**Service Hours**

**Diocese of Des Moines Religion Standard: The student will participate in the development of Christian community through *service*.**

**SAS Service Hour Requirements:**

* 10 hours per trimester
	+ 2 extra hours may carry over to the next trimester
* Service Hour Form must be filled out and signed by adult!
* Turn completed forms into Mrs. Plathe or Mrs. Flanders

**Service Hour Opportunities/Examples:**

* Make a no sew fleece blanket for Mercy Hospital
* Bell Ringer for Salvation Army
* Adventure Club *(babysit)* Home & School *(babysit)*
* Assist teachers before/after school
* Library *(shelving books; Book Fair)*
* Sports Coach for younger kids
* Assist a neighbor/family friend (shovel sidewalks)

**Check out the following websites for more ideas:**

* [http://www.happyvolunteering.com/#Iowa](http://www.happyvolunteering.com/)
* <http://www.arl-iowa.org/>
* <http://foodbankiowa.com/>