

# Community Service Reference Guide

(revised April 2025)

Community Service hours are hours spent during the year in work which directly benefits either (1) people experiencing poverty, discrimination, abuse, poor health, old age, youth, and/or physical-mental limitations or (2) the protection of animals or the environment for which an individual does not receive financial compensation, NHS defines service as "Work done with or on behalf of others without any direct financial or material compensation.

The NHS Advisors or Service Committee will post opportunities in the NHS Google Classroom throughout the School year. During the Winter months the NHS will sponsor a Hygiene Drive and a Undergarment Drive for the local shelter and Mission Center. We will also support the local congressman's Valentines for the Veterans. Please consult the Google Classroom for the perimeters of these events.

**\*\* All Community Service Hours (4 Hours every month from September thru June) (New Inductees start in December following their Induction into the NHS) must be completed during your Junior and Senior year to earn your Graduation Cords and Tassel.**

## **Important Information regarding Community Service Requirements**

\*Service must be voluntary, unpaid and on the students own time, not during school hours (school hours only count if you are raising money for a designated charity. Not club funds)

\*There must be a service agency, or a supervisor or representative who can be contacted to confirm service and sign form

\*The service agency or representative cannot be a student, or a relative of the student

\*The service must be conducted for a nonprofit agency such as a youth sports program or community program

\*Every Member must complete 4 Hours of Community Service from September-June (10 months per school year)

## **Information you need to provide when filling out your Community Service Sheet**

*Provide the name of the non-profit or school organization which the hours took place (no acronyms)
*What type of activity was it?
*Describe in detail what work you performed at this activity
*Provide the date of your service, verification name of the advisor and phone number or email
*Monthly Community Service Sheets must be turned in no later than the 10th of the following month*
*No service can be repeated more than 3 times during the school year
*Service in a day can not be divided between months. Example 12 hrs worked on Dec 24 at a Soup kitchen will equal hours for one month only.
***SPECIAL NOTE- Not all hours accepted by the NHS will be accepted by CCHS and vice versa.
<b>Acceptable Community Service ( Includes but not limited to )</b>
<b>Animals</b>
Helping Animals- Walking Dogs at the ASPCA/humane society- Individual Rules must be Followed
<b>Community</b>
Camp Counseling @ Cornwall COH's Summer Recreation Program & Cornwall Girls Basketball Camp (July) unpaid hours only
Local Soup Kitchens- Saint Patrick's Church - Food Distribution Center (Newburgh, NY)
Local Libraries

Local Town Community Center
Wreaths across America
Volunteering at a local thrift store
Food Bank- Hudson Valley Food Bank
Help in a Homeless shelter with goods and services
Aiding the Homelessness- AHRC and with church organizations that sponsor breakfasts or special meals
Walk-a-thons, bike-a-thons, marathons, Fun Runs etc. to raise money for a non-profit organization will be limited to the time it took to complete the course (usually 2 service hours) <b>Volunteers</b> count the hours they helped with the event.
Performances (dance, theater, music) individuals will receive service hours for the time of the actual performances only. Hours are not awarded for rehearsal, set-up, or travel. (This applies to in school or out of school)
Girl/Boy Scouts- Community Events and Eagle Scout Projects only
<b>Environmental</b>
Environmental Services-Cornwall Cleanup Crew & Cornwall Garden Club
Adopt a Highway
Saving the World- creek clean-up, community garden etc.
<b>Nonprofit Agencies</b>
The Salvation Army (Beacon, NY) Bell Ringing
March of Dimes
Children's Miracle Network
Blood Drives- CCHS' Blood Drive, Donating Blood = 2 hours

Red Cross
Volunteer for Fundraising Run- handing out water during the race, crowd management, checking people, etc.
Mission/Relief work projects
<b>Religious</b>
Religious Service Projects- St. Marianne Cope Outreach Program & The Knights of Columbus Food & Clothing Drive - Cornwall, NY
<b>School</b>
Selling Concessions for school events- as long as you are <b>not a member</b> of that group/club/sport
PTSO Events
Reading Buddy- Elementary Schools
Fundraising- only if proceeds goes to a non-profit charity Designated goal for Funds
reading to preschool or elementary-aged children, volunteering as a camp counselor, volunteering time in a preschool or nursery. working at a VBS program, coaching younger students (not teammates) on a swim team, etc.
<b>Sports</b>
Hours spent coaching youth sports -non profit teams/groups only
<b>Seniors</b>
Senior Living Facility- Munger Cottage Senior Center
Meals on Wheels

performing for a senior home
<b>Social and Local Issues</b>
Nonprofit Agencies- YMCA & 4-H Meetings
Habitat for Humanity
<b>Unacceptable Community Service</b>
***No online Services
<b>Animals</b>
Walking Neighbors' Pets
<b>Community</b>
Babysitting Neighbors' / Family's / Friends' Kids
Chores (EVEN IF DONE FROM OUTSIDE FAMILY)- Taking Out Neighbor's Trash, Weeding, Watering Plants, Mowing Yard, etc.
A non-paid activity that is a requirement for another club/organization
Internships and political campaigns
Work with an organization where volunteering is required for your or someone else;s membership
Travel time to and from and event for Community Service
<b>Non-Profit</b>

Donating Personal Items- Donating Article of Clothing to any charitable organization
Cash Donations- Donating \$\$\$
<b>Religious</b>
Worship Experiences/ time spent on activities that only benefit the membership-Singing in Church Choirs (ex: Cornwall Presbyterian Church) & Being an Acolyte @ St. John's (Cornwall, NY) working with youth group/ acting as a host or greeter, fundraising for a religious organization, religious instruction.
Service for a religious organizations- Any part
<b>School</b>
Fundraisers Benefiting YOU or YOUR Programs- Selling Items to Raise \$\$\$ for School Organizations (ex: Morgan's Message, Drama Club, Environmental Club)
Painting Sets or Ushering IF YOU ARE A MEMBER - In and Out of School
Selling Concessions for Football or Basketball Games (IF REQUIRED!)-Cornwall Girls & Boys Basketball (JV & Varsity) & Cornwall Football (Freshman, JV, & Varsity)
Pit Band
Math/Science Competitive Teams
Student Club/organization activities
time spent on activities that only benefit membership of an organization - attending/leading any meetings, preparing materials,
Playing in the band for any school event
Painting Sets or Ushering IF YOU ARE A MEMBER OF THE Stage CREW
Assisting at school- any activity/work done in a classroom

Fundraising activities for any CCHS organization, where the student is a member
In school activities that are required component of a club and/or class
Fundraising activities for any CCHS organization, where the student is a member
Coaching/Mentoring school sports teams - Teammates
Band/Orchestra/Choir/Drama/Theater students may not count hours where they receive credit within their respective organization; members of a production (cast/crew/ushers) may not count hours for that production
Sports players coaching other younger players, keeping time during a game, or helping at camps; varsity players working JV games/events and vice-versa
<b>Work</b>
Private Tutoring (COMPENSATED \$\$\$) All tutoring needs to be approved by NHS Advisor
Job and/or Employment (EVEN IF UNPAID)
Work for which you receive compensation
Service-Learning Internships
An activity that is paid
Work/Service at a Doctors Office/EMO, Law Firm, Sports gyms, Sports Teams, Family Business or daycares-Even if you work for free
Service at a family owned business or any private business of any type
Internships - personal development is not community service
Training, CIT/Counselor in Training

# Personal Service Project - Seniors Only

Colleges search for well-rounded students who participate in extracurricular and cocurricular activities. These are activities that extend your learning beyond your coursework, like participating in athletics or a student club. In fact, about one in three college admissions officers say they consider volunteering in the local community the most impressive activity of a potential student. This page can help you get started and find a project that you enjoy.

- Select a cause: There are hundreds of organizations that could use a volunteer like you. To begin finding the right project for you, first decide what type of cause you'd like to support. Maybe it's working with animals, helping the homeless or mentoring fellow students. The National Honor Society and National Junior Honor Society offer a list of cause-related organizations that can serve as your starting point.

You also can look for individual service project ideas by visiting the National Student Project Database.

How to...

- Use your skills to help others: Think about your skills and expertise when deciding on a community service project. Choose an opportunity that aligns closely with your skills and interests so you have a more meaningful experience. Keep in mind that sometimes volunteer opportunities turn into job offers.
- Communicate your interests: Once you know what cause you want to support, contact the organization that aligns with your interest. Ask them about their different volunteer opportunities and explain exactly what you wish to get out of the experience. Organizations often have multiple programs that welcome volunteers, so understanding your options will allow you to find the best fit for you.
- Consider the project length: Community service projects can be short or long term, so be sure you understand the length of the commitment. Here are some key benefits to both options:



- Short-term projects can be finished in a matter of hours, days, or weeks and don't require an ongoing commitment. Short-term volunteer options allow you to explore many different volunteer opportunities throughout the year.
- Long-term projects can last months or even years. With these volunteer opportunities, you will develop a deep understanding of the cause you support and learn about the continuity that is required to make a larger impact on the community.
- Creating your own project: Didn't find what you're looking for? Consider creating your own community service project. You could do this on your own or with peers, coordinating with your school or community officials. If you think about areas in your community that could use improvements, some ideas will start coming to mind. Maybe it's the need for a food drive at your high school for the local food bank or the opportunity to raise money for a good cause at a school basketball game. Thinking outside the box and developing your own volunteer opportunity could help you be noticed by college admission officers and will keep you genuinely engaged in the project.

## Service Committee (2 are required)

#1 On your own - Mrs Younie will explain - your idea/plans are due by December 1 of the current school year. Must be completed by April 1st of the current school year.

#2 Collective hours working on Cornwall HS NHS Committees.