

MARCH 2025

Washington

300 N 300 E, Washington, UT 84770 | 801-372-5776



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



Skailey C.
Laila W.
Claire H.

UPCOMING EVENTS

Spring Recess: April 18th-21st

CLUB CLOSED

Spring Recess: April 18th-21st



Get To Know

Washington's Newest YDP



My name is **Kylie Roberts**. I attend college at Utah Tech University. My major is communications with an emphasis in health communication. I love to go on hikes and hang out with friends! I am so excited to be a part of the Boys and Girls Club!

CONTACT INFORMATION

Alexis Hatch
Site Coordinator
Phone: 801-372-5776
Email: alexis.hatch@bgcutah.org

PARENT RESOURCES

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

Project Learn

Monday - Thursday 4:40 - 5:25

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

Fridays 1:15 - 1:45 & 3:20-5:00 rotations

For the month of March the STEM theme will be **CHEMICAL REACTIONS** again! The students will have the opportunity to learn about how molecules and chemicals can react to certain substances and create explosions. These exciting lessons will include invisible ink writing, lemon volcanoes, and foaming elephant's toothpaste. Throughout these lessons the kids can use their creativity and experimentation to put their knowledge about science to the test, and have a fun time doing it.

Enrichment

Monday & Wednesday 4:10 - 4:40

This month clubs consist of Jump Rope and Disney clubs. Jump Rope Club: is an active and exciting club designed to help children improve their fitness and coordination through the fun of jump roping. Each session focuses on building strength, endurance, and agility while teaching different jump rope techniques and challenges. Disney Club is a fun and educational club for your students that combines learning with the magic of Disney. Each week, children participate in activities that help them develop important skills like creativity, problem-solving, teamwork, and emotional understanding. (see full descriptions below)

Social Emotional Learning (Prevention & Behavior)

Tuesdays & Thursdays 4:10 - 4:40

We are teaching "Positive Action" and "Self-Awareness" curriculum which enables Club Members to learn about their emotions and how to cope with difficult feelings.



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Utah State Board of Education



Washington 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 Power Hour Kickball Club Oceans Club Group Game	1 Power Hour Social Emotional Learning Positive Action (P) L110: "Getting Where You Need to Go" L 117: Improving Yourself Continually Using Social / Emotional Positive Actions"	2 Power Hour Jump Rope Club Disney Club Group Game	3 Power Hour Social Emotional Learning Positive Action (B) L111: Goals for Getting Healthy" L 118: Improving Yourself Continually Using Social / Emotional Positive Actions"	4 Fire Drill Fun Friday Kindness Club STEM Club Creative Club Physical Club Coping Skills Club
Persistence & Perseverance	7 Power Hour Jump Rope Club Disney Club Group Game	8 Power Hour Social Emotional Learning Positive Action (P) L114: Believing We Can Do More, Be More" L 119: Improving Yourself Continually Using Social / Emotional Positive Actions"	9 Power Hour Jump Rope Club Disney Club Group Game	10 Power Hour Social Emotional Learning Positive Action (B) 1173: "Buck Up and Do It" L 120: Improving Yourself Continually Using Social / Emotional Positive Actions"	11 Fun Friday Kindness Club STEM Club Creative Club Physical Club Coping Skills Club
Goal Setting	14 Power Hour Jump Rope Club Disney Club Group Game	15 Power Hour 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"	16 Power Hour Jump Rope Club Disney Club Group Game	17 Power Hour 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"	18 No Club Spring Recess
Preparing for the Future	21 No Club Spring Recess	22 Power Hour Social Emotional Learning Positive Action (P) L93: "What You Can Do" L 142: "Positive Action Review: Five Steps to a Healthy Self-Concept"	23 Power Hour Jump Rope Club Disney Club Group Game	24 Power Hour 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"	25 Fun Friday Kindness Club STEM Club Creative Club Physical Club Coping Skills Club
Post Surveys	28 Power Hour Jump Rope Club Disney Club Group Game	29 Social Emotional Learning Post Surveys	30 Power Hour Jump Rope Club Disney Club Group Game	1 Social Emotional Learning Post Surveys	2 Fire Drill Fun Friday Kindness Club STEM Club Creative Club Physical Club Coping Skills Club

Monday & Wednesday	Tuesday & Thursday	Friday
3:30 - 3:50 Check-in, Snack, Feelings check-in, Pulse Checks 3:50 - 4:10 Energy Boost 4:10 - 4:40 Enrichment Clubs 4:40 - 5:25 Power Hour (Homework Help/Academic Enrichment) 5:25 - 5:30 Group game 5:30 - 5:40 Pass out PM Snack/Parent Pick-up	3:30 - 3:50 Check-in, Snack, Feelings check-in, Pulse Checks 3:50 - 4:10 Energy Boost 4:10 - 4:40 Social Emotional Learning (Positive Action) 4:40 - 5:25 Power Hour (Homework Help/Academic Enrichment) 5:25 - 5:30 Group game 5:30 - 5:40 Pass out PM Snack/Parent Pick-up	12:00 - 12:15 Check-in 12:15 - 1:00 Energy Boost 1:00 - 1:45 Social Emotional Learning (Smart Moves) 1:45 - 2:05 Super Snack/Feelings check-in 2:05 - 2:50 STEM Club 2:50 - 3:20 Fun Friday 3:20 - 5:10 Creative/Physical/STEM Club Rotations 5:10 - 5:30 Gratitude/Group Game/ Pass out PM Snack 5:30 - 5:40 Parent Pick-up

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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 Disney club and a Jump Rope 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!

Jump Rope Club: is an active and exciting club designed to help children improve their fitness and coordination through the fun of jump roping. Each session focuses on building strength, endurance, and agility while teaching different jump rope techniques and challenges. Kids will not only enhance their physical abilities but also develop teamwork and perseverance as they practice and master new skills.

Disney Club: is a fun and educational club for your students that combines learning with the magic of Disney. Each week, children participate in activities that help them develop important skills like creativity, problem-solving, teamwork, and emotional understanding. Through interactive lessons based on popular Disney characters and stories, kids will learn in a playful and engaging way. The program aims to foster a love for learning, build confidence, and encourage positive social behaviors, making it a great way for your child to grow both intellectually and emotionally while having fun.

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. This month we are focusing on physical and intellectual health. SMART Moves is another curriculum we use to help club members past their social awkwardness and allow them to express themselves in larger groups.

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 are also starting a read aloud group on Fridays, where a staff member will read to the youth, and we will watch the movie/show that correlates to the book on the last Friday of the month. We often work with the teachers to make sure that we are meeting the needs of students as a class and as individuals.

CHEMICAL REACTIONS: For the month of March the STEM theme will be CHEMICAL REACTIONS again! The students will have the opportunity to learn about how molecules and chemicals can react to certain substances and create explosions. These exciting lessons will include invisible ink writing, lemon volcanoes, and foaming elephant's toothpaste. Throughout these lessons the kids can use their creativity and experimentation to put their knowledge about science to the test, and have a fun time doing it.

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 will be an activity where the students have contributed to a creative jar with ideas like friendship bracelets, boondoggle keychains, rock painting, suncatchers, slime.etc. **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 are generally the most fun because that's where we make a lot of the messy stuff! Our staff spends a little time each week visualizing what it was like to be between the ages of 6-12 and try to remember our curiosities and what we wanted to learn about, then we do it! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

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. We will also be doing a read aloud time where the Club Members could wind down, relax and listen to a staff member read "The Wild Robot". Upon completion of the book, we would watch the film together as a group.

