

November 2024

Gateway K/5

201 E Thoroughbred Way | 435-867-5558



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: Practicing Positive Actions, Managing Ourselves with Positive Actions, Learning Self Awareness

Happy Birthday



11/13 Anastasia
11/21 Sarah
11/28 Elora

UPCOMING EVENTS

Thanksgiving Break
November 27, 28 & 29

CLUB CLOSED

November 27, 28, & 29



CONTACT INFORMATION

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Site Coordinator
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PARENT RESOURCES

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

Get To Know



Hello! My name is Nicole Jacomb. Starting in November I will be the new Elementary Site Coordinator for the Boys and Girls Club Afterschool Program. I have been an educator for fourteen years with a special interest in alternative teaching methods for unique learners. It is my passion to provide access to education for students who don't easily find success in a traditional classroom. I love dogs and crafting.

I'm looking forward to working with you and your kids in the afterschool program!

Project Learn

Monday & Wednesday

K/1: 4:40-5:25

4/5: 3:50-4:35

Tuesday & Thursday

2/3 Purple Group: 3:50-4:35

2/3 Blue Group: 4:40-5:25

Wednesday & Thursday Homework Help

Students will have the opportunity to work on homework, class projects, and assignments. Students will also engage in math and reading through grade appropriate games, projects, and activities

STEM Labs

Monday & Wednesday

2/3 Blue Group: 3:50-4:35

2/3 Purple Group: 4:40-5:25

Tuesday & Thursday

K/1: 3:50-4:35

4/5: 4:40-5:25

Students will engage in hands-on, fun, age appropriate AmeriCorps STEM labs. This includes Science, Technology, Engineering, and Math.

Clubs & Enrichment

See Detailed Description Below

Monday & Wednesday

K/1 Afterschool Club: 3:50-4:35

4/5: Afterschool Club 4:40-5:25

Tuesday & Thursday

2/3 Afterschool Club Blue Group:
3:50-4:35

2/3 Afterschool Club Purple Group:
4:40-5:25

Tuesday

K/1A Group: Lego-Robotics 3:30-4:30

K/5 Option: ASL Club 4:05-4:50

Fridays

Book Club: 1:35-2:10

Sketch Club, Yoga & Mindfulness Club,
Ancient Art Club 4:05-4:55

These activities are age appropriate, tactile, and fun.

They promote learning in a playful way, that encourages students to try new things, and encourages team building along the way.

Social Emotional Learning

(Prevention & Behavior)

Positive Action & SmartMoves

Monday & Wednesday-Positive Action

2/3 Purple Group: 3:50-4:35

2/3 Blue Group: 4:40-5:25

Tuesday & Thursday-Positive Action

4/5: 3:50-4:35

K/1: 4:40-5:25

Friday: SmartMoves

K/5: 1:25-2:20

This time will be centered around learning ways to develop our sense of self, how we can better ourselves and improve our relationships with those around us. We will focus on identifying emotions, learning healthy coping skills, and building healthy relationships with peers.



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Utah State Board of Education



Gateway K/5 Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	1
					K/1 Circle up/Sharing 2/5 Book Club Social Emotional Learning: SmartMoves: K/1 My Super Hero Self 2/5 Changing Impossible to I'm Possible K/1 Book Club/Reading Mentors K/1 Project Learn Club/Wellness Club 2/5 Club Choice: Mindfulness & Yoga, Ancient Art Club, Book Club K/5 Choice Activities
Mid-Survey Attitude of Gratitude: Things We Have	4 2/5 Book Club Social Emotional Learning (P) Positive Action 2/3 Mid-Survey 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for Things We Have	5 2/5 Book Club Social Emotional Learning (P) Positive Action K/1 Mid-Survey 4/5 Mid-Survey K/1 & 4/5 Americorps STEM or K/1 Lego Robotics (1st session roster) 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the Things We Have K/5 ASL Club	6 2/5 Book Club Social Emotional Learning (B) Positive Action 2/3 Mid-Survey 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the Things We Have 4/5 Lego Robotics	7 2/5 Book Club Social Emotional Learning (B) Positive Action K/1 Mid-Survey 4/5 Mid-Survey K/1 & 4/5 Americorps STEM 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the Things We Have Monthly Fire Drill	8 K/1 Circle up/Sharing 2/5 Book Club Social Emotional Learning: SmartMoves: K/1 Rainsticks Relaxation 2/5 Calming Bottles K/1 Book Club/Reading Mentors K/1 Project Learn Club/Wellness Club 2/5 Club Choice: Mindfulness & Yoga, Book Club, Ancient Art Club, Sketch Art Club K/5 Choice Activities
Practicing Positive Actions Attitude of Gratitude: Places We Can Go	11 2/5 Book Club Social Emotional Learning (P) Positive Action 2/3 Time Off for Good Behavior 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the Places We Can Go	12 2/5 Book Club Social Emotional Learning (P) Positive Action K/1 Managing Yourself Using Social Emotional Positive Actions 4/5 Time Off for Good Behavior K/1 & 4/5 Americorps STEM or K/1 Lego Robotics (1st session roster) 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the Places We Can Go K/5 ASL Club	13 2/5 Book Club Social Emotional Learning (B) Positive Action 2/3 Gearing Up 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the Places We Can Go 4/5 Lego Robotics	14 2/5 Book Club Social Emotional Learning (B) Positive Action K/1 Managing Yourself Using Social Emotional Positive Actions 4/5 Gearing Up K/1 & 4/5 Americorps STEM 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the Things We Have	15 K/1 Circle up/Sharing 2/5 Book Club Social Emotional Learning: SmartMoves: K/1 I Can Plan 2/5 I Can Plan K/1 Book Club/Reading Mentors K/1 Project Learn Club/Wellness Club 2/5 Club Choice: Mindfulness & Yoga, Book Club, Ancient Art Club, Sketch Art Club K/5 Choice Activities
Managing Ourselves with Positive Actions Attitude of Gratitude: People Who Help Us	18 2/5 Book Club Social Emotional Learning (P) Positive Action 2/3 A Positive Relationship with Money 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the People Who Help Us	19 2/5 Book Club Social Emotional Learning (P) Positive Action K/1 Managing Yourself Using Social Emotional Positive Actions 4/5 A Positive Relationship with Money K/1 & 4/5 Americorps STEM or K/1 Lego Robotics (1st session roster) 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the People Who Help Us K/5 ASL Club	20 2/5 Book Club Social Emotional Learning (B) Positive Action 2/3 Using Our Talents 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the People Who Help Us 4/5 Lego Robotics	21 2/5 Book Club Social Emotional Learning (B) Positive Action K/1 Managing Yourself Using Social Emotional Positive Actions 4/5 Using Our Talents K/1 & 4/5 Americorps STEM 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for the People Who Help Us	22 K/1 Circle up/Sharing 2/5 Book Club Social Emotional Learning: SmartMoves: K/1 Coping Strategy Game 2/5 Coping Blocks K/1 Book Club/Reading Mentors K/1 Project Learn Club/Wellness Club 2/5 Club Choice: Mindfulness & Yoga,, Book Club, Ancient Art Club, Sketch Art Club K/5 Choice Activities
Learning Self Awareness Attitude of Gratitude: Friends & Family	25 2/5 Book Club Social Emotional Learning (P) Positive Action 2/3 Thinking About What You Are Thinking About 2/3 Americorps STEM K/1 & 4/5 Project Learn-Academic Support K/1 & 4/5 Afterschool Club:Attitude of Gratitude: Grateful for the Friends & Family	26 2/5 Book Club Social Emotional Learning (P) Positive Action K/1 Managing Yourself Using Social Emotional Positive Actions 4/5 Thinking About What You Are Thinking About K/1 & 4/5 Americorps STEM 2/3 Project Learn-Academic Support 2/3 Afterschool Club:Attitude of Gratitude: Grateful for Friends & Family K/5 ASL Club	27 No Afterschool Program-Happy Thanksgiving! 	28 No Afterschool Program-Happy Thanksgiving! 	29 No Afterschool Program-Happy Thanksgiving! 



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Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
K/1-Lunch Room-Check-in 2:50-3:45 Snack/Recess 3:50-4:35 Afterschool Club 4:40-5:25 Project Learn/Snack 5:30 Parent Pick up 2/3 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Social Emotional Learning: Positive Action 4:40-5:25 STEM/Snack 5:30 Parent Pick up 4/5 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Project Learn 4:40-5:25 Afterschool Club/Snack 5:30 Parent Pick-up	K/1-Lunch Room-Check-in 2:50-3:45 Snack/Recess 3:50-4:35 STEM or 3:45-4:45 Lego Robotic Club* 4:40-5:25 Social Emotional Learning: Positive Action/Snack 5:30 Parent Pick up 2/3 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Project Learn 4:00-5:00 2/5 ASL Club 4:40-5:25 Afterschool Club/Snack 5:30 Parent Pick up 4/5 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Social Emotional Learning: Positive Action 4:00-5:00 2/5 ASL Club 4:40-5:25 STEM/Snack 5:30 Parent Pick-up <small>*First Session K/1 Lego-Robotics Club concludes 11/19 Second Session will begin in January</small>	K/1-Lunch Room-Check-in 2:50-3:45 Snack/Recess 3:50-4:35 Afterschool Club 4:40-5:25 Project Learn/Snack 5:30 Parent Pick up 2/3 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Social Emotional Learning: Positive Action 4:40-5:25 STEM/Snack 5:30 Parent Pick up 4/5 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:15-5:15 4/5 Lego Robotics Club 3:50-4:35 Project Learn & Homework Help 4:40-5:25 Afterschool Club/Snack 5:30 Parent Pick-up	K/1-Lunch Room-Check-in 2:50-3:45 Snack/Recess 3:50-4:35 STEM 4:40-5:25 Social Emotional Learning: Positive Action/Snack 5:30 Parent Pick up 2/3 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Project Learn & Homework Help 4:40-5:25 Afterschool Club/Snack 5:30 Parent Pick up 4/5 Library-Check-in 2:50-3:45 Book Club/Snack/Recess 3:50-4:35 Social Emotional Learning: Positive Action 4:40-5:25 STEM/Snack 5:30 Parent Pick-up	K1: Lunch Room-Check-in 12:50-1:25 Check-in/Recess 1:35-2:05 K/1 Sharing & Small Snack 2:05-3:15 SmartMoves, Reading mentors 3:20-4:00 Big Snack/Recess 4:05-4:55 Project Learn 5:00-5:30 Choice Activities in Gym 2/5: Library Check-in 12:50-1:25 Check-in/Recess 1:35-2:10 Book Club & Small Snack 2:15-3:15 Social Emotional Learning: SmartMoves & Homework Help 3:20-4:00 Big Snack/Recess 4:05-4:55 Club Choice (2/5) 5:00-5:30 Choice Activities in Gym

Contact Info

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November Club & Activity Details

Message to Parents:

Can you believe it is already November? Time flies when you're having fun! November will be filled with opportunities to express gratitude for the abundance we experience in our everyday lives, for the people who help us everyday, and for the gift of friends and family. November will also be a time to use the skills that we are learning in our Social Emotional Learning lessons. From creating coping strategies to deal with stress, to making Relaxing Rain Sticks and Calming Bottles, to growing our Self Awareness and learning that what we think affects how we feel and act; our social emotional intelligence and skills continue to grow and evolve. Our Yoga & Meditation, Sketch Art & Book Clubs will wrap up this month with projects and skills that we can share with the people we love the most. Happy November!

Yoga & Mindfulness Club with Miss Gillian:

Friday 2:25-3:15 & 4:05-4:55

Students will continue to practice yoga asanas (poses) that they have learned over the past weeks and will learn some new, more challenging, yoga poses as strength, focus and balance continues to grow. Students will practice mindfulness techniques that can be used as coping tools for stress or anxiety, and to ground themselves in times of distress. The goal of these two techniques is to help children acquire coping skills that they can use for the rest of their lives.

Week #1: Continued practice of basic yoga asanas (poses). Students will expand their asana vocabulary as new poses are introduced. Miss Gill will reinforce what yoga is, how it works, and why it is good for you! Kids will get to practice their yoga skills.

Week #2: Continued practice of basic mindfulness and meditation skills, including longer periods of focused breathing and visualization. Miss Gill will reinforce how meditation works and how it might be helpful in children's day-to-day lives. Kids will get to practice their meditation and mindfulness techniques, and will review the yoga poses they learned last week.

Week #3: Children will practice a yoga series (one pose/asana connected to another) while they are encouraged to focus on the mindful practice of breath focus. This is a challenging skill. Continued practice will help reinforce children's learning.

Week #4: Miss Gill's class will continue to practice a variety of breathing exercises that address stress/anxiety reduction, coping with difficult situations, and breathing that gets our bodies and brains ready to move and learn! Children will practice these techniques in coordination with the yoga asanas (poses) that they have been practicing over the past few weeks. Practice reinforces learning and helps children remember skills that they can teach their families, or use as best serves them.

Ancient Art Club with Mrs. Jacomb & Miss Goodie

Friday 4:05-4:55

Students will have the opportunity to explore and practice how ancient cultures recorded information and expressed themselves through multiple mediums. Students will get to create etched petroglyphs, drawn pictographs, chalk paint handprints, and try to leave their individual mark using dot rock art techniques. These hands-on activities will create personal 'remnants' of each medium that students will be able to take home so they can share what they learned and show off their creativity!

Week #1: Children will be creating their own dot art hand print using paint. Students will learn the variety of information that was communicated by ancient cultures through leaving different types of handprints.

Week #2: Using their skills they learned last week when they created a Dot Art handprint, kids will expand their palette of expression into dot rock art. The conversation about how ancient cultures used these drawings will continue and add on from last week.

Week #3: Building on their skills built over the past few weeks, students will try their hand at dot art on actual rocks.

Week #4: Students will complete Ancient Art Club by creating their own unique rock art.

Sketch Club with Miss Halli

Friday 4:05-4:55

Ready, set, Sketch! Miss Halli will be introducing basic drawing skills each Friday during this fun, hands on, no-pressure-to-be-perfect club. Students will try their hands at a variety of skills as they engage with different sketch/art materials and mediums. Self expression and *trying* will be encouraged. This club will provide a safe space for trying new things and finding the joy that comes with expressing ourselves in new ways...even when we are not 'perfect'.

Week #1 Charcoal Art: Students will be shown various examples of how artist use charcoal in art. We will make our own charcoal sketch.

Week #2 Shading-Still Life Sketching: Students will try their still life sketching skills by drawing an apple from a reference. Miss Halli will show students how to incorporate shading into their sketches. Students will give it a try! As a reward, students will get to eat the apple they sketched.

Week #3 Watercolor/Watercolor Pencils: Students will be introduced to a number of art pieces that have been created using Watercolors and Watercolor pencils. Students will learn how to use a watercolor pencil and will write their names using this tool. These will be the most beautiful signatures students have ever created!

Week #4 Oil Pastels/Two & Three Dimensional Objects: Students will learn how to sketch basic two and three dimensional shapes. They will try out these new sketching skills using oil pastels

Book Club with Miss Halli

Monday-Thursday 2:50-3:15

Friday 1:35-2:10

We will be finishing up the book *Candy Shop Wars* this month. This is a fantasy/adventure/thriller story that follows Nate and the Blue Falcons club as they are introduced to Mrs. White, the owner of Sweet Tooth Ice Cream and Candy Shoppe, who has more than a few tricks up her sleeve and in her sweets! Fridays will be reserved for fun reading-related and book-related activities and crafts!

November 1: We will talk about the mirror mints from the book, kids will create their own mirrors!

Week #1: We will follow map directions to find a treasure, just like Nate and the gang.

Week #2: We will review our favorite parts of the book by coloring and painting our favorite characters

Week #3: We will finish up the *Candy Shop Wars*. Kids will vote on the last activity for the book club, club

Week #4: We will have a 'We Finished the Book!' party, to include the last activity the kids voted on

K/5 Afterschool Club with Miss Avery

Daily 3:50-4:35 & 4:40-5:25

Miss Avery will be exploring our weekly themes and reinforcing what we have learned in our Positive Action and SmartMoves lessons. November is the month of gratitude. Children will have the opportunity to recognize and express their thankfulness for all the things that they may take for granted day-to-day. This month will be an exploration of the material objects, opportunities, and people around us that make life bountiful and beautiful and that we can be thankful for. Miss Avery will be helping children explore how our minds and bodies change when we express gratitude. Big or small we are grateful for it all!

K/1 Lego Robotics with Mrs. Meyers

Tuesday 3:30-4:30

In LEGO League, students engage in hands-on STEM experiences, building confidence, growing their knowledge and developing habits of learning. The program teaches six core values: discovery, innovation, impact, inclusion, teamwork, and fun. This club is geared specifically toward K/1 students. Each student will get the opportunity to build and learn at an age appropriate level. We will be splitting the K/1 class into two groups. Each group will have the opportunity to attend this club through the 10 week progression.

4/5 Lego Robotics with Mrs. Thorpe

Wednesday 3:15-5:15

In LEGO League, students engage in hands-on STEM experiences, building confidence, growing their knowledge and developing habits of learning. The program teaches six core values: discovery, innovation, impact, inclusion, teamwork, and fun. This club is geared specifically toward K/1 students. Each student will get the opportunity to build and learn at an age appropriate level.

2/5 American Sign Language (ASL) Club with Mrs. Gregerson

Tuesdays 4:00-5:00

By beginning at the basics like the alphabet, basic verbs, and simple communication, students will learn to communicate through American Sign Language. This non-verbal communication will be learned through repetition and muscle memory. An important part of this club is also deaf culture and history.