

March 2025

# Westmore Elementary

1150 S. Main St. Orem, UT 84058 (801) 372-5618



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

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 Telling Yourself the Truth

Happy Birthday



Emma, Haydee, Lucia, Paizley, & Valente

## UPCOMING EVENTS

SPRING BREAK:

March 31st-April 4th

## CLUB CLOSED

March 7th, 10th, 31st



Our students had a great time during a Valentine's Day STEM lesson learning about how the heart works.



## CONTACT INFORMATION

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Site Director  
Phone: 801-372-5618  
Email: westmore@bgcutah.org

## PARENT RESOURCES

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

## Project Learn

Daily

Project Learn is a daily opportunity for youth to learn new skills, practice and refine existing skills through engaging activities.

## STEM Labs

Monday & Wednesday Gr 3-6

Tuesday & Thursday Gr K-2

Friday choice rotation all grades

We will be having fun interactive STEM activities that will focus on the Spring season.

## Enrichment

Daily

Enrichment clubs are to further enrich and broaden our members' experiences by offering Physical and Creative club activities.

## Social Emotional Learning (Prevention & Behavior)

Monday-Thursday

This month we will be focusing on looking at ourselves and our truths.



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# Westmore Elementary Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Self-Honesty & Our Choices	3 <b>Social Emotional Learning: K-2</b> Telling Yourself the Truth (P) <b>STEM: 3-6</b> Dissecting a Flower <b>Clubs:</b> Invent a creature, Astronaut training	4 <b>Social Emotional Learning: 3-6</b> What You Can Do (P) <b>STEM: K-2</b> Dissecting a Flower <b>Power Hour</b> <b>Enrichment:</b> Mystery object story challenge	<b>FIRE DRILL</b> 5 <b>Social Emotional Learning: K-2</b> Emotional Positive Actions (B) <b>STEM: 3-6</b> How Plants Drink Water <b>Clubs:</b> Build a Mini World, Astronaut training	6 <b>Social Emotional Learning: 3-6</b> Sorting out what's what (B) <b>STEM: K-2</b> How Plants Drink Water <b>Power Hour</b> <b>Enrichment:</b> All About Me Collage	7 <b>NO CLUB TEACHER WORK DAY</b>
Strengths & Weaknesses	10 <b>NO CLUB TEACHER WORK DAY</b>	11 <b>Social Emotional Learning: 3-6</b> Strength Chain (P) <b>STEM: K-2</b> Number Patterns & Shapes <b>Power Hour/Enrichment:</b> Color Basket	12 <b>Social Emotional Learning: K-2</b> Strength Chain (P) <b>STEM: 3-6</b> Number Patterns & Shapes <b>Clubs:</b> Pass the Ball/Freeze, Astronaut training	13 <b>Social Emotional Learning: 3-6</b> Creating Superheroes (B) <b>STEM: K-2</b> Build a Water Filter <b>Power Hour/Enrichment:</b> Color Basket, Astronaut training	14 <b>Social Emotional Learning:</b> Creating Superheroes (B) <b>FUN FRIDAY:</b> Simple Coding Challenge, Musical Exercise Freeze
Being Honest About Who We Are	17 <b>Social Emotional Learning: K-2</b> Starting Out with Truth (P) <b>STEM: 3-6</b> Invisible Ink <b>Clubs:</b> Physical & Paper plate animals	18 <b>Social Emotional Learning: 3-6</b> Starting Out with Truth (P) <b>STEM: K-2</b> Invisible Ink <b>Power Hour/Enrichment:</b> Draw a partner	19 <b>Social Emotional Learning: K-2</b> Your Own Truth (B) <b>STEM: 3-6</b> Testing with pH strips <b>Clubs:</b> Physical & Paper stain glass	20 <b>Social Emotional Learning: 3-6</b> Your Own Truth (B) <b>STEM: K-2</b> Testing with pH strips <b>Power Hour/Enrichment:</b> Draw a partner	21 <b>Social Emotional Learning:</b> Being Honest about who we are <b>FUN FRIDAY:</b> Sugar water saturation, DIY bookmarks
Discovering Our Truth	24 <b>Social Emotional Learning: K-2</b> What's real and what isn't (P) <b>STEM: 3-6</b> Measuring Liquids <b>Clubs:</b> Paper plate masks, Astronaut training	25 <b>Social Emotional Learning: 3-6</b> What's real and what isn't (P) <b>STEM: K-2</b> Measuring Liquids <b>Power Hour</b> <b>Enrichment:</b> Nature collage	26 <b>Social Emotional Learning: K-2</b> Standing True (B) <b>STEM: 3-6</b> Build a shape city <b>Clubs:</b> Shape & pattern collage, Astronaut training	27 <b>Social Emotional Learning: 3-6</b> Standing True (B) <b>STEM: K-2</b> Build a shape city <b>Power Hour</b> <b>Enrichment:</b> Nature collage	28 <b>Social Emotional Learning:</b> <b>FUN FRIDAY:</b> Geometry activity, Shape scavenger hunt
Spring Break	31 <b>NO CLUB TEACHER WORK DAY</b>	1	2	3	4

Daily Schedule		
Monday & Wednesday	Tuesday & Thursday	Friday
3:30 - 3:45 Check in, Snack 3:45 - 3:55 Circle Up 4:00 - 4:30 Social Emotional Learning Gr K-2 STEM Gr 3-6 4:35 - 5:25 Clubs: Creative & Physical 5:15 - 5:30 Clean Up & Dismissal	3:30 - 3:45 Check in, Snack 3:45 - 3:55 Circle Up 4:00 - 4:30 Social Emotional Learning Gr 3-6 STEM Gr K-2 4:35 - 5:25 Project Learn: HYLAs/Power Hour & Enrichment Centers 5:15 - 5:30 Clean Up & Dismissal	3:30 - 3:45 Check in, Snack 3:45 - 3:55 Circle Up 4:00 - 4:30 SMART Moves - all ages 4:35 - 5:25 Rotations - Creative - Physical - STEM 5:15 - 5:30 Clean Up & Dismissal

Contact Info
Mikilani Willing <i>Site Director</i> Email: westmore@bgcutah.org Phone: 801-372-5618
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## March Club & Activity Details

### Message to Parents:

Hi Parents & Guardians,

We have some fun activities planned for this month. We hope that your students can join us this month. Please also note the days that Club will be closed-7th, 10th, & 31st.

### **Social Emotional Learning:**

Helping youth develop essential skills in managing emotions, building relationships, and developing resiliency are key parts of our social-emotional learning program. Youth participate in 30 minute lessons and activities where they learn about different management strategies, understanding feelings for themselves and others, and so much more. The programs are highlighted below.

**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. This program is run Tuesday & Thursday with new topics each week. The February theme is taking ownership, being intentional, and learning self honesty.

**Power Hour** - The main focus of power hour will be to help youth complete homework assignments and work on reading and math skills. We are aligning with Westmore Elementary's goals and hope to help our students meet their literacy and mathematics goals.

**STEM:** Youth will have the opportunity to participate in a new experiment every Tuesday, Thursday and Friday! Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

**Paper in 100 Ways:** The students will be learning how to make different crafts using paper.

**Throwing and Catching Sports Edition:** The students will learn how to properly throw and catch different types of balls from different sports.

**Astronaut Training:** The students will learn about space and what it takes to become an astronaut.

