

***The Springfield Renaissance School, gr. 6-12***

***An Expeditionary Learning School***

**1170 Carew Street**

**Springfield, MA 01104**

**(413) 750-2929**

**\*Respect\* \*Courage \*Responsibility \*Friendship \*Cultural Sensitivity \*Perseverance \*Self-Discipline\***

**2017-2018 Sophomore Passage**

1. Physical Challenge

* May be a sport or activity that is brand new to you. Joining a sports team for the first time and completing the season is a great way to meet the physical challenge.
* May be your continued involvement in a sport or activity. In this case, you still need to have clear and challenging goals that your coach or mentor is involved in setting with you.
* Pushes your fitness level to a significantly new level of performance.
* Must include regular training and a performance log.
* Training must have specific realistic goals (examples: go to 100% of the practices, run 30 miles per week, etc).
* Must include a culminating challenge or final goal (examples: complete a triathlon or 60-mile bike ride, run a 10k in 45 minutes).
* Allows you to have a coach or mentor.
* Reflection essay connects the experience to a school character trait.
* **Examples**: Running and Road Races/Marathons, Completing a Varsity Athletics Season, Combined Fitness and Nutrition Plan, Extended Hiking Trip, Triathlons, Bike Tour/Road Trip

2. Service Challenge

* At least 40 hours.
* Completed in at least 20 weeks.
* Helps to address a need in our society that you have determined to be important.
* Allows you to be in an environment or perform a responsibility that is **new** to you and will require you to step outside your comfort zone.
* Allows you to have a sponsor, mentor or supervisor.
* Must include a log of hours and reflections.
* Reflection essay connects the experience to a school character trait.
* **Examples**: Soup Kitchen, Food Shelter, Rebuild Springfield, Tutoring/Mentoring, Working with Elderly Shut-ins, Animal Shelter, Coaching, Sunday School

3. Academic Challenge

In two academic reflections, students use evidence to demonstrate a Quality of a Renaissance Graduate that shows the “most growth gained,” and a Quality of a Renaissance Graduate that shows the “most growth needed” (at least 3 pieces of evidence for each).

4. Résumé

5. Personal Reflection

6. Panel Presentation

* Family, Community Member, Students
* Excerpts from reflections!
* Evidence from challenges
	+ Logs and sign off by supervisors
* Evidence for Academic Reflections: 1 piece minimum from ELA, Humanities, Math, Science or Social Studies

***Work Hard, Be Nice, Get Smart***