

Creativity, Activity & Service

Experience Ideas

In The Community:

- Volunteer @ The Greenwich Reindeer Festival
- Volunteer @ the Food Bank
- Work at a homeless shelter
- Volunteer at the Marcus 4 Change Run
- Read to elementary schools
- Volunteer at the Animal Shelter
- Volunteer at an Elderly Home
- Volunteer with [Caring With Grace](#)

On Your Own:

- Create a sculpture
- Join a gym
- Take cooking classes
- Take self-defense classes
- Design furniture
- Repurpose things
- Learn to crochet, knit, sew
- Write a poem
- Design a card
- Arrange a hiking trip
- Go for a run
- Learn an instrument
- Create a song
- Choreograph a dance

At Stamford High School:

- Help at any school event
- Serve as a photographer for the yearbook or newspaper
- Join the cardio club
- Contribute to the Poetry Slam
- Tryout for a sports team
- Write inspiration quotes with tear down for kids
- Work with Friendly Faces
- Join Interact

- Volunteer With The Black Knight Partnership

Extend Your Classroom Learning:

Language and Literature

- Craft a piece of original writing (fiction, non-fiction, poetry) for a contest such as the Ferguson Library Literary Competition or one of the many other writing contests out there. (Cannot be something from class, but can be *inspired* by something in class)
- Volunteer with drama organizations (stage management, etc.)
- Service learning projects inspired by themes discussed in class/text
- Connect with local theaters (drama and/or independent film)
- Becoming a journalist for the Roundtable.
 - o Writing articles about the IB Programme

Language Acquisition

- Volunteer at [Building One Community](#) (local center for immigrants to Stamford) has many opportunities to volunteer, such as tutor English one on one, help children of immigrants with homework).
- Talk to ESL teachers at SHS and inquire about new arrivals who may need help to adjust to SHS.

Geography

- Work with immigrant/refugee groups
- Sustainable Development Goals
 - Eradicating poverty - volunteer at food bank, soup kitchen
 - Education - raise funds for school supplies, recycling within the school, etc.

History

- Recording oral histories of the elderly population

Math Applications

- Develop activities for a booth at the Stamford STEM fest /have a booth for these math games.
- Conduct a math trail using city landmarks or Stamford High landmarks for middle school students.

- Develop a video to show freshmen where is math used in the “real world” using people/organizations from the community.
- Develop/maintain statistics for school teams.
- Join the math club.

Chemistry

- Create service project with environmental club: school cleanup, education about recycling industry.
- Tutor fellow high school students in chemistry
- Mentoring elementary and middle school students for science fairs
- Coordinate with science teachers to create a ‘spotlight on science’ segment for connection time news.

Theory of Knowledge

- Create an experiment that’s related to an AoK (human sciences, for example) and study the findings using different methods of analysis. For example, racial prejudice or gender roles at SHS. Must be within IB’s ethical guidelines.

Research Foundations

- Possible pair with a middle school or elementary school to do a workshop about grade-appropriate research skills.
- Volunteer at the Ferguson Library
- Consider an issue/problem relevant to Stamford Public Schools students, teachers, or the district as a whole. Research background information and possible solutions and prepare to speak at a Board of Education meeting. When doing your research, be sure to consider how surrounding districts handle this issue/problem.