

Falcon Middle School Chapter  
of the  
National Junior Honor Society

Individual Service Hours Guidelines

From the National Junior Honor Society Handbook:

- Generally, when choosing the projects, it is best to steer away from activities that directly benefit a member's family.
- Service projects done for financial or other compensation are often viewed as contrary to the common definition of "service."
- Verification of service by asking for an adult's signature from a supervisor is a way to guarantee that all chapter members are fulfilling their responsibilities in a fair and appropriate manner.
- Chapter advisers are encouraged to set up a system where chapter members seek approval for the Individual Service Project prior to completing the project.

Guidelines for Individual Service Projects for Falcon Middle School's Local Chapter:

Always seek approval from the FMS NJHS advisers (Ms. Scott or Mrs. DiPasquale) before beginning a project. This can be done in person, or via email.

Choose projects that will help you gain experience and confidence in the five areas NJHS focuses on: scholarship, leadership, service, citizenship, and character.

Choose projects that guarantee your safety; avoid activities where a trusted adult cannot monitor your safety.

Choose projects that will help not-for-profit agencies and organizations; target projects that help the underprivileged, the elderly, the disabled, the environment, etc. In short, those in need.

Choose projects that you would not already be completing. Remember that this is an opportunity to grow in confidence and leadership by sampling activities, some of which may be unfamiliar.

Balance your projects so that some are activities where the adult in charge is not always a familiar adult or family member. Ms. Scott and Mrs. DiPasquale often ask that some of the required hours of service be towards projects that increase one's confidence and sense of leadership.

One purpose of the Individual Service Project is to build leadership. Take ownership over these projects so that they are truly your projects. Give great consideration to the idea of designing some of them yourself, managing them yourself, and completing them yourself.

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Rely on parents and other trusted adults only for transportation, safety, monitoring, and encouragement.

Projects that involve another member of our local chapter are encouraged. Sometimes two members can help each other gain confidence and leadership!

That being said, Ms. Scott and Mrs. DiPasquale will accept a portion of your hours towards community projects that are designed by legitimate groups (ie., non-profit groups, church groups, the local food bank, etc.). Organizations and agencies that already exist in our community are doing great work and need our help. Negotiate with Ms. Scott and Mrs. DiPasquale what fraction of your hours can be used with these important groups.

Remember that Individual Service Hours cannot be gained from In-School Service Projects, even if you volunteer beyond the required amount. Ms. Scott and Mrs. DiPasquale, or another adult, organized these events, and you would miss the opportunity to gain confidence and leadership if you were allowed to count these.

Always take along your Volunteer Hours Documentation Log to be signed by the adult in charge. Remember that it is your responsibility to fill out the form (and not the adult's job).

Community Service Ideas:

Organize individual or group tutoring programs

Make tape recordings for the blind

Establish a hospital aid program

Collect toys and supplies for hospitalized or underprivileged children

Develop a plan for energy conservation

Promote environmental service projects

Promote ecology projects

Volunteer to be day-care youth worker

Undertake a food drive for a local food bank or shelter

Support a homeless shelter by providing clothing or serving meals

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**Here are some ideas if you are looking for ways to help our community:**

1. **Cheyenne Mountain Zoo**
    - <http://www.cmzoo.org/Zoocrew.html>
  2. **Memorial Hospital** - needs knitters -
    - call Memorial Hospital Volunteer Services (719) 365-5298
  3. **Junior Volunteer Program - Volunteers of America - Colorado Branch**
    - <http://www.voacolorado.org/jrvolunteer>
  4. **City of Colorado Springs, Teen Volunteer Program**
    - <http://www.springsgov.com/Page.asp?NavID=135>
  5. **Pikes Peak Humane Society**
    - [www.hsppr.org](http://www.hsppr.org) - Click on volunteers
  6. **Dream Power Animal Rescue**
    - [www.dreampower.org](http://www.dreampower.org)
  7. **FOUNTAIN CREEK RESTORATION PROJECT**
    - Sunday, October 26
    - 8:30 am to 3 pm
    - Soda Springs Park, Manitou Springs
    - Planting willows and other shrubs, seeding grass and laying erosion control matting-40 volunteers needed
- GARDEN OF THE GODS COMMUNITY STEWARDSHIP AND RESTORATION PROJECT**
- Please register as early as possible by calling or emailing:  
[rmfi@rmfi.org](mailto:rmfi@rmfi.org)
  - Saturday, November 1 and Saturday, November 8
  - 9:00 am to 12:30 pm
  - Garden of the Gods, Spring Canyon area
  - Bucket brigades to fill check dams in erosion gullies-50 volunteers needed

Liz Nichol Outreach Coordinator Rocky Mountain Field Institute  
3310 West Colorado Avenue  
Colorado Springs CO 80904  
PHONE - 719-471-7736  
FAX - 719-622-6707

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**Scholarship :**

The scholar:

- Maintains at least a 3.0 ( B Average ) grade point average on a 4.0 scale with no D's or F's in grades 6-8. Midterm/Interim reports do not count.
- Displays a sincere desire to succeed academically and have a love of learning.

**Leadership :**

The scholar:

- Is resourceful in proposing new problems, applying principles, and making suggestions.
- Exercises influence on peers in upholding school ideals.
- Is able to delegate responsibilities.
- Exemplifies positive attitudes.
- Successfully holds school offices or positions of responsibility, conducts business efficiently and effectively, and without prodding, demonstrates reliability and dependability.
- Is thoroughly dependable in any responsibility accepted.

**Service :**

The student who serves:

- Is willing to uphold scholarship and maintain a loyal school attitude.
- Participates in some outside activity: Scouting; church groups; volunteer services for the aged, poor, or disadvantaged; family duties.
- Volunteers dependable and well-organized assistance, and is gladly available.
- Works well with others.
- Shows courtesy in assisting visitors, teachers, and students.

**Character :**

The student of character:

- Takes criticism willingly and accepts recommendations graciously.
- Demonstrates the highest standards of honesty and reliability.
- Shows courtesy, concern, and respect for others.
- Observes instructions and rules, punctuality, and faithfulness both inside and outside the classroom.
- Manifests truthfulness in acknowledging obedience to rules, avoiding cheating in written work, and showing unwillingness to profit by the mistakes of others.
- Must never have served OSS (Out of School Suspension), has had only one ISS (In School Suspension), and has had no more than two minor behavioral incidents (administrative detention, Saturday School/detention, timeout).

**Citizenship :**

The student who demonstrates citizenship:

- Respects freedom, justice, and the American form of government.
- Demonstrates mature participation and responsibility through involvement with such activities as scouting, community organizations, and school clubs.