

Spreading Holiday Cheer at School:

HOW STUDENTS CAN FIT VOLUNTEERING INTO A BUSY SCHEDULE

By: Volunteer Edmonton

December is said to be a time of giving and receiving. It can also be a time of stress, however, especially for students and youths attempting to juggle homework with various holiday festivities. While this hectic season can make it difficult to spread some holiday cheer through things like volunteering, there are ways for busy teens to help out during the holidays.

Incorporating volunteerism into students' schedules is a convenient and easy way to give back to the community as after school hours can be a time reserved for studying, sports or other family commitments. By volunteering during their day, students are given the opportunity to contribute to their community positively and have a touch of fun with friends along the way.

These activities can easily be informal—it can be something as simple as volunteering within the vicinity of the school like collecting warm clothing from fellow classmates for a charity that serves the homeless and needy, offering tutoring services over the lunch period, raising money for a worthy organization, reading to children in the school library or gathering a group of friends and collecting garbage around the school yard or outlying areas.

Not only are these volunteer activities easy to complete, students have the added benefit of a teacher presence to provide support and assistance if needed. It's a great opportunity for students and youth to tap into their passions and interests to help others, build valuable skills and accomplishments to add to their fledgling resumes, and a unique way to spend time with friends and classmates.

Parents can feel safe in the knowledge that their child is not only making a positive contribution to their community, but is also safe under the watchful eye of a trusted supervisor and secure in the company of friends and peers. As vastly chaotic as the holiday months can be, volunteering can be conducted in a relaxed manner and parents can be reassured that their teen is enriching another's holiday months.

To find out how you can become involved in volunteering, visit www.volunteeredmonton.com. For more information or suggestions for story ideas please contact Evelyn Pham, communications coordinator at epham@volunteeredmonton.com, call (780) 732-6655 or check out our website at www.volunteeredmonton.com. Volunteer Edmonton is a program of The Support Network.

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