

# Parent Hours Monthly Tally Sheet

All Hours must be recorded on this Tally Sheet.

Please turn in this Tally Sheet monthly to the Parent Hours Drop Box.



**PLEASE PRINT • FILL OUT FORM COMPLETELY**

| Student Name | Grade | Teacher |
|--------------|-------|---------|
| 1.           |       |         |
| 2.           |       |         |
| 3.           |       |         |
| 4.           |       |         |

Parent Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**MONTH/YEAR** \_\_\_\_\_  
 ( Enter month and Year)

| Day | Activity | Hours |
|-----|----------|-------|
| 1   |          |       |
| 2   |          |       |
| 3   |          |       |
| 4   |          |       |
| 5   |          |       |
| 6   |          |       |
| 7   |          |       |
| 8   |          |       |
| 9   |          |       |
| 10  |          |       |
| 11  |          |       |
| 12  |          |       |
| 13  |          |       |
| 14  |          |       |
| 15  |          |       |
| 16  |          |       |

| Day                        | Activity | Hours |
|----------------------------|----------|-------|
| 17                         |          |       |
| 18                         |          |       |
| 19                         |          |       |
| 20                         |          |       |
| 21                         |          |       |
| 22                         |          |       |
| 23                         |          |       |
| 24                         |          |       |
| 25                         |          |       |
| 26                         |          |       |
| 27                         |          |       |
| 28                         |          |       |
| 29                         |          |       |
| 30                         |          |       |
| 31                         |          |       |
| <b>Total Monthly Hours</b> |          |       |

**Total Hours Completed to Date:** \_\_\_\_\_

- List the activities and number of hour each day.
- Have a teacher or staff member sign their initials for verification
- At the end of each month, tally up your hours
- Drop the completed form into the parent drop box to be counted in the school-wide parent hours spreadsheet
- Keep a copy of your Tally Sheets for your own reference.

**Contact the Parent Liaison at (916) 649-7850 or email [parenthood@ps7.org](mailto:parenthood@ps7.org).  
 Remember to include your name and your student's name**

# PS7 Parent Hours Monthly Tally Sheet

*What qualifies and how do I turn them in?*

Parent volunteer hours for PS7 can be earned several different ways.



## What Counts?

- Assisting with after-school childcare
- Attending Student/Parent/teacher Conference and parent Orientations
- Attending Parent Events
- Fingerprinting (\$10 fee = 2 hours of credit)
- Bathroom monitoring
- Buying food for Parent Events or for your child's classroom (\$5 = 1 hour, receipt must be turned in with tally form)
- Childcare during Parent Events (double the hours)
- Classroom Cluster Instruction
- Completing at-home projects for teacher or parent liaison
- Garden Project Volunteering
- Helping during after-school Homework Hour
- Homework time with kids
- Home Visits
- Lunch monitoring
- Making or baking food for Classroom or Family Event
- Mentoring another PS7 Parent through the Parent Peer Leaders
- Morning greeting (2 mornings = 1 hour of credit)
- Parent/Student/Teacher conferences
- Participating in any parent Group Meetings
- Reading time with kids
- Recess Monitoring
- Set up/clean up for school events
- Tutoring
- Volunteering in your child's classroom
- Volunteering to drive for classroom field lessons

## What does not count?

- Dropping your child off at school
- Picking your child up after school
- Sitting/standing in the hallway during school hours
- Completing hours for your Sacramento High School Student or Triumph Pre-School Student. These are very important to complete however do not count towards PS7 Parent Hours.

**These are only suggestions and are not the only ways to complete your parent hours.**

Contact the Parent Liaison at (916) 649-7850 or email [parenthood@ps7.org](mailto:parenthood@ps7.org) for further questions regarding parent hours.