November 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



Kyrell - 11/8
Darius - 11/11
Sebastian - 11/19
Ellie Hamlet- 11/10

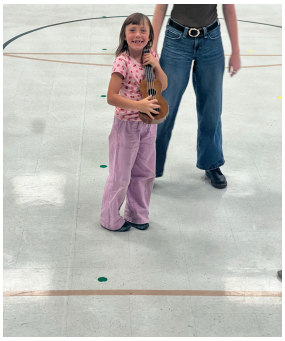
UPCOMING EVENTS

Fire Drill - 11/ 6
Parent Night - 11/ 23

CLUB CLOSED

Nov. 2nd - Teacher Development
Nov. 13th - BGC Staff Development
Nov. 25th - 27th - Thanksgiving Break





Welcome to Music Club!

Students in Music Club have been working together to create and learn a song, giving them the opportunity to take ownership of their musical experience and contribute their own ideas. As they practice, students are learning how to play chords on the ukulele and developing their musical skills. Through this activity, they are building confidence, creativity, and teamwork while learning to play an instrument. Students also have the opportunity to practice their skills, work together toward a shared goal, and take pride in their progress as they bring their song to life.

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-3

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-3 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-3

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-3 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.

Westmore After School Program 2025-2026

November

BOYS & GIRLS CLUBS OF UTAH COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Closed** **------** **NO CLUB**	3 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th	4 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	5 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th	6 **Fire Drill** Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (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 Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	12 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th	13 **Closed** **------** **Training Day**
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 Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	19 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th	20 Circle -up SMART MOVES (K-2nd) Enrichment (3rd-6th) Enrichment (K-2nd) SMART MOVES (3rd-6th)
23 Parent Night Circle -up Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	24 Circle -up Enrichment (K-2nd) Social Emotional Learning(3rd-6th) Project Learn (K-2nd) STEM (3rd-6th	25 **Closed** **------** **Thanksgiving Break**	26 **Closed** **------** **Thanksgiving Break**	27 **Closed** **------** **Thanksgiving Break**
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 Enrichment (3rd-6th) Social Emotional Learning (K-2nd) Project Learn (3rd-6th) STEM (K-2nd)	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)

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)
Social Emotional Learning (K-2nd)
4:40 pm - 5:15 pm STEM (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) Social Emotional Learning(3rd-6th)
4:40 pm - 5:15 pm STEM (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

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

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

Westmore
After School Program
2025-2026

BOYS & GIRLS CLUBS
OF UTAH COUNTY

November Club & Activity Details

Message to Parent

Hello, Westmore Club Families! November is here, and we are excited for another month of fun, learning, and making memories at the Club! Our students have been busy exploring new ideas, participating in activities, and working on projects that allow them to be creative, develop new skills, and showcase their talents. It has been wonderful seeing them get involved and make the most of their time with us!

As the holiday season approaches, we want to take a moment to thank you for being part of our Boys & Girls Club family. We appreciate the trust you place in us and the opportunity to support your children as they learn, grow, and build friendships. We look forward to bringing even more excitement, creativity, and kindness to the Club this month!

Save the Date: November 24 — Parent Night!

We are excited to welcome our families to the Club for a special **Parent Night on November 23!** This is a wonderful opportunity to see some of the amazing things your students have been working on and get a closer look at what their time at the Club looks like.

Our students have put time, effort, and creativity into their activities and projects, and we can't wait for them to share their accomplishments with you. We hope you can join us for an evening of celebrating their hard work, creativity, and growth!

Westmore Gives Back: Parent Night Food Drive

As part of our November theme of kindness and community, we are excited to host a food drive during Parent Night! We want to use this opportunity to teach our students the importance of gratitude, generosity, and giving back to our community.

We invite families to participate by bringing **1–2 nonperishable food items** to donate. Some suggested items include canned fruits and vegetables, canned soup and beans, pasta, pasta sauce, cereal, oatmeal, and peanut butter. Please make sure all donations are unopened and unexpired.

Every donation, big or small, can make a difference! We look forward to coming together as a Westmore community to spread kindness and help support families in need.

We can't wait to see you on November 23! Thank you for being part of our Westmore Club family and for helping us make a difference together! 💛

Sub-for-Santa Holiday Assistance The holiday season is also a time for giving, and each year, the Boys & Girls Clubs of Utah County partners with generous community members and local organizations to provide Christmas gifts for our Club families through our Sub-for-Santa program. If your family is interested in receiving holiday assistance for your children, please complete one of the applications below by **November 6, 2026**. This program is available to current Club families for any children under the age of 18 living in your household. When listing your child's needs and wants, please keep the total requested gift value between **$150 and $250 per child**. Unfortunately, we are unable to provide computers, gaming devices,

or other high-priced items. Please keep in mind that gifts are not guaranteed, as assistance depends on donor availability and community support. Families will be notified by **November 18, 2026**, if their children have been matched with a donor. Any gifts received will be provided directly to parents to give to their children.

Sub-for-Santa Applications:

- English Application
- Spanish Application

If you have any questions about the Sub-for-Santa program, please contact **Allison Evans** at allison.evans@bgcutah.org. Thank you for helping us make this opportunity available to our Club families! We appreciate your support in spreading the word. Throughout November, we will continue providing opportunities for students to explore, create, work together, and build important life skills through our Club activities. We will also focus on gratitude, kindness, and finding ways to spread a little extra joy as we head into the holiday season. Thank you for being such an important part of our Westmore community! We appreciate your continued support and look forward to sharing all the wonderful things happening at the Club with you. We can't wait to see you on November 24 for Parent Night!

Warmly,
Your Westmore Boys & Girls Club Team

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. 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**.

Enrichment - Our Enrichment activities take place from **4:00–4:35 PM**. Students in **grades 4–6 participate on Mondays and Wednesdays**, while students in **grades K–3 participate on Tuesdays and Thursdays**. Students are grouped by age to ensure activities are engaging and appropriate for their developmental levels.

This month, students will participate in **Reader's Theatre!** They will explore the basics of acting, practice working together, and collaborate to create a short play that gives everyone a chance to participate and shine.

SEL (Social Emotional Learning) - While one group participates in Enrichment, the other group takes part in our Social-Emotional Learning (SEL) activities from **4:00–4:35 PM**. SEL takes place on **Mondays and Wednesdays for grades K–3** and **Tuesdays and Thursdays for grades 4–6**.

This month, students will begin **Unit 2: Physical and Intellectual Positive Actions**. Through these lessons, students will explore positive choices and practice skills that help them grow, learn, and interact with others in healthy ways.

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 takes place from **4:40–5:15 PM**, with **grades K–3 on Mondays and Wednesdays** and **grades 4–6 on Tuesdays and Thursdays**. Students will continue working through our nine-lesson YES Kit series, exploring science, technology, engineering, and math through hands-on learning experiences.

This month, we are beginning a new Engineering is Elementary (EiE) lesson: **"The Attraction Is Obvious: Designing Maglev Systems."** Students will explore magnetic levitation and engineering as they learn about the ideas behind maglev transportation systems.

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

Project Learn provides students with opportunities to strengthen their academic skills in **reading, writing, and math**. Even when students do not have homework, this time is used for meaningful learning activities that reinforce classroom skills and encourage problem-solving.

Students will participate in High-Yield Learning Activities (HYLAs), including spelling bees, math challenges, and Jeopardy-style games. These interactive activities make learning fun while helping students build confidence and strengthen their academic foundations.

SMART MOVES - SMART Moves takes place every **Friday**, with grades **K–3 from 4:00–4:35 PM** and grades **4–6 from 4:40–5:15 PM.**

This month, students will explore lessons from our SMART Moves: Emotional Wellness curriculum, focusing on building confidence, practicing relaxation, and learning healthy ways to manage emotions.

Grades K–3 will participate in *My Superhero Self*, *Rain Stick Relaxation*, *"I Can" Plan*, and *Coping Strategies Game*. Students will recognize their strengths, practice calming techniques, and create a personal plan for handling big feelings. Through games and activities, they will also practice choosing healthy coping strategies for different situations.

Grades 4–6 will explore *Changing Impossible to I'M POSSIBLE*, *Calming Bottles*, *"I Can" Plan*, and *Coping Blocks*. These lessons encourage students to build confidence through positive thinking, explore calming tools, and develop a plan for managing strong emotions. Students will also practice identifying and using coping strategies when facing challenges.