



# Community Service Handbook

2015-2016





# Community Service

If you are looking at this handbook, you probably realize that one of the requirements at Mountain View Academy is for each student to complete documented volunteer community service each year.



The goals for our service program are to---

1. Meet actual community needs
2. Involve students in the community
3. Support the mission of the school
4. Structure time for students to think, talk, and write about the service activity
5. Provide the students with opportunity for practical demonstration of academic skills
6. Improve the quality of life for the person(s) served

## Questions you may have.

How many hours are required each year?

Each student needs to complete 25 hours for every year they are in attendance at MVA.

Can I get paid for my volunteer hours?

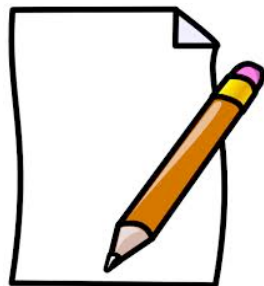
I am afraid not. These hours are **volunteer** hours. You cannot receive any type of compensation for the time you work.

I do a lot of work around my home. Will this count as community service?

No, that type of work will not be counted. You cannot count hours worked for parents, guardians, relatives, or friends.

How do I let the school know that I have done some community service activity?

**There is a form in the office that needs to be completed and turned in. Your hours will then be recorded**



So, why is the Service Learning or Community Service a part of the school program?

Service learning is a process in which students recognize and compassionately respond to the needs of the community. Students are here not to just achieve academic goals, but also to improve the world around them. As such, we plan for our students to experience the rewards of assisting our community reach community-wide goals.

It also ties in to our Expected Schoolwide Learning Results (ESLR's) in two critical areas:

1. Socially: Respect for self, others, and the environment; Culturally sensitive interactions within a diverse community; Participation in school sponsored activities; Involvement in Community/Mission Service
2. Spiritually: Ability to explain personal spiritual beliefs; Observable Christ-like behavior; Participation in Christ-centered classes and activities

Service Learning is a process in which students recognize and compassionately respond to the needs of the community. "The King will reply, I tell you the truth, whatever you did for the least of these brothers of mine, you did it for me." Matthew 25:40



How does Community Service help me?

Service Learning can help you better understand the world around you.

It may also illustrate for you how much you have been blessed.

There is a positive feeling and a sense of well-being when you know you have helped others.

Well chosen community service activities may help you better understand yourself and what you would like to do for a career.

Because you have the opportunity to better understand yourself, when you apply to colleges and universities, your application essay may include some of these service experiences and insights.

What do I need to do to get started?

That is what the remainder of this booklet is about.

- Familiarize yourself with the options that the school has planned
- Since you will probably need additional hours that will need to be completed, read through suggestions for other options
- Look through the contact information that has been compiled
- Utilize the Community Service web calendar for new additions that will fulfill service opportunities
- Find options that you are interested in—they will have the most value to you and it will show to those around you
- Don't put off planning for activities for this year and in the years to come



What if I find a service idea that is not found in this booklet?

Talk to the registrar, chaplain, or principal and get it approved. There are a multitude of experiences that are available and this little information booklet only scratches the surface.

***Have fun with your service and let God  
guide you in all that you do!***

# MVA Sponsored Community Service Activities

Each year, Mountain View Academy sponsors various types of community service activities. Some of these are part of the regular curriculum while others happen outside the regular school day.

1. **Castro School Christmas Party:** Castro School is a local public elementary school. Each year, teachers from Castro School select 40 to 50 of their disadvantaged 1<sup>st</sup> grade students to attend a Christmas party held at MVA on the final day of school before Christmas Break. After arriving on campus, each visiting student is paired with one or two MVA students for the remainder of the day. Activities include breakfast prepared by students and faculty, the arrival of Santa Claus and presentation of gifts (the gifts are brought by MVA students during the prior week), and games and activities in the gym. The visiting students leave at about noon. This is a required school day. (4 hours credit)
2. **Community Service Day:** The final day of classes before Spring Break is scheduled as a Community Service Day. Activities begin at 8 AM and conclude at about 12 PM. We try to work with the City of Mountain View to work with them on service projects in the city. For the last few years, this work has included habitat restoration at Shoreline Park. Other projects may also be available on that day. (4 hours credit)



3. **YWAM:** Approximately six times per year, a group of up to 15 students head to the Tenderloin area of San Francisco to work with the Youth with a Mission



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organization. After an orientation, the students head out in small groups to visit with people living on the street. The visit includes serving hot chocolate on the streets, handing out basic clothing, talking, praying, and listening to what these homeless people have to say. These Friday afternoon/evening activities are open to all students. (6 hours credit per event)

4. **Local Mission Trip:** This mission trip is scheduled during the last few days before spring break and continues into the weekend. This trip coordinates with various local community service organizations to work with people in need or to assist the organization better perform their mission. Recent trips have included working in the Oakland/San Francisco area and in the Monterey area. (25 hours credit)

5. **International Mission Trip:** As with the Local Mission Trip, this activity begins a few days before spring break. However, with the distances and travel involved, the time for the trip extends through the last weekend of spring break. This year the International Mission Trip will be to the Philippines. (25 hours credit)




6. **Prayer Conference Community Service:** One of the activities at the annual Central California Conference (CCC) sponsored Prayer Conference is a community service activity. The time and activity may vary from year to year but usually takes place on Saturday afternoon. (1-3 hours credit)
7. **Friendship Games:** When the CCC sponsors weekend friendship games tournaments, there is a Sabbath afternoon local community service activity. The time and activity may vary from year to year but usually takes place on Saturday afternoon. (1-3 hours credit)
8. **Other Opportunities:** During the year, other opportunities may occur. Please watch for these future announcements.



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# Church Sponsored Community Service Activities

There are many service activities that each of the local churches has as part of their program. Below are some suggestions for activities you may use. If you check with church leaders, they will probably have even more ideas. Check with the school before beginning activities to insure they qualify.

1. **Children's Sabbath School:** Many of the children's divisions would love to have extra help on a regular basis.
2. **Vacation Bible School:** Many churches host their own VBS or work with another nearby church to provide this service to the community. Only the time when you are actively engaged in preparing or working in the program is to be counted. 
3. **Pathfinders:** Many Pathfinder organizations are seeking high school students to serve as counselors or assist the leaders. Being an active member of the group does not count as community service but many of the service activities that would be done as a member would count.
4. **Choir and Music:** If you are a member of the church choir or other musical group that regularly performs for church or others, this time would count toward your community service.
5. **Yard and Church Maintenance:** Several times a year a church will hold a work bee to help complete yard and maintenance work around the church. Become one of the members who shows up and works.
6. **Sunshine Bands:** Check to see if your church has an afternoon ministry where small groups head out and visit the residences at retirement and convalescent homes.
7. **Homeless Ministries:** Most churches are actively involved in assisting the poor or homeless. This could involve preparing or serving meals, distributing clothing, collecting and distributing food, or running a meal program for the community.

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# Community Activities

There are many community-based organizations that would be able to assist you with your community service activities. Check with the school before beginning activities to insure they qualify.

Please be aware that most of these organizations are looking for regular dependable help since they would be using you to fill scheduled positions. If you are only available occasionally, then some of these community activities would not work for you.

1. **Libraries:** Many community libraries are only able to operate because of the volunteers they have. Check with your local library to discover what volunteer help is needed. The link for the San Jose Public Library is <https://www.sjpl.org/volunteer>.



2. **Schools:** Local public and private schools are usually in need of volunteers.

3. **Community or area wide Cleanups:** Cities, counties, states, and neighborhoods will usually have specific clean up days. Join in for these community days and help the city, county, or state be a cleaner place. If you are looking for a beach cleanup, try [saveourshores.org/tag/beach-cleanup/](http://saveourshores.org/tag/beach-cleanup/)



4. **K.R.I.S. Foundation:** Provides assistance to orphans in the Philippines. <http://kidsriseinspiresoar.org/>
5. **Assistance to Poor and Homeless:** Look at some of the following links if you are interested in helping the poor or homeless.
  - a. Loaves and Fishes: [www.loavesfishes.org/volunteer](http://www.loavesfishes.org/volunteer)
  - b. Second Harvest Food Bank: [www.shfb.org/volunteer](http://www.shfb.org/volunteer)
  - c. Full Circle Farm: <http://fullcirclesunnyvale.org/get-involved>

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6. **City Volunteers:** Many cities will have a web page to list various volunteer opportunities. One example the city of San Jose. <http://www.sanjoseca.gov/Index.aspx?NID=211>

7. **Web Sites:** There are specific web sites that will try to match volunteers with various community needs.



- Volunteer Match: <http://www.volunteermatch.org/search>
- Youth at Work: <http://www.youthatwork.org/volunteering.php>
- Santa Clara County: <https://www.sccgov.org/sites/scc/livinghere/Pages/Volunteer-Opportunities.aspx>
- County Parks: <https://www.sccgov.org/sites/parks/Volunteer/Pages/GetInvolved.aspx>
- Idealist: <http://www.idealist.org/>

With a quick internet search, it is possible to find a wide variety of volunteer opportunities. Please be aware that some of these sites will turn up outdated links or opportunities. Below are some interesting service opportunities that can be found.



- Children's Discovery Museum: Children's Discovery Museum of San Jose inspires creativity, curiosity, and lifelong learning. <https://www.cdm.org/connect/volunteer/>
- Resource Area for Teaching: Experience a world of hands-on education activities, materials, Idea Sheets, lessons, and a creative workspace waiting to be discovered. <http://www.raft.net/volunteer-at-raft>
- The Tech Museum: The Tech Museum of Innovation is a hands-on technology and science museum for people of all ages and backgrounds. <https://www.thetech.org/volunteers>

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4. Good Samaritan Hospital: A recognized as a leader in neurosciences, high risk obstetrics, comprehensive cancer services, advanced cardiology and innovative surgery techniques. [www.goodsamsan jose.com/For-the-Community/Become-a-Volunteer.aspx](http://www.goodsamsan jose.com/For-the-Community/Become-a-Volunteer.aspx)
5. 2<sup>nd</sup> Chance for Pets: An all-volunteer animal welfare organization that strives to reduce the number of companion animals that are unnecessarily euthanized each year due to the death or incapacity of their human companions. [http://www.2ndchance4pets.org/2nd\\_Chance\\_VOLUNTEER\\_OPPTS\\_2015.pdf](http://www.2ndchance4pets.org/2nd_Chance_VOLUNTEER_OPPTS_2015.pdf)
6. Humane Society of Silicon Valley: HSSV's mission is to save and enhance lives. [http://hssv.convio.net/site/PageServer?pagename=volunteer\\_join](http://hssv.convio.net/site/PageServer?pagename=volunteer_join)



7. PAWS (Pet Awareness and Welfare Society): Helps provide adoptable, homeless animals with non-routine medical care. <http://www.paws4sjacs.org/ways-to-help/volunteer/>
8. San Jose Animal Care: A full-service animal shelter serving the cities of San Jose, Milpitas, Cupertino, Los Gatos and Saratoga. <http://www.sanjoseanimals.com/Index.aspx?NID=211>
9. Youth Science Institute: Committed to inspiring enthusiasm for science, nature, and a love of learning. <http://www.ysi-ca.org/ysi-volunteer-opportunities>
10. Public Television KQED: Local public television station. <http://www.kqed.org/support/volunteer>
11. Museums of Los Gatos: Art, history and educational experiences. <http://www.numulosgatos.org/volunteer>
12. Montalvo Arts Center: Serving the community as a center for creativity, offering art courses, performing arts events, gallery exhibitions, educational opportunities, artist

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residencies and more.

<http://www.montalvoarts.org/volunteer/>

13. Saratoga History Museum: To stimulate public interest in Saratoga history. [www.saratogahistory.com](http://www.saratogahistory.com) (Look for the volunteer contact on the home page.)
14. Special Olympics: Changing the lives of people with intellectual disabilities solving the global injustice, isolation, intolerance and inactivity they face.  
<http://www.sonc.org/volunteers/become-volunteer>
15. Deer Hollow Farm: Environmental education programs for our community. <http://deerhollowfarmfriends.org/volunteer/>
16. Guadalupe River Park: Leadership for the development and active use of the Guadalupe River Park & Gardens through education, advocacy and stewardship.  
<http://www.grpg.org/volunteer/>
17. Hidden Villa: Organic farming and education.  
[www.hiddenvilla.org/programs/volunteer](http://www.hiddenvilla.org/programs/volunteer)
18. Our City Forest: Urban forestry and environmental education.  
<http://www.ourcityforest.org/volunteer/#volunteer-signup>



19. Alzheimer's Association: Solutions to the problems of Alzheimer's disease.  
[http://www.alz.org/norcal/in\\_my\\_community\\_10781.asp](http://www.alz.org/norcal/in_my_community_10781.asp)
20. American Cancer Society: Researching cures for all types of cancer. <http://www.cancer.org/involved/volunteer/index>
21. American Diabetes Association: Working to cure diabetes.  
<http://www.diabetes.org/in-my-community/volunteer-opportunities/?loc=superfooter>
22. American Heart Association: Helping kids, families and communities live heart-healthy lives.  
<http://www.heart.org/HEARTORG/volunteer/volunteerForm.jsp>



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23. Breathe California: Works with its communities to promote lung health.  
<https://www.lungsrus.org/BreatheCA/index.php/get-involved/volunteering>
24. Health Trust: Healthy Eating, Healthy Aging and Healthy Living  
<http://healthtrust.org/volunteer/>
25. March of Dimes: Research for healthy babies. <http://www.marchofdimes.org/volunteers.aspx>
26. Project Linus: Blankets made for distribution.  
<http://www.sjlinus.org/index.html>
27. Services for Brain Injury: Work with people affected by brain injuries. <http://www.sbicares.org/>
28. City Team Ministries: Help for people in need.  
<https://www.cityteam.org/volunteer/index.php>
29. Home First: Organized to end homelessness.  
<http://www.homefirstscc.org/volunteer/>
30. InnVision Shelter Network: Return families and individuals to permanent housing. <http://www.ivsn.org/volunteer/>
31. Rebuilding Together: Home rehabilitation.  
<http://rebuildingtogether-sv.org./>
32. San Jose Family Shelter: Family housing for homeless.  
<http://familysupportivehousing.org/index.php/how-to-help/volunteer/>
33. West Valley Community Services: Family support services and housing needs.  
[http://www.wvcommunityservices.org/volunteer\\_overview.php](http://www.wvcommunityservices.org/volunteer_overview.php)
34. Red Cross: Blood drive assistance and emergency services. <http://www.redcross.org/support/volunteer>
35. Bill Wilson Center: Services to youth and their families.  
<http://www.billwilsoncenter.org/action/index.html>



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36. Books Aloud: Audio Library for the blind.  
[http://www.booksaloud.org/index.php?option=com\\_content  
&view=article&id=7&Itemid=107](http://www.booksaloud.org/index.php?option=com_content&view=article&id=7&Itemid=107)
37. Catholic Charities of Silicon Valley: Building economic self-sufficiency in all areas.  
<http://www.catholiccharitiesscc.org/volunteer>
38. Child Quest: Recovery of missing children.  
<http://www.childquest.org/>
39. City Year: Working with at risk students.  
<http://www.cityyear.org/sanjose>
40. Hope Services: improve the quality of life for individuals with developmental disabilities.  
<http://www.hopeservices.org/support-us/>

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