CAS

CAS is the service requirement of the Saint George's Diploma and the IB Diploma. Students must stay up to date each quarter in order to remain eligible for school events.

CAS stands for Creativity, Activity, and Service.

CREATIVITY: ***Exploring and extending ideas leading to an original or interpretive product or performance.***

ACTIVITY: ***Physical exertion contributing to a healthy lifestyle.***

SERVICE: ***Collaborative and reciprocal engagement with the community in response to an authentic need.***

Meeting the Requirements:

To meet the requirements, we need reflections with evidence of your work. Evidence can be pictures of you participating in an experience, examples of work such as a recording of you playing music, singing, being part of a play, writing examples and examples of something you created for an organization, copies of your contract, volunteer agreement, or if what you are doing was in the news, etc.… Good reflection is about quality rather than quantity. Reflections should mirror the involvement of the student in the CAS experience and the nature and complexity of the pursuit. Reflections with evidence are submitted on Edsby in various formats such as written, audio, video files, etc. It is not expected or intended that students reflect deeply on every experience. The student determines how much they are going to reflect on for any given experience and whether the experience has enough value to require reflecting upon identified learning outcomes. The CAS Coordinator will help identify the appropriate amount and type of reflection. Your reflections should show how what you are doing fits into the C, A, S or a combination of C, A, and S and how you are achieving the 7 CAS Learning Outcomes and the IB Learner Attributes:

CAS Learning Outcomes:

- **Identify own strengths and develop areas for growth**
- **Challenges have been undertaken, develop new skills**
- **Demonstrate how to initiate and plan a CAS experience**
- **Show commitment to and perseverance**
- **Demonstrate the skills and recognize the benefits of working collaboratively**
- **Engagement with issues of global significance**
- **Recognize and consider the ethics of choices and actions**

IB Learner Attributes:

- **Inquirers**
- **Knowledgeable**
- **Thinkers**
- **Communicators**

- **Principled**
- **Open-minded**
- **Caring**
- **Risk-takers**
- **Balanced**
- **Reflective**

Not everything that you do will meet all 7 Learning Outcomes, the 10 IB learner attributes at once, or all aspects of CAS. The important part is that you are exploring different opportunities and reflecting on these expectations through the multitude of experiences you expose yourself to.

Eligibility requirements for SGS Diploma:

Each year in the Upper School, students are required to engage in and reflect upon at least one experience from each of the three strands of CAS with a bonus reflection on one of these components for fourth quarter. The minimum requirement for an SGS diploma is reflection and evidence on one distinct experience in each of the first three academic quarters, then an additional reflection on one of the strands fourth quarter.

Eligibility requirements for IB Diploma:

11th Grade – Students will begin the 18-month Diploma Program by reflecting on experiences in each strand of CAS with evidence, ideally on a weekly basis but at the very least monthly, with reasonable balance between Creativity, Activity, and Service. Students are required to meet the learning outcomes and the attributes of an IB learner through these experiences. By June 1st, students must have a minimum of 9 experiences on which they have reflected. (In addition, all experiences must include evidence.) Moreover, ideally these experiences will be balanced between the 3 strands of CAS: creativity, activity and service. Most successful students will have 18+ reflections on experiences from each of the categories by the end of the 18-month timeframe. Students are required to meet with the CAS Coordinator three times throughout the 18-month timeframe.

12th Grade – Students will continue to build their CAS portfolio through April 15th of their senior year and must complete their CAS project in that 18-month timeframe.

Ineligibility Status:

Students failing CAS at Quarter and/or Semester may not attend school sponsored events including, but not limited to – Athletic Contests, Concerts, Knowledge Bowl, Robotics, Debate, Ski Bus, Community Service Activities, Field Trips, History Bowl, Math is Cool, Dances, Casino night, Movie Night, and other SGS events. To regain eligibility, students must bring their CAS requirements up-to-date. The CAS Coordinator will then regrade CAS when she is in her office. Since she is out on trips at different times during the year, there will be times when she cannot re-grade immediately. Upon completion of the CAS requirements, the CAS Coordinator will send confirmation to the Athletic Director and Head of the Upper School, stating students can regain their eligibility through their release.