

Full Name: \_\_\_\_\_

**Sequoia Chapter - National Junior Honor Society  
Extra Curricula Activities and Community Service**

**School Activities** – must have at least two

Please list school all activities (sports and/or clubs) you have participated in during middle school from September (6<sup>th</sup> grade) to the present. If the coach is not a member of the present staff at Sequoia please have your physical education teacher sign. If you need additional space, please copy and attach an additional form.

Activity	Signature of coach or advisor

**Community Service Hours** – minimum of ten hours are required

Please list any school community service activities you have performed. (peer tutoring, attendance aide, guide for Open School Night, office helper, Safe Halloween, etc.) Please indicate the number of hours spent on each activity and have the advisor for the group sign.

Service Activity	Number of Hours	Signature of Advisor

Include any activities outside school that you have volunteered for since September (6<sup>th</sup> grade); i.e. religious groups, public library, hospital volunteer, walk-a-thons, referee, etc. All outside school community service hours **MUST** be documented on formal letterhead paper and signed by an officer of the organization.

Service Activity	Number of Hours	Documentation Attached