

September 2026

WESTMORE

1150 S Main St, Orem, UT 84058 | (801) 610-8123



BOYS & GIRLS CLUBS
OF UTAH COUNTY

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



-Shahad 9/17
-Copelin 9/19
-Arabella 9/24

UPCOMING EVENTS

Fire Drill - 9/1
Fingerprinting at the school - 9/1
@5:00pm

CLUB CLOSED

Sept. 7th - Labor Day
Sept. 9th - Staff Training Day



Get To Know Ellie Our YDP!

Hi! My name is Ellie Hamlet and I am so excited to be working with the Boys and Girls Club this year! I have always had a love for working with young minds and learning from them! There's so much to give but also so much to receive in return! I am currently working towards a degree in Special Education through BYU and am hoping to become a teacher myself one day! I love everything outdoors, including hiking, camping, and playing soccer! I can't wait to learn and grow with all the youth this year!

CONTACT INFORMATION

Lexie Monroy
Site Director
Phone: 801-372-5618
Email: Westmore@bgcutah.org

PARENT RESOURCES

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

Project Learn

4:40 pm - 5:15 pm **M/W 3-6 T/TH K-2**

Project Learn is a dedicated time where we offer homework support and academic enrichment. Since most students do not have regular homework, we use this time to strengthen reading, writing, and math skills through fun HYLA's (High Yield Learning Activities) and engaging academic games. For more information about this and other activities, please visit our Clubs & Activity pages

STEM Labs

4:00 pm - 4:35 pm **M/W K-2 T/TH 3-6**

STEM gives students hands-on opportunities to explore engineering, coding, and problem-solving through fun, interactive activities and YES Kits. For more information about this and other activities, please visit our Clubs & Activity pages.

Enrichment

4:00 pm - 4:35 pm **M/W 3-6 T/TH K-2**

Enrichment provides students with engaging, age-appropriate activities that build social skills, teamwork, empathy, and creativity through games and group experiences. For more information about this and other activities, please visit our Clubs & Activity pages.

Social Emotional Learning

4:40 pm - 5:15 pm **M/W K-2 T/TH 3-6**

SEL (Social Emotional Learning) helps students build self-awareness, confidence, and positive relationships through lessons focused on emotions, choices, and personal growth. For more information about this and other activities, please visit our Clubs & Activity pages.



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Westmore After School Program 2026 - 2027



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

Monday	Tuesday	Wednesday	Thursday	Friday
31 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	1 Fire Drill Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	2 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd) Net Positive	3 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	4 Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (3rd-6th)
7 Closed ----- Labor day	8 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	9 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	10 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	11 Closed ----- Training Day
14 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	15 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	16 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	17 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	18 Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (3rd-6th)
21 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	22 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	23 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd) Net Positive	24 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	25 Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (3rd-6th)
28 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	29 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	30 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	1 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th)	2 Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (3rd-6th)

Daily Schedule		
Monday/ Wednesday 3:30 pm - 3:40 pm -Sign-in/ Snack 3:45 pm - 3:55 pm - Circle -up 4:00 pm - 4:35 pm Enrichment (3rd-6th) (Net Positive) STEM (K-2nd) 4:40 pm - 5:15 pm Social Emotional Learning (K-2nd) Project Learn (3rd-6th) 5:20 pm - 5:30pm PM Snack/ Pickup	Tuesday/Thursday 3:30 pm - 3:40 pm -Sign-in/ Snack 3:45 pm - 3:55 pm - Circle -up 4:00 pm - 4:35 pm Enrichment (K-2nd) STEM(3rd-6th) 4:40 pm - 5:15 pm Social Emotional Learning (3rd-6th) Project Learn (K-2nd) 5:20 pm - 5:30pm PM Snack/ Pickup	Friday 3:30 pm - 3:40 pm -Sign-in/ Snack 3:45 pm - 3:55 pm - Circle -up 4:00 pm - 4:35 pm SMART MOVES (K-2nd) Enrichment (3rd-6th) 4:40 pm - 5:15 pm Enrichment (K-2nd) SMART MOVES (3rd- 6th) 5:20 pm - 5:30pm PM Snack/ Pickup

Contact Info



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UTAH DEPARTMENT OF
WORKFORCE
SERVICES
CHILD CARE

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Program Address: 1150 S Main St, Orem, UT 84058



Westmore After School Program 2026 - 2027

September Club & Activity Details

Message to Parents:

It is hard to believe we are already stepping into our second month of the school year! September has been packed with wonderful moments, new friendships, and inspiring opportunities for growth. Getting to know your children, watching their unique personalities shine, and seeing their confidence flourish in our program has been a true joy.

Moving into the coming weeks, we look forward to deepening these connections and strengthening our daily routines. Every club and activity is thoughtfully structured to promote creativity, teamwork, problem-solving, effective communication, self-assurance, and positive decision-making. Highlights for the month include:

- **STEM & Robotics:** Hands-on discovery and engineering challenges.
- **Sports & Enrichment:** Active play, creative expression, and group experiences.
- **SEL (Social Emotional Learning):** Lessons focused on emotional awareness, personal growth, and positive choices.
- **Project Learn:** Targeted academic support and skill-building activities.

Thank you for sharing your children with us each day. Your trust and partnership mean the world to us as we work together to foster a safe, warm, and engaging environment where every student feels valued and included.

We are so excited for all the incredible experiences this next month will bring!

Snack and Check in/Out - Each day, students are served a **Super Snack** during the first 15 minutes after school. Our Super Snack typically includes five components: a **grain, dairy, protein, fruit, and vegetable** to help students refuel after their school day.

Later in the afternoon, before dismissal, students will also receive a **PM Snack**. This is a lighter snack that typically includes **two components**, such as a **grain and a fruit** or a **grain and a vegetable**, to help keep students energized until they get home.

If your child attends the program for snack, please note that **all snacks must be eaten on-site**. After receiving their snack, students will sit at their assigned table to eat. We also have a **Share Bin** where unopened, unwanted snack items are placed. If your child is still hungry after finishing their snack, they are welcome to choose an item from the Share Bin.

Before receiving their Super Snack, students will be **checked into the program**. Once checked in, they will place their backpacks in their designated grade-level bins before lining up to receive their snack.



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For your child's safety, **all students must be checked out before leaving the program.** Students may only leave with an approved adult listed on their registration form or with someone you have added to their authorized pick-up list by contacting me.

If your child is an **approved walker**, they may leave independently only if we have received prior authorization from a parent or guardian. Students enrolled in the full afterschool program may be approved to walk home before our regular dismissal time of **5:30 PM**.

Circle Up - Circle Up is held **every day for the first 10 minutes after snack** and is the first activity we do as a program. It gives our students and staff an opportunity to come together, connect with one another, and start the afternoon on a positive note. Throughout the month, students will participate in fun icebreaker games and team-building activities that help them get to know one another while building friendships.

During Circle Up, we also introduce and reinforce our **Big 5 Expectations**, helping students understand what it means to be safe, respectful, responsible, and ready to learn in our program. We review the schedule for the day, discuss the activities ahead, and go over which spaces we will be using so everyone knows what to expect. Circle Up helps set a positive tone for the afternoon and ensures every student is ready for a fun and successful day at the Club!

Enrichment - Our Enrichment Activity takes place **Mondays and Wednesdays for grades 3-6** and **Tuesdays and Thursdays for grades K-2**, from **4:00-4:35 PM**. During this time, students are grouped by age (K-2 and 3-6) to ensure activities are developmentally appropriate and engaging for all participants.

This month, Enrichment will focus on an **"Art Mural Club"**, where students will learn different aspects of art like primary colors, secondary colors, shapes, texture, and how art is a way to express ourselves. At the end of the month we are going to apply what we learned and make a mural together

Specialty Clubs- Our Specialty Clubs take place during regular program hours from **3:45-4:45pm**. Students will arrive and have snack as usual, and then transition into their assigned club. At 4:45 PM, students who are enrolled only in Specialty Clubs will be picked up or may walk home if they are approved walkers. Students enrolled in the full afterschool program will join us after clubs end.

Music Class: **Tuesdays and Thursdays** from **3:45-4:45pm** for all ages! Sign ups will be sent out in your emails so keep an eye out for the forms (coming soon)

SEL (Social Emotional Learning) - While one group participates in Enrichment, the other group will engage in our **SEL (Social Emotional Learning)** activities. SEL takes place **Mondays and Wednesdays for grades K-2** and **Tuesdays and Thursdays for grades 3-6**, from **4:40-5:15 PM**

This month, we are continuing **Unit 1: Philosophy and Thoughts-Actions-Feelings Circle**.

Across four lessons, students will explore the same key concepts in developmentally appropriate ways based on their age group. The four lesson topics are: **Positive Action Lesson "Staying in the Positive Zone", "The Difference Between Being All Right and Not Being All Right", "Giving Ourselves A Break", "To learn that what we do and how we feel about ourselves determine our happiness, and to find ways to be happy".**

These lessons are designed to help students better understand themselves and others, build confidence, and develop important social-emotional skills that support positive relationships and decision-making.



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Net Positive - Net Positive is a course taught **once a month**, where our Net Positive specialist comes in to lead lessons with our students. These sessions typically take place each Month and will temporarily replace Enrichment activities while they are being held.

Net Positive focuses on **online safety and digital responsibility**. Students learn how to stay safe while using technology, how to protect themselves online, and what to do if they encounter situations such as cyberbullying or unknown individuals trying to contact them.

As technology continues to grow in our everyday lives, these lessons help students build the tools and confidence they need to make safe, responsible, and informed choices online.

STEM - STEM will take place from **4:00–4:35 PM**, with **K-2 on Mondays and Wednesdays** and **grades 3-6 on Tuesdays and Thursdays**. This is part of our **EiE Lesson Kits series**, which will continue throughout the program.

This month, our STEM focus kicks off with our **EiE Kits**, which give students a hands-on way to explore engineering concepts. Our first project is **Designing Hand Pollinators**. This fun and challenging activity allows students to get creative while learning the basics of engineering design and problem-solving. It is engaging for all ages and helps students begin to think like engineers through hands-on exploration.

We are excited to see our students learning, building, and experimenting each week!

Project Learn - Project Learn takes place from **4:40–5:15 PM**, with **grades 3-6 on Mondays and Wednesdays** and **K-2 on Tuesdays and Thursdays**.

Project Learn is a dedicated time for academic support and enrichment. While most students do not have regular homework, we use this time to strengthen skills in **reading, writing, and math** through engaging, high-yield learning activities (HYLA's).

Students will participate in fun and interactive academic games such as spelling bees, math challenges, and Jeopardy-style games focused on reading, writing, and math skills. These activities are designed to make learning fun while reinforcing important academic foundations.

SMART MOVES - SMART Moves takes place every **Friday K-2: 4:00–4:35 PM 3-6: 4:40–5:15 PM**

At Boys & Girls Club, we prioritize social and emotional growth alongside academics. **Our SMART Moves: Emotional Wellness** curriculum helps youth build skills like healthy relationships, emotional management, effective communication, and responsible decision-making. Each lesson is interactive and age-appropriate, featuring discussions, games, and team-building activities in a safe, supportive environment. Students will focus on: **All the Feel** - Youth will be able to name and recognize emotions of themselves and others, **Emotions Head to Toe** - Youth will be able to describe the way emotions feel in their body. **(K-2nd) Time Travelers, (3rd-6th) Before, During and After** - Youth will be able to describe how their emotions are temporary and change over time.



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