



El Segundo High School AVID Community and Service Log

Name: _____

Due : June _____ 2021

- Due to the quarantine and social distancing, we have cut the hours for community service from 30 to 15 hours for the 2020-21 school year.
- Community Service is worth 150 points (10 points for each hour).
- You will not receive credit unless you provide
 - Supporting documents (business cards, photos, etc)
 - Required signatures
 - and complete ALL required information.
- AVID will offer some community service opportunities, but you are required to find most of them on your own.

Community Service During Distance Learning.

I do not support nor will I credit ANY activity that puts you or someone else at risk. All volunteering must:

- Follow the guidelines of social distancing (including wearing a mask and remaining at least six feet from those not within your immediate household)
- Be conducted within your immediate household
- Be conducted offsite or over the internet.

- Service to your At-Home Community.
 - Make a meal
 - Yardwork
 - Organize a room
 - Help with family expenses
 - Collect donations
 - Laundry
 - Deep Clean
 - Tend to your younger siblings (homework, games, etc)

- Organize Game Night or other family activities/projects
- Host a zoom conference with extended family members
- Paint a room, fence, door
- [Justserve.org](https://www.justserve.org) (plug in your zip code and you will be directed to current volunteering events in your neighborhood)
- Communicate with senior citizens (<https://www.writebyoutside.net>)
- Donate food- there is a bin in front of “Tree Musketeers” off of Richmond Street across from Good Stuff that is collecting non perishable items to give to El Segundo Families in need
- Donate books
- Help at a food bank
- Reach out to a neighbor in need (see if they need help with their yard or grocery shopping)
- Sew, crochet, or knit items
- Organize an online community dedicated toward a specific topic or activity
- Letters to a community in need
- Create a podcast reading to kids or seniors. Share the link with those in your community.
- Work with your faith group

Again, make sure to document your service and have it signed off by an adult or supervisor.

When considering whether something qualifies as community service, consider:

- Will your efforts benefit other people, groups/organizations, animals, or the environment in your community or other community.
- Will your work benefit people beyond your immediate family or friend circle and extend to a larger community (say, your school, your city, or your state)
- Is this work, in fact volunteer?
- I reserve the right to reject any claims of service.

AVID Community Service Log

Make sure all supporting data is labeled by the Organization and is attached to this sheet

Organization	Description of Activity	Date	Location	Start/End Time	Hours	Supervisor Name/Email	Supervisor Signature

Total Hours