and what would make me a great thinker? Dungeons and Dragons Club	1

Daily Schedule

Monday-Thursday Programming

Transition Time 3:00pm-3:15
 SMART Moves (Wed) 3:15pm - 4:15pm
 Social Emotional Learning - Positive Action (Tues + Thurs) 3:15pm - 3:45pm
 STEM (Tues + Thurs) 3:45pm - 4:15pm
 Project Learn (Homework Help/Tutoring) 3:15pm - 4:15pm
 After School Clubs (Drama, DND, Crafts, Sports, etc) 4:15pm - 5:30pm

Friday Programming

Transition Time 12:45pm - 1:00pm
 Project Learn 1:00pm - 2:00pm
 After School Clubs 1:00pm - 5:30pm

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October Club & Activity Details

Message to Parents.

As we head firmly into autumn, we're excited to watch the members of our afterschool program grow and develop! It has been an amazing school year so far and we know things will only get better. Just a reminder about Fall Break this month! There will be no Clubs Oct 16 - 21! Enjoy your days off and we hope all have so much fun!

Project Learn/Homework Help: Project Learn is a dedicated time during our clubs where students receive homework assistance and have the opportunity to enhance their literacy skills. This focused period supports academic success and encourages a deeper understanding of their schoolwork, helping students build a strong foundation for future learning.

Dungeons & Dragons: Dungeons & Dragons offers numerous educational benefits, including enhancing critical thinking, creativity, and problem-solving skills. It fosters teamwork and collaboration, improves communication and literacy, and reinforces numeracy skills. The game also helps develop social skills and empathy, builds persistence and resilience, and provides leadership and decision-making opportunities, especially for student Dungeon Masters. Overall, D&D is a powerful tool for holistic learning and personal development.

Drama/Storytelling Club: Joining Drama Club offers a multitude of educational benefits that extend far beyond the stage. Through the practice of acting, students enhance their public speaking and communication skills, gaining confidence and poise in front of an audience. The collaborative nature of theater fosters teamwork and social skills as students work together to create performances. Engaging in character development and script analysis sharpens critical thinking and empathy, allowing students to understand diverse perspectives and emotions. Additionally, Drama Club encourages creativity and problem-solving as students interpret and bring stories to life. The experience of rehearsals and performances also helps develop time management and organizational skills, preparing students for various challenges both academically and personally. Overall, Drama Club provides a dynamic platform for personal growth, creative expression, and essential life skills.

Strategy Games - MTG and More!: Do you enjoy the strategic excitement of tabletop games like Vast, Risk, or Catan but find the complex rules overwhelming? Join Games Club to immerse yourself in the world of tabletop gaming in a supportive and educational environment. Our club provides clear guidance on game mechanics and strategies, helping you develop critical thinking, strategic planning, and problem-solving skills. Whether you're a seasoned player or new to the game, Games Club offers a collaborative space to enjoy these intellectually stimulating games and enhance your understanding of game dynamics.

Arts & Crafts: Ready to get your creative juices flowing? Do you have ideas for fun arts and crafts that you'd like to bring to life? Come to Craft Club! In years past we've done a variety of activities including our Upcycling club and more! From making posters, creating collages, designing miniature model homes, or simply having a safe space to practice your art - we hope you'll join us for this exciting club!

Sports: Each week come and learn a new sport or game! We will take time to learn the rules and practice the technique to improve our ability at different sports such as basketball, ultimate frisbee, kickball, whiffle ball and more!

Social Emotional Learning Positive Action and SMART: Positive Action and SMART is designed to equip students with essential social and emotional learning skills, helping them develop effective communication and social interaction abilities that will benefit them throughout their lives. Our goal is to support youth in becoming their best selves in all situations.

