

January 2025

# Heber Valley

[730 S 6th W, Heber City, UT 84032] | [801-857-4793]



**BOYS & GIRLS CLUBS**  
OF WASATCH COUNTY

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 paying attention to our feelings, gratitude and frustration, the Golden Rule, and respect

Happy Birthday



Riley 1/6  
James 1/9  
Ruby 1/15  
Maddox 1/16

## UPCOMING EVENTS

January 20th - Inauguration Day

## CLUB CLOSED & NO SCHOOL

January 1st -3rd

January 20th



January celebrates many holidays... But on January 1st we can celebrate...

Apple Gifting Day  
New Year's Day  
Polar Bear Plunge/Swim Day  
World Day of Peace

January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.

Flower: Carnation.

Birthstone: Garnet

## CONTACT INFORMATION

**Kellie Barrus, LCSW**  
Site Coordinator  
Phone: (801) 857-4793  
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## PARENT RESOURCES

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

## Project Learn

Tuesday and Thursday - 4:30-5:15pm

Wednesday and Friday - 4:05-4:50pm

We provide High Yield Learning Activities (HYLA), homework support, literacy support, math building activities, and more.

## STEM Labs

Wednesday and Friday - 4:55-5:25pm

## Enrichment

Arts & Crafts Club: Monday - 4:35-6:00pm

Get Moving Club: Tuesday and Thursday - 5:20-6:00pm

## Social Emotional Learning (Prevention & Behavior)

Positive Action:  
Tuesday & Thursday 3:55pm - 4:25pm



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Utah State Board of Education



# Heber Valley Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS  
OF WASATCH COUNTY**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1 NO SCHOOL NO CLUB	2 NO SCHOOL NO CLUB	3 NO SCHOOL NO CLUB
Paying Attention to our Feelings	6 Project Learn Arts & Crafts Club <b>FIRE DRILL</b>	7 Social Emotional Learning (P) K - 2: Managing Yourself Using Social/Emotional Positive Actions 3 - 5: Looking for Love, Finding It Project Learn Get Moving Club	8 Project Learn STEM Club	9 Social Emotional Learning (B) K - 2: Managing Yourself Using Social/Emotional Positive Actions 3 - 5: What Scares Me Now Project Learn Get Moving Club	10 Project Learn STEM Club
Gratitude and Frustration	13 Project Learn Arts & Crafts Club	14 Social Emotional Learning (P) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: Thank You! Thank You! Thank You! Project Learn Get Moving Club	15 Project Learn STEM Club	16 Social Emotional Learning (B) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: Frustration, Smushtration! Project Learn Get Moving Club	17 Project Learn STEM Club
The Golden Rule	20 NO SCHOOL NO CLUB	21 Social Emotional Learning (P) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: Treating Others the Way We Want to be Treated Get Moving Club	22 Project Learn STEM Club	23 Social Emotional Learning (B) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: The Code Project Learn Get Moving Club	24 Project Learn STEM Club
Respect	27 Project Learn Arts & Crafts Club	28 Social Emotional Learning (P) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: Your Code Get Moving Club	29 Project Learn STEM Club	30 Social Emotional Learning (B) K - 2: Getting Along with Others Using Social/Emotional Positive Actions 3 - 5: Respecting Me, Respecting You Project Learn Get Moving Club	31 Project Learn STEM Club

Daily Schedule		
Monday 2:20pm - 3:25pm Arrive/Snack/Recess 3:30pm - 4:30pm Project Learn 4:35pm - 6:00pm Arts & Crafts Club/Clean up/Check out	Tuesday, Thursday 3:20pm - 3:50pm Arrive/Snack/Recess 3:55pm - 4:25pm Social Emotional Learning - Positive Action 4:30pm - 5:15pm Project Learn 5:20pm - 6:00pm Get Moving Club/Clean up/Check out	Wednesday & Friday 3:20pm - 4:00pm Arrive/Snack/Recess 4:05pm - 4:50pm Project Learn 4:55pm - 5:25pm STEM Club 5:30pm - 6:00pm Clean up/Check out

Contact Info
Kellie Barrus, LCSW, Site Coordinator Phone: (801) 857-4793 Email: <a href="mailto:hebervalley@bgcutah.org">hebervalley@bgcutah.org</a>
Program Address: 730 S 6th W, Heber City, UT 84032

# Heber Valley Afterschool Program 2024-2025



## Message to Parents:

Happy New Year!

Welcome back to school and to normal routines. The last few months feel like they have flown by. Can you believe there are only 85 more days of school this year. That may seem like a lot but the year is already HALF over!

Before Winter Break we sent home some fun activities for you and your students to complete. Were you about to do any? We would love any of the homework pieces to come back so we can recognize and celebrate what your students completed at home!

I need your help. We try to give the students as much outside time as possible each day. The temp is dropping and by 3:30-4:00 your students are cold outside! Please send them to school with coats, gloves, and hats! Here's the catch... Please ask them to remember to take all their pieces home each night! Our lost and found is growing!

Social Emotional Learning- Positive Action - This month we will focus on paying attention to our feelings, gratitude and frustration, the Golden Rule, and respect.

Project Learn - Members will be guided and supported in completing any homework assignments. They will also be engaged in age/grade appropriate activities when they don't have any class assignments or homework to complete.

## Clubs:

STEM Club - Members will learn to use science, technology, engineering, and math in a fun and creative way! Students will learn how to grow things from seeds and how to build their own solar oven.

Get Moving Club - Members really enjoy this club, getting to learn new games, practice teamwork, and developing gross motor skills! Our students are spending as much time outside before the weather gets too cold!

Arts & Crafts Club - Members get to express their creativity in this club using a plethora of mediums! This month students will continue spending time learning about watercolors and creating original pieces of art.



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