

December 2024

# Sunset Elementary

495 Westridge Drive | 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

Happy Birthday



Dec. 2 - Briella  
Dec. 13 - Kiyomi  
Dec. 17 - Everett  
Dec. 29 - Sair

## UPCOMING EVENTS

No upcoming events

## CLUB CLOSED

December 2  
December 23 - January 3rd



### Get To Know

Our new YDP Jordie Kelso!



My name is Jordie Kelso. For the past 18 years, Sanpete County has been my home, but I'm excited to call St. George, my new home! I'm currently studying dental hygiene at Utah Tech University. In my free time, I enjoy spending time outdoors, and being with friends and family.

### CONTACT INFORMATION

**Alexis Dearden**  
Site Coordinator  
Phone: 801-372-3151  
Email: [sunset@bgcutah.org](mailto: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 After School Program 2024-2025



**BOYS & GIRLS CLUBS  
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Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Awareness	<b>No Club</b> 2	3 Project Learn Social Emotional Learning (P): Lesson 52 "Using Our Talents" Lesson 53 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	4 Project Learn Stem Theatre Club Track Club	5 Project Learn Social Emotional Learning (B): Lesson 53 "Thinking About What You Are Thinking About" Lesson 57 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	6 <b>Fire Drill</b> Fun Friday Creative Club Physical Club STEM Club
Self-Awareness With Our Feelings	9 Project Learn Theatre Club Track Club	10 Project Learn Social Emotional Learning (P): Lesson 54 "Does What You Do Matter?" Lesson 59 & 60 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	11 Project Learn Stem Theatre Club Track Club	12 Project Learn Social Emotional Learning (B): Lesson 55 "Your Big, Up Front Feelings" Lesson 61 & 62 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	13 Fun Friday Creative Club Physical Club STEM Club
Paying Attention To Our Feelings	16 Project Learn Theatre Club Track Club	17 Project Learn Social Emotional Learning (P): Lesson 56 "Looking For Love, Finding It" Lesson 67 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	18 Project Learn Stem Theatre Club Track Club	19 Project Learn Social Emotional Learning (B): Lesson 63 "What Scares Me Now" Lesson 68 "Managing Yourself Using Social / Emotional Positive Actions" Football Club Playdoh Club	20 Fun Friday Creative Club Physical Club STEM Club
	23 <b>No Club</b>	24 <b>No Club</b>	25 <b>No Club</b>	26 <b>No Club</b>	27 <b>No Club</b>
	30 <b>No Club</b>	31 <b>No Club</b>	1	2	3

## Daily Schedule

### Monday-Thursday

2:35 - 3:00 Check-in, Super Snack, Feelings check in  
 3:00 - 3:25 Energy Boost  
 3:30 - 4:00 K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn)  
 4:00 - 4:30 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn)  
 4:30 - 5:20 Enrichment Clubs  
 5:25 - 5:30 Clean up, Snack, Check-out

### Fridays

1:00 - 1:15 Check-in, Feelings check in  
 1:20 - 1:35 Energy Boost  
 1:40 - 2:10 Rotation 1 (Creative) - Computer Lab  
 2:15 - 2:45 Rotation 2 (Physical)  
 2:50 - 3:20 Rotation 3 (STEM)  
 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

## Contact Info

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## December Club & Activity Details

### Message to Parents:

As we approach the holiday season, we're excited to share the upcoming events and activities planned for December! This month will be filled with learning, creativity, and festive fun. We have track, football, theater, and Play-Doh clubs this month. Thank you for your continued support and please reach out if you have any questions or concerns. Wishing a joyful and safe holiday season!

**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.

**Track Club:** Track club will provide children with the opportunity to develop their athletic skills and create a love for running and fitness in a fun, supportive environment. This club will focus on teaching basic track and field techniques and promoting teamwork. Students will engage in a variety of activities, including sprinting, long-distance running, relays, and age-appropriate exercises.

**Theatre Club** - Theatre club provides a welcoming space where students can explore the world of theater through acting, storytelling, and creative expression. Children will engage in fun and interactive activities, such as improvisation games, script reading, and character building. Students will learn essential skills such as teamwork, communication, confidence-building, and problem solving.

**Football Club** - Football club provides students the opportunity to learn the fundamentals of football such as passing, routes, and catching. This club will include drills, friendly scrimmages, and team-building activities. Safety is a top priority with age appropriate equipment and rules tailored to ensure everyone has a positive experience.

**Play-Doh Club** - The Play-Doh club provides a fun and engaging space where children can express themselves through the endless possibilities of Play-Doh. Students will engage in guided activities that encourage creativity, problem solving and fine motor development. Projects will range from sculpting animals and building imaginative worlds to exploring colors, shapes, and textures. This club fosters teamwork, and social interaction as students share ideas and work on group creations.

**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.

**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.

