

WEEKLY BULLETIN

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At TIS,

we believe that personal success is best judged by one's proficiency in demonstrating on a daily basis the ten IB Learner Profile attributes: thinker, inquirer, reflective, caring, open-minded, risk-taker, communicator, balanced, knowledgeable and principled.

Calendar

January

- 13-19 Alumni Week
- 18 Adjavon Memorial Cup
- 21 Student Council Election manifestoes
- 22 Student Council elections
- 23 G11 Extended Essay Day
- 25 Health Walk (6.00am)

Thought for the Week

If a thing is done well, no one will ask how long it took to do it, but only, who did it?

- John Taylor



3Ps

Planning. Punctuality. Performance. It is not only an important semester for our exam candidates (G10 & 12), but also all students. To enjoy a successful semester, students will need to focus on the 3Ps.

Planning. Students have a lot to do during the semester and it is very easy to become distracted by being involved in the many activities available at TIS. First, students need to articulate their goals for this semester. If students allow others to plan their time, then it is unlikely that personal goals will be achieved, or at least to the expected standard. All planning takes time to develop, yet many people do not set aside this time, instead preferring to 'wing it' or 'fly by the seat of their pants'. Without planning, success will rely on luck and good fortune, and disappointment is a frequent outcome.



Do the right thing,
even when no one
is watching.

It's called integrity.

Making Us Proud

- Kwasi Ankama-Asamoah: assembly student of the week.
- Claris Perdison and Roman Agyemang for their inspiring message for the start of semester
- Our cherished Alumni who returned to TIS this week to inspire our students. Thank you.

Reminders

• Please read the weekly TIS Bulletin and take action as required.

- 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>

• A separate exeat has been created for urgent medical reasons. Please complete the online version at:

<https://www.tis.edu.gh/medical-exeat-form/>

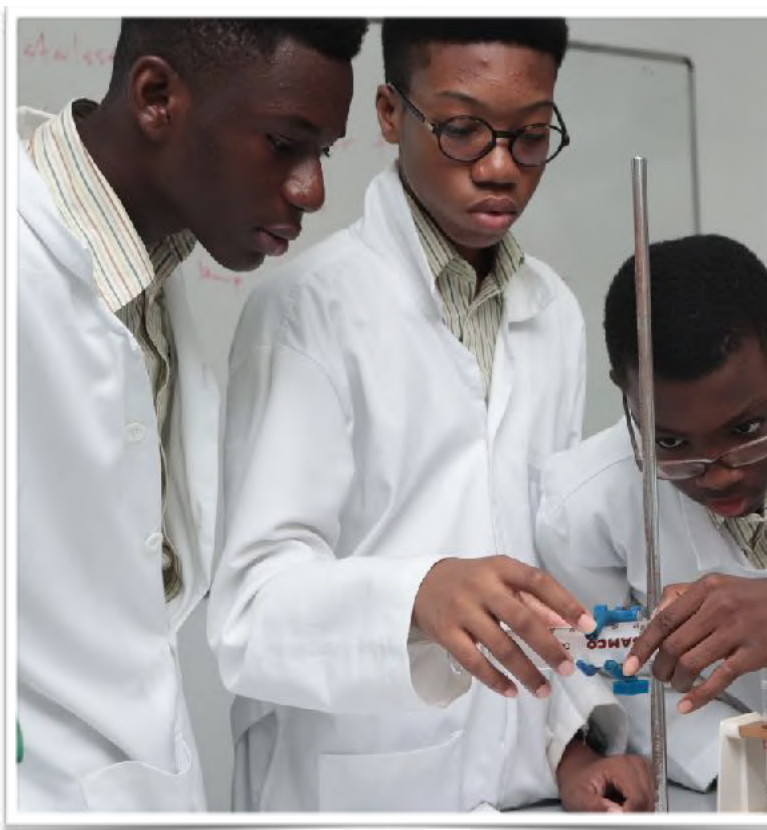
- Student Medications: Any student medication must be sent to the Infirmary, along with medication instructions.
- Devices: Students are allowed only one device.

Punctuality. It is critical that individuals respect time. A lack of respect will result in chaos, missed deadlines and opportunities. Planning and punctuality fit like gloves. Prioritising and allowing adequate time to complete tasks are essential skills for any successful person. Leaving things until the last minute will result in disappointment and the failure to achieve the best possible outcome, due to the last-minute rush to complete a task.

Performance. Students must be very clear about what they want to achieve by the end of this semester. In the planning stage, they will have articulated their goals to achieve. Students must ensure they reflect on their goals regularly to remind themselves so that focus can be maintained. They must remove distractions. They must ensure they use their time wisely, but ensure a balance. They must have a clear understanding of the task components, practise the requisite skills regularly, ensure adequate sleep, submit all tasks before due dates and reflect on all feedback. They must remain focused, balanced and committed to achieving their goals.

Getting the 3Ps right will ensure success this semester.

Dr Ken Darvall





Tema International School



Join us on our language immersion trip to France/Spain.



Dates: 20 June - 12 July 2020



**Cost: USD 4,500
(including flights & application fee)**



**Deadline for payment:
28 February, 2020**

Have you heard about the TIS language immersion programme?
Find out more from the TIS Bulletin or contact
the Language Acquisition Department.



TEMA INTERNATIONAL SCHOOL

SERVICE



At TIS, we believe that Service, as one of the four pillars for student balance and ensuing success, provides a hands-on experience to how we can make the world a better place through action and an understanding that success comes from helping others grow and becoming empowered.



EDUCATION FOR A BETTER WORLD

PYP CORNER

EARLY YEARS

Taking Action

The Early Years group took action as part of our last Unit of Inquiry, *'How We Express Ourselves'*. They engaged in a transdisciplinary learning experience by celebrating with students from the Tetteh Ocloo School for the Deaf. It also gave them a chance to polish their non-verbal communication skills by using Sign Language. The experience gave learners a glimpse into other children's reality and helped them appreciate their senses and other endowments.

Curious as they are, they wondered;

- Why are these children not speaking, but signing with their hands?
- Do they understand the hand gestures their colleagues were making?
- When can we ask them questions using Sign Language?

Our children applied self-management skills as they went on stage to sign their names to the audience. They also interacted meaningfully with their new friends, by smiling, waving, holding hands, giving high fives and sitting side-by-side with them in the School's auditorium. We witnessed them eagerly sign the letters of the alphabet with our hosts and enjoy the latter's Sign Language rendition of the nativity play. Our learners displayed good audience etiquette and listening skills, as they keenly observed the skit.

Through the donations of our supportive and generous Learning Community, the Early Learners also took action to serve the local community. Their new friends could not contain their joy and gratitude when they received their tasty treats of biscuits, soft drinks, sweets and other food items.

The excursion provided each child with an authentic learning engagement, helping them to make meaningful connections between classroom learning and reality. In addition, it gave them a rare occasion to employ their newly-acquired Sign Language skills and interact with a real Deaf Community.

It was indeed an insightful learning journey!



LOWER & UPPER PRIMARY

Ready.... Steady... Go!

This week, we welcomed our Onyx and Opal students to the start of a new semester. After the usual circle time, where students shared all their fantastic Christmas adventures, teachers quickly settled them down to begin new Units of Inquiry.

The first stage in every inquiry is the *Tuning-in* phase. Here, students are introduced to the *Central Ideas* and *Lines of Inquiry*. In the process of making learning concrete for students, IB adopts the constructivist approach, which allows students to construct their own understanding of concepts by drawing links between what they already know and new knowledge.

Below, the Onyx and Opal Classes are discussing and modelling what they already know about their Central Ideas.





From there, they proceeded to document what they would like to know by the end of the six-week period.





Through the tuning-in process, teachers identify the loopholes in students' knowledge, and adjust their teaching plans to give learners a relevant, meaning and challenging learning experience.

For the first six weeks, the Onyx class is focusing on the transdisciplinary theme, ***How We Express Ourselves***. They will be inquiring into images, how they are used in communication, and the factors which determine effective communication. These lines of inquiry will be explored in Science, Social Studies, Arts and Math. For example, in Science, they will examine the function of the eye and brain in forming and decoding of images. Then in Math, they will be introduced to 2D and 3D images/shapes. In Social Studies and Art, they will examine static and moving images, the ideas they communicate, and how to use them effectively to relay information.

The Opal Class on the other hand will be focusing on the transdisciplinary theme; ***How the World Works***. Here, they will inquire into the concept of force and motion, the solar system, changes in the earth and its atmosphere, and the evolution of scientific knowledge with respect to simple machines, innovations and technology. Although this is a science-based theme, it will have transdisciplinary applications. For instance, in Social Studies, students will explore the impact of these scientific phenomena on human life. In Math, the movement of the earth (ie. rotation and revolution) can be related to *Perimeter, Area, Units of Measurement* and *Time*. Then in Performing Arts, they will employ elements of dance to construct and depict their own understanding of force, motion and the solar system.

The beauty of transdisciplinary learning is that students are able to integrate knowledge, concepts and skills from different subjects and draw meaningful links among disciplines, in order to gain thorough understanding of concepts. Once these connections are made, lifelong recall and application are guaranteed.

This is the essence of *Transformational Education*: learning that provokes responsible action to address the challenges of society.



TEMA INTERNATIONAL SCHOOL

CULTURE



At TIS, we believe that culture as one of the four pillars for student balance and ensuing success, develops and enhances the creative, artistic and performing skills and talents in each student.



EDUCATION FOR A BETTER WORLD

School Stream

School Stream is an app that aims to have many aspects of TIS at your fingertips, especially as many are wrapped around a mobile phone.

Parents may access it now by downloading the *Schoolstream* app from your relevant app store.

iPhone / iPad iOS

1. From your mobile device go to the **App Store** search for **School Stream**
2. Tap the **FREE/GET** button to the right of the School Stream listing
3. Tap the **INSTALL** button
4. Enter your Apple ID and password & tap **OK**
5. Wait for the install icon to change to **OPEN**
6. Tap the **OPEN** button
7. You will be prompted to accept push notifications, you will need to select **OK**
8. Start typing **Tema International School** into the search then **SELECT Tema International School**

Android / Tablet

1. From your mobile device go to the **Play Store** search for **School Stream**
2. Tap the School Stream listing
3. Tap the **INSTALL** button
4. Tap the **ACCEPT** button
5. Wait for the app to install then tap the **OPEN** button
6. Start typing **Tema International School** into the search then **SELECT Tema International School**
7. Tap the **DONE** button in the top left.

Windows Phone/Other Devices

Use the following link, and follow the instructions below. Tema International School

To pin a website on your **Windows Phone**:

- Open the website you want to pin
- Tap More icon, then tap Pin to Start

You will be able to access all of your school's information, however, you won't be able to receive notifications. *Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.*



Tema International School

(Primary School Campus)

A modern Primary School in the TIS tradition.



Admissions opens 1 December 2019
for 2020/2021 Academic Year
primaryschool@tis.edu.gh - www.tis.edu.gh



HAPPY NEW YEAR AND WELCOME BACK TO SCHOOL!

We take this opportunity to welcome all members of the TIS community including students and parents to school and especially to the New Decade, 2020. May the New Year be filled with joy, love and peace! As the year is just 17 days old, I guess it will not be out of place to spend some time to plan if you have not already done so especially for our students. Planning is a key aspect of everything that happens in life; the lack of it has dire consequences.

THE FINAL LAP

Wow! What a wonderful semester we have ahead particularly for our school as we prepare the first cohort of students for the IB MYP eAssessment (on-screen exam and ePortfolio) and the first batch of MYP 5 students complete their MYP journey. Both teachers and students have come a long way in this journey. Our wonderful parents have also played their role in this journey, not forgetting the school management. In few months, our students will be assessed on various aspects of the MYP and we are very hopeful they will make us proud. In as much as they are working hard, we will ask that all stakeholders continue to give them the support needed at this stage ensuring that every student achieves their personal best.

It is also the final semester for our students in Grades 7 – 9 in the 2019-2020 Academic Year. As the MYP curriculum is a continuum from Years 1 – 5, it is expected that students will begin to assess themselves on how well they are achieving the objectives of each of their subjects at this stage. If they have excelled in each of the four objectives, then the next year's objectives will be the challenge now, otherwise, they will have to work hard to improve their personal best.

To provide transparency and ensure accountability, assessments (formative and summative) with feedback are put on ManageBac. Parents are encouraged to constantly check on the progress of their wards and follow-up with teachers if they identify any trend or cause for concern.

UPCOMING MILESTONES!!!

- | | |
|------------------------------|--|
| 29 – 31 January, 2020 | MYP IDUs (G7-10) |
| | G10 – ID on-screen examinations (31 Jan) |
| 31 January, 2020 | Personal Project completion and submission |

HOSTEL NEWS

AKWAABA



From the hostel parents, we wish all our students, especially our newbies Charyil Mefful, Jerry Rui Huang, Tioluwalase and Oluwafikunayomi Ogunranti, a very warm welcome to TIS. Happy New Year into a brand new month of 2020. Tell you what? Make 2020 a year of Action! Plan and Execute. No long thingsmake the month of January a good month to start the year by observing the following;

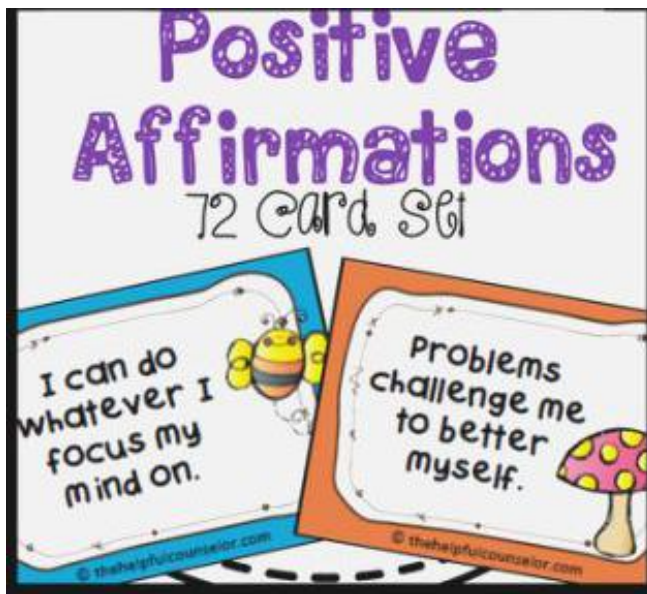


Keep it Neat and Smart



How do you see yourself when looking in the mirror?

- The way you see yourself is likely to differ from how others see you. So, it's always important to take extra care of your appearance. And remember that first impressions do count. Always look neat and clean.
- Being clean, neat and tidy is an important part of a healthy lifestyle. So, take care of yourself at all times. Create a routine for yourself and try your best to stick to it.



CONFIDENCE TOOL

- Carry yourself well
- Introduce yourself to new people and be yourself.
- Smile at people and be friendly.
- Believe in yourself
- Have a good time with everything you do.
- Wear some nice fragrance.
- Try talking to someone you never thought you would want to talk to.
- Connect with those close to you, whether they are family or friends, to keep your perspective uplifted.
- Stay away from people or things that make you feel bad.
<https://www.wikihow.com/Build-Self-Confidence>.

immerse
EDUCATION

**Win a 100% scholarship
to the award-winning
Cambridge Summer School**

Open to students aged 13-18 years old

Deadline: 20th January 2020

www.immerse.education/essay-competition



SCAN ME!

FOR FURTHER INFORMATION, VISIT WWW.IMMERSE.EDUCATION/ESSAY-COMPETITION/

HIGHERLIFE
FOUNDATION

Yale



Young African Scholars Program



YYAS is an intensive academic and enrichment program designed for African secondary school students who plan to pursue tertiary education and wish to make a meaningful impact as young leaders. There are no tuition, meal, or lodging costs.

Eligibility

Applicants must be citizens or permanent residents of an African country and currently be attending a secondary school in Africa with one semester to one year of school left after YYAS.

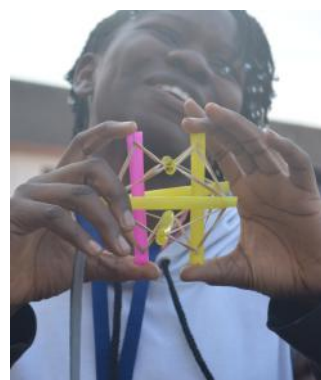
A typical participant is between 14 and 18 year old.



Requirements

1. Completed Online Application Form
2. Official Transcript or Grade Report
3. One Teacher Recommendation

Deadline is 12 February 2020
@ 11:59pm EST



Student Profile

YYAS is looking for students with excellent academic records, demonstrated leadership potential, and strong written and verbal communication skills. Participants must be able to read, analyze, and converse in English. Preference is given to high-achieving, low-income ("HALI") students who do not have university guidance in their schools or communities.

2020 Sessions & Dates

GHANA: 26 July - 02 August

KENYA: 08 August - 15 August

ZIMBABWE: 19 August - 26 August

africanscholars.yale.edu | african.scholars@yale.edu



CAS-SA Corner

Community Project - Exhibition



Welcome to another semester of possibilities!

As a new semester begins with a new decade, we are hopeful students will become more caring towards the needs of the community and learn to embody the learner profile attributes. Students' engagements that will ensure such feats are the

Community Projects.

As elaborated in previous news bulletins, the Community Projects is an aspect of the MYP that gives students the opportunity to become responsible citizens by going into the community to



identify an authentic need based on a personal interest. In groups, students propose actions and solutions to mitigate these needs. The Grade 8 students take on the Community Project as a learning curve to set the foundations for

excellent Personal Projects when they get to Grade 10 which is a requirement for the MYP. The IB as a continuum curriculum gives students the opportunity to draw experiences from Community Project and Personal Project to provide excellent Extended Essays at the DP level.



The third cohort for this academic year is geared and ready to tackle global issues by taking action. With 14 groups, there is a myriad of interesting projects ongoing with zeal and enthusiasm. Check the table.

6 March is the Projects Day in TIS, where both Community Projects and Personal Projects will be exhibited. You don't want to miss the awesomeness of ideas coming to life. Stay tuned for more information ,but more importantly, kindly save the date!

Grade 8 – Community Projects – March 2020

Groups	Project Name	Description / Global Context	Location	Supervisor
Dzidzor Mac-Deh Ethan Sunkwa-Mills Nana Aba Egyei – Mensah	We are who we are	Raising funds to purchase lunch items for the center and to design a website to create awareness about Autism. - Fairness and Development	*HopeSetters Autism Home	Linda Adika
Agormah Agambire, Jessie Ofori-Appiah, Afua Osei-Boakye,	SDG 5	Raising awareness about Gender Equality - Fairness and Development	*TIS and print media	Setor Adih
Mawulolo Agbeli, Cherifatou Yandja,	GREEN SLEEVES	Developing a measure to reduce littering - Globalization and sustainability	TIS	Margaret Agbeli
Nanette Ativor, Kabukuor Caesar, Imani Webb,	Ocean in a bottle	Creating awareness about clean beaches and the importance of protecting life under water. - Globalization and sustainability	Ningo- Prampram Beach	Ebenezer Asime
Ayomi Asante, Martin Ayisi, Oluteniore Olufore,	The Yomzies	Organizing a friendly football match to harness peaceful co-existence - Fairness and development	Tema Ridge School	Gabriel Atseku
Malick Cisse, Tiffany Forson, Acadia Miles-Darko, Kevin Owusu-Afriyie,	One Bite, Zero Hunger	Raising funds to organize a food drive within the Ashiaman metropolis - Fairness and Development	Ashaiman metropolis	Rahman Adam
Franklin Adu-Baah, Dzifa (Elikem) Amewu,	Land Pollution	Creating awareness about land pollution - Globalization and sustainability	Social media	Grace Attram
Mawunyo Anatsui, Maame Boah, Sherry-Ann Dzakuma,	Fight Back	Creating a self-defense video using taekwondo targeting the prevalence of kidnapping in the county • Identities and relationships	Spintex school	David Difie
Ajavon, Annette Nana Owusu-Manu,	Diakemia (From type 1 to Type none)	Creating awareness about Leukemia and Diabetes - Globalization and sustainability	Ashaiman Community Hospital	Vanessa Odoeye
Eugene Cobbinah, Emmanuel Essel, Winston Mwindaaare,	Tae and You	Train 10 boys from a local school the basics in Taekwando to be preformed • Personal and Culture Expression	Calvary Presby school	Alex Tay
Jeffrey Adjagar, Cecil French, Rifau Toose,	Aqua!	Learning swimming together with a neighbouring school • Fairness and development	Tema Ridge School	Raymond

MYP - Personal Project – by Janelle Owusu - MYP 5

DIABETES



Diabetes mellitus is also known as **diabetes** which affects your body use of blood sugar (glucose). Glucose is very important for one's health because the cells which make up the tissues and muscles gain their energy from glucose and the brains focal source of energy. There are types of diabetes but it can all result in a lot of sugar in the blood which can lead to critical health problems.

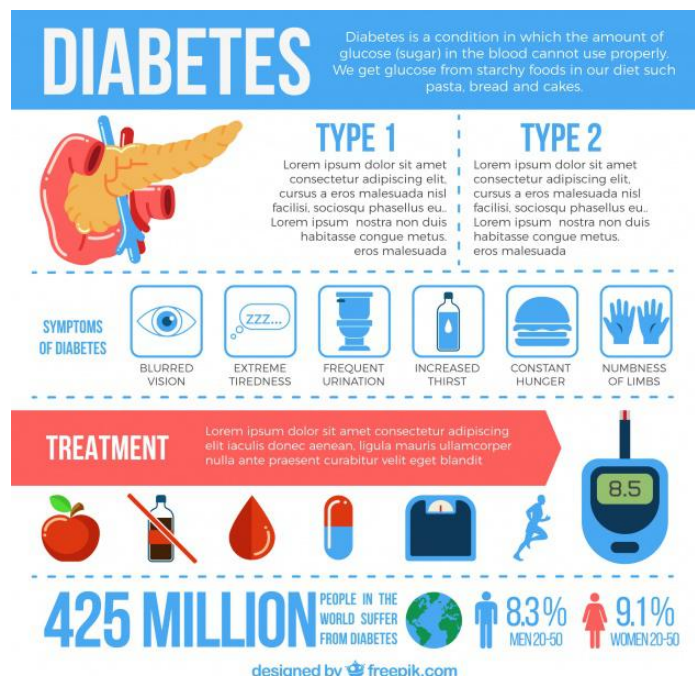
Type 1 and type 2 diabetes are classified under **chronic diabetes**. **Prediabetes** has a potential to develop in the future but reversible, blood sugar levels can go higher than normal but will not be categorised as diabetes, if it's not high enough.

Diabetes can lead to stroke and heart disease from growth of sugars in the blood. **Diabetes** doesn't necessarily have to occur from overweight or not exercising regularly but could be present from childhood. **Type 1 diabetes** is when the body is not able to manufacture insulin, so artificial insulin must be made for type 1 diabetic people because they are dependent on the insulin. The carbohydrates are broken down into blood sugar which is used for energy and insulin which is a hormone is required by the body to obtain glucose from the blood to the cells of the body.

Symptoms of type 1 diabetes: increased thirst and hunger, frequently urinating, blurred vision, fatigue and unintentional weight loss. Risk factors: Family history. Genetics: existence of some genes shows the chance of developing the condition. **Age:** it can appear at any age, but the most common age for children are, 4-14 years.

Effects of type 1 diabetes:

Heart and blood vessel disease, nerve damage, kidney damage, diabetes can lead to eye damage. Diabetes can cause other eye problems such as glaucoma and cataracts. Foot damage: diabetes can lead to nerve damage in the feet which can lead to the blood flow to the feet will be very poor. Skin and mouth conditions: diabetes can cause infections of the mouth and skin which includes fungal and bacterial infection.



Diagnosis:

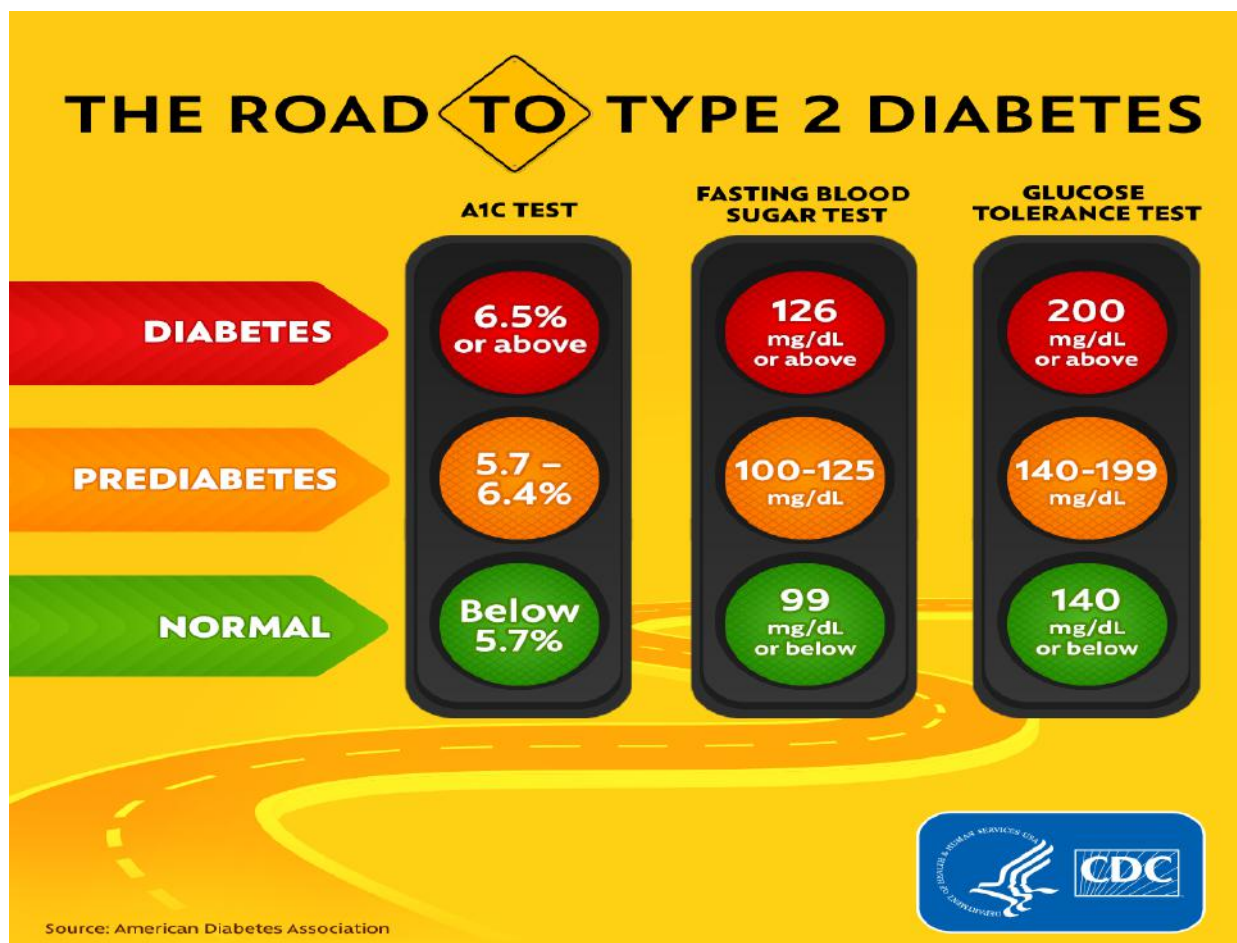
Glycated haemoglobin (A1C) test: the blood test shows the average blood sugar level for the previous 2 -3 months, the percentage of blood sugar connected to the haemoglobin is measured. When the blood sugar levels are high, more haemoglobin with sugar connect, A1C level of 6.5 percent and above on two tests which have been done separately shows diabetes.

Blood sugar test: a blood sample which is taken randomly and can be verified when the test has been repeated. Concerning when you last ate, a blood sugar level showing 200 mg/dL or above indicates diabetes. **Fasting blood sugar test:** the blood test will be taken after not eating overnight. A fasting blood sugar level is which below 100mg/dl is normal, 100-25 mg/dl is regarded as pre-diabetes and 126 mg/dl and above on two tests done separately shows diabetes.

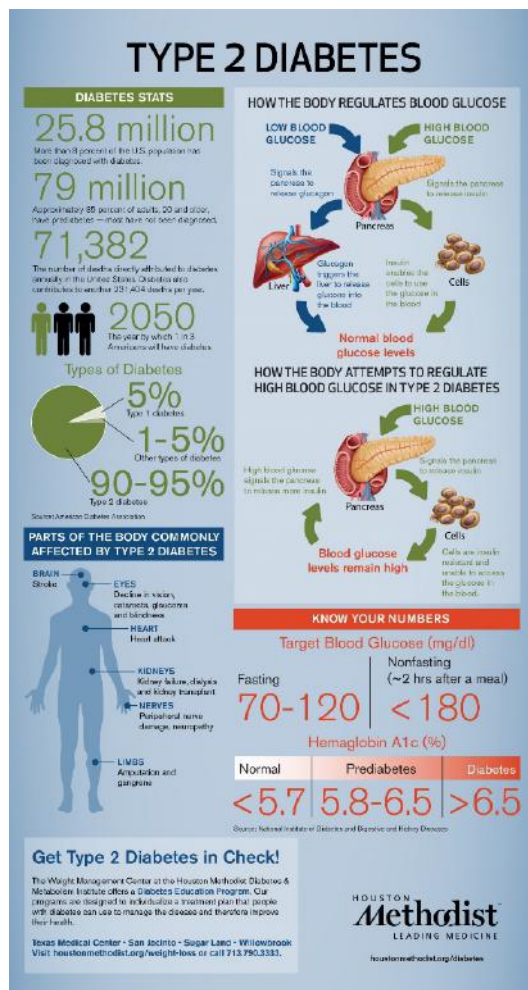
Treatment for type 1 diabetes: Insulin Fat, protein and carbohydrate counting, Persistent blood sugar monitoring, eating healthy foods, exercising regularly.

The goals are to maintain the blood sugar level to normal to prevent complications.

Managing type 1 diabetes to avoid complications: Taking your medication yearly or regular physical exams, pay attention to any part of your body to prevent cuts or blisters, your cholesterol and blood pressure must be under control, manage your stress level and relax more and if you smoke you have to quit.



Type 2 diabetes:



Type 2 diabetes is a long-term condition in which the body is not able to process the sugar. The body withstands the impact of insulin or does not manufacture an adequate amount of insulin to keep normal glucose levels. Children can also get type 2 diabetes due to obesity and not regularly exercise.

Symptoms:

Persistent urination, Increased thirst, Increased hunger, Unintentional weight loss, Fatigue, Blurred vision, Sores healing slowly, Darkened skin on neck and armpits. **Cause:** When the pancreas is not able to produce an adequate amount of insulin or when the body becomes opposed to the insulin is how type 2 diabetes develops. The sugar gathers in the bloodstream rather than going into the cells. Type 2 causes usually have some genetic cause but the majority of type 2 causes are linked to lifestyle (e.g. increased diet and lack of physical exercise which leads to obesity.)

Risk factors: Weight, not exercising, Age, Pre-diabetes.

Preventing type 2 diabetes complications:

Some of these healthy lifestyles can help prevent some complications which are related to type 2 diabetes.

- eating healthy foods, exercising regularly,
- losing weight.

Diagnosis:

- Glycated haemoglobin (A1C) test, Random blood sugar test and
- fasting blood sugar test

Medication for type 2 diabetes

The medications depend on the factors such as blood sugar level. For type 2 diabetes, it is started with diet and exercise counselling, which if doesn't work, then proceed to oral antidiabetic medications (e.g. Metformin, Glimepiride, etc.) and in resistant cases insulin is added given subcutaneously. Metformin, Sulfonylureas, Meglitinides, thiazolidinediones, DPP-4 inhibitors, GLP-1 receptor agonists, SGLT2 inhibitors, Insulin.

References

Anon., n.d. *Diabetes*. [Online]

Available at: <https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451>

[Accessed 11 November 2019].

Anon., n.d. *type 2 diabetes*. [Online]

Available at: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/diagnosis-treatment/drc-20351199>

[Accessed 11 November 2019].

Available at: <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/diagnosis-treatment/drc-20353017>

[Accessed 11 November 2019].



Personal Project – MYP5

David Safo's Personal Project is called *Style for Charity*. He would like to invite the entire TIS Community to the Runway show stipulated for Saturday night entertainment on 25 January.



Tema International School
MYP 5 *Personal Project*
Presents
STYLE FOR CHARITY
BY: DAVID SAFO

David respectfully invites the presence of
.....The..TIS...Community.....
to witness a fund raising runway show.

Date: 25th January 2020.
Venue: Tema International School Campus
Time: 7:30 pm

Goal: Raise fund to support save them
young orphanage through a fashion runway show
More info: Ms Grace Attram- +233 24 462 6805

Your support and presence will go a long way to support the *Save them Young Orphanage*.

CAS Projects

Reunite Initiative



What if your daughter is skipping school whenever she is on her period? You can barely afford food, how much more for a pad? To some, this might seem like an absurd situation but this is the reality of many parents in Ghana. Such situations have inspired a project bent on providing sanitary kits to girls in need and also educate these young ones on menstrual hygiene.

The “**REUNITE**” Initiative is a group of girls that have identified the impact of this problem and are working together to find solutions. In this light, we have begun a collaboration with **Days For Girls Ghana** to make this a reality. **Days For Girls** is a charitable organisation committed to supporting girls. Their outstanding outreach provides the backdrop for the success of our project.

With that being said, we humbly ask that you support our project with a donation to our fundraising campaign. This will go towards purchasing the “Super Kits” (from Days for Girls), which include:

- reusable pads (2 shields and 8 liners)
- 1 Cycle chart
- 2 panties
- 1 draw string bag
- 1 packing bag
- 1 panty



Seeing their living conditions, we would like to provide the girls with large personal pails to wash the pads in. This would cost an estimated amount of GHC 300, and an extra GHC 200 for other expenses, and this will all sum up to be about GHC 5.000 to reach out to approximately 100 girls in our community.

This is only a fragment of what **REUNITE Initiative** has planned. We have several activities to support the youth. You are yet to see us on your TV screens and your newspaper articles not only creating awareness about the challenges young girls face, but also calling you on board to take action.



Initiators: **Jackie Buba, Gwen Agbesi, Salma Roland, Stacey Abbeo, Cheryl Kumah, Amanda Awumee – Grade 11**



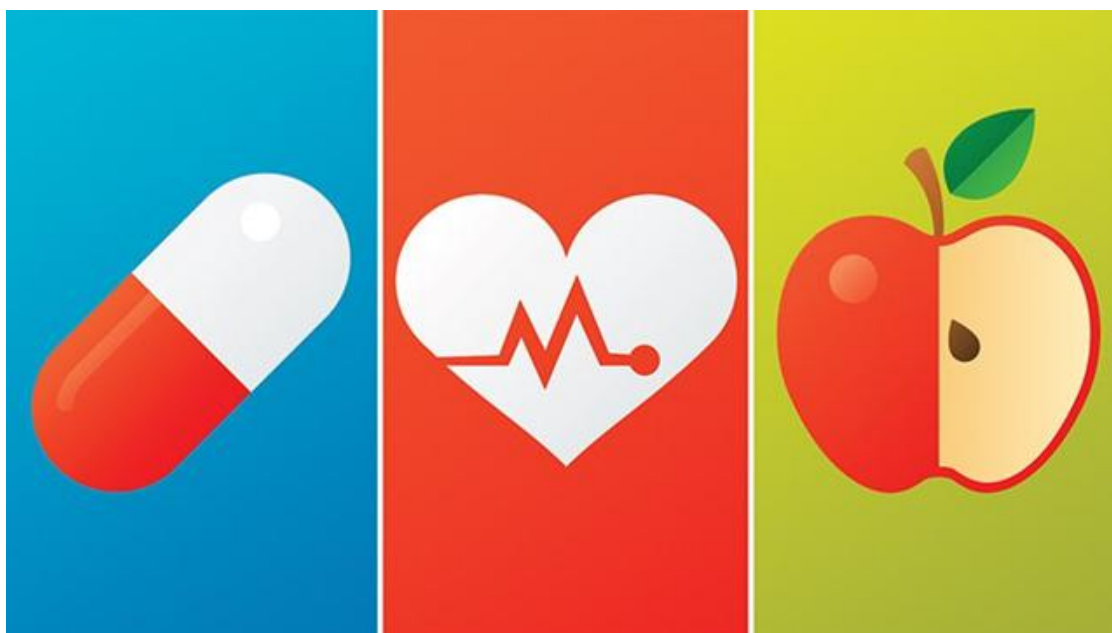
Heart Attack Prevention – Hi everyone, it's **Nana Yaa and Isabel (G11)**, and we are pleased to inform you that we have officially launched our **CAS project: Heart Attack Prevention, “be the beat”**.

We will commence our campaign with the upcoming **Health Walk**, which will take place on 25 January 2020, TIS Main Campus, at 6:00 am. This campaign will be very insightful, as we promote a healthy life style for our TIS family.

Note that this is just the beginning. The entire month of February is considered the heart month. As a result, we will fuse in our project to every upcoming event that will take place throughout the month. Watch out for the best ever **Chocolate Friendship Day**, as we are working alongside with our classmates, through some innovative and fun ideas to not only entertain you but make an impact and educate our community on **Heart Attack prevention, “be the beat”**.



Be prepared for an adventure!!!!



AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



Source: American Heart Association

everyday HEALTH

Unite to Light Ghana Initiative - *Dream Big. Do Bigger* – Luke

Have you purchase your LED Solar Lamp? Lookout for the Unite to Light Ghana Stand after the health walk on 25 January. These lights will be on sale for just GHC 150.00, so buy one to give one. Help us meet our target. We are aiming to give LED solar lamps and solar power banks to communities with no access to electricity or cannot afford.



Alumni Corner – CAS Project



WASH (Water Sanitation and Health) Project by Alistair Kirk, IB Class of 2019.

The 10-seater toilet borehole facility project to the people of Brufuyedo-Central Region was commissioned on Friday, 3 January 2020.

Alistair Kirk, as an IB Alumni, does not just fulfil the CAS requirements for his Diploma Program with this project, he also meets the Global Goals

for sustainable development which are Clean Water and Sanitation, Sustainable Cities and Communities and Good Health..







TEMA INTERNATIONAL SCHOOL

SOCIAL MEDIA Follow Us

-  @tema_international_school
-  @TISGhana @CAS_Coordinator
-  @TISGhana
-  Tema International School
-  0503849799

 www.tis.edu.gh

The graphic features a background image of a school building. It includes various social media icons (Instagram, Twitter, Facebook, LinkedIn, WhatsApp, YouTube, Google+, Messenger, Email, Phone, Pinterest, and a globe) and illustrations of hands holding smartphones displaying social media apps. A thumbs up icon and a laptop are also present.





TEMA INTERNATIONAL SCHOOL

ACADEMICS



At TIS, we believe that the academics, as one of the four pillars for student balance and ensuing success, provide a theoretical lens for inquiry, critical thinking and conceptual understanding, as well as the opportunity to demonstrate our knowledge and understanding across many areas of learning.



EDUCATION FOR A BETTER WORLD



Tema International School



Health Walk

Be fit for Life



25 January
2020



6:00am

Counsellor's Corner



Happy New Year and welcome to a beautiful new year with brighter days ahead! Immerse yourself into a new lifestyle! Focus on attaining excellence in all that you do- academically, socially and morally. Desire to have an excellent spirit and let your footprints be remembered for something good in TIS and beyond!

Nature's Spice



With all these essential spices from nature, it helps us to prepare mouth-watering delicious foods. You need to spice your life too to live and work harmoniously with others. It's a brand new year start on a good note!

You can spice up your life by the following;

- Respect for self and others
- Respect for time
- Celebrating other's success stories
- Forgiveness
- Kindness in deeds and words
- Integrity
- A spirit of contentment & Gratitude as you seek for more

Hang in there ...missing any of these spices of life? It's pretty simple. Don't think far... just connect with positive –spirit-filled people, genuinely wish well for others, have a renewed mindset, positive thinking and change from your old ways. It's a step at a time.



Click

<https://www.self-esteem-enhances-life.com/virtues.html>

TIS ALUMNI WEEK CELEBRATION

TIS Alumni Week

Celebrating Our Pride: TIS Alumni Taking Territories, Impacting the World Positively!

13 - 19 January 2020



We tell our story Uniquely

Alumni week celebrations kickstarted with Dr. Efua Antwiwaa Thompson who spoke on the theme: **Celebrating our Pride: TIS Alumni Taking Territories Impacting the World Positively!**

Highlights Gleaned from her presentation:

- Take your academics seriously!
- Never lose sight of the limitless opportunities here at TIS. It develops your skills and talents.
- In her words, “Even though I am a licensed doctor I make cakes and pastries on the side and interestingly at times it fetches me more money than being a doctor. What do I mean? Developing your hobbies attracts extra income.
- TIS has a lot more to offer you; make use of CAS. Do something- baking, cooking, arts and many more....

To add to this Dr. Thompson touched on her Medical journey with the College Guides:

- If you want to study Medicine you must be self-motivated and passionate.
- There are other branches in the Science field, so research to find out more before you begin.
- Medicine is a long route think deeply before you embark on the journey. Some quit along the journey!
- Postgraduate medicine is also an option to consider if you want to broaden your options before deciding to pursue Medicine after the first degree.



Wow! She is a doctor at Korle Bu Teaching Hospital, a baker and is happily married to Mr. Kofi Dankwa-Smith. Congratulations Efua!



Special thanks to Mr. Jeffrey Ansah Aboagye pictured above, who gave the welcome address from the president (Emelia- Founding Class of 2003) and launched the week's celebrations.

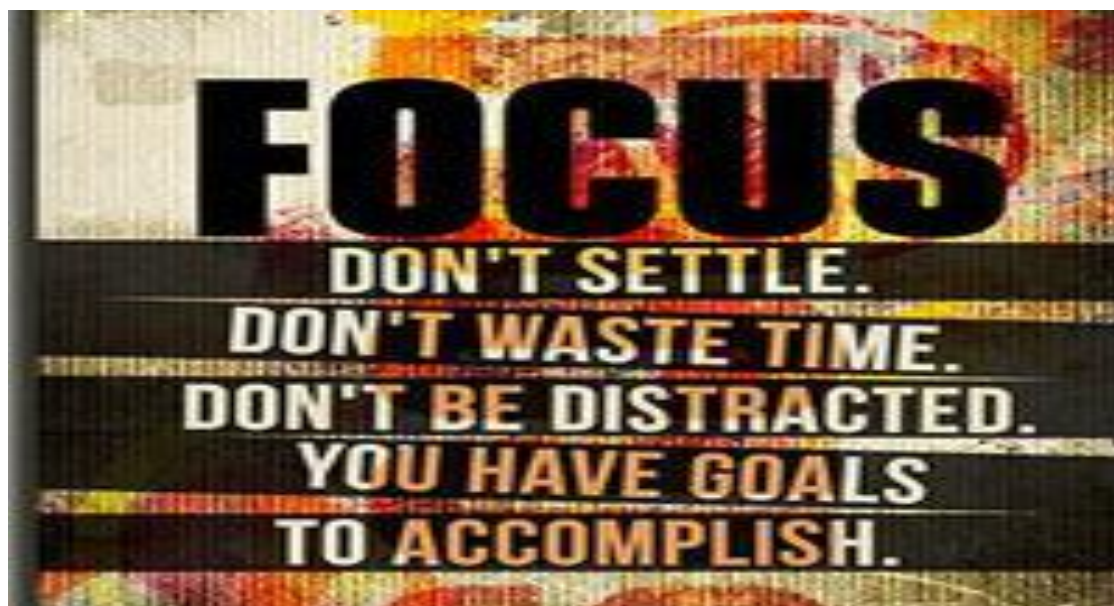
It was great having you! To Mr. Nana Yaw Ankamah-Asamoah, TIS teacher and alumnus (class of 2011), thanks for spending time with the lower grades and inspiring them to make the most of TIS. Our Alumni are indeed taking territories and making us really proud! Cheers! Keep making us proud!!!

Alumni and staff are hereby welcome to join us for the Alumni Church Service this Sunday 19 January, at 7am, which concludes an exciting and uplifting Alumni Week!



For more news on Alumni week's celebration check it out in the next bulletin!

DP2s: MAKE THIS YEAR AN ACTION YEAR!.... IB FINAL EXAMS ARE JUST AROUND THE CORNER! WE CAN'T WAIT TO CELEBRATE TOGETHER



TIS has signed up for Bridge-U! Bridge-U is the world's leading university and careers guidance platform designed for counsellors in global secondary schools and an amazing resource for students too!

Other benefits of Bridge-U include but are not limited to....:

- ✓ Offers the resources and support to ensure our counseling curriculum delivers the best possible outcomes for our students in terms of university placements.
- ✓ Allows students to be independent and to own the university application process.
- ✓ Students can explore career pathways, labour market trends and personality tests designed to help them understand and plan their careers.
- ✓ Helps our students use this information to support their future University research and informs their University application strategy.
- ✓ Matcher helps motivate students to apply to destinations they wouldn't have otherwise considered.
- ✓ Enables Counsellors and Parents to track college application progress and many more!

All Students have been added unto Bridge-U. Please log in and complete your Profile if you haven't done so already!

Important Dates and INFORMATION



2019-2020 TEST DATES

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
5 Oct. 2019	29 Aug. 2019
7 Dec. 2019	8 Nov. 2019** (Global deadline)
14 March 2020**	23 January 2020
2 May 2020	5 March 2020

*** SAT SUBJECT TESTS ONLY (Foreign Languages with listening only),**

****REGULAR SAT ONLY (No Subject Tests available)**

Please come along with your valid unexpired passport!

SAT Registration Fees (To complete registration online full payment with credit card only.
Visit www.collegeboard.org)

SAT I - U.S. \$107.50 SAT II: 1 subject (\$117), 2 subjects (\$127), 3 subjects (\$137) (estimates).



For all standardized aptitude tests, test takers please come along with your valid unexpired passport as the only form of identification! Photocopies are not acceptable.

- Number 2 pencils (buy from the Tuckshop), approved calculator, eraser, admission ticket and sharpeners required.


2019-2020 TEST DATES (COMPUTER-BASED TESTING ONLY!)

TEST DATES	REGISTRATION AND PAYMENT DEADLINE
14 Sept. 2019	23 Aug. 2019
12 Oct. 2019	5 Sept. 2019
14 Dec. 2019	15 Nov. 2019
4 April 2020	27 Feb. 2020

Please come along with your valid unexpired passport!

ACT Registration Fees (Online payments only: Visit www.actstudent.org):

ACT plus writing – U.S. \$166.50. (TIS Test Centre Code: 870390, but inform Counselors first).

***To complete registration, payment must be made online in full with a credit card.**

ACT April DEADLINE coming up.

DP1s especially are encouraged to sign up for the April ACT exam this year! Aim to complete registration right away! STEM students have an edge when they take the ACT!



TEMA INTERNATIONAL SCHOOL

SPORTS



At TIS, we believe that sport, as one of the four pillars for student balance and ensuing success, promotes teamwork, challenges personal best and emphasizes the importance of appreciating how to lose before knowing how to win.



EDUCATION FOR A BETTER WORLD

