**Service Hour Requirements**

100 Hours over a 4-year period

* We ask that 50% of your service hours be completed volunteering at St. Thomas or in the community.
  + This would consist of hours completed helping at St. Thomas. Students will have opportunities to serve at major school events such as Camp Aquinas, Open House, New Eagle welcome, Registration night, Parent Teacher conferences, in house tutors (NHS), peer mentoring programs (Senior Leaders), and the Eagle Ambassador program, as well as the various all school masses that take place throughout the academic year.
  + Service may also be completed outside of St. Thomas, such as: helping coach a sports team, working at Memorial Park, etc.
* We ask that the 50% of your service hours be completed volunteering for a faith based organization. Examples are:
  + Camp Blessing
  + Houston Food Bank
  + Meals on wheels
  + Mission Trips
  + Loaves and Fishes
* Students may pick from a variety of places located in the x2vol.
* Alternative volunteer sites must be approved by Dr. Gotay prior to volunteering there. NO exceptions.
* Volunteer work performed during the summer can be posted to the upcoming school year.

**REQUIRED HOURS**

**FRESHMAN:** Minimum of 10 hours

**SOPHOMORES**: Minimum of 20 hours

**JUNIORS**: Minimum of 30 hours

**SENIORS**: Minimum of 40 hours, plus a reflection paper

* ***Reflection 2 page paper.****(MLA format) answering these questions: What impacted you the most about your serving throughout your time at St. Thomas? Explain, How do you think service has impacted you and the community you served?*

**ROLL OVER HOURS**

Although service hours are **NOT carried over year to year**, they can be **banked** towards the student’s senior year.

***For example:*** If a Freshman accrues 30 hours of service during the school year, 10 hours will be credited towards his required amount, and 20 can be banked for his senior year. The idea of banking accomplishes two things. 1) Rewards the students for surpassing their required hours. 2) Gives students a chance to meet their required hours for their senior year, long before that year arrives, enabling them to focus on both their studies and college applications.

The aim of allowing the young men to serve in this capacity is not for the sake of collecting hours but rather to be the “hands and feet” of God to God’s people.  Each young man will go through rigorous hours of theological content, and being of service to the community allows each to put into action what he has learned.  Serving as such allows the young men to be transformed as “heralds” of the good news.

**FAILURE TO MEET REQUIREMENTS**

If by Christmas Break of Junior year, a student has not been meeting their service hour requirement, the will have two options:

1. Attend the *30 hour fast challenge*held at STH.
2. A meeting with President Fr. Murphy, Dr. Aaron Dominquez about students eligibility to continue education at St. Thomas High School will happen in the event a student is not meeting his required hours.

**DOCUMENTING HOURS**

We are moving to an online system named X2VOL. **X2VOL Service Program:**

* <https://www.x2vol.com/index.html>

**SERVICE AWARDS**

* Students who achieve X plus hours of service by the end of their senior year will be honored at graduation.
* The student who receives the most hours in the school will get some additional honour.

**For questions concerning service hours please contact Dr.**[**Alex Gotay.**](mailto:Alex.Gotay@sths.org)