

April 2025

# Legacy

280 E, 100 S St. George UT 84790 | (801) 372-3284



**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 Improving Yourself Continually and Positive Action Review

**Happy Birthday**

Knox K 4/5  
Carter R- 4/27



## UPCOMING EVENTS

Spring Recess: April 18th-21st

## CLUB CLOSED

Spring Recess: April 18th-21st



## Get To Know



### Rachel Spencer

YDP

My name is Rachel Spencer, I have lived in Saint George for 24 years! I love the outdoors-especially camping. I enjoy all arts like crafts, silversmithing, live music and reading. I am looking forward to traveling more in the future!

## CONTACT INFORMATION

**Ryan Gertz**

**Site Coordinator**

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Email: [Ryan.Gertz@bgcutah.org](mailto:Ryan.Gertz@bgcutah.org)

## 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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# Legacy 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 <b>Club Day:</b> Drawing Club Football Club Power Hour	1 Social Emotional Learning Positive Action (P) L110: "Getting Where You Need to Go" L 117: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	2 <b>Club Day:</b> Drawing Club Football Club Power Hour	3 Social Emotional Learning Positive Action (B) L111: Goals for Getting Healthy" L 118: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	4 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> <b>Coping Skills</b> <b>Fire Drill</b>
Persistence & Perseverance	7 <b>Club Day:</b> Art Club Basketball Club Power Hour	8 Social Emotional Learning Positive Action (P) L114: Believing We Can Do More, Be More" L 119: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	9 <b>Club Day:</b> Art Club Basketball Club Power Hour	10 Social Emotional Learning Positive Action (B) 1173: "Buck Up and Do It" L 120: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	11 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> <b>Coping Skills</b>
Goal Setting	14 <b>Club Day:</b> Art Club Basketball Club Power Hour	15 Social Emotional Learning Positive Action (P) L 118: "Turning the Big, Bad Stuff into the Big, Good Stuff" L 122: Improving Yourself Continually Using Social / Emotional Positive Actions" Power Hour	16 <b>Club Day:</b> Art Club Basketball Club Power Hour	17 Social Emotional Learning Positive Action (B) L 121: "How You Improve Your Body" L 132: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	18 <b>No Club Spring Recess</b>
Preparing for the Future	21 <b>No Club Spring Recess</b>	22 Social Emotional Learning Positive Action (P) L93: "What You Can Do" L 142: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	23 <b>Club Day:</b> Art Club Basketball Club Power Hour	24 Social Emotional Learning Positive Action (B) L 129: "Getting A Bigger, Better Picture" L 139: "Positive Action Review: Five Steps to a Healthy Self-Concept" Power Hour	25 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> <b>Coping Skills</b>
Post Surveys	28 <b>Social Emotional Learning Post Surveys</b>	29 <b>Social Emotional Learning Post Surveys</b>	30 <b>Social Emotional Learning Post Surveys</b>	1 <b>Social Emotional Learning Post Surveys</b>	2 <b>Social Emotional Learning Post Surveys</b>

## Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:10 Snack, Feelings Check in & Physical Activity 4:10-4:15 Wash Hands 4:15-4:50 Club Time 4:55-5:25 Power Hour 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:10 Snack, Feelings Check in & Physical Activity 4:10-4:15 Wash Hands 4:15-4:50 Positive Action 4:55-5:25 Power Hour 5:25-5:30 Clean Up, Snack, Gratitude 5:30 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

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## April Club & Activity Details

### **Message to Families:**

As we step into April, we are excited to share the engaging activities we have planned for the month! Our clubs this month include Art club and a Basketball club. In addition to these enriching activities, we are wrapping up our Social Emotional Learning (SEL) curriculum, Positive Action, which has helped students build essential life skills such as self-awareness, responsible decision-making, and positive interpersonal relationships. We're looking forward to a productive and exciting month of growth and learning!

### **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:**

**Art Club**— This club focuses on creating amazing art work and diving deeper into the history of art. We will travel around the world (not actually unfortunately) and study different cultures' artwork. This will be a fun opportunity for the students to develop their art skills!

**Basketball Club**— Basketball club is an exciting and energetic environment where kids can develop their skills, build teamwork, and have fun playing one of the world's most popular sports. Whether they are learning the basics of dribbling, passing, and shooting, or refining more advanced techniques like strategic positioning and defense, Basketball club provides a great opportunity for children to stay active and improve their athletic abilities. This club will be offered every Monday and Wednesday.

