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FEBRUARY 2017.

Thought for the Week

Life is 10% what happens to you and 90% how you react to it.

- Charles R. Swindoll

Calendar

28/1/17: ISSAG soccer/tennis and table tennis championships (SOS).

29/1/17: Thanksgiving & Leadership Service (11.00am) followed by Visiting Sunday until 4.00pm.

1-3/2/17: G11 Service Learning trip to Akorlikope

Parent Reminders

- All student clothing and items should be labelled. Orders for labels as mentioned in last week's TIS Bulletin closed yesterday.
- Commitment fees for the summer French and Spanish language study trips are overdue. This may be due to an incorrect note being distributed with the

commitment fee date in March. The authorized note was distributed through MB to parents on 15/12/16.

Making Us Proud

- Parents who joined us for the Semester 2 health walk last Saturday. Thank you.
- Parents who were able to attend the G11 subject selection session for Grade 10 students and their parents last Saturday. Thank you.
- The G11 girls involved in the girls' soccer team: you are game changers and make a huge difference to the morale of the team.
- Students who nominated for student leadership positions, but were unsuccessful on this occasion. Your initiative is admired and your participation in the process has been good experience for next time. Yet remember, one of many great things about TIS is the range and variety of leadership experiences that are available from 7-12. Taking advantage of

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these opportunities and experiences develops your future success.

Student Council

Yesterday was a historical moment at TIS with our first electronic elections for the inaugural Student Council, which combines the former Prefect system with the Student Representative Council into one student body. The normal two-day voting process was completed in 30 minutes with instant results.

Our elected executive student leaders for 2017 are part of an incredible cohort of students, known as the Game Changers. Grade 11 looks at different perspectives when dealing with issues and are a strongly collaborative and intellectual group. There were as many outstanding leaders vying for positions as those who did not seek this form to demonstrate their leadership abilities and skills.

With such a talented group, there was obvious jubilation and disappointment with results. However, I witnessed a close bonding between those who were successful and those who were disappointed. The biggest opportunity now is to utilize the leadership skills, enthusiasm, and commitment of all our candidates to make a better TIS. There are exciting times ahead of us. As always.

Below are the results of the student elections held on 26 January.

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COUNCIL EXECUTIVES

Heads of Council

Yehowahi Sekan Marie-Noelle Kpatakpa

Secretary

Karen Donkor

Council Advisors

Salim Roland Maame Anna-Maria Poku

Academics

Dennis Donkoh Naa Momoh Odartefio

MPH

Prosper Adabla Chloe Asiedu

Entertainment

Frank Buah Samantha Azu

Sports

Anthony Addofoly Nuna Attipoe

Chapel

Irvine Narh

Anthony Hostel

Jared Quampah Worla Akpatsa

Francis Hostel

Nana Osei Mainoo Tsui Odonkor

Cecilia Hostel

Erin Owusu Jackie Tetteh

Catherine Hostel

Audrey Antwi-Asimeng

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Kelsey Searyoh

CLASS REPRESENTATIVES

7 Nina Omatsola

8A Arnold Gyateng

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- 8B** Eddy Quansah
- 9A** Josid Owusu-Akyaw, Baaba Egyei-Mensah
- 9B** Kendrick Effah-Gyan, Akua Boatemma Okyere
- 10A** Mamle Kwao
- 10B** Hugh Nyante Stephanie-Louise Agyeman
- 10C** Mercedes Asafo-Adjei
- 11A** Dede Coffie
- 11B** Adwoa Asantewaa Owusu Boamah

Visiting Sunday

A Thanksgiving and Leadership Induction Service will be held on this Sunday in the MPH at 11.00am. Parents are welcome to attend, like all school events. Following this service (by 1.00pm), there will be visiting Sunday until 4.00pm. Parents only coming for Visiting Sunday will allowed entry at the end of the Thanksgiving and Leadership Service. No entry will be allowed after 3.00pm.

TIS Tennis Championships

TIS recently conducted its tennis championships. Congratulations to Nana-Apau Yaw Obeng (boys) and Araba Adenu-Mensah (girls) who are the TIS tennis champions for 2017. [Back to top](#)

ISSAG Soccer, Tennis and Table Tennis

Tomorrow, TIS will be competing in the ISSAG soccer, tennis and table tennis competitions in the girls and boys division at SOS. Competition commences at 9.00am and parents are most welcome to come along and support TIS. Please note the boys soccer will be played at the Parents Association School while the Girls will play at the Electricity Commission Grounds. Finals will be played at SOS hostels. Tennis and table tennis will be played at the SOS hostels. Last year, TIS was a semi-finalist in tennis and table tennis and runners up in girls and boys soccer. At TIS, we always aim to improve our results. I wish all teams and individual players (tennis and table tennis) the best. I know their efforts will make us proud. [Back to top](#)

Admissions 2017

Admissions for 2017/2018 have opened. Points of entry are Grades 7-8 (MYP), Grade 9 (IGCSE) and Grade 11 (DP).

To register interest or to commence the application process, please go to: <https://tis.openapply.com>

Please note there is also a link (OpenApply) on the top of our homepage at:

www.tis.edu.gh

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Habits

Good habits usually lead to good outcomes, and bad habits lead to bad ones. We know this. But it's hard to break bad habits, right? The following link is to Michael Hyatt talking about five strategies to replace the bad with the good.

<https://michaelhyatt.com/season-7-episode-04-5-strategies-for-building-new-habits-podcast.html>

Departing Students

Parents of students who will be withdrawing their son/daughter at the end of the year should notify admissions by 29 February. Students who will require a transcript and reference must advise admissions by

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15 February, so that these can be prepared. Otherwise, requests may not be fulfilled in a timely manner. Intending schools that require a test or interview with a student must liaise with TIS to ensure a mutually convenient time.

I appreciate your support.

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Dr Ken Darvall

MYP Corner

Ate was here!

How many times have we not seen this type of message written on a wall? Since pre-historic times man has left its mark behind and has done so ever since in different ways.

This week I have seen it a lot in school in the form of election stickers of the candidates running for Student Council similar to what we saw during the presidential elections. Grade 8 started a new unit with the following statement of inquiry: *“People or cultures leave behind marks of their presence as a form of communication”* Art is all about expression and communication as a creative outlet. Not only do we see it in a written form, but also in the use of patterns and the huge range of colourful fabrics in Africa is a good example of this. Grade 8 students will be investigating patterns from different cultures and backgrounds as part of a bigger project. They will be given the walls around the art room to create one big mural depicting patterns enclosed in human figure outlines.

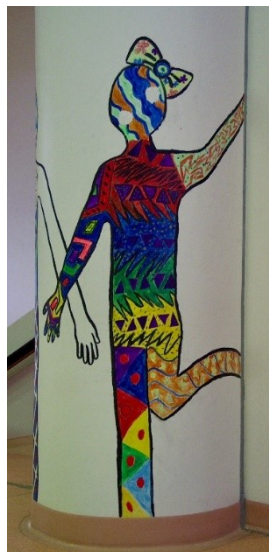
This project therefore covers many different criteria including Service Learning. From beginning to end their efforts will result in a lasting embellishment of the school community environment. This is going to be a big and time consuming project but it will be ready to be part of the Expression weekend where we

will be able to exhibit and perform what the students have been working on during this academic year.

Ate Hemmes

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Teacher of Art



Source: International School of London, Qatar

Bronze, Silver and Gold!

Apart from the Student Council election buzz we witnessed another buzz on Wednesday, the merit lists. Depending on their performances in Academics, Leadership, Cultural, Sports, Service and Citizenship students can get a Bronze, Silver or Gold merit.

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If it was on me I would like to add all colours of the rainbow for extra merits. Let's face it, students need an occasional pat on the shoulder to emphasize their effort, a practice we apply in class as well. It is all part of an extrinsic motivation, which we use for children



from the day they are born. In Primary School it will be weekly awards and daily stickers that make the student happy and proud. Later on a shift is needed, however, from extrinsic to intrinsic motivation.

Below is an excerpt from one of John Hattie's articles about student goals and motivation. He identifies the danger of only focusing on extrinsic motivation, which might lead to shallow learning. More important is the intrinsic motivation that will lead to a Growth Mind-set (Carol Dweck) and deeper learning based on clear goals set by the student.

Is the low achiever who might not get a merit automatically an underachiever, or is the merit student who is coasting the underachiever? I guess we agree that the hardworking non-merit student who works at his or her level, but aiming at more, is definitely not underachieving. I would like to offer a rainbow merit to the students who manage to improve from a 3 to a 5 across the board. There's a growth mind-set!

Ate Hemmes

MYP Coordinator

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John Hattie's Typology of Student Goals and Motivations (Excerpts)

Self-efficacy This is the confidence or strength of belief that we have in ourselves that we can make our learning happen. Those with high self-efficacy are more likely to see hard tasks as challenges rather than try to avoid them, and when they have failures, they see them as a chance to learn and to make a greater effort or to look for new information next time....

Self-motivation This can be towards intrinsic or extrinsic attributions: is the learning itself the source of satisfaction, or are perceived rewards the sources of satisfaction? 'How do I reinvest in learning more?', 'How do I move to the next, more challenging task?', and 'Now I understand . . .' are examples of the former. 'Is this on the test?', 'Do I get a sticker?', and 'Is this enough to pass?' are examples of the latter. A combination of both is probably needed, but the more the balance moves towards intrinsic motivation, the greater the investment in learning, which then leads to greater learning gains. Too much external motivation can lead to shallow learning of the surface features, completion of work regardless of the standard, and completing work for the sake of praise or similar rewards....

Self-goals There is a rich literature on the goals that students can have. There are three major types of goal, as follows.

- Mastery goals arise when students aim to develop their competence and they consider ability to be something that can be developed by increasing effort.
- Performance goals arise when students aim to demonstrate their competence particularly by outperforming peers, and they consider ability

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to be fixed, and not malleable or able to be changed.

- Social goals arise when students are most concerned about how they interact with, and relate to, others in the class.

Excerpted from John Hattie, *Visible Learning for Teachers* (Hoboken: Taylor and Francis, 2012), 41-43 (<http://alcuin.furman.edu:80/record=b3949552~S1>)

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IBDP Update

What a week it was, vetting, manifestos, elections and of course the results. The process itself was a teacher giving valuable life lessons to candidates as well as the students participating in the electoral process.

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Extended Essay

G 12 students will upload the final version on ManageBac with a self-assessment of their essay, where they will grade themselves against the assessment criteria. After due verification, essays will be sent to IB for moderation.

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E-Upload

Starting from May 2017, all the internal assessment components in IBDP will be electronically uploaded for further assessment. The general format has been shared with the students. This makes IB an environmentally- conscious organization using technology to reduce its carbon footprint.

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Academic Honesty

Academic honesty has become increasingly important as access to information through technological innovation has increased, and ideas about learning and how knowledge is constructed have changed. Students should understand the importance of acknowledging

others because it is a central feature of the constructivist, inquiry-based approach promoted in all IB programmes. A clear understanding of what constitutes plagiarism and collusion, ways to avoid in the rigorous diploma program is a key to success.

Interesting Read

In continuation with the article on Thirukural shared last week, please find below the couplet for this week.



You meet with joy, with pleasant thought you part,...
Such is the learned scholar's wonderful art!

(Kural No : 394)

Kural Explanation:

It is the part of the learned to give joy to those whom they meet, and on leaving, to make them think when shall we meet them again.)

Let the above message be the guiding light for students in their inquiry journey.

Please keep the students participating in ISSAG competitions (Tennis, Football and table-tennis), this Saturday in your prayers.

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CAS Updates

After School Activities.... what the students have to say!

It's inspiring because I get to know more about my culture, and in choir I sing many different songs. (Benita Kusi _ Grade 10)

After school activities allow you to explore your skills in various ways with your colleagues and teachers. (Adell Gadzey _ Grade 10)

After school activities help me release all the stress that I get during school hours. It also gives me a clear mind for prep. (Peter Gyawu _ Grade 12)

TIS sports help me lose weight; gain muscle; build my cardiovascular system and generally become fit. Also, I improve my talents in basketball, football and volleyball. (Selorm Mensah _ Grade 11)

For the past few years I've been in TIS, I have learnt different skills. I am now an open person to try different things (Mife Fajek _ Grade 10)

TIS activities help because when I came to school I wanted to learn a lot of stuff and now every day I learn something new that inspires me to do more. (Chelsea Somuah _ Grade 7)

T.I.S ensures that every student has the opportunity to take part in afterschool activities, whether its sports or cooking or jewelry making, TIS makes sure that you get that balance of co-curricular activities. (Ashley Cooper _ Grade 10)

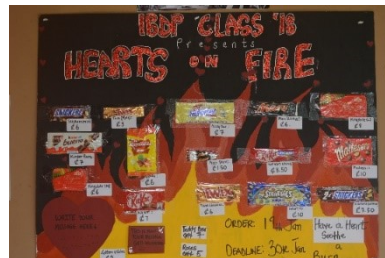
It has helped me a many ways. While in Grade 7, I started playing Badminton and I also joined the pop band. I am now the best Badminton player in my Grade and also get the opportunity to play with the pop band during school events and also in church. (Joseph Agyemang _ Grade 8)

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Chocolate Friendship Day... Have a heart, soothe a burn.

It's a yearly ritual, where the entire school shows love to one another the TIS way:

Chocolate Friendship Day. From Senior Management to staff and students, everyone seizes the opportunity to buy a bar of chocolate for a special person. And most importantly, the show of love is



extended beyond the school, to deprived communities. This year's event, dubbed, **HEARTS ON FIRE**, by the IB Class of 2018, will channel funds raised from sales of

the chocolates to the Burns Centre of Tema General Hospital. This idea comes on the heels of the recent gas explosion at the Trade Fair Centre. Orders for are ongoing and will end on Monday, 30th January 2017. Staff, students and parents inclusive are encouraged to extend a bar of friendship to a special person. Students should contact Yehowahi Sekan and Samantha Azu, both in Grade 11, for their orders. Staff and Parents should contact Ms. Grace on 0244626805 or g_attram@tis.edu.gh for their orders.

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Student Leadership Elections ...a call to LEAD is a call to SERVE!

Campus this week is bustling with an exhilarating euphoria towards the election of the next batch of student leaders. After passing vetting, the various aspirants are taking turns to convince students for reasons why they should be elected. You can literally feel both tension and excitement amongst the student populace, with the aspirants leaving no stones unturned to drive home their campaign messages.



While

following the various campaign trails, one thing that came up was the **energy**, **eagerness** and **creativity** that most of the aspirants are channeling into their respective campaigns. As the school goes to the polls, the CAS Team wishes all the aspirants the best of luck. Below are some extracts from some manifestoes, and what other students had to say about the electioneering process.

“I often had visions of myself wearing the prestigious golden badge “Head Entertainment Prefect” leading a committee of my own and planning a wonderful entertainment night for the whole school to enjoy week in, week out” (Selorm Mensah _ Entertainment Executive Aspirant)

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“People say I smile too much but the girl with the widest smile will go the extra mile. Tema International School is my home, our home and I am

committed to doing everything within my power to make it a better place and serving as Head of Council will be my greatest honor. There really is no need to

stress on how long I have been a part of the TIS family. The point is I have seen change and growth for the better and I am committed to continuing the phenomenal work of my predecessors.” (Anna-Maria Poku _ Head of Council Aspirant)



“Ever since I became a student of Tema International School, I’ve always admired the togetherness of students on campus, especially at the sports complex. It is for this

rea son, which I believe Sports play a huge role in student socialization. Therefore, as Sports Executive, I look forward to doing everything in my power, to make this togetherness and joy stay in TIS through Sports.” (Anthony Adofoly _ Sports Executive Aspirant).



“I have learnt a lot during my years in TIS and what I want to say is trust me with your entertainment and you'll never want to call in any replacement because when I

say I do this, I actually do this.” (Samantha Azu _ Entertainment Executive Aspirant).

Yesterday’s manifesto reading was so interesting. I was shocked because I never knew that some of my grade mates had such outstanding speech writing and persuasive skill. With the competition being so tense, the manifesto should have made voting choices easier, but sadly they did the exact opposite! (Dede Nicole Coffie _ Grade 11)

I thought the manifesto readings were marvelous; each aspirant told the student body their desires to become student leaders. Their ideas really stuck out and hopefully, the student body votes wisely based on who they think the best aspirant is for each position. (Adell Gadzey _ Grade 10)

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CAS Saying of the Month

“The celebrity you adore so much and want to be like might not have a father or a mother, who loves them as much as your parents love you. Learn to be appreciative of what you have”

(Effie Maison – IB Class of 2017 – January 2017)



Counselor’s Corner

Grade 7 & 8 classes received a special visit from the library staff, Mr. Festus Ollenu, Ms. Setor Adih & Ms. Constance Quaye. Mr. Ollenu presented at length on information literacy and asked critical questions in relation research skills (an ATL skill) and library usage, and the consequences of plagiarism. The classes are pictured in the next column.

Canadian University Fair!

Students enjoyed a fantastic fair at the Kempinski Hotel, and interacted with officials representing over 20 Canadian Universities & Colleges.

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College Visits

Brock University, Canada

- 1,900 international students, 70 programs offered
- Up to CAD\$21,000 available for IB students
- Well known for Sports Management

University of Alberta, Canada

- 7,000 international students, 200 programs offered
- Up to CAD\$10,000 available for IB students
- Boasts of one of the world's five institutes for Nano Technology

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IB2 College Applications:



Ghanaian University application forms are now available for purchase for some universities (KNUST, Ashesi University). IB2 parents are reminded that application forms for these universities would have to be purchased and brought in to the Counselor to assist with completion of applications. Expect a more detailed email in regards to Ghanaian applications next week.

Grade 9 Class on Self-Esteem

The Emotional Counselor, took our Grade 9 students through activities meant to boost their self-esteem and to teach them how to uplift others. See pictures below.



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Well-being Corner

Reorientation of thought processes!!!

Our behaviours are guided by our thought processes which are a function of our past experiences, perception and interpretation of issues. This can simply be represented in a diagram as shown below:

Negative / Irrational thought processes

A B C

A - Antecedent / event, **B - Beliefs** C - Consequences

Example: A - Losing an election.

B - I'm not good, I'm not likable and I'm not smart.

C - Low self-esteem, loss of interest in future competition and may affect other areas that are not directly linked.

A B C

A - Antecedent / event , **B** - Beliefs
C - Consequences

Example: A - Losing an election.

B - It is a learning curve, I have acquired skills for future endeavours or competition.

C - High self-esteem, positive adaptation and you will be encouraged to engage in future competition.

Explanation

The antecedent / event (A) does not lead to consequences / behaviour (C) but your irrational beliefs (B) about antecedent / event (A) triggers or maintains consequences / behaviour (C).

It can be concluded from the above that beliefs are the core of most emotional disturbances. Thus it is not what happens to you but the meaning and interpretation determines the effect it has on you and your future actions / behaviour. Do not hesitate to call at the counselling unit for assistance should you require help in maintaining positive thought processes.

Congratulations to our new student Leaders!!

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Creative Arts

Theatre class teaching life lessons on keeping eyes on the price in Commedia dell'Arte.



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As a follow up from last week's exposure on the benefits and impact of music in the lives of our students here in TIS, we will focus today's dialogue on Theatre in TIS as an educational tool in teaching both life and career skills.

During the Theatre class focus on Commedia dell'Arte, a 16th Century Italian world theatre tradition that influenced a number of Theatrical forms today, a number of lessons surfaced. Strategic positioning, planning, determination, focus and action are some of the learning outcomes being explored. The main lesson in the preparatory process of this theatrical tradition is keeping the eyes on the goal.

One will undisputedly agree that the main focus of our academic and life pursuit is to consistently keep the eyes on the goal. The challenges, breakthroughs, relationships and all other social vices are needed obstacles and aids in attainment at every stage in

development. This highly, individualistic, competitive task was self-driven and self-motivated in attaining a personal goal

It required students to be strategic; understanding their personal strengths and weaknesses in the various options presented to them and act in pursuit of what is to be attained.

Alumni Corner

Alumni of the week

Name: Elikem Kofi Tettey-Tamaklo

Year: 2012

Hostel: Francis

Colour group: Yellow Outeniqua

Roles played at TIS: Insight news channel executive, SRC representative



Founder, Wings of hope/ Liter of light (NGO)

Achievements/Award: CAS award

Current University: Northeastern University

Programme: Biology/Health science

2017 Graduation year

At Northeastern University: VP/PR of Northeastern African student org

Working in a medical/engineering startup - Researcher/Business manager

Advice: When you seek validation from other people before you act, you lose yourself. Don't lose yourself.

Philosophy: do not take your happiness for granted

Philosophy: Everything/Everyone is very temporary, make today count

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Summer School for IB Students (@ Stanford University)!



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Come and Join Us...

IB Summer School Courses – 2017

Pre-IB – July 16th - 4th August

For students who will start their IB diploma in September 2017 or January 2018. A program that introduces students to the challenges and demands of their forthcoming IB Diploma Program and ensures that they are fully prepared for starting their DP with confidence.

More details at www.ibsummerschool.com

Mid-IB – July 16th - 4th August

For students at the end of the first year of their IB program and who will take the exam in May or November 2018. You can study THREE IB subjects over the three-week course studying one IB subject per week.

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Reading of Manifestos by Student leaders' Aspirants



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