

May 2025

# Heritage

747 E Riverside Dr, St. George UT 84790 | (801) 372-3434



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"



To all our May Birthdays!

## UPCOMING EVENTS

Please Join Us!  
**Parent Night Field Day-**  
Wednesday May 7th at 4:30pm

## CLUB ENDS:

May 16th  
but  
REGISTER NOW for summer program!



## Get To Know



Hi, my name is D! This is my third year at Boys and Girls Club. And I am about to graduate from Utah Tech University with my Bachelors degree in Theater Education.

## CONTACT INFORMATION

**Site Coordinator**  
Phone: (801) 372-3434  
Email: [Heritage@bgcuath.org](mailto:Heritage@bgcuath.org)

## PARENT RESOURCES

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

## Power Hour

M-TH 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



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Post-Survey	28	29	30	1 Social Emotional Learning Positive Action: Post-Survey  Variety Club  Project Learn	2  STEM CLUB Rotations Health & Wellness Fire Drill
Taking care of our Bodies	5  Club: Variety Club  Project Learn	6  Social Emotional Learning (P) Positive Action: L25 "Physical and Intellectual Positive Actions for a Healthy Self-Concept"  Project Learn	7  Club: Variety Club  Project Learn  Parent Night Field Day @4:30!!	8  Social Emotional Learning (B) Positive Action: L21 "Feeling Good About Your Body and Your Mind"  Project Learn	9  STEM CLUB Rotations Health & Wellness
Taking care of our Bodies & Home	12  Club: Variety Club  Project Learn	13  Social Emotional Learning (P) Positive Action: L22 "What Your Body Needs To Thrive"  Project Learn	14  Club: Variety Club  Project Learn	15  Social Emotional Learning (B) Positive Action: L30 "Taking Care of Home"  Project Learn	16  Last Day of Boys & Girls Club!
	19	20	21	22	23
	26	27	28	29	30

## 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

Site Coordinator  
Email: [Heritage@bgcutah.org](mailto:Heritage@bgcutah.org)  
Phone: (801) 372-3434

Program Address: 747 E Riverside Dr, St. George UT 84790



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## May Club & Activity Details

### Message to Parents:

Hello Parents and welcome to the month of May at Boys and Girls Club! We are so excited for the fun activities we have planned for this month, but sad to see the year coming to an end! Please be sure to look over the calendar and newsletter and reach out with any questions! We wanted to remind parents that the last day of program is on **MAY 16th**. You can now sign up for summer program though!!

**SUMMER PROGRAM-REGISTER NOW!** Sign up today for BGC summer program at any of the following sites: Legacy, Panorama, Paradise Canyon, and Sandstone Elementary. There will be food, fun, and lots of opportunities. A great place where your child can make friends, participate in engaging activities, and you can know your child is safe and happy! (Refer to your email or reach out for the links to register)

### 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 May theme is **“Taking care of our bodies and home.”**

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 Club** - This club will happen Monday & Wednesday.

**Variety Club** The Variety Club is a fun and exciting club where no two days are the same! Each time we meet, we'll explore something new, whether it's art, sports, games, and more, the kids get the chance to explore a wide range of activities. Through these experiences, they can learn teamwork, creativity, problem-solving, leadership, and confidence—all while having a blast and making new friends.

**Parent Night** Come join us for a fun and active evening at our **Parent Night Field Day!** Parents will have the chance to cheer on and support their kids as they take part in exciting field day activities. From obstacle courses to relay races, it's all about fun, encouragement, and making great memories together. We can't wait to see you there! Please send your kids that day in clothes that can get a little wet.





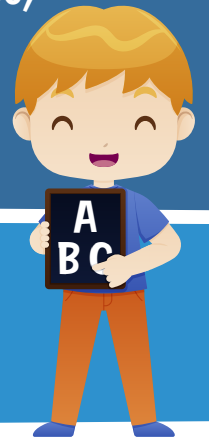
**BOYS & GIRLS CLUBS**  
OF SOUTHERN UTAH



# 6-WEEK SUMMER PROGRAM

Locations: Sandstone, Legacy, Paradise Canyon & Panorama

Our traditional summer camp is packed with exciting activities, indoor and outdoor games, STEM activities, arts and crafts, sports, team building games, and fun weekly events!



\$110 per week/per child  
\$660 for the 6-week program  
+ \$20 annual membership fee

Scholarships and financial  
assistance are available through  
the registration form



**JUNE 2 – JULY 11**  
M–F, 8:00am–5:30pm  
AGES: 6–12

Questions? Contact Megan  
[megan.reynolds@bgcutah.org](mailto:megan.reynolds@bgcutah.org)

Register

