

Outreach Community Service/Mini CAS 2016-17 Guidelines

9th Grade Outreach Community Service 35 hours required*.

= 20 hrs Outreach Community Service + 15 hrs Mini CAS (Creativity/Activity)

10th Grade Community Service 50 hours required. *

= 35 hrs Outreach Community Service + 15 hrs Mini CAS (Creativity/Activity)

Requirements for Satisfactory Completion/ 9th and 10th Grades

Students must submit their portfolio to their advisory teacher by Monday, May 1, 2017 for Satisfactory Completion of Community Service Grade.

Portfolio to include:

Student Name/Advisory Teacher on Binder Cover

ALL Student work should be placed in page protectors following the order listed below. Please use section dividers for each grade/9th and 10th.

1) Student CAS Evaluation: Connecting Outreach Service and/or Mini CAS (Creativity/Activity) to reflections.

2) Written Reflection/Evidence no more than 3 pages

*Reflective Evidence must include Self Evaluation about ONE outreach community service activity **AND** one Mini CAS experience that has EXTEND you as a life long learner. Documented evidence (pictures, illustrated displays, flyers) of your community service and extending life experiences must support and be included with your written reflection. Reflections must show thought, growth, and balance. **Reflection must be typed, double-spaced, 1-3 pages in length and placed in a hard/2" binder/portfolio.**

3) OUTREACH COMMUNITY SERVICE/MINI CAS HOURS LOG

Tracking Community Service Hours between 8/1/16 and 4/28/17

All required hours will be logged on the **Sussex Academy Outreach Community Service /MINI CAS LOG**

9th Grade Required: 20 hrs (Service) AND 15 (Creativity/Activity)**

10th Grade Required: 35 hrs (Service) AND 15 (Creativity/Activity)**

****All service hours must be completed and signed off by supervisors/coaches of activity by Friday, 4/28/17 with reflection and logs due Monday, May 1, 2017.**

No late reflections will be accepted.

CREATIVITY IDEAS

1. Learn a musical instrument
2. Join a chess club
3. Debating or public speaking competitions
4. Art classes
5. Join a band, ensemble, choir, etc.
6. Event committee
7. Write for a magazine or newspaper
8. Participate in a school musical, etc.
9. Learning another language (outside of school)
10. Being part of the literary society (broadening cultural understandings through readings, plays)
11. Design and create a mural at school (C/S)
12. Plan and execute an art project for kids at a residential treatment center. (C/S)
13. Plan and execute an art project at a school where students don't have art.
14. Learn an especially challenging piece of music/ dance routine (C/A, if dance)
15. Choreograph and participate in a dance routine for sports events (C/A)
16. Perform music or dance in a new or especially challenging context (public audience, competition)
17. Do a world map mural project with younger students and teach about geography. (C/S)
18. Plan a musical program and perform for hospital patients. (C/S)
19. Teach art/music/dance to another person/group of people. (C/S)
20. Design a website for a school/non-profit/charity organization. (C/S)
21. Design a series of after school tutoring sessions. (C/S).
22. Teach anything- this always involves design and creativity if it's done correctly
23. Design an awareness campaign for an environmental issue (posters, announcements, presentations).
24. Create a mini photography portfolio with a clearly defined theme, objective, and goal.
25. Take a ceramics class (outside of school).
26. Write a poem or short story for the yearbook.
27. Start a debate team (C)
28. Start a photoblog or join new photographers groups on Flickr where you can share your photography and improve your photography. 365 photos project. Photo Friday etc. (C)
29. Find an ugly wall in your neighborhood and design a mural for it. Ask permission from whoever owns it and enlist friends or neighborhood kids to help out with it. (C/S)
30. Create a historical walking tour of your town with map and signs explaining the historical significance (C/S)
31. Create a nature walking tour with map and nature information (C/S)
32. Design and create attractive signs with environmental messages for your school or neighborhood. (C/S)
33. Involvement with School Productions (C/S)
34. Gardening (Planning, planting, maintaining a garden area) (C/A/S)
35. Paint Night

Activity Ideas

1. Team Sport (developing skills further in basketball, tennis, football, swimming, etc.)
2. Run a marathon or fundraising run
3. Cheerleading or dancing
4. Plant a tree.
5. Martial arts classes
6. Take up yoga, pilates
7. Learning a new sport
8. Taking part in sports competitions (House / school / regional / state sport competitions)
9. Climb a mountain

10. Try bowling. Try golfing. Try surfing!
11. Learn to swim
12. Learn to SCUBA dive or get advanced certification
13. Try mountain biking. Organize a trip for a group from school.
14. Commit to riding your bike to school a certain number of times per week.
15. Join a gym over winter. Set yourself a workout plan and stick to it!
16. Join a hip hop dance class

Service Ideas

1. Tutor at a local elementary school
2. Work as a teacher's aide in a local elementary school
3. Volunteer to help play with children at the boys and girls club.
4. Teach singing/piano/guitar as a lunchtime or after school club
5. Teach people at non-profit or charity about open-source software and how they can use applications to make their organization serve people better
6. Visit the hospital weekly and chat to the residents, or teach them a new craft/skill
7. Volunteer to teach a workshop at a local internet café on writing a resume (S/C)
8. Organize a beach clean-up with your friends.
9. Campaign the local government on an issue you feel strongly about
10. Plant trees in watershed (S/A)
11. Become certified in CPR/First Aid at local Red Cross.
12. Become a CPR/First Aid instructor and teach classes at local Red Cross.
13. Serve as a translator for school activities as and when needed.
14. Help a lower school club set up a website (like maybe the Thousand Crane Club)- (S/C)
15. Design and perform a creative skit about healthy eating habits for lower school (S/C)
16. Research healthy eating options and change Hungry Hideout food offerings (S/C)
17. Design a poster campaign for healthy eating (S/C)
18. Start a Model UN team (S/C)
19. Being a part of RSPCA or Zoological Societies (C/A/S)
20. Environmental Action Groups (C/A/S)
21. Work Experience/Internship (unpaid work in a hospital, kindergarten) (C/A/S)