



## ERHS AVID COMMUNITY SERVICE



- **REQUIREMENT:** A minimum of 15 hours each semester. Community Service hours are to be recorded on the Eleanor Roosevelt High School AVID Community Service LOG
- **WHAT:** Community Service is work done by a person or group of people that helps a specific community. The activity must be a non-paid, volunteer activity done through an **APPROVED organization**. You will be given a list of pre-approved organizations and activities. Any activity **NOT** on the list, requires **teacher approval beforehand**. Please note, the following activities **DO NOT COUNT** as community service: doing chores, babysitting, helping family and friends, volunteering at a family business, being on a sports team.
- **WHY:** Research shows that high school students involved in activities like community service, clubs, and extracurricular activities such as AVID, ASB, LINK Crew, Renaissance, Cheer, Unity, Band, and sports have higher GPA's and better attendance records in high school. College admission and scholarship boards know this and are looking for well-rounded students who will be successful in college too. Admissions and college boards want students with commitment and passion. It is more important to find a couple of things you love and take a leadership role in those activities than to have a low level of involvement in many things or a record of starting and quitting activities.
- The following are local organizations that provide community service opportunities:

Organization & Website	Description
Big Brothers Big Sisters ❖ <a href="https://tinyurl.com/muvj9jje">https://tinyurl.com/muvj9jje</a>	The High School Bigs program by Big Brothers Big Sisters of Inland Empire pairs high school students with elementary school students in a one-on-one mentoring relationship. High school volunteers meet weekly with their "Littles" to help with homework, engage in recreational activities, and foster personal development. This role allows teens to serve as positive role models while enhancing their leadership and advocacy skills. Volunteers must be in grades 9-11, reside in the Inland Empire, and commit to at least one year
CA State Parks ❖ <a href="https://tinyurl.com/bdza9mw7">https://tinyurl.com/bdza9mw7</a>	Volunteer with the California Department of Parks and Recreation in local state parks like Chino Hills State Park and California Citrus State Historic Park (Riverside).
Child Creativity Lab ❖ <a href="https://tinyurl.com/tm6bz7zm">https://tinyurl.com/tm6bz7zm</a>	Volunteering at the Child Creativity Lab includes opportunities for teens to assist with STEAM-based workshops in the Makerspace-on-Wheels Outreach Program, help organize materials at the Depot for Creative Reuse, and support creative projects. Volunteers work on tasks like setting up and cleaning workshops, interacting with children, and preparing STEAM Challenge Kits. Volunteers aged 16+ can join independently, while younger participants might need supervision.
City of Corona Library & Recreation ❖ <a href="https://tinyurl.com/5n4mu8jj">https://tinyurl.com/5n4mu8jj</a>	Book Cleaning Crew (Teens Only), Homework Helper (12+), Junior Page (16+), Maker Exchange Assistant (16+), Office Aide (16+), Storyteller (15+), Story Time Assistant (16+), Tech Coach (15+), Teen Advisory Council (12+), Youth Sports Assistant (15+)
City of Norco ❖ <a href="https://tinyurl.com/23t56vsv">https://tinyurl.com/23t56vsv</a>	Volunteers must be 16 years of age or older. Volunteers under the age of 16 must be accompanied by a parent or legal guardian at all times. All volunteers are subject to a background investigation if working with youth, seniors or city property.
Corona Regional Medical Center ❖ <a href="https://tinyurl.com/2c3dm5p6">https://tinyurl.com/2c3dm5p6</a>	Wide variety of volunteer opportunities through three volunteer programs: Adult, Student and Hospice. Volunteers provide non-clinical support to the staff of the hospital. Duties include, but are not limited to: escorting guest, running errands, assisting patients (non-clinical), assisting staff with special projects and serving in the Gift Shop.
Eastvale Public Library (and all Riverside County Libraries) ❖ <a href="https://tinyurl.com/42hp8uzw">https://tinyurl.com/42hp8uzw</a>	Shelving Assistant, Shelf Reading Assistant, Computer Assistant, Computer Class Assistant, Adult Literacy Tutor

Environmental Nature Center ❖ <a href="https://tinyurl.com/2s3vepwj">https://tinyurl.com/2s3vepwj</a>	Volunteering at the Environmental Nature Center (ENC) involves opportunities such as horticulture (weeding), participating in the Fall Faire, assisting in the office, and engaging in habitat restoration. Volunteers can help at the ENC in Newport Beach or at the Tucker Wildlife Sanctuary in Modjeska Canyon. The program is open to high school students and younger children (with a guardian), aiming to contribute to community service, gain new skills, and connect with nature.
Feeding America Food Bank ❖ <a href="https://tinyurl.com/americafeed">https://tinyurl.com/americafeed</a>	Volunteer opportunities for minors starting from the age of 12. However, minors must be accompanied by a parent, guardian, or chaperone for the entire duration of the volunteer shift. Volunteers can participate in a variety of activities, including sorting and packing food, assisting in food distribution, and more.
Giving 365 Inc ❖ <a href="https://tinyurl.com/4vjf73zd">https://tinyurl.com/4vjf73zd</a>	Giving 365 provides resources, support, and educational opportunities for families and individuals struggling with poverty to achieve self-sufficiency and reach their full potential. Our programs include a food pantry that provides over 25,000 pounds of food annually to the community, job readiness support, parent education, self-advocacy trainings, financial literacy classes, a summer backpack and school supply giveaway, a Thanksgiving holiday meal donation program, and a holiday gift drive providing children with toys. We are currently developing a one-on-one mentoring program for at-risk youth and youth in foster care as well as a school gardens program.
God's Pantry Food Bank ❖ <a href="https://tinyurl.com/4byx8b35">https://tinyurl.com/4byx8b35</a>	Various volunteer opportunities that are suitable for students throughout the year. These include food sorting and repacking at their Lexington Volunteer Center. Additionally, there are virtual volunteering options available, such as making cards for seniors.
Isaiah's Rock Christian Fellowship ❖ <a href="https://tinyurl.com/5n6sttdw">https://tinyurl.com/5n6sttdw</a>	Volunteers are needed on-site to help with sorting donations as they arrive. Additionally, volunteers are required daily to assist with picking up donated items from local stores and restaurants. This task involves collecting and transporting donations which are essential for the organization's daily operations
Jurupa Community Services District (JCS D) – Jurupa Valley & Eastvale ❖ <a href="https://tinyurl.com/eastvalecomm">https://tinyurl.com/eastvalecomm</a>	Project Volunteer (ages 16+), Homework Club Tutor/Kids Zone Program (ages 16+), Special Events (ages 16+), Survey Volunteer (ages 16+), Youth Sports Assistant Coach (ages 16+).
Kaiser Permanente ❖ <a href="https://tinyurl.com/3fpxf6df">https://tinyurl.com/3fpxf6df</a>	Musician Volunteer (Ages 14+): Volunteers with a talent for playing one or more musical instruments are welcome to share their musical gift with patients and visitors. Summer Teen Program (14-17+): Teens interested in spending part of their summer helping others can come spend six weeks with us. Volunteer duties include, but are not limited to, activities such as helping visitors at information desks, clerical assistance and creating 'Notes of Kindness' for hospital in-patients.
Mary S. Roberts Pet Adoption Center ❖ <a href="https://tinyurl.com/ycxcpsz9">https://tinyurl.com/ycxcpsz9</a>	With more than 35 volunteer positions, we have opportunities for everyone who wants to help homeless pets. Here are just a few: Work with patrons and pets; Work with dogs, cats, kittens, and puppies in animal enrichment; Provide administrative support in many of our departments; Care for newborn puppies and kittens by being a foster parent; Provide assistance at our thrift store by sorting, pricing, and merchandising.
Mary's Kitchen ❖ <a href="https://tinyurl.com/yfh9h54e">https://tinyurl.com/yfh9h54e</a>	Here you are as important as the donations we receive. Cleaning the receiving area and fridges. You will be responsible for sorting food items and storing them in their respective places. Note: There may be some heavy lifting involved.
NDR Therapeutic Riding ❖ <a href="https://tinyurl.com/yv9524k8">https://tinyurl.com/yv9524k8</a>	Volunteering with NDR Therapeutic Riding includes assisting during therapeutic riding lessons, helping at special events, maintaining facilities, and supporting horse care and maintenance. Volunteers can also donate time, funds, or horses and tack. These contributions help enhance the lives of individuals with disabilities through equine-assisted activities. Volunteers must be at least 13 years old, and community service hours can be credited.

Pomona Valley Hospital ❖ <a href="https://tinyurl.com/3xbx5t7j">https://tinyurl.com/3xbx5t7j</a>	Whether Volunteers interact directly with patients or not, they have the opportunity to provide vital assistance and support to the Hospital's many departments and personnel. Some duties of our Volunteers include: welcoming visitors and patients to the Hospital; escort visitors to departments throughout the Hospital; offer a comforting presence and distribute comfort items to patients; drive visitors around campus in our golf carts; support the Sick Baby & Hospital Assistance Fund by working in the Tender Touch Gift Shop.
Pretend City Children's Museum ❖ <a href="https://tinyurl.com/bdh4kmtx">https://tinyurl.com/bdh4kmtx</a>	Become a Pretend City Volunteer and explore various roles throughout our Museum! From helping a child learn a life skill through exhibit exploration, to supporting staff with a birthday party, or assisting with administrative tasks in the office, volunteers make a valuable contribution to help Pretend City reach our goals of educating young children and their families. We welcome those who are 12 years or older to volunteer with us at Pretend City Children's Museum. Volunteers are required to volunteer a minimum of 3 hours per month and make a commitment of 15 hours per year before signing up for training.
Priceless Pets ❖ <a href="https://tinyurl.com/ycyc85vk">https://tinyurl.com/ycyc85vk</a>	Ages (15-17+) can volunteer independently after attending an initial orientation with a parent or guardian. Their tasks include dog walking, socializing with cats and dogs to enhance the animals' well-being and adaptability, assisting with kennel cleaning, and helping at offsite adoption events.
Queen of Hearts Therapy ❖ <a href="https://tinyurl.com/25bhushw">https://tinyurl.com/25bhushw</a>	A Therapeutic Riding Center aimed at improving the bodies, minds, spirits, and quality of life of persons with physical and/or developmental disabilities and/or mental illnesses through equine-assisted (horses) activities and therapies.
Red Cross: For Youth ❖ <a href="https://tinyurl.com/2s7vvtfz">https://tinyurl.com/2s7vvtfz</a>	The American Red Cross offers several volunteer opportunities for youth, including participating in Red Cross Clubs, which focus on community service, preparedness education, and fundraising. Youth can also assist in organizing and supporting blood drives, which are crucial for maintaining the blood supply. Additionally, young volunteers can get involved in disaster response efforts, helping with preparedness and recovery activities. The Red Cross also provides leadership development through programs like the GLOW Red Leadership Camp. These roles offer valuable experiences in service and community engagement.
Riverside County Dept. of Animal Services ❖ <a href="https://tinyurl.com/4zmb5h89">https://tinyurl.com/4zmb5h89</a>	Volunteers improve the welfare of our shelter animals by walking a dog, brushing and petting cats, transporting and/or cleaning animals at our local pet stores, assisting with adoptions, assisting with our community cat program and/or trap neuter release program, join our photography teams, give a dirty doggy a bath, reading to a dog, clinic and/or shot clinic support, events, clerical and so much more.
Additional opportunities	Other local & school programs/club community service opportunities will be shared by your AVID teacher in class.