

April 2025

Sunset Elementary

495 Westridge Drive | 801-372-3151



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

Happy
Birthday



Deagan - 6th
Olivia S.- 11th
Ian B.- 11th
Blakely - 26th
Ian V.- 26th

UPCOMING EVENTS

April 22nd - Earth Day

CLUB CLOSED

April 18th - Spring Recess
April 21st - Spring Recess



Get To Know

Hi I'm Alexis! I am the Site Coordinator for Sunset Elementary. I am attending Utah Tech University getting a bachelor's degree in Psychology with a minor in Family Studies. In my free time I like to spend time outdoors, read, and hang out with family and friends!



CONTACT INFORMATION

Alexis Dearden
Site Coordinator
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PARENT RESOURCES

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

Project Learn

Monday-Thursday Grades 4-5
3:25-4:10/Grades K-3 4:05-4:35

We will be assisting with assigned homework. In addition we will provide math sheets, books for reading and we will often do trivia to help reinforce learning.

STEM Labs

Wednesday & Friday Grades K-3
3:25-3:55/Grades 4-5 4:05-4:35 Fridays:
2:50-3:20

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 - Thursday 4:40 - 5:10

Enrichment clubs offer 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 Grades K-3
3:30-4:00/Grades 4-5 4:05-4:35

Our Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 3:45-4:30 Our SMART Moves curriculum provides members with relationship building skills with themselves and others.



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Sunset Elementary Afterschool Program 2024-2025



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning Self-Improvement	31	1 Project Learn Prevention: Grade 5 Manual: Lesson 110 "Getting Where You Need to Go" Grade 2 Manual: Lesson 117 "Improving Yourself Continually Using Social / Emotional Positive Actions" Outdoor Club Ultimate Frisbee Club	2 Project Learn Stem Travelers Club Dr. Seuss Club	3 Project Learn Behavior: Grade 5 Manual: Lesson 111 "Goals for Getting Healthy" Grade 2 Manual: Lesson 118 "Improving Yourself Continually Using Social / Emotional Positive Actions" Outdoor Club Ultimate Frisbee Club	4 Project Learn Stem Rotations Coping strategies Fire Drill
Persistence & Perseverance	7 Project Learn Travelers Club Dr. Seuss Club	8 Project Learn Prevention: Grade 5 Manual: Lesson 114 "Believing We Can Do More, Be More" Grade 2 Manual: Lesson 119 "Improving Yourself Continually Using Social / Emotional Positive Actions" Outdoor Club Ultimate Frisbee Club	9 Project Learn Stem Travelers Club Dr. Seuss Club	10 Project Learn Behavior: Grade 5 Manual: Lesson 117 "Buck Up and Do It" Grade 2 Manual: Lesson 120 "Improving Yourself Continually Using Social / Emotional Positive Actions" Outdoor Club Ultimate Frisbee Club	11 Project Learn Stem Rotations Coping strategies
Goal Setting	14 Project Learn Travelers Club Dr. Seuss Club	15 Project Learn Prevention: Grade 5 Manual: Lesson 118 "Turning the Big, Bad Stuff into the Big, Good Stuff" Grade 2 Manual: Lesson 122 "Improving Yourself Continually Using Social / Emotional Positive Actions" Outdoor Club Ultimate Frisbee Club	16 Project Learn Stem Travelers Club Dr. Seuss Club	17 Project Learn Behavior: Grade 5 Manual: Lesson 121 "How You Improve Your Body" Grade 2 Manual: Lesson 132 "Positive Action Review: Five Steps to a Healthy Self-Concept" Outdoor Club Ultimate Frisbee Club	18 No Club Spring Recess
Preparing for the Future	21 No Club Spring Recess	22 Project Learn Prevention: Grade 5 Manual: Lesson 127 "Power and Energy" Grade 2 Manual: Lesson 134 "Positive Action Review: Five Steps to a Healthy Self-Concept" Outdoor Club Ultimate Frisbee Club	23 Project Learn Stem Travelers Club Dr. Seuss Club	24 Project Learn Behavior: Grade 5 Manual: Lesson 129 "Getting A Bigger, Better Picture" Grade 2 Manual: Lesson 139 "Positive Action Review: Five Steps to a Healthy Self-Concept" Outdoor Club Ultimate Frisbee Club	25 Project Learn Stem Rotations Coping strategies
Post-Surveys	28 Project Learn Travelers Club Dr. Seuss Club	29 Project Learn Outdoor Club Ultimate Frisbee Club	30 Project Learn Stem Travelers Club Dr. Seuss Club	1	2

Daily Schedule	Fridays
2:35 - 3:00 Check-in, Super Snack, Feelings check in 3:00 - 3:25 Energy Boost 3:30 - 4:00 K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn) 4:00 - 4:30 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn) 4:30 - 5:20 Enrichment Clubs 5:25 - 5:30 Clean up, Snack, Check-out	1:00 - 1:15 Check-in, Feelings check in 1:20 - 1:35 Energy Boost 1:40 - 2:10 Rotation 1 (Creative) - Computer Lab 2:15 - 2:45 Rotation 2 (Physical) 2:50 - 3:05 Super Snack 3:10 - 3:40 Rotation 3 (STEM) 3:45 - 4:30 Social Emotional Learning 4:35 - 5:00 Fun Friday 5:05 - 5:30 Clean up, Snack, Check-out

Contact Info
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April Club & Activity Details

Message to Parents:

Spring is here, and we are excited for another fun-filled month in our program! April brings new learning opportunities, engaging activities, and plenty of outdoor play as the weather warms up. As always, thank you for your support! If you have any questions, feel free to reach out.

World Travelers Club - World Travelers Club introduces the kids to the wonders of world cultures, geography, and global traditions. Students will go on a journey to a new country, where they explore its customs, landmarks, languages, and traditions.

Ultimate Frisbee Club - Designed for students to learn and play the sport of Ultimate Frisbee. Through engaging drills, friendly matches, and interactive lessons, students will learn the fundamentals of throwing, catching, and strategizing in a supportive environment.

Outdoors Club - Students get to explore, discover, and appreciate the wonders of nature. Through hands-on activities, outdoor adventures, and interactive learning, students will develop a love for the outdoors through activities like nature walks, outdoor games, gardening, and creative projects.

Dr. Seuss Club - Dr. Seuss Club is where the kids can explore the whimsical world of Dr. Seuss. Through storytelling, hands-on projects, and playful learning, students will build literacy skills, spark their creativity, and develop a love for reading.

STEM - Our STEM lessons inspire students to explore science, technology, engineering and math through hands-on activities and experiments. Children will engage in creative problem solving, building projects, and collaborative challenges that spark curiosity and critical thinking.

Social Emotional Learning (Positive Action/SMART Moves) - 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.

Project Learn: This is dedicated time to cover school related topics, homework or read. Even if the kids don't have homework, we take this opportunity to strengthen their reading skills by reading to their buddy or to a staff member. We often work with the teachers to make sure that we are meeting the needs of students as a class and as individuals.

Creative, Physical, STEM Clubs: These are our rotations where we split Club Members up into smaller groups so that they can experience doing some of our fun activities. Creative Club usually goes to the computer lab to play school-approved games which they love. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or treasure hunt. STEM Clubs on Fridays.

Fun Friday: This provides structured, free time with Club Members where they can choose what station they want to be at. We generally have a game table, a play-doh and slime station, craft table, painting or water-colors table, and sometimes we break out the cornhole and make an obstacle course for the adventurous ones! It's a good time to have "down-time" while still exercising their skills in working together, challenging themselves, as well as building sportsmanship and camaraderie with their peers.

