

December 2024

# Independence

636 Independence Ave Provo UT 84601 | 801-372-5839



**BOYS & GIRLS CLUBS**  
OF UTAH 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 Self-Awareness

Happy Birthday



3 - Adán  
7 - Antonio  
16 - David T  
17 - Damian  
29 - David A

## UPCOMING EVENTS

12/5 - 5:15 Basketball Game  
12/12 - 5:15 Basketball Game  
12/23 - 1/3 - Winter Break

## CLUB CLOSED

12/23 - 1/3 - Winter Break



## Get To Know



Hi! My name is Brynn and I am the Site Director at Independence. I worked last year as part of the Sports program and as the

Volleyball coach for part of the season. I am so excited to be returning to Independence and continue working with the teens. I recently graduated from UVU and am looking forward to getting my masters in Social Work. I love to go to concerts and movies with my friends. I love playing volleyball and swimming. I am so grateful to be back and am hoping for an amazing year!

## CONTACT INFORMATION

**Brynn Bowers**  
Site Coordinator  
Phone: (801) 372-5839  
Email: [independence@bgcutah.org](mailto:independence@bgcutah.org)

## PARENT RESOURCES

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

## Sports Practice

Monday-Thursday 3:10-4:25

Basketball Season! Practices everyday there aren't games! Games are Thursdays at 5:15pm @ Independence!

## Homework Help (Project Learn)

Monday - Thursday 3:00 - 4:30

Come get help with your classes! Math, English, Science! Tutoring Available

## Enrichment Clubs

More information to come about Enrichment Clubs!

Enrichment clubs are organized programs designed to provide students with engaging, hands-on learning experiences that extend beyond the regular curriculum. These clubs focus on fostering creativity, critical thinking, and social skills through activities that cater to students' interests, such as arts, STEM, sports, and cultural exploration.

## Social Emotional Learning (Prevention and Behavior)

Monday - Thursday 3:00 - 3:10

Positive Action & SMART Moves curriculum focus in sports focuses on helping athletes develop key skills such as self-awareness, emotional regulation, teamwork, and responsible decision-making.



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



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



Utah State Board of Education



UTAH DEPARTMENT OF  
WORKFORCE  
SERVICES  
CHILD CARE

# Independence Afterschool Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
P: Lesson 55: Do I Need Stuff and More Stuff? B: Lesson 58: Did You Ever Try Herding Cats?	2 Social Emotional Learning-P (Positive Action) Basketball Practice Homework Help (Project Learn) <b>Fire Drill</b>	3 Basketball Practice Homework Help (Project Learn)	4 Social Emotional Learning - B (Positive Action) Basketball Practice Homework Help (Project Learn)	5 Homework Help (Project Learn) <b>Basketball Game 5:15 - Black</b>	6 <b>No Programs</b>
P: Lesson 61: Does What We Do Matter? B: Lesson 62: Just Do It	9 Social Emotional Learning-P (Positive Action) Basketball Practice Homework Help (Project Learn)	10 Basketball Practice Homework Help (Project Learn)	11 Social Emotional Learning - B (Positive Action) Basketball Practice Homework Help (Project Learn)	12 Homework Help (Project Learn) <b>Basketball Game 5:15 - Purple</b>	13 <b>No Programs</b>
P: Lesson 64: Do My Feelings Matter? B: Lesson 65: Help! I'm Having a Feeling	16 Social Emotional Learning-P (Positive Action) Basketball Practice Homework Help (Project Learn)	17 Basketball Practice Homework Help (Project Learn)	18 Social Emotional Learning - B (Positive Action) Basketball Practice Homework Help (Project Learn)	19 Basketball Practice Homework Help (Project Learn)	20 <b>No Programs</b>
	23 Winter Break No Programs	24 Winter Break No Programs	25 Winter Break No Programs	26 Winter Break No Programs	27 Winter Break No Programs
	30 Winter Break No Programs	31 Winter Break No Programs	1	2	3

## Daily Schedule

Monday - Thursday  
 3:00 School Ends  
 3:05 Snack passed out/Social Emotional Learning  
 3:10 Homework Help Begins  
 3:15 Practice Begins in Gym  
 4:30 All Programs End

## Contact Info

Brynn Bowers  
 Site Coordinator  
 Email: [independence@bgcutah.org](mailto:independence@bgcutah.org)  
 Phone: (801) 372-5839  
 Program Address: 636 Independence Ave Provo  
 UT 84601



[www.facebook.com/bgcutah](https://www.facebook.com/bgcutah)



[www.instagram.com/bgcutah](https://www.instagram.com/bgcutah)



Utah State Board of Education





**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

# Independence Afterschool Program 2024-2025

## December Club & Activity Details

### Message to Parents:

Welcome back! We are in full swing of the basketball season! We are excited to be working with the Provo Rec Center and Jr Jazz to have a team. Games will always be home on Thursdays!

**Basketball** - Basketball Season! We have a boys team, anyone is welcome to practice and join! Practice Monday-Thursday from 3:15-4:30pm. Games will be on Thursdays at 5:15pm at Independence! Jerseys are provided!

**Homework Help (Project Learn)** - The main focus of project learn is to help students reinforce the academic enrichment and school engagement during club time and provide tutoring or help as needed. Through homework help after school Monday-Thursday from 3:00 - 4:30 pm.

### 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. This program is run Monday & Wednesday with new topics each week.

**SMART Moves** - Is a BGCA Social Emotional Learning curriculum that is evidence based with focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run Tuesday & Thursday with new topics each week.



[www.facebook.com/bgcutah](https://www.facebook.com/bgcutah)



[www.instagram.com/bgcutah](https://www.instagram.com/bgcutah)



Utah State Board of Education

