

December 2024

Legacy

280 E 100 S Saint George, Utah 84770 | 801-372-3284



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 Self-Awareness

Happy Birthday



Madison A.
Leny B.
Elias B.
Joaquin G.
Pablo G.

UPCOMING EVENTS

Parent Night December 19 @ 4:00pm!

CLUB CLOSED

Monday, December 2nd
December 23rd - January 3rd



Get To Know Our Staff!

Ryan Gertz
Program Manager



Hi guys! I am currently a graduate student at Utah Tech studying athletic administration. During my free time I like to fish, watch sports, and hangout with my friends!

CONTACT INFORMATION

Adeline Tiffany
Site Coordinator
Phone: 801-372-3284
Email: legacy@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday - Thursday: 5:00 - 5:30

We work diligently to provide the best assistance for club members to work on their homework and math/reading skills.

STEM Labs

Monday 4:30 - 5:00

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: 4:00 - 4:30

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

Social Emotional Learning (Prevention & Behavior)

Monday - Friday

Positive Action, Kid-Grit, & SMART Moves curriculum focus on providing youth with important social-emotional skills. All SEL skills are taught through daily lessons and then integrated throughout the rest of programming.



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Legacy Afterschool Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Awareness	No Club 2	Project Learn 3 Social Emotional Learning (P): Grade 5 Manual: Lesson 52 "Using Our Talents" Grade 2 Manual: Lesson 53 "Managing Yourself Using Social / Emotional Positive Actions"	Craft Club & Jump Rope Club Project Learn 4	Project Learn 5 Social Emotional Learning (B): Grade 5 Manual: Lesson 53 "Thinking About What You Are Thinking About" Grade 2 Manual: Lesson 57 "Managing Yourself Using Social / Emotional Positive Actions"	Fun Friday! STEM Club Creative & Physical Club SMART Moves Fire Drill 6
Self-Awareness With Our Feelings	STEM Club Project Learn 9	Project Learn 10 Social Emotional Learning (P): Grade 5 Manual: Lesson 54 "Does What You Do Matter?" Grade 2 Manual: Lesson 59 & 60 "Managing Yourself Using Social / Emotional Positive Actions"	Craft Club & Jump Rope Club Project Learn 11	Project Learn 12 Social Emotional Learning (B): Grade 5 Manual: Lesson 55 "Your Big, Up Front Feelings" Grade 2 Manual: Lesson 61 & 62 "Managing Yourself Using Social / Emotional Positive Actions"	Fun Friday! STEM Club Creative & Physical Club SMART Moves 13
Paying Attention To Our Feelings	STEM Club Project Learn 16	Project Learn 17 Social Emotional Learning (P): Grade 5 Manual: Lesson 56 "Looking For Love, Finding It" Grade 2 Manual: Lesson 67 "Managing Yourself Using Social / Emotional Positive Actions"	Project Learn 18 Social Emotional Learning (B): Grade 5 Manual: Lesson 63 "What Scares Me Now" Grade 2 Manual: Lesson 68 "Managing Yourself Using Social / Emotional Positive Actions"	Project Learn 19 Seasonal Party! Parent Night @ 4:00pm!	Fun Friday! STEM Club Creative & Physical Club SMART Moves 20
	No Club 23	No Club 24	No Club 25	No Club 26	No Club 27
	No Club 30	No Club 31	1	2	3

Daily Schedule

Monday-Thursday	Fridays
3:30 - 3:35 pm - Welcome Check-in/Wash hands 3:35 - 3:50 pm - Super Snack/Feelings Check-in 3:50 - 4:15 pm - Energy Boost/Wash hands 4:15 - 4:45 pm - Social Emotional Learning/ STEM / Clubs 4:45 - 5:25 pm - Project Learn (Academic Support) 5:25 - 5:30 pm - Pass out PM Snack & Check-out	12:00 - 12:30 pm - Welcome Check-in/Wash hands 12:30 - 12:50 pm - Energy Break/Wash hands 12:50 - 1:10 pm - Super Snack Time 1:10 - 2:10 pm - Fun Friday! 2:10 - 2:30 pm - Positivity Circle/Feelings Check-in 2:30 - 3:00 pm - STEM Club (Club Rotation) 3:00 - 3:45 pm - Physical Club & Creative Club (Club Rotation) 3:45 - 4:00 pm - Energy Break/Wash hands 4:00 - 4:25 pm - PM Snack Time 4:25 - 5:25 pm - SMART Moves 5:25 - 5:30 pm - Clean up/Check-out

Contact Info

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November Club & Activity Details

Message to Parents: We are super excited for all the fun this month is going to bring and we can't wait! A couple things to remember is that we will not have program during Winter Break. Make sure to mark your calendars for those days. We will also be having a parent night! We will be doing fun crafts and showing off our fun projects that we have done so far in the year! **We hope you can join us for parent night on December 19 at 4:00pm!** Thank you so much for everything you do!

Social Emotional Learning: 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. This program is run Tuesday & Thursday with new topics each week.

Power Hour: This is dedicated time to cover school related topics, homework or reading. 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 station, craft table, and sometimes we break out the basketballs! 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 has a variety of different creative outlets to choose from. Typically we will draw, color, and make crafts. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or have races. STEM Clubs on Mondays and 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 to plan out what the kids would really enjoy doing during this time! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

Craft Club: This club is centered around learning various different crafts. Each student will work with each other and will get to challenge themselves. This club will spark the kids' creative sides and will help them socialize with fellow club members. We can't wait to see how their crafts turn out!

Jump Rope Club: This club is centered around jump ropes. We will be going outside (on days that allow it) as we get our hearts pumping! Students will engage with their fellow peers as we learn how to jump rope. This club allows the kids to venture outside of their comfort zone (if they choose to do so) and interact with other club members. We are excited to see how many jump rope games we can learn!