

## Mandatory Record Keeping For the CAS Programme

Students in the 11<sup>th</sup> and 12<sup>th</sup> grade of the International School are encouraged to involve themselves in Sports, Artistic pursuits, and Community service. This is done to counterbalance the academic expectations of the 11<sup>th</sup> and 12<sup>th</sup> grade. Sharing one's energies and special talents helps develop awareness and concern and you learn to work cooperatively with others.

An International education, be it the **International School of Curacao Diploma** or the **International Baccalaureate Diploma**, must go well beyond providing you with information and help develop attitudes and values which cross barriers of **race, class, religion, gender or politics**.

The CAS inspires a sense of responsibility towards all members of society.

Every student participating in the high school's CAS programme must have the following:

1. **A CAS journal**

This will be a brief reflection of the activity, accompanied by photographs or mementos collected while performing that particular activity. This can be done at the end of a certain activity.

Choose a hardbound book or any other and divide it into 3 sections one for each of the headings: **Creativity, Action and Service**

2. **A CAS log**

This can be a simple Manila folder or any other, to file all the CAS Log sheets and CAS Self-Evaluation forms.

The weekly/daily activities must be entered in the CAS log sheets.

The Self-Evaluation forms must be filled **only at the end** of a particular activity.

3. **A CAS Final Self-Evaluation**

This is a brief report written at the end of the final 2-year period. This should be a critical reflection on the entire CAS experience.

Please make sure you consider why you were asked to devote time for CAS.....

You will be informed of the deadlines to complete a certain number of CAS hours. Please see me in my office if you have any further questions.

IB/CAS Coordinator

Mrs S Murali