

March 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



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

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 March
Birthdays!

UPCOMING EVENTS

March 31st: Color Run Fundraiser

CLUB CLOSED

10th-17th



www.facebook.com/bgcsouthutah









www.instagram.com/bgcsouthutah



Utah State Board of Education





Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Self-Honesty & Our Choices	3 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	4 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 102 "Telling Yourself the Truth Using Social / Emotional Positive Actions" 3rd-5th: Lesson 93 "What You Can Do" Project Learn	5 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	6 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 103 "Telling Yourself the Truth Using Social / Emotional Positive Actions" 3rd-5th: Lesson 94 "Sorting out What's What" Project Learn	7 STEM CLUB Rotations Health & Wellness Fire Drill
Strengths & Weaknesses	10 	11 	12 	13 	14 
Being Honest About Who We Are	17 	18 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 112 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 101 "Starting out with the Truth" Project Learn	19 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	20 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 113 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 103 "Your Own Truth" Project Learn	21 STEM CLUB Rotations Health & Wellness
Discovering our Truth	24 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	25 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 114 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 104 "What's Real and What Isn't" Project Learn	26 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	27 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 115 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 106 "Standing True" Project Learn	28 STEM CLUB Rotations Health & Wellness
	31 <u>Clubs:</u> Space Club or Jump Rope Club Project Learn	1	2	3	4

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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Email: Heritage@bgcutah.org
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Program Address: 747 E Riverside Dr, St. George UT 84790



March Club & Activity Details

Message to Parents:

Hello Parents and welcome to the month of March 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 March theme is **“Self-Honesty & Our Choices, Strengths & Weaknesses, Being Honest about Who we are, and Discovering our Truth.”**

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.

Space Club The club members will be introduced to the wonders of space through hands-on activities that combine creativity with learning. We will learn about the stars, planets, moon, asteroids and space technology. Through art, design, and unique projects.

Jump Rope Club For the month of March, we will be starting a jump rope club. students will engage in a variety of jump rope games and have the opportunity to learn new jump rope skills. Our jump rope club will help promote physical activity and help build endurance and coordination skills!

