



Tema International School



EXPRESSION 2016

**FREEDOM OF EXPRESSION:
A RIGHT AND A
RESPONSIBILITY**

Fine art, science fair, musical performances,
art exhibition, painting activities, sculpture & many more.



Art & Craft works by students on sale.
All proceeds go towards
Mawuena Davor Atsu
URGENT Heart surgery.

**20 March, 2016
1:00 pm
TIS campus**



TEMA
INTERNATIONAL
SCHOOL
NEWSLETTER



MARCH 2016.

Sporty Family Day

Special thanks to those parents who were able to join us for last Saturday's special event. It was a most enjoyable day and a historic one – the first time in Ghana that the 4-way tug of peace was conducted.

A special thank you to Mr. Isaac Tetteh (TT Brothers Ltd) for his kindness as the main sponsor for this event as well as Mr. Prosper Kumi (Sizler Restaurants) for donating the proceeds for the day to Little Mawuena Atsu's heart surgery.

- Unfortunately, proposed sporting events for tomorrow have been cancelled. There was a lack of

nominations by the due date for our tennis championships on Saturday. Similarly, three schools did not respond in time to host an interschool competition on this Saturday.

Email Hassles

My sincere apologies to the TIS School Community for the hassles and bounced emails that started occurring late, last Friday evening and continued until yesterday. Initially, we believed it was an external issue, and once the real cause was ascertained, tedious remedial action was implemented. Hopefully, parents are no longer receiving 'bounced' emails. If this

is the case, please contact the school.

Please note that any emails that were sent to TIS between last Saturday and Tuesday may remain in cyberspace. If the email remains current, in terms of topic and comment, please resend the original email.

2016/2017 Draft Calendar

A draft calendar of school dates is attached for comment and feedback. Major events are listed and balance is a priority for the next academic year so that the school can enjoy and/or witness essential school experiences, without overcrowding and posing conflicts. While it is impossible to

set perfect dates in the modern 24/7 world in which we live, feedback is invited until 4 March. As always, your feedback will be considered and appreciated.

MUN

Our MUN New York delegates will depart on Sunday night for this year's Model United Nations Conference (New York). We look forward to our representatives being outstanding ambassadors for TIS and enhancing our school's reputation at this event.

- Unfortunately, two of our intended delegates were not granted visas to attend under the US whimsical visa system. All delegates presented the same documentation, yet this final indiscriminate rejection was not revoked. A different country will be selected next year.

Mock Exams

Our Grade 12 students will commence their Mock 1 exams on Monday and we wish them well in this second last step to assist their revision and study plans for the May DP exams.

Our Grade 10 students continue their mock examinations next week. So far, students seem reasonably happy with the exams, except for the first English literature paper in which only a handful of students had time to finish. This was a good learning

opportunity for those students who did not finish the paper. The two important strategies to emerge are:

- In the case of English literature, students should practise writing responses on a topic for 30 minutes timing themselves.
- Most importantly, when it comes to writing an essay on any topic/subject, spend 5 minutes planning an outline of your response in bullet points, so that you are confident of addressing each aspect of a question, in a logical sequence. Once you have this outline, the writing component becomes easier as you respond according to your outline, within the specific timeframe. Without an outline, the danger is not presenting your response in a coherent manner, and/or not addressing the question fully. Within #1, students must outline their response, and then write it within a 30-minute practice session.

Students are reminded to be at the exam venue at least 15, and preferably 30 minutes, prior to the exam. They must have all their requirements ready at this time. They must not leave the exam hall once they enter, unless accompanied by an invigilator.

Exeat Weekend: 5-7 March

To coincide with Ghana's Independence Day long weekend, students may enjoy an exeat

weekend from next Friday afternoon (after classes) until 5.00pm on Monday, 7 March. It is not compulsory for students to enjoy this exeat opportunity and they may remain at TIS. In these cases, parents should advise Bijoux by next Wednesday morning, if their son/daughter will be remaining at school for organizational purposes.

A reminder that special exeat requests may be approved, if there are special circumstances or adequate reasons. However, requests should try to avoid clashing with school events. Normally, students with outstanding work and/or those not applying consistent effort in their coursework normally will have exeat requests declined.

Central University Work Experience Students

Over the past three weeks, TIS has been hosting seven students from Central University for their work experience. We have appreciated their involvement in TIS life.

French Language Study Tour

Depending on the level of interest, TIS will organise a summer French language study tour from 18 June-18 July. The cost will be USD6000 per student.

At this stage, we wish to ascertain interested students to determine viability. Please email Bijoux by 4 March, if you would like your son

and/or daughter to join a study tour. Further details will be sent to interested families.

Brain Health: A Healthy Mind in a Healthy Body

People diagnosed with a mental illness suffer a great deal of stigma. The illness becomes part of their identity in a way that a broken leg does not.

The Brain Buddy program, developed by the Brain Health Education Institute, aims to prevent more than 50% of mental illnesses. The handbook and other programs found at the Brain Health Education Institute have been developed from over 35 years of research and lived experiences and will give students and the wider community access to practical information about improving brain health.

Our brain controls everything that goes on in our body and our mind. It looks after our immune system, our mental health, memory and our emotional well-being.

Our brain needs a regular supply of energy in order to function correctly. More than 20% of our energy consumption is used to fuel our brain. The brain gets its energy and refreshment from food, water and sleep.

When we try to have our energy needs met by sugar, caffeine, energy drinks, junk food, alcohol

or drugs, our brain does not function well and we are more likely to experience physical and mental illnesses. Our thinking becomes distorted, we are unable to retain information and we are more susceptible to diseases.

Healthy food and drink choices and implementing a sleep routine improve thinking, learning ability, emotional well-being and behaviour. The resulting mental and emotional resilience also enables better stress and trauma coping ability. Basic brain health boundaries around food, water and sleep need to be established early in life. Brain health education is greatly improving children's confidence, learning outcomes and social behaviour.

Brain Health is without a doubt, the most important aspect of any child's social and cognitive development.

The Brain Buddy Handbook forms part of a larger campaign to encourage the creation of a community of Brain Buddies that are armed with the knowledge to help those at risk of suffering from illnesses such as Bipolar, Depression, Anxiety and Post-Natal Depression. The handbook is a step by step guide to recognising the warning signs of poor mental health and assisting the person we are concerned about.

If our perception and thinking are

distorted, we generally don't recognise it until someone points it out to us. We often think that we are thinking and acting normally.

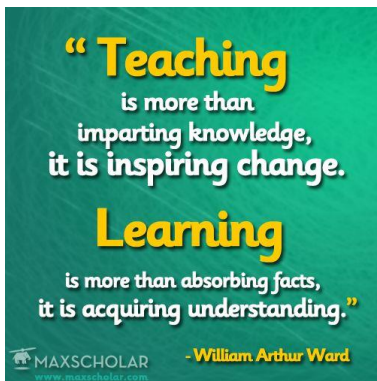
When this happens we need someone to organise help for us before the problems become chronic. This person is our 'Brain Buddy'. A Brain Buddy is someone who recognises the symptoms and knows what to do - basically a mental health fire-spotter.

But what can we do? Firstly, we can start looking past the symptoms and assist to implement better sleep habits, encourage the drinking of more water and the eating of more fruits and vegetables. These are things that can give us back some measure of control over the condition. Focus on the causes rather than the symptoms.

Get the FREE - Brain Buddy Handbook at www.brainbuddy.info

Sourced from the © The Brain Health Education Institute | www.brainhealtheducation.com.au

CAS UPDATES:



CAS/Creative Arts SL Trip - The Second Service Learning trip to Akorlikope for the IB Class of 2017 will take place from 3 to 5 March. CAS is teaming up with Creative Arts; Visual Arts, and Theatre to make sure that our students get the best experience from this rural setting which is rich in culture. The beautiful rural landscape, unique housing and rural way of life will be a good source of inspiration to our visual artists for their drawings and paintings while at the same time serving as a great opportunity for theatre students to come up with a story for stage enactment.



Photography club – The TIS Photography Club is a Group of passionate student photographers mentored by a passionate patron. Within the four corners of TIS, no event ever misses the lens and artistry of these young photographers who are gradually being groomed into becoming professionals who speak the language of every camera. Parents are encouraged to furnish their wards who are members of the club with cameras to promote easier and earlier grasp of the practicalities of photography. Images of happenings in TIS as shown in our Newsletters and Bulletins are all products of the Photography Club. Follow us @TIS_STAGE (Instagram) for a more great images.



TIS Magazine - Editorial Board 2016 – The Editorial Board for the May 2016 edition of the TIS Magazine has finally been unveiled with **Afia Opokua Addai** as the Editor and Eyrarn Diaba as the Co-Editor. This year's Board, made up of 13 members, is a conscious blend of talents across all the areas needed to produce the best TIS Magazine. With individuals possessing great skills in writing, graphic designing, photography, etc., we can be rest assured that the best of the TIS Magazines is that which is yet to come.



Clementina Nyozie Update – One of the children for whose surgery the IB Class of 2017 is raising money to support has undergone a successful surgery. Following a change in her condition for the worse, The Children's Heart Foundation Ghana came to her aid and helped raise the money for the surgery. Our congratulations to Clementina and best wishes through her recovery period. Do remember her in your prayers.

DONATE NOW & SAVE A LIFE



Appeal for Mawuena Davor Atsu

The complication in Clementina's condition, which led to her surgery earlier than scheduled, is an indication that these children do not have that much time as complications can happen at any moment. It is therefore a wake-up call for us to realize that right from the day of the diagnosis, the lives of these children are on the line. Love and compassion are necessities without which humanity cannot survive. Mawuena still needs an act of kindness from the entire TIS community to survive, and he needs it NOW. If you wish to make a donation in this regard, kindly contact Surama King via Surama.king@tis.edu.gh or on



0244615255.

Red Cross Club (6 March Parade) – Members of the TIS Red Cross Club will be volunteering at this Year's 6 March Parade. As a trained & recognized body under the Ghana Red Cross Society, the TIS Red Cross Club owes a responsibility to represent the Society at national events to provide first aid to casualties. In two groups, the Club, led by patrons will oversee actions at the Kpone Park and the Tema Sports Stadium respectively. Parents of members of the Club may pick up their wards from school or at the venues. A letter to that effect has been sent to parents.



Abigail Denkyi Update – News from Mr George Abbeyquaye, (guardian of Abigail Denkyi) on Monday indicates that Abigail's transplant has been pushed forward as she has become severely anaemic and hence, requires a blood booster before the surgery can take place. The money for the purchase of the medicine was released to Mr George on Wednesday 24 February. Do remember Abigail in your prayers so her blood level will rise, and also for a successful transplant after she writes her WASSCEE exams in April.

FREEDOM OF EXPRESSION: A RIGHT AND A RESPONSIBILITY

Expression day, 2016 – The TIS annual event, *Expression*, comes off on 20 March, 2016 – 1pm. Yet again, there will be exhibition of talents as well as wares for sale. What makes this year's *Expression* unique is that aside from the creative arts exhibitions and the CAS fair, there will also be a Science Fair in which the Science Department will showcase various innovations. The theme for this year's *Expression* is "*Freedom of Expression; A Right and a Responsibility*". In this age where almost everyone believes in freedom of expression, we want to remind ourselves that there are responsibilities that come with it, and we are accountable for whatever it is that we *express*. All members of the TIS community are invited to attend this event as you will not want to miss out. **20 March it's a visiting Sunday.** *NB: There will be food and drinks on sale & all proceeds go towards Mawuena Davor Atsu URGENT heart surgery. Help us save a life.



Community Service Personnel- Management, Staff and Students of TIS are grateful to our Community Service personnel from *Central University* who have been with us since the beginning of the month and will be leaving us after this week. We thank you for your dedication to duty, and as you go back to school, our prayers are with you. Make the best of the time that you have, and we hope to see you



again. *To Sewad*, thank you for choosing TIS & CAS department for your community service. Teaching grade 7 & 8 how to make their own journal was super cool. Gracias!!! Keep in touch.

Encyclopaedia donation – A big thank you to Prof. Audrey Gadzekpo (Parent & Member of TIS Board) for the donation of two boxes of Britannica Encyclopaedia to the Ajavon Library. TIS is indeed blessed with people who go through their day to day activities with TIS in mind.



Donate to a good cause: If you would like to donate cash or kind to the various projects of our students, kindly contact Mrs. King for more details. surama.king@tis.edu.gh



Parents Volunteer: Parents who would like to volunteer to chaperone students, teach a class after school or be a Parent Patron for our Colour-Group teams should kindly contact Mrs. King for details and registration. surama.king@tis.edu.gh or 02444615255



ASCCUS Updates

Trip to Ashesi University Campus.

Students from the IB1 & IB2 classes will be visiting the Ashesi

University Campus (Brekuso) for a campus tour and interaction with Admission Officers. The trip is today **Friday 26 February, 2016 (1:45pm)**

Creative Arts Updates

The Diary of an IG creative Arts Jamboree to Likpe todome

Episode 3...."the path to a creative process"



Cre-ati-vit-y..... as a word is a never ending process which has no definite starting point but rather is endowed with endless channels of what we will call "*Inspirations*".

Without inspiration, creativity will not be attained. One needs to be inspired in order to aspire before the moment expires. There are constant moments of inspirations beckoning at the door step of every individual; there are constantly



millions of inspirations knocking on the door of a creative mind. The question is, do we notice and see those inspirations when they come ranting, puffing and begging. Inspiration has its driving force and life source rooted in the ability of the individual's vision and activation of the senses that is situated in the everyday mundane. Inspiration is endless, inspiration is priceless, inspiration is boundless and inspiration is around you. Just see, smell, hear, feel, taste and live the moment given. The troopers have been placed in an environment where their senses have been awoken. They have seen the vision in the horizon and the journey of self-discovery beckons... How are the encounters on this first part of the journey experienced? What are the discoveries made? How do our troopers make the journey through the first heddle????????? A hint!!!!



Love happened; tears happened; imaginations happened; goals were set; rains came pouring down.

The journey continues.....

Recital Colloquium



Are you ready with your dancing shoes and a listening ear?????
Please let us meet this Friday 26th February 2016; 7:00pm at the MPH of TIS.

Meet our Alumni of the week



NAME: Winful Taylor

Year Group: IB Class of 2012

Hostel/Colour Group: Francis Hostel /Yellow Outeniqua

Roles played at TIS:

-SRC President

-Pioneering Team Member of Akorlikope School Project

Current University: Haverford College- USA

Level: 400

Programme: Economics

Key Word in Life: Layback (No Stress)

Word of Advice: Cherish your moments in TIS because you will miss it.

IBDP Updates

A warm welcome to all the parents and guardians for the recital colloquium today. Updates for IBDP for the next week:

Grade 12

1. With the first mock exams beginning next week from Monday, all Grade 12 students are giving their best. Please keep all of them in your prayers for giving their personal best in this examination.
2. May I request parents and guardians keep a tab on their children, who have gained university admission not to slacken their preparation. If any student is not able to meet their predicted grade projection in this first mock, we will have a detailed dialogue with regards to the further plans.

Grade 11

1. The IA calendar for the Grade 11 had to undergo some revision due to the feedback from various

stakeholders. It will be released next week .

- Grade 11 students have been using their morning assembly to share the book that impacted on them the most. It was treat to our ears . I will be sharing the speech in the forthcoming updates.

Positive Action on Environment:

TIS is slowly moving away from use and throw plastic containers and it is a pleasant sight to see students carrying their own water bottles. The next step in my series will be on the quality of food that we eat. Wax coated apples, almost

all the apples that are available in the market comes with a very fine coat of wax as preservative. Most of us think we should eat the fruit with skin for the maximum nutrition, but in this case what we are eating is apple with wax. The best way to eat these apples is to peel their skin and the eat them. If not put the apple in boiled water for 5 mins, let the wax melt off and then eat the apple with skin.

Birthdays

Finally, TIS would like to wish our dear students, staff, parents and guardians whose birthdays fall

in the month of March Happy Birthday!

Feedback



Thank you for your continued support and partnership. We welcome your comments and suggestions on how to make this newsletter more relevant to you.

Do not hesitate to contact us via info@tis.edu.gh if you have any queries or concerns.


Warm Regards,

Dr. Ken Darvall
Principal




TEMA INTERNATIONAL SCHOOL


EXPRESSION 2016
FREEDOM OF EXPRESSION:
A RIGHT AND A RESPONSIBILITY



MAWUENA DAVOR ATSU


*“Kindness is the language
the deaf can hear and the
blind can see”.*

~ Mark Twain.

IB CLASS OF 2017 INITIATIVE

*Love and compassion are necessities without which humanity cannot survive. Mawuena Davor Atsu (2 years old) has been diagnosed with 'Perimembranous Ventricular Septal Defect'. His life depends on a Heart Surgery that will cost **Gh¢ 32,000.00**. Coming from a very poor home however, his only hope will come from an act of kindness and compassion from people who believe that we rise by lifting others. Your generous contribution will provide Mawuena with hope and an opportunity to enjoy a brighter future. Together, we can save a heart.*

For more information and to support this cause, kindly contact surama.king@tis.edu.gh



1 SMT commence duty
 8 Teachers commence duty
 12 Prefects return
 17 New students arrive
 18/19 New students' orientation
 20 Returning students arrive
 21 Alumni Home Day
 22 Classes commence
 26/27 SL1 Trip: DP1
 28 Thanksgiving service (2.00pm)

AUGUST 2016						
S	M	T	W	T	F	S
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28	29	30	31			

FEBRUARY 2017						
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4 Recital Colloquium
 18 Chocolate/Friendship Day
 26 Visiting Sunday

3 Parent/Teacher Info Sessions
 4 Annual play auditions
 10 Start exeat (TBC)
 11 Eid Al Adha (TBC)
 12 Finish exeat (TBC)
 13-17 Red Cross Workshop
 21 Ghana Founder's Day
 Holiday/Current Affairs Quiz
 24 Sporty Family Day

SEPTEMBER 2016						
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MARCH 2017						
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2-4 SL2 Trip: DP1
 4 Start Exeat
 6 Independence Day (Finish Exeat)
 18 Science Fair
 27 Mid semester break begins
 31 Mid semester break ends

1 SAT
 3 TIS Founders' Day/TIS Swimming Carnival/Board Games
 8 Adjavon Memorial Cup
 15 TIS Athletics Carnival
 22 ACT
 28 Annual Play
 29 Annual Play/ ISSAG Athletics
 30 Visiting Sunday

OCTOBER 2016						
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APRIL 2017						
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1 TIS Entrance Exams 1
 2 Students return
 3 Classes resume
 8 ACT
 9 Expression
 13 Easter long weekend begins
 17 Easter long weekend ends
 18 Classes resume
 21 Spelling Quiz
 29 Reward Trip
 30 Visiting Sunday

4 Speaker of the Year (2-5pm)
 5 SAT
 7 Mid semester break starts
 9-11 Writing & Photography W/S
 11 Mid semester break ends
 18 3W Interviews/Career Fair
 19 Recital Colloquium
 26 Reward Trip
 27 Visiting Sunday
 28 End of semester exams start

NOVEMBER 2016						
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MAY 2017						
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1 May Day (Public Holiday)
 6 SAT; TIS Entrance Exams 2
 20-22 DP Field Trip
 25 African Unity Day (Public Holiday)
 26 Leavers' Dinner
 27 DP Graduation
 28 Visiting Sunday

1 Farmers' Day (Public Holiday)
 3 SAT/ISSAG Swimming+VB
 10 ACT
 11 Christmas Fiesta
 12 Nomination for student leadership elections open
 13 3 Way Interviews (7.30am-1.00pm); Nominations for student leadership elections close; Last day of semester

DECEMBER 2016						
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JUNE 2017						
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1 End of semester exams commence
 3 SAT
 10 ACT
 17 Achievers Day
 21 Last day for teachers

5 Teachers resume (ISW)
 7 Students return
 8 Classes commence
 9-14 Alumni Homecoming Week
 21 Health Walk
 28 SAT; Reward Trip
 29 Thanksgiving service/Induction ceremony (11.00am)

JANUARY 2017						
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JULY 2017						
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Sporty Family 2016



UK University Fair





Gardenholics Club at TIS

