

October 2024

# Washington

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**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 taking care of our bodies and intellectual health.

Happy  
Birthday



Aspen, TJ, Skaimana

## UPCOMING EVENTS

October 7-11 Parent Surveys Sent Out

## CLUB CLOSED

Oct 17-21 Fall Break  
Oct 24 & 25 Staff Training



## Get To Know

Meet Our Program Manager



Sydney is a Junior at Utah Tech University studying Communications with an emphasis in Applied Leadership. She loves spending her time in Saint George by spending time outdoors. She is passionate about mental health, being creative, and supporting kids to help them achieve their dreams. Sydney is excited to be the Program Manager for BGC at Washington Elementary and looks forward to empowering kids through education and fun activities!

### CONTACT INFORMATION

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### PARENT RESOURCES

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

## Project Learn

Monday - Thursday 4:40 - 5:25

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

Fridays 1:15 - 1:45 & 3:20-5:00 rotations

This month our theme is "Bob the Builder". We will build model versions of ships, towers, bridges, and planes. Then we will explore the forces at play.

## Enrichment

Monday & Wednesday 4:10 - 4:40

We are offering a Flag Football Club or Historical Artist Club this month. This gives everyone a chance to develop a talent and have fun with others.

## Social Emotional Learning (Prevention & Behavior)

Tuesdays & Thursdays 4:10 - 4:40

We are teaching "Positive Action" curriculum which enables Club Members to learn about their emotions and how to cope with difficult feelings.



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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 Power Hour Social Emotional Learning Social Emotional Learning;(P): Grade 5 Manual: "Feeling Good About Your Body and Your Mind" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	2 Power Hour Historical Artist Club Flag Football Club Group Game	3 Power Hour Social Emotional Learning: (B): Grade 5 Manual:"What Your Body Needs To Thrive" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	4 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game
Taking Care of Our Bodies	7 Power Hour Historical Artist Club Flag Football Club Group Game	8 Power Hour Social Emotional Learning: (P): Grade 5 Manual: "What To Eat" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	9 Power Hour Historical Artist Club Flag Football Club Group Game	10 Power Hour Social Emotional Learning: (B): Grade 5 Manual: "The Power to Move and Groove" Grade 2 Manual:"Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	11 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game
Protecting Our Bodies	14 Power Hour Historical Artist Club Flag Football Club Group Game	15 Power Hour Social Emotional Learning: (P): Grade 5 Manual: "Beware of the Burn" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Arts & Crafts or Kickball Club Group Game	16 Power Hour Social Emotional Learning: (B): Grade 5 Manual: "Taking Care of Home" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	17 <b>No Club Fall Break</b>	18 <b>No Club Fall Break</b>
Protecting Our Bodies	21 <b>No Club Fall Break</b>	22 Power Hour Social Emotional Learning: (P): Grade 5 Manual "Thinking Big" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	23 Power Hour Social Emotional Learning: (B): Grade 5 Manual: "Remember This" Grade 2 Manual: "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	24 <b>No Club Staff Training</b>	25 <b>No Club Staff Training</b>
Thinking Outside The Box	28 Power Hour Historical Artist Club Flag Football Club Group Game	29 Power Hour Social Emotional Learning: (P): Grade 5 Manual:"Make It New Again" Grade 2 Manual:"Managing Yourself Using Social / Emotional Positive Actions" Group Game	30 Power Hour Historical Artist Club Flag Football Club Group Game	31 Power Hour Social Emotional Learning: (B): Grade 5 Manual: "When It Absolutely Counts" Grade 2 Manual:"Managing Yourself Using Social Emotional Positive Actions" Group Game	1

**Daily Schedule**

Monday - Thursday	Friday
3:30 - 3:50 Check-in, Snack, Feelings check-in, Pulse Checks 3:50 - 4:10 Energy Boost 4:10 - 4:40 Social Emotional Learning (Positive Action) or Enrichment Clubs 4:40 - 5:25 Power Hour (Homework Help/Academic Enrichment) 5:25 - 5:30 Group game 5:30 - 5:40 Pass out PM Snack/Parent Pick-up	12:00 - 12:15 Check-in 12:15 - 1:00 Energy Boost 1:00 - 1:45 Social Emotional Learning 1:45 - 2:05 Super Snack/Feelings check-in 2:05 - 2:50 STEM Club 2:50 - 3:20 Fun Friday 3:20 - 5:10 Creative/Physical/STEM Club Rotations 5:10 - 5:30 Gratitude/Group Game/ Pass out PM Snack 5:30 - 5:40 Parent Pick-up



## October Club & Activity Details

**Message to Parents**-Fall is in the air! As it gets cooler please make sure your students have a sweater and collect anything they forgot on Fridays. We are loving getting to know your children. Please reach out to us if you have any questions or concerns on the club phone or our area directors email. Also when picking up your child please call or text us when you are here and we will bring your child out to you.

**Flag Football Club** -Youth in the monthly club will learn and understand the rules of football, and gain skills in properly holding and throwing the ball, passing, catching, and teamwork. Youth will have an opportunity on the last day of clubs to participate in a football game where they can showcase the skills and understanding they learned over the month.

**Historical Artist Club** - Youth in our monthly club will be introduced to multiple different historical artists such as Michaelangelo, Van Gogh, O'Keefe, and more! We will be teaching the techniques that all of these artists used during their time. These artists used a variety of techniques that the students will build an understanding of.

**STEM Club**-Youth will explore the joys of STEM through studying force. They will have the chance to put their building skills to work. The theme for our unit is "Bob the Builder". We will build model versions of ships, towers, bridges, and planes as teams.

**Social Emotional Learning (Positive Action/SMART Moves)** - 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. This month we are focusing on physical and intellectual health. SMART Moves is another curriculum we use to help club members past their social awkwardness and allow them to express themselves in larger groups.

**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 will be an activity where the students have contributed to a creative jar with ideas like friendship bracelets, boondoggle keychains, rock painting, suncatchers, slime, etc. 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.

