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TIS Health Walk 9.9.2017



TEMA
INTERNATIONAL
SCHOOL
NEWSLETTER



SEPTEMBER 2017

Thought for the Week

Simplicity boils down to two steps. Identify the essential. Eliminate the rest.
Leo Babauta

Calendar

27/8/17: Thanksgiving service (11.00am); Visiting Sunday (1.00-4.00pm)
31/8/17: G10 geography excursion
9/9/17: ACT; Health Walk (6.00am)
13/8/17-16/8/17: Red Cross workshops

Parent Reminders

- Please read school communications.
- If you are experiencing TIS email hassles (and not internet provider issues), then please forward them to support@tis.edu.gh

Making Us Proud

Our 2017 Newbies continue to impress: they are happy and appear to be very settled.

Thanksgiving Service

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At the start of each semester, a Thanksgiving Service is conducted. On Sunday, 27 August, the first semester Thanksgiving Service will be conducted from 11.00am-12.30pm in the MPH. Like all school events, parents are invited and welcome to attend.

Visiting Sunday

Following the Thanksgiving Service will be Visiting Sunday until 4.00pm. Visiting Sunday is an opportunity for family and food, and at first, not in that order. Visiting Sundays are scheduled throughout the year, usually once each month. If a month contains events that parents may attend at TIS, a Visiting Sunday may not be listed. For new families, tables and chairs are set up around the school and families eat and meet in different locations, including the MPH. Students look forward to their parents bringing them their favourite take-away food.

Exeats

Exeats are required if parents require their son/daughter to depart the school for appointments, family gatherings, etc. Parents should download, complete and email the exeat form from the school website (<http://www.tis.edu.gh/forms/>)

Please note:

- Students will not have exeats approved if they have outstanding work to complete.
- Exeat requests for a weekend should be received by COB Wednesdays.
- Students returning from an exeat on a school day must be in full school uniform, including shoes, not sandals.

ManageBac for Parents

Welcome emails from ManageBac (MB) were sent out at noon today. Please check your junk/spam folder if the email is not obvious in your inbox. Click on the second link – Set My Password. Some advice...

So you're setting up your ManageBac password and you may be asking, "What's with the mission-impossible password requirements?"

We take data protection and security pretty seriously, which is why we recently updated our password strength requirements. This is especially important as we introduce Single-Sign-On, which is the ability to sign into multiple platforms with the same username and password.

The password will not save until you see a green box.

You could use a password like **S8raH18!**, but that's not very fun to remember, nor is it nearly as secure as a longer password with random words put together. It's better to use a phrase. We've found that the combination of three or four random common words is easier to remember *and* harder to crack!

An example of a super strong password that's not too hard to remember would be **Teacher Matt Bobo Yellow** or **Horse Battery Staple Yea**

ManageBac (MB) is our learning management portal that is used by teachers for planning assessment, reporting and attendance. Students use it to access assignment tasks, resources, and assessment results, including semester reports. Parents access MB for reports, announcements and can track their child's academic performance. From

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next week almost all messages, including the weekly bulletin and monthly newsletter will be sent through MB to parents.

If you have any difficulties registering or logging in, please email Ken (principal@tis.edu.gh)

I will also be in the MPH on Sunday from 2.00-3.00pm to assist any parents with MB.

Yahoo Email Addresses

TIS often has trouble with emails bouncing to and/or from Yahoo email addresses. A major problem is the @yahoo.co.uk. Parents who use these email addresses are encouraged to supply an alternative email address to ensure effective and efficient email communications.

Devices

Students use devices in many of their lessons to access and submit their assessment tasks and their timetable. The use of devices is to support and enhance student learning and not to distract them. All students are allowed only one device at school this year. We recommend a laptop. However, the final decision is the parents. Devices should be kept in a protective sleeve when not in use. Students should not share their devices with their peers. Students must only access the TIS wifi network and personal modems are not allowed. During the evening, devices are stored overnight (from 9.00pm for G7-9 students and from 10.00pm for G10-12 students) to encourage students to enjoy adequate sleep and rest.

Boys' Trousers

Quite a few boys have returned to school with altered and inappropriately-sized trousers. If this body hugging trend continues, the male infertility rates will skyrocket in Ghana in future years. Boys wearing tight trousers will have to purchase new trousers from the uniform shop.

Wellbeing

Adequate sleep is a critical factor in personal well-being. Sleep deprivation affects performance, health, nutrition and attitude. Earlier lights out for G10-12 students and the storage of devices overnight for all students are two changes this year to address the issue of adequate sleep. Although extremely unpopular with the majority of students, the observation is fresh-looking students during the day, instead of exhausted ones.

MUN

Each year TIS participates in international MUN (Model United Nations) programs. These occur in second semester, and excludes exam candidates. Interested students should participate in the local MUN in first semester to be eligible for the international opportunity.

In 2018, a limited number of G11 students will be able to participate in ALAMAU in South Africa. For other students, including Grade 11, TIS is considering a couple of options: Haarlem (The Netherlands) and New York (USA). To determine which options TIS will pursue, I seek expressions of interest from students and parents by 1 September.

Basic information to help you make a decision includes:

New York: 2016 cost USD4500; likely dates 28/2/18 – 6/3/17.

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Haarlem: 2017 cost USD3000; likely dates 3/4/18 - 9/4/18

Please email your interest to Mrs Adelaide Ferguson (aferguson@tis.edu.gh)

Naviance

Information will be emailed out next Tuesday, to parents or guardians about registering and accessing Naviance. In the email, you will receive a code (a combination of 6 digits or letters).

- You will need to go to: connection.naviance.com/temais
- On the right side of the page there are two options: I am a guest user or I want to register.
- Select I want to register and you will be taken to a page where you must insert your code.
- You will then be taken to a page where you will add and confirm your email address and create and confirm your password.
- Any time you wish to access Naviance after registering, go to: connection.naviance.com/temais and log in by entering your email address and password.

Naviance is a college guidance and life career skills software program that students will commence using from G7-12. It will be the platform from which university and college applications will be sent. Students and parents will be able to access this program to ensure transparency throughout the university application process min G12. If you have any difficulties registering or logging in, please email Ken (principal@tis.edu.gh)

I appreciate your support.

Dr Ken Darvall
Principal



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MYP Corner

First week is over.



And what a week it was! Especially for our new students it must have felt like jumping on a rollercoaster and trying to hold on. There are so many new impressions, suddenly being a boarder, having to share a room, all the people at TIS who you need to get to know, and probably just too much information you need to process within a week.

As always, it is a learning curve and it will take some time to adjust. All of us working at TIS will try to make this process as smooth as possible.

After all, we are here for the wellbeing of our students and this goes way beyond academics only.

Grades 7 and 8 started with an introduction to the MYP at the start of the week. First by pairing up “old” Grade 8 students with new students, where they had to explain what is so different about the MYP. A bit of Think, Pair, Share. After that the Grade 7 students had a session with me for a further introduction to the MYP, as well as getting to know each other a bit more. The sticky notes on their forehead are good and bad memories from previous education. Quite interesting at times I must say. I was impressed by the level of input from our newbies with lots of splendid answers and contributions. For those of you who want to read more about the MYP, we have the downloadable MYP Guide for Parents on our website. As well you can visit www.ibo.org



New this year is the Student Planner we have purchased from ProninIB a publisher of IB materials who have based a student planner on wellbeing. Not only does the planner help the student to plan their studies but also gives our Guidance/ATL team a lot to work with, regarding wellbeing and developing the different Approaches To Learning skills. The following link will give you a look into a sample of the planner. <http://www.proninib.com/viewcomments.asp?productid=154185&isbn=SDMYPC16>

Ate Hemmes
MYP Coordinator

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Science Corner



The first week of re-opening has started in earnest at the Einstein block with Grade 10 Chemistry students having an inquiry-based practical exercise on factors affecting rate of reaction. Below are reflections of some of the students.

Doing the rate of reaction experiment was very exciting. It was amazing to learn in such a fun and hands-on way. Seeing and performing these experiments definitely gave me a better understanding of the factors that affect the rate of reactions.

- Etonam Attipoe,

“People never learn anything by being told, they have to find out for themselves.”-Paulo Coelho. This theory was greatly proven during our Grade 10 chemistry lesson on Tuesday. The main objective of the lesson was to investigate the effect of different factors on the rate of reaction. We began by observing a reaction of hydrochloric acid and magnesium ribbon and comparing our findings to a reaction with a higher concentration of hydrochloric acid but with the same length of magnesium ribbon. By performing three other experiments in addition to this, we were able to examine drastic increases of the reaction time as a result of the increase in concentration of the solute, the increase in surface area, increase in temperature of the reactants and the introduction of a catalyst into the solution. My favourite part of the lesson was when we mistakenly added too much manganese (IV) oxide to the reaction, which resulted in the eruption of the solution and produced a lot of foam. It would almost be impossible to ask anyone who was present in the class how the experiments went and receive a negative answer as it was a wonderful and memorable learning experience to be able to practically apply the numerous concepts we have been taught in our day-to-day lessons.



-Enam Nana Yaa Hermon

I like science and I love chemistry. I love learning new things, especially practical work, because I am able to do all of the experiments myself, therefore giving me more experience, and a better understanding of the topic. It helps me learn very well, and I am really hoping that there are more lessons like this – **Baaba Egyei Mensah**

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Arts Corner

Creating A Home In The Arts Department



Finding outlets for the creativity of our students is key to their total development, hence the need to create a creative ambience and environment for them to express and pursue desires. By virtue of the fact that creativity is subjective and based on individual expression, the creative arts form a vital part in the development of personal voice, ways of knowing and expression. It is said in many ways and on many platforms that students who are able to think creatively are able to find creative solutions to complicated issues. They are also able to adapt and survive in a complex world with its diverse relationships. Every individual is creative but not every individual gets the opportunity to explore that creativity. Here in TIS, we go beyond

giving students the opportunity to be creative; they live creative. There are a number of programmes put in place in making each student passing through TIS a creative thinker. These initiatives happen both in and outside the class room. There are structured lessons and unstructured encounters.

The Arts department with CAS have the following activities running in the school this year

- Guitar** **Pop Band**
- Piano **Regimental**
- Choir* **Violin**
- Cello/Double Bass
- Saxophone/Trumpet **ORCHESTRA**

School Play



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LET US CREATE!

DP Update

DP 1 Orientation



DP 1 have started their Diploma journey in earnest. They had an introduction to all the subject groups along with sessions from the TOK coordinator, CAS coordinator, Extended Essay coordinator, College Guidance team, Well-being counsellor, alumni and learning centre coordinator. Following these interactions we decided on the subjects. Right now DP 1 students are in Akorlikolipe for their service learning trip returning by 25-8-17. They will be all charged up to start their classes from 28-8-17.

DP2 registration

We will be finalizing the registration of the class of 2018. First step in this to check the spelling of the candidates, nationality and their date of birth. Data on Managebac will be used as it is. Please advise any changes in the above details before 10 September, 2017.

English Department Update

Speaker of the Year 2017

It's already a year since David Masoperh swept three judges off their feet with his eloquence and rhetorical prowess to be crowned the 2016 Speaker of the Year. It's already a year since Yehowahi Sekan and Naa Momoh Odarteifio, along with many others, dazzled the audience with their passion and oratorical adeptness.

It's time again and members of the School of Sharks (Debate Society) are out in search of who will become the winner for the 2017 Speaker of the Year Contest. Who will be crowned the most eloquent, the most expressive, the most confident, and most importantly, the most persuasive? Who will walk away with the ultimate prize for 2017? It could be you!

If you are interested in stepping out of that comfort zone to challenge yourself on the big stage to test your confidence and public speaking skills, then this is a unique opportunity you do not want to miss. Registration is open from 25 August to 2 September to all students, and we urge you to take that bold step towards overcoming your fear of public speaking.

The contest will take place at the TIS Multi-Purpose Hall on the 21 September, 2017. All parents and families are invited to support their contestants.

Interested students are encouraged to sign-up with the patrons of the Debate Society; Mr Welagaamo and Miss Tay, or any executive of the Debate Society. Parents can reach the patrons via lwelagaamo@tis.edu.gh and Rita.Tay-Agbozo@tis.edu.gh for clarification and further inquiry.

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SCHOOL OF SHARKS, HOOKED ON 'DE'BAIT'

Grade 10 Educational Fieldtrip

Venue: Ghana Meteorological Services Authority

Date: 31st August, 2017

Time: 9:00 am

Purpose of the Trip:

The trip is to enable the students describe and appreciate the methods of collecting and measuring meteorological data.

The students will be accompanied by Mr. Emmanuel Gyamfi Sampong(Geography Teacher).



College Guides



DP 1 Orientation: Students made an IB 'pledge' to enrich themselves in academics, extra-curricular activities, and leadership, and to work to attain all college-related requirements during their time in TIS.

Five Alumni visited our DP1 students and shared some helpful tips and lessons garnered from their time in T.I.S. and at the university. They were Entsiwa Adenu-Mensah (Cornell University & Columbia University, U.S.A.), Eyram Diaba (University of Ghana Medical School, Ghana), Mame Ekuia Cudjoe (Savannah College of Art & Design, U.S.A.), Eunice Opoku-Gyebi (Aston University Medical School, U.K.) & David King (African Leadership University, Mauritius). We truly appreciate their time and effort and wish them the very best!

Here is an excellent reflection highlighting the key points from the alumni interaction, by a DP1 student;

"The talk with the alumni taught me to stay focused and let my academics be my number one priority. It also made me understand that it is okay not to know what you are going to study at the university, the counselors in the school will guide you to identify your career and the program acceptable for it. Lastly, I learnt that the IB could get very rigorous but you can do well if you learn to be organized and balanced."

....Chidera Belounwu.

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DP 2 Reminders: Notify counselors if you are applying to a U.S. university early action or early decision (EA/ED) or you are applying to Oxford, Cambridge, or a program for Medicine, Dentistry, or Veterinary Science in the U.K. This information will help your counselor keep track of deadlines the early deadlines required for these specific registrations / applications and support you in meeting the deadlines.

Final Reminder: SAT October & PSAT Registration Deadline next Monday- August 28, 2017.

*****DP2 Students! October is the last month to take the SAT & ACT general tests @ T.I.S.**

SAT October-Test Registration Deadline: Monday August 28th, 2017.

Payment: U.S. \$ 110 - ACT with writing (dollar payments only).

ACT October -Test Registration Deadline: Friday, September 1st, 2017.

Payment: U.S. \$ 110- SAT with essay, U.S. \$ 110 SAT Subject test (1 subject), U.S.\$120 (2 Subject Tests), U.S. \$ 130 (3 subjects).

PSAT Registration Deadline: Monday August 28th, 2017.

Payment: U.S. \$ 30.00

SAT 2017-2018

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE |
|------------------|-----------------------------------|
| OCT. 7, 2017 | AUG. 23, 2017 |
| NOV. 4, 2017* | SEPT. 6, 2017 |
| MARCH 10, 2018** | JAN. 9, 2018 |
| MAY 5, 2018 | MARCH 6, 2018 |

ACT 2017-2018

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE. |
|----------------|------------------------------------|
| SEPT. 9, 2017 | May 31, 2017 |
| Oct. 28, 2017 | Sept. 1, 2017 |
| April 14, 2018 | Feb. 16, 2018 |

*SAT Subject Test only
** SAT General Test Only

Grade 7 ATL Skills- Research:



The Learning Centre Team had an informative session with our Grade 7 students, introducing them to the Learning Centre resources and the basics on how to do research. This addressed some ATL (Approaches to Learning) Skills which we seek to inculcate into our students. Students learned to collaborate through group work and to communicate through presentations.

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Great Article!.....

Finding the “Best Fit College” Academically.

When assessing academic rigor as an indication of “fit,” you are likely to find that you have the capacity to “get the job done” academically in a range of college environments. In other words, to follow the metaphor, you are not likely to have difficulty with the water itself. You will fit best, however, in environments where your ability and preparation enable you to rise to new levels of challenge.

Your objective, should be to find academic environments where your levels of ability and preparation will enable you to achieve well as you stretch yourself intellectually. These places represent appropriate “bodies of water” for you academically. The best sources of insight regarding your preparedness to meet the academic rigor of various colleges and universities are your high school teachers. Their familiarity with your capabilities can be invaluable in identifying the colleges where you will be well served academically.

Follow this link to read more:
<https://www.bestcollegefit.com/blog/>

Remember, selecting the best fit school depends on you and what your preferences are. Make plans and stick to it. **Take ownership of the process!**

“A PLAN is only
 as good as those
 who SEE IT THROUGH”

Anonymous

CASSA Updates

DP CAS



Creativity, Activity, Service (CAS) is one of the three essential elements that every student must complete as part of the Diploma Programme (DP). Studied throughout the Diploma Programme, CAS involves students in a range of experiences alongside their academic studies.

CAS should involve:

- Real, purposeful activities, which meet one or more of the learning outcomes.
- Personal challenge - tasks must extend the student and be achievable in scope.
- Students using the CAS stages (*investigation, preparation, action, reflection, and demonstration*) to guide CAS experiences and projects.

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- Thoughtful consideration, such as planning, reviewing progress, reporting (done on ManageBac - <https://tis.managebac.com/>).
- Evidence and reflection on outcomes and personal learning.

By the end of their CAS experience as a whole, students must show evidence that they have participated in activities which have met each of the following outcomes:

1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

DP Class of 2019 Aims & Goals for CAS



My aims and goals for CAS are to impact my community in ways hardly anyone has ever done. My short term goal is to make the lives of the less privileged people in my community better than it is right now, starting with small steps. Most importantly, I want CAS to change my life and make me a better person. (Suraya Morton _ Grade 11)

As an IBDP student, I aim to put my all into every activity I am placed in. I want to be able to think outside the box and be innovative in every way. I want to put myself out there and challenge myself with things I have never done before and leave a place knowing I have impacted in people's lives. (Mandy Adjei _ Grade 11)

Throughout my IB Diploma program, I am aiming at finding my talents and interest through the CAS program. I also expect to help society through the CAS projects I plan on undertaking with some of my friends. I strongly believe that one is supposed to use the knowledge he/she has derived from their holistic IB Diploma education to benefit the society. The CAS program is meant to find one's true self through the service he/she renders to society. (Ivan Katey Adjovu _ Grade 11)



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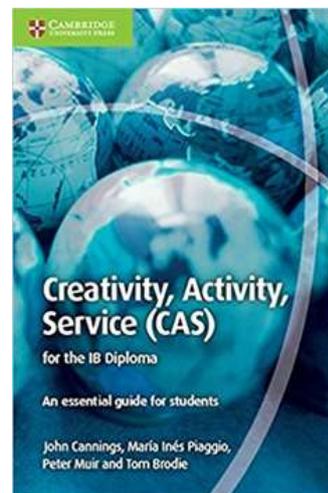


IBDP CAS orientation/Service learning trip to Akorlikope: What a good way to start the IB journey by engaging in meaningful experiences and learning about CAS in a practical way. A number of projects have been initiated by our Alumni. Our G11s, the DP Class of 2019 are busy preparing for their trip on the 24 August.



You can find the **Creativity, Activity, Service (CAS)** an essential guide for student's book at the **Ajavon Learning Center**.

This book will enrich your knowledge about CAS.



MYP SA - Service in Action

What is Service as Action?



SA is a required component of IB MYP and its aim is to develop internationally minded individuals who can recognize their shared common humanity and responsibility to take care of the planet. A secondary but just as important goal of SA is to connect what is learned in school to the real world. The ultimate aim as a school and community is to create life-long memories and experiences that lay the foundation for future learning.

Action (learning by doing and experiencing) is an important part of the IB MYP. Service is how you engage yourself to the action. Service as action is a required activity or project in each year of the program. Service as Action is about raising awareness of the world around you. Service involves the following elements:

- Awareness and understanding of an issue be it local or global.
- Commitment to help others.
- Ability to show empathy.



MYP learning outcomes for Service as Action:

1. Become more aware of their own strengths and areas for growth
2. Undertake challenges that develop new skills

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3. Discuss, evaluate and plan student-initiated activities
4. Persevere in action
5. Work collaboratively with others
6. Develop international-mindedness through global engagement, multilingualism and intercultural understanding
7. Consider the ethical implications of their actions.



Why is Service and Action important?

- Provides students with the opportunity of helping their school
 - Provides students with the opportunities of helping their local and even international community
 - Helps students apply their academic, social and personal skills to improve their surroundings
 - Allows students to develop new skills, interests, and talents
 - Helps students to take an initiative on something they believe in
- Encourages responsible citizenship
 - Make a connection between what you learn in the classroom and the community



Colour Group – Welcome the Newbies. **Blue Cedar, GreenWisteria, Red Kigelia & Yellow Outeniqua** members were all gathered at the MPH on Wednesday after school to welcome the newbies. The atmosphere was amazing! See below what our newbies have to say about the experience.

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I was hoping to pick Yellow but I got blue. But I felt excited anyway. I liked the way the students cheered for their respective colours. The MPH was filled with chants and uproars from all the students. It was a happy feeling.
(Nanaa Amoabea Larbi _ Grade 11)

When the Student Executives called us to the MPH for colour picking, I didn't know exactly what to expect. However, I wasn't completely surprised when I witnessed each crowd becoming as hyped as possible for its colour. I assumed that is part pf the Tema International School spirit, so I joined in, only a little bit. I'm sure that once I begin to really blend into the school environment, I'll be just as hyped as the rest of the family.
(Maame Kyei _ Grade 11)



TIS Parents #Reflection

My first child in TIS. Shamita has always wanted to be in TIS and I did some research. Everything I heard about TIS was positive. I spoke with a few parents whose children were here, and they spoke highly of the educational standards in TIS. I like the fact that there is this family camaraderie in the school and that was one of the reasons why I chose TIS. I want to secure a very good future for my daughter. Now that she is here, I have very high expectations from her and the school. I expect that academically, her potential will be maximized. I also look forward that she will grow into someone who will contribute meaningfully to society. I

am not just expecting academic prowess but also the social aspect of her development. I am expecting that the teachers, her colleagues and all other stakeholders will partner with me to bring the best out of my daughter.
(Ms. Linda Vasnani)

I am a proud stakeholder and a proud parent of TIS, with 2 children haven passed through the school, a 3rd in her final year, and the 4th child entering this year. I have loved how my children have turned out. Their self-confidence being developed; Araba (the 3rd one) was very shy when she came, and now she is full of confidence, and believes very much in herself. I am a very proud parent. With the entry of the 4th child, my expectations are even higher. We expect that he becomes much groomed and well placed for successive years. And then with 4 children coming to TIS, I expect some reward, some discount on the fees 😊.
(Mrs. Adenu-Mensah)



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Two of my children are alumni, one continuing student (Maame Ama Benyarko, Grade 11 _ student of the year, 2017) and now the 4th child (Ewuraba Ekua Benyarko _ Grade 7) has also joined. My two alumni children are now in Medical School and they are doing tremendously well. The 4th one, Ewuraba, has always been coming here since she was about 2 years ☺, and there was no way I could tell her you would go to another school. I am very confident that she is going to excel. I believe in TIS. I am happy with the results that we get and how our children have turned out. (Mrs. Laudina Benyarko)



School Play Audition

I have witnessed several school play auditions, and with each successive year, the challenge of who gets into the cast and crew list becomes increasingly spirited and competitive. Each year is marked with new discoveries and this year's wasn't any

different. With the passionate energetic vibes and exotic taste of drama shown at this year's auditions, audience should be ready to be awakened and served with hot slices of a TIS specially brewed theatrical chef-d'oeuvre. (Ebenezer Asime _ CASSA Advisor)



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ASA – After School Activities

From 21 August till 1 September 2017, students will engage in any of the ASA (After School Activities) on the timetables attached - SPORTS & MUSIC. These two weeks are an opportunity to try something new, or engage in something they like and want to get better at. For ASA, please note the following:

SPORTS

EVENTS

- Health Walk – 9 September – *Students, Staff and Parents*
- Sporty Family - 23 September – *Students, Staff and Parents*
- TIS Swimming Championship – 3 October – *Students and Staff*
- Adjavon Cup - 7 October – *Students, Staff, Alumni, Parents*
- ISSAG Soccer, Tennis and Table Tennis - 28 October
- ISSAG Volleyball and Swimming – 11 November

* Training for ISSAG Competitions will start from 25th August, 2017.

* All other sports activities will take place alongside.

Students can choose from the following after-school sports activities:

| DAY 4:00pm to 5:00pm | ACTIVITIES | LOCATION | FACILITATOR |
|-------------------------|---|----------------|---|
| Monday to Friday | Badminton Basketball Soccer Squash Swimming Table Tennis Tennis Volleyball | Sports Complex | Alex Tay Gabriel Rachel Sylvester Raymond |

***Swimming Club** – Sunday 4:00pm to 5:00pm

***Table Tennis Club** – See Mr. Ben Darko for more details.

*To join any Team or initiate a Sport Club see Gabriel or Rachel.

*Choose maximum 2 days to engage in sports unless you are training for a competition. Balance is important while choosing your ASA.

*All Students must **BE at the hostel latest by 5:30pm** to prepare for dinner.

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**Events:**

3 October - Founders Day performance – TIS @ 14

6 November - School Play – The Slaves

3 December – Carols Night/Inter Colour Singing

| DAY 4:00pm to 5:00pm | ACTIVITY | VANCANCY | INSTRUCTOR | LOCATION |
|-------------------------|-----------------------|---------------------|--------------------|------------------|
| Monday | Piano | Individual Tutorial | Caleb | HP11:Mu2 |
| | Guitar | | Emmanuel | HP11:Mu3 |
| | Violin | | Amoah | HP11:Mu1 |
| Tuesday | Choir | 40 | Caleb/Emmanuel | HP11:Mu1 |
| Wednesday | Orchestra | 30 | Mr. Amoah/Enoch | HP11:Mu1 |
| | Regimental Band | 25 | Borsah | HP11:Mu3 |
| Thursday | Pop Band | 20 | Emmanuel | HP11:Mu3 |
| | Saxophone/Trumpet | Individual Tutorial | Borsah | HP11:Mu4 |
| | Cello/Double Bass | | Enoch | HP11:Mu1 |
| Violin | Mr. Amoah | | HP11:Mu1 | |
| Monday – Saturday | School Play rehearsal | 33 | Drama/Theatre Team | MPH or Black box |

*To join any of the activities above or initiate a Music related Club see Emmanuel or Caleb.

*Choose maximum 2 days to engage in Music unless you are training for a Performance. Balance is important while choosing your ASA.

*Cast and Crew members for the School Play Commitment is a MUST. Do not overload yourself with other activities.

*All Students must **BE at the hostel latest by 5:30pm** to prepare for dinner.

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Our Alumni of the week



Full name: Ayodeji Longe

Year group: Class of 2013

Hostel: Anthony Hostel

Roles played at TIS: I was the headboy at TIS, there were quite a few academic achievements but my prefectship is the one I'm most proud of. It was unorthodox but...special. Business Operations and Administration

Current university: Graduated from Queen Mary University of London 2:1.

Year of graduation: Class of 2016

Achievements in College: Captain of my football team at university and top business and company law student. I don't think I could single out a single most memorable experience as there were many, but I particularly enjoyed helping build a school on Prampram with my grade mates. There's a certain joy you get from feeling like you've helped better someone's life.

Achievements out of college: Currently I'm developing my own online business network for SMEs and freelancers, as well as being the CMO of a relatively new Ghanaian construction and mining company.

Key word in life: Is confidence, I feel like a lot of people do not fully appreciate the distance it can take you.

Philosophy: The energy you put out will very likely come back to you.

Word of advice: Develop an 'if anyone can do it I can' attitude. It is infinitely helpful.

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At 6am the walk will start from the TIS Hostel Car Park



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Grade 10 Chemistry students at the lab



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