

Ideas for getting Service Hours

2022-2023

Please see below for a few ideas on how you can get your required hours. If you have any questions, or have your own idea, contact Mrs. H at jheimbigner@lourdesvan.org.



Donate clothes/shoes/socks to a local shelter.



Provide child care for family or friends.

Spread cheer by writing letters to the elderly or those in the military.



Make or provide a meal for a grandparent or neighbor in need.



Help a sibling or classmate with homework.



Serve at or collect items for a local nonprofit like the Clark Co. Food Bank, NW Children's Outreach, SHARE, or St. Vincent de Paul.



Help an elderly person with house cleaning.

Help your family, grandparents or neighbor with yard work.



Care for or walk a friend's or neighbor's pet.



Clean out your closet and gather gently used clothing and/or board games to donate to Goodwill.



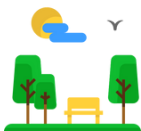
Create cards for kids in a local children's hospital.



Allot time in prayer for those who are sick or in need.



Put on a pair of gloves and clean up a local park or playground.



Write down or take a picture of your service and attach it in your journal. Make sure to answer your reflection questions.

Service Information

Required Hours

Incoming 5th graders: 5 hours (2.5 hours summer credit)

Incoming 6th graders: 10 hours (5 hours summer credit)

Incoming 7th graders: 20 hours (10 hours summer credit)

Incoming 8th graders: 30 hours (15 hours summer credit)

Important things to remember

- Half your hours served during the summer will count towards your total required hours.
- Hours must be validated as soon as possible after they are completed. DO NOT wait until the end of May.
- Students should try to perform some hours in each area of service in order to get the most benefit from the experience. (School, Parish, and Community)
- Service can come at unexpected times- record your service!
- There are many opportunities in which to earn service hours. If you have any questions, contact Mrs. H.

Expectations

Service journal up to date and organized.

Service forms filled out neatly and correctly.

Try to complete a combination of school, parish and community service.

Complete required service hours for grade level.

Reflection questions answered thoughtfully.

Contact Mrs. H at

jheimbigner@lourdesvan.org

360-696-2301 ext 131

