

December 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 Managing Yourself Using Social and Emotional Positive Actions

Happy
Birthday



Seth & Levi - 1st
Miss Gabbie - 2nd
Leila - 9th
Jeremiah - 16th
Xander - 19th

UPCOMING EVENTS

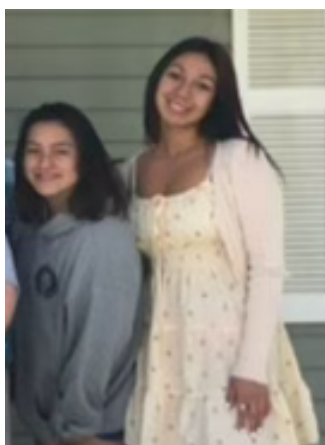
Winter Wonderland Parent Night: Dec 20
Christmas Break: Dec 23 - Jan 3

CLUB CLOSED

Teacher Prep Day: Dec 2nd
Christmas Break: Dec 23rd - Jan 3rd



Get To Know



Miss Amanda
YDP

Hi, my name is Amanda Moore and I'm 19 years old! I'm from Saint George and I've grown up here my whole life. My favorite color is pink and my favorite food is hibachi! I love to travel(if I could live on a plane I would lol). I also love to spend time with my friends and family and I love to cook as well! I am so happy to be working here and to get to know all of your kids!

CONTACT INFORMATION

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Site Coordinator
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PARENT RESOURCES

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

Power Hour

Monday-Thursday 4:10 - 4:50

During Power Hour, our goal is to help members reach their reading minutes, and 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: 4:45 - 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 4:55 - 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
Learning Self Awareness	2 NO SCHOOL NO PROGRAM	3 Social Emotional Learning Positive Action (P) L 52 "Using Our Talents" L 53 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	4 Club Day: Finance Club Dance Club Power Hour Fire Drill	5 Social Emotional Learning Positive Action (B) L 53 "Thinking About What You Are Thinking About" L 57 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	6 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Self Awareness with our Feelings	9 Club Day: Finance Club Dance Club Power Hour	10 Social Emotional Learning Positive Action (P) L 54 "Does What You Do Matter?" L 59&60 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	11 Club Day: Finance Club Dance Club Power Hour	12 Social Emotional Learning Positive Action (B) L 55 "Your Big, Up Front Feelings" L 61&62 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	13 STEM Rotation Cache Valley Bank Physical Rotation Team Bonding SMART Moves
Paying Attention to our Feelings	16 Club Day: Finance Club Dance Club Power Hour	17 Social Emotional Learning Positive Action (P) L 56 "Looking For Love, Finding It" L 67 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	18 Club Day: Finance Club Dance Club Power Hour	19 Social Emotional Learning Positive Action (B) L 63 "What Scares Me Now" L 68 "Managing Yourself Using Social / Emotional Positive Actions" Power Hour	20 STEM Winter Wonderland Parents Night
Christmas Break	23 NO SCHOOL NO PROGRAM	24 NO SCHOOL NO PROGRAM	25 NO SCHOOL NO PROGRAM	26 NO SCHOOL NO PROGRAM	27 NO SCHOOL NO PROGRAM
Christmas Break	28 NO SCHOOL NO PROGRAM	29 NO SCHOOL NO PROGRAM	30 NO SCHOOL NO PROGRAM	31 NO SCHOOL NO PROGRAM	1 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 4:10-4:40 Power Hour 4:40-4:45 Transition 4:45-5:25 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

Contact Info

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December Club & Activity Details

Message to Parents:

Welcome to December! Hopefully, you are all staying warm as we approach our coldest months! We have many fun activities before Christmas Break, including our Parent Night and a presentation/activity from Cache Valley Bank. Cache Valley Bank will be at program to teach our students how to handle money responsibly. We have a Winter Wonderland Parent Night with different winter/holiday-themed activities. We hope everyone can join us on our last day of program before break!

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, an evidence-based curriculum, focusing 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 and has 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 - Every Friday, youth can participate in engineering projects and activities. 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:

Finance Club - Youth in our Money Club will experience the real world in dealing with money. Students will learn the importance of saving and being responsible for their finances. Students will learn the difference between a debit and a credit card. They will also expand their knowledge of income and taxes for their student jobs. This club will be offered every Monday and Wednesday.

Dance Club - Youth in our monthly club will learn the art of dance in different styles, cultures, and decades. From different line dances to learning about how dance has changed throughout the decades, they will learn new skills each day! This club will be offered every Monday and Wednesday.

