

**Community Based Activity: Involvement/Service/Employment/Athletics/Fine Arts/Clubs** – list both voluntary and paid time

School Year	Name of Activity	Nature of Involvement	Total Hours
2022-Present	Real Canadian Superstore- Bakery Clerk- Employment	<ul style="list-style-type: none"> <li>• Packaging, dating, and labelling all in- store bakery items.</li> <li>• Sorting through stock and stocking all products on the bakery floor.</li> <li>• Oversee maintenance and quality of bakery displays and customers needs. Ex: Providing customer service by slicing bread, helping customers find an item by looking in the freezer or directing them to it, taking orders, etc.</li> <li>• Keeping the back of the bakery clean and organized.</li> </ul>	429
2021-2022	Earls Kitchen- Dishwasher- Employment	<ul style="list-style-type: none"> <li>• Loading and unloading all dishes and glassware.</li> <li>• Washing several crates of pans and pots by hand.</li> <li>• Cleaning the entire dishwashing area thoroughly and mopping all kitchen floors.</li> <li>• Kitchen food prep.</li> <li>• Cleaning and wiping down the cooler.</li> <li>• Washing all dishes by hand when the dishwasher is nonfunctional.</li> </ul>	349
2009-2021	Competitive Dance	<ul style="list-style-type: none"> <li>• Started ballet classes at age 4</li> <li>• Did several other forms of dance including lyrical, jazz, acro, hip hop, and tap.</li> <li>• Danced competitively.</li> </ul>	2000
2022-Present	Chilliwack General Hospital- Volunteer	<ul style="list-style-type: none"> <li>• Took online courses for fire safety, the use of a fire extinguisher, and how to spot signs of violence.</li> <li>• Administered patient experience surveys to patients on the 3rd, 4th, and 5th floors.</li> <li>• Visiting patients' rooms on the north and south wing of the 5th floor.</li> <li>• Talk to patients about how they are feeling and converse with them.</li> <li>• Refill blankets in blanket warmer, give them to patients, tidy beds and surrounding area, and bring patients water.</li> </ul>	18
2022	After School Arts Program at Central Elementary School- Volunteer	<ul style="list-style-type: none"> <li>• Set up arts and crafts activities for that day.</li> <li>• Help kids follow instructions and get started on their project.</li> <li>• Sat with kids who were struggling and helped them with difficult parts.</li> <li>• Cleaned paint brushes and other supplies at the end of the day.</li> </ul>	7.5
2021-Present	Compassionate Neighborhood Health Partners Society Program- Volunteer	<ul style="list-style-type: none"> <li>• Called a senior once a week to talk about how she is and her life.</li> <li>• Took two workshops on how to communicate with seniors who are hearing impaired, visually impaired, or suffering from dementia.</li> <li>• Took another course on how to spot elder abuse.</li> <li>• Attend intergenerational meetings to interact with seniors and other youth.</li> <li>• Delivered spring planters to seniors homes.</li> <li>• Taught seniors how to crochet and knit.</li> <li>• Helped set up the yearly fundraiser.</li> <li>• Managed a pizza fundraiser at my school.</li> <li>• Help at intergenerational events with painting and other crafts.</li> <li>• Wrote Christmas cards to seniors.</li> </ul>	43