

January 2024

Sandstone

850 N 2450 E, St. George UT 84790 | (801) 372-3059



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 Getting Along with Others

Happy
Birthday



Birthday's Coming Soon...

UPCOMING EVENTS

Dec 21-Jan 5: Christmas Break

CLUB CLOSED

Christmas Break: Dec 21st - Jan 5th
Martin Luther King Jr Day: Jan 20th



Get To Know



Ashtyn Bowles
YDP

My name is Ashtyn Bowles (or Albrecht) I am 21. I recently married Braxton Albrecht in July and we met in California when I learned French while he was learning Korean. I am from a small town named Beaver. My hobbies include running, hunting, lifting, playing sports, and doing any true crime activities, like listening to podcasts.

CONTACT INFORMATION

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PARENT RESOURCES

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

Power Hour

Monday-Thursday 4:10 - 4:55

During Power Hour, our goal is to help members reach their reading minutes, as well as give students opportunities to receive help with their homework to ensure a better understanding.

STEM Labs

Fridays during 'Rotations'

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering, and math can be used daily.

Enrichment/Clubs

Monday/Wednesday: 5:00 - 5:25

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

Social Emotional Learning (Prevention & Behavior)

Tuesday/Thursday 4:40 - 5:25

Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 1:10 - 2:10

Kid-Grit curriculum provides members with relationship-building skills with themselves and others



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Utah State Board of Education



Sandstone After School Program 2024-2025

HELLO
january



BOYS & GIRLS CLUBS
OF SOUTHERN UTAH

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Christmas Break	30 NO SCHOOL NO PROGRAM	31 NO SCHOOL NO PROGRAM	1 NO SCHOOL NO PROGRAM	2 NO SCHOOL NO PROGRAM	3 NO SCHOOL NO PROGRAM
Gratitude and Frustration	6 Club Day: Bowling Club Space Club Power Hour	7 Social Emotional Learning Positive Action (P) L 64: "Thank you! Thank you! Thank you!" L 72: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	8 Club Day: Bowling Club Space Club Power Hour	9 Social Emotional Learning Positive Action (B) L 66: "Frustration, Smustration!" L 73: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	10 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding Fire Drill
The Golden Rule	13 Club Day: Bowling Club Space Club Power Hour	14 Social Emotional Learning Positive Action (P) L 70: "Treating Others the Way We Want to Be Treated" L 75: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	15 Club Day: Bowling Club Space Club Power Hour	16 Social Emotional Learning Positive Action (B) L 71: "The Code" L 76&79: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	17 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding
Respect	20 NO SCHOOL NO PROGRAM	21 Social Emotional Learning Positive Action (P) L 74: "Your Code" L 80&81: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	22 Club Day: Bowling Club Space Club Power Hour	23 Social Emotional Learning Positive Action (B) L 74: "Respecting Me, Respecting You" L 82: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	24 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding
Friendship & Connection	27 Club Day: Bowling Club Space Club Power Hour	28 Social Emotional Learning Positive Action (P) L 78: "Be My Friend" L 83: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	29 Club Day: Bowling Club Space Club Power Hour	30 Social Emotional Learning Positive Action (B) L 76: "What We Understand" L 84: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	31 Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding

Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:00 Snack & Physical Activity 4:00-4:10 Feelings Check in & Wash Hands 4:10-4:35 Power Hour 4:35-4:40 Transition 4:40-5:25 Club Time 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:08 Snack & Physical Activity 4:10-4:20 Feelings Check in & Wash Hands 4:20-4:50 Power Hour 4:50-4:55 Transition 4:55-5:25 Social Emotional Learning- Positive Action 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	12-12:30 Check in & Physical Activity 12:35-1:05 Circle Up/PM Snack (Feelings Check in & Schedule) 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

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January Club & Activity Details

Message to Parents:

Happy January! Welcome back from Christmas Break. I hope everyone had a break filled with love and joy. I am so grateful to have our students back in program. I look forward to an amazing rest of the school year. I hope everyone can stay warm in this chilly winter we are having. I want to say Thank you, Thank you, Thank you to all of our amazing families. We are so grateful for all of you in so many different ways.

Social Emotional Learning

Positive Action - Social Emotional Learning curriculum is an evidence-based program that is integrated into 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. The August theme is Philosophy and Thoughts-Actions-Feelings Circle.

SMART Moves - This is a BGCA Social Emotional Learning curriculum that is evidence-based and 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 on Fridays with new topics each week.

Academic Support:

Power Hour - The main focus is to help youth complete homework assignments, practice sight words, and master a new learning skill. We aim to help youth reduce missing assignments by aligning with school-day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

Engineering - Youth have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

Collaboration:

Team Bonding - Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in the program through group games and activities. This also allows them to use teamwork and critical thinking to succeed in activities and enhance their relationships with those in the program.

Enrichment Clubs:

Bowling Club—Youth in the monthly club will learn and understand the game of bowling. Students will learn basic techniques and rules of the game. In this club, students will advance their knowledge of sports and practice different motor and fine skills. They will compete to improve themselves in the skills being taught. This club will be offered every Monday and Wednesday.

Space Club— Youth in our monthly club will blast off into space using rocketships to learn about all things space. We will be learning about plants, stars, and more. This club gives them a chance to get hands-on learning and use their imagination to create things that are out of this world. This club will be offered every Monday and Wednesday.

