



Sacred Heart's U Rock Team

Sacred Heart's youth have started a newly organized group called U R.O.C.K. (U – **R**eaching **O**ut to **C**reate **K**indness). The kids started with a simple mission statement. “We want to make others smile”. The group meets weekly to plan activities that would achieve smiles. They celebrate each student's birthday with a large cookie and a Happy Birthday. They recognize the special talents or achievements on the large showcase in the hallway where students recognize each other for the great things they do.

How do you make more than 100 people smile in a short amount of time? You offer free popcorn in the afternoon for all that can follow their noses. It's a special way to say thank you!

The students wanted to expand their acts of kindness beyond the school's walls, so they headed out into the community. First they delivered cupcakes to random businesses and then they spent their Saturday morning decorating a Seniors Common Area for Christmas, all the time laughing and singing. They also organized a warm clothing drive in Yorkton so that no one would be left without winter clothes.

The students refer to the list of the 40 Developmental Assets and pick a new asset and brainstorm a relevant activity. A couple of volunteers and boom, the new activity begins!

Who are these kids? They are kids who just want others to love being in school, in their families, in their community, or even in their own skin!