



Creativity, Activity, Service

Handbook 2018/2019

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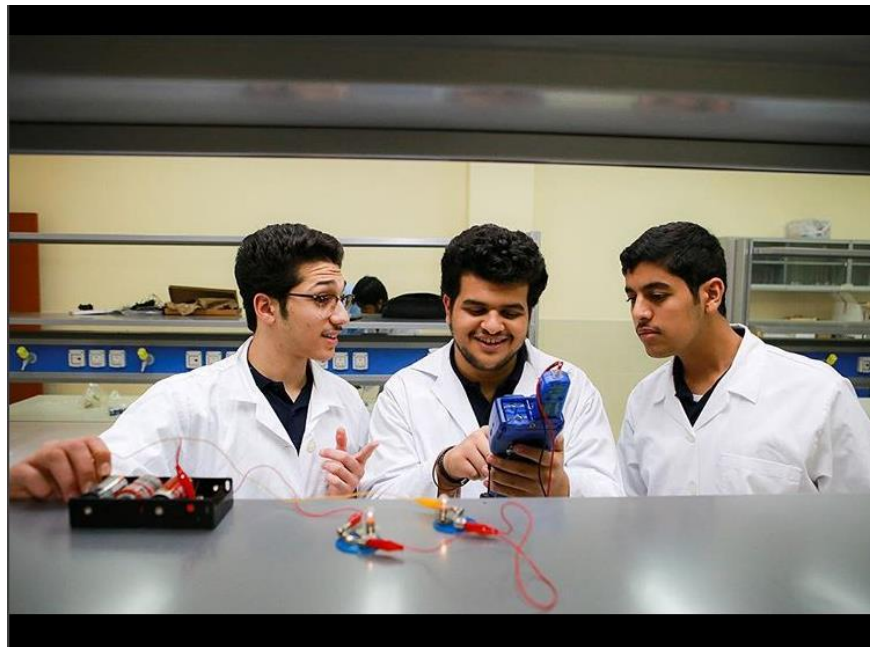


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ACA Mission Statement

The American Creativity Academy is a private school that delivers a standards-based American Curriculum Within an environment in which Islamic values are respected and practiced. The school is dedicated to preparing students for university Success.

WE BELIEVE:

Practicing Islamic values develops a character with honesty, integrity and responsible behavior

- Education requires a partnership among parents, students and staff
- Students learn and thrive in a healthy, safe and caring environment
- In challenging students to think critically and creativity
- In developing the whole child – intellectually, spiritually, socially and physically
- In preparing students to contribute constructively to a global society
- Effective communication is essential for a cohesive school community and a positive school climate
- Learning is a life-long process in inspiring excellence



What is CAS?

Creativity, activity, service (CAS) is at the heart of the Diploma Programme. The three strands of CAS, which are often interwoven with particular activities, are characterized as follows:

Creativity: Any experience that involve creative thinking.

Activity: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.

Service: an unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.



Guidelines for CAS

- CAS experiences must be distinct from, and may not be included or used in the student's diploma course requirements
- CAS should be done on a regular basis, preferably weekly
- Your Homeroom Teacher is your CAS Coordinator. This is your time to ask questions and receive direction for your CAS experiences
- **CAS should involve** real, purposeful activities, with significant outcomes
 - A personal challenge – tasks must extend you and be achievable in scope
- There should be relatively equal balance between Creativity, Activity, and Service
- CAS cannot be made up; it must be a regular continuous commitment. Though hour counting is discouraged, it should be roughly 10 hours for each strand a quarter (30 hours total per quarter).
- Meet with your advisor periodically, at least **3 documented Interviews** are required over the 18 months.
- **Complete a portfolio (through <https://www.managebac.com/>)** that provides evidence of CAS experiences and growth.



The CAS project

Students must be involved in at least one CAS project during IB CAS.

It must consist of:

- A collaborative “team” effort with other students or members of the community
- A series of CAS experiences
- Lasting minimum one month from planning to completion
- Involve one or more of the three strands of CAS
- Challenges students to show initiative
- Demonstrate perseverance/commitment
- Develop skills of cooperation, problem solving, and decision making

Examples of CAS projects for ACA students:

- Creativity*: A student group plans and creates a school-wide activity for Liberation Week.
- Activity*: Students organise and participate in Junior Varsity Soccer including training sessions and matches against other teams.
- Service*: Students set up and distribute food during Ramadan to street workers
- Creativity and activity*: Students tutor teachers at ACA in Arabic and design a learning program for them
- Service and activity*: Students plan and participate in the planting and maintenance of a garden with members of the local community.
- Creativity, activity, and service*: Students work together to organize a community event that services a disenfranchised group in the community

The CAS stages

The CAS Stages are used with the CAS project, CAS Service, and may be used with other CAS experiences. The five CAS stages are as follows:

•**Investigation:** Students identify their interests, skills and talents to be used in considering opportunities for CAS experiences, as well as areas for personal growth and development. Students investigate what they want to do and determine the purpose for their CAS experience. In the case of service, students identify a need they want to address.

•**Preparation:** Students clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines, and acquire any skills as needed to engage in the CAS experience.

•**Action:** Students implement their idea or plan. This often requires decision-making and problem-solving. Students may work individually, with partners, or in groups.

•**Reflection:** Students describe what happened, express feelings, generate ideas, and raise questions. Reflection can occur at any time during CAS to further understanding, to assist with revising plans, to learn from the experience, and to make explicit connections between their growth, accomplishments, and the learning outcomes for personal awareness. Reflection may lead to new action.

•**Demonstration:** Students make explicit what and how they learned and what they have accomplished, for example, by sharing their CAS experience through their CAS portfolio or with others in an informal or formal manner. Through demonstration and communication, students solidify their understanding and evoke response from others.

Your CAS portfolio

All CAS students are expected to maintain a CAS portfolio as evidence of Engagement. The CAS portfolio is used to plan your CAS programme, reflect on your CAS experiences, and gather evidence of involvement with CAS. It is also used to showcase your CAS achievements and should be a source of pride.

Here at ACA, your CAS portfolio is electronic through Managebac - a system that was actually developed by former IB students! For more information about Managebac, please go to <http://help.managebac.com/support>

To login, please go to <https://new.managebac.com/login>

Your CAS coordinator will communicate with students through Managebac and it is the student's responsibility to regularly check it for updates. In addition, students must consistently keep their reflections and evidence up to date in their Managebac portfolios.



CAS Experiences

A CAS experience is a specific event in which you engage with one or more of the three CAS strands. A CAS experience must:

- Fit within in one or more of the C-A-S strands
- Be based on your personal interests, skills or **be an opportunity for growth**
- **Not** be used or applied toward any other requirement (such as NHS)
- Generally a CAS Experience will touch on more then one strand of Creativity, Activity and Service.

Creativity

- Explore your own sense of original thinking and expression. You are encouraged to move beyond your comfort zone and to try something unconventional! Design a new website or involve yourself in a local drama group.

Activity

- Activity promotes lifelong healthy habits related to physical wellbeing. Experiences in Kuwait can be pursued through ACA extra-curricular sports or be an activity of your own choosing. Students should pursue a genuine challenge as with all CAS experiences

Service

- All service must evolve beyond doing things for others to engaging with others in a shared commitment towards the common good. You must perform a service that fits an identified need and interact with groups in the community to fulfill your service

Community Service Opportunities

LOYAC <https://www.loyac.org>

LOYAC is a nonprofit organization working towards the overall development of the youth.

INJAZ <http://www.injaz.org.jo/>

INJAZ is a youth-centered non-profit organization. Over, 1.9 million youths have benefitted from participating in *INJAZ* activities since its inception.

National Honor Society (NHS)

Contact the NHS president on your school campus for further information

ACAMUN

Contact the MUN director or MUN student team for further information

This list is updated periodically with specific experiences by your CAS Advisors. Please see them for new activities.



Glossary of CAS Terms

-CAS Coordinator-the person(S) who is giving overall responsibilities for establishing and overseeing the school's CAS program. Mrs.laila Talaat & Mr.Nick Wessels are the CAS coordinators for ACA School.

- Experience – a specific event in which the student is involved with one or more of the three CAS strands. A CAS experience can be a single event or may be an extended series of events.

-Global- having a significance or reference that extends beyond a local context or relates to the whole world.

CAS students are encouraged to see the connections between their local experiences and a global context.

-Learning Outcomes- it specifies what a CAS student is able to do at some point during his or her CAS programme. Through meaningful and purposeful CAS experiences, students develop the necessary skills, attributes & understandings to achieve the seven CAS learning outcomes.

Portfolio- A collection of evidence of involvement in CAS experiences and reflections upon them that shows the learning outcomes have been achieved.

Project- All CAS students undertake a CAS project involving teamwork that integrates one or more of CAS strands. Duration is a minimum of a month.

The project provides opportunities to develop and advance skills particularly related to collaboration & sustained relationships and enables students to develop and refine plans in response to any problems that arise and to reflect on their progress and outcomes.

-Reflection – a process of exploration of personal thoughts and feelings that informs students' learning and growth by allowing them to explore ideas , skills, strengths , limitations and areas for further development and consider how they may use prior learning new contexts.

-Strands- In CAS, there are **three** strands for experiences: **Creativity, Activity & Service.**