

April 2025

Paradise Canyon

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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 Improving Yourself Continually

Happy Birthday



Randall - 4/3
Aleyza - 4/27

UPCOMING EVENTS

No upcoming events

CLUB CLOSED

4/18 - 4/21 Spring Recess



Get To Know Ms. Whitney!



My name is Whitney Jensen and I am excited to be a part of the Boys and Girls Club here at Paradise Canyon! I am from Cedar City. I enjoy spending time with my family, teaching, hiking, hammocking, four wheeling, learning, helping others and traveling to new places! I have worked with children of a range of ages and abilities throughout the years, and I absolutely love it! I have my degree in Elementary Education. I enjoy teaching all of the subjects, but social studies and science have always been my passion!

CONTACT INFORMATION

Olivia Everett
Site Coordinator
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Email: olivia.everett@bgcutah.org

PARENT RESOURCES

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

Power Hour

Mon/Wed
K-2 3:40-4:12 | 3-5 4:12-4:45
Tues/Thurs
3-5 3:40-4:12 | K-2 4:12-4:45
Friday All grades 2:05-2:35

The main focus of power hour will be to help members complete homework assignments and have the opportunity to work with program staff on assignments given throughout the week.

STEM Labs

Mon/Wed 4:45 - 5:20
Our STEM program offers students a variety of opportunities to engage in lessons that educate them on the scientific method and explore their creativity.

Enrichment

Mon/Wed
K-2 3:40-4:12 | 3-5 4:12-4:45
Tues/Thurs 4:45-5:20

This month we will be holding

Social Emotional Learning (Prevention & Behavior)

Tues/Thurs
K-2 3:30-4:00 | 3-5 4:00-4:30
The Positive Action curriculum focuses on providing youth with important social-emotional skills. All SEL skills are taught through daily lessons and then integrated throughout the rest of programming.



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UTAH DEPARTMENT OF
WORKFORCE
SERVICES
CHILD CARE

Paradise Canyon Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

| Social Emotional Learning Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|--|
| Learning Self-Improvement | 31 | 1 Power Hour Positive Action (P) Grade 3-5: "Getting Where You Need to Go" Grade K-2: "Improving Yourself Continually Using Social/Emotional Positive Actions" Ocean Club | 2 Power Hour Flag Football Club STEM | 3 Power Hour Positive Action (B) Grade 3-5: "Goals for Getting Healthy" Grade K-2: "Improving Yourself Continually Using Social / Emotional Positive Actions" Ocean Club Fire Drill | 4 Power hour Coping Skills/Team-building rotation Creative rotation Physical rotation Fun Friday! |
| Persistence & Perseverance | 7 Power Hour Flag Football Club STEM | 8 Power Hour Positive Action (P) Grade 3-5: Lesson 114 "Believing We Can Do More, Be More" Grade K-2: Lesson 119 "Improving Yourself Continually Using Social / Emotional Positive Actions" Ocean Club | 9 Power Hour Flag Football Club STEM | 10 Power Hour Positive Action (B) Grade 3-5: Lesson 117 "Buck Up and Do It" Grade K-2: Lesson 120 "Improving Yourself Continually Using Social / Emotional Positive Actions" Ocean Club | 11 Power hour Coping Skills/Team-building rotation Creative rotation Physical rotation Fun Friday! |
| Goal Setting | 14 Power Hour Flag Football Club STEM | 15 Power Hour Positive Action (P) Grade 3-5: "Turning the Big, Bad Stuff into the Big, Good Stuff" Grade K-2: "Improving Yourself Continually Using Social / Emotional Positive Actions" Ocean Club | 16 Power Hour Flag Football Club STEM | 17 Power Hour Positive Action (B) Grade 3-5: "How You Improve Your Body" Grade K-2: "Positive Action Review: Five Steps to a Healthy Self-Concept" Ocean Club Lockdown Drill | 18 NO PROGRAM - SPRING RECESS |
| Preparing for the Future | 21 NO PROGRAM - SPRING RECESS | 22 Power Hour Positive Action (P) Grade 3-5: "Power and Energy" Grade K-2: "Positive Action Review: Five Steps to a Healthy Self-Concept" Ocean Club | 23 Power Hour Flag Football Club STEM | 24 Power Hour Positive Action (B) Grade 3-5: "Getting A Bigger, Better Picture" Grade K-2: "Positive Action Review: Five Steps to a Healthy Self-Concept" Ocean Club | 25 Power hour Coping Skills/Team-building rotation Creative rotation Physical rotation Fun Friday! |
| Post-Surveys | 28 Power Hour Flag Football Club STEM | 29 Power Hour Positive Action Post-surveys Ocean Club | 30 Power Hour Flag Football Club STEM | 1 | 2 |

| Monday - Thursday | Friday |
|---|--|
| 2:35 - 3:05 PM Check-in and recess 3:05 - 3:15 PM Feelings check-in 3:15 - 3:40 PM Super snack 3:40 - 4:12 PM K-2 (Power Hour), 3-5 (physical club M/W, Positive Action T/Th) 4:12 - 4:45 PM 3-5 (Power Hour), K-2 (physical club M/W, Positive Action T/Th) 4:45 - 5:20 PM STEM M/W, creative club T/Th 5:20 - 5:30 PM Snack/Check-out | 1:00 - 1:35 PM Check-in & recess 1:35 - 1:45 PM Feelings check-in 1:45 - 2:10 PM Wash hands/Super Snack 2:10 - 2:45 PM Power Hour 2:45 - 4:05 PM Rotations 4:05 - 4:15 PM Snack 4:15 - 4:50 PM Rotations 4:50 - 5:30 PM Snack |



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April Club & Activity Details

Message to Parents:

Our mission with clubs and activities is to give your child more opportunities for learning and interactive activities with their peers. The goal is to provide an environment that gives your child the opportunity of choice and integrate into new activities each month. There will be a new set of clubs and activities each month that will be posted on the calendar. For monthly clubs, it is the goal to build on each activity weekly, giving your child the opportunity to learn new skills every week! Every day we spend time with students doing power hour for academic support. Your child has time to work on homework that they have been given during the school day and they receive assistance from all Boys and Girls Club staff. On Tuesdays and Thursdays, students are able to participate in a staff-led activity for the purpose of social and emotional learning. This time is allotted for students to become more educated on life skills and emotional intelligence! I appreciate all of you entrusting us members of BGC to give your child the most enriching experience here at Paradise Canyon Boys and Girls Club. If you have any questions or concerns please feel free to reach out to me!

~ *Olivia Everett* ~

Paradise Canyon Site Coordinator

Creative Club: This is our opportunity to enjoy activities that allow students to show their creative side and understand new hobbies that they might enjoy. This month we are doing Ocean Club, and students will learn all about our beautiful oceans and the creatures that live there.

Physical Club: This club is a time where we can vote and agree on a game or physical activity that will be fun for club members. It often leads to basketball games, kickball, four square or tag. This month, students will learn how to play flag football.

Smart Moves: This a Social Emotional Learning curriculum that utilizes actions and activities to identify club members emotions and feelings, and gives them choices to express them appropriately.

Fun Friday: This is a time for club members to challenge one another in games, races, drawing contests, or to spend time engaging in their favorite crafts. Free time helps us become better at choosing what we like.

BGC Mission: The mission of the Boys & Girls Clubs of Utah/Washington County is to inspire and enable all young people to realize their full potential as productive and responsible citizens and leaders.

Our Core Promise: To America's youth we promise to provide a safe, positive place and to have a significant impact on their lives. To the Nation we promise to uphold high ethical standards in all areas, especially overseeing finances, reporting data on membership and community outreach, being good stewards of the donor dollar, and representing ourselves to the public.

Our Guiding Principles: Safety, Integrity/Accountability, Commitment to Excellence, Youth-Centric Approach, Respect, Compassion, Reliability/Consistency.

Our Rules: 1. Respect Club members, staff and property. 2. Keep hands, feet, and body to yourself. 3. Use appropriate language. 4. Follow directions of Club staff. 5. Have Fun!

