

January 2025

# Heritage

747 E Riverside Dr, St. George UT 84790 | (801) 372-3434



**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 "Having a Positive Attitude, Practicing positive Actions, Pre-Survey, Choices & Consequences & Physical Health Positive Actions"

## Get To Know



Hi my name is Marysa! I am a YDP at Heritage Elementary for Boys and Girls club. This is my third year working in after school program! My favorite food is mac and cheese or tacos! In my free time I like to travel, try new food, or hangout with my cat napkin!

### CONTACT INFORMATION

**Site Coordinator**  
Phone: (801) 372-3434  
Email: [Heritage@bgcuath.org](mailto:Heritage@bgcuath.org)

### PARENT RESOURCES

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

## Power Hour

*M-THU 4:55pm-5:20pm*

In Project Learn our goal is to help members reach their reading minutes, as well as give students opportunities to finish homework and receive help.

## 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 in everyday life.

## Enrichment

*K-2nd: Tuesday/Thursday 4:15-4:50pm*  
*3rd-5th: Monday/Wednesday*  
*4:15pm-4:50pm*

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)

*K-2nd: Monday/Wednesday*  
*4:15pm-4:50pm*  
*3rd-5th: Tuesday/Thursday 4:15-4:50pm*

Social Emotional Learning curriculum provides members with important social-emotional skills that can help them throughout life.

Happy Birthday



To all our January Birthdays!

## UPCOMING EVENTS

### CLUB CLOSED

January 1st - 3rd  
January 20th



[www.facebook.com/bgcsouthutah](http://www.facebook.com/bgcsouthutah)



[www.instagram.com/bgcsouthutah](http://www.instagram.com/bgcsouthutah)



Utah State Board of Education



# Heritage After School Program 2024-2025



**BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	30 	31 	1 	2 	3 
<b>Gratitude and Frustration</b>	6 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 72 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	7 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 64 "Thank you! Thank you! Thank you!" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	8 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 73 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	9 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 66 "Frustration, Smushtration!" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	10 <b>STEM CLUB Rotations</b> Health & Wellness Fire Drill
<b>The Golden Rule</b>	13 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 75 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	14 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 70 "Treating Others the Way We Want to Be Treated" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	15 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 76 & 79 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	16 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 71 "The Code" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	17 <b>STEM CLUB Rotations</b> Health & Wellness
<b>Respect</b>	20 	21 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 73 "Your Code" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	22 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 82 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	23 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 74 "Respecting Me, Respecting You" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	24 <b>STEM CLUB Rotations</b> Health & Wellness
<b>Friendship &amp; Connection</b>	27 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 83 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	28 Social Emotional Learning (P) Positive Action: 3rd-5th: Lesson 75 "Be My Friend" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	29 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 84 "Getting Along With Others Using Social / Emotional Positive Actions" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	30 Social Emotional Learning (B) Positive Action: 3rd-5th: Lesson 76 "What We Understand" <b>Clubs:</b> 3rd-5th Dance Club or Crafty Chefs Club Project Learn	31 <b>STEM CLUB Rotations</b> Health & Wellness

### Daily Schedule

#### Monday-Thursday

- 3:30pm-3:40pm: Check In
- 3:40pm-3:55pm: Snack/Brain Break
- 4:05pm-4:15pm: Circle Up
- 4:15pm-4:50pm: Social Emotional Learning/Clubs
- 4:55pm-5:25pm: Project Learn
- 5:30pm- Check out & Pm Snack

#### Friday

- 12:00pm-12:10pm: Check In
- 12:10pm-12:35pm: Snack/Brain Break
- 12:45pm-1:00pm: Circle Up
- 1:00pm-1:40pm: Health & Wellness
- 1:50pm-3:50pm: Rotations
- 4:00pm-4:20pm: Snack
- 4:25pm-4:45pm: Team Building
- 4:50pm-5:20pm: Gratitude
- 5:30pm- Check out & Pm Snack

### Contact Info

Site Coordinator  
Email: [Heritage@bgcutah.org](mailto:Heritage@bgcutah.org)  
Phone: (801) 372-3434

Program Address: 747 E Riverside Dr, St. George UT 84790



[www.facebook.com/bgcsouthutah](http://www.facebook.com/bgcsouthutah)



[www.instagram.com/bgcsouthutah](http://www.instagram.com/bgcsouthutah)



Utah State Board of Education



## January Club & Activity Details

### Message to Parents:

Hello Parents and Welcome to the month of January at Boys and Girls Club! We are so excited for the fun activities we have planned for this month! Please be sure to look over the calendar and newsletter and reach out with any questions!

### Social Emotional Learning

**Positive Action**- Social Emotional Learning 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. The December theme is “**Gratitude and Frustration, The Golden Rule, Respect, and Friendship & Connection.**”  
k-2nd: Monday/Wednesday & 3rd-5th: Tuesday/Thursday

**Health & Wellness** During this time the club members will learn about the key principles of health and wellness, focusing on physical, mental, and emotional well-being. This course covers the essentials of staying healthy, including nutrition, exercise, stress management, and sleep. They’ll learn simple, practical tips to improve your physical and mental well-being, build healthy habits, and create a balanced lifestyle.

### Academic Support

**Project Learn** - The main focus of power hour will be to help youth complete homework assignments, read, and have help with their work. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home. This takes place Monday-Thursdays 4:55pm - 5:25pm.

### Clubs and More

#### STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

**Enrichment Clubs** - k-2nd: Tuesday/Thursday & 3rd-5th: Monday/Wednesday

**Dance Club** - The youth dance club will be a fun environment where the members can explore various styles of dance. Members will focus on building strength, flexibility, and coordination while creating choreographed routines. Each club day will include creativity and teamwork, allowing the participants to express themselves through movement. The club helps build confidence and teamwork as dancers work together to improve their skills and performance.

**Crafty Chefs Club** - This month for our creative club we are doing a Crafty Chefs Club! Each week, the kids will learn about chefs while making fake food and chef supply themed crafts. They’ll be making things like paper pizza and aprons.

