

February 2025

Heritage

747 E Riverside Dr, St. George UT 84790 | (801) 372-3434



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 "Having a Positive Attitude, Practicing positive Actions, Pre-Survey, Choices & Consequences & Physical Health Positive Actions"

Get To Know



Hi, my name is Jordynn! This is my second year at Boys and girls club. I love to spend time with my family, especially with my sisters. I also love to go hiking and off-roading. When I'm not doing these, work or school, I oil paint. I also have a dog named Mr. Frank!

CONTACT INFORMATION

Site Coordinator
Phone: (801) 372-3434
Email: Heritage@bgcuath.org

PARENT RESOURCES

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

Power Hour

M-THU 4:55pm-5:20pm

In Project Learn our goal is to help members reach their reading minutes, as well as give students opportunities to finish homework and receive help.

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 in everyday life.

Enrichment

*Monday/Wednesday
4:15pm-4:50pm*

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
4:15pm-4:50pm*

Social Emotional Learning curriculum provides members with important social-emotional skills that can help them throughout life.

Happy
Birthday



To all our February Birthdays!

UPCOMING EVENTS

CLUB CLOSED

7th
17th-18th
24th-28th



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Utah State Board of Education



Heritage After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Survey	3 Clubs: Tag Club or Nature Club Project Learn	4 Social Emotional Learning (P) Positive Action: Mid-Survey 2 Project Learn	5 Clubs: Tag Club or Nature Club Project Learn Fire Drill	6 Social Emotional Learning (B) Positive Action: K-2nd: Mid-Survey 2 Project Learn	7
Taking Ownership	10 Clubs: 3rd-5th Tag Club or Nature Club Project Learn	11 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 86 "Getting Along With Others Using Social / Emotional Positive Actions" 3rd-5th: Lesson 79 "Saying Good Things" Project Learn	12 Clubs: 3rd-5th Tag Club or Nature Club Project Learn	13 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 93 "Telling Yourself the Truth Using Social / Emotional Positive Actions" 3rd-5th: Lesson 80 "Doing Your Part" Project Learn	14 STEM CLUB Rotations Health & Wellness
Being Intentional	17 	18 	19 Clubs: 3rd-5th Tag Club or Nature Club Project Learn	20 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 95 "Telling Yourself the Truth Using Social / Emotional Positive Actions" 3rd-5th: Lesson 83 "The Right Name" Project Learn	21 STEM CLUB Rotations Health & Wellness
Learning Self Honesty	24 	25 	26 	27 	28

Daily Schedule

Monday-Thursday

- 3:30pm-3:40pm: Check In
- 3:40pm-3:55pm: Snack/Brain Break
- 4:05pm-4:15pm: Circle Up
- 4:15pm-4:50pm: Social Emotional Learning or Clubs
- 4:55pm-5:25pm: Project Learn
- 5:30pm- Check out & Pm Snack

Friday

- 12:00pm-12:10pm: Check In
- 12:10pm-12:35pm: Snack/Brain Break
- 12:45pm-1:00pm: Circle Up
- 1:00pm-1:40pm: Health & Wellness
- 1:50pm-3:50pm: Rotations
- 4:00pm-4:20pm: Snack
- 4:25pm-4:45pm: Team Building
- 4:50pm-5:20pm: Gratitude
- 5:30pm- Check out & Pm Snack

Contact Info

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Utah State Board of Education



February Club & Activity Details

Message to Parents:

Hello Parents and welcome to the month of February at Boys and Girls Club! We are so excited for the fun activities we have planned for this month! Please be sure to look over the calendar and newsletter and reach out with any questions!

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. The December theme is “**Mid-Surveys, Taking Ownership, Being Intentional, and Learning Self Honesty.**” This takes place Tuesday & Thursday.

Health & Wellness During this time the club members will learn about the key principles of health and wellness, focusing on physical, mental, and emotional well-being. This course covers the essentials of staying healthy, including nutrition, exercise, stress management, and sleep. They'll learn simple, practical tips to improve your physical and mental well-being, build healthy habits, and create a balanced lifestyle.

Academic Support

Project Learn The main focus of power hour will be to help youth complete homework assignments, read, and have help with their work. 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. This takes place Monday-Thursdays 4:55pm - 5:25pm.

Clubs and More

STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

Enrichment Clubs - These clubs happen Monday & Wednesday.

Tag Club The Tag Club is an exciting and active program for youth where participants will learn a variety of fun and different tag games. Through engaging in these games, they'll discover how physical exercise can be enjoyable and energizing. The club will incorporate teamwork, coordination, and healthy competition, while helping kids build strength and endurance in a supportive, high-energy environment.

Nature Club During our Nature Craft Club, we will be making crafts inspired by the great outdoors! The kids will be creating things like plants, weather, animals, and more while having a fun and creative time with nature-themed projects.

