

LEARNING IN THE COMMUNITY



Princeton High School Community Service/Career Awareness SOPHOMORE PROJECT BOOK 2016-2017

Princeton High School

Student Leaders: Amanda Bank & Ben Dodge
agba17@gmail.com dodgeb2@gmail.com

Welcome to PHS Community Service. The following information applies to all 10th grade students.

SOPHOMORE COMMUNITY SERVICE CONTRACT

****This is your copy to keep****

I understand that to receive credit for the PHS Community Service and Career Awareness graduation requirement I am responsible for the following:

- **Meetings** - Attendance at all official meetings with my project leaders beginning September 21st
- **Participation** – Active and consistent participation in my chosen project throughout the school year (September to May). Project leaders and site coordinators will take attendance. **I am also responsible for recording my hours on Naviance.**
- **Hours:** The program requirement is 50 hours of active participation.
- **Assignments & Other Information:**
 - **A time log (on Naviance).**
 - **Ongoing Recording of Hours and reflection questions**
 - **End of year reflection (on Naviance 5/24/17)**
 - **Any hours completed outside the school-created projects must be :**
 - **Submitted to Naviance for review prior to the event**
 - **Documented by a letter/email from the program director or volunteer coordinator**

PLEASE NOTE:

You are representing the school in all projects and activities and should follow the PHS code of conduct.

If at any time you wish to change projects or have further questions it is your responsibility to contact the Community Service Staff.

Please click this link and fill out the online form as well when you have chosen your project

<http://tinyurl.com/brnfk3b>

Student name

Project

Date

Parent/Guardian signature

Community Service Leader signature

Independent Option --- Designing your own project:

INDEPENDENT PROJECT APPLICATION

Do you have a passion or hobby that you are interested in pursuing? The LINC Program at PHS includes the opportunity to create an independent project for community service/career awareness. Sophomores can participate in an internship program, engage in an outside service activity, or participate in a series of service or career-related events throughout the year. Please follow the steps below.

STEP 1) To begin this process please type up a paragraph about what you are interested in working on for your project. If you don't have a project and need ideas, create a list of topics/fields you are interested in.

STEP 2) The community service office staff will set up a meeting with you and assist you with designing a project. A site supervisor will need to be identified for your project to be accepted. You will also need to get a sophomore contract signed by your parent/guardian before beginning the project

STEP 3) Begin your project. **You** will be responsible for keeping a journal and staying in contact with the community service office staff *especially* if you would like to make changes to your project. **You are ultimately responsible for the reflection and time logs. (Due January 18th and May 24th 2017**

STEP 4) Have the site supervisor sign your time logs when you have completed your 50 hours. Turn this in with your final paper.

REMINDER – YOU MUST APPLY AS AN INDIVIDUAL. SMALL GROUPS ARE NOT ACCEPTED.

Designing your own project:

CAREER AWARENESS PROJECT OPTION

Career Awareness activities help expand student understanding of the world of work by identifying career pathways and specific occupations within them, developing respect for workers in all fields, locating and researching information about specific occupations, and developing an initial understanding of educational and training requirements.

The LINC Program at PHS includes the opportunity to explore career opportunities via the community service/career awareness graduation requirement. Sophomores can participate in an internship program, engage in an outside service activity, or participate in a series of service or career-related events throughout the school year. Interested students should follow the steps below:

STEP 1) To begin this process please type up a paragraph describing your career interests. If you are not sure of your interests, career surveys are available! Via email, send the community service office staff your ideas in a paragraph form or list

STEP 2) The staff will contact you to set up a meeting with to discuss your interests or set up the career survey. You will then contact local community members

STEP 3) Begin your project **You** will be responsible for keeping a journal and staying in contact with the community service staff *especially* if you would like to make changes to your project.

You are ultimately responsible for the reflections and time log. (Due January 18th and May 24th 2017

STEP 4) Have the site supervisor sign your time logs when you have completed your 50 hours. Turn this in with your final paper.

SAVE THE DATE !

Career fair February, 2017

(Students receive one community service/career awareness hour for participating)

2016-2017 PHS SCHOOL PROJECT LIST

- Please check all requirements in any project you are interested in – **some require additional transportation or training, along with possible application and interview process**
- **Sign up for as many projects as you like!**
- **YOU are ultimately responsible for completing your hours/time log/reflection questions.**
- **Looking for more ideas?** Sign up to for the mailing list of upcoming community events (last question on the online doc below) <http://tinyurl.com/brnfk3b>
- Remember that you may **change projects at ANY time** (notify the Project Leaders, LINC Student Leaders and Community Service Office Staff to change)

PHS COMMUNITY SERVICE PROJECT LIST

IDEAS Center Tutoring- Daphne Kontogiorgos-Heintz (daphnekheintz@gmail.com), Emily Kleinbart (epkleinbart@gmail.com)

The IDEAS Center is a fantastic opportunity to give back to the PHS student body and make a difference close to home. By choosing to participate in the IDEAS Center, you will make yourself available as a tutor to other students in need. Tutoring your peers is not only a great community service opportunity; it improves your capability to lead and teach. It even helps you review the fundamentals of a subject you took in the past. Many students who participate in the program find that they make meaningful strides with their tutees, and there is a tangible reward when your student achieves a higher grade. Meetings are held during break on Thursdays and there is a mandatory two-hour training session for all tutors in the fall. Tutoring times are based on your and your student's schedule. Becoming a tutor for the IDEAS Center will enable you to better your immediate community and grow as a person!

Project Advisor and Head of IDEAS Center: Andrea Dinan (dinanand@gmail.com)

<http://phs.princetonk12.org/guidance/IDEAS%20Center>

Facebook page: PHS Ideas Center

Ridgeview Woods -Grayson Barr (grayson.sb22@gmail.com), Juliet Malkowski (malkowskijuliet@gmail.com)

Ridgeview Woods is 60+ acres of conserved woods on the Princeton Ridge. It has trails that are maintained on a volunteer basis. If you like enjoying time outdoors in the woods, exploring streams and boulders this service project is for you! Participants will learn about native and invasive species and about the ecology of the Princeton Ridge. There are many different types work that we do, from making new trails, maintaining existing trails, clearing streams and much more! We usually meet on Sunday afternoons, at an entrance to the trail network on Ridgeview Road. Equipment will be provided but it is good if you come wearing boots.

Site Coordinator: Barbara Blumenthal barbblumen@gmail.com

Pettoranello Gardens -Chloe Taylor (chloestaylor@gmail.com), Kenny Wong (kennywongsp@gmail.com)

Do you love gardening, the sun, and having fun? Then Pettoranello Gardens is the service project for you. Pettoranello Gardens is a staple in the Princeton parks community, located just off of Route 206 in Princeton. The garden encompasses 13 acres of trails, trees, and streams. In the service project PHS students will work alongside the wonderful members of the Pettoranello Foundation and other Princeton residents. While at the gardens students will maintain garden paths and flowers beds. This means raking, mulching, clearing sticks, and weeding at a relaxed pace. We work Sunday mornings from 8:30 to about 10:30, weather permitting, and at the end refreshments and snacks are provided to the volunteers. This is a great project if you love the outdoors. Last, all equipment is provided to the students but students are responsible for transportation to the garden. **Site Coordinator Ellie Pinelli elliepinelli@hotmail.com**

Dance for Special Ed -Ines Aitsahalia (Ines.flore.as@gmail.com)

Dance for Special Ed involves working with students in the Autism and Special Education programs spanning from PHS to Riverside Elementary and teaching them how to dance. Students participating as community leaders through this project will first learn choreography and tips for working with their Special Education peers, and then apply their skills by teaching, helping, and getting to know their peers through dance. This project spans beyond our weekly sessions, it spans beyond dancing and steps. It is about connecting students with peers they don't normally communicate with, and helping to bring the PPS community closer together.

Project Supervisor: Cynthia Bregenzer Time commitment: Tuesday's 3:00, Break meetings Monday and Tuesday (choose one)

Music Therapy at JWMS Afterschool Program- Coco Mi (mipagers.coco4@gmail.com)-

Our program aims to expose the joys of music to the students of the Special Education Program at JWMS. Every week on Wednesday at JWMS, from 4 pm to 5 pm, we bring musical activities to the middle school, ranging from playing instruments to teaching the students about different composers. We hope that you will bring a sense of musical enthusiasm in order to gain a truly invaluable community service experience! **Site Coordinator- Jayvie Anderson jayvie_anderson@princetonk12.org**

Making Music- Amanda Gonzalez (amgonzalez1026@gmail.com)

Do you like playing music and helping younger kids? If so, Making Music is the community service program for you! Making Music is a program that helps Cranbury School musicians with their instrumental music in grades 4-8. Meetings will take place once a week on Wednesdays after school at Cranbury School. During these meetings, Cranbury School band members will receive tutoring from Princeton High School tutors, who will help them read and practice their music. It is required that you must have a background in music and that you are able to read music. Also, make sure you are either a Cranbury resident or have someone who is willing to drive you back and forth from Princeton if you are interested in joining. Join us in helping spread the joy of music!

Project Advisor: David Pollack (dpollack@cranburyschool.org)

Princeton SADD - Alexandra Garthe (allygarthe21@gmail.com),

Princeton SADD, or students against destructive driving and decisions is a community service organization that educates others on the importance of safe driving and making smart decisions to carry out healthy lifestyles. We do several projects throughout the year to spread our message, and at the end of the year we use what we have learned and taught to meet with other SADD organizations at Six Flags to share our work. We hope that you come to our meetings on Wednesdays from 1:49-2:50 to serve your community and use your creativity to make a safer student body.

Coordinator: Kelsey O'gorman kelsey_ogorman@princetonk12.org

PHS UNICEF -Michelle Zhou(michellezhou2000@gmail.com)

Do you want to help to secure a brighter future for the world's children? UNICEF is a global organization that works under United Nation. Our mission of the PHS UNICEF is to promote awareness and participation in working towards achieving UNICEF's goal to prevent children deaths in undeveloped countries all around the world and work towards the long term needs of children. This project aims to provide students a unique opportunity to involve themselves in global humanitarian issues through regular bake sales, car washes, the Tap Project, as well as other fundraiser events. By planning and organizing different events to help spread the UNICEF message, it becomes a growing movement rooted in a belief that students have a vital role to play in creating a better atmosphere for our future generations to live in. We hope you will see what a difference you can make in society.

Adult Supervisor: Robert Loughran: robert_loughran@princetonk12.org

<http://www.unicefusa.org>

Reading at Pannell - Nora Wildberg (nwildberg123@gmail.com)

Reconnect with old childhood friends through the literary worlds of Dr. Seuss as well as familiar titles including *The Giving Tree* and *Curious George*. Reading at Pannell is an amazing opportunity to ignite a love of learning for children from Kindergarten through the fifth grade. On Mondays at 3:30-4:45 p.m, we will take a short walk to the Henry Pannell Learning Center where students will read to their assigned book buddies and complete a journal activity to ensure reading comprehension. The community service group will also have short meetings after school on Wednesdays. Throughout the year, we will organize events at the learning center such as painting murals or arts and crafts workshops for the children. Throughout your time in this program, we hope to encourage students to develop close bonds with the younger children in the community. This program fulfills the community service hour requirements while providing meaningful and fun activities for the students.

Education and Outreach Director: Rosie Segovia (rsegovia@princetonymca.org)

Building Bridges (JWMS Tutoring)-Albert Chun (achun912@gmail.com),Stephanie Hu (stephaniehu24@gmail.com)

Do not be intimidated by the fifty-hour community service requirement! Building Bridges is a tutoring organization that provides high school students a chance to give back to the Princeton community. This interactive program aims at "building bridges" between students at Princeton High School and John Witherspoon Middle School. After being paired with a middle school student, you meet with them on a regular basis at the JWMS Ideas Center, open Mondays to Thursdays from 3-4 pm. Tutoring ranges from private one-on-one sessions to flexible walk-in sessions based on availability. Sophomores should not feel pressured to tutor since they may select students with similar subject interests.

With some dedication, you can easily fulfill your hours through this program.

JWMS Ideas Center Monitor: Jessie Webb (Jessie_Webb@princetonk12.org)

Princeton Special Sports - Amy Hauer (amyhauer6@gmail.com) & Marysia Kaminska (markam9889@gmail.com)

Princeton Special Sports (PSS) is a volunteer organization that helps special needs children play sports in a fun and friendly environment. We meet (almost) every sunday from 1:45 - 2:30 p.m. There are three sports; soccer in the fall, basketball in the winter, and baseball in the spring. Soccer is played at Farmview Fields by PDS, basketball is typically at Littlebrook Elementary School, and baseball meets at Community Park fields. In addition to sports, PSS hosts monthly dances and a prom at the end of the year. This program is a great way to make a difference in the community, build leadership, and have fun!

Site Coordinator: Ann Diver (Anndiver@aol.com)

<http://www.leaguelineup.com/welcome.asp?url=princetonspecialsports><http://www.leaguelineup.com/welcome.asp?url=princetonspecialsports>

ENSPARATION – Talen Sehgal (talen.sehgal@gmail.com), James Kim (jameskim672@gmail.com) Enspiration is the PHS way of giving back to the community. We raise awareness about important issues such as the state of the environment and recycling throughout the school. At Enspiration, we believe that actions speak louder than words, which is why we do the work and actually clean up! Participating on these cleanups is a great way to help the community, as well as a great way to have fun! There will be two fifteen-minute meetings weekly during Break on Monday and at 1:49 on Wednesday. All you need to join Enspiration is a can-do attitude, and the desire to help the community! We hope to see you out here helping us soon!

Sustainable Princeton Representative: Diane Landis dlandis@princetonnj.gov

Cranbury First Aid Squad - Maddie Whaley (maddie.whaley@gmail.com) & Robert Smithers (rjsmithers3@gmail.com)

Are you looking to help others, volunteer for emergency services, or further your knowledge in the medical field? Well, the Cranbury First Aid Squad offers a service to do just that. Located in the Cranbury EMT Station, students will have the opportunity to learn vital skills as a cadet in the program. Centered around interactive lectures and small group workshops, students will have the chance to learn about First Aid in a cooperative and team based manner. If chosen to take this course, students will have the opportunity to progress as cadets and even into trained EMT's if continued up until 17 years old. The skills learned will be essential in many life situations and can even be applied to future life. To participate, you must be at least 16 years old and in some physical shape. We meet at least twice a month for training and other exercises.

Cranbury EMT volunteer coordinator: John Rosenberg rosenberg2005@comcast.net
<http://www.cranburyfirstaid.com/EMS.php>

PHS Music Mentoring: Eliz Dikener (eliz.dikener@gmail.com) and Harrison Tsui (harrisontsui1@gmail.com)

In Music Mentoring, not only can you help your community, you can also spread your love of music! Every Tuesday at 3:00–4:30 we walk to John Witherspoon Middle School, where we assist 4th and 5th graders participating in band and orchestra. Mentoring ranges from individual help to large ensemble classes. This project ends in January with a final concert for parents. Starting in February, those who are more interested in helping jazz students can attend the rehearsals of JW's Studio Band every Tuesday night from 6:30–8:30! Musical literacy is preferred.

PARTICIPATION IN THIS PROJECT WILL FULFILL 25 OF THE 50 REQUIRED HOURS

Website: [princetonk12.org//TheArts/MusicAfterSchool](http://princetonk12.org/TheArts/MusicAfterSchool)

Project Advisor: Patrick Lenihan patrick_lenihan@princetonk12.org

STEM Roots (phs.stem.roots@gmail.com) - Simran Kaur (simran@simran-kaur.com), Victor Liao (victorliao91@gmail.com). Every week, the members of STEM Roots go to the Pannell Learning Center, as well as elementary schools in the area, to perform a diverse set of interactive experiments. These experiments are based off of fundamental scientific principles that serve to teach younger children that science is interesting and is applicable in their everyday lives. The lack of STEM education is a worldwide problem. Inspiring students at a young age will help them pursue an interest in science in the present and future, and will let them know they can do so regardless of gender, socioeconomic status, race, etc. We meet on Wednesdays 3pm to 5pm and will walk over to the Pannell Center.

Project Supervisor: Claudette Guy (claudette_guy@princetonk12.org)

PYA Coordinator: Rosalinda Segovia (RSegovia@princetonymca.org)

The 101: Fund- Jenifer Miller and Eli Meisel (eliworkmeisel@gmail.com and jenifermiller250@gmail.com)

The 101: Fund is a non-profit volunteer organization dedicated to helping Princeton High School graduates in need of financial assistance for college. 101: believes that charity begins at home, and it works to urge the community to “give local” by helping PHS students who want to pursue their studies following graduation. The student auxiliary group helps fundraise and bring awareness to 101: by holding bake sales, selling T-shirts, sending letters to potential donors, hosting the annual 101: Talent Show at the Princeton High School Performing Arts Center, and more. For more information about the 101: Fund, please visit www.fund101.org. The community service group meets Wednesdays at 1:49 p.m. and offers volunteer opportunities outside of school and occasionally on weekends.

Advisor: Cindy Olentine (cao317@aol.com)

Think Pink Community Service- Fatima Raza (fatimaraza99@gmail.com) and Lisette Dubow (lisettedubow@gmail.com)

Think Pink, Princeton High Schools breast cancer awareness group, aims to spread knowledge about breast cancer through the student body. It is our mission to achieve this through posters and monthly activities. From this community service project, you can learn about breast cancer- what it is, how it is caused, and how it affects people. Moreover, you can help us in our goal to spread awareness by sharing your knowledge with the community! This group meets every Tuesday at break, and sometimes after school depending on the activity. It is open to all! Faculty Supervisor- Dr. Barnes Johnson: joy_barnes-johnson@princetonk12.org, (609) 806-4280; Extension: X3646 For more breast cancer awareness opportunities: Dr. Paula Flory: Breast Cancer Resource of Princeton (YWCA) (609)- 497- 2100 Pflory@ywcaprinceton.org

Princeton High School Operation Smile- Amy Wang (amywanghms@gmail.com), Thomas Brinckman (thomas.brinckman@yahoo.com)

“A smile is happiness you'll find right under your nose.” (Tom Wilson). Every year thousands of children are born with cleft lips and palates. Some live in countries where surgery is readily available, but for many in developing countries, safe surgery is a faraway dream. Operation Smile is an organization which dispatches help to children living in conditions where proper care for clefts is not available; and our project aims to continue this vision. This project not only focuses on a global issue, but is also a great opportunity to be involved in health and public policy, the medical field, and to better understand foreign countries. We are officially affiliated with the Operation Smile Organization and are recognized as part of their immense student program network. We aim to raise awareness and money to support the work of dedicated surgeons who travel to various developing countries to provide cleft-palate surgeries. We have weekly meetings on Wednesdays during break in room 244 (Mrs. Lewis' room) and we have events ranging from carwashes and bake sales to keynote speakers from Operation Smile and hosting schoolwide tournaments. We'd love for you to join us!

Advisor: Kathleen Lewis kathleen_lewis@princetonk12.org

PHS UNICEF -Michelle Zhou(michellezhou2000@gmail.com)

Do you want to help to secure a brighter future for the world's children? UNICEF is a global organization that works under United Nation. Our mission of the PHS UNICEF is to promote awareness and participation in working towards achieving UNICEF's goal to prevent children deaths in undeveloped countries all around the world and work towards the long term needs of children. This project aims to provide students a unique opportunity to involve themselves in global humanitarian issues through regular bake sales, car washes, the Tap Project, as well as other fundraiser events. By planning and organizing different events to help spread the UNICEF message, it becomes a growing movement rooted in a belief that students have a vital role to play in creating a better atmosphere for our future generations to live in. We hope you will see what a difference you can make in society. Adult Supervisor: Robert Loughran: robert_loughran@princetonk12.org
<http://www.unicefusa.org>

PHS Horticultural Project Paula Jakowlew Paula_Jakowlew@princetonk12.org

Community service volunteers are needed that are willing to work and at times get their hands dirty. Help is needed to maintain the vast collection of plants around PHS, the PHS-Toscana greenhouse as well as the gardens outside. Students will learn how to care for plants around the building, garden, and how to support beautification and sustainability efforts here at PHS. All efforts within this community service project go towards maintaining as well as building a legacy of sustainability and beauty around PHS. In addition to meeting on Wednesdays, students can also put in needed hours during their free periods. Contact Ms. Paula Jakowlew

Student Library Council (SLiC)- Sreyashi Ghosh sreyashi.m.ghosh@gmail.com

The Cranbury Public Library's Student Library Council (SLiC) is about increasing literacy through our community involvement. SLiC provides Cranbury students with a convenient place to earn their community service hours. Every Wednesday night, SLiC members meet at the Cranbury Public Library to read books with young students and help them learn and to encourage a love of reading. This very successful program results in a strong bond between SLiC members and the young readers. This year, we are looking to participate in projects such as book drives to promote literacy. Once a month we will have special programs like pajama nights, show and tell, or movie nights to keep the children excited to come back each week. We are involved in many events, such as the Drug Free Fair and Cranbury Day, and projects around Cranbury. This program is open to all high school students and is a wonderful opportunity for them to serve our great community as well as experience the Cranbury Public Library as a fun place to hang out.

Community Outreach Librarian- Jan Murphy murphy@cranburypubliclibrary.org

Arts Council of Princeton -Valeria Torres Olivares (valeriato14@gmail.com), Helen Schrayer (helen.schrayer@gmail.com)

The Arts Council provides affordable art to everyone, regardless of age, race, gender, or socioeconomic background. You will help out with events that celebrate culture, the arts, and educating community members on how they can get involved with their creative side. The Arts Council provides a family friendly environment for learning and gaining new experiences. The goals of the project are to allow students to become involved with the Arts Council, as well as for them to have a good time while volunteering. Hopefully, you will walk away from the experiences you receive, wanting to volunteer more even when it is not a requirement. Meetings will be on specified Wednesdays at school. Arts Council volunteer coordinator: Maria Evans (mevans@artscouncilofprinceton.org)

Cranbury Connect- Michael Gonzalez, Ashvik Awasti Email: MichaelGonzalez26@Gmail.com, aawasti2009@hotmail.com

Cranbury Connect is a free tutoring program created for the middle school students of the Cranbury School. The tutors of this program all consist of former Cranbury students now attending Princeton High School, who return to Cranbury to tutor the middle schoolers in various academic subjects including math, science, social studies; etc. The sessions take place two hours every Wednesday during the school week. The goal of Cranbury Connect is to allow students to achieve a higher level of academic understanding in the form of free tutoring sessions by the sophomores. Another goal of this project is to create a comfortable tutoring/learning environment for the middle school students of Cranbury through factors such as the smaller age gap of our tutors in comparison to other tutors.

Project Adviser: Joann Charwin jcharwin@cranburyschool.org

ADDITIONAL LOCAL OPPORTUNITIES (Please contact site directly to set up volunteer opportunities)

Cranbury Historical Society – sign up independently

Do you have an interest in history? Serve as a Museum docent. Contact: Renee Welch renwelch@comcast.net

University Medical Center at Princeton- sign up independently on UMCP website

Volunteers assist in various positions from working at the front desk, as a courier, or on a patient care floor.

SAVE (Small Animal Rescue in Princeton)

Go to <http://www.save-animals.org/index.htm> for more information.

NEXT STEP

**PROJECT FAIR: WEDNESDAY SEPTEMBER 14th IN THE NEW GYM FOLLOWING
EARLY DISMISSAL (1:49 PM)**

At the fair you will have the opportunity to meet the student leaders and ask more questions at the Project Fair. You may sign up for multiple projects!