

Year 12 Parents CAS Information Guide

What is CAS?

**Creativity
Action
Service**

Creativity - Creativity in CAS is interpreted as imaginatively as possible to cover a wide range of arts and other activities outside the normal curriculum. This includes creative thinking in the design and carrying out of service projects.

Action - Action includes participation in expeditions, individual and team sports, and physical activities outside the normal curriculum. It also includes physical activity involved in carrying out creative and service projects. It should promote a healthy way of life.

Service – Service involves an unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected. Service activities should not only involve doing things for others but doing things with others (it should be reciprocal) on a local, regional or global level.

The Aims of CAS

The CAS programme aims to develop students who:

- enjoy and find significance in a range of CAS experiences
- purposefully reflect upon their experiences
- identify goals, develop strategies and determine further actions for personal growth
- explore new possibilities, embrace new challenges and adapt to new roles
- actively participate in planned, sustained, and collaborative CAS Projects
- understand they are members of local and global communities with responsibilities towards each other and the environment
- Facilitate student involvement in sustained, collaborative projects.
- Offer a balanced range of activities to facilitate intellectual, physical, creative and emotional experiences.

“All CAS activities need to meet 4 criteria” CAS Guide 2010 p.3:

1. Real purposeful activity with significant outcomes.
2. Personal challenge – extending (students) and achievable (for them.)
3. Thoughtful – planning, reviewing, and recording.
4. Reflection on the 8 Learning Outcomes and personal learning.

8 Learning Outcomes

1. Increased their awareness of their own strengths and areas for growth
2. Undertaken new challenges
3. Planned and initiated activities
4. Worked collaboratively with others
5. Shown perseverance and commitment in their activities
6. Engaged with issues of global importance
7. Considered the ethical implications of their actions
8. Developed new skills

What is necessary to fulfill your CAS requirement at Island School (NB this is the same for IB Diploma and all other students)

- Complete a Project and at least 2 Majors.
- Reflection on and evidencing of your Project and at least 2 Majors on ManageBac
- The reflections must cover all 8 Learning Outcomes
- Recording of Minors on ManageBac
- Completing 2 interviews, with notes recorded on ManageBac by tutor or (S)HOH.

What is a 'Project'?

- It must involve at least **2 elements** of CAS (Creativity, Action, Service)
- Be self initiated (students must take an active role in seeking out a Project. It is fine if this is something on offer at school.)
- Be planned and a regular commitment over a period of at least 6 months (this can be split into 2 'seasons') but ideally 12 months.
- Involve collaboration
- It must be recorded on ManageBac and be evidenced.

What is a 'Major'?

- A planned activity/event/project lasting for a minimum of 12 hours that is taken over a block of time and involves a weekly or regular participation.
- Students need to show a significant level of personal involvement, initiative and commitment.
- Majors should fulfill multiple of the 8 CAS 'Learning outcomes'
- Majors must be recorded on ManageBac and be evidenced.
- There should be a balance of C, A and S in the Majors undertaken.

What is 'evidence'?

Evidence includes things like:

- Photos
- the link to a blog
- certificates of completion/appreciation
- copies of emails
- letters of appreciation
- video extracts
- timetables/running schedules
- newspaper cuttings/online media links which mention the student
- flyers for events

The 'Project(s)' and all 'Majors' must be evidenced.

Types of Reflections

Written reflections (often referred to as a journal)

Do not need to be written in formal prose, but may be in bullet point form, or short Twitter style comments can still provide for powerful reflections

Oral reflections (must be recorded and uploaded in Managebac)

During interviews with the CAS Advisor.

During discussions with the activity supervisor

Discussions with group members (where applicable)

Recording a podcast

Visual

Murals, Creative design, Sculpture, Collage

Creative

A comic strip

Poetry

A letter to the editor / an editorial

A word cloud (wordle)

A video / short film or animation

A drama performance