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TIS BULLETIN: 16 MARCH, 2018

Thought for the Week

It's not what you know, but rather what you can do with what you know.

- Tony Wagner

Calendar

17/3/18: ALAMAU delegates depart

18/3/18: 2018 Expression

20/3/18: Visit by Wooster College reps 23/3/18: G10 & 12 Mock exams end

24/3/18: Mid-semester break commences

26/3/18: ALAMAU delegates return

7/4/18: Students return to hostels

11/4/18: Special assembly (2.45-3.30pm); Debate Society's TIS Debate (4.00pm-5.00pm)

12/4/18: Education USA Mini-Fair (TIS Sports Complex: 1.30-3.30pm)

13/4/18: Girls United Girls' Talk (7.00-9.00pm)

14/4/18: ACT; U16 Football Carnival; Amnesty Club Interaction Session with Nana Oye

Lithur (2.00-4.00pm);

22/4/18: TIS Exam Candidates' Service (11.00am); Visiting Sunday (1.00-5.00pm).

27/4/18: DP Exams commence

28/4/18: ISSAG Athletics Championships (Accra)

Making US Proud

- TIS La Caixa Team: Lydia, Charity Adoma, Ethan and Eddy who are off to Spain in May (visas permitting).
- Joshua Busia , Jefferson Agbesi anffor their Book Bank project as part of a Box of Love Service and Action.
- Stephanie-Louise and Ewurakua for their Heart and Sole initiative at Calvary.
- Tsui Odonkor for completing his library project for the Otsirikomfo village.
- Abdul and Kene, rapping it up for Expression on Sunday.















- Kofi Ocansey, proud TIS parent and President of the Yale Club of Ghana.
- Sedo, Samuel and Mamle for their Marafiki society initiative.
- Peggy Hukportie (Bijoux's Mum) for spoiling TeamTIS delegates in New York.

Reminders

- Please read school communications.
- TIS Events: Parents are always welcome to attend any school event.
- *Exeats:* All exeat requests must be completed and submitted online. To access the online exeat form, please go to: https://www.tis.edu.gh/exeat-form
 [Note: If you receive a 404 error message, page not found, then please clear your website history and data and retry the link.]
- Student Medication: Any student medication must be sent to the Infirmary, along with medication instructions.
- *ManageBac (MB)*: An online guide for parents to MB can be found at: https://managebac.screenstepslive.com/s/support/m/3621

BOL

• Best of luck to our TeamTIS who depart on Saturday as delegates to the ALAMAU, the Model African Union in Johannesburg. Updates on their trip and experience will be shared on Twitter. If you are not into Twitter, check our website (www.tis.edu.gh)

Email Hassles

I am aware that some parents are experiencing email issues when emailing TIS. My sincere apologies for these hassles.

It will greatly assist us in resolving these issues if you can email any 'bounced' messages to: principal@tis.edu.gh

If this address is part of the problem, then please resend to kdarvall@gmail.com

La Caixa Competition















TIS entered the Young Entrepreneurship and Innovation Competition which is being coordinated by CEIBS Ghana (Accra) under the auspices of La Caixa Foundation (Spain).

Last Saturday, the team attended CEIBS (China Europe International Business School) to present their proposal, get advice on how to perform well at this level of competition, and have guest presenters talk to them about entrepreneurship. It was an outstanding experience for the students in attendance, learning a lot and learning they have a lot to do as well. Yesterday, they presented their proposal to the TIS Board of Governors. Next Tuesday, they will return to CEIBS to make their presentation in front of a Director of La Caixa from Spain.

TIS will be the only school to represent Africa in Barcelona in May (hoping that the visa issue is not part of the competition requirements.)

Admissions for 2018/2019

Admissions for 2018/2019 opened on 1 December. It benefits TIS if our admissions process is completed early, by the end of May. The benefit to parents for completing the admission process early is discounted fees at the application and admission stages of the process.

Online aptitude testing will replace the traditional entrance exam. This change has two benefits for students:

- it eliminates any bias for students studying under different school curriculum programs; and
- the test can be completed at TIS at any time convenient to the student (and parents) and TIS.

What sort of questions are asked in aptitude tests? The questions look at patterns, relationships, vocabulary and meaning. For example:

- Underline the word that has been misspelt in each sentence.
- Choose the missing word in this sentence from the list.
- What is the next number in this sequence?
- Comprehension questions for a reading passage.

You can't study for an aptitude test. However, you will enjoy it if you are a reader, and you enjoy maths and writing. Reports from the test will be available (at cost: GHC80) and identify particular strengths and areas for attention, as well as predicting the likely result for the student in MYP, IG and DP final exams.

Consequently, there will be no fixed testing dates. Families should advise Bijoux of suitable dates and times so that the testing can be completed, and you can save some money. The next discount deadline is 28 February.

Detailed information about admission to TIS and the process can be found at: https://tis.openapply.com















For parents who already access MB: In this case, the parent should sign into OpenApply using their e-mail address that is already in OpenApply at the following link:

https://tis.openapply.com/parents/sign_in

They can set their password by clicking 'Forgot Password?':

https://tis.openapply.com/parents/password/new

Once they have signed in, they can click to add a new applicant, and can start the application for their other child.

For reference, OpenApply also has further information on linking siblings and merging parents at the following link:

https://help.openapply.com/help?lesson_id=570655&manual_id=6960

See you at TIS Expression 2018 on Sunday.

Dr Ken Darvall Principal



















Please have the following documents available (scan onto a flash drive) before you begin with online

- 1 recent passport picture
- passport biodata page/ birth certificate
- 3 recent school reports (Grade 7-9 Applicants)
- Letter of recommendation and academic transcripts (Grade 11 Applicants)
- 1. Go to our admissions portal tis.openapply.com
- 2. Click on the Sign In button found at the top right corner of the page
- 3. Click on Sign up here if this is your first time using OpenApply otherwise type in the email and password you used the last time you used OpenApply.

For first time users please proceed to 4. For existing users please proceed to 5.

- 4. Fill in User Details and proceed to application.
- 5. Ensure you fill out details correctly and attach all required documents where necessary (passport picture, passport biodata page/ birth certificate, school reports, transcript, recommendation).
- 6. When forms have been completed kindly proceed to make application fee payment using any of the 3 op-

 - www.expresspaygh.com/tis
 At the Finance Office on TIS campus
 - At any Barclays Bank into the TIS Account number 1798808 or Ecobank into TIS Account number; 0020014471692201
- 7. You will receive an email to confirm receipt of your application and the next steps towards admission only when the application fee payment has been received.
- Please note that your child will be taking a Cognitive Ability Test (CAT4) as an Entrance Exam for admission at TIS.

Thank you for choosing TIS. We look forward to a fantastic relationship in the coming years!



















Arts Corner

TIS Choir



The ever green and most prestigious school choir in Ghana and beyond, TIS Choir had an amazing training and fun session on Tuesday 6 March at "Palms Beach Resort", Prampram. What a great time and awesome experience to celebrate Ghana's 61st birthday. The choir led by the executives and patrons organized this event to enrich their vocal and singing skills and also to prepare for the upcoming events at TIS in a very fun and yet educative way.

The guest trainer Pascal, was just amazing and had fun with the group as he took students through a series of vocal exercises, performance techniques, posture, amongst many other interesting music related activities, all geared towards building a very strong choir that could bring the name of our dear TIS to the world. Everything about the trip was just amazing. Talk of the food,,,,,oh yea,,,, the food, playing time, rehearsal session, etc. Watch out for an amazing performance on Sunday as the choir prepares to wow as usual the TIS community with their angelic voices at EXPRESSION. What do you hear when you listen!!!!!!!

The choir's trip to Prampram was such an amazing experience. We were taught many vocal warmups that will help us perform better. Our vocal coach also taught us the right posture for singing. It was a very insightful trip which allowed us to bond as a team and a family.















Pictures from the trip

















Science Corner

After learning about the energy content of sample food substances students were tasked to investigate into the energy content in given food substances on their own in a more practical way. Hence, this investigation. Practical lessons are activity based and they enhance students' understanding of concepts.

Below are reflections of some IGCSE G9 Biology students after the practical lesson.

As I've told Mr. Dzongor, I always leave Bio class feeling like I'm going to blow my IGCSE'S and this class was no different. As we had a two hour class, Mr. Dzongor decided to organize an experiment to help us conclude the current chapter we are on- Human Nutrition. I tend to learn better from practical work so these experiments we do really help me. We were supposed to find the energy content of various foods. This was a task that was prone to a lot of errors. As such, I had to approach it with a lot of caution. We were also working with fire, but through the careful guidance of the lab technician- Mr. Mark- there were no incidents. I, along with my group members, was able to find the energy content of various nuts including tiger nut, palm nut, and coconut. We also learnt that the foods ability to burn is due mostly to the fat and oils present in it. This was a really great lesson and I'm ready for many more of this kind.

Charity Apreku

Biology has always been an expressive and thorough science for me. During this week's two hour lesson Mr. Dzongor took the time out to organize yet another interesting and beneficial practical assignment. This assignment helped us explore the energy content of various food substances. He was able to provide a good variety of nuts and beans for us to experiment with. My two mates, Lilainie and Salma and I were able to diligently carry out our experiment. These experiments we do have helped us expand our knowledge in the topics. From the experiment, we have been able to identify that a lot of energy the nuts and beans possess can be made known from the change in temperature. When the seeds stopped burning, we suggested that the energy that the nuts and beans had all been lost. These practical works are really exciting lessons and I am looking forward to more of these.

~Emmanuel Ohene Akuffo

Mr. Dzongor's biology lessons are very interactive. We get a 'hands on' experience which will later on help us in our alternative to practical paper. The biology practical on energy content in various food samples was new to me. I got to use new apparatus, such as a digital thermometer and a probe, which I found is very dangerous and should be used carefully due to its sharp point. We measured the mass of the food samples including, coconut, groundnut, navy nut, Bambara nut and so on. I learnt that different food samples are capable of sustaining fire for some time and heating water. Overall, the experiment was really interesting, although some accidents occurred.

~ Eyako

Eli Dzantor







































Mr Dzongor, our biology teacher, never fails to comment on the efficiency of his Grade 9 Bio class. Obviously there are some days that he will have complaints, but he still enjoys our participation in lessons. Today, we carried out an experiment in class to show the energy content of some foods. There were some minor obstacles such as the thermometers which did not work. We were not aware of this and thought we had erroneous results, however, we later found out and corrected this discrepancy. We had very effective results. There was a lot of team work involved and everyone was really engaged in the task. Without team work, the work wouldn't have gone as far as it did. But we were able to get realistic correct results. I hope to have many more activities such as this in class.

~Emmanuella Asare

On the 15 March, 2018, my biology set had a practical session to determine the energy contents of:

- Tiger nuts
- Palm kernels
- Bambara beans
- Cowpeas
- Soy beans
- Coconut
- Date palm
- Navy bean

The experiment was well planned out and by the end of our 2 hour period, we had completed most of our experiments and the results were promising. My group and I learned that different types of beans contain different amounts of energy and that the more oil the food substance had the more smoke it produced when it was burned. I would highly recommend this practical session if and when students are treating plant and animal nutrition.

~John Adjei

















Winning requires speed, confidence and direction. Best wishes in your mock exams Grade 10 & DP2 students!



The ambiance was rightly set in the heart of soothing and refreshing atmosphere at Kempinski Hotel on Saturday 10th March 2018 welcomed students who had been accepted into HULT International Business School, U.S.A. for the 2018/2019 admissions year, from T.I.S. and other high schools. They were joined by their parents college counselors. and some Admissions and Enrollment team- Mr. Eugene Tatenda Madzorera and Mr. Kwoma, both alumni of Hult, were present and treated the group to a wonderful evening of insightful discussions and sumptuous meals. All issues about university life were touched on in detail especially life after Hult – future job prospects. The Hult admissions exuded confidence and their team presentation was excellent. This settled the

anxiety and curiosity of students and parents regarding whether their children would have the right learning environment to equip them with the required expertise and skills for the job market. In summary:

- Hult International Business School is a safe, learner-friendly environment which will
 challenge, harness the skills and talents of their children for self-discovery and
 fulfillment as the parachute in pursuit of academic excellence as well as the
 maintenance of a sound disposition through socialization and cultural diversity.
- There are very good scholarship offers available based on a wholistic review of the student's application by the admissions team.
- Excellent choice for studying Business and very diverse student population, small class sizes to facilitate student-faculty interaction, welcoming of international students.















Below is a group photographs taken at the event;



Watch this space for more exciting university offers ahead!!! ☺

Highlights of University Events



Yale University Presentation; University of Ghana Great

The President of Yale University, Peter Salovey as part of Yale's Africa Initiative, visited Ghana for the first time to promote partnerships between Yale University and institutions like the University of Ghana. As part of this

visit, a Symposium was held at the University of Ghana on the theme "The Power of Partnership in Higher Education." Eleven of our DP1 students were chaperoned to the event. There was a panel discussion chaired by the Vice-Chancellor of the University of Ghana- Prof. Ebenezer Oduro Owusu. The speakers included Peter Salovey- President of Yale University, Patrick Awuah- President, Ashesi University, Elizabeth Elango-Bintliff- CEO Jr. Achievement Africa, and other world-renowned dignitaries, including Mr. Strive Masiyiwa, Founder and CEO, Econet Wireless.















Key notes from the panel discussion and the Q & A session were:

- In this day and age, soft skills are essential, for gaining a competitive edge when it comes to job recruitment. These include excellent communication skills, critical thinking, open-mindedness, creativity, curiosity, team work and partnership/collaboration and balance as well as sound work ethics; factors essential for career success and progress.
- Ethics and Values- choosing right from wrong, the dilemma lies in the person's development and philosophy in ones upbringing "Charity begins at home". The foundational start is for parents to imbibe ethical values of truth, integrity and excellence in the children.
- The Ghanaian educational system has become a quagmire of repetition and abstract knowledge. This limits a student from thinking outside the box.
- Students must endeavour to have as part of their ethical values the willingness to give back to the society through Corporate Social Responsibility. Identify a need and support in their own small way. President Peter Salovey noted that Yale University gets much of its financial endowment because alumni actively give back. It is a place where alumni are the heartbeat for growth, development and educational success and Ghanaians and Africans in general were urged to adopt this; to go back to our former alma maters and contribute to make it better.
- Bridging the gap between theory and practice by having intensive partnerships with foreign countries and investors who take in freshmen for job opportunities.
- Self-development and lifelong learning. Success although determined by systems, policies and strategies in place, however propensity to excel against all odds is a personal decision to make that difference, and survive in a fast-paced changing world.
- Mr. Masiyiwa mentioned the concept of 'educational philanthropy' as an important way to invest in the education of the less privileged in our society, especially the younger generation.

Reminder on Test Dates for the Academic Year (2018).

Sat 2017-2018 Act 2017-2018

Test Date	Registration And Payment Deadline
March 10, 2018**	Jan. 9, 2018
May 5, 2018**	March 6, 2018

Test Date	Registration And Payment Deadline
April 14, 2018	Feb. 16, 2018

Sat Subject Test Only * & Regular Sat Only **

DP1 students are advised to take note of this year's test dates and prepare accordingly.















- > SAT March exam registration is now closed.
- ➤ ACT April exam registrations are now closed. Test takers are to return to school with their valid passports after the mid-semester break and give them to the counselors for safe keeping latest by Monday, April 9 2018!
- **▶** Important note on MAY SAT Registration:

SAT May registration sign ups began last week! Please complete registration with the counselor right away (credit card required and passport picture to be uploaded)!

DP1 Students going for the ALAMAU trip are urged to pay and complete online registration for the MAY SAT exam today, March 15, before they leave for South Africa. They should also give their parents their username and password, to enable parents use credit cards to complete their registrations for the May SAT by visiting www.collegeboard.org

The final deadline for registration and payment (with credit card from parents), for the May SAT for all other students is next Thursday, March 22, 2018. College Counselors will be away for the mid-semester break after next week.

A valid unexpired passport is the <u>only</u> form of identification required for the test DP1 students are strongly encouraged to prepare to take these exams if they are considering U.S. universities. Interested students should please sign up with their counselors.

Please Note!

At T.I.S., we strongly advise DP1 students to take all standardized test for their U.S. universities at least once or twice before they complete DP1. This eases the burden of taking these tests in DP2 where they have other IB academic demands as senior DP2 students.



Beginning this year (January 2018) all SAT and ACT registrations and payments will be done online. Payments are to be made by parents directly online via credit card, to register their children, ahead of registration deadlines.

Please do not hesitate to contact the College Guides with any challenges you may face signing up your child online.

















Date	School / Institution	Time	Venue
20/March/18	Auburn Univ., USA	11am	T.I.S. HP Exam Hall (Counselors
			Only)
20/March/18	College Of Wooster, USA	3:30pm	T.I.S.
23/March/18	"A day in the life of a student at	9:00am	Ashesi University, Berekuso
	Ashesi University"		campus
			(Counselors Only)
7/May/18	*Scottish Universities' Visit	2:40am	T.I.S. Einstein Exam Hall
12/April/18	CIS University Mini Fair	1:30pm	T.I.S. Sports Complex
7/May/18	Scottish University Fair	2:40pm	Beneath New CAS Block
24/May/18	*U.S. University Fair-Education	3:30pm	TBD (*Einstein Block)
	USA		

Parents Are Welcome To Attend All College Fairs & Visits To Meet Admissions Reps.!

DP1 Parents One-on-One Meetings (College Application Process)

DP1 Parents one-on-one meetings on the College Application process will commence right after the mid-semester break in April. DP1 parents should look out for an email from the College Counselors early next week and please respond promptly to sign up for a meeting to discuss their child's / children's university applications and progress. Thank you.















Laundry Services



Dear Parents/Guardians

We appreciate your feedback from our parent information session on improving the quality of living and ensuring a conducive learning condition in our boarding houses for your wards.

In line with this we would like to introduce you to the addition of laundry services for students by the **Laundry Service People**, a well-known service provider of the TIS community.

Upon consultation with them and some stakeholders we have designed laundry service packages for your wards ensuring that uniforms and personal items of the students are dry cleaned or laundered.

Laundry services will begin on Friday, 14 April

2018.

Services scope

- Each student who subscribes with package fee will be provided with a specific bag for all the laundry items.
- Each hostel will have a unique bag colour for easy distribution and each bag will have student's name labeled.
- Items to be laundered will be collected each week by service provider on Fridays and laundered items returned on Sunday evening. There will be only one collection per week.
- Bags will be presented at a selected location within the hostel to be collected by the student.
- With the exception of underwear i.e. underpants, brassieres, sports bodies, underskirts, boxer shorts, underwear knickers, socks and shoes, all other personal belongings will be accepted.

Parents/ Guardians interested in signing on their wards for this service will be required to make annual package payment per ward.

- Standard package costs Ghc 76 for Sixteen(16) items
- Premium package costs GHc 100 for Twenty (20) items.

Please call Lilian on 0202967326 to sign on

Call TIS for further information if required.

Nana Adjoa Attahfuah















CAS Updates

Expression 2018 – Window Dressing

Distance affects perspective; the closer you are to a picture, the clearer it becomes.

However, you only see the full picture when you are farther away.

Whether you are close or farther away, time is always of the essence.

The tables turn with time and so do perspectives.

In the labyrinth of life, time and distance define what you get to see.

What Do You See?



This year's Expression Day is dubbed *Window Dressing: What do you see when you see?* This year's theme leads us into the nuances of perspective. How much distance is enough to see with clarity, and how much time is needed to see the full picture?

This event is a great opportunity to showcase our students' talents in music, visual arts, drama, theatre, service projects, CAS, SA and ASA.

There are many great things to look forward for:















- Service in Action, Product Design, Visual Art Exhibitions by G7 8.
- Celebration of African Fashion and display of TIS Cloth by G9 students through a unique fashion show.
- CAS projects of G11
- Art exhibition G10 and 12
- After School Activities exhibition
- Reading Club's 'summer hut', a place to relax and read:)



Invite your family and friends. There will be food and beverages on sale.

All proceeds go towards the purchase of an incubator

at Tema General Hospital.

We look forward to seeing you. Join in this celebration of our Expression!

Date: 18 March

Venue: TIS gardens (Tuck shop and Project Centre area)

Time: 1:00 pm

Interact Club of TIS has a New President!



It was a joyous and emotional moment at the same time during the last club meeting, as the Interact President, Anna Maria Poku handed over to the New President-Elect, Alistair Kirk. During the meeting, Anna Maria recounted her achievements during the tenure, which includes the initiation of the club itself over a beautiful well organized charter night. She also mentioned the excellent collaboration with Little Big Souls concerning the ongoing purchase of an Incubator for the Tema General Hospital. She handed the presidential regalia to Kirk as a sign of leadership and expressed her appreciation to the entire club for their patience and support throughout her

tenure.

Our new president, Alistair Kirk, is excited to take over and he assured members that the club will move to the next level during his tenure. We inducted three new members bringing a total of 26 members in the Interact Club of Tema International School.















TIS Red Cross Society – Independence Day Parade



Throughout my Red Cross training, I have never been put into a situation which required that I provide first aid for faint casualties. However, upon volunteering as a first-aider for this year's Independence Day parade at Kpone Katamanso, I had my first hands-on experience with treating faint casualties. Initially, I was scared of treating someone the wrong way, but as the patients increased, so did my confidence. In all, we were able to help more than 10 faint

casualties. This was a truly inspiring experience and it gave me a gist of what I would face in the near future as I aspire to become a medical doctor. I look forward to more experiences with

the Red Cross. (Maame Ama Benyarko – Grade 11, Project Coordinator: TIS Red Cross Society)

It felt good extending aid to the students who fell ill at the parade grounds and I was able to gain more skills and techniques for my Red Cross in first aid. I was also able to build on my patience and tolerance levels because we had casualties almost every 5 minutes. It was a very fun and eye-opening experience and I would





urge more students to participate when the opportunity comes. (Ivan Katey – Grade 11)

We volunteered to provide first aid to the students who were marching for Ghana's Independence Day. There were over 25 public and private schools present and only about 15 Red Cross members available, keeping each one of us on our toes. As much as we prayed for no casualties, we still had several of them. There were multiple fainting casualties, headaches and stomach pains,

which needed our attention, and we were able to attend to them all. The event ended with an amazing award ceremony, and the presentation of certificates to the best school. (Cyril Quansah – Grade 11, Member, TIS Red Cross Society)















Duke of Edinburgh's Awards Staff Workshop at Tema International School



To enhance the capacity of staff for the Duke of Edinburgh International Awards program in Tema International School, a face-to-face workshop was organised for the staff involved.

The Executive Director and his team from the national secretariat of the Duke of Edinburgh International Award, Ghana, facilitated the workshop. Members of staff have also had an online workshop to understand the modalities of the awards programme.

The staff members involved will be taking up different roles as Award Assessors, Award Supervisors, and Award Leaders.

















Duke of Edinburgh International Awards in Tema International School



On Your Mark. Get Set. Go!!!

Team TIS has taken off into the adventure series of the Duke of Edinburgh International Awards. It is a road trip to the hinterlands and the mountaintops, and we have all buckled up ready to journey by foot, canoe, bicycle, and fireflies when we wander at night; the road is our driver. Our Duke of Edinburgh International Award Adventure series come with many intriguing episodes:

✓ Community Service

- ✓ Skill Acquisition
- ✓ Together We Stand and Together We Fall
- ✓ Giving Back to Society
- ✓ Making the World A Better Place
- ✓ Defy the Odds
- ✓ Adventure
- ✓ Health and fitness life style
- ✓ Living with others and for others

Discuss your DoEIA journey with your award leader or assessor.

Keep challenging yourself to greatness.

Look out for the maiden edition of TIS CAS Camp Exchange, from 9 - 15 of June, 2018. The most amazing adventure awaits for all CAS and DoEIA students.



Follow us















#CASProject.

The Marafiki Society visited the Weija Leprosarium on Sunday, 4 March. This visit was



part of the investigation process for their CAS project. The team want to understand the status of leprosy in Ghana and find ways to demystify the disease.

"We learnt so much about leprosy in Ghana from Mr Quansah, the administrator of the Weija Leprosarium. Now time to take action." (Kumi - Gr 11)

"Precisely a week ago, Samuel Kumi, Mamle Kwao and I—the Marifiki Society—took a big step regarding our CAS project which is centred

around leprosy patients (old and new), helping them regain a position in society, provide for their medical needs and effectively reducing the stigma they face. We visited the leprosarium to see the effects of this disease in its entirety, the current treatment of patients and their everyday challenges.

Once on site, we spoke with the administrator of the Leprosarium. We learnt so many amazing things which will be revealed at a later date. On a personal level, however, the most interesting part was when we were given the chance to interact with people who had overcome leprosy.

They had very interesting stories. One was a painter before obtaining the disease, and despite

their current situation and the social construct they face every day, their outlook on life was amazing, belittling the problems we, as TIS students, had. In addition I had the amazing chance to strengthen the ties I I shared with the CAS body (Mrs. King and Aunt Grace) and the rest of the Marafiki society. It was a blessed day, a day of changes and experiences, we truly loved it and will never forget. — Sedo G11
*Marafiki means Friends, in Swahili

















International Women's Day #PressForProgress – International Women's Day

















Heart and Sole Girls' Fitness Club



keep the heart in constant operation. The exercise session was led by Stephanie-Louise Agyemang. Eight girls turned up for the club meeting and the initiators of Girls Fitness Club (Ewurakua E Obeng-Nkansah and Stephanie-Louise Agyemang) are proud to say we are off to a great start and we hope to achieve our main objectives: to maintain a high level of confidence in girls through exercise; to create awareness of the importance of m aintaining a healthy heart; and to encourage frequent exercises by the end of this semester.

The very first TIS Girls Fitness Club, under the auspices of *Heart and Sole* CAS Project, met on Saturday, 3 March 2018, on the basketball court to train. A few girls expressed their interest in the club and were willing to wake up as early as 6am to exercise; the girls were ready by 5:50am and by 6am, we were jogging around the basketball court to warm-up. The aim of the fitness club is to provide a wider platform for girls to engage in various exercise routines and keep a healthy lifestyle. The main focus is cardio exercises to



Heart & Sole Community Service

"Meeting the girls of Calvary Presbyterian School was extremely delightful. The girls were all full of joy regarding the emergence of this girls' fitness club. We introduced ourselves and likewise, as well as stating what they wish to gain from the experience. We hope to blossom as time progresses." Stephanie and Ewurakua G11



















Innovation and Entrepreneurship Club - #CAS Project On the 13 March 2018,



the Innovation and Entrepreneurship Club hosted Mr.Nana Agyemang Prempeh, the CEO of Asoriba Inc, a software company that provides church management services. Mr. Prempeh's hard work in the creation of the Asoriba app has not gone unnoticed. He was named in the Forbes 30 under 30 in the 2016 edition and has been featured on CNN's African Start-up.

The talk was facilitated by Ohui Kwao (IB Class of 2010) and the executives of

entrepreneurship club. The presentation was themed, "The value of out of the box thinking", which was aimed at helping members develop the knack of thinking on their feet.

Mr. Prempeh shared some of his experiences with Asoriba and spoke to students about problem

solving and the principle of creating value for others. One of the striking things he mentioned was "Thinking outside the box sometimes means making connections with things that are seemingly unrelated at first glance." All in all, the meeting was nothing short of inspirational.

This is the beginning of a series of motivational talks in the area of innovation and entrepreneurship which will be open to the members of the TIS community and other schools.



Initiative of the Adjavon Learning Centre.

















MYP - Service in Action J & J Book Bank and Box of Love Visited Sisters of Charity Home





When going to the missionary charity, I felt so happy (sad and happy) about the people. I felt happy to give the books, but so sad that there are so many people suffering and lining up just for a little food. Joshua Busia – G7
When we went to the orphanage I felt happy because we were going to give out books and read to the children. When we got there I saw that the children were so happy and I felt joy in my heart. Jefferson Agbesi - G7
Those boxes were prepared with so much love. Since last semester we received donations of clothes and shoes. It felt so good to see those children smiling and asking us to come back. Seyram Apreku – G7

During Expression on Sunday, J & J Book Bank and Box of Love members will sell cupcakes, brownies and spring rolls. The funds will go towards the development of their Service Project at the Sisters of Charity. Visit their stand on the 18 March to know more about their initiative.



















The Making of Expression 2018

















The Children's Heart Foundation Ghana

The Girls United Ghana – A CAS project of G11 girls & the DofEIA participants are joining The Children's Heart Foundation Ghana United 4 Charity Walk. Let's walk and have fun while saving lives and making a difference.

To sign up, contact Valerie Vigbedor G11.

















The La Caixa Experience



































