

# January 2024

# Legacy

280 E 100 S Saint George, Utah 84770 | 801-372-3284



**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 focusing on the connections we make

Happy  
Birthday



Kruz  
Avion  
Michael  
Sophia  
Brasston

## UPCOMING EVENTS

Martin Luther King Jr. Jan 20th

## CLUB CLOSED

January 1st-3rd  
January 20th



## Get To Know Our Staff! Spencer Cox YDP



Spencer is going to school at Utah Tech University. He is currently working towards receiving a Bachelor's degree in Recreation and Sports Management. He spends most of his time watching sports and hanging out with his family. He is also a huge fan of the Utah Utes!

### CONTACT INFORMATION

**Adeline Tiffany**  
Site Coordinator  
Phone: 801-372-3284  
Email: [legacy@bgcutah.org](mailto:legacy@bgcutah.org)

### PARENT RESOURCES

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

## Project Learn

*Monday - Thursday: 5:00 - 5:30*

We work diligently to provide the best assistance for club members to work on their homework and math/reading skills.

## STEM Labs

*Monday 4:30 - 5:00*

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: 4:00 - 4:30*

Enrichment clubs are offering our members opportunities to participate in a variety of activities. Our clubs will continue to change and develop as the year progresses.

## Social Emotional Learning (Prevention & Behavior)

*Monday - Friday*

Positive Action, Kid-Grit, & SMART Moves curriculum focus on providing youth with important social-emotional skills. All SEL skills are taught through daily lessons and then integrated throughout the rest of programming.



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# Legacy Afterschool Program 2024-2025

# HELLO january



**BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Awareness	30	31	1 <b>No Club</b>	2 <b>No Club</b>	3 <b>No Club</b>
Gratitude and Frustration	6 STEM Club Project Learn	7 Project Learn Social Emotional Learning (P) - Grade 5 Manual: Lesson 64 "Thank you! Thank you! Thank you!" Grade 2 Manual: Lesson 72 "Getting Along With Others Using Social / Emotional Positive Actions"	8 Spikeball Club & Lego Club Project Learn	9 Project Learn Social Emotional Learning (B) - Grade 5 Manual: Lesson 66 "Frustration, Smushtration!" Grade 2 Manual: Lesson 73 "Getting Along With Others Using Social / Emotional Positive Actions"	10 Fun Friday! STEM Club Creative & Physical Club SMART Moves Fire Drill
The Golden Rule	13 STEM Club Project Learn	14 Project Learn Social Emotional Learning: (P) - Grade 5 Manual: Lesson 70 "Treating Others the Way We Want to Be Treated" Grade 2 Manual: Lesson 75 "Getting Along With Others Using Social / Emotional Positive Actions"	15 Spikeball Club & Lego Club Project Learn	16 Project Learn Social Emotional Learning (B) - Grade 5 Manual: Lesson 71 "The Code" Grade 2 Manual: Lesson 76 & 79 "Getting Along With Others Using Social / Emotional Positive Actions"	17 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Respect	20 <b>No Club</b>	21 Project Learn Social Emotional Learning (P) - Grade 5 Manual: Lesson 73 "Your Code" Grade 2 Manual: Lesson 80 & 81 "Getting Along With Others Using Social / Emotional Positive Actions"	22 Spikeball Club & Lego Club Project Learn	23 Project Learn Social Emotional Learning (B) - Grade 5 Manual: Lesson 74 "Respecting Me, Respecting You" Grade 2 Manual: Lesson 82 "Getting Along With Others Using Social / Emotional Positive Actions"	24 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Friendship and Connection	27 STEM Club Project Learn	28 Project Learn Social Emotional Learning (P) - Grade 5 Manual: Lesson 75 "Be My Friend" Grade 2 Manual: Lesson 83 "Getting Along With Others Using Social / Emotional Positive Actions"	29 Spikeball Club & Lego Club Project Learn	30 Project Learn Social Emotional Learning (B) - Grade 5 Manual: Lesson 76 "What We Understand" Grade 2 Manual: Lesson 84 "Getting Along With Others Using Social / Emotional Positive Actions"	31 Fun Friday! STEM Club Creative & Physical Club SMART Moves

## Daily Schedule

Monday-Thursday	Fridays
3:30 - 3:35 pm - Welcome Check-in/Wash hands 3:35 - 3:50 pm - Super Snack/Feelings Check-in 3:50 - 4:15 pm - Energy Boost/Wash hands 4:15 - 4:45 pm - Social Emotional Learning/ STEM / Clubs 4:45 - 5:25 pm - Project Learn (Academic Support) 5:25 - 5:30 pm - Pass out PM Snack & Check-out	12:00 - 12:30 pm - Welcome Check-in/Wash hands 12:30 - 12:50 pm - Energy Break/Wash hands 12:50 - 1:10 pm - Super Snack Time 1:10 - 2:10 pm - Fun Friday! 2:10 - 2:30 pm - Positivity Circle/Feelings Check-in 2:30 - 3:00 pm - STEM Club (Club Rotation) 3:00 - 3:45 pm - Physical Club & Creative Club (Club Rotation) 3:45 - 4:00 pm - Energy Break/Wash hands 4:00 - 4:25 pm - PM Snack Time 4:25 - 5:25 pm - SMART Moves 5:25 - 5:30 pm - Clean up/Check-out

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## January Club & Activity Details

**Message to Parents:** Welcome to the New Year! We are so excited to have the kids come back and share with us what they did over the holiday break. We are also looking forward to a new year with a new curriculum and more fun activities and clubs! A few things to remember, we do not have program January 1-3 as well as January 20. Also, **pick up time is at 5:30!** We have been having a few late pick ups so I just wanted to remind you all about our pick up time. Thank you for all you do!

**Social Emotional Learning:** 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 Tuesday & Thursday with new topics each week.

**Power Hour:** This is dedicated time to cover school related topics, homework or reading. 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.

**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 station, craft table, and sometimes we break out the basketballs! 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.

**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 has a variety of different creative outlets to choose from. Typically we will draw, color, and make crafts. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or have races. STEM Clubs on Mondays and 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 to plan out what the kids would really enjoy doing during this time! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

**Lego Club:** This club is centered around Legos. Each student will work with each other and will get to challenge themselves. This club will spark the kids' creative sides and will help them socialize with fellow club members. We can't wait to see how their Legos turn out!

**Spikeball Club:** This club is centered around spikeball. We will be going outside (on days that allow it) as we get our hearts pumping! Students will engage with their fellow peers as we learn how to play spikeball. This club allows the kids to venture outside of their comfort zone (if they choose to do so) and interact with other club members. We are excited to see what we can learn about this game!