

November 2024



Belknap



650 E. 510 N. Beaver Utah



BOYS & GIRLS CLUBS
OF BEAVER 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 Communication and Prioritization

Happy
Birthday



Payton 4th
Estellie 11th
Abel 22nd

UPCOMING EVENTS

Create Better Health 7th & 21st
Thanksgiving Celebration 26th

CLUB CLOSED

Thanksgiving break 27th-29th



Get To Know



Sara Goodwin

Sara is one of our Youth Development Professionals. She brings a fun, energetic approach to engaging students in activities that foster teamwork and creativity! Her love for the Cowboys and football shines through in everything she does. The students love Ms. Sara and her enthusiasm!

CONTACT INFORMATION

Site Coordinator: Chloe Wood
Email: chloe.wood@bgcutah.org
801-372-4887
chloe.wood@bgcutah.org

PARENT RESOURCES

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

Project Learn

The main focus of power hour will be to help members complete homework and school assignments
M-TH 4:30-5:00

STEM Labs

During enrichment clubs, members will have the opportunity to participate in STEM activities that are engaging and enjoyable for all
Wednesday 3:30-4:30

Enrichment

Enrichment clubs are to further enrich and broaden our members' experiences by offering a variety of clubs. Clubs are to help students build skills in a variety of creative and active activities
M-TH 3:30-4:30

Social Emotional Learning (Prevention & Behavior)

Leader In Me and SMART Moves curriculum focus on providing youth with important social-emotional skills. All Social Emotional Learning skills are taught through daily lessons and integrated throughout the rest of the program.
M-TH 3:30-4:30



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Utah State Board of Education



DEPARTMENT OF
WORKFORCE
SERVICES
CHILD CARE

Belknap Afterschool Program 2024-2025



| Social Emotional Learning Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|---------------------------------|
| | 28 | 29 | 30 | 31 | 1 |
| Verbal Expression | 4 Power Hour Leader in me (p) Unity Bands Club | 5 Power Hour Smart Moves Empower bricks Club | 6 Power Hour Leader in me (b) STEM Club! | 7 Power Hour Create better health club Fire Drill | 8 |
| Nonverbal Behavior | 11 Power Hour Leader in me (p) Unity Bands Club | 12 Power Hour Smart Moves Empower bricks Club | 13 Power Hour STEM Club! | 14 Power Hour Leader in me (b) Create better health club | 15 |
| Conversations | 18 Power Hour Leader in me (p) Unity Bands Club | 19 Power Hour Empower bricks Club | 20 Power Hour Leader in me (b) STEM Club! | 21 Power Hour Create better health club | 22 |
| Time Management | 25 Power Hour Leader in me (p) Unity Bands Club | 26 Power Hour STEM Club! Thanksgiving Celebration Rotation | 27 Thanksgiving Break | 28 Thanksgiving Break | 29 Thanksgiving Break |

Daily Schedule

- 2:30 - Super Snack**
- 2:50 - Restroom Break**
- 3:00 - Brain Break/Club Fun!**
- 3:30 - Social Emotional Learning - Leader In Me/Social Emotional Learning - Smart Moves/STEM**
- 4:30 - Power Hour (We do our best but homework may not always get completed. Please check your child's work and their progress!)**
- 5:00 - Club Fun, Reflection and Clean Up**
- 5:30 - End of Program**

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November Club & Activity Details

Message to Parents:

We are so excited for the fun activities we have planned for November! We look forward to continuing to build relationships with the youth, teach them new skills that can help them in the future, and watch them grow into future 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.

Social Emotional Learning:

Leader In Me- Social Emotional Learning 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. This program is run Monday through Thursday.

Smart Moves- Program designed to help young people develop healthy decision-making skills and attitudes. By using a strengths-based approach, it empowers youth to make informed choices. Incorporating youth voice and choice, SMART Moves provides essential social-emotional skills to promote positive health and well-being. This is every Tuesday.

Academic Support:

Power Hour: The main focus of power hour will be to help youth complete homework assignments, work on HYLEA activities and their book in a bag. Our goal is to help youth reduce missing assignments by aligning with school teachers, and working on daily assignments at programs to allow family time at home. If you know what homework your student should be working on, please let us know and we will do our best to assist them! We do power hour Monday-Thursday.

Create Better Health Club - Allie Bradshaw from our local USU Extension Office will be visiting our program several times this month to offer the Create Better Health Club. This initiative aims to help participants establish healthy eating habits and embrace a physically active lifestyle, with a specific focus on the importance of dairy and protein. Dairy products provide essential nutrients like calcium and vitamin D, crucial for bone health, while protein is vital for building and repairing tissues and promoting satiety. The program will guide participants in selecting a variety of high-quality dairy and protein sources, empowering them to make informed dietary choices.

STEM Club- Provide hands-on learning experiences in Science, Technology, Engineering, and Mathematics. Students engage in projects like building simple circuits, constructing bridges, coding with beginner-friendly software, and conducting science experiments. These activities are designed to be interactive and fun, helping kids develop problem-solving skills, creativity, and a strong foundation in STEM concepts while encouraging teamwork and curiosity about the world around them.

Unity Bands Club- During our Bracelet Club, participants will craft unique bracelets that symbolize their personal journeys through the “Leader in Me” activities. Each bracelet will serve as a tangible representation of the values we've embraced and the growth we've experienced together. By integrating the principles of leadership, responsibility, and teamwork, these bracelets will not only showcase individual progress but also foster a sense of community and shared purpose. Through this hands-on creative process, we will deepen our understanding of the “Leader in Me” framework, empowering each member to embody the qualities of effective leadership and collaboration.

Empower Bricks Club- We will use the power of building with LEGO bricks to explore social and emotional learning concepts. Through collaborative projects, participants will engage in teamwork, communication, and problem-solving, reinforcing skills like empathy and resilience. Each session will focus on a specific theme related to “smart moves,” allowing members to construct not only physical creations but also valuable life skills. Join us as we build connections and learn together!