

Cousino NHS - ALTERNATIVE SERVICE HOURS FOR SUMMER 2019-2020

1. All members are still responsible for the full 10 service hours for the Summer Quarter. Additional hours should be recorded towards "Above and Beyond" Service Awards given each quarter.
2. Summer Hours will either be submitted at school (if we are in session) or using an online link on the NHS website (if we are doing remote school). Do not wait until the last minute and risk losing your form and your evidence. Signatures for volunteering are not required due to COVID-19 circumstances and the change in your self-reported service. If you happen to be out in the community volunteering (see note below), please get a signature.
3. Service Documentation- You MUST submit photo or digital evidence of your service via our social media accounts: Instagram-tag CousinoNHS1, Twitter-tag CousinoNHS1, share a link to Facebook, Youtube, SnapChat-screenshot. You can also email your evidence to cousinonhs@gmail.com This photo evidence is equivalent to a signature as proof it happened.
4. When you are finished with your 10 service hours, scan BOTH sides of your hours sheet (via Notes with an iPhone, scan with a printer, etc.) OR lay your paper on a flat surface and take a clear picture of both sides. Then submit via the link on our NHS website located under the Service Hours tab. Signatures are not required for the suggested activities below, you may leave those spaces blank on your form.
5. You may only complete four hours from the same activity for the 10 required hours. The remainder can count towards "Above and Beyond" Hours. See Service Hour Requirements for further explanation.
6. The following are suggested activities and the amount of time you can earn from them. If you can think of something else that is in a similar vein, please let us know!

Please read the entire document for a great deal of information. Note- the following guidelines are valid for ONLY the Summer 2020 at this time, but may be extended into 1st semester.

SERVICE HOURS FOR SUMMER 2020

1. Summer Hours- Forms are available online as a PDF file under the NHS Service Hours tab. New members are required to complete 10 volunteer hours during the summer.
2. Summer Hours are due **September 10th** by 2:45pm in the main office. (Place in our basket on the main office counter.)
3. Currently summer hours will follow normal guidelines. This could change based on national, state, and district recommendations regarding the covid-19 criterion. We will update you with any changes to these requirements if applicable.

Thirty Minutes:

- a. Help a sibling with a suggested online learning activity from the district's web page or from their teacher/s.
- b. Chalk a hopscotch board, or similar game, on your sidewalk.
- c. Write a teacher you've had an appreciative email.
- d. Write an email or tweet out to your public officials letting your voice be heard about something you're passionate about.
- e. Write a card or a letter and mail it to someone in a nursing home/group home.
- f. Write a letter or create a card with a message of thanks and appreciation and send to a local hospital.
- g. Write a letter to military & first responders (www.operationgratitude.org)
- h. Look through www.dosomething.org to find one of nine places to volunteer online (These can be from 30 minutes to 4 hours depending on the organization.)
- i. Create an account and register on the national charter NHS site, wait for local charter approval-24 to 48 hours- and download a digital badge (Seniors must do this before the end of the school year to guarantee membership.)
- j. Create sidewalk art- possibly include messages that align with each of the NHS pillars
- k. Create a digital star of hope: www.startsofhopeuse.org
- l. Use paper or paint a message supporting our four pillars, health workers, etc. and place it in your window or screen door.
- m. Post exercise from a 30 minute walk/run/biking/yoga/weight lifting/etc.- some type of physical activity.
- n. Read for 30 minutes and post a review- consider learning about a new culture, bipac, articles, etc. Include title, author, 5 to 7 sentences of summary and review.
- o. Write a letter or call and talk to a family member or friend for 30 minutes that you haven't spoken to in a while, possibly an older member of your family or someone living alone. (Not your bestie that you talk to every day.)
- p. Create a series of approximately two to three 10 minute videos teaching about a sport or skill you are knowledgeable about. Post it to social media/youtube. Make sure they are clear instructions that others can follow.

One Hour:

- a. Sewing face masks, or other sewing project for charity (blankets for shelters, pillowcases for children's hospital, etc.) Email Mrs. Kay-Rivera if you need a mask or pillow case pattern.
- b. Knit hats or scarves- these could be donated at a later date during our warming center drive.
- c. Watch a NHS Webinar- make sure to include the one you watched and rate it/summarize it in 5 to 7 sentences. Include the title of the webinar you watched.
- d. Building a bird, butterfly, bat house- hang in your neighborhood

- e. Look through www.dosomething.org to find one of nine places to volunteer online (These can be from 30 minutes to 4 hours depending on the organization.)
- f. Introduce yourself and then record a video of you reading a children's book and post on social media/YouTube.
- g. Clean up your yard of yard waste. Please wear yard gloves.
- h. Sweep up the area in front of your street, or pick up trash around your streets or local park. Please wear yard gloves.
- i. Wash your pet/clean out their cage.
- j. Deep clean a room in your house.
- k. Make dinner for the family.
- l. Create an instructional video of you making something or teaching something. You must post it on your social media, youtube, etc. Make sure your instructions are clear and easy to follow.
- m. Create a LinkedIn account and fill it out. Include your online digital NHS badge.
- n. Create and post a video with learning/studying tips.
- o. Create a Kahoot or similar game for a class subject or as a team building exercise-post the link.
- p. Create a series of approximately five to six 10 minute videos teaching about a sport or skill you are knowledgeable about. Post it to social media/youtube.
- q. Clean out and detail the family car.
- r. Post exercise from a 30 minute walk/run/biking/yoga/weight lifting/etc.- some type of physical activity.
- s. Read for 60minutes and post a review- consider learning about a new culture, bipac, articles, etc. Include title, author, 5 to 7 sentences of summary and review.
- t. Highlight your talents by making a performance video or series of videos lasting for a total of approximately forty to sixty minutes: sing, dance, play an instrument, act out a skit or monologue, or other special talent. Post to YouTube/social media.

FALL 2020 INFORMATION:

1. For accepted and current members, our first NHS meeting in fall will be on **September 15 at 6:30 a.m. in room 26**. We will be voting on officers/trustees.
2. For any member interested in an officer or trustee position, he/she should apply for the officer (a senior only position) or trustee (junior or seniors may apply) positions by **September 9th**. Applications can be found on the Cousino NHS website. All applications for these leadership positions **MUST BE** emailed to Mrs. Kay-Rivera and Mrs. Trubey by the end of the day on September 9th. *No late applications will be considered.*
3. **Summer Hours-** Forms are available online as a PDF file under the NHS Service Hours tab- Summer Hours are due Thursday, **September 10, 2020**.
4. **Induction Ceremony** will be scheduled sometime in **late September/early October**. The exact date is to be determined, but will be announced at the first meeting in September. Outgoing senior members and officers are welcome to participate in the ceremony.

ALL MEMBERS MUST BE SIGNED UP FOR REMIND. If you are a newly accepted member, you will receive the directions for the 2021 or 2022 NHS Remind code in your acceptance letter or go on the NHS website for the Remind codes..

Other Opportunities:

Volunteering in the Community- As businesses and community services begin to open, there may be more opportunities for service. These traditional types of volunteering require documentation and signatures, a photo would be great too! Please be safe in the community and follow appropriate steps to be safe while volunteering.

Donating Blood- some of the blood banks are taking appointments. If your family gives consent, you may give blood for 1hr of service.

Church/Place of Worship- If your church or place of worship is open and allows student volunteers, you may count volunteering there for service hours. Service should be separate from attending the service/mass/prayer time/etc.

Political Campaign/Elections- With the August and November elections approaching soon there are opportunities to volunteer for various candidates. Consider who you volunteer for and that their values/campaign align with that of you/your family before making a commitment.

Access to Library Resources- Ebooks and Pick up Options-

Local Libraries

Sterling Heights Public Library has reopened at reduced capacity.

- [Sterling Heights Public Library Website](#)

Warren Public Library has thousands of eBooks, eAudiobooks, and digital magazines available for checkout.

- [Warren Public Library Website](#)
- [Apply for a virtual library card](#)

State Libraries

The Michigan eLibrary has an extensive catalogue of academic resources, curricula, and encyclopedias – no library card required.

- [Michigan eLibrary COVID-19 Resources](#)

National Libraries

The Library of Congress has extensive online resources for students and learners of all ages.

- [loc.gov/engage](#) – On this page you'll find ways to engage with authors you love and connect to the Library's resources from anywhere in the world.

- [loc.gov/families]loc.gov/families – This page includes author programs, activity kits, and printables inspired by the collections, programs, and expertise of the Library of Congress.
- [crowd.loc.gov]crowd.loc.gov – Be a virtual volunteer! Anyone can contribute. Improve access to history by transcribing, reviewing, and tagging Library of Congress documents.
- read.gov – Read classic children’s books online – turn the pages to explore bygone eras, time-honored tales and historical narratives. Adventure awaits in these classic books online!
- [loc.gov/collections/national-screening-room/]loc.gov/collections/national-screening-room/ – Showcases the riches of the Library’s vast moving image collection, designed to make otherwise unavailable movies, both copyrighted and in the public domain, freely accessible to viewers worldwide.