

November 2024

Sandstone

850 N 2450 E, St. George UT 84790 | (801) 372-3059



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 Self-Concept

Happy
Birthday



Birthday's Coming Soon...

UPCOMING EVENTS

Nov 1: Raptor Art with the Principal
Nov 5: Fire Drill
Nov 28-29: Thanksgiving Break

CLUB CLOSED

SEP Comp Day: Nov 27th
Thanksgiving Break: Nov 28th-29th



Get To Know



Megan Reynolds
Area Director

Hello! My name is Megan and I am one of the Area Directors for St. George. This is my second year at BGC and I have absolutely loved getting to know your students! We truly appreciate all the parents' support and couldn't do it without your help!

CONTACT INFORMATION

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Site Coordinator
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PARENT RESOURCES

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

Power Hour

Monday-Thursday 4:10 - 4:55

During Power Hour, our goal is to help members reach their reading minutes, as well as give students opportunities to receive help with their homework to ensure a better understanding.

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 daily.

Enrichment/Clubs

Monday/Wednesday: 5:00 - 5:25

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)

Tuesday/Thursday 4:40 - 5:25

Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 1:10 - 2:10

SMART moves curriculum provides members with relationship-building skills with themselves and others



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Sandstone After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Thinking Outside the Box	28 Club Day: Frisbee Club Ocean Club Power Hour	29 Social Emotional Learning Positive Action (P) L 34: "Make It New Again" L 42: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	30 Club Day: Frisbee Club Ocean Club Power Hour	31 Social Emotional Learning Positive Action (B) L 38: "When It Absolutely Counts" L 43: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	1 Raptor Art STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Mid Surveys	4 Club Day: Frisbee Club Ocean Club Power Hour	5 Social Emotional Learning Positive Action Mid Surveys Power Hour Fire Drill	6 Club Day: Frisbee Club Ocean Club Power Hour	7 Social Emotional Learning Positive Action Mid Surveys Power Hour	8 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Practicing Self-Management	11 Club Day: Frisbee Club Ocean Club Power Hour	12 Social Emotional Learning Positive Action (P) L 41: "On Track and on Time" L 44: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	13 Club Day: Frisbee Club Ocean Club Power Hour	14 Social Emotional Learning Positive Action (B) L 44: "Do What You Need To Do When You Need To Do It" L 45: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	15 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Practicing Positive Actions	18 Club Day: Frisbee Club Ocean Club Power Hour	19 Social Emotional Learning Positive Action (P) L 45: "Time Off for Good Behavior" L 46: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	20 Club Day: Frisbee Club Ocean Club Power Hour	21 Social Emotional Learning Positive Action (B) L 46: "Gearing Up!" L 48: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	22 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Managing Ourselves with Positive Actions	25 STEM Power Hour	26 Social Emotional Learning Positive Action (P) L 49: "A Positive Relationship with Money" L 51: "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	27 NO SCHOOL NO PROGRAM	28 NO SCHOOL NO PROGRAM	29 NO SCHOOL NO PROGRAM

Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:00 Snack & Physical Activity 4:00-4:10 Feelings Check in & Wash Hands 4:10-4:35 Power Hour 4:35-4:40 Transition 4:40-5:25 Club Time 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:08 Snack & Physical Activity 4:10-4:20 Feelings Check in & Wash Hands 4:20-4:50 Power Hour 4:50-4:55 Transition 4:55-5:25 Social Emotional Learning- Positive Action 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	12-12:30 Check in & Physical Activity 12:35-1:05 Circle Up/PM Snack (Feelings Check in & Schedule) 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

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November Club & Activity Details

Message to Parents:

Happy November! Welcome to the month of thankfulness. We are so thankful for all your students and can't wait to see what the rest of the year brings us! We have a fun-filled month ahead of us before break starts. We are looking forward to our awesome clubs this month! We know some of our students love frisbee and everything ocean!

Social Emotional Learning

Positive Action - Social Emotional Learning curriculum is an evidence-based program that is integrated into 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. The August theme is Philosophy and Thoughts-Actions-Feelings Circle.

SMART Moves - This is a BGCA Social Emotional Learning curriculum that is evidence-based and focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run on Fridays with new topics each week.

Academic Support:

Power Hour - The main focus is to help youth complete homework assignments, practice sight words, and master a new learning skill. We aim to help youth reduce missing assignments by aligning with school-day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

Engineering - Youth have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

Collaboration:

Team Bonding - Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in the program through group games and activities. This also allows them to use teamwork and critical thinking to succeed in activities and enhance their relationships with those in the program.

Enrichment Clubs:

Ultimate Frisbee Club - Youth in the monthly club will learn and understand how to throw and catch a frisbee. They will learn teamwork and the game of ultimate frisbee. By the end of this month, students in this club will understand the rules and actively participate in a game of ultimate frisbee. This club will be offered every Monday and Wednesday.

Ocean Club - Youth in the monthly club will dive deep into the ocean and learn about sharks, ocean safety, waves, natural disasters in the ocean, etc. This club is an awesome opportunity to learn more about the ocean and how we can keep it clean and safe. This club will be offered every Monday and Wednesday.

