

## CAS Guidelines – In effect during school closure 2020

If you become aware of virtual CAS opportunities or other safe ways to get CAS, please fill out a proposal and email it to your advisor for approval. Teachers should be checking their emails regularly. As I become aware of such opportunities, Mrs. Glenn and Ms. Pereira will advertise them as well, in which case you will NOT need a proposal.

To make it a bit easier to achieve your CAS goals for this quarter, the following will be allowed during school closures:

You can complete up to TWO CAS experiences per week during school closures.

1. CREATIVITY – Do something creative while at home: paint a picture, draw, write/compose a song or piece of music, plant a garden, practice your instrument, choreograph a dance, cook a meal for your family, etc.
2. ACTIVITY – Get up and get moving – Go for a run/jog, do some yoga or other exercises, lift weights (if you have them), play a sport (follow stay-at-home guidelines), etc.
3. SERVICE – Complete a household project for your family, do yard work, organize a closet (need before and after pics), clean the house, wash the car (inside and out), etc. Whatever you do, it cannot be something you get an allowance for, or something your parents already require you to do. CAS should be above and beyond. 😊

Follow mohiibprogram on Instagram and see what your CAS advisors and fellow advisees are doing for CAS. Send a picture with a description to Mr. Greg Taylor of you completing CAS from home!

I also posted a service opportunity – letters to the community. This will NOT need a proposal. See details in Schoology.

- You WILL need to complete a proposal for these experiences. Complete and email them to your advisor.
- Take multiple pictures, with you in them, for evidence. Or better still, take some video, post it, and share the link.
- The experience should take AT LEAST one hour to complete.
- Your parent or guardian should sign off on your experience form, verifying completion and minimum hour-long activity.
- Think about the learning outcomes on which you will focus BEFORE completing the experience. Be reflective. Be thoughtful. Be creative. Be useful!

Please email Mrs. Guinn or Mrs. Glenn if you need any clarification on these new guidelines.