

February 2025

# Legacy

280 E, 100 S St. George UT 84790 | (801) 372-3284



**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



Brenda - Feb 11th  
Enrique- Feb 24th

## UPCOMING EVENTS

February 17th: Presidents' Day

## CLUB CLOSED

Presidents' Day: Feb 17th  
Teacher Prep Day: Feb 18th



## Get To Know



### Ryan Gertz Site Coordinator

If you don't already know me, my name is Ryan. In my free time, I love fishing, watching sports, and hanging out with my girlfriend (in picture). I also love going out and trying new restaurants. If you guys have some good suggestions feel free to tell me at check out!

## CONTACT INFORMATION

**Ryan Gertz**  
Site Coordinator  
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Email: [Ryan.Gertz@bgcutah.org](mailto:Ryan.Gertz@bgcutah.org)

## 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: 4:45 - 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 4:50 - 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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# Legacy After School Program 2024-2025

# February



**BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Surveys	3 <b>Club Day:</b> Acting Club Soccer Club Power Hour	4 Social Emotional Learning Positive Action Mid Survey Power Hour	5 <b>Club Day:</b> Acting Club Soccer Club Power Hour	6 Social Emotional Learning Positive Action Mid Survey Power Hour <b>Fire Drill</b>	7 <b>No Program</b> BGC Staff Training 
Taking Ownership	10 <b>Club Day:</b> Acting Club Soccer Club Power Hour	11 Social Emotional Learning Positive Action (P) L 79: "Saying Good Things" L 86: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	12 <b>Club Day:</b> Acting Club Soccer Club Power Hour	13 Social Emotional Learning Positive Action (B) L 80: "Doing Your Part" L 93: "Getting Along With Others Using Social / Emotional Positive Actions" Power Hour	14  Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> Career Club
Being Intentional	17 <b>No School</b> <b>No Program</b> Presidents' Day 	18 <b>No School</b> <b>No Program</b> Teacher Prep Day 	19 Social Emotional Learning Positive Action (P) L 81: "Saying Thank You" L 94: "Telling Yourself the Truth Using Social / Emotional Positive Actions" Power Hour	20 Social Emotional Learning Positive Action (B) L 83: "The Right Name" L 95: "Telling Yourself the Truth Using Social / Emotional Positive Actions" Power Hour	21 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> Career Club
Learning Self-Honesty	24 <b>SEP Week</b> <b>No Program</b> 12:00 PM Snack and Activities passed out in gym Activity: Culinary & Olympic Club	25 <b>SEP Week</b> <b>No Program</b> 12:00 PM Snack and Activities passed out in gym Activity: Positive Action (P) L 90: "Telling Yourself the Truth--On Purpose" L 96: "Telling Yourself the Truth Using Social / Emotional Positive Actions"	26 <b>SEP Week</b> <b>No Program</b> 12:00 PM Snack and Activities passed out in gym Activity: Culinary & Olympic Club	27 <b>SEP Week</b> <b>No Program</b> 12:00 PM Snack and Activities passed out in gym Activity: Positive Action (B) L 92: "Your Bravest, Truest Self" L 98 "Telling Yourself the Truth Using Social / Emotional Positive Actions"	28 <b>SEP Week</b> <b>No Program</b> 12:00 PM Snack and Activities passed out in gym Activity: STEM

## Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:10 Snack, Feelings Check in & Physical Activity 4:10-4:15 Wash Hands 4:15-4:45 Power Hour 4:45-5:25 Club Time 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:10 Snack, Feelings Check in & Physical Activity 4:20-4:38 Rotation 1 (Social Emotional Learning Positive Action) 4:40-4:58 Rotation 2 (Social Emotional Learning Positive Action) 4:20-4:50 Power Hour (During Rotations) 5:30 Snack & Pickup	12-12:30 Check-in, Physical Activity & Feelings Check-in 12:35-1:05 PM Snack, Updates, Schedule 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Career Club 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

## Contact Info

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## February Club & Activity Details

### **Message to Parents:**

Happy February! As we move into this new month, we are excited to continue providing a fun and enriching experience for your child(ren) at the Legacy After School Program. We have many exciting activities and learning opportunities planned for the month ahead, from creative arts and crafts to team-building games. February is a great time for your child(ren) to continue growing, building friendships, and discovering new interest

### **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.

**Career Club:** New this month is our career club which we will be every Friday. In this club every student will get the chance to learn about different career fields and maybe even get a chance to hear from a professional currently in the field. The hope is to expose and emphasize career readiness to our students.

### **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:**

**Soccer Club-** For the month of February our physical club will be soccer! In this club we will learn the rules of soccer, proper technique of passing/kicking the ball, and promote teamwork between students. The goal by the end of the month is to have the students play a full game of soccer together.

**Acting Club-** For the month of February our creative club will be an acting club. Recently some of our students have enjoyed coming up with their own plays and presenting it to the club. So I figure why not give them all month to create an amazing play? In this club we will learn stage management, script writing, and acting skills. I am super excited to see what the students come up with!

