



## **LIST OF ACTIVITIES THAT MAY NOT BE CHOSEN**

- a requirement of a class or course in which the student is enrolled (e.g. co-operative education portion of a course, job shadowing, work experience);
- takes place during the time allotted for the instructional program on a school day. However, an activity that takes place during the student's lunch breaks or "spare" periods is permissible;
- takes place in a logging or mining environment, if the student is under 16 years of age;
- takes place in a factory, if the student is under 15 years of age;
- takes place in a workplace other than a factory, if the student is under 14 years of age and is not accompanied by an adult;
- would normally be performed for wages by a person in the workplace (students are not to replace paid workers or be paid themselves);
- involves the operation of a vehicle, power tools or scaffolding;
- involves the administration of any type or form of medication or medical procedure to other persons;
- involves handling of substances classes as "designated substances" under the Occupational Health and Safety Act;
- requires the knowledge of a tradesperson whose trade is regulated by the provincial government;
- involves banking or the handling of securities, or the handling of jewellery, works of art, antiques, or other valuables;
- consists of duties normally performed in the student's home (i.e. daily chores) or personal recreational activities;
- involves a court-ordered program (e.g. community-service program for young offenders, probationary program).

## **COMMUNITY INVOLVEMENT ACTIVITIES THAT MAY BE CHOSEN**

### **HELP YOUR NEIGHBOURS**

- provide service to seniors or to others who have difficulty leaving their homes—raking, shoveling (no snow blowers), shopping (students should not drive vehicles for this purpose), visiting, reading, meal preparation
- assist a neighbour with child care—take child to park, watch child while parent prepares dinner
- tutor younger students—read, take to library, help with homework

### **HELP YOUR COMMUNITY**

- volunteer at a seniors' home/centre—visit, read, play cards or board games, take seniors for walks, make crafts
- help organize local community events—food drives/banks
- take part in environmental initiatives—cleaning and recycling operations, park cleanup, planting trees and flower beds (students should not use power tools—lawn mowers, hedge trimmers, wood chippers, etc.)
- get involved in charitable activities—walk-a-thons, daffodil sales, canvassing for organizations
- assist with sports teams—community leagues, parks and recreation programs  
volunteer in *leadership* role with community groups—youth groups
- volunteer in hospitals, libraries or any organization recommended by the Volunteer Centre of Toronto  
volunteer with social service or animal welfare agencies—Red Cross, United Way, Humane Society
- get involved in the democratic political process—scrutineering, canvassing, campaigning
- offer service through religious communities/places of worship
- assist with literacy initiatives—at local libraries, day care centres, community centres

### **HELP YOUR SCHOOL OR OTHER SCHOOLS**

- help with sports teams—run skills drills, assist coach
- help in the library—shelve books, tidy up, change bulletin boards
- tutor other students—help with homework, review difficult concepts
- assist students with special needs—act as peer buddy
- assist with planning of arts or athletic events—work on publicity, set up for track meets, sell tickets, check coats, offer technical support
- facilitate school events such as parent information nights—meet and greet visitors, give guided tours, serve refreshments
- assist with environmental activities—encourage recycling, plant trees/flowers, work on grounds crews (student should not use power tools)
- participate in charitable initiatives—food drives, holiday drives for toys or food
- sit on school councils, committees—school governance, be a peer mentor/mediator, help with orientation of grade 9 students

**If in doubt about your activity please check with your Guidance Counsellor BEFORE you do the hours.**