

December 2024

Paradise Canyon

1795 W 1230 N, St George UT 84770 | (435) 673-8978



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 using social and emotional positive actions

Happy Birthday



Eveny - 1st
Oliver - 25th
Sofia - 9th
Jayden - 3rd

UPCOMING EVENTS

PARENT NIGHT - 18TH

CLUB CLOSED

Christmas Break
12/23 - 1/3



Get To Know

Ms Brittney

For those of you who don't know me yet, my name is Brittney and I am our site coordinator. I have been with the Boys and Girls Club for two years now and have loved working with all the students and parents. I enjoy being active in the gym and going to music festivals. I am a mental health advocate and I have enjoyed working with all your kids thus far and am so amazed at the progress our club and kids have made! I am excited to have a great rest of the school year. 😊



CONTACT INFORMATION

Brittney Thliveris
Site Coordinator

Phone: (801) 372-2507

Email: brittney.thliveris@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday - Thursday 4:00 - 4:30

The main focus of power hour will be to help members complete homework assignments, work on HYLE activities and also have the opportunity to work with program staff on assignments given throughout the week.

STEM Labs

Monday & Wednesday

K-3 3:30 - 4:00/4-5 4:00-4:30

Our STEM program offers students a variety of opportunities to engage in lessons that educate them on the scientific method and explore their creativity.

Students will get the opportunity to participate in STEM activities various days of the week!

Enrichment

Monday - Thursday 4:40 - 5:10

Each month students will get the chance to choose between different physical and creative activities! This month we are offering seasonal activities and crafts along with a special holiday choir club!

Social Emotional Learning (Prevention & Behavior)

Tuesday & Thursday

Grades K-3 3:30-4:00, /Grades 4-5 4:00-4:30
Positive Action & 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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Paradise Canyon After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Learning Self-Awareness</i>	2 Teacher Prep No Club	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" Holiday Club	4 Project Learn STEM Choir Club	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" Holiday Club	6 Smart Moves Creative Club Physical Club Fun Friday Fire Drill
<i>Self-Awareness with our Feelings</i>	9 Project Learn STEM Choir Club	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" Holiday Club	11 Project Learn STEM Choir Club	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" Holiday Club	13 Smart Moves Creative Club Physical Club Physical Club Fun Friday
<i>Paying Attention to our Feelings</i>	16 Project Learn STEM Choir Club	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" Holiday Club	18 Project Learn STEM Choir Club <u>PARENT NIGHT</u>	19 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" Holiday Club	20 Smart Moves Creative Club Physical Club Physical Club Fun Friday
	23 No Club Christmas Break	24 No Club Christmas Break	25 No Club Christmas Break	26 No Club Christmas Break	27 No Club Christmas Break
	30 No Club Christmas Break	31 No Club Christmas Break	1	2	3

Daily	Schedule
2:35 - 2:55 PM Check-in, Super Snack, Feeling check in 3:00 - 3:25 PM Energy Boost 3:25 - 4:10 PM K-3 (Social Emotional Learning or STEM Labs), 4-5 (Power Hour) 4:10 - 4:40 PM 4-5 (Social Emotional Learning or STEM Labs), K-3 (Power Hour) Each get 45 minutes Power Hour and 30 minutes Positive Action, alternating 4:40 - 5:10 PM Enrichment Clubs 5:15 - 5:25 PM Group game 5:30 - 5:45 PM Snack/Check-out	1:00 - 1:15 PM Check-in, Feelings check in 1:20 - 1:35 PM Energy Boost 1:40 - 2:10 PM Social Emotional Learning-Smart Moves 2:15 - 2:35 PM Super Snack 2:40 - 3:15 PM Fun Friday 3:20 - 3:50 PM Rotation 1 (Creative) 3:55 - 4:25 PM Rotation 2 (Physical) 4:30 - 5:00 PM Rotation 3 5:05 - 5:20 PM Group game 5:20 - 5:30 PM Gratitude/PM Snack/check-out

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December Club & Activity Details

Message to Parents:

Our mission with clubs and activities is to give your child more opportunities for learning and interactive activities with their peers. The goal is to provide an environment that gives your child the opportunity of choice and integrate into new activities each month. There will be a new set of clubs and activities each month that will be posted on the calendar. For monthly clubs, it is the goal to build on each activity weekly, giving your child the opportunity to learn new skills every week! Every day except Fridays we spend time with students doing power hour for academic support. Your child has time during clubs to work on homework that they have been given during the school day and they receive assistance from all Boys and Girls Club staff. On Mondays and Wednesdays students are able to participate in a staff led activity for the purpose of social and emotional learning. This time is allotted for students to become more educated on life skills and emotional intelligence! I appreciate all of you entrusting us members of BGC to give your child the most enriching experience here at Paradise Canyon Boys and Girls Club.

If you have any questions or concerns please feel free to reach out to me!

~ *Brittney Thliveris* ~

Paradise Canyon Site Coordinator

Creative Club: This is our opportunity to enjoy activities that allow students to show their creative side and understand new hobbies that they might enjoy. For this month's creative club we will be doing a Holiday Club for the students. We will be teaching the students about the many different ways that Christmas and holidays are celebrated around the world!

Physical Club: This club is a time where we can vote and agree on a game or physical activity that will be fun for club members. It often leads to basketball games, kickball, four square or tag. For physical club this month the students will be preparing for our parent night coming up at the end of the month! We will be doing a choir club and students will be practicing with the teachers for a special gift for you all before the holiday break!

Smart Moves: This 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.

Fun Friday: This is a time for club members to challenge one another in games, races, drawing contests, or to spend time engaging in their favorite crafts. Free time helps us become better at choosing what we like.

Our Core Promise: To America's youth we promise to provide a safe, positive place and to have a significant impact on their lives. To the Nation we promise to uphold high ethical standards in all areas, especially overseeing finances, reporting data on membership and community outreach, being good stewards of the donor dollar, and representing ourselves to the public.

Our Guiding Principles: Safety, Integrity/Accountability, Commitment to Excellence, Youth-Centric Approach, Respect, Compassion, Reliability/Consistency.

Our Rules: 1. Respect Club members, staff and property. 2. Keep hands, feet, and body to yourself. 3. Use appropriate language. 4. Follow directions of Club staff. 5. Have Fun!

