

January 2025

# Mt Nebo Middle

851 W 450 S, Payson, UT 84651 | 801-633-4104



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 Kindness

Happy Birthday



## UPCOMING EVENTS

**CLUB CLOSED**



### Get To Know Our New YDP!



Olivia was born and raised in Florida. She recently received her Associate's Degree from the University of South Florida. She is looking to further her education in Early Childhood Education to obtain her bachelor's degree in Utah. Olivia enjoys hiking in the mountains with her fiancée and two dogs Marley and Stella weekly. With prior experience working with daycare aged children she is extremely excited and eager to learn the in's and out's of working with middle school aged children.

### CONTACT INFORMATION

**Leticia Jessen- Site Coordinator**  
Phone: 801-633-4104  
Email: [mtnebo@bgcutah.org](mailto:mtnebo@bgcutah.org)

### PARENT RESOURCES

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

### Project Learn

Project Learn is a period of time during our clubs where we provide students with Homework Help and an opportunity to increase literacy skills.

### STEM Labs

*Fridays 2:45 - 4:30*

We have a variety of clubs building skills in science, technology, engineering, and math. Students will learn a variety of STEM skills and related activities.

### Enrichment

*Tuesdays - Friday 2:45 - 5:30*

Students are given the opportunity to explore and learn different skills and a variety of different activities.

### Social Emotional Learning (Prevention & Behavior)

*Tuesdays and Thursdays 4:00 - 4:30*

Positive Action is used to teach students social emotional learning skills. They will learn communication skills and social skills that they can use their entire lives. We strive to help youth be their best in all situations.

Everyday we will discuss different Social Emotional Topics using Kid-Grit curricula!

### English Registration Link:

<https://forms.gle/PNPCAvYiqbpqnZUH9>

### Link registraci3n en Espa1ol:

<https://forms.gle/UtxBz18YMZmDCFSk8>



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



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



Utah State Board of Education



# Mt Nebo Middle Afterschool Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1 No Clubs Christmas Break	2 No Clubs Christmas Break	3 No Clubs Christmas Break
Understanding our Social Selves	6	7 Social Emotional Learning(P) Lesson 67: Why Can't We All Just Get Along? Sewing Project Learn/Tutoring Roller Skating Club Musical	8 Social Emotional Learning Crafts/Quilting 3D Printing Musical	9 Social Emotional Learning (B) Lesson 68: How Do We All Want to Be Treated? Project Learn/Tutoring Dungeons & Dragons Board and Card Strategy Games Roller Skating Club Musical	10 Fire drill Computers Coding Duolingo Dungeons & Dragons Board and Card Strategy Games Musical
Understanding our Social Selves	13	14 Social Emotional Learning(P) Lesson 70: What? Me Care? Sewing Roller Skating Club Musical	15 Social Emotional Learning Crafts/Quilting 3D Printing Musical	16 Social Emotional Learning (B) Lesson 71: How Do People Begin to Understand Each Other? Project Learn/Tutoring Dungeons & Dragons Board and Card Strategy Games Roller Skating Club Musical	17 Computers Coding Duolingo Dungeons & Dragons Board and Card Strategy Games Musical
Love and Kindness	20 Martin Luther King Day	21 Social Emotional Learning(P) Lesson 73: What's Love Got to Do With It? Sewing Project Learn/Tutoring Roller Skating Club Musical	22 Social Emotional Learning Crafts/Quilting 3D Printing Musical	23 Social Emotional Learning (B) Lesson 76: Why Does Kindness Matter to Teens? Project Learn/Tutoring Dungeons & Dragons Board and Card Strategy Games Roller Skating Club Musical	24 Computers Coding Duolingo Dungeons & Dragons Board and Card Strategy Games Musica
Fairness and Respect	27	28 Social Emotional Learning(P) Lesson 79: Is Life Fair? Sewing Project Learn/Tutoring Roller Skating Club Musical	29 Social Emotional Learning Crafts/Quilting 3D Printing Musical	30 Social Emotional Learning (B) Lesson 82: Who Do I Respect? Project Learn/Tutoring Dungeons & Dragons Board and Card Strategy Games Roller Skating Club Musical	31 Computers Coding Duolingo Dungeons & Dragons Board and Card Strategy Games Musica



## Daily Schedule

2:40 pm - 2:45 pm: School is Released. Students head to cafeteria to check-in  
2:45 pm - 3:00 pm: Check-in and snacks  
3:00 pm: Clubs Begin  
4:00 pm - 4:30 pm: Social Emotional Learning Positive Action Lesson - Friday SMART Moves 3:30pm - 4:30pm  
4:30 pm -Afternoon Snack  
4:45 pm- Bus Departure from School  
5:00 pm - 5:25 pm Academic Support/Project Learn  
5:30 pm: Clubs Close

### Contact Info

Leticia Jessen  
*Site Coordinator*  
Email: [mtnebo@bgcutah.org](mailto:mtnebo@bgcutah.org)  
Phone: 801-633-4104

Program Address: Program Address: 851 West 450 South  
Payson, Utah 84651

## Mt Nebo Middle Afterschool Program 2024-2025



## January Club & Activity Details

### Message to Parents:

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

### Afternoon Clubs:

**Project Learn** - Tuesdays through Friday. Participating in tutoring can enhance kids' critical thinking, problem-solving, logical reasoning, collaboration, and numerical proficiency, fostering a deeper understanding and appreciation for mathematics in a fun and interactive setting. Students will also be able to work on homework or get academic help if they need it.

**Sewing** - (Baguley) Rm 221 Tuesdays after school with Mrs. Baguley (Rm 221). Participating in a sewing club can empower kids to hone fine motor skills, enhance creativity, cultivate patience, and develop practical problem-solving abilities, while also fostering a sense of accomplishment through the creation of handmade projects.

**Crafts**- (Baguley) Rm 221 Wednesdays after school with Mrs. Baguley (Rm. 221). Participating in a crafts club can nurture kids' creativity, fine motor skills, patience, attention to detail, and teamwork as they explore various artistic techniques and materials to express their imagination through handmade projects.



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



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



Utah State Board of Education



**3D Printing** - (Lai) Library Tuesdays, Wednesdays, and Fridays after school with Mr. Lai in the Library. Participating in a 3D printing club can equip kids with skills in digital design, problem-solving, spatial reasoning, technology literacy, and teamwork, fostering their creativity and understanding of additive manufacturing processes.

**Coding**- (Baguley) Rm 221 Fridays after school with Mrs. Baguley (Rm. 221). Participating in a coding club can equip kids with problem-solving, logical reasoning, creativity, collaboration, and computer programming skills, empowering them to navigate the digital world and potentially pursue future careers in technology

**Strategy Card/Board Games Dungeons and Dragons** - (Abbott) Thursdays and Fridays after school with Tiffini in Room 301. Participating in a card games club can enable kids to enhance critical thinking, strategic planning, arithmetic proficiency, social interaction, and sportsmanship, while enjoying a diverse array of engaging and intellectually stimulating card games.

**Drama:** (Schofield) Tuesdays through Fridays Welcome to the Drama Competition Club! If you love acting, storytelling, or just want to boost your confidence, this is the perfect place for you! In our club, we'll explore different aspects of theater, from acting and improvisation to scriptwriting and stagecraft. We'll prepare for various drama competitions, where you can showcase your talents in front of an audience. You'll learn valuable skills like teamwork, communication, and creativity while working on exciting plays and performances. Whether you're a seasoned performer or new to drama, everyone is welcome! Join us for fun rehearsals, workshops, and the chance to shine on stage. Let's bring stories to life together!

**School Musical Club:** (Schofield) Hey there, future stars! Join the Musical Theatre Club and get ready to shine! If you love to sing, dance, or act (or just want to have fun), this is the place for you. We'll be working together to put on an awesome school musical where you can show off your talents on stage! In the club, you'll learn cool things like how to audition, perform, and even create fun dance routines. We'll have lots of games and activities to help you build confidence and make new friends. Whether you want to be in the spotlight or help with costumes and set design, everyone is welcome! Come join us for a year filled with creativity, teamwork, and unforgettable moments as we bring an amazing story to life together!

**Roller Skating Club:** (Ledesma)

### **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 runs Fridays with new topics each week.



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



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



Utah State Board of Education

