

March 2025

# 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 and Telling the Truth

Happy  
Birthday



Andre - March 15th

## UPCOMING EVENTS

March 10-14: Spring Break

## CLUB CLOSED

Spring Break: March 10th-14th  
Teacher Prep Day: March 17th



## Get To Know



### Emma Stevens

#### Program Manager

Hi guys! I'm Emma Stevens. I'm the program manager for these awesome kiddos! I've been working for BGC for over a year and I love it so much! Seeing these kids everyday makes me so happy! I'm currently going to school at Utah Tech University and I just started the elementary education program there. I want to teach 3rd grade! In my free time you'll catch me reading fantasy books, playing with my cat, or doing someone's nails!

## CONTACT INFORMATION

**Gabbie Brotemarkle**  
**Site Coordinator**

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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: 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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# Sandstone After School Program 2024-2025



**BOYS & GIRLS CLUBS  
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Self-Honesty & Our Choices	3 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	4 <b>Social Emotional Learning Positive Action (P)</b> L 93: "What You Can Do" L 102: "Telling Yourself the Truth Using Social / Emotional Positive Actions" <b>Power Hour</b>	5 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	6 <b>Social Emotional Learning Positive Action (B)</b> L 94: "Sorting out What's What" L 103: "Telling Yourself the Truth Using Social / Emotional Positive Actions" <b>Power Hour</b>	7 <b>Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding Fire Drill</b>
Spring Break	10 <b>No Club Spring Break</b>	11 <b>No Club Spring Break</b>	12 <b>No Club Spring Break</b>	13 <b>No Club Spring Break</b>	14 <b>No Club Spring Break</b>
Being Honest About Who We Are	17 <b>No Club Teacher Prep Day</b>	18 <b>Social Emotional Learning Positive Action (P)</b> L 101: "Starting out with the Truth" L 112: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	19 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	20 <b>Social Emotional Learning Positive Action (B)</b> L 103: "Your Own Truth" L 113: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	21 <b>Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding</b>
Discovering Our Truth	24 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	25 <b>Social Emotional Learning Positive Action (P)</b> L 104: "What's Real and What Isn't" L 114: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	26 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	27 <b>Social Emotional Learning Positive Action (B)</b> L 106: "Standing True" L 115: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	28 <b>Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding</b>
Learning Self-Improvement	31 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	1 <b>Social Emotional Learning Positive Action (P)</b> L 110: "Getting Where You Need to Go" L 117: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	2 <b>Club Day:</b> Historical Artist Club Track and Field Club <b>Power Hour</b>	3 <b>Social Emotional Learning Positive Action (B)</b> L 111: "Goals for Getting Healthy" L 118: "Improving Yourself Continually Using Social / Emotional Positive Actions" <b>Power Hour</b>	4 <b>Social Emotional Learning STEM Rotation Physical Rotation Creative Rotation Team Bonding</b>

## 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) 5:00-5:18 Rotation 3 (Education Station) 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 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

### Contact Info

Gabbie Brotemarkle Site Coordinator Email: gabbie.brotemarkle@bgcutah.org Phone: (801) 372-3059
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## March Club & Activity Details

### **Message to Families:**

As we welcome the month of March, we're excited to embrace the changing season and all the opportunities it brings. Spring break is just around the corner, offering a well-deserved pause for both students and families. This is a great time to recharge, enjoy some quality time together, and make lasting memories before the final stretch of the school year. We hope everyone enjoys this break and comes back refreshed and ready for the exciting days ahead.

### **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:**

**Historical Artist Club**—The Historical Artist Club offers students a unique opportunity to explore the world of art history while developing their creative skills. Each week, we dive into the lives and works of famous artists from different periods, learning about their techniques, styles, and the cultural contexts in which they worked. It's a fun and inspiring way to connect the past with the present through the power of art. This club will be offered every Monday and Wednesday.

**Track and Field Club**—The Track and Field Club allows students to participate in various exciting activities, from running sprints to practicing long jump and shot put. It's a great way to stay active, improve athletic skills, and have fun competing in friendly, supportive events! This club will be offered every Monday and Wednesday.

