

# PAHS International Baccalaureate Middle Years Program

## *Ideas for Service and Action*

*Following are some of the activities that PAHS students have participated in and documented for IBMYP service and action hours. This list is not comprehensive and is only intended to provide students with ideas for service and action.*

Service	Action
Assisted Living Center/Nursing Home Children's Hospital of the Kings' Daughters Clean the Bay Day Clean P.A. Day Coaching younger division sport Community walk/run to sport a charity Earth Day Neighborhood Clean-Up Elementary School Carnival Equi-Kids Guidance Helper at PAHS Homeless Kitchen/Shelter Hospital Library Little League Concessions March of Dimes Mission Trip with Church Neptune Festival Parade Banner Carrier Nursery School Volunteer at Church Office Helper at PAHS PAHS Love Run for CHKD Red Cross Blood Drive Volunteer Relay for Life Security Desk Helper at PAHS Seton House SPCA Special Olympics Sunday School Teaching Assistant at Church Teacher Helper Toys for Tots Virginia Aquarium Volunteer Virginia Senior Olympics Games	Art Lessons (outside of school) Band Baseball Team Basketball Team Bowling – Youth League Boxing Lessons Cello Lessons Cheerleading Cross-Country Track Dance Lessons Debate Team Drama Field Hockey Team Football Team Golf Lessons Lacrosse Team Leadership Training Lifeguard Training Musical Instrument Lessons Orchestra Scholastic Bowl Scrapbook Lessons Skating Lessons Snow Skiing Lessons Soccer Team Softball Team Swim Lessons Swim Team Tennis Team Track Team Volleyball Team