

Revised Service Hours Project in Time of Covid-19

If you have service hours ideas that are not listed here, please contact your counselors or myself (Mrs. Natschke) for approval.

Instagram name for PW is **proviso.west**

Facebook name for PW is [Proviso West High School](#)

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1. “Volunteer to work one-on-one or with small groups of elementary school children” by helping them develop their reading skills. [Click on this link to learn more about this opportunity.](#)

2. If you have a sewing machine at home or just needles and threads, you can create masks for your local first responders, people who are working at groceries stores, local hospitals etc., in order to provide an extra layer of protection for them. Please check with your local hospitals first if you please on making them masks—they have procedures in place. Use the link below for guidelines on how to make said masks. Use the #pwcares, #provisowest, take a screenshot of your post and email it to your counselor.

<https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

3. For those of you who do not have a compromised immune system, you can still volunteer at Westchester food pantry. If you do have someone with a compromised immune system at home, please do not take the risk. Please click on the link below for more information on what the restrictions are: Use the #pwcares, #provisowest, take a screenshot of your post and email it to your counselor.

<http://www.westchesterfoodpantry.org/>

4. Volunteer to become a Big Brother or Big Sister through the Big Brothers Big Sisters of Metropolitan Chicago. Click on this link to learn more about this opportunity. [Click on this link to learn more about this opportunity.](#)

5. Want to be a change maker? Why not volunteer for the United Nation? [Click on this link to learn more about this opportunity.](#)

6. Digital Volunteers need at the Smithsonian. [Click on this link to learn more about this opportunity.](#)

7. Volunteer to Color. “Color A Smile is a great volunteer project to do from home. Take the time to color a few cheerful drawings and send them to us. You will not only put a smile on someone else’s face...we bet you will put a smile on your face too!!” [Click here for instructions](#) and [Click here on how to validate your volunteer hours.](#)

8. “Make reading easier for people with barriers such as dyslexia, learning disabilities, visual impairments, and physical disabilities” by volunteering at Bookshare. [Click on this link to learn more about this opportunity.](#)

9. Visit the following website to find more virtual service hours opportunities: <https://www.volunteermatch.org/virtual-volunteering>

A. Natschke