

April 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"

Happy
Birthday



To all our April Birthdays!

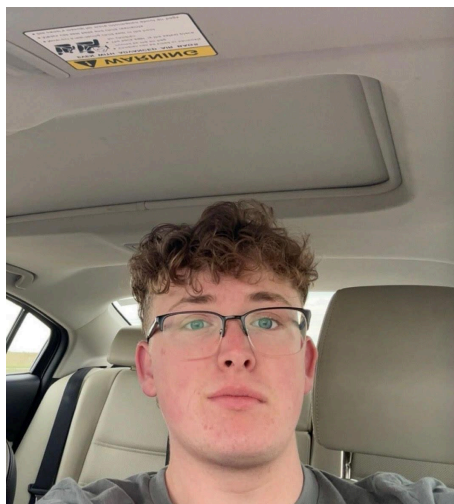
UPCOMING EVENTS

CLUB CLOSED

18th & 21st



Get To Know



Hi, my name is Hunter! I am a YDP and this is my first year at Boys and Girls club. I love to swim and hang out with my friends and family. I'm also a criminology major at Utah tech university.

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.



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Heritage After School Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Improvement	31	1 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 117 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 110 "Getting Where You Need to Go" Project Learn	2 <u>Clubs:</u> Music Club or Kickball Club Project Learn	3 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 118 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 111 "Goals for Getting Healthy" Project Learn	4 STEM CLUB Rotations Health & Wellness Fire Drill
Persistence & Perseverance	7 <u>Clubs:</u> Music Club or Kickball Club Project Learn	8 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 119 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 114 "Believing We Can Do More, Be More" Project Learn	9 <u>Clubs:</u> Music Club or Kickball Club Project Learn	10 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 120 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 117 "Buck Up and Do It" Project Learn	11 STEM CLUB Rotations Health & Wellness
Goal Setting	14 <u>Clubs:</u> Music Club or Kickball Club Project Learn	15 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 122 "Improving Yourself Continually Using Social / Emotional Positive Actions" 3rd-5th: Lesson 118 "Turning the Big, Bad Stuff into the Big, Good Stuff" Project Learn	16 <u>Clubs:</u> Music Club or Kickball Club Project Learn	17 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 132 "Positive Action Review: Five Steps to a Healthy Self-Concept" 3rd-5th: Lesson 121 "How You Improve Your Body" Project Learn	18 SCHOOL CLOSED
Preparing for the Future	21 SCHOOL CLOSED	22 Social Emotional Learning (P) Positive Action: K-2nd: Lesson 134 "Positive Action Review: Five Steps to a Healthy Self-Concept" 3rd-5th: Lesson 127 "Power and Energy" Project Learn	23 <u>Clubs:</u> Music Club or Kickball Club Project Learn	24 Social Emotional Learning (B) Positive Action: K-2nd: Lesson 139 "Positive Action Review: Five Steps to a Healthy Self-Concept" 3rd-5th: Lesson 129 "Getting A Bigger, Better Picture" Project Learn	25 STEM CLUB Rotations Health & Wellness
Post - Survey	28 <u>Clubs:</u> Music Club or Kickball Club Project Learn	29 Social Emotional Learning (P) Positive Action: Post-Survey	30 <u>Clubs:</u> Music Club or Kickball Club Project Learn	1	2

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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April Club & Activity Details

Message to Parents:

Hello Parents and welcome to the month of April 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 **“Learning Self-Improvement, Persistence & Perseverance, Goal Setting, Preparing for the Future, and the Post-Survey.”**

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.

Music Club In this club, members will explore music by making fun crafts and creating their own instruments. They’ll learn about different music styles and rhythms while crafting and playing.

Kickball Rope Club In kickball club, members will have fun playing kickball while learning teamwork and sports skills. We’ll practice kicking, running, and strategizing, all while enjoying the game.

