

# LOG YOUR SERVICE HOURS AND ACTIVITIES!

(see reverse)

- ❖ Documentation of service hours and activities will be extremely helpful to you when filling out scholarship, job, and college applications. These hours can also be used for induction into National Honor Society.
- ❖ Time logged should be in ½ hour increments or more. A supervising official should sign this form to validate your time.
- ❖ Hours logged on this form are strictly volunteer hours: they are not performed for payment in any way.
- ❖ Summer hours (after completion of 8<sup>th</sup> grade) should also be logged.
- ❖ **Students are responsible for maintaining this form.** Additional forms are available in the Guidance Office.

## SERVICE AND ACTIVITIES IN SCHOOL

- Services provided through Clubs/Organizations
- Service Learning activities associated with HS courses
- Tutoring (HS, MS, Elem.)
- Classroom Assistant (helping a teacher or student on a regular basis)
- Memberships in school clubs/organizations
- Sports
- Co-Curricular Activities (Band, Choir, School Play/Musical, etc.)

\*\*All students have an FRHS Activity Sheet on file in the office. Students can request a copy of this form at any time.

## SERVICE AND ACTIVITIES OUTSIDE OF SCHOOL (COMMUNITY)

- Community Service (cleaning up litter, stocking a local food pantry, helping needy families, etc)
- Volunteering (coaching, 4H camp, hospitals, nursing homes, etc.)
- Big Brothers/Big Sisters
- Religious Organizations (Christmas caroling, care packages, bible school, teaching religion, etc.)
- Performing Arts (activity only)
- Scouting (Girl Scouts, Boy Scouts, etc.)
- Ethnic/Cultural Organizations

Note: SERVICE LEARNING FORMS (for service related to current HS courses) are available from the teachers. Students wishing to compete for the “**FRHS Service Learning Award**” that is given at the awards banquet must submit their service learning forms to Mrs. Perkeybile by April 1 of each year.

