

SACRED HEART SCHOOL

FORMING MIND, BODY, & SOUL

200 THIRD STREET NW • EAST GRAND FORKS, MN 56721



Love from the Heart of Jesus

Sacred Heart High School Student (Grades 9-12) 100 Service Hours

In conjunction with the school's philosophy to foster students to become "citizens who are responsive to the needs of society," Sacred Heart School is setting the expectation that each student in grade nine through twelve, will accumulate 100 hours of Christian Service prior to graduation.

The expectation is that each student, starting in grade nine, will accumulate their service hours with a goal to perform 25 hours of service at school or in the community each year. Each student will set as his/her goal a total of 100 hours prior to graduation. Students will not be required to achieve the hours to graduate. Each student who accomplishes the 100 hours will receive recognition in the graduation program and the honor to wear a white honor cord with their graduation apparel.

Service hours performed in conjunction with National Honor Society and Student Council can apply to the 100 hour total. Service hours are one of the many criteria that colleges look favorably upon when completing applications.

Students must complete a service hour form describing the experience. The form requires the signature of an adult (parent, teacher, supervisor, etc.). Once completed, approval must be sought from the school principal. The principal will give the approved form to the school counselor and the hours will be tracked by the counselor. All service hours must be approved within one calendar year of completion to receive credit.

The general guidelines for service hours to be approved will be that the student cannot be paid for the service and that the service cannot be done for an immediate family member. In addition, the service cannot be for a required service of the school, such as Rake-a-thon and fish fry's. Students can earn 15 minutes per obligatory Mass, any service at a non-obligatory Mass will accumulate for the length of the mass.

Possible service hours/projects will be posted on the service bulletin board in the high school commons as we receive them. These postings could come from a variety of sources. **Sacred Heart is the agent for the service program therefore, no student may do an outside of school service project unless a safe environment approved chaperone (parent, teacher, etc.) accompanies the student for the entire activity.** This is only for posted service opportunities on the school bulletin board. If a student performs a service project upon their own initiative a safe environment approved chaperone is not necessary.

Questions about the program should be directed to the school principal or counselor.

Possible service hour suggestions, but are not limited to the following:

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| Post-game clean up | Liturgical ministries |
| Eugene the Eagle Mascot | Yard work for a neighbor |
| Working school events such as sporting events | Helping as a classroom aide |
| Mission Trips | Helping in the school library |