

December 2024

Washington

300 N 300 E, Washington, UT 84770 | 801-372-5776



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 Self Awareness and Paying Attention To Our Feelings.

Happy
Birthday



Sophia

UPCOMING EVENTS

Family Winter Party - 12/11/2024 (4:30 pm-6 pm)



CLUB CLOSED

December 2nd - Teacher Prep Day

December 23rd-January 2nd - Winter Holiday



Get To Know

Meet our Youth Development Professional



"Hi everyone, I'm Zadie! I am currently going to school at Utah Tech and getting a degree in Secondary Education. I was on the dance team in high school where I was awarded Academic All-State for all four years! I love spending time with my friends and family, cooking and baking, being out in the sunshine and watching movies!"

CONTACT INFORMATION

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Site Coordinator
Phone: 801-372-5776
Email: washington@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday - Thursday 4:40 - 5:25

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

Fridays 1:15 - 1:45 & 3:20-5:00 rotations

This month our theme is "Nature's Notebook, Learning Through Leaves". We will explore nature and the many contents of leaves. We will also explore leaf rubbing and maple helicopter seeds.

Enrichment

Monday & Wednesday 4:10 - 4:40

We are offering a Line Dancing Club or Home For the Holidays Club this month. This gives everyone a chance to develop a talent, have fun with others, and let their creativity run wild.

Social Emotional Learning (Prevention & Behavior)

Tuesdays & Thursdays 4:10 - 4:40

We are teaching "Positive Action" and "Self-Awareness" curriculum which enables Club Members to learn about their emotions and how to cope with difficult feelings.



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Utah State Board of Education



Washington Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self Awareness	2 No Club	3 Fire Drill	4 Power Hour Line Dancing Club Home For the Holidays Club Group Game	5 Power Hour 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"	6 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game
Self-Awareness With Our Feelings	9 Power Hour Line Dancing Club Home For the Holidays Club Group Game	10 Power Hour 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"	11 Power Hour Line Dancing Club Home For the Holidays Club Group Game Family/Parent Night: The Winter Party & Talent Show - 4:30 pm-6 pm	12 Power Hour 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"	13 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game
Paying Attention to Our Feelings	16 Power Hour Line Dancing Club Home For the Holidays Club Group Game	17 Power Hour 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"	18 Power Hour Line Dancing Club Home For the Holidays Club Group Game	19 Power Hour 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"	20 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game
	23 No Club	24 No Club	25 No Club	26 No Club	27 No Club
	30 No Club	31 No Club	1	2	3

Daily Schedule

Monday - Thursday	Friday
3:30 - 3:50 Check-in, Snack, Feelings check-in, Pulse Checks	12:00 - 12:15 Check-in
3:50 - 4:10 Energy Boost	12:15 - 1:00 Energy Boost
4:10 - 4:40 Social Emotional Learning (Positive Action) or Enrichment Clubs	1:00 - 1:45 Social Emotional Learning (Smart Moves)
4:40 - 5:25 Power Hour (Homework Help/Academics Enrichment)	1:45 - 2:05 Super Snack/Feelings check-in
5:25 - 5:30 Group game	2:05 - 2:50 STEM Club
5:30 - 5:40 Pass out PM Snack/Parent Pick-up	2:50 - 3:20 Fun Friday
	3:20 - 5:10 Creative/Physical/STEM Club Rotations
	5:10 - 5:30 Gratitude/Group Game/ Pass out PM Snack
	5:30 - 5:40 Parent Pick-up

Contact Info

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December Club & Activity Details

Message to Parents:

Can you believe that 2024 is about to wrap up? Time sure flies when you are having fun! As a reminder to parents; the weather is getting colder outside. Please remind your child(ren) to bring a coat or jacket with them to the club. We are conducting our monthly fire drill on Tuesday, **December 3rd** during program hours. Students are encouraged to read for 20 minutes each day during program hours. We have partnered with the school administration, and Principal Baker will reward readers that reach **1,000 minutes** a certificate to In-N-Out for free food, and **10,000 minutes** a book of their own at Barnes and Noble! **The staff at Washington Boys and Girls Club would like to invite families and friends to the Winter Party: Talent Show on December 11th from 4:30 pm to 6 pm. This is a night where the students have worked hard to prepare a talent to showcase to their peers, staff members, and families.** As the holiday season is upon us, we would like to express our gratitude to the school administrators, families and parents for the opportunity to work with your child(ren). We wish you and your family an amazing holiday season abundant of joy and peace, and a happy new year!

STEM Club - This month's theme is "*Nature's Notebook, Learning Through Leaves.*" We will be exploring nature, and the many components that make up a leaf. We will also be exploring leaf rubbing and maple helicopter seeds as well. The theme encourages hands-on exploration and discovery, fostering curiosity through close observation and creative activities. By examining the shapes, textures, and functions of leaves, the students will deepen their understanding of plant life and seasonal changes.

Home For The Holidays - *Get into the holiday spirit with a month of craft activities.* This month we are going to be offering a craft club. Students will take part in a fun-filled afternoon of creativity, laughter, and festive cheer as they make holiday themed crafts to take home and treasure. From ornaments to snowflakes, and homemade cards, each project will help students express their creativity while celebrating the season. This is a great opportunity for students to bond, share ideas, and create memorable keepsakes for family and friends.

Line Dancing - *Boot Scootin' Boogie:* Grab a friend and let's start a line dance. This month we are going to be learning about the various moves and techniques of line dancing. This will allow the students to develop a new talent, work together as a team, and of course have fun. With upbeat music and easy-to-follow steps, students will build confidence while staying active. By the end of the month, they will be ready to showcase their moves and celebrate their progress with a lively group performance.

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. This month we are focusing on physical and intellectual health. SMART Moves is another curriculum we use to help club members past their social awkwardness and allow them to express themselves in larger groups.

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 are also starting a read aloud group on Fridays, where a staff member will read to the youth, and we will watch the movie/show that correlates to the book on the last Friday of the month. 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 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. We will also be doing a read aloud time where the Club Members could wind down, relax and listen to a staff member read "The Wild Robot". Upon completion of the book, we would watch the film together as a group.

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 will be an activity where the students have contributed to a creative jar with ideas like friendship bracelets, boondoggle keychains, rock painting, suncatchers, slime.etc. 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.

