



Please return this form to high school office or Youthlinks, or fax to 603-372-1960



Winter Session: January 9th - February 17th

Monday	Tuesday	Wednesday	Thursday	Friday
Homework Lounge 2:00-3:00 Snacks, Hot Drinks, & Study	Helpers for Hunger 2:30-4:30 Includes 12 hours of Community Service	Skatepark Project 1:55 Includes Community Service	Homework Lounge 2:00-3:00 Snacks, Hot Drinks, & Study	OHSE e-News 1:55
Punk Rope 3:00-4:15	Rockland Radio 2:30-4:30 Includes some Community Service	Animal Volunteer Team 2:30-4:30 Includes 12 hours of Community Service	Punk Rope 3:00-4:15 Website Design 3:00-4:30 Includes 9 hours of Community Service	Canine Outdoor Adventure 2:30-4:30 Includes 12 hours of Community Service
Big Brothers, Big Sisters <i>Mondays or Tuesdays</i> 2:30-4:15 Community Service Program runs all school year		Youthlinks Leadership Team 4:30-5:30 <i>Once a month only</i> Includes Community Service	Humane Soc. Internship 3:00-4:30 Includes 9 hours of Community Service	Party Planners: Hunger Games 2:30-4:30 Includes 12 hours of Community Service

Space Is limited! Registration recommended by Dec. 16th

THE BUS IS BACK!!! Transportation is available M-Th at 4:45pm

Bigger, Faster, Stronger
 Monday-Friday 2:30-4:00
 See Coach Moore for details

Soup Kitchen
 2nd Saturday of each Month
 Includes 4 hours of Community Service
 10:00-2:00

Youthlinks Student Volunteers
 Seeking Volunteers to help lead Middle-School after-school programs one or more days a week
 Request an Application from Youthlinks

Questions?
 Contact Scott Browning at Youthlinks
 594-2221 • sbrowning@brmaine.org
 Facebook: Youthlinks.Staff

How do sign-ups work?

1. Circle your program selection above and fill out this form

3 ways to sign up!

- This form: return to OHS office
- Online: www.youthlinksonline.org
- Phone: 594-2221

Student Name: _____ Phone # _____
First Last student's cell
 home

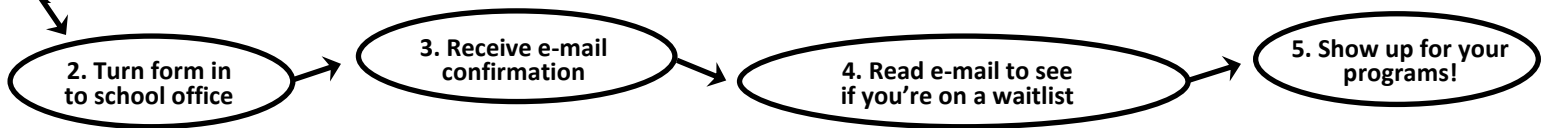
Parent/Guardian Name: _____ Phone # _____
First Last parent's cell
 work

Student Email: _____ Parent Email: _____
Please provide to receive email confirmation

We send out reminders of program and also cancellation notices. What is the best way to contact you?

Student Cell/Home Phone listed above
 Student Email listed above
 Text Message on Student Cell listed above
 Facebook Message
 Do not give me any reminders or cancellation notices

Student Signature: _____ Date: _____
By signing my name above, I am agreeing to adhere to the Youthlinks expectations.



Full School Year Programs at OHSE

Big Brothers, Big Sisters—Meets at South School, October - May, Mondays or Tuesdays 2:30-4:15—*Includes Community Service!*

Make a difference in the life of a child through mentoring. Big Brothers Big Sisters seeks dedicated, responsible, and fun loving mentors to spend time with elementary students every week. This program runs throughout the academic year, and requires commitment to attendance and positive role modeling. Volunteers must be approved. If interested, you will be asked to fill out an application and attend a volunteer training before starting.

Youthlinks Leadership Team—Meets at Youthlinks, Wednesdays once a month 4:30-5:30—*Includes Community Service!*

Interested in building your leadership skills and taking on more responsibility in Youthlinks programs? Join the Youthlinks Leadership Team. The program has been redesigned in order to give you more leadership opportunities, skills, and recognition. For more details, talk to Scott. Can't meet at the scheduled time? Let us know and we will work with you—we want you to participate!

↓ Join these programs at any time... and bring a friend! ↓

Bigger, Faster, Stronger— Meets in OHSE Weight Room, Monday through Friday 2:30-4:00.

See Coach Moore for details.

Homework Lounge—Meets in OHSE Rm. 30 Mondays 2:00-3:00 and OHSE Rm. 42 Thursdays 2:00-3:00

Failing a class? Ineligible for an activity? Need extra academic help? Want to prepare for SAT tests? Whatever the reason may be—the space and help are available Mondays and Thursdays from 2-3pm. Teachers and Youthlinks staff will be on site ready and willing to help.

OHSE e-News—Meets in OHSE Library, Fridays at 1:55

Help with the production of the online newsletter for Oceanside East. We need creativity in all forms: calling all writers, editors, photographers, graphic artists, and more!

Punk Rope—Meets in OHSE cafeteria, Mondays and/or Thursdays 3:00-4:30

Punk Rope is a playful cross between recess and boot camp. It's a combination of themed workouts, creative calisthenics, games, rope jumping, and **raise-the-roof music**. Punk Rope burns fat like there's no tomorrow, but wait there's more. It also improves: stamina | coordination | bone density | strength | balance. Classes led by Amie Hutchison of Youthlinks (also known as SK8 Plissken when she is playing roller derby). Classes are free and we provide the jump ropes. Bring water and be ready to play hard.

Skatepark Project—Meets in OHSE Rm. 15 (Mr. Pride's Room), Wednesdays 1:55pm—*Includes Community Service!*

Help rebuild, fix up and maintain the Skatepark. Be part of a team to raise funds, get materials, and fix up the park! This is your project, we're around just to help you make it happen.

Soup Kitchen—Meets at St. Peter's Episcopal Church (by Rec. Center and Library) 2nd Saturday of each month 10:00am-2:00pm

Includes Community Service! — Prepare, Cook, and Serve a meal for the Soup Kitchen with Youthlinks! Let us know if you are interested in joining.

**Sign up
on front**

Winter 2012 Program Descriptions

PROGRAMS AT YOUTHLINKS

ANIMAL VOLUNTEER TEAM *Wednesdays 2:30-4:30 @ Youthlinks*

We're going to help the homeless animals of Mid-Coast Maine! We'll work with other local animal organizations doing whatever it takes. Activities could include daily chores, fundraising projects, collecting food or building feral cat shelters. We need volunteers with a can do attitude who are ready to jump in and help. Join the pack as you assist animals in need.



CANINE OUTDOOR ADVENTURE *Fridays 2:30-4:30 @ Youthlinks*

Volunteer to hike with dogs from the Humane Society of Knox County. Explore some of the best trails in the state right here in the Mid-Coast. If it snows, Youthlinks has snowshoes!



HELPERS FOR HUNGER *Tuesday 2:30-4:30 @ Youthlinks*

Cook up some good will for those facing hunger in our community. We will get the inner scoop on hunger as we whip up recipes, help at the local food bank, and plan other volunteer projects to prepare for the upcoming Hunger Games Community Read. Learn how to use food for good in many different ways!



HUMANE SOCIETY INTERNSHIP *Thursdays 3:00-4:30 @ Youthlinks*

Assist the Humane Society of Knox County in helping the homeless animals of Mid-Coast Maine. Similar to Animal Volunteer Team, we're going to be assisting with projects for the shelter which could include daily chores, fundraising projects, collecting food or building feral cat shelters.



PARTY PLANNERS: HUNGER GAMES EDITION *Fridays 2:30-4:30 @ Youthlinks*

We're taking on a community-wide event this time around! Put your party planning skills to work as we help create events for the upcoming Hunger Games Community Read. We'll get an advance peek into the book and plan its debut into the hands of Rockland readers!



ROCKLAND RADIO *Tuesdays 2:30-4:30 @ Youthlinks*

Be the Voice of Rockland! Youthlinks is joining forces with Rockland's volunteer-powered community radio station, WRFR, to broadcast a show directed and recorded by YOU. Bring your ideas... and music!



WEBSITE DESIGN *Thursdays 3:00-4:30 @ OHS-East in Rm. 42*

Earn community service hours by designing an updated Youthlinks website. Whether you are an expert at HTML or a beginner, we can use your help.



Youthlinks Student Volunteers

Please request an application from Youthlinks

Be a role model and have fun volunteering with the middle school after-school programs. We need 1-2 volunteers each day. Volunteer for just one day a week or for several days. Volunteers must be approved. If interested, you will be asked to fill out an application and attend a volunteer training at Youthlinks before starting.

BUILD IT! *Tuesdays afterschool until 4:00*

We need your engineering skills to help middle school students build whacky structures using everyday office supplies. Bring your creativity and an open mind as we create towers, bridges, and more!

PARTY PLANNERS *Tuesdays check in afterschool, then 4:00-5:00*

Help middle school students plan for their big talent show and family night dance. You'll be responsible for leading small-group craft activities and keeping participants on task.

GLEE! *Thursdays afterschool until 5:00*

You'll prepare the middle school GLEE club for their winter performance by helping students get comfortable with their vocals, dance moves, and stage presence. Musical experience is a plus, but not necessary. Attendance at the Friday, February 17th GLEE performance is mandatory.

GAME LOUNGE AND DODGEBALL

Fridays afterschool until 5:00

Volunteers will help supervise activities and promote good sportsmanship while playing games and throwing the dodgeball.

