

October 2025

Washington

[300 N 300 E Washington, UT] | [(435) 673-3012]



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.



Happy Birthday



Aspen
Ms. Aubrie

UPCOMING EVENTS

Fall Break October 9th-13th NO CLUB
Halloween Dress Up/Movie Party 31st!

CLUB CLOSED

October 9th, 10th, and 13th, and the 23rd and 24th.



Get To Know

H.U.G. Project – Help Us Glow

The H.U.G. project is our way of helping kids grow into kind, thoughtful, and community minded individuals. H.U.G. stands for Help Us Glow, and it's all about giving back, staying grateful, and making a positive impact, no matter how big or small.

Each week, club members take part in a simple service project that encourages them to:

- 👉 Practice kindness
- ☀️ Support others in the club or community
- ❤️ Reflect on what they're thankful for
- 🌟 Be a part of something bigger than themselves

Projects might include making thank you cards, creating decorations to brighten up a shared space, writing kind notes, helping clean up around the club, or putting together small gifts for others.

Through H.U.G., we aim to build empathy, responsibility, and teamwork—and help every child understand that they have the power to make the world a little brighter.

Because when we help others glow, we shine too. 🧡

CONTACT INFORMATION

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PARENT RESOURCES

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

Project Learn

Monday-Thursday

We will be assisting students daily with their homework and reading. Additionally, we will provide fun learning games to help students practice what they are learning in school.

STEM Labs

Monday and Wednesdays

Explore, experiment, and discover! In STEM, kids will dive into science, technology, engineering, and math through fun, hands-on activities that spark curiosity and creativity.

Enrichment

Tuesday/Thursday
Season of Fun
No Bake Cooking Club

Social Emotional Learning (Prevention & Behavior)

Fridays

This is a Social Emotional Learning curriculum that engages club members through actions and activities designed to help them identify their emotions and feelings. It also provides them with positive choices and strategies to appropriately express and manage those emotions.



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Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	1 Project Learn STEM	2 No Bake Cooking Club: Dirt Cups Project Learn	3 FUN FRIDAY!! SMART Moves Initiatives Creativity Corner H.U.G Project Fun Friday Activity!
	6 Project Learn STEM	7 Season of Fun  Project Learn	8 Project Learn STEM	9 No Club Fall Break	10 NO Club Fall Break
	13 No Club Fall Break	14 Season of Fun  Project Learn	15 Project Learn STEM	16 No Bake Cooking Club: Make your own ice cream! Project Learn	17 FUN FRIDAY!! SMART Moves Initiatives Creativity Corner H.U.G Project Fun Friday Activity! FIRE DRILL
	20 Project Learn STEM Disaster Drill	21 Season of Fun  Project Learn	22 Project Learn STEM	23 CLUB CLOSED Staff Training	CLUB CLOSED Staff Training
	27 Project Learn STEM	28 Season of Fun: Dia De Los Muertos History: Ofrenda Set up  Project Learn	29 Project Learn STEM	30 No Bake Cooking Club: Scarecrow Crunch Cups Project Learn	31 FUN FRIDAY!! SMART Moves Initiatives Creativity Corner H.U.G Project Halloween Party!

Daily Schedule

Monday and Wednesday

- 3:30 - 3:40 Check In, Snack, QOTD and Group Agreements
- 3:40 - 4:00 Energy Boost and Wash Hands
- 4:00 - 4:45 K-3 (STEM), 4-5 (Power Hour)
- 4:45 - 5:25 4-5 (STEM), K-3 (Power Hour)
- 5:25 - 5:30 Clean up and Gratitude Card
- 5:30 Check out

Tuesday and Thursday

- 3:30 - 3:40 Check In, Snack, QOTD and Group Agreements
- 3:40 - 4:00 Energy Boost and Wash Hands
- 4:00 - 4:45 K-3 (Power Hour), 4-5 (Club Time)
- 4:45 - 5:25 4-5 (Power Hour), K-3 (Club Time)
- 5:25 - 5:30 Clean up and Gratitude Card
- 5:30 Check out

Fridays

- 12:00 - 12:15 Check In, QOTD and Group Agreements
- 12:15 - 1:00 Energy Boost and Wash Hands
- 1:00 - 2:00 SMART Moves
- 2:00 - 2:15 Super Snack and Wash Hands
- 2:15 - 3:15 Initiatives/Creativity Corner
- 3:15 - 4:00 H.U.G Project
- 4:00 - 5:00 Fun Friday Activity
- 5:00 - 5:30 Clean Up/Giggle and Gab and Check Out



Contact Info

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Washington Afterschool Program 2025-2026



**BOYS & GIRLS CLUBS
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October Club & Activity Details

Message to Parents:

We're so excited to share all the wonderful things happening in our clubs and activities this season! Each program is designed with care to help children grow not only in skills but in confidence, creativity, and connection.

Our goal through these clubs is to provide **fun, engaging, and educational experiences** that support social development, creativity, and a strong sense of community. From cooking and crafting to cultural learning and teamwork, every activity is a step toward helping kids feel empowered, included, and supported.

We're also working hard behind the scenes to **expand our staff** so we can welcome more children into our programs and move more names off of the waitlist—thank you for your patience and support as we grow!

If you have **any questions or need financial assistance** for club participation, please don't hesitate to **email us or call the club phone**—we're here to help.

This month, we're putting extra focus on:

- **Listening skills**
- **Teamwork and peer support**
- **Responsibility** (like helping clean up and staying on task)
- **Building a caring club community**

A special shout-out to our amazing **4th and 5th graders** who have been stepping up as role models and helpers for our younger members—your leadership is truly appreciated!

Thank you for being a part of our club family. We're excited for all that's ahead!

Season of Fun:

Join us this October for our **Season of Fun Club**, where we celebrate the beauty of fall through **arts, crafts, and cultural exploration**! This month, children will have the chance to:

- 🍂 **Create festive fall crafts** to decorate their homes and welcome the season
- 🌍 **Explore global traditions** through hands-on activities
- 💀 **Learn about Día de los Muertos**, including the meaning behind **ofrendas** (altars) and how families honor their loved ones
- 🎃 **Celebrate Halloween** (if they do!) with fun, age-appropriate crafts and stories

Each session is designed to be fun, creative, and educational—helping kids build an appreciation for different cultures while making memories they'll love.



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Come ready to learn, make, and celebrate the season with us!

No Bake Cooking Club:

Join us for a deliciously fun time in our **No-Bake Cooking Club – Fall Edition**, where kids become mini chefs—**no ovens, stoves, or sharp tools needed!** This hands-on club is all about **safe, creative food fun** with a seasonal twist.

This fall, we'll be making:

-  **Homemade Ice Cream** – mixed and flavored by the kids themselves
-  **Dirt Cups** – layered pudding, cookie crumble, and spooky toppings
-  **Crunch Cups** – DIY trail mix with a mix of healthy and tasty fall-inspired goodies

While making these treats, kids will also:

-  Learn **measuring and portion control**
-  Understand the difference between **nutrient-dense and lighter snacks**
-  Practice **social skills while sharing meals and snacks together**
-  Explore **fall flavors and fun** in every session

Each activity is packed with creativity, confidence-building, and connection—all through food!

Every Friday is a celebration of friendship, creativity, and community at our **Fun Fridays** program! We've designed this special weekly tradition to give kids a well-rounded experience filled with joy, growth, and giving back.

Fun Fridays at the Club!

Here's what a typical **Fun Friday** includes:

-  **Outdoor Play & Physical Activity** – Time to move, run, and enjoy the fresh air
-  **Creativity Corner** – Open-ended art and craft projects to spark imagination
-  **Initiative Time** – Fun team-building games that build trust, leadership, and cooperation
-  **H.U.G. Club (Help Us Glow)** – Our service-learning time where kids do a small project each week to give back, stay grateful, and make a positive impact in our club or community
-  **Special Fun Friday Activity** – A surprise activity each week to end things on a high note—think games, challenges, or themed events!
-  **Halloween Party Alert!** On Friday, October 31st, we'll celebrate with a **Halloween Party** full of games, treats, and fun for everyone to enjoy!

Fun Fridays are all about helping kids grow through play, purpose, and connection—and we're so excited to keep the tradition going strong!



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