

February 2025

Sunset Elementary

495 Westridge Drive | 801-372-3151



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 ownership, intentions, and honesty.

Happy
Birthday



Claire - 4th
Brewer - 9th
Emiliano - 20th
Isaiah - 29th

UPCOMING EVENTS
Valentines Day 14th

CLUB CLOSED

7th - BGC Staff Training
17th - President's Day
18th - Teacher Prep Day
24th-28th - SEP Week



Get To Know Our Area Director Megan Reynolds



Hello! My name is Megan and I am one of the Area Directors for St. George. This is my second year at BGC and I have absolutely loved getting to know your students! My favorite food is spaghetti and my favorite animal is a cheetah. We truly appreciate all the parents' support and couldn't do it without you all!

CONTACT INFORMATION

Alexis Dearden
Site Coordinator
Phone: 801-372-3151
Email: alexis.dearden@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday-Thursday Grades 4-5
3:25-4:10/Grades K-3 4:05-4:35

We will be assisting with assigned homework. In addition we will provide math sheets, books for reading and we will often do trivia to help reinforce learning.

STEM Labs

Tuesday & Friday Grades K-3
3:25-3:55/Grades 4-5 4:05-4:35 Fridays:
2:50-3:20

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 - Thursday 4:40 - 5:10

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

Social Emotional Learning (Prevention & Behavior)

Monday & Thursday Grades K-3
3:30-4:00/Grades 4-5 4:05-4:35

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

Friday 3:45-4:30 Our SMART Moves curriculum provides members with relationship building skills with themselves and others.



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Utah State Board of Education



Sunset Elementary Afterschool Program 2024-2025

February



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Surveys	3 Project Learn Mid-Surveys Olympics Club Astronomy Club	4 Project Learn Stem Journaling Club Football Club	5 Project Learn Olympics Club Astronomy Club	6 Fire Drill Project Learn Mid-Surveys Journaling Club Football Club	7 No Club BGC Staff Training
Taking Ownership	10 Project Learn Prevention: (P): Grade 5 Manual: Lesson 79 "Saying Good Things" Grade 2 Manual: Lesson 86 "Getting Along With Others Using Social / Emotional Positive Actions" Olympics Club Astronomy Club	11 Project Learn Stem Journaling Club Football Club	12 Project Learn Olympics Club Astronomy Club	13 Project Learn Behavior: (B): Grade 5 Manual: Lesson 80 "Doing Your Part" Grade 2 Manual: Lesson 93 "Telling Yourself the Truth Using Social / Emotional Positive Actions" Journaling Club Football Club	14 Project Learn Stem Rotations Fun Friday
Being Intentional	17 No Club President's Day	18 No Club Teacher Prep Day	19 Project Learn Olympics Club Astronomy Club	20 Project Learn Behavior: (B): Grade 5 Manual: Lesson 83 "The Right Name" Grade 2 Manual: Lesson 95 "Telling Yourself the Truth Using Social / Emotional Positive Actions" Journaling Club Football Club	21 Project Learn Stem Rotations Fun Friday
Learning Self-Honesty	24 No Club SEP 11:30 AM Snack and Activities passed out in gym	25 No Club SEP 11:30 AM Snack and Activities passed out in gym	26 No Club SEP 11:30 AM Snack and Activities passed out in gym	27 No Club SEP 11:30 AM Snack and Activities passed out in gym	28 No Club SEP 11:30 AM Snack and Activities passed out in gym

Daily Schedule

Monday-Thursday

2:35 - 3:00 Check-in, Super Snack, Feelings check in
3:00 - 3:25 Energy Boost
3:30 - 4:00 K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn)
4:00 - 4:30 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn)
4:30 - 5:20 Enrichment Clubs
5:25 - 5:30 Clean up, Snack, Check-out

Fridays

1:00 - 1:15 Check-in, Feelings check in
1:20 - 1:35 Energy Boost
1:40 - 2:10 Rotation 1 (Creative) - Computer Lab
2:15 - 2:45 Rotation 2 (Physical)
2:50 - 3:20 Rotation 3 (STEM)
3:25 - 3:40 Super Snack
3:45 - 4:30 Social Emotional Learning
4:35 - 5:00 Fun Friday
5:05 - 5:20 Group Game
5:25 - 5:30 Clean up, Snack, Check-out

Contact Info

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February Club & Activity Details

Message to Parents:

Happy February! We're excited to share another month of fun and learning in our after-school program. Please remember that our program ends promptly at 5:30 PM, so we kindly ask that all students are picked up on time. This month, we have a lot of days that the program is closed, so please be aware of those dates. During SEP week the kids are welcome to stop by the gym after school where we will have a snack and activity provided for them! Thank you for your support, and we look forward to another fantastic month together!

STEM - Our STEM lessons inspire students to explore science, technology, engineering and math through hands-on activities and experiments. Children will engage in creative problem solving, building projects, and collaborative challenges that spark curiosity and critical thinking.

Social Emotional Learning (Positive Action/SMART Moves) - 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 Tuesday & Thursday with new topics each week.

Project Learn: This is dedicated time to cover school related topics, homework or read. Even if the kids don't have homework, we take this opportunity to strengthen their reading skills by reading to their buddy or to a staff member. We often work with the teachers to make sure that we are meeting the needs of students as a class and as individuals.

Astronomy Club - This club introduces students to the exciting world of stars, planets, and galaxies. Through hands-on activities and fun experiments children will learn about constellations, space exploration, and the science behind our solar system.

Football Club - Football club is returning as it was a big hit with the kids! Students will develop skills like passing and teamwork through drills and practice games. They will improve their coordination and teamwork skills.

Journaling Club - This club introduces students to the fun of writing and self-expression through journaling. Kids will explore fun prompts, practice storytelling, and decorate their journals with art and personal touches. The club encourages creativity, boosts writing skills, and helps kids develop a positive outlet for their thoughts and feelings.

Olympics Club - This club will bring the excitement of the Olympic Games to students through fun and engaging activities. Kids will participate in a variety of sports, games, and team challenges that promote physical fitness, teamwork, and good sportsmanship.

Creative, Physical, STEM Clubs: These are our rotations where we split Club Members up into smaller groups so that they can experience doing some of our fun activities. Creative Club usually goes to the computer lab to play school-approved games which they love. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or treasure hunt. STEM Clubs on Fridays.

Fun Friday: This provides structured, free time with Club Members where they can choose what station they want to be at. We generally have a game table, a play-doh and slime station, craft table, painting or water-colors table, and sometimes we break out the cornhole and make an obstacle course for the adventurous ones! It's a good time to have "down-time" while still exercising their skills in working together, challenging themselves, as well as building sportsmanship and camaraderie with their peers.

