

# Creativity Activity, Service + Service as Action



What they look like at SCIS



A parent guide



**CAS/SaA are about quality, not quantity**  
The IB does not mandate minimum hour requirements for CAS in the Diploma Programme or SaA in the Middle Years Programme.

At SCIS we do not consider "CAS hours" or "service hours" and don't use the terminology of "getting hours" for any experience.

For each Grade level we set expectations for students to achieve. These focus on the development of self-motivation, personal growth, and authentic engagement through experiences.

## 1 What is required?

There are many activities already offered at SCIS for students to get involved. At the start of MYP, most activities are school-initiated however students start to develop and run their own projects as they complete MYP and enter DP. Minimum requirements by grade level are:

Grade	Extended service activity	Extended creative activity	Extended physical activity	Minimum Learning Outcomes
Grade 6	At least one			At least two
Grade 7	At least two			At least three
Grade 8	At least one	At least one creative or physical		At least four
Grade 9	At least one	At least one creative or physical		At least five
Grade 10	At least two	At least one	At least one	All seven

When students are completing CAS in Grades 11 and 12, there is an expectation of continual participation in creative, active, and service based activities. CAS students are also required to complete at least one CAS Project and demonstrate achievement of all seven learning outcomes.

## 2 Experiences vs Projects

Students will be involved in multiple activities, aiming for regular weekly participation.

As students progress through the programmes, they will take on the responsibility for collaboratively organising projects that take place over an extended time period.



**Organised by:** Teacher/Parent/Group

**Involvement:** Individual or group

**Commitment:** Usually short term

**Skills gained:** Few or none

**Reflection opportunities available:**  
Students should be able to reflect on why they chose to be involved in the experience and what they learned and felt through being involved.

**Supervisor responsibilities:**  
Risk assessment before experience.  
Organisation of transport (if needed).  
Supervision of activity.  
Supervisor review for each student.

**Organised by:** Student group

**Involvement:** Group

**Commitment:** More than one month

**Skills gained:** Multiple

**Reflection opportunities available:**  
Students will reflect during planning of the project, while undertaking the project experiences, and after the project has been completed.

**Supervisor responsibilities:**  
Guidance on risk assessment.  
Organisation of transport (if needed).  
Supervision of activity (if needed).  
Supervisor review for each student.

## 3 Examples of SCIS activities

**Single Experiences**

- Holding of sporting events
- Sorting/writing up - organising
- Volunteering at MYP activities
- IPF, booths at school events
- Joining service trips
- Tony school, senior citizens home visit
- Working at school events
- Theatrical, concerts, BBQ
- Helping teachers with activities

**Extended Experiences**

- Evening activities
- MUN, NHS, Interact, GIN
- School-organised service groups
- Tony school, Bright Connection
- School-initiated activities
- ECE, hospital, rock band, recycling
- Links with external organisations
- Pat shuffles, NGOs, food banks

*Note: that students need to investigate and plan activities for them to be CAS/SaA Projects otherwise they are extended experiences*



## 4 Reflective Students

Being reflective is one attribute of the IB Learner Profile.

*We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.*

One of the aims of incorporating reflection as part of CAS and SaA activities is to help develop adults that are naturally reflective. Reflection can start with describing what happened and expressing feelings, and then further developed by generating ideas and asking questions.

There are many methods of reflection beyond written paragraphs, such as photographs, videos, comic strips, poems, dramatic performances, and other forms of expression. Students should be encouraged to reflect in a manner that best suits them, at a time when they are comfortable doing so. All SaA and CAS activities and experiences need to be reflected upon.

## 5 CAS/SaA Portfolio

All MYP and DP students keep a portfolio that contains evidence of their engagement in the CAS/SaA experiences they undertake. This evidence can be recorded through photographs, videos, and reflective pieces.

SCIS student CAS/SaA portfolios are organised within ManageBar. Students establish the aims and goals of each experience and list the learning outcomes related to the activity. Supervisor details are listed and supervisors provide a final review for each experience.

## 6 Learning Outcomes

Across the MYP, students expand their engagement in Service as Action to allow them to reflect on an increasing number of the following learning outcomes. DP students are expected to be engage in experiences and projects that allow them to articulate how they have achieved all seven learning outcomes during their CAS experiences and projects.

- LO1: Identify own strengths and develop areas for growth
- LO2: Demonstrate that challenges have been undertaken, developing new skills in the process
- LO3: Demonstrate how to initiate and plan a CAS experience
- LO4: Show commitment to and perseverance in CAS experiences
- LO5: Demonstrate the skills and recognize the benefits of working collaboratively
- LO6: Demonstrate engagement with issues of global significance
- LO7: Recognize and consider the ethics of choices and actions

## 7 How can I get involved?

CAS/SaA doesn't only happen during school time - there are lots of ways you can join our students and participate.

Check the CAS/SaA website to see if adult assistance is needed

Offer to run an activity! Contact the CAS/SaA Coordinator to discuss your ideas

Talk to your child about the activities they are undertaking and how they are reflecting

For MYP Service as Action, see: <https://hs.scis-hs.net/content/myp-service-action>

For DP CAS, see: <https://hs.scis-hs.net/content/dp-cas> or contact the CAS/SaA Coordinator: Ian Cole (icole@scis-china.org)

## For further information