



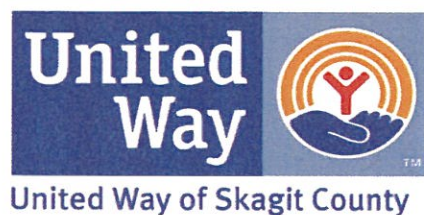
Burlington-Edison High School

Youth United: Varsity in Volunteerism



STUDENT HANDBOOK 2023-2024

The Youth United: Varsity in Volunteerism program is made possible by funding from the United Way of Skagit County and support from United General District 304



Building Healthier
Communities

Updated for the 2023-2024 school year

YOUTH UNITED: VARSITY IN VOLUNTEERISM

What is Volunteerism?

"The policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community"

Volunteering is offering your time to improve the lives of others. Volunteering benefits you by:

- Providing opportunities to meet new friends and contacts
- Improving your social and relationship skills
- Increasing self-confidence
- Preventing depression
- Helping you stay physically healthy
- Teaching valuable job skills and career experiences
- Bringing fun and fulfillment to your life
- Making your community a better place to live
- Encouraging you to try something new
- Allowing you to see a different way of life and new places
- Sharing your talents and skills with others

To find the right volunteer opportunity, ask yourself:

- What causes are important to me?
- How much time can I commit?
- How much responsibility am I ready to take on?
- What skills can I bring to a volunteer job?
- Do I prefer to work alone or as part of a team?
- Am I better behind the scenes or in a more visible role?

To get the most out of volunteering:

- Ask questions
- Know what is expected
- Try new things
- Stay positive
- Reflect on your experiences
- Encourage your friends to volunteer
- Have fun!

YOUTH UNITED: VARSITY IN VOLUNTEERISM

Guidelines

Students participating in the “Youth United: Varsity in Volunteerism” Program must sign and adhere to the **High School Athletics/Activities Code (see B-EHS Student Handbook)** as well as the Youth United Pledge later in this manual.

To receive a varsity letter, the participant must:

- Complete 100 hours of community service before **your school’s deadline** (see the next page for examples of acceptable volunteer hours)
 - 50 hours must come from volunteering outside of school activities
 - 40 hours can be completed during the summer
- View the “How to be a Good Volunteer” training videos on the ViV website (www.unitedgeneral.org/viv) upon joining the club and yearly as required.
**Participating in trainings counts towards the 100 total required hours*
- Take the “How to be a Good Volunteer” quiz. **Quiz password: ViV2122** (<https://www.surveymonkey.com/r/vivgoodvolunteer>)
- For your hours to count for the month, you must participate in **at least 1 meeting** per month with your Volunteer Coach to submit hours and discuss project progression **Meeting hours counts towards the 100 total required hours*
- Submit **verification sheet and hour log** to the Coach once a month
- Submit **5 digital pictures** of volunteer experiences to the Coach
- Invite your family to the Year-End Ceremony

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General Volunteer Hours (Non-School Related)

All volunteer work must be served with an agency, organization or school/school district. If you have a question or concern about whether the hours would count, see you coach BEFORE performing or counting the hours.

What are some examples of general volunteer work that counts?

- Hospitals
- Non-profit Animal Services (I.e. Humane Society, animal shelters)
- Any healthcare/illness related non-profits (i.e. American Cancer Society; Skagit Valley Cancer center)
- Non-profit environmental agencies
- Senior Centers/Assisted Living non-profits
- City beautification projects
- Museums, Libraries
- Veterans services
- Sport related community service hours (at a recreation-based non-profit)
- Mission Trips
- Church Related hours must benefit the external community of the church. Examples of this include volunteering at church-run food bank, volunteering with church members at an external non-profit as mentioned above, running a food drive with a youth group, volunteering on a mission trip (that is not based solely in evangelizing/proselytizing), etc...

School-Related Volunteer Hours

Only 50 hours are allowed for school related volunteer hours.

Sometimes work done through a school group can be counted as school related OR non-school related work if the work was done with an outside organization. You may count the hours where you need them.

YOUTH UNITED: VARSITY IN VOLUNTEERISM

What school hours count?

- In general, any school hours that build capacity for the school or serve an outside population will count as school hours.
- Volunteering before or after school for a teacher, administrator, or staff member (not a family member)
- Volunteering with a school service club (i.e. Key Club, National Honor Society, etc.)
- Volunteering with a school club (not necessarily service focused) for a service/volunteering activity (i.e. If a school club does a fundraiser for an outside agency)
- Volunteering with a lower level school (i.e. volunteering with a Middle or Elementary School Teacher, administrator, or staff member)

**School performances hours do not count (hours with band, orchestra, theater departments, productions or performance) **

Safety

Personal safety is very important. You cannot help others if you become injured yourself! This section gives personal safety information which will help you stay safe during your volunteer experience.

- Always remember safety first: Make sure you are wearing the appropriate clothing, using the proper equipment, and understand the directions for your assignment before you begin.
- Be alert: Many safety problems can be avoided by being alert. Pay attention to your surroundings. If you spot a problem, inform your supervisor immediately.
- Don't attempt a job you are not qualified for: Working beyond your abilities can lead to stress and possible injury. Do not be afraid to say "No" to your supervisor if you feel uncomfortable with a task.
- Ask for questions: Asking questions helps avoid injuries, improves quality of work, and makes the project more enjoyable. Do not be afraid to ask for help, it shows maturity and responsibility.
- Tell someone when and where you are volunteering: Provide parents or caregivers with the name and number of your supervisor. In addition, provide your supervisor with an emergency contact.
- For any emergency, call 9-1-1

YOUTH UNITED: VARSITY IN VOLUNTEERISM

VIV Coach Contact Information

Submit Materials to:
Varsity in Volunteerism
Attn: Celia Garcia
301 N. Burlington Blvd.
Burlington, WA 98284

Questions???:
Celia Garcia
(360)757-4074 ext.3513
cgarcia@be.wednet.edu

YOUTH UNITED: VARSITY IN VOLUNTEERISM

Volunteer Service Verification Form

Deadline: Must be turned in at the end of each month.

Copies of this form must be completed for each agency/organization/school/club for which you have performed service. Only one form is needed per supervisor for total hours spent with that supervisor. You will only receive credit for the number of qualifying hours we are able to verify.

STUDENT NAME: _____ Number of hours to verify:

Organization, club, agency, or school name that you volunteered with:

This opportunity is:

- ☐ School related volunteer work
- ☐ Non-school related (outside of school activities)

When did you volunteer? *Only hours will be accepted after application is on file with ViV Coach.*

In a few words describe your volunteer work for this activity:

VERIFICATION CONTACT INFORMATION (Please PRINT all information clearly)

We recommend including multiple contact methods to ensure we are able to fully process your application. ***If your supervisor would prefer to bypass this process, they can give you a signed letter on their organization's letterhead** stating your volunteer efforts to be included in your application along with this page. This letter must meet all the verification letter guidelines as stated on the Burlington-Edison High School website to be accepted.

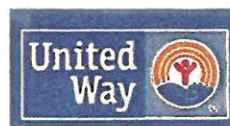
Adult Supervisor: _____ Title: _____

Organization: _____ Email: _____

Must include at least one phone number:

Work: (____) ____-____ Home: (____) ____-____ Cell: (____) ____-____

Best time/method to be contacted: _____



YOUTH UNITED

Volunteer Service Log Sheet

It is intended to help you track your volunteer hours and may be duplicated as needed. An example is included in the first line. **All of your service hours must occur between May 1, 2023 and April 30, 2024.**

[illegible]

YOUTH UNITED

Volunteer Service Log Sheet

It is intended to help you track your volunteer hours and may be duplicated as needed. An example is included in the first line. All of your service hours must occur between May 1, 2023 and April 30, 2024.

[illegible]

YOUTH UNITED

YOUTH UNITED: VARSITY IN VOLUNTEERISM

Application

Deadline: This page must be turned in before hours can be counted.

First Name: _____ Last Name: _____

High School: _____ Expected Graduation Year: _____

Mailing Address: _____ City: _____ Zip: _____

Phone: (____) _____ - _____ Student Email: _____

Parent Email: _____ Advisor: _____

(ALL NOTIFICATIONS WILL BE SENT TO THESE ADDRESSES-WE ENCOURAGE YOU TO LIST YOURS AND YOUR PARENT/GUARDIAN'S)

YEARS IN VIV: Please Circle one:

This is my: 1st 2nd 3rd 4th Year

ARE YOU IN:

CPP? _____

Other club? _____

PAYMENT:

ASB Card (\$35)

VOLUNTEER TRAINING:

Verification: _____

Example: HOW MANY HOURS DID YOU VOLUNTEER?

Total number of hours served through school-related activities (at least one activity)

+

Total number of hours served outside of school related activities (at least 50 hours)

=

Total number of hours served before 4/30/2024

Student Agreement:

I attest that I will perform the documented hours of community service included in the attached verification forms and meet all the qualifications as outlined by the Concrete School District's website. To my knowledge, these hours will be valid and count toward my earning a Varsity Letter in Volunteerism.

Student Signature: _____ Date: _____

Parent/Guardian Agreement:

I attest that my child will perform the documented hours of volunteer service in the attached verification forms and meet all qualifications as outlined by Concrete School District's website. I hereby assign to Concrete School District all rights to video and audio recordings and all photographs of my child made in connection with Varsity in Volunteerism activities. I hereby authorize editing, duplication, reproduction, copyright, exhibition, broadcast and/or other use and distribution of such recordings or quotations for purposes deemed suitable by Concrete School District. I also waive any right to approve or disapprove the finished products.

Parent/Guardian Signature: _____ Date: _____

Student Information

Name: _____

Emergency Contacts

Name	Phone Number	Relationship

List any allergies here:

Student Pledge

I _____, understand and will commit to the guidelines of the Youth United: Varsity in Volunteerism Program

Signature: _____ Date: _____



UNITED
GENERAL
DISTRICT 304

Media Release Form

Youth United: Varsity in Volunteerism

2023-2024 Academic Year

I give permission to have my child(ren)'s image/voice used by United General District 304 for educational or promotional purposes. I understand that my image/voice may be used for educational or promotional purposes across media types without compensation or prior review.

Parent Name (print):

Parent Signature:

Name(s) of youth:
