Dear Prairie Volunteers,

According to Helpguide.org, volunteering can have many benefits to your mental and physical well being! Here is a list of great reminders why volunteering is so important:

- it helps you make new friends
- it increases self-confidence
- it helps you stay physically healthy & active
- it can teach your valuable job skills
- it increases your social & relationship skills
- it combats depression
- it can provide career experience

These are among a few researched-based facts that I hope you have experienced while volunteering at Prairie Schools. We greatly
appreciate that you choose to share your time and talents with us.

Check out the great volunteer opportunities below!

**Help Wanted at College Community Schools!**

**PRAIRIE MUSIC ASSOCIATION**
Are you interested in helping support the Prairie Music Association? To find out what PMA does, join us at our next meeting on March 11, 2014 at 7:00 pm in the High School Band Room. We are currently in need of volunteers to serve as committee chairs for the 2014-15 school year. If you would like to be a part of supporting the music programs at Prairie in any way, please contact Michelle Krapfl at michelle.krapfl@mcgladrey.com or Brenda Swanson at swansoninroscoe@yahoo.com. Prairie Music Association supports all K-12 music programs at College Community Schools.

**Help our schools from home! It's easy!**

Send in the labels or receipts from the following programs and our school receives funds that help support our programs for students.

**Prairie Crest**
- Target for Education, Box Tops for Education, Labels for Education, Hy-Vee Receipts, Tyson A+ Projects, Pop Tabs

**Prairie Heights**
- Hy Vee Receipts, Labels for Education, Box Tops for Education, Pop Tabs, Tyson A+ Project

**Prairie Ridge**
- Box Tops for Education, Hy Vee Receipts, Pop Tabs

**Prairie View**
- Box Tops for Education, Labels for Education, Target for Education, Hy Vee Receipts, Pop tabs

**Prairie Creek**
- Box Tops for Education, Hy Vee Receipts, Target for Education

**Prairie Point**
- Box tops for Education, Hy Vee Receipts, Target for Education

**Prairie High School**
- Hy Vee Receipts, Target for Education

**Prairie Edge**
- Labels for Education, Box Tops for Education
If your child's building does not participate in a program, send your labels or receipts to Kathy Waychoff, College Community Schools, 401 76th Avenue SW, Cedar Rapids IA 52404, and they will be divided between the participating schools.

Thank you for sharing your time and talents with Prairie Students!

Kathy Waychoff
District Volunteer Coordinator