

SOME IDEAS FOR YOUR ACTIVITIES!

- (O) means in your own time, (S) means during school hours.
- Maximum of 50% of parish or social hours can come from activities during school time (including parish work done during the school day).
- Each activity just counts as one hour per week. If a weekly event is less than an hour, mark it as .5 hours. If it is 1-4 hours, it is still recorded as 1 hour. (e.g. *litter picking for 3 classes in one week is recorded as one hour*)
- If it is more than 5 hours continuously in one activity, look at Top Up section.
- *Parish hours are faith-based hours.*

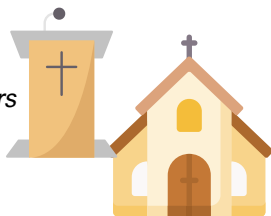


"OWN TIME" PARISH HOURS (O)

OUTSIDE SCHOOL, IN YOUR OWN TIME

Volunteering at Mass:

- ☐ *Reading
- ☐ *Training / mentoring altar servers
- ☐ *Altar Serving
- ☐ Prayers of the Faithful
- ☐ Collecting
- ☐ Offertory Procession
- ☐ Greeter at the Church door / Hand out newsletters
- ☐ Parish Choir / folk-group
- ☐ Assisting Sacristan in Church
- ☐ PowerPoint displays at Mass



Being part of Regular Parish Life:

- ☐ Contribute to Parish social media or website
- ☐ Attend Eucharistic Adoration
- ☐ Attend Catechism / Bible Study / Prayer Group
- ☐ Diocesan Workshops e.g. "Called to More" / "REvive"
- ☐ Guides and Scouts of Europe - Ireland
- ☐ Children's Liturgy (*safeguarding component)

Volunteering in the Church:

- ☐ Cleaning Church ☐ Flower arranging
- ☐ Decorate Church noticeboard
- ☐ Liturgical displays (Christmas / Lent / Easter)
- ☐ Creating Prayer spaces in parish

Marking Liturgical Seasons:

- ☐ November Remembrance
- ☐ Volunteer at Advent / Christmas / Holy Week
- ☐ Create Prayer Cards for Parish Church
- ☐ Exam Prayer Service in parish
- ☐ Make and distribute St Brigid Crosses
- ☐ Fill and distribute holy water bottles



SCHOOL-BASED PARISH HOURS (S)

DURING SCHOOL TIME. THESE SHOULD ALSO NOT JUST BE PART OF REGULAR CLASS WORK

- ☐ School Mass / Liturgy: e.g. Reading / Prayers of the Faithful / Offertory / Music / Artwork
- ☐ Reading at Weekday Mass in Parish during school day.
- ☐ Parish Coffee Mornings during school day.
- ☐ JP2 Awards Stand at School Open Night (if in your own time after school, mark as (O))
- ☐ Leader (or Helper) for Alpha Youth in school
- ☐ Set up Christmas **Crib** in school
- ☐ School **Faith-Based** Carol Service
- ☐ *Distribute Ashes in school (or in parish during school day) on Ash Wednesday
- ☐ Decorate RE display board / school prayer room /
- ☐ Create Prayer Space
- ☐ Participate in a Rosary Club / Prayer Group

"OWN TIME" SOCIAL HOURS (O)

OUTSIDE SCHOOL, IN YOUR OWN TIME

Charity Work

- ☐ Volunteer at Parish Coffee Mornings
- ☐ Fundraising
- ☐ Darkness into Light Walk
- ☐ Volunteer in Charity shops (outside of school)
- ☐ Volunteer with Special Olympics
- ☐ Daffodil Day (outside of school)
- ☐ Fundraise for Mary's Meals



Local Organisations / Clubs

- ☐ Leader in Youth Club / Scouts / Girl Guides etc
- ☐ Arch Community
- ☐ First Aid ☐ Red Cross
- ☐ Order of Malta
- ☐ SVP Collections (outside school)
- ☐ Meals on Wheels
- ☐ Tidy Towns Committee (litter-picking in community)
- ☐ GAA (or other sport) mentoring / refereeing

Community Life

- ☐ Volunteer at Charity Coffee Mornings
- ☐ Parish / Community "Old Folks" Party
- ☐ Animal Welfare
- ☐ Community Games ☐ Foroige
- ☐ St Patrick's Day parade (participate in)
- ☐ Community Musicals or Drama Society
- ☐ Visiting Residential Homes / hospitals (not just family / friends)
- ☐ Bingo for Seniors ☐ Teaching IT to the elderly
- ☐ Community Events

SCHOOL-BASED SOCIAL HOURS (S)

DURING SCHOOL TIME.

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INCLUDES "OFF-SITE" ACTIVITIES DURING SCHOOL HOURS

- ☐ Buddy Schemes
- ☐ Paired Reading
- ☐ Homework Club* (if outside school hours, mark O)
- ☐ Courses: Lifeguarding / ☐ First Aid
- ☐ Student Council member
- ☐ SVP Society ☐ Peace & Justice Group
- ☐ Charity fundraisers
- ☐ Trad for Trócaire ☐ Concern Fast
- ☐ Volunteer at Open Night in school
- ☐ Mentoring younger teams at school
- ☐ Gratitude Day / Pay it Forward Day in School
- ☐ Green Schools Committee / Litter picking
- ☐ School Musicals
- ☐ Mary's Meals: Little Acts, Big Difference Module (one hour per week)
- ☐ Stay Awake Vigil in school (if overnight mark as O)
- ☐ Golden Oldies Movies (if outside school hours, mark as (O))

Remember: External organisations outside diocese, school and parish must complete the Pope John Paul II Award Safeguarding Agreement Form to state they can provide a safe environment for Award participants and have adequate supervision and insurance in place.