

December 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"

Get To Know



Hi! I'm Jessica Davenport, I'm the new program manager at Heritage Elementary. This is my first year with the boys and girls club. I have a dog named Hercules and we love to go hiking and swimming together.

CONTACT INFORMATION

Site Coordinator
Phone: (801) 372-3434
Email: 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.

Happy
Birthday



To all our December Birthdays!

UPCOMING EVENTS

CLUB CLOSED

December 2nd
December 23rd - January 3rd



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Heritage After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self Awareness	2 	3 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 52 "Using Our Talents" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	4 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 57 "Managing Yourself Using Social / Emotional Positive Actions" <u>Clubs:</u> 3rd-5th Olympics Club or Careers Club Project Learn	5 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 53 "Thinking About What You Are Thinking About" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	6 STEM CLUB Rotations SMART Moves Fire Drill
Self Awareness with our Feelings	9 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 59 & 60 "Managing Yourself Using Social / Emotional Positive Actions" <u>Clubs:</u> 3rd-5th Olympics Club or Careers Club Project Learn	10 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 54 "Does What You Do Matter?" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	11 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 61 & 62 "Managing Yourself Using Social / Emotional Positive Actions" <u>Clubs:</u> 3rd-5th Olympics Club or Careers Club Project Learn	12 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 55 "Your Big, Up Front Feelings" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	13 STEM CLUB Rotations SMART Moves
Paying Attention to our Feelings	16 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 67 "Managing Yourself Using Social / Emotional Positive Actions" <u>Clubs:</u> 3rd-5th Olympics Club or Careers Club Project Learn	17 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 56 "Looking For Love, Finding It" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	18 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 68 "Managing Yourself Using Social / Emotional Positive Actions" <u>Clubs:</u> 3rd-5th Olympics Club or Careers Club Project Learn	19 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 63 "What Scares Me Now" <u>Clubs:</u> K-2nd Olympics Club or Careers Club Project Learn	20 STEM CLUB Rotations SMART Moves
	23 	24 	25 	26 	27
	30 	31 	1 	2 	3

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

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December Club & Activity Details

Message to Parents:

Hello Parents and Welcome to the month of December 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 December theme is “**Learning Self Awareness, Self Awareness with our Feelings, and Paying Attention to our Feelings.**” 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

Olympics Club - During this club the kids will do various activities revolving around the Olympics! We will be playing different games and sports that are played in the Olympics and learning about them! This club will help the kids work on their motor skills through a variety of activities.

Career Club - Club members will be able to learn more about different professions through creative activities. They will explore their artistic and practical skills, such as designing, crafting, and problem-solving. This Club will help youth to discover their own interests, questions, and curiosity about future ideas for careers. Club members will develop a better appreciation for tools and techniques professionals use through creative processes.

