

January 2025

MILFORD

450 S. 700 W. | 801-372-4836



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 courage, trust, and friendship.

Happy Birthday



Ryder - Jan 8th
Axel - Jan 17th
Daneysi - Jan 31st

UPCOMING EVENTS

Jan 1 - Happy New Years!
Jan 2 - School Resumes
Jan 6 - Program Resumes
Jan 13 - Service Project
Jan 20 - Martin Luther King Day

CLUB CLOSED

January 1-3 - No Program!
January 20th - MLK Day!



Get To Know Miss Nikole!



Nikole Mitchell is the new Site Coordinator at Milford's Boys and Girls Club. She was born and raised in Arizona. In her free time, she enjoys baking, reading, arts and crafts, and traveling, especially camping. These activities allow her to unwind and experience the world in different ways.

CONTACT INFORMATION

Nikole Mitchell
Site Coordinator
Phone: 801-372-4836
Email: nikole.mitchell@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday - Thursdays

The main focus of Power Hour will be to help members complete homework and school assignments.

STEM Labs

Tuesdays

STEM Club is a hands-on program for students to explore science, technology, engineering, and math through fun activities and projects.

Enrichment

Monday - Thursday

Enrichment clubs are to further enrich and broaden our members' experience by offering a variety of clubs. Clubs are to help students build skills in a variety of creative and fun activities

Social Emotional Learning (Prevention & Behavior)

Monday and Thursday

The Leader In Me curriculum focuses on providing youth with important social-emotional skills. All Social Emotional Learning skills are taught through lessons and integrated throughout the rest of the program.



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Milford Afterschool Program 2024-2025

HELLO
january



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1 No Program!	2 No Program!	3
Courage and Consideration	6 Sports Club 🏀 Power Hour 📝 Fire Drill 🚒	7 Leader in Me! (P) 📝 STEM Club 🔍 Power Hour 📝	8 ArtVenture Club 🎨 Better Health 🌿 Power Hour 📝	9 Leader in Me! (B) 📝 New Year, New You Club 🌟 Power Hour 📝	10
Trust	13 Sports Club 🏀 Service Project 👥 Power Hour 📝	14 Leader in Me! (P) 📝 STEM Club 🔍 Power Hour 📝	15 ArtVenture Club 🎨 Power Hour 📝	16 Leader in Me! (B) 📝 New Year, New You Club 🌟 Power Hour 📝	17
Abundance Mindset	20 Martin Luther King Day No Program!	21 Leader in Me! (P) 📝 STEM Club 🔍 Power Hour 📝	22 ArtVenture Club 🎨 Power Hour 📝	23 Leader in Me! (B) 📝 New Year, New You Club 🌟 Power Hour 📝	24
Friendship	27 Sports Club 🏀 Power Hour 📝	28 Leader in Me! (P) 📝 STEM Club 🔍 Power Hour 📝	29 ArtVenture Club 🎨 Power Hour 📝	30 Leader in Me! (B) 📝 New Year, New You Club 🌟 Power Hour 📝	31

Daily Schedule

- 2:30 - Brain Break/Club Fun!
- 3:00 - Super Snack
- 3:20 - Social Emotional Learning - Leader In Me/Social Emotional Learning - Smart Moves/STEM/Clubs
- 4:30 - Power Hour (We do our best, but homework may not always be completed. Please check your child's work and progress!)
- 5:00 - Club Fun, Reflection, and Clean Up
- 5:30 - End of Program

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January Club & Activity Details

Message to Parents:

Happy New Year! My name is Nikole Mitchell, and I am thrilled to introduce myself as the new Site Coordinator at Milford's Boys and Girls Club. As we begin this exciting new year, I look forward to working alongside you and your children to create a safe, inspiring, and enjoyable space where everyone can grow and thrive.

I'm here to support you and your child, so please feel free to reach out with any questions, ideas, or feedback. I can't wait to meet you all and make this year a great one!

Sports Club 🏀 - Get ready to move, play, and have fun in Sports Club! This club meets every **Monday** and is all about staying active, building teamwork, and trying out new sports and games. From shooting hoops to exciting relay races and group challenges, Sports Club is the perfect place to develop skills, stay healthy, and make new friends. Bring your energy and enthusiasm, and let's play!

STEM Club 🔍 - Join us every **Tuesday** for hands-on fun in STEM Club! We'll explore exciting projects like oobleck, paper roller coasters, snowstorms in a jar, and coding with Spheros. Whether it's science, engineering, or technology, STEM Club is the perfect place to spark your creativity and curiosity!

ArtVenture Club 🎨 Unleash your creativity and explore the world of art in ArtVenture Club! Every **Wednesday's** lesson is an exciting journey into drawing, painting, crafting, and more. Discover new techniques, express yourself, and bring your imagination to life through fun and engaging projects. ArtVenture Club is the perfect place to create, learn, and have fun!

New Year, New You Club ✨ - Kick off the year with a fresh start at the New Year, New You Club! Meeting every **Thursday**, this club is all about setting goals, building healthy habits, and making positive changes in every area of your life. Whether you're focusing on fitness, mindfulness, personal growth, or just trying something new, we're here to support and encourage each other along the way. Join us for inspiring activities, discussions, and challenges that will help you reach your full potential. Let's make this year your best yet!

Better Health 🌿 - Join us for Better Health with Mrs Bradshaw! This club focuses on building healthy habits, staying active, and learning about wellness in a fun and supportive environment. Allie will guide you through activities that promote physical and mental well-being, helping you feel your best. Whether you're looking to improve your fitness, and nutrition, or just have fun while being healthy, this club is for you!





FAMILIES TALKING TOGETHER

Tough Topics : Proven Strategies

- ✓ Evidence-based
- ✓ Training
- ✓ Practice

Unlock effective ways to guide your child through **peer pressure**, **romantic relationships**, and **delaying sexual activity**.

SIGN UP HERE



Join me for a **FREE** 90 minute online conversation.

-Tracie Carter
Outreach Program Manager



BOYS & GIRLS CLUBS
OF UTAH COUNTY



DEPARTMENT OF
WORKFORCE
SERVICES

SUBJECT: Families Talking Together - Skills to connect so your kids listen

The holiday break means more time with our kids! Want to unlock effective ways to have important conversations about their peer relationships?

We will practice skills and strategies that will help your child navigate peer pressure and bullying, prioritize their education, not use harmful substances or excessive screen time, and delay sexual activity.

Boost your family connections and support club programs by scheduling a [free online appointment](#) at a time that works best for you!

Scheduling Link:

https://calendar.google.com/calendar/u/0/appointments/schedules/AcZssZ3JVcp82yYxRsRM3MNf8GxfYFqItE_hIH4hNIEiVJeVS8JdwFX0XzKM_WJTsNyZsV-4jE2IMuKK



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