

Cool Force

What is Cool Force?

As a member of the Challenge School P.A.C.K., students are asked to show their Caring outside of the classroom through meaningful community service called Cool Force. It connects our academic learning to community problem solving. Cool Force encompasses opportunities for the whole child to grow and flourish beyond the classroom walls. As a result, Cool Force creates a more well-rounded, caring student body.



What are the Benefits?

Serving others is beneficial to the student, the organization, and the community. Community service experiences that include interaction in the community, are interesting and relevant to the student, and are valued activities in the community, can increase a student's academic achievement and attachment, motivation, and engagement in school.¹ Overall, participation in **meaningful community service...**

- builds character, relationships and social skills,
- grows empathy,
- develops an increased sense of social responsibility,
- provides an opportunity to apply academic learning to real human needs,
- strengthens organizational and leadership abilities,
- “trains teens to become *innovative citizens*, people who see beyond surface causes and effect change in their communities and beyond,”²
- promotes tolerance,
- provides services for communities they otherwise might not have,
- opens doors to career possibilities, and
- connects Challenge's P.A.C.K values to the “real-world.”

What are the Specifics?

Through Cool Force, students will be giving their time and effort to help out others from a choice in communities, including our own Challenge Community. Please note that students may not be compensated for this work or receive anything in exchange for labor and time. Additionally, the community service may not be part of any mandated program and really should go beyond families to others in the community. Students' grades (5th, 6th, 7th, & 8th) tells the number of service hours they need to do this school year. Parents/guardians are crucial to the success of this experience.

¹ “Benefits,” Youth.Gov, http://youth.gov/youth-topics/service-learning/what-are-benefits-service-learning#_ftnref3. Accessed 8 August 2017.

² Marilyn Price-Mitchell, “Community Service Ideas for Youth: Why Giving Back Matters,” *Roots of Action*, <http://www.rootsofaction.com/community-service-ideas-for-youth/>. Accessed 8 August 2017.

How do students proceed?

Students should choose community service hours carefully. They should enjoy it, strive for a variety of types of service, take the time to reflect upon the experience and how it has been meaningful at a personal level as well as a contribution to the community.

1. Discuss some options with parents/guardians and Connections teacher.
2. Work together with parents/guardians to schedule the service time. Often, families come together for Cool Force and make it a whole family experience.
3. As students complete hours, please record it on the Activity Log and have parents/guardians or a supervisor sign the log.
4. Reflect on the experience(s) as a whole. Please answer the questions below.
5. Lastly, share with your connections class and turn in the form to your Connections teacher by _____.

Activity Log & Reflection

Date	Activity	Hours	Signature
Total Number of Hours:			

**I have reviewed my child's Activity Log and verify that the community service has occurred.*

Parent/Guardian Signature: _____

Student Signature: _____

Please answer the REFLECTION questions in complete sentences.

1. Describe your overall Cool Force experience and the specific role you played in its success.

2. How was the experience meaningful?

3. What was the best aspect of your experience? What was your proudest moment? Why?

4. What was the most challenging aspect? Why?

5. What did you learn about yourself and the community from your Cool Force experience?

6. How does your Cool Force experience relate and support the values of the P.A.C.K.? Explain.
