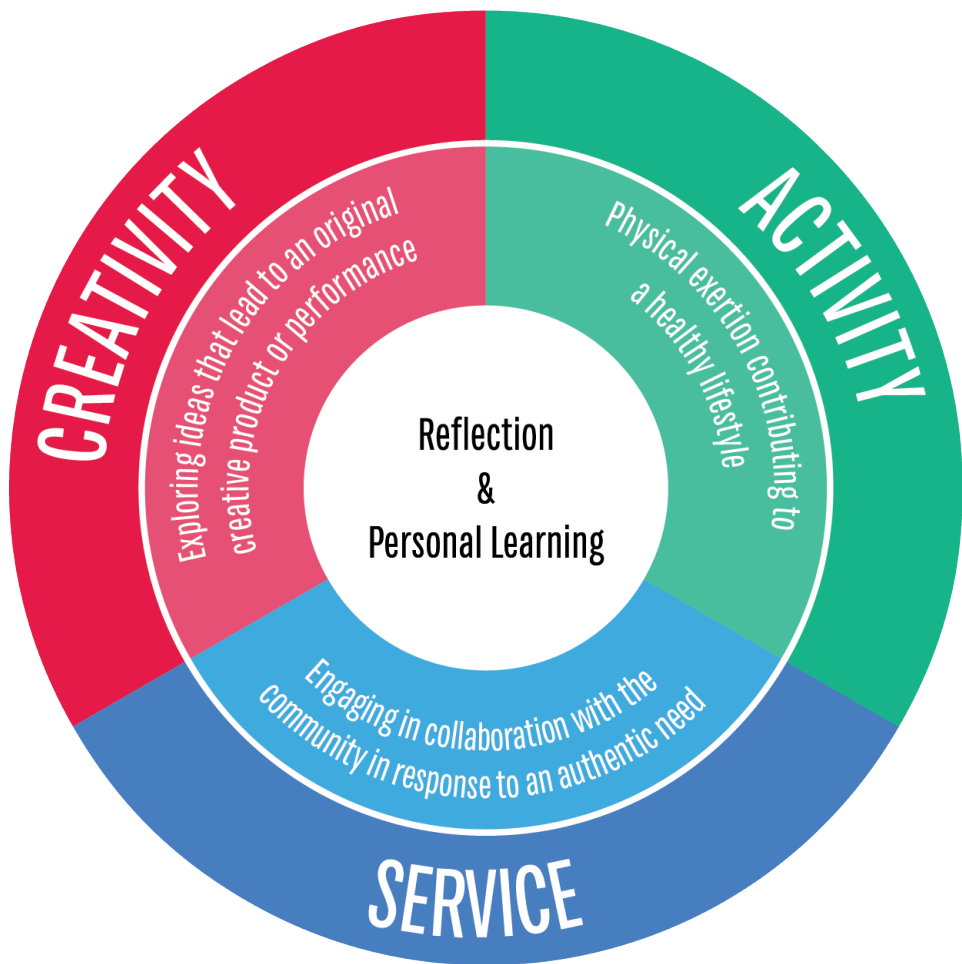




Community - Activity - Service

CAS Information Brochure





Middle Years Programme

Service as Action Grades 6-10

What interests you? Do you want to change the world? How can you benefit your community? What does it mean to be a global citizen?

The International Baccalaureate (IB) wants to help students become involved members of their communities through a commitment to service and to making a positive difference in the lives of others.

Action and service are shared principles across the global IB community and are reflected throughout the Upper School curriculum at ISA, with Middle Years Programme (MYP) students undertaking Service as Action projects and Diploma Programme (DP) students completing the Creativity, Activity and Service (CAS) components of the IB Diploma programme.

Throughout the course of the year, students in grades 6 - 10 are required to engage in the Service as Action component of the MYP - through one of the four types of service offered in the programme: Research, Advocacy, Indirect Service and Direct Service. Many of the student groups listed in this information booklet provide great opportunities for you to directly engage with local, regional and global communities while also supporting the ISA mission “to educate for international understanding.”

The Service as Action programme isn't just about completing a task or getting a grade. It's an opportunity for you to ask yourself “How can I make a difference?” and then to become actively involved (with fellow like-minded students) in making positive change in the world.

A Service as Action project must be completed in a group of at least 2 people and involves a number of steps including; investigation and preparation, taking action, reflection and a final supervisor review. An MYP Service Learning website has been created to help you learn more about the programme and how to achieve success with your projects. Visit <https://sites.google.com/isa.nl/serviceasaction> for more information on the project learning cycle and outcomes, tips on how to write a good reflection, examples of projects from last year and contact information for the groups you can get involved in.

Diploma Years Programme

Creativity, Activity, Service Grades 11-12

The IB Diploma Programme is unique in that it not only focuses on core curriculum subjects such as mathematics, the sciences and languages - but it also gives you the opportunity to explore issues and projects that align with your interests, hobbies and beliefs.

As part of the IB Diploma you are required to take part in a range of experiences and at least one project which should have significant outcomes, be personally challenging, and require thoughtful consideration and reflection.

As noted on the IB website, the projects that you undertake challenge you “to show initiative, demonstrate perseverance and develop important skills such as collaboration, problem solving and decision making.” CAS is also meant “to be a counterbalance to the academic pressures of the DP”, so it’s a great chance to be creative and pursue your passions, explore interesting projects with your friends and make a real, positive difference in the lives of others.

Your CAS journey will be one of self-discovery, challenging, enlightening and most of all, really great fun!

The Creativity, Activity and Service (CAS) and Service as Action projects are wide-ranging, from developing art from recycled materials as part of the ISA Green Team, to debating world issues in the Model United Nations Club, to acting in the High School play production or trekking through

mountains in the Duke of Edinburgh Programme. There is something for everyone. Through these projects, you will experience different cultural and socio-economic environments which will help you gain new perspectives. Each group has an adult supervisor who can provide support and offer advice along the way, but it’s really important to note that these projects are fully student-led.

If you see a group that you are interested in joining, or would like to develop a group of your own, contact either:

- MYP Service as Action Coordinator, Jennifer (jgryzenhout@isa.nl)
- DP CAS Coordinator, Vlad (vgogelescu@isa.nl).



Community



Activity



Service

After School Art

Run by a local artist who has studied at the Rietveld Academy and the Amsterdamse Hogeschool voor de Kunsten, these after school art classes are open for all students in grades 6-12. The various content offered include: painting, printmaking, collages, clay modeling, and drawing.

In-School Art Club

This is a great creativity opportunity during school, open for grades 6-12. There is no set task that the group covers; rather, it is an open, creative space for students to come in and explore any aspect of art that interests them. Some of the art covered in previous years ranged from photography, painting, drawing and more! If you are looking for a fun, creative environment to explore art, this club is for you.

Amnesty International

Raising awareness of human rights is a key component of this student group. Based upon different Amnesty campaigns across the globe, the organisation educates the ISA community through various initiatives including the letter writing campaigns, petition drives, guest speakers and the Price of Silence Event - a sponsored day of silence. If you care about Human rights, then this club is for you.

Athletics Activity Assistant

If you are an avid sports player, and are looking to take your sporting experiences to the next level by coaching a team, then look no further. This activity will allow you to assist in the coaching of select school athletics teams alongside the regular coaches, to gain valuable knowledge of how the coaching is done.

Athletics Scorers

Like sports and have some extra time? Then look at becoming a sports scorer for ISA volleyball and basketball games. This is a great way of helping out our athletics teams, supporting your friends as they compete, and seeing the way our sports are organised from a different perspective.

Athletics Teams

Join one of our athletics teams to get active, improve your physical capabilities, make new friends, and compete in the coveted NECIS tournaments. From volleyball, cross country, swimming, basketball, track and field, softball and golf, there are numerous teams to choose from.



Booster Club

The ISA Booster Club members are instrumental for the success of sporting events at ISA throughout the year. Members help to sell food and drinks to athletes and spectators alike during the sporting events and support the international NECIS Volleyball and Soccer tournament that ISA hosts each year.

The Buddy Project

This is a service group created to facilitate interactions between teenage refugees in Amstelveen and students in our school. Last year the groups, which included faculty and staff, visited each other at ISA and NOVA College, went to a concert at Paradiso, watched a film at ISA, cooked together and visited museums. To end the year, ISA students took part in an overnight 40-kilometre fundraiser walk in support of the challenges faced by refugees.



Cub & Girl Scouts

Help out the young cub and girl scouts and encourage them along their way to their next badges. This is a fun activity that gets you involved with some of the younger students and will provide you with leadership skills for later on in life.

Care Squares

Care Squares is a unique creativity opportunity at ISA. The club teaches students the fundamentals of knitting, and helps to develop their skills by knitting small squares for baby blankets and squares to send to the Musinami Health Clinic in Mhondoro. Students also learn to knit toys, jumpers and hats for the babies, and are involved in the design of the blankets. This club offers a great way to develop a new skill, creativity, and provide you with service for an international community.

Caring4Cancer

Service group raising funding and awareness of cancer issues.

ConsumerChoices

Club that raises awareness of ethical practices and options for consumers when purchasing products or services.

Debate Team

This group is great for any student who wishes to improve their public speaking and debating skills. The group competes against local and regional schools to improve their skills and advance in competitions! In the past the team has attended the Dutch regional finals of the Oxford Schools Debate Tournament and members of the team have qualified for regional and national teams.

Doctors without Borders

A relatively new club at ISA, this group raises awareness of the organisation and what it does as well as fundraising for different organisation appeals such as the assistance for victims of the earthquake in Nepal.

Duke of Edinburgh

International Award

This world renowned challenge is a favourite amongst ISA students. Aimed at students in grades 9-11, the programme encourages students to complete a personal programme involving volunteering, participation in physical activities, development of new skills, a residential project and an adventurous trekking journey. The award is divided into three difficulties: Bronze (grade 9), Silver (grade 10), and Gold (grade 11) with students receiving official awards and medals in recognition of their achievements.



Dutch Survival Course

If you are not taking Dutch as a language in school, and don't yet feel that you know enough Dutch to get by, then this is the group for you! Learn some of the basics of the Dutch language to easily get by in The Netherlands, with a great teacher, and a very fun learning environment.

Engineering Club

The Engineering Club looks at a range of projects related to science and engineering, investigating how things work and exploring the conceptual and practical background of its projects. Creative and ambitious projects are encouraged and the group works with many grade levels, with the final projects often being donated to the science department. An inquisitive mind is a prerequisite. C

Fatima International

A new student group to ISA, Fatima International members organise a variety of fundraisers, including a FIFA tournament and a football match against faculty and staff to raise funds and purchase textbooks for a school in Mombasa, Kenya. A big goal for this group is to organise an ISA World Cup - so consider joining to make it happen.



Global Issues Network

The Global Issues Network (GIN) focuses its discussions on current and challenging world issues with members taking on a new issue each year. Recently, members of the group presented at the European Global Issues Network conference in Luxembourg, exploring ways to overcome linguistic barriers when interacting with the local Dutch-speaking environment. Similar to Model United Nations, this group is great for writing and debating skills, as well as public speaking, and supplements the Humanities curriculum very well.



Green Team

The largest student group in school, the ISA Green Team works to make ISA more environmentally friendly and to promote issues of sustainability and personal action to our community. The Upper School Green Team offers various groups to participate in from building habitats to recycling and beach clean up teams. As a certified Eco-School, students are key in helping ISA make a difference in our school, our local communities and for the environment in general.

Gym Membership

If the physical activities within ISA don't appeal to you, and you would rather go to a local gym for your fitness goals, then by all means, do. Keep a

log of your hours and connect with an adult supervisor who will approve your programme and sign off on your schedule.

Habitat for Humanity

Each year, the ISA Habitat for Humanity group fundraises and travels to a new location to help local communities build homes for underprivileged residents. Students have traveled to India, Romania and Kyrgyzstan where they built roofs, paint houses, and took part in community events. The charity raises the money for the trip through fundraising throughout the year.

High School Fall Play

The High School (grades 9-12) performs a new play each Fall. For anyone taking (or thinking about taking) Drama as an IB subject, or is just enthusiastic about drama, this is a great project to be part of and provides opportunities to enrich a variety of skills from acting to set design, technical setup, costuming and hair and makeup.



Investment Club ©

The goal of this CAS group is to help students develop financial literacy and to understand the basics of investment: i.e. what is a portfolio, assets, divestitures etc. While currently DP focused, the club will be opening up to more grades to give more students a chance to understand some of the fundamental skills required to be investment literate. If you are looking for a creative group, that teaches integral life skills, and supplements your Economics course, then this is for you.

Library Assistants ©

Do you enjoy reading or have a knack for research? Then join our library teams as an assistant and enrich your library science skills. ISA's three libraries - Early Childhood, Lower, and Upper School - offer various opportunities for students to work with students of all ages.

Literary Club ©

The Literary Club actively promotes creative writing and thinking, and each week tackles new forms of writing, from prose, to haiku, to soliloquy. It is a great way to improve your writing, but also to learn about literature that you might not get a chance to see everyday.

MacMillan Cancer Trust & Cancer Research UK ©

Macmillan Cancer Support aims to support cancer victims, and those directly around them through the illness, by providing supportive nurses and counseling to victims. Cancer Research UK takes a different

approach by sponsoring promising cancer research initiatives to try and provide a long-term solution for presenting cancer. The group aims to support these initiatives through fundraising and awareness events.



Math Help Centre ©

If you are a mathematical wizard, then this is the group for you. Come and provide mathematics help to Upper and Lower school students who need assistance. This club will teach you discipline, provide you with teaching skills, and help you meet new people; a great group for those math geniuses out there!

Mental Health Awareness ©

The Mental Health Awareness club exists to raise awareness and increase discussion and understanding concerning the importance of mental health awareness and action in our society.

Middle School Choir ©

The Middle School Choir is a new addition to the ISA Choir clubs. Composed of students from grades 6 - 8, the choir practices and performs with the High school members of the Upper School Choir to perform exciting musical productions for the school community.

Model United Nations (MUN) ©

MUN provides students with invaluable research, writing, debating, and public speaking skills. This group simulates the work of the United Nations by allowing students to explore and debate world issues of interest to them. This gives new insight into different arguments and viewpoints and promotes a wider range of thinking on global issues.



Operation Smile ©

The Operation Smile club supports the global organisation by raising money for surgeries for children with cleft palates. Each year the club helps children around the world be proud of their smile. Join this club to make a real difference.

PAWS ©

PAWS is a charitable organisation that aims to educate people about spaying and neutering their companion animals, and seeks to encourage people to adopt animals from shelters. They strive to ensure that animals are treated fairly, and raise awareness about various examples of animal abuse, such as puppy mills.

Serve the City ©

Serve the City is a movement of volunteers serving cities in practical ways and inspiring people to be 'givers' in this world. Students at ISA have the opportunity to be a part of this project in many different ways, from making pancakes for the homeless to painting houses for those who are unable to do this themselves. Serve the City runs several of these projects throughout the year, and you can sign up via their website <http://www.stcamsterdam.nl/home>



SOS Kinderdorp ©

This enthusiastic group raises funds for children in need in the Netherlands. One of its most famous acts was the creation of the SOS dodge ball tournament, that many students participated in to help raise money for the charity. This is a fun group to be a part of and they are constantly trying to find new and creative ways to help raise money for their charity.



Sound and Lights

Behind every great live production is a finely-tuned technical team! This group explores what goes on behind the scenes in school assemblies and productions - from organising the sound and light booths to working back stage and making sure the technical aspects of all school productions runs smoothly. This group works closely with ISA's IT and Maintenance teams who will provide you with valuable real-world knowledge and hands-on experience.

Soup Kitchen

Come and join the ISA Soup Kitchen club in their effort to provide food for the homeless community in the Amsterdam area. You can make a real difference by helping the club collect food in the annual school-wide food drive, raise funds and collect clothing items for the winter.

Special Olympics

The ISA Special Olympics group has been actively hosting and organising a Special Olympics day at the school for 20 years. ISA students pairing up with local Dutch children with intellectual disabilities, and help them play and compete in different challenges and events.

Sports (outside of school)

If, like many at ISA, you are an avid sports lover and have joined a local Dutch club, they too can contribute to your Activity/Action hours at ISA.

Student Ambassadors

Perhaps the most important job any student can take on, the student ambassadors at ISA meet, greet and show the new arrivals at ISA around the school, and provide support for them not only in the first days of the year, but whenever the new student may need it. As part of this group, you will be the first impression the new students get of ISA, and it is very fun and rewarding, so be sure to apply for a position to be able to help out fellow students and make new friends in the process!

Tanzania Girls

For over 20 years, the ISA Tanzania Girls group has helped to raise awareness and money for a local Maasae girls school in Tanzania. Participants contribute to fundraising efforts throughout the year to support the growth of the school and the education of girls. Every other year, participants have the option to apply to go to Tanzania for three weeks to teach and connect directly with the students and project. Due to the nature of the school being all girls, the trip is for ISA female students only.



Theatre Production Assistant ©

If you love theatre, but don't care much for the spotlight, then this is for you! Help the drama department to organise, choreograph and produce the latest drama productions. Gain a different perspective on the school's theatre productions, and valuable experience for later in life!

Upper School Choir ©

The Upper School Choir is an ever-growing group of Upper School students (grades 9-12), who study different musical genres and perform productions of them in concerts, and school assemblies. It is a great way to meet other enthusiastic musical students, to improve your own musical talents and to gain extra support for Diploma Music programme students.



Upper School Ensemble ©

The Upper School ensemble is a great group for any students who are avid musicians, or for those who are looking to improve their instrumental performances. The ensemble, like the choir, perform regularly at different ISA school events.

Upper School Math Club ©

If you like mathematics and challenges then this group is for you. Working on complex mathematical problems in groups and individually, members of this club train with the ultimate goal of competing in international math competitions. This is a great way to supplement your learning, challenge yourself, and meet others enthusiastic about mathematics.

Water Aid ©

This club tackles one of the biggest problems some of the world's countries face: access to clean water and good sanitation. Working in close collaboration with East African Care, the ISA group raises funds to provide toilets and access to clean water for a village in Kenya.

