

Freshman Service Requirements

Freshmen complete a minimum of 10 hours of Christian service by following in the footsteps of our school's founder, St. John Baptist de La Salle, who began his service within the family. Freshmen, too, begin their service within their family.

Freshmen will also complete a minimum of five (5) SJC Flex Hours their freshmen year, helping them find their place of belonging in the SJC community. These 10 hours of Christian service within the family and 5 SJC Flex Hours, for a total of 15 hours, are required to move up to the next grade level and appear on the student's transcript.

What is meant by "Christian service within the family?"

- You must select one person within your immediate family to form an *intentional relationship* with for a minimum of 10 hours.
- All service must be direct, hands on, and relationship building.
- Your service must be WITH your family member by either attending to a particular need they have or volunteering together at a community organization.
- Your service must be something *unique and out of the ordinary*; merely fulfilling your expected household duties does not count!
 - This is a great time for you and your family to be creative and have a conversation about how you can contribute at a high level to strengthening your family and your relationships within your immediate family. Ask yourself:
 - What am I good at?
 - What do my family members need?
 - How can I help meet that need through service?
 - Who in my immediate family do I need to strengthen my relationship with?
 - Some great examples of quality service projects that students and their families have benefited from are:
 - Tutoring or teaching a younger sibling a new skill
 - Working together to make and serve a big holiday dinner
 - Serving at a church, soup kitchen, or other service project with a family member
 - Working together on a home improvement project
 - Visiting and helping care for a sick or elderly family member

- Things to avoid—projects where there is little to no conversation happening. For example:
 - Yard work like mowing or leaf blowing
 - Emptying the dishwasher
 - Doing laundry, etc.

- Projects in which you are working by yourself without working together with your family, even if it benefits your family, do not meet the requirement for freshman Christian service with the family.