

EVERGREEN PTSA PRESENTS PRESIDENTIAL SERVICE AWARDS

DUE DATE: MAY 10th, 2024

Volunteer dates are June 1st - May 31st each year

Any student age 5 and above can earn the Presidential Service Award.

The award is given for three levels of service:

50+ hours - Bronze award

75+ hours - Silver award

100+ hours - Gold award

Our Mission:

By incorporating service as part of your daily life, it becomes part of who you are as a person. Then, you will realize the other benefits: You have experience you can put on a job application or resume. You have experience you can put on a college application or write about in an essay. You can show a commitment or passion by earning awards or recognition for your volunteer efforts. You can show you have been able to make an impact on your community.

HOW TO APPLY:

For more info contact PTSA volunteer, Mr. Shah at kinjal@evergreenptsa.org.

1. Fill out the cover sheet / application form. Commit to volunteering and sign it.
2. Volunteer and track your hours using a tracking sheet, excel spreadsheet, or a method that works best for you.
3. Obtain signatures – no parent signatures please! – for the hours you worked.
4. Turn your application/cover sheet and tracking sheet to Mrs. Dunn by the deadline.

Why Volunteer?

The basic answer to this question is because community service is required for a class or club. In middle school, this is often the case. However, search for other reasons of why you should volunteer. For example:

- You want to help others.
- You enjoy new challenges.
- You want to try new skills.
- You want to gain leadership experience.
- You want to hang out and meet new people.
- You want to learn more about a specific service area or need.
- You want to demonstrate a commitment to a cause/belief.
- You want to keep busy.
- You want to honor someone close to you.
- You want to explore a possibly career.

- You want to feel proud, gain confidence, and feel needed.

When you volunteer because you want to volunteer, it becomes part of who you are as a person. Then, you will realize the other benefits:

- You have experience you can put on a job application or resume.
- You have experience you can put on a college application or write about in an essay.
- You can show a commitment or passion by earning awards or recognition for your volunteer efforts.
- You can show you have been able to make an impact on your community.

Articles on the benefits of volunteering.

<http://www.unitedway.org/blog/five-great-reasons-for-high-school-students-to-volunteer>

<https://www.teenlife.com/blogs/why-middle-school-students-should-volunteer>

Upcoming opportunities / events:

Due to the Coronavirus, please volunteer safely. Try to work from home if possible. If you decide to work outdoors, keep a safe distance from others.

- **Check out the website [Dosomething.org](http://dosomething.org) for an amazing list of campaigns you can do to make a difference!**
- Check the <https://www.nationalservice.gov/serve> website to find out 10 ways to safely help out in your community. Not all are for teens but it may spark some ideas.
- Create a fun video to be shared a senior home. Call and collect names of seniors in advance so it can be personalized just for them.
- Spend some time convincing your adult family members and their friends to donate blood.
- Check in with elderly neighbors who may be living alone via a letter or call. Leave an inspiring message or piece of art on their doorstep.
- Check the All for Good website for ideas - <https://www.allforgood.org> - they list things like letter writing campaigns for senior citizens, doctors, nurses, grocery store workers to encourage them and thank them for their service.
- [Volunteer Match.com](http://volunteermatch.com) Volunteer Match has a "virtual volunteering" link on their front page. Create an account and sign in to see if you can find ways to volunteer. Many are across the county and most are for adult volunteers but by going through the database you may find something for teens or figure out a new idea on how you can help.

Family opportunities:

These are organizations that you can volunteer with an adult in your family or your entire family. In most cases, you will need to be with a family member who is over 18.

- Forgotten Children's Fund <http://forgottenchildrensfund.org/volunteer>
- United Way - https://volunteer.uwkc.org/need/?q=&age=1&need_impact_area=&zip=98052&distance=20
- Friends of Youth <http://www.friendsofyouth.org/volunteerOpp.aspx>
- Open Kitchen <http://openkitchenredmond.com/volunteers/>
- The Sophia Way <https://sophiaway.org/volunteer/>
- Forterra <https://forterra.org/join-us#volunteer>

- YWCA Adopt-a-Family
- Salvation Army Bell Ringer <https://volunteer.usawest.org/OpportunityDetail.aspx?ID=4742>
- Gingerbread Village in Seattle <https://www.jdrf.org/greaternorthwest/events/volunteer-at-gingerbread-village/>
- Northwest Harvest <https://www.northwestharvest.org/volunteer>
- Eastside Baby Corner <https://babycorner.org/how-to-volunteer/>
- Scooter's Place <https://www.scootersplace.org/volunteer/volunteer-faqs/>
- Motley Zoo <https://www.motleyzooanimalrescue.org/volunteer>

Ongoing opportunities:

These are ongoing service opportunities to look into:

- **Volunteer with Kids Coming Together** in Sammamish - <https://kidscomingtogether.org/>
Check the calendar page for details on upcoming events.
- **Be a Partner in the Party Posse - Redmond Site - Providence ElderPlace**
Providence ElderPlace is an innovative program of health care and social services for older adults. Our model of care is known as PACE (Program for All Inclusive Care for the Elderly). PACE programs keep older adults as healthy as possible in the community by providing comprehensive health care and social services including: primary and specialty medical care, day health programs, social work services, rehabilitation, housing (if necessary) and much more. The ElderPlace team of health care and social service professionals and our affiliates provide comprehensive, integrated care to our participants. To Sign up, visit the United way page and click "Sign up"
https://volunteer.uwkc.org/need/detail/?need_id=354667

- **Knit hats for NICU babies at the hospital!**
If you are a knitter or crocheter, the hospital NICU always needs baby hats! You can drop off hats directly to the hospitals in the area.
- **Dinner donors for Homeless Youth Shelter:**
Volunteering as a dinner donor to provide meals for our guests at one of our youth service centers is a great way to support Friends of Youth. Every day of the week, with your help, we provide wholesome, pre-cooked meals for 30-40 young adults.

You are welcome to stay and serve the food to our guests. If you do stay and serve, the site can accommodate up to 3 servers at a time. The kitchen on site is strictly a warming kitchen. All meals must be prepared off site. Meals should be dropped off between 8:00-8:45pm.

For more information, or to sign up for a day to bring a meal, please contact us at:
volunteer@friendsofyouth.org

- **Run a Supply Drive with Friends of Youth:**
For more information about coordinating a supply drive, please contact us at: volunteer@friendsofyouth.org

Coordinating a supply drive is a great way to support Friends of Youth. Homeless youth often go without the basic necessities most people take for granted. In the struggle to find food and a safe place to sleep, homeless youth find it difficult to acquire basic items.
Suggested items to include in a donation are:
Hygiene kits could include: Deodorant, New Men's and Women's Underwear (All sizes), Towels & washcloths, Toothbrush and toothpaste, Feminine products (tampons, pads)
Snack packs- non-perishable items such as:
granola bars, fruit snacks, trail mix, fruit leathers, chips, reusable water bottles, cups of applesauce, small packs of cookies or crackers etc.
- **What is Pantry Packs?** Lake Washington Schools Foundation provides a bag of food for over 600 students in the Lake Washington School District **EVERY WEEK**. In order to have enough food, they need volunteers to host food drives or collect money to purchase food. The food collected is then used to fill bags that are distributed to students. For some families, the food from Pantry Packs may be all they have to eat for the weekend. For more information, view this video featuring several area students and schools: <http://feedwashington.org/lwsd>

A sample bag may contain: (1) can tuna/chicken; (1) can of soup; (1) can of fruit/vegetables; (1) box of Mac-N-Cheese; (1) microwave popcorn; (2) granola bars; (1) snack and (2) oatmeal packets.

Imagine if that was the only food your family had to eat for the weekend! It is for some families and students, even several at EMS.

Ways you can help? has provided all of the information you need to collect food and deliver. Read through the information on the website to understand what is needed. <https://www.lwsf.org/pantrypacks.html>

1. **Host a grocery store food drive.** In this area, it is easiest to set up a food drive at any of the QFC stores. Just call the store manager to arrange a date and time.
2. **Do a food drive in your neighborhood.** Prepare flyers and deliver them to homes a few days before your plan to collect the food. Be specific in the kind of food items you are looking to collect or have a theme (Souper Bowl - collect soup the weekend of the Super Bowl; Movie Night - collect microwave popcorn and snacks (no candy), Oatmeal Mania). People are more likely to participate if they know what you need. (If the food can't be used for Pantry Packs you can still give it to Hopelink for their food bank.) Ask your neighbors to leave the food on the front porch for pick-up on a specific date. Go around and pick up the food.
3. **Have a bake sale/lemonade stand/hot chocolate stand.** Donate the money earned to Pantry Packs. Or use the money to grocery shop and donate the food. Look for the best deals so you make the most of the money you earned.
4. **Ask for money or food instead of gifts.**

However you decide to help, make sure you understand how Pantry Packs works in case someone asks. Donors are always more impressed (think more \$\$\$) when you can explain to them why you are collecting and what will happen with the food or money you collect. For questions, email pantrypacks@lwsf.org or fooddrives@lwsf.org

Common misconception about hunger: But, they look like they are eating fine and they are involved in other activities so they must have money to buy food. Reality, as told by a parent who receives Pantry Packs, "We are doing everything we can to keep life as normal as possible for the kids."

- **Share your experiences on social media.** Do what you do best! Instagram pictures of your event; share the clips of the video with your friends; hold a hashtag contest (#solvestudenthunger; #LWSD, #FeedAmerica
- **Talk to other groups you belong to about supporting Pantry Packs through a food drive.** (Church groups, youth groups, Scouts, sports teams)
- **Talk to your parents about Pantry Packs.** Ask them to become a monthly donor on the Pantry Packs website.
- **Be creative and come up with your own ways to raise money, awareness or collect food.**

Volunteer Opportunities for ages 14+

- **Teens with a Heart (Bellevue Square)**
We are looking for teenagers who share our passion for addressing children's physical and emotional health issues. Through our Teen Council, you can be part of a group of teens who create initiatives that make a difference in improving the lives of children - from medical conditions, to bullying, to economic disparity. Each month, we focus on a particular children's issue - such as pediatric cancer, type 1 diabetes, autism, cystic fibrosis, and bullying. We also promote healthy living by providing nutrition lessons, cooking, and fitness activities for children. If you are interested in learning more, please contact us at info@kidsheartfelthealth.com.
- **Summer Day Camp Volunteers needed at CampFire Camp**
<https://www.volunteermatch.org/search/opp2628888.jsp>
- **Join the City of Sammamish Youth Board** <https://www.sammamish.us/government/commissions-boards/sammamish-youth-board/>
- **Community Service opportunity during spring break**
https://apm.activecommunities.com/redmondparksandrec/Activity_Search/community-service-spring-break/8749
- **Help care for therapy horses – Little Bit Therapeutic Riding Center**
<https://www.volunteermatch.org/search/opp2224586.jsp>
- **Living History Volunteers needed for The Museum of Flight**
<https://www.volunteermatch.org/search/opp205435.jsp>

- **Interested in law enforcement? Volunteer with Police Youth Explorers**
<https://www.volunteermatch.org/search/opp384306.jsp>
- **Help homeless cats – Volunteer for Purrfect Pets**
Woodinville Pet Smart <https://www.volunteermatch.org/search/opp342052.jsp>
Sammamish Petco <https://www.volunteermatch.org/search/opp2101773.jsp>
Kirkland Purrfect Pets <https://www.volunteermatch.org/search/opp1937214.jsp>