

November 2024

# Heritage

747 E Riverside Dr, St. George UT 84790 | (801) 372-3434



**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 "Having a Positive Attitude, Practicing positive Actions, Pre-Survey, Choices & Consequences & Physical Health Positive Actions"

Happy  
Birthday



To all our November Birthdays

## UPCOMING EVENTS

### CLUB CLOSED

November 27-30th



## Get To Know



**Howdy! My name is Whitney Kellogg. This is my first year with the Boys & Girls Club and I am the STEM specialist here. I love movies and exploring the outdoors. I am also studying film at Utah Tech University.**

## CONTACT INFORMATION

**Site Coordinator**  
Phone: (801) 372-3434  
Email: [Heritage@bgcuath.org](mailto:Heritage@bgcuath.org)

## PARENT RESOURCES

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

### Power Hour

*M-THU 4:55pm-5:20pm*

In Project Learn our goal is to help members reach their reading minutes, as well as give students opportunities to finish homework and receive help.

### STEM Labs

*Fridays during 'Rotations'*

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

*K-2nd: Tuesday/Thursday 4:15-4:50pm*

*3rd-5th: Monday/Wednesday*

*4:15pm-4:50pm*

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

### Social Emotional Learning (Prevention & Behavior)

*K-2nd: Monday/Wednesday*

*4:15pm-4:50pm*

*3rd-5th: Tuesday/Thursday 4:15-4:50pm*

Social Emotional Learning curriculum provides members with important social-emotional skills that can help them throughout life.



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Utah State Board of Education



UTAH DEPARTMENT OF  
WORKFORCE  
SERVICES  
CHILD CARE



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
					1 <b>STEM CLUB</b> Rotations <b>SMART Moves</b>
<b>Mid-Surveys</b>	4 Social Emotional Learning (P) Positive Action: K-2nd: Mid-Survey <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	5 Social Emotional Learning (P) Positive Action: 3rd-5th: Mid-Survey <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	6 Social Emotional Learning (B) Positive Action: K-2nd: Mid-Survey <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	7 Social Emotional Learning (B) Positive Action: 3rd-5th: Mid-Survey <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	8 <b>STEM CLUB</b> Rotations <b>SMART Moves</b> Fire Drill
<b>Practicing Self-Management</b>	11 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 44 "Managing Yourself Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	12 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 41 "On Track and on Time" <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	13 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 45 "Managing Yourself Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	14 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 44 "Do What You Need To Do When You Need To Do It" <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	15 <b>STEM CLUB</b> Rotations <b>SMART Moves</b>
<b>Managing Ourselves with Positive Actions</b>	18 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 48 "Managing Yourself Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	19 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 46 "Gearing Up!" <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	20 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 51 "Managing Yourself Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	21 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 49 "A Positive Relationship with Money" <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	22 <b>STEM CLUB</b> Rotations <b>SMART Moves</b>
<b>Practicing Positive Actions</b>	25 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 46 "Managing Yourself Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th 4 Square or Puppet Club Project Learn	26 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 45 "Time Off for Good Behavior" <b>Clubs:</b> K-2nd 4 Square or Puppet Club Project Learn	27 	28 	29 

### Daily Schedule

#### Monday-Thursday

- 3:30pm-3:40pm: Check In
- 3:40pm-3:55pm: Snack/Brain Break
- 4:05pm-4:15pm: Circle Up
- 4:15pm-4:50pm: Social Emotional Learning/Clubs
- 4:55pm-5:25pm: Project Learn
- 5:30pm- Check out & Pm Snack

#### Friday

- 12:00pm-12:10pm: Check In
- 12:10pm-12:35pm: Snack/Brain Break
- 12:45pm-1:00pm: Circle Up
- 1:00pm-1:40pm: SMART Moves
- 1:50pm-3:50pm: Rotations
- 4:00pm-4:20pm: Snack
- 4:25pm-4:45pm: Team Building
- 4:50pm-5:20pm: Gratitude
- 5:30pm- Check out & Pm Snack

### Contact Info

Site Coordinator  
Email: [Heritage@bgcutah.org](mailto:Heritage@bgcutah.org)  
Phone: (801) 372-3434

Program Address: 747 E Riverside Dr, St. George UT 84790



## November Club & Activity Details

### Message to Parents:

Hello Parents and Welcome to the month of November at Boys and Girls Club! We are so excited for the fun activities we have planned for this month! Please be sure to look over the calendar and newsletter and reach out with any questions!

### Social Emotional Learning

**Positive Action-** 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. Positive Action teaches real-life concepts that help students feel good about themselves. The November theme is “**Mid-Surveys, Practicing Self-Management, Managing Ourselves with Positive Actions, Practicing Positive Actions.**” k-2nd: Monday/Wednesday & 3rd-5th: Tuesday/Thursday

**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.

### Academic Support

**Project Learn -** The main focus of power hour will be to help youth complete homework assignments, read, and have help with their work. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home. This takes place Monday-Thursdays 4:55pm - 5:25pm.

### Clubs and More

#### STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

**Enrichment Clubs-** k-2nd: Tuesday/Thursday & 3rd-5th: Monday/Wednesday

**4 Square Club-** During 4-square club, club members will learn how to play and follow game rules that promote fun and sportsmanship behavior. Club members will learn precision, agility, coordination, honesty, conflict resolution, and other skills as they play and work together with their group.

**Puppet Club-** In puppet club the kids will be learning how to make various styles of puppets in hands-on crafts. They will get the chance to write some short stories for puppet shows that they will perform with their very own handmade puppets.

