

May 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 Reviewing Old Topics

Happy  
Birthday



Koby- May 8th  
Breakkan- May 18th

## UPCOMING EVENTS

Last Day of Program: May 16th  
Last Day of School: May 22nd

Summer program registration is open now!! Please see attached flyer for more details!

## CLUB CLOSED

No Club - Last Week of School:  
May 19th -23rd



## Get To Know



### Kate Pugmire

#### Program Manager

Kate is a junior at Utah Tech studying Elementary Education. She enjoys hiking, fishing, and spending time with friends. Her favorite thing is her dog Toby!

## CONTACT INFORMATION

**Ryan Gertz**

**Site Coordinator**

Phone: (801) 372-3284

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

Coping Skills to provide our students with healthy outlets, such as deep breathing, journaling, physical activity, drawing, listening to music, etc.



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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
Post Surveys	28 Social Emotional Learning Positive Action Post Survey <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	29 Social Emotional Learning Positive Action <b>Post Survey</b> <b>Power Hour</b>	30 Social Emotional Learning Positive Action Post Survey <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	1 Social Emotional Learning Positive Action <b>Post Survey</b> <b>Power Hour</b>	2 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> <b>Fire Drill</b>
Positive Actions	5 <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	6 Social Emotional Learning Positive Action (P) L 21 "Feeling Good about Your Body and Mind" L 27 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" <b>Power Hour</b>	7 <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	8 Social Emotional Learning Positive Action (B) L 34 "Make It New Again" L 36 Physical and Intellectual Positive Actions for a Healthy Self-Concept <b>Power Hour</b>	9 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b>
Positive Actions	12 <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	13 Social Emotional Learning Positive Action (P) L 31: "Feeling Good About Your Body and Your Mind" L 38: Physical and Intellectual Positive Actions for a Healthy Self-Concept" <b>Power Hour</b>	14 <b>Club Day:</b> Four Square Club Earth Club <b>Power Hour</b>	15 Social Emotional Learning Positive Action (B) L 38: "Feeling Good About Your Body and Your Mind" L 43: Physical and Intellectual Positive Actions for a Healthy Self-Concept" <b>Power Hour</b>	16 Social Emotional Learning <b>STEM Rotation</b> <b>Physical Rotation</b> <b>Creative Rotation</b> <b>Team Bonding</b> <b>Last Day of Program!!</b>
	19 <b>No Program</b>	20 <b>No Program</b>	21 <b>No Program</b>	22 <b>No Program</b> <b>Last Day of School</b>	23 <b>No Program</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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Site Coordinator  
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## May Club & Activity Details

### **Message to Families:**

As we welcome the month of May, we're thrilled to share the exciting activities planned to wrap up the school year! This month, students can look forward to joining our Earth Club and Four-Square Club—two engaging opportunities to learn, stay active, and have fun with friends. We're also celebrating the completion of our Social Emotional Learning (SEL) curriculum, Positive Action, which has empowered students with valuable skills in self-confidence, kindness, and making thoughtful choices. May is sure to be a meaningful and memorable month full of learning, connection, and celebration!

### **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.

**Coping Skills** - There are various types of coping skills that kids can use, including emotional, behavioral, and cognitive strategies. Emotional coping skills, like deep breathing or journaling, help kids process and express their feelings in a safe way. Behavioral strategies, such as engaging in physical activity or drawing, provide a healthy outlet for energy and stress, while cognitive techniques like positive self-talk encourage kids.

### **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:**

**Four Square Club**— We're excited to kick off our Four Square Club this month! This fun, fast-paced game helps students build coordination, learn teamwork skills, and good sportsmanship—all while getting active and having a blast with friends. Our students will experience friendly competition while learning and implementing the rules to the game. This club will be offered every Monday and Wednesday.

**Earth Club**— Earth club is an exciting experience where students will get to learn all about Earth and its elements. This club is for curious minds who want to get to know all about the world around them. Our students will do exciting crafts and experiments to discover the wonders of our Earth. This club will be offered every Monday and Wednesday.

