

Summer Community Service – rising 12th grade

All students are encouraged to continue their community service opportunities throughout the summer. During this pandemic period, please think about all 4 types of community service: direct, indirect, advocacy & research. Additional examples for each type are included at the end of this document.

By August of senior year – all upper school students should have completed a minimum of 75 hours of the 100 hours required for community service.

The following links provide information about a few opportunities available to students at this time. These lists are not exhaustive and students are welcome to reach out to Mrs. Hsu with any ideas for service to ensure that their service will count for Bright Future and IB requirements.

Virtual Service:

https://docs.google.com/document/d/1MWGKUTn6QwkWVxJONw65B_kiMdnQous1pPp98kJGjEo/edit?usp=sharing

Community Service Spreadsheet:

<https://docs.google.com/spreadsheets/d/1fT9ILRUSRbvjhQUoiKMGcKpO2VeMZwiRqVepg4lpg4h8/edit?usp=sharing>

Full Diploma Seniors:

In addition to community service, students are also involved in creativity experiences and activity experiences. These Creativity, Activity & Service (CAS) requirements for the IB Diploma span 18 months (August of junior year through March of senior year). This includes the summer. Students should be sure to be engaging in Creativity, Activity and Service during June & July and should not forget to log & reflect in Managebac.

By August, students seeking the full IB Diploma should have a solid 12 month timeline with a variety of creativity, activity & service experiences along with multiple reflections.

One time experience = one reflection

On-going experience = one reflection PER MONTH

Additionally, students who have not yet completed their CAS project, should either complete it over the summer or have a plan for completing it during senior year by the time they return to campus in the fall. The CAS project is an experience of the student's choosing that lasts more than 30 days, is done in cooperation with others and is something new that never existed before.

<https://carrollwood.managebac.com>

Login: your CDS email address

Password: reset if necessary – it is best to set 3 words & a number such as "CASisOngoing2020"

***CAS is not just logging hours – there is planning, doing & reflection/evidence involved.**

Any questions may be sent via email to Mrs. Hsu: nhsu@carrollwooddayschool.org.

Service Types & Ideas

There are four different types of action:

- **Direct service:** students interact with people, the environment or animals.
- **Indirect service:** students do not see the recipients; however, they have verified their actions will benefit the community or environment.
- **Advocacy:** students speak on behalf of a cause or concern to promote action on an issue of public interest.
- **Research:** students collect information through varied sources, analyse data and report on a topic of importance to influence policy or practice.

Ideas for direct service

With people

- Coach children in sports
- Deliver meals to people living with a medical condition
- Lead resume-writing workshops for people who are unemployed
- Organize or assist at a blood drive
- Play music with elders to have an exchange of skills and learn about each other's music preferences and talents, and then perform as an ensemble for others
- Distribute plants at a farmer's market to promote home-grown container gardens
- Serve food at a soup kitchen

With the environment

- Restore a stream
- Prepare the soil and beds for an elementary school garden and plant with the children
- Grow seedlings for distribution
- Install raised-bed gardens for a senior center
- Establish a recycling program at city hall
- Make a storm-water garden

With animals

- Help at an animal shelter with data entry and dog walking
- Assist with a pet adoption outreach program at community events
- Lead a workshop on pet care
- Set up a turtle sanctuary in partnership with a community organization

Ideas for indirect service

With people

- Assemble a photo exhibit about poverty for a gallery
- Prepare meals in a soup kitchen
- Take part in a walkathon to raise money for different humanitarian causes
- Prepare activity kits for children for an emergency shelter
- Write brochures for organizations
- Build an organization's website or provide content for an organization's website
- Assist with the creation of a museum exhibit
- Make exercise videos to give to homeless shelters
- Create a newsletter for a retirement community
- Record audio books for people who are visually impaired

With the environment

- Prepare signage for a local wetland
- Grow seedlings for distribution
- Initiate a school compost to reduce food waste in landfills
- Create a website with information about flora and fauna for a local park

With animals

- Make zoo toys for animals
- Collect needed supplies for a wildlife rescue center
- Bake dog biscuits for an animal shelter
- Make coloring books with protection tips on local endangered animals for elementary schools and tourists

Ideas for advocacy service

With people

- Lead a town hall meeting on solar energy
- Organize a letter-writing campaign for a cause
- Host a speaker and film series to raise awareness for the community
- Create comic strips or comic books to teach about emergency safety and readiness
- Plan a conference to raise awareness about education equity

With the environment

- Provide reusable water bottles to replace single-use water bottles
- Create public service announcements on energy reduction in homes
- Organize a flash mob to teach about recycling
- Promote a “just use less” campaign to reduce quantities of what is put in trash and recycling bins

With animals

- Make beach signs to protect local waterways from rubbish
- Advocate for animals at risk at an organized public event
- Create posters, videos and public service announcements to promote animal adoption for a shelter

Ideas for research service

With people

- Assist with a city-wide needs assessment by running focus groups
- Conduct hands-on research about how interaction improves quality of life for residents at an elderly care facility
- Prepare a public service outreach process to identify local veterans willing to be interviewed, and then conduct the interviews for an historical society
- Learn about the history of people buried in a cemetery from the 1800s to support a local museum
- Observe play habits of children in an orphanage or refugee center to identify what skills are developed or need support

With the environment

- Use photography to collect images that inform about the first flush from a storm drain by your school
- Interview administrators at local landfills to learn about community habits that support collections of trash to recycle and food waste for composting
- Analyze items collected in a community or beach clean-up to develop a campaign (advocacy service) that prevents the items from being littered again

With animals

- Conduct a behavior study of zoo animals or shelter animals
- Monitor numbers of stray animals, combine findings with interviews and surveys to determine opinions of advocates, opponents and the general public, and offer recommendations to improve local policies
- Assist with tracking and monitoring of butterfly migratory paths.