



DIVISION OF CURRICULUM AND INSTRUCTION
1130 Fifth Avenue, Chula Vista, CA 91911
Ph. 619.691.5586; Fax 619.407.4975

RE: SUHSD Community Service Hours

February 5, 2025

Dear Parents/Guardians of the Sweetwater Union High School District,

The Sweetwater Union High School District Graduation Committee is composed of counselors, teachers, and school administrators. This committee reviewed the SUSHD Graduation Plans as well as the Community Service Hours. As part of their feedback, the committee has agreed to reduce the Community Service requirements to 10 hours of non-paid community service to be performed by students. Community Service is meant as a way to serve your community, and it is also meant to stand out in your college application or future career.

For the Class of 2025 and beyond, the minimum requirement for Community Service is 10 hours. These hours do need to be pre-approved by History/Social Science Teachers. Hours completed must be submitted to the History Social Science teacher for reporting. Hours that do not follow the district guidelines may not be counted for community service.

Please refer to the guidelines herein.

Please contact your school counselor for questions or further clarification. Their contact information is located on each site's webpage.

Sincerely,

Maria Esther Lizarraga



In-person Community Service Options

Organization	Organization Mission/Vision
A Reason to Survive (ART's Center)	We believe that creativity is a powerful tool that can transform the lives of young people and set them up for success. We invest in youth because they are tomorrow's employers, activists, influencers, parents, and leaders. When young people thrive, the positive effects ripple throughout their families and communities.
Southbay Community Services	SBCS (formerly South Bay Community Services) transforms communities to support the well-being and prosperity of San Diego children, youth and families. Our services and supports — based in the strengths of local communities — assist those throughout the region reach their fullest potential and touch the lives of more than 50,000 each year.
Rotary Club(s)	Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to: Promote peace Fight disease Provide clean water, sanitation, and hygiene Save mothers and children Support education Grow local economies Protect the environment
Lion's Club(s)	To empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.
Kiwanis Club(s)	Kiwanis will be a positive influence in communities worldwide — so that one day, all children will wake up in communities that believe in them, nurture them and provide the support they need to thrive.
City of Chula Vista-Community Services Dept	The Chula Vista Community Services Department's mission is to enhance the quality of life of both residents and visitors by providing safe, well-maintained parks, Libraries and centers; preserving historic resources; sharing Chula Vista's cultural diversity; caring for people; strengthening the bonds of community; creating opportunities for renewal, growth, education and enrichment.

The Sweetwater Union High School District prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived age, ancestry, color, disability, gender, gender identity, gender expression, immigration status, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics. For questions or complaints, contact Equity Compliance Officer Dr. Vernon Moore at 1130 Fifth Avenue, Chula Vista, CA 91911, (619) 691-5564, vernon.moore@sweetwaterschools.org; Title IX Coordinator Susan Park at 670 L Street, Suite G, Chula Vista, CA 91911, (619) 600-4900, susan.park@sweetwaterschools.org; and Section 504 Coordinator Sonia Picos at 1130 Fifth Avenue, Chula Vista, CA 91911, (619) 691-5564, sonia.picos@sweetwaterschools.org.

<u>City of National City - Community Services Dept</u>	The Community Services Division engages the community and improves the health and wellness of residents through safe and affordable services, programs, and special events. Provide a variety of cost-effective recreational experiences that support healthy lifestyles. Celebrate cultural diversity through programs and special events. Offer services that enhance quality of life. Deliver exceptional customer service and communication. Be good stewards of public resources. Grow and adapt with the community's changing priorities and expectations. Collaborate with local community organization to enhance and expand services.
<u>City of San Diego San Diego City Programs San Diego Parks & Recreation</u>	The City of San Diego Parks & Recreation Department offers a variety of recreational services and programs for both children and adults. Most of these activities and programs take place at our recreation centers and pools but some of them take place in our regional parks.
<u>City of Imperial Beach City Community Services</u>	The City of Imperial Beach Parks, Recreation and Community Services Department began in June 2021. The department was established to serve residents and visitors by providing recreational opportunities and community services programs for youth, teens, adults and seniors. The programs and services offered through the department provide an opportunity to improve the health, wellness and quality of life of all residents while also enhancing the image of the city.
<u>Surf Rider Foundation</u>	The Surfrider Foundation is dedicated to the protection and enjoyment of our world's ocean, waves, and beaches, for all people, through a powerful activist network.
<u>San Diego Parks/Recreation</u>	Our award-winning park system features 154 facilities across 56,000 acres of land, including parks, camping parks, sports parks, community and teen centers, open-space preserves, and historic sites. Some 380 miles of trails take visitors through multiple climates and habitats - from the coast to the desert and the valleys to the mountains. That is a lot of outside! To maintain, operate, and enjoy these incredible locations, we engage local community members who volunteer their time so everyone can experience “the upside of outside” throughout San Diego County!
<u>Volo Kids Foundation</u>	The Volo Kids story began in Baltimore City in 2015 in response to the civil unrest sparked by rioting throughout the city. The aim of the Volo Kids Foundation was to use sport as a tool for healing and a means of uniting communities. To execute our vision, we partnered with City Council members, community organizers, and recreation centers to launch the first Volo Kids Foundation program at Herring Run Recreation Center. Volo Kids has since expanded to eight cities across the country and is still growing!
<u>San Diego Coastkeeper</u>	San Diego Coastkeeper is a major force in transforming the San Diego region into a leader in sustainable water management, guided by engaged and informed communities, and protective of a healthy environment that supports high biodiversity, resilient ecosystems, and thriving neighborhoods.
<u>I love a Clean San Diego</u>	Today, our nonprofit is on a mission to create zero waste lifestyles and zero litter throughout San Diego County. ILACSD serves about 100,000 students, adults and businesses every year by providing environmental education, volunteer cleanup and beautification programs, and recycling and zero waste solutions. On average, the organization hosts over 900 workshops and produces 600 community cleanups each year. Community cleanups are responsible for clearing nearly half a million pounds of pollution from the region annually. ILACSD is dedicated to empowering every person to be leaders in conservation and waste-free living in order to protect and improve the health of the home we love.

Virtual Community Service Options

Organization	Organization Mission/Vision
<u>A Reason to Survive (ART's Center)</u>	We believe that creativity is a powerful tool that can transform the lives of young people and set them up for success. We invest in youth because they are tomorrow's employers, activists, influencers, parents, and leaders. When young people thrive, the positive effects ripple throughout their families and communities.
<u>HandsOn San Diego</u>	We have designed The Hub to be a "one-stop-shop" where San Diegans can find ways to help other San Diegans get through this crisis together. Among the MANY opportunities to help, you will find ways to: donate in-kind goods, roll up your sleeves and volunteer in-person, help from the comfort of your own home, and lend your professional skills to organizations in need.
<u>San Diego County Volunteer Programs</u>	Make your contribution to better government and a better community, put your personal values into action, and receive training and work experience to jumpstart your career by volunteering for the County of San Diego. Volunteering with the County of San Diego is an opportunity to give back to your community or gain valuable job opportunity.
<u>California Association of Student Councils</u>	The purpose of the California Association of Student Councils is to improve the quality of life in the world by developing skilled, ethical, and sensitive leaders of diverse backgrounds and cultures.
<u>Smithsonian Digital Volunteers</u>	Today, digital technology makes it possible for people who believe in the Smithsonian mission to make significant contributions online. "Digital Volunteers" can now take on important assignments to expand access to the Smithsonian's massive collections and can participate in a variety of research programs. Some roles require special knowledge or skill, but many do not.
<u>United Nations Online Volunteers</u>	The United Nations Volunteers (UNV) program contributes to peace and development through volunteerism worldwide. Online volunteering allows organizations and volunteers to team up to address sustainable development challenges – anywhere in the world, from any device. Online volunteering is fast, easy – and most of all, effective. When skilled, passionate individuals join forces online with great organizations working toward sustainable development goals, everyone wins.
<u>Translators without Borders</u>	Translators without Borders depends on volunteers to translate millions of words, but also to help us run the organization. We work with volunteers who have all kinds of great skills – and many learn new skills that they can use in their jobs.

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<u>Operation Gratitude</u>	Every year, Operation Gratitude sends 300,000+ individually addressed Care Packages to Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen deployed overseas, to their children left behind, and to First Responders, New Recruits, Veterans, Wounded Heroes, and their Care Givers. Each package contains snacks, hygiene products, entertainment, and handmade items, as well as personal letters of support. Through Collection Drives, Letter Writing Campaigns, Craft Projects, and Care Package Assembly Events, Operation Gratitude provides civilians anywhere in America a way to say “Thank You” through active, hands-on volunteerism.
<u>Adopt a Nursing Home</u>	The Texas Health Care Association has launched the Adopt A Nursing Home campaign as a way to give Texas communities a chance to step up and support our seniors in this time of need, as well as the staff who are working harder than ever to care for them. Connecting compassionate Texans like you with this community is critically important to keep spirits up as we settle in for a long period of necessary isolation at these facilities.
<u>Best Buddies</u>	Best Buddies is the world’s largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the special abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.
<u>Be My Eyes</u>	Be My Eyes is a free mobile app with one main goal: to make the world more accessible for blind and low-vision people. The app connects blind and low-vision individuals with sighted volunteers and companies from all over the world through a live video call.
<u>National Park Service</u>	Assist the NPS web team with the testing and evaluation of web products. Your feedback will be used to enhance and improve the online offerings of the National Park Service.
<u>Tarjimly</u>	Refugees, asylees, immigrants, and people who support them ("humanitarians") download the Tarjimly mobile app on iOS or Android. Humanitarians can also signup with their organization. When a Beneficiary needs a translator or interpreter, they select that language, and Tarjimly searches to find and connect the best available translator. This can take from 30 seconds to 5 minutes depending on the languages. Tarjimly connects the Translator and Beneficiary in a live chat session where they can send text, voice notes, documents, or even start a live phone call.
<u>Volunteer Match</u>	Explore Hundreds Of Virtual Volunteer Opportunities In Cause Areas Like Health And Medicine, Education, And Community Building, That You Can Do From A Computer, From Home Or Anywhere.