



LOOK AFTER SOMEONE TODAY (L.A.S.T.)

The purpose of this Waterford activity is to focus your attention on caring for and serving ONE person – on a regular basis like very day or every week.

Choose someone who is in need and perhaps disadvantaged and / or marginalized. Do not tell them or let them feel they are a special project.

The person could be a family member, neighbour, relative, or another student who is lonely and/or bullied.

Commit yourself on a regular basis to be in relationship with them – via phone calls, regular visits or weekend / social activities.

Please see Mr Dell if you wish to participate in this program as you will need to provide weekly updates of your commitment and progress to serve one person. A minimum of one hour per week is appropriate.

Please refer to the log sheet.

Person you helped	Date	Amount of time	Comments/reflections



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