

January 2025

Provo Peaks

665 E Center St Provo UT, 84606 | (801) 717-0809



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 Respect & Gratitude

Get To Know



Hi, my name is Addy! I have been working at the Boys and Girls Club for almost a year now and I love it! I will be graduating from BYU this December with a Bachelors of Public Health! One of my favorite things to do is travel. This summer I went to Korea and Thailand!

CONTACT INFORMATION

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Site Coordinator
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PARENT RESOURCES

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

Project Learn

Daily

Project Learn is a daily opportunity for youth to learn new skills, practice and refine existing skills through engaging activities such as theme based clubs, homework help, and HYLA's (High Yield, Creative, Physical & STEM Learning Activity Rotations) and also participate in our reading program, homework help, HYLA activities, etc.

STEM Labs

Monday, Wednesday, and Friday

Youth learn all about the scientific and design processes through hands-on experiments.

Enrichment

Daily

Enrichment Activities provide students with an opportunity to develop desired skills and increase their creativity.

Social Emotional Learning

(Prevention & Behavior)

Tuesday & Thursday

Positive Action & SMART Moves curriculum focus on providing youth with important social-emotional learning skills. All Social Emotional Learning skills are taught through daily lessons and then integrated throughout the rest of programming.

Happy
Birthday



Sjon - January 3rd
Jaime - January 6th
Mia - January 6th
Zere - January 8th
Mikael - January 16th

UPCOMING EVENTS

Winter Break Dec 23-Jan 3

CLUB CLOSED

Dec 23-Jan 3
Jan 6 - Teacher Prep-Day
Jan 20 - MLK Day



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Utah State Board of Education



**Provo Peaks
Afterschool Program
2024-2025**



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1 Winter Break	2 Winter Break	3 Winter Break
Gratitude and Frustration	6 No Program - Teacher Prep-Day	7 Power Hour Positive Action (P): "Thank you! Thank you! Thank you!" and "Getting Along With Others Using Social/Emotional Positive Actions" NASA Club/Animation Club	8 Power Hour Positive Action (B): "Frustration, Shumshtration!" and "Getting Along with Others Using Social/Emotional Positive Actions" STEM Lab	9 Power Hour NASA Club & Animation Club FIRE DRILL	10 Power Hour Meditation Career Exploration
The Golden Rule	13 Power Hour Positive Action (P): "Treating Others the Way We Want to be Treated" and "Getting Along with Others Using Social Emotional Positive Actions" STEM Lab	14 Power Hour NASA Club & Animation Club	15 Power Hour Positive Action (B): "The Code" and "Getting Along With Others Using Social/Emotional Positive Actions" STEM Lab	16 Power Hour NASA Club & Animation Club	17 Power Hour Meditation Career Exploration
Respect	20 No Program - MLK Day	21 Power Hour Positive Action (P): "Your Code" and "Getting Along with Others Using Social/Emotional Positive Actions" NASA Club/Animation Club	22 Power Hour Positive Action (B): "Respecting Me, Respecting You" and "Getting Along with Others Using Social/Emotional Positive Actions" STEM Lab	23 Power Hour NASA Club & Animation Club	24 Power Hour Meditation Career Exploration
Friendship & Connection	27 Power Hour Positive Action (P): "Treating Others the Way We Want to be Treated" and "Getting Along with Others Using Social Emotional Positive Actions" STEM Lab	28 Power Hour NASA Club & Animation Club	29 Power Hour Positive Action (B): "Frustration, Shumshtration!" and "Getting Along with Others Using Social/Emotional Positive Actions" STEM Lab	30 Power Hour NASA Club & Animation Club	31 Power Hour Meditation Career Exploration

Daily Schedule	Tuesday/Thursday	Friday
<p>3:20 - 3:45 Check in, Snack, Recess 3:50 - 4:00 Circle up 4:00 - 4:25 Power Hour 4:25 - 4:55 Social Emotional Learning (Positive Action) 4:55 - 5:30 K-3 STEM/4-6 HYLEA rotations on Mondays K-3 HYLEA rotations/4-6 STEM on Wednesdays 5:30pm Program Closes, Checkout</p>	<p>3:20 - 3:45 Check in, Snack, Recess 3:50 - 4:00 Circle up 4:00 - 4:25 Power Hour 4:30 - 5:30 Enrichment Clubs 5:30pm Program Closes, Checkout</p>	<p>1:30 - 1:50 Check in, Snack, Recess 1:55 - 1:05 Circle up 2:05 - 2:40 K-3 HYLEA Rotations/4-6 STEM 2:45 - 3:20 K-3 STEM/4-6 HYLEA Rotations 3:30 pm Program Closes, Checkout</p>

Contact Info
<p>Sarah Christensen Site Coordinator Email: sarah.christensen@bgcutah.org Phone: (801) 717-0809</p>
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January Club & Activity Details

Message to Parents:

Welcome back! To start off 2025 we are trying to make clubs and activities that the students we have are interested in. This month, we have decided to do a NASA Club and an Animation Club. The activities we will do in these clubs are designed to be engaging and interesting for each of our members. Thank you so much for being a part of the Boys & Girls Club. We are so excited to start this New Year off with some fun!

Social Emotional Learning:

Helping youth develop essential skills in managing emotions, building relationships, and developing resiliency are key parts of our social-emotional learning program. Youth participate in 30 minute lessons and activities where they learn about different management strategies, understanding feelings for themselves and others, and so much more. The programs are highlighted below.

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 through Thursday with new topics each week.

Project Learn:

Project Learn is a “catch all” term for our enrichment and academic support programs. Below are explanations of the two primary programs that are included in Project Learn.

PowerHour - PowerHour is a daily academic enrichment and support time where youth are provided help with homework assignments, engage in skill building HYLEA activities and also participate in our reading program. 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.

Enrichment Clubs

NASA Club - Outer space is something that interests so many of our members here at our club. NASA club will help students develop real world skills such as critical thinking, problem solving, and teamwork. Members will work together as a team to complete missions, design spacecrafts, and prepare themselves for life on another planet.

Animation Club - Animation club will not only focus on sketching, but it will also teach our members how to create characters, build their own “animated world”, learn about how movies are made, and so much more! This club will unlock our members creative side by applying their own interests in learning a new concept.

STEM Labs:

Science - Youth will have the opportunity to participate in STEM labs once a week to increase their knowledge of Science, Technology, Engineering and Math

