

November 2024

Sunset Elementary

495 Westridge Dr, UT | 801-372-3151



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 managing yourself

Happy Birthday



UPCOMING EVENTS

Happy Thanksgiving!



CLUB CLOSED

Nov 27-29 Thanksgiving Break



Get to Know Our Youth Development Professional Herc!



My name is Angel (Herc) Avina, I am from Ontario, California. In my spare time I love to drive around town, hit the gym, and I love to stunt for cheer. Some of my go to grabs are gummy bears, rice krispies, and chocolate milk!

CONTACT INFORMATION

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Site Coordinator
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Email: Sunset@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday-Thursday

Grades 4-5 3:25-4:10/Grades K-3 4:05-4:35

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

Wednesday & Friday

Grades K-3 3:25-3:55/Grades 4-5 4:05-4:35

Fridays: 2:50-3:20

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

Monday - Thursday

4:40 - 5:10

Enrichment clubs offer 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

Grades K-3 3:30-4:00/Grades 4-5 4:05-4:35

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

Friday 3:45-4:30

Our SMART Moves curriculum provides members with relationship building skills with themselves and others.



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Sunset Afterschool Program 2024-2025



| Social Emotional Learning Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|--|
| | 28 | 29 | 30 | 31 | 1 |
| Mid-Surveys | 4 Power Hour Volleyball Club Friendship Club Group Game | 5 Power Hour Social Emotional Learning Social Emotional Learning:(P): Mid-Surveys Yoga Club Lego Club Group Game | 6 Power Hour Volleyball Club Friendship Club Group Game | 7 Power Hour Social Emotional Learning Social Emotional Learning:(B): Mid-Surveys Yoga Club Lego Club Group Game | 8 SMART Moves Fun Friday STEM Club Creative Club Physical Club Group Game Fire Drill |
| Practicing Self-Management | 11 Power Hour Volleyball Club Friendship Club Group Game | 12 Power Hour Social Emotional Learning Social Emotional Learning:(P): Grade 5 Manual: Lesson 41 "On Track and on Time" Grade 2 Manual: Lesson 44 "Managing Yourself Using Social / Emotional Positive Actions" Yoga Club Lego Club Group Game | 13 Power Hour Volleyball Club Friendship Club Group Game | 14 Power Hour Social Emotional Learning Social Emotional Learning:(B): Grade 5 Manual: Lesson 44 "Do What You Need To Do When You Need To Do It" Grade 2 Manual: Lesson 45 "Managing Yourself Using Social / Emotional Positive Actions" Yoga Club Lego Club Group Game | 15 SMART Moves Fun Friday STEM Club Creative Club Physical Club Group Game |
| Practicing Positive Action | 18 Power Hour Volleyball Club Friendship Club Group Game | 19 Power Hour Social Emotional Learning Social Emotional Learning:(P): Grade 5 Manual: Lesson 45 "Time Off for Good Behavior" Grade 2 Manual: Lesson 46 "Managing Yourself Using Social / Emotional Positive Actions" Yoga Club Lego Club Group Game | 20 Power Hour Volleyball Club Friendship Club Group Game | 21 Power Hour Social Emotional Learning Social Emotional Learning:(B): Grade 5 Manual: Lesson 46 "Gearing Up!" Grade 2 Manual: Lesson 48 "Managing Yourself Using Social / Emotional Positive Actions" Yoga Club Lego Club Group Game | 22 SMART Moves Fun Friday STEM Club Creative Club Physical Club Group Game |
| Managing Ourselves with Positive Action | 25 Power Hour Volleyball Club Friendship Club Group Game | 26 Power Hour Social Emotional Learning Social Emotional Learning:(P): Grade 5 Manual: Lesson 49 "A Positive Relationship with Money" Grade 2 Manual: Lesson 51 "Managing Yourself Using Social / Emotional Positive Actions" Yoga Club Lego Club Group Game | 27 No Club Thanksgiving Break | 28 No Club Thanksgiving Break | 29 No Club Thanksgiving Break |

| Daily Schedule | Monday - Thursday | Friday | |
|----------------|---|-------------|---|
| 2:35 - 3:00 | Check-in, Super Snack, Feelings check in | 1:00 - 1:15 | Check-in, Feelings check in |
| 3:00 - 3:25 | Energy Boost | 1:20 - 1:35 | Energy Boost |
| 3:30 - 4:00 | K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn) | 1:40 - 2:10 | Rotation 1 (Creative) - Computer Lab |
| 4:00 - 4:30 | 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn) | 2:15 - 2:45 | Rotation 2 (Physical) |
| 4:30 - 5:20 | Enrichment Clubs | 2:50 - 3:20 | Rotation 3 (STEM) |
| 5:25 - 5:30 | Clean up, Snack, Check-out | 3:25 - 3:40 | Super Snack |
| | | 3:45 - 4:30 | Social Emotional Learning - SMART Moves |
| | | 4:35 - 5:00 | Fun Friday |
| | | 5:05 - 5:20 | Group Game |
| | | 5:25 - 5:30 | Clean up, Snack, Check-out |



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UTAH DEPARTMENT OF
WORKFORCE
SERVICES
CHILD CARE

| Contact Info |
|--|
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Sunset Afterschool Program 2024-2025



November Club & Activity Details

Message to Parents:

The cold air is approaching us! As it gets cooler, please make sure your students have a sweater and collect anything they forgot on Fridays. We love the time we get to spend with your children after school. 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. Thank you for allowing us to work alongside your child and promote a fun, engaging place of play and learning!

Friendship Club - This month, the kids will be able to participate in our friendship club where they can build friendships and learn social skills. Through engaging activities, games, and group projects, children will have the opportunity to connect with fellow club members, develop empathy, and practice teamwork.

Volleyball Club - Students will learn the fundamentals of volleyball in a fun and engaging way. Through drills, games, and team -building activities, the kids will develop their skills in serving, passing, and teamwork.

Lego Club - Students can explore their imagination and problem solving skills within our Lego club. Through building challenges, group projects, and free play, the children will enhance their teamwork and creativity.

Yoga Club - Yoga Club will introduce the students to the basics of yoga in a fun and relaxing environment. Through simple poses, breathing exercises, and mindfulness activities, the children will improve their flexibility, balance, and focus. This club promotes a sense of calm, self-awareness, and well-being, providing a supportive space for children to develop both physically and mentally while learning techniques to manage stress and relax.

STEM - Our STEM lessons inspire students to explore science, technology, engineering and math through hands-on activities and experiments. Children will engage in creative problem solving, building projects, and collaborative challenges that spark curiosity and critical thinking.

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.

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. 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 goes to the computer lab to play school-approved games which they love. 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.



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