

WEEKLY BULLETIN

P: +233 303305134 | E: info@tis.edu.gh | W: www.tis.edu.gh

At TIS,

we believe experiential learning allows our students to understand the theory in the classroom to practise across the real world, where personal experiences and reflections add real meaning and a sense of purpose to each student, while making the world a better place.

Calendar

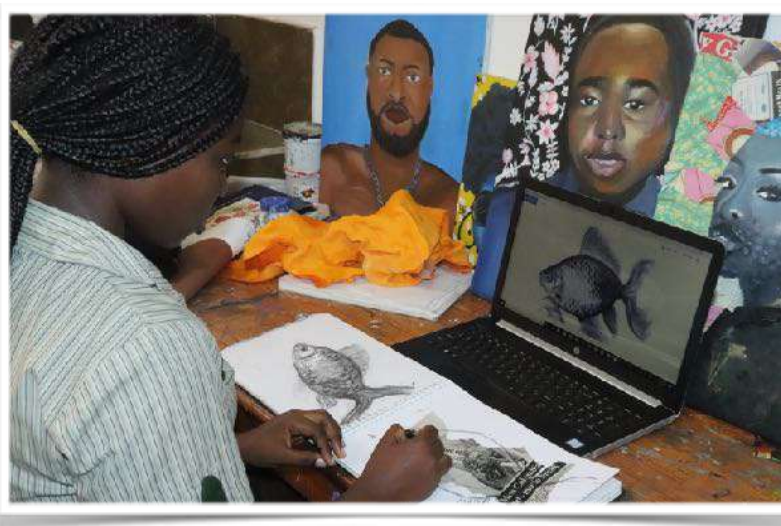
February

14 Final TOK essay due
15 Chocolate Friendship Day
18 Business Competition Field Trip
19 G11 Ghanaian Universities bus tour
21 Primary classes excursion to Accra
22 Science Symposium (ARIS); Green UP Clean UP

Thought for the Week

Gandhi said, "I will not let anyone walk through my mind with their dirty feet" and when it comes to social media, don't let anyone walk through your mind with a dirty Tweet.

- Jon Gordon



The Pressure is On!

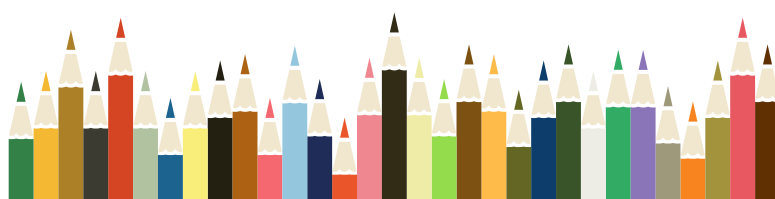
IAs (Internal Assessments)! TOK essay! Personal Project! Extended Essay! ePortfolios! Mock exams! Other assessment tasks!

G10 and 12 students (and their teachers) are feeling the pressure at the moment with critical deadlines imminent.

Prior planning and timely feedback from teachers should avoid any last-minute efforts.

Balance, especially in terms of sleep, diet and exercise, will be important as this semester rolls on towards May.

In 2020, the priority is not so much time-management, but distraction-management. Put aside anything you know is a distraction until the beginning of June. You will then have enough time on your hands for all the distractions you desire.



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

It's called integrity.

Making Us Proud

- Iddrisu Abdoulzakou: 80% scholarship to the 2020 Cambridge Summer School following his successful entry in the Immerse Education essay competition (that was promoted in the weekly TIS Bulletin.)
- Richard Tetteh Agbemador for his diligent effort throughout his personal project work on the topic "Bullying Awareness and Prevention." His efforts in submitting his article to a prestigious national weekly-the Junior Graphic Newspaper, where his article was successfully published, educating the Ghanaian community on the horrors of bullying are lauded. He also painted a beautiful wall painting on campus, on the subject, as part of his personal project.
- Weekly Assembly Team (Group 3) were amazing last week. Team members are: John Adenu-Mensah, Ethan Pobee, Jackie Buba, Bethany Buah, Nanasei Osei-Safo, Cheryl Kumah and Iddrisu Abdoulzakou.
- Stacey Abbeo, newly elected MPH executive, who is shining in this important leadership role.

A constant barrier to personal success and achievement that many overlook is sleep, especially, the lack of it. Many believe in the Superman theory of surviving on a few hours of sleep, especially at exam time. Yet, this is the opposite to reality.

How much is enough sleep? The figures are there on the next page. Think. Reflect. Act.

Email Hassles

Software updates should add enhancements, but reality often reveals that issues have to be overcome before the enhancements can be enjoyed.

So, last weekend's TIS mail server software update was an absolute 'horror' with its issues still trying to be resolved today.

I apologise to the TIS family members who were frustrated by not receiving the usual prompt responses over this time. In these instances, please contact someone you know at the school, so that we can try to address the issue ASAP.

I appreciate your support.

Dr Ken Darvall



How Much is Enough Sleep?

According to a **study** that ran over two years at the **US National Sleep Foundation**, the amount of hours of sleep needed can vary from between seven to 17 hours.

- Newborns (zero to three months): 14 to 17 hours
- Infants (four to 11 months): 12 to 15 hours
- Toddlers (one to two years): 11 to 14 hours
- Preschoolers (three to five years): 10 to 13 hours
- School-aged children (six to 13 years): nine to 11 hours
- Teenagers (14 to 17 years): eight to 10 hours
- Young adults (18 to 25 years): seven to nine hours
- Adults (26 to 64 years): seven to nine hours
- Older adults (65 years and up): seven to eight hours.
-

The study also outlined the importance of getting the right amount of sleep, which debunks theories that adults can function perfectly well on a limited amount.

It says sleep deprivation could lead to a range of serious health concerns, like heart disease.

Bad news, too, for those who love a weekend sleep-in. Oversleeping can have serious effects, including making symptoms of depression more severe.

If you are really in need of a few extra hours under the covers, or need to stay up to catch that last Netflix episode, there are sleep durations you should try to avoid. Pay careful attention to your mood, energy and health after a poor night's sleep versus a good one. Ask yourself, 'How often do I get a good night's sleep?' Like good diet and exercise, sleep is a critical component to overall health," the study states.

To start on the road to a better night's sleep, the Sleep Foundation has set out the following tips:

- Stick to a sleep schedule, even on weekends.
- Practise a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillow.
- Beware of hidden sleep-stealers, like caffeine.
- Turn off electronics before bed.

Source:

<https://www.domain.com.au/living/scientists-have-figured-out-how-much-sleep-you-need-based-on-your-age-927135/>



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



TEMA
INTERNATIONAL
SCHOOL



NEWTON SOUTH
HIGH SCHOOL

PRESENTS



EDUCATIONAL **EXCHANGE** 2020

10 APRIL - 23 APRIL

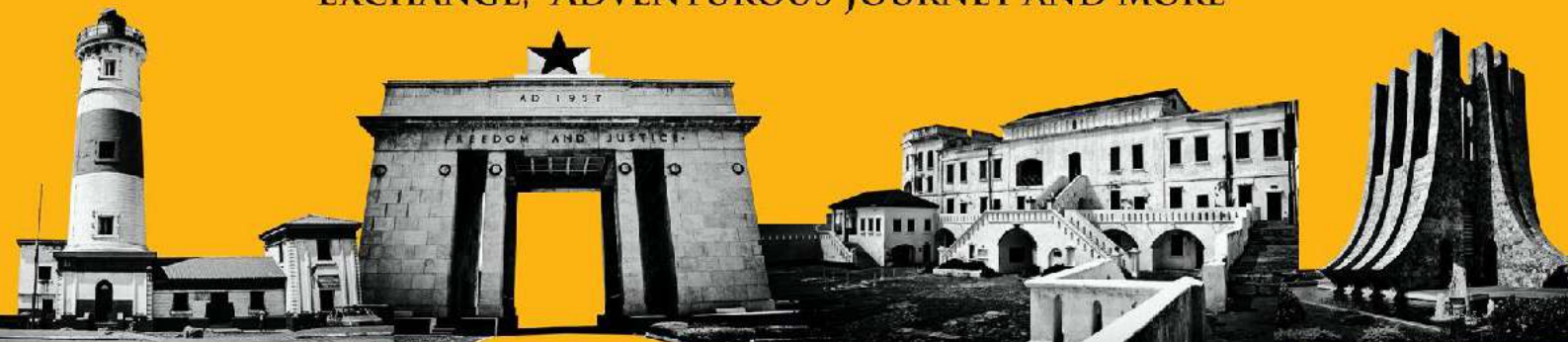


ACCRA, TEMA, KUMASI, CAPE COAST, ELMINA & VOLTA REGION



unite to light  **Sharing Luke's Light**

COMMUNITY SERVICE, CULTURAL & EDUCATIONAL
EXCHANGE, ADVENTUROUS JOURNEY AND MORE



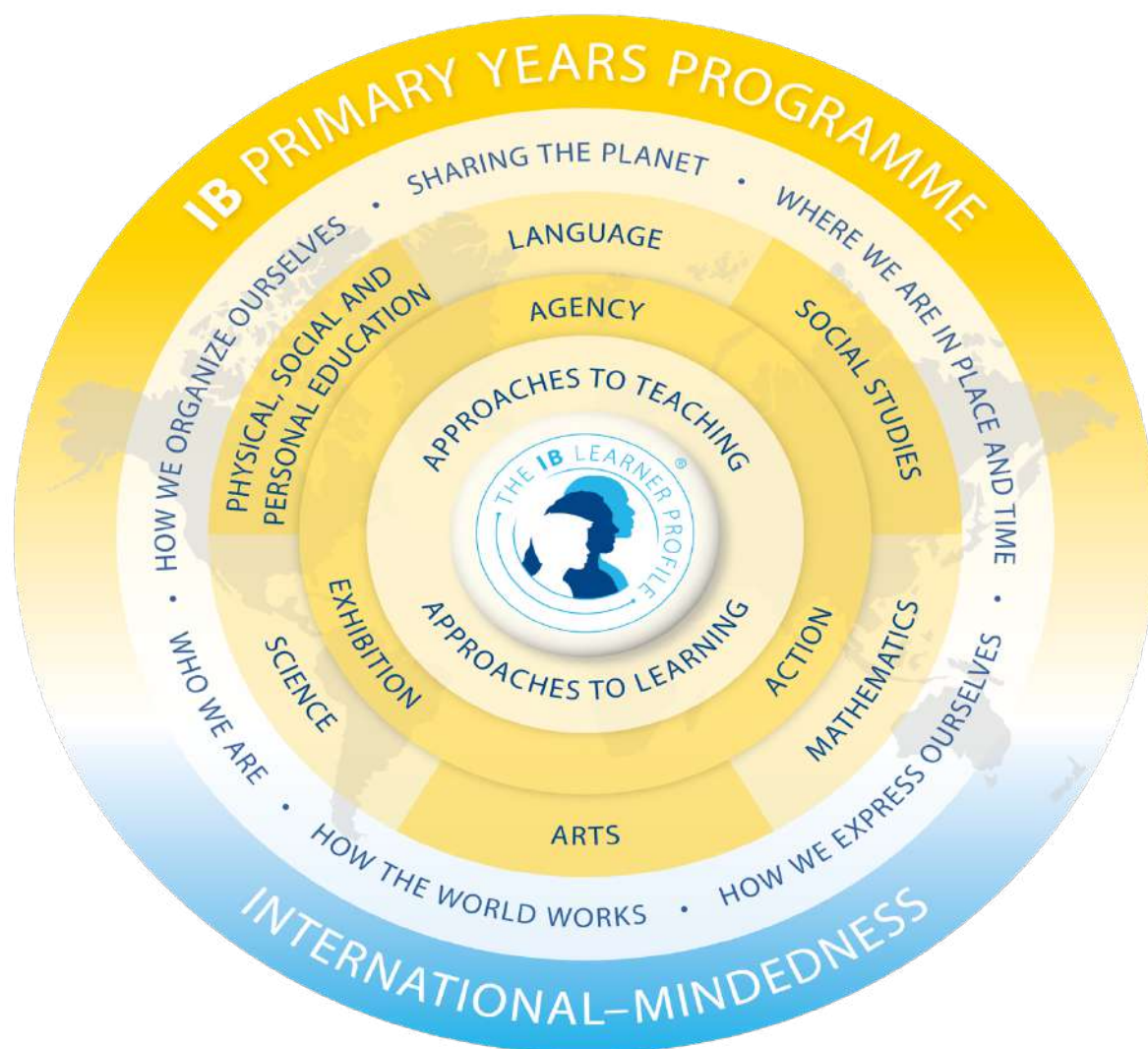
TIS INTEGRITY Code

**“TIS, as a family school that provides unique experiences,
embodies a spirit of integrity and respect for others
which are central to the personal,
academic and ethical development of each member.**

**As a TIS family member,
I promise to uphold and demonstrate its values,
and protect the reputation of the school.
I make this pledge in the spirit of honour and trust.”**



PYP CORNER



EARLY YEARS

Reading is Fun

Reading builds a student's word bank, allowing them to comprehend varied written materials, read with fluency, and recall facts about books they read. These are basic elements of developing good communications skills.

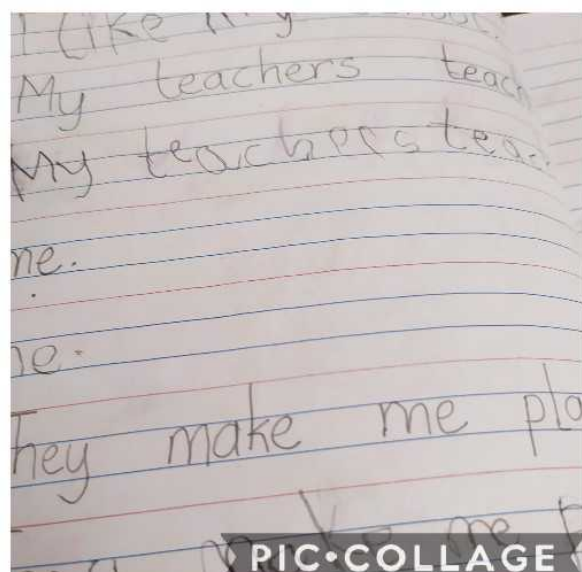
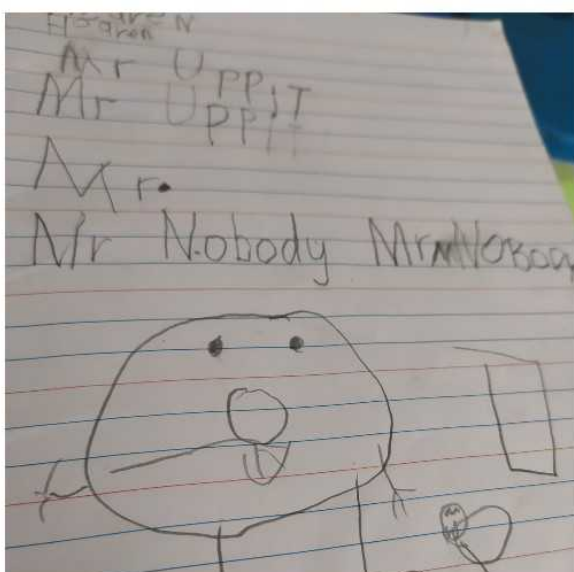
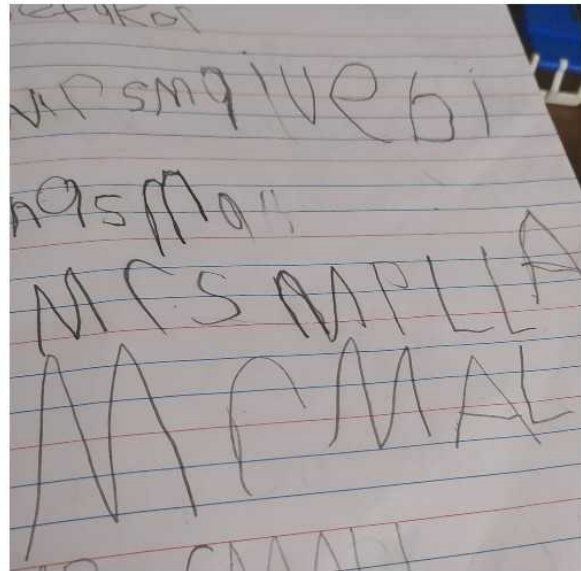
To enhance their interest in reading, our Early Learners were delighted to share a story about a young boy's first day at school. Through the narrative, our learners made connections between their own daily routines and that of the characters. They were amazed to realise that morning routines, such as taking out water bottles, keeping bags in storage boxes and settling down with a favourite book or puzzle, were replicated around the world. They also observed in the story that games, such as sliding and jumping in the hopscotch hoops, were not unique to them. Connections learners made with characters in the book helped them develop a deeper understanding of how schools are organised.

Students also recognised the role of family members in getting them ready for school, packing items in their bags and transporting them to their learning centre.

Through these activities, they achieved their learning outcomes, gaining the ability to discriminate among visual representations, such as symbols, numbers, letters and words. They were also able to differentiate between pictures and written text. During whole-class reading, our learners engaged with the story by pointing to pictures when asked, and sharing ideas based on the book. They extended this reading experience by identifying and writing the titles of their favourite books. This allowed teachers to assess and observe the learners' understanding of text and illustrations.

Communication is one of the Approaches to Learning (ATL) skills that equip our students to develop an inquiring mind. We are very proud of our Early Learners' ability to express themselves in front of the school community during our Unit Assemblies. Last Friday morning for instance, all our Topaz learners confidently sang a transportation song in front of the Primary students and staff.

**Happy
learners
receive a
gift of lego
blocks from
Mrs
Adjavon.**



LOWER AND UPPER PRIMARY

Collaborative Learning Transforms the Classroom

A collaborative culture which is at the core of IB and PYP, is aimed at supporting transdisciplinary learning and improving learning outcomes. It is not just about teachers meeting to plan what to teach, but also, students working together with teachers, and colleagues within and across grade levels to enrich the learning experience.

Supporting transdisciplinary learning requires time and a commitment for collaboration. This includes students, homeroom teachers, single-subject teachers, non-teaching staff, and guest specialists, among others.

Collaboration supports transdisciplinary learning and ongoing reflection within the learning community. In terms of impact, students get to appreciate their identity within the learning community, recognise how the community works and accept their unique role with respect to learning within that social unit. They gain the realisation that collaboration is the foundation of good human relationships. By this, students note that their classroom is not an island, and that learning is not confined to the walls of the school. Collaboration is also a great opportunity for them to develop some social and self-management skills. When they work in groups on projects, tasks and discussions, they learn to value others' opinions, making them more open minded.

This semester started with a collaborative learning experience with the Main Campus. Messrs. Wellington and Owusu from the Art Department deepened Onyx students' understanding of the history and elements of art. They did a great job by coming down to students' level to drive the concepts through inquiry. Learners, of course, had the opportunity to apply their knowledge by creating interesting art pieces.



During an inquiry into channels of communication, groups of Onyx students interviewed Primary staff on what their most preferred means of communication and why. Teachers, Administration, Kitchen, and other support staff collaborated eagerly with students to complete the assigned task.



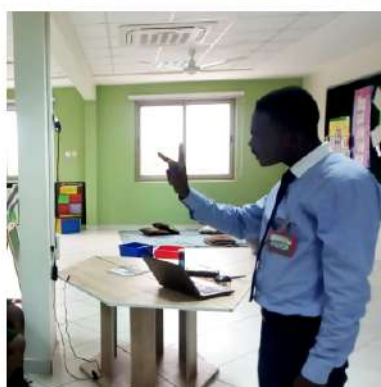
Another amazing collaboration was between some G11 and Primary students. Teachers and learners alike enjoyed the support of the Secondary students, as they facilitated many activities during the three-day engagement. It was an awesome experience and we look forward to more of such.



GHANAIAN SIGN LANGUAGE

Collaboration with the Hearing-impaired

Collaboration is indeed transdisciplinary. This week, the Opals received a hearing-impaired resource person from Ghana International School (GIS), who facilitated a lesson on name signing. It was a good experience for learners, being the first time most of them had interacted with a deaf person. During the lesson, they had the opportunity to communicate with him, and also learn more about the deaf culture. Here are pictures of students signing and finger spelling their names.



The PYP Coordinator schedules weekly collaborative sessions with teachers to discuss, plan, and reflect on learning activities. Well, we don't just cooperate, we collaborate! We agree to disagree, we argue, we dialogue and discuss, all of which are geared towards reaching a successful conclusion and enhancing learning and teaching.



In the words of Henry Ford,

“Coming together is a beginning, keeping together is progress, working together is success.”

And nothing beats collaboration at TIS Primary!





TEMA INTERNATIONAL SCHOOL

Primary School Campus

Admissions Open For 2020/2021 Academic Year



To learn more scan this.



Flexible admission screenings and interviews

To enrol scan this.



Entry Points in 2020

Early Years

Kinder 1 (3-4 years)
Kinder 2 (4-5 years)
Kinder 3 (5-6 years)

Junior Primary

Grade 1 (5.5 - 7 years)
Grade 2 (6.5 - 8 years)
Grade 3 (7.5 - 9 years)

Senior Primary

Grade 4 (8.5 - 10 years)
Grade 5 (9.5 years-11 years)
Grade 6 (10.5 - 12 years)

All admission applications will be online via Open Apply: <https://tis.openapply.com>

A social readiness screening will be required, as part of the admission process, along with a compulsory interview with parents.

TIS is an IB World School, authorised to offer MYP and DP. The Primary School campus has been approved as a Candidate PYP School.



Proud to deliver

**THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD**


“
Dukies is a perfect fit! At TIS, we require students to be balanced in four aspects: academics; sport; cultural activities; and service-learning. So, everything students are expected to do matches closely to the Dukies program. Strategically, it places our students at another level when it comes to their university applications. Importantly, the Dukies program is about the individual challenging themselves. Challenge, I believe, is one of the most important words for today's world. Everyone must be challenging themselves in many different ways to be successful.

”
DR KEN DARVALL
PRINCIPAL & AWARD COORDINATOR
TEMA INTERNATIONAL SCHOOL


www.tis.edu.gh
#WORLDREADY



THE IB CONTINUUM EXPERIENCE

The International Baccalaureate offers a globally competitive education for young people aged 3-19 years. Jean Piaget, an educational psychologist whose work in cognitive development learning theory has had enormous influence on education, categorises this age range into four cognitive levels and argues that teaching and learning at these levels must be inquiry-based, or learners discovering concepts for themselves¹. It is in this regard that an IB education provides a good opportunity for students to make connections between their discrete subjects and the world around them.

The continuum comprises the Primary Years Programme (PYP), Middles Years Programme (MYP), Diploma Programme (DP) and the Career-related Programme (CP). Beginning with the MYP, each programme is a progression of the earlier years. For instance, the focus of the PYP is learners developing agency, which is further developed in the MYP by empowering students to make practical connections between their subjects and the real world. The DP enhances this by developing students who have a breadth and depth of knowledge and the CP is more specific to supporting students who want start their careers at an early stage (IBO, 2020)².

A key thing to note with this continuum is a strong connection across all four programmes. For our MYP 5 (Grade 10) students, this opportunity will surely present itself next academic year when they transition to DP. The completion of the Personal Project is just a sign that they are ready to take on the demands of the core of the DP, Creativity-Activity-Service (CAS), Theory of Knowledge (ToK) and the Extended Essay (EE). The Personal Project is a good preparation for the core as most of the skills needed to excel in these areas have been developed. Service and Action initiatives in the MYP are stepping stones to a successful CAS program. Interestingly, all MYP units are built around research questions which are known as inquiry questions: factual, conceptual and debatable questions. These questions guide students in their own inquiry. The debatable questions are about knowledge and being open-

ended and these are some key characteristics of “knowledge questions” in Theory of Knowledge.

For our parents, this is a good opportunity for your children to take their inquiry to the next level. After a successful experience in the MYP, the DP is surely the Golden Passport (as Dr. Ken will say) to college or university and the world at large.

UPCOMING MILESTONES!!!

24-28 February, 2020 MYP 5 Mock On-screen examinations

¹McLeod, S. (2018). *Jean Piaget's Theory of Cognitive Development*. Simple Psychology. Retrieved from <https://www.simplypsychology.org/simplypsychology.org-Jean-Piaget.pdf>

²IBO. (2020). *Programmes*. Retrieved from <https://ibo.org/programmes/>





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

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.*

HOSTEL NEWS



Leaders must be **close**
enough to **relate**
to others, but far enough
ahead to motivate them.

John C. Maxwell

The Catherine Hostel, a safe haven for all Catherine girls, chose us - Adoma Agyare and Emmanuella Boateng - to be their big sisters. We have been graced with the unique opportunity to shape the personal growth and skill development of the girls - with the help of our hostel guardians, of course.

The beginning was not easy. Completely assimilating into the role of hostel executives involved making common room fun, yet productive, and ensuring that all the ladies embody the quintessential Cathrenite-dripping in poise, finesse decorum. But despite the challenges there are so many redeeming qualities of the job: the resounding “CATHERINE GIRLS ON THAT THING!” that rings around the common room, the togetherness that the hostel inspires and the inspiration we can be to our younger sisters. Additionally, the difference in every individual once we established ourselves as leaders that are role models is mind-blowing. Each bed laid to perfection, all the rooms are constantly clean and everyone leaving the hostel looking very kempt with shoes that “say hi and hello”. Luckily, this job has been made easier with the help of our fellow Catherine DP1s. Despite the hardships and joy inducing moments, we are wholeheartedly ready to power through it with open hearts and open arms.

Finally, we know that, as Catherinites, we will always display our royalty and I can’t end this without saying our motto: POISE. FINESSE. DECORUM.

~ Adoma Agyare and Emmanuella Boateng



Catherine Hostel Executives



Lena, Elinam, Lexi, Elorm Claris and Emefa



Emmanuella (DP 1)



Ninette (Grade 7)



Malika (DP 2)



2020 IMUN - STEM (ROBOTICS)

Hood College 401 Rosemont Ave, Frederick, MD U.S.A.



- 19 July - 1 August 2020
- **Registration Deadline: 1 April 2020**

For further enquiries, please contact: Mr. Ben Darko,
+233 24 411 0355 (kwame_d@tis.edu.gh)

LANGUAGE ACQUISITION CORNER

LANGUAGE AND CULTURE IMMERSION TRIP TO FRANCE AND SPAIN 2020

Join us as we embark on the 2020 France and Spain immersion trip. We still encourage interested parents and students to sign up by picking up a parental consent form from the Language Acquisition Department, or at Reception in the administration building at the Main Campus, and pay a **non-refundable application of USD100**.

These are the necessary documents needed in the application process which we entreat interested parents to send us latest by **21 February 2020** to enable us make the necessary arrangements.

Documents needed

- A passport
- An original copy of birth certificate
- A parental consent form (to be signed by both parents)
- A letter of authority (to be signed by both parents)
- A bank statement of a parent
- The biodata page of both parents
- Four (4) passport size pictures of the student
- An international Travel Vaccination Card with the Yellow Fever vaccination done or updated.

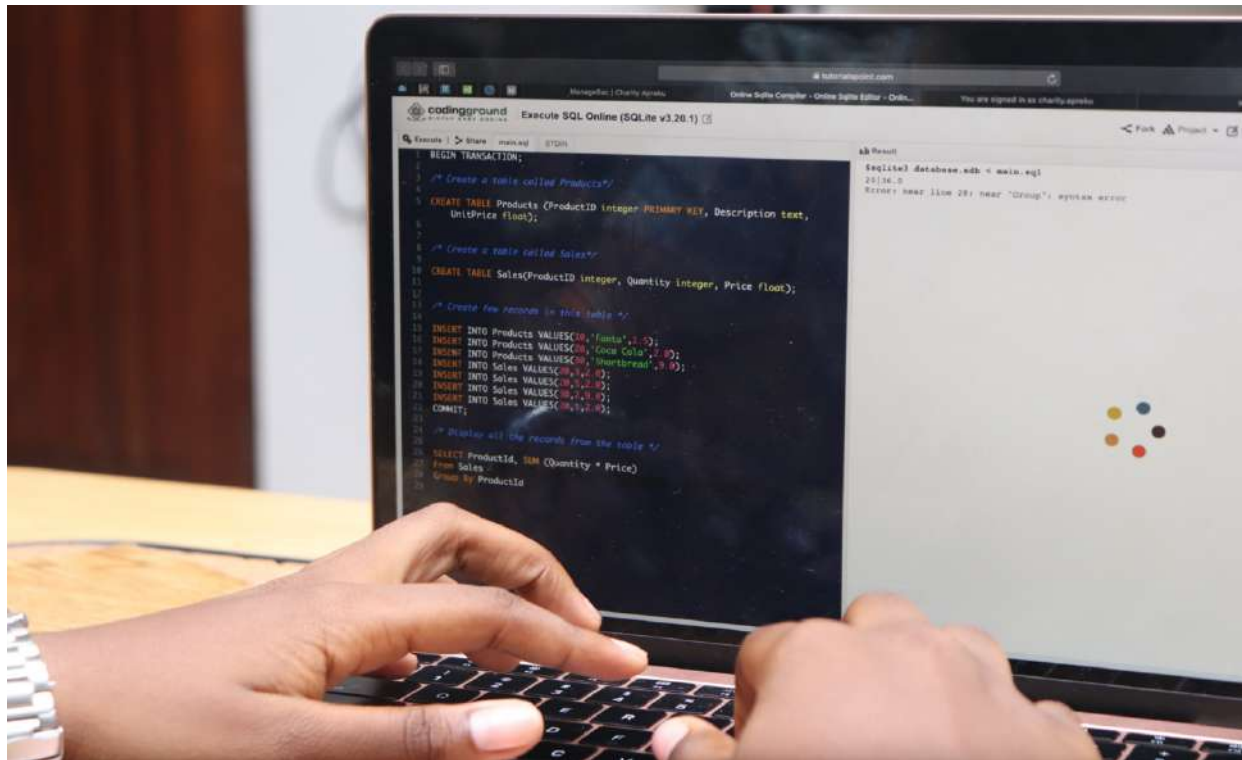
N.B. The total cost is **USD 4500** and the deadline for payment is **28 February 2020**.

For more details, contact Mr. John Mensah of the department of Language Acquisition via email: jkmensah@tis.edu.gh or on **0244 70 79 07** or on school number **0303-305134/ 0303-308737**.



Computer Science Lesson on Structured Query Language (SQL) with DP1 students

The beauty of computer science is how easily the concepts we learn in class can be actualised in the everyday technology that we use. A classic example of this came during the Thursday computer science lesson on Databases. Here, we learnt how to manipulate/edit databases using SQL- and because it is something that exists in the very programs that we use. It was interesting to watch the lines of code change from utter gibberish into things we could understand and use.



The lesson was a very productive one as we all improved not only our knowledge and understanding but also our critical thinking skills- we were prompted on multiple occasions to solve unfamiliar using our basic knowledge. It was a challenging and fulfilling experience that I can't wait to experience again.
[Charity Apreku]



In computer science on Wednesday, we studied SQL (structured query language) commands. We learnt how to create, update, delete from, and add to database tables which will be essential knowledge for our internal assessments which may require the use of a database. When we finish this topic, I intend to apply this knowledge to improve my programming skills for my internal assessment.



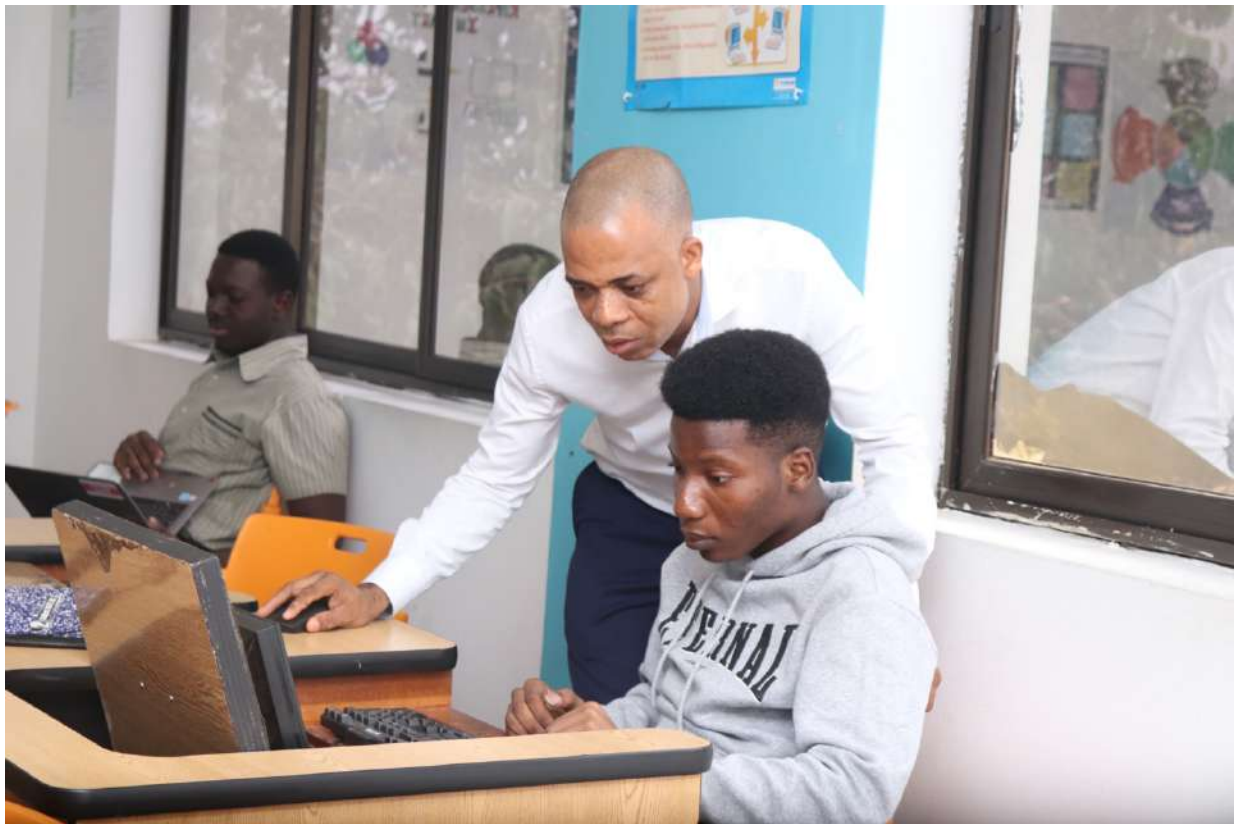
Although I have studied SQL before, it was not at this level of complexity so, I struggled a bit at first, but came to understand it as the lesson went on. For me, the hardest part of the SQL commands were the inner joins which were hard to understand at first but made sense after Mr. Fudzagbo explained them. I believe learning things like this are extremely important as we can apply them in the real world. [Elrad Martin-Lawson]



What if you could control the figures seen or not in your end of semester report? I am not talking about using a black marker but control from the foundation of the numerical representation we see. The Computer Science lesson on SQL I had was a really fun and an interesting practical lesson. I finally learned about one of the greatest things I have wondered about, the building block of a database system.



My personal experience with this new programming language was not so welcoming as I am more conversant with HTML and Visual basic codes. However, it was fun applying knowledge from those other programming languages in SQL and receiving different and also weird outputs.



Understanding my programming errors was the best part, investigating each line of the code helped develop my understanding of the SQL programming language and made me more conversant with it. I saw this exposure to be a positive challenge in my computer programming venture. [Darin Sarpong]





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



Tema International School



MAIN CAMPUS SECONDARY ADMISSIONS ARE OPEN FOR 2020/2021 ACADEMIC YEAR

A family school, a unique experience.

Flexible online admission testing is available

ENTRY POINTS: Grade 7 (MYP 2) | Grade 8 (MYP 3) | Grade 9 (MYP 4) | Grade 10 (MYP 5) | Grade 11 (IB Diploma Programme)

Grade 7 (MYP 2)

Students should:

- a) Have completed Primary 6.
- b) Be aged 11+(at the time of admission).
- c) Complete a general aptitude test and interview.

Grade 8 (MYP 3)

Students should:

- a) Have completed JHS 1 or in JHS 2.
- b) Be aged 13+(at the time of admission).
- c) Complete a general aptitude test and interview.

Grade 9 (MYP 4)

Students should:

- a) Have completed Year 8 or Basic Education Certificate Examination (BECE).
- b) Be aged 14+(at the time of admission).
- c) Complete a general aptitude test and interview.

Grade 10 (MYP 5)

Students should:

- a) Have completed Year 9.
- b) Be aged 15+(at the time of admission).
- c) Complete a general aptitude test and interview.

Grade 11 (IB Diploma Programme)

Students should:

- a) Have successfully completed MYP 5, the IGCSE (Or its equivalent) or awaiting the results of the IGCSE.
- b) Be aged 16+(at the time of admission).
- c) Complete a general aptitude test and interview for non IGCSE & GCSE students (i.e. WASSCE, OCR, AQA).

To learn more scan this.



To enrol scan this.



The online application process can be completed at: <https://tis.openapply.com>

For further information contact us on phone:

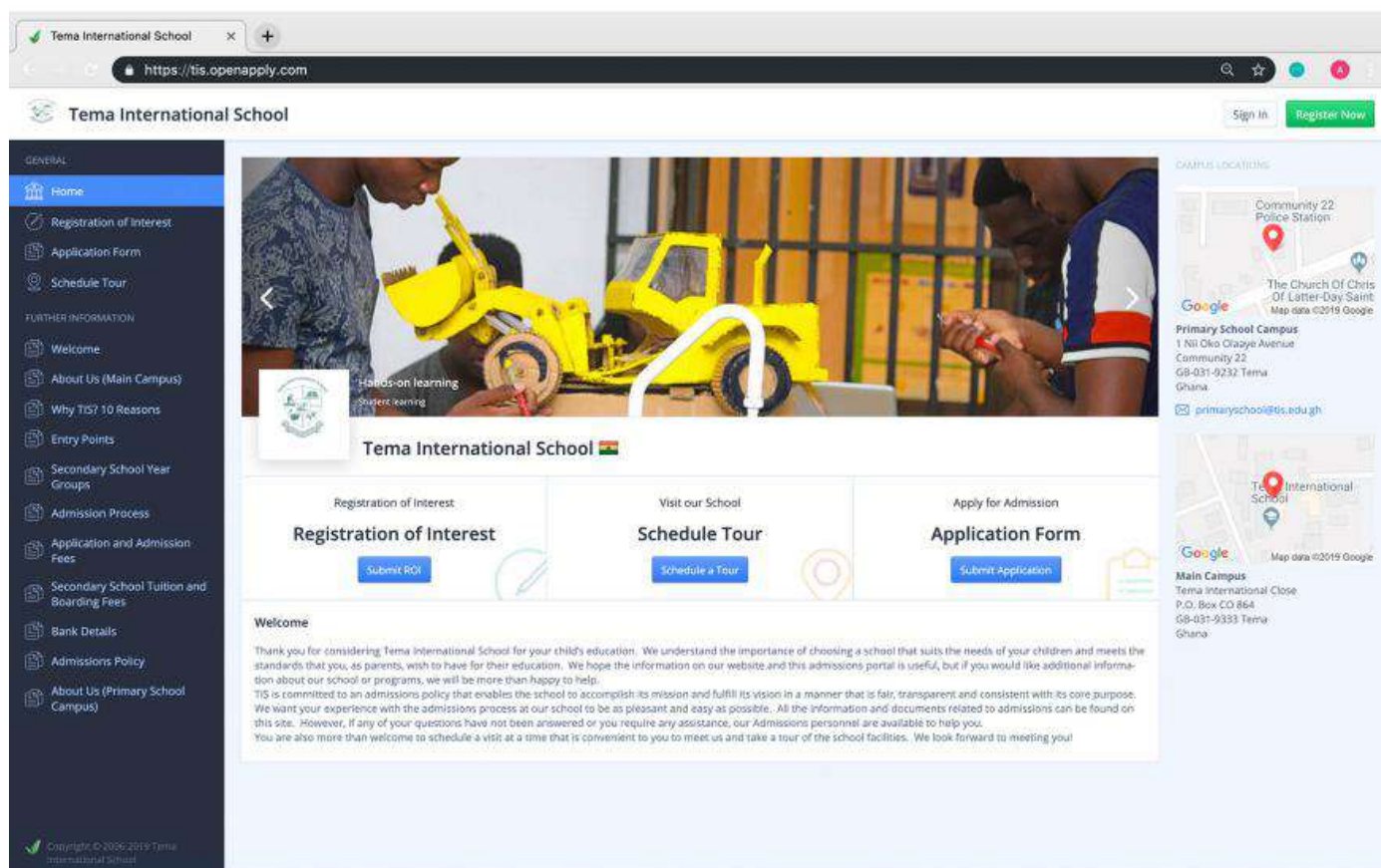
+233 303 305134; +233 303 308737; email: admissions@tis.edu.gh

Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)

www.tis.edu.gh



TIS Application Procedures



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

- 1 recent passport-style photo
- passport biodata page/ birth certificate
- 3 recent school reports (Grade 2-11 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 options:
 - 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: 1441000974289
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.**
8. Please note that your child will be taking a Cognitive Ability Test (CAT4) as an Entrance Exam for admission at TIS. (Grade 7-11 students)

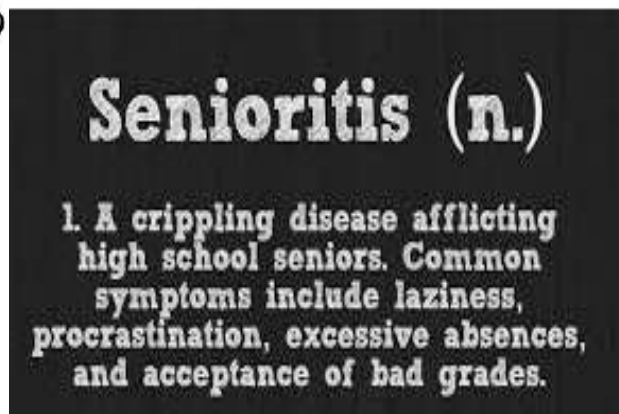
Thank you for choosing TIS. We look forward to a fantastic relationship in the coming years!

COUNSELLORS' CORNER



Dear DP2s, we know you're putting in the effort, but time wasted is non-refundable. Academics come first! Let every tick of the clock be a profitable venture. Study smart!

DP2s :College Acceptance Letter is not enough! Don't settle for less.



Tips for Battling Senioritis in High School

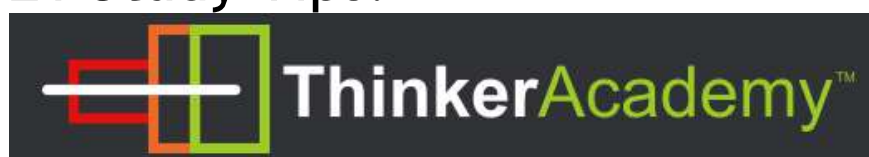
- ✚ Remember **Grades come first!!**
- ✚ When **Complacency** sets in, failure is inevitable. This will result in a fall in grades, shattering your dreams of getting into your dream school.
- ✚ Don't waste time. Make academics your priority to secure your University Admission once and for all.
- ✚ Life is how you make it! Remember your high school transcript & final grades will be on your CV/resume for life- make sure you put in your best!
- ✚ Keep yourself challenged, focused and stimulated...
- ✚ Set SMART goals for yourself...
- ✚ Talk to a counsellor, or a mentor, if overwhelmed or facing a difficulty....

✚ Take it one day at a time and don't forget to have fun!



College Just Ahead!

21 Study Tips:



- ✓ Focus on mastery learning matters.
- ✓ Take charge of your learning. Taking control of your learning is the start of ruling your world. Own it.
- ✓ Build your competence and gain confidence. Do you believe you can get straight 7's? Do you think you can master any subject? Believing in your ability really helps you push and learn something new. Your confidence may inflate easily if you often hear how smart you are. But that confidence is unstable. Easily lost. **So, pick one thing. Learn it deeply. See how you do. Rinse and repeat.** Over time, you'll see that you really can learn any new thing.
- ✓ Think critically about what you're learning.
- ✓ Use grades to keep on track with learning.
- ✓ Follow the clues to recover lost memories.
- ✓ Work out the learning goals.
- ✓ Check your work. Check that you understand.
- ✓ Keep going. Persist – it's part of life.
- ✓ Work with a friend, not the friends who waste a ton of time, yak, yak, yakking off-topic. We learn a lot when we talk to others. Explain the lesson to a struggling classmate who needs help. Get a group to chat about the topic, or muscle through homework together. Makeup questions and test each other. Keep it real. Keep it fun.
- ✓ Ask questions. Seek answers. You learn what the teachers tell you. Sure. Now, seek answers, and build your understanding.
- ✓ Harness your wandering mind. Do you find your thoughts dashing off in different directions? That's actually great. Your wandering mind can find creative new ideas. Make far off connections.
- ✓ Tangle with confusion. It's natural to feel confused sometimes. So what do you do with a perplexing lesson? You go back and try to make sense of it, right?

- ✓ Mastering the fine art of learning. Your job as a student is not simply to follow teachers' directions. A teacher starts you on a path. To have a good journey, you need to stand up and walk it by yourself.
- ✓ Master your studies, Master, your life! <https://thinkeracademy.com/21-study-tips/>



MONTH	NAME OF INSTITUTION	DATE	TIME	VENUE
FEBRUARY	Uni. of Nottingham, UK Nottingham Trent Uni., UK Uni. of Kent, UK Uni. of Birmingham, UK	Wed. 5 Feb. 2020	1:30 pm	Learning Centre
	Ghanaian University Tour	Wed. 19 Feb. 2020	7 am	Bus Tour visit to 5 universities in Accra and Berekuso.
MARCH	YORK UNIVERSITY (Canada), accepted students and parent session	March	TBD	TBD

Important Note- GH Uni. Trip!: DP1s, sign up for the Ghanaian University Tour is now closed. Dress code for the trip- TIS Green Lacoste and jeans/trousers. Breakfast will be at 6:40am and the bus leaves at 7am sharp! No laptops or devices allowed. Just your notebooks and pens to write down useful information. As ambassadors of TIS on this trip, we expect you exhibit your best behaviour and cooperate with your chaperones and student leaders. Be punctual and stick with the group!

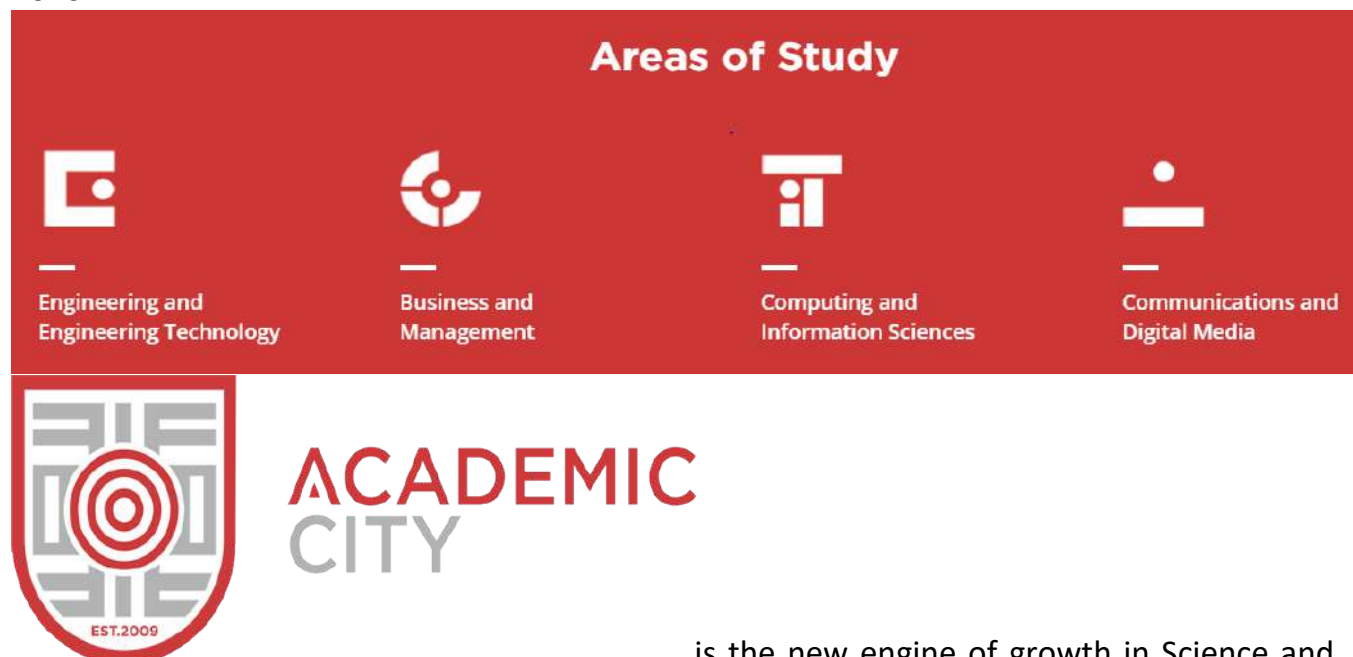


To all our accepted students who got into:

- University of Nottingham, UK
- Nottingham Trent University, UK
- University of Kent, UK
- University of Birmingham, UK

We hope the visit was insightful in preparing your minds for a lifetime learning experience in the UK. Well done, we are so proud of you!

Counsellors Conference, Academic City, 5 February 2020 & Webster University, 6 February 2020.



is the new engine of growth in Science and Technology. In creating STEM (Science, Technology, Engineering, and Mathematics) as the foundational pillars of change and the driving force of economic growth, Academic City organised the most anticipated educative Counsellors' Event on the Haatso Main campus.

Major Highlights of Academic City

- Engineering, Technology, Business and Communication Arts programs are integrated with innovative & entrepreneurial skills. We prepare our students to think critically, diagnose rationally and solve creatively.
- A strong learning support system giving students the opportunity to explore, grow and develop lifelong skills.
- Academic City offers holistic education to create well-rounded minds who can proactively and conscientiously contribute to local and global development.
- Dedicated focus on experiential and active student learning, supplemented with an emphasis on social-emotional learning and ethical decision-making prepares our students to compete with globally-trained talent.
- With a heartbeat for quality education, parents have value for money.
- Students feel at home in residence halls at Academic City. With a myriad of extra-curricular activities; campus clubs, excursions, and sports, students remain busy at AC. Counselors and advisors monitor students' progress through their program, providing career and academic support and guidance...
- Visit <https://acity.edu.gh/index.php>

COUNSELLORS'**CONFERENCE**

Connect. Learn. Innovate.

This year's Head of Schools and Counsellors' Workshop centred on the theme: **Future –Ready for Africa (Premium Innovative STEAM & Entrepreneurship Education)**

Highlights from the Presentation:

The President of the University Dr. Fred Macbagonluri addressed the theme under three folds.

- **Designing and leading a world-class organisation for Africa.**

Being future-ready, effective institutions and organisations play a key role in the process. What are effective organisations? Effective organisations are successful organisations that are dependent on the structure, systems, policies, programs, and strategies in place that are developed and managed by the workforce (staff) with the right direction, vision and work ethics. Thus, it's prudent to have the right person for the job. Here at ACity, they do this best by training world-class ready students with a solid foundation in experiential learning which can be felt, seen and touched extensional learning beyond the classroom as you pick ideas and knowledge from your environment, systems thinking, technology, leadership, entrepreneurship and sound development of soft skills. This is because the jobs that will be ready for the future generation are looking for people who can think on their feet, analyse, adapt, socialise with others from culturally diverse environments.

- **Building Institutions of Excellence**

Modernisation, trade, internationalism helps us to learn from countries with best practices as we engage and dialogue. At Academic, City our strong team of excellent lecturers of African descent, but with international education, doing what they do best “engaging in interactive teaching and learning”. Fostering the spirit of excellent work culture is what ACity exemplifies.

- **Defining Clear Goals with Concrete Action Plans**

It is never enough to have a goal in mind but working together with the team of experts. With clearly defined goals as to what you want to achieve this is very helpful. Implementing the plan and doing constant monitoring, evaluation, and feedback is what keeps organizations going and for accountability purposes. This must be done on a regular basis.

Understanding the Stakeholder ~Department Head Dr. Linda A Deigh

For any successful business enterprise, it is prudent to identify your key stakeholders. For example, in a school setting we have parents, students and staff.

Clearly defined expectations and requirements from our stakeholders make it easier for us to know the mode of delivery for stakeholder satisfaction.

Apply Online

Our online application is simple and takes 5-7 minutes to fill. You can create a login and always return to continue the application where you left off. Keep handy your parents' contact information, academic qualifications and program of interest. Applications that are complete and include a personal essay will be looked upon favorably.

<https://acity.edu.gh/admission.php> Apply Now!

Reflections



My colleagues and I attended an Educators' Event held at Academic City University College, on Wednesday, 5 February 2020, themed "Defining Future-Ready." Academic City is one of Ghana's top private universities, which provides quality education in a way that makes learning exciting and inspiring. This was my third visit to the campus and I never cease to be amazed at the interactive nature of their mode of teaching and particularly the energetic and enthusiastic demeanour of all their lecturers. Learning is simply enjoyable and inspires critical thinking, as well as hands-on experiences, making students 'future-ready' and able to thrive both locally and to be ready for the evolving global career trends. **We highly recommend Academic City to our students as an excellent choice for higher education in Ghana!** Their teaching style ties in nicely with what the IB seeks to instill in students.

A quote which clearly reflects Academic City's Ethos is, "Holistic Student Development: crafting well-rounded minds where IQ meets EQ" (Dr. Lucy Agyepong, Lecturer, Head of Department, Engineering department). Dr. Fred Macbagonluri, the President of the university touched on what it takes to build a dynamic world-class institution. He highlighted the fact that it requires setting clear goals (benchmarking: setting appropriate goals to provide insight into the institution's position vis-à-vis its competitors), focusing on 3-4 most important business levers, implementation and control (monitor and supervise, take definite action and monitor implementation) among others.

Mr. Julian Bennett, Mechanical Engineering Lecturer, in the workshop he facilitated with a colleague Mr. Julius Amegadzie (Computer Science and Engineering lecturer), introduced a new concept known as Biomimicry. This involves observing nature, using nature as a model or "mentor" to solve problems. For instance, by observing the bird, airplanes were modeled after certain aspects of the bird, the way it flaps its wings to stay airborne, et cetera. Similarly,

a company observed how geckos manage to crawl across walls and other flat surfaces based on the nature of the bottom of their feet. This design inspired a product that sticks fast to walls for holding up bags and other items (Sciencetake - Gecko Feet). This concept was developed originally by Benjamin Linder and Jean Huang (2019).

~**Eunice (Aryee) Mrs., Head of College Guidance Unit, TIS**

ACity gives you that WOW learning experience. It is a clean, safe and friendly learning environment equipped with ultra-modern facilities. It's so practical, real and engaging. Most of the skills and approaches to learning are the pillars of the IB Learner Profile. A student from Tema International School or any IB school who takes the training and learning very seriously will be able to flourish and thrive in such a stimulating learning environment. Additionally, the calibre of faculty and staff is a true indication of a university with a difference. <https://acity.edu.gh/faculty.php>

Parents thinking of a world-class university in Ghana should visit Academic City and experience learning and teaching modules with a difference! Academic City Future –Ready for Africa.

~**Constance Quaye, College Guidance Counsellor, TIS**



Webster University Counsellors' Event. An amazing, clean and excellent learning-friendly environment with the distinction of producing world-class global citizens and learners located in different destinations on the world map in the USA, Netherlands, Thailand, etc., has a unique curriculum of fusing different cultures and perspectives on knowledge acquisition. Visit: <http://www.webster.edu.gh/>



Webster University Ghana campus for this year's counsellors' workshop focused on the theme: "The Future of Employability." As a matter of urgency, the need for students to be prepared for the job market equipped with the requisite skills, universities play a crucial role. However, the future employability is clearly undefined. It is very important that soft skills are harnessed, students are more adaptable, accommodating with excellent mechanical and numerical abilities.

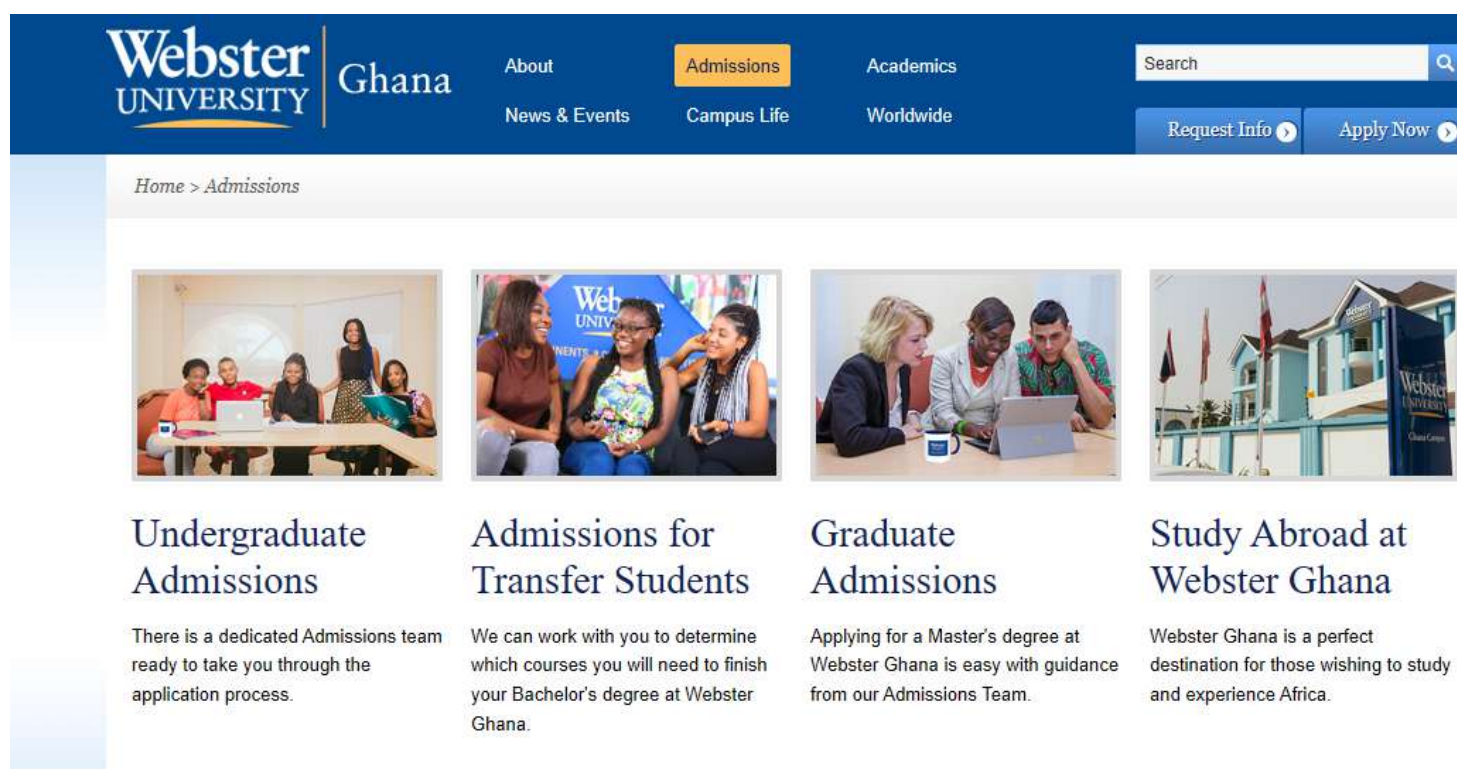
Future Jobs and Career Programs

Mental Health and Psychology. With the level of stress, family and work balance poses a lot of challenges and in the near future, there will be an increasing need for the psychologist of different specialties to attend to the needs of the people. Therefore, Psychology is a green area to start your career. <https://www.verywellmind.com/what-can-you-do-with-a-bachelors-degree-in-psychology-2794943>

Computer Science. Technology-related jobs are the organisational fad. With the easy accessibility and use of technology studying computer, Science opens you up for great careers. <https://www.computerscience.org/careers/>

In lieu of this, International Relations, Business, Mass communication and Media all have a significant role and job placement for the future!

Essentially it is equally important to consider Prof. Boateng's "ISO" pyramid that is interest, strength and opportunities because when people find out what they can do best with a strong interest and great opportunities available they become more skilled than ever. It is also of high importance to find out what you can do with your hands. The idea of employability should first start with what can I do with my gifts and talents? There is so much more we can do! Just look within yourself very deeply!




Webster UNIVERSITY Ghana

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Admissions for Transfer Students

We can work with you to determine which courses you will need to finish your Bachelor's degree at Webster Ghana.



Graduate Admissions

Applying for a Master's degree at Webster Ghana is easy with guidance from our Admissions Team.



Study Abroad at Webster Ghana

Webster Ghana is a perfect destination for those wishing to study and experience Africa.

www.webster.edu.gh/admissions/



Webster University, Ghana, another premium university of choice, held a Counsellor Event on the theme, “The Future of Employability.” There were college counsellors from a variety of high schools which included SOS Hermann Gmeiner International College, Morning Star Senior High School, Ghana Christian International High School, Association International School, Morgan International Community School, and many others. So, it served as a great platform for networking and sharing of best practices in Guidance and Counselling of students. Dr. Patrick Boateng, a lecturer at Webster, in his presentation listed, some key skill sets and attributes required for future employability. These include the following:

- ✓ Critical thinking
- ✓ Ability to solve complex problems
- ✓ Creativity
- ✓ Skillful negotiation
- ✓ People management and coordinating/ collaborating with others
- ✓ Flexibility in thought, knowledge, and action (to easily switch direction)
- ✓ Ability to think on one’s feet
- ✓ *Self-employment mindset first, employment by someone else second.

Each department head from some of the key faculties at Webster University elaborated on their course content and the opportunities within their fields. Some notable programs that were presented were: Psychology by Madam Charity Akotia, Media Communications by lecturer Dr. Nefertiti Pupulampu, International Relations by Dr. Agnes Khoo, Computer Science by Mr. Bernard Okpattah, Management and Finance by Madam Heather Gordon and a presentation by Angela Baxter, Head of Student Affairs.

Some quotes from the Webster University faculty worth noting include, “International relations requires nuanced analysis and complex reasoning when viewing our world and this is what the International Relations department inculcates into student learning. Nuance your understanding and impression of others, based on the fact that it is a complex world we live in” (Dr. Khoo). Madam Akotia stressed the fact that there is a dire need for more Psychologists and hence the need to encourage students to consider studying Psychology at the undergraduate level. For Computer Science, according to Mr. Okpattah, some key skills and attributes that are essential for this program include curiosity, imagination, flexible creative thinking, tenacity, persistent spirit, communication skills among others. The concluding presentation was by Mrs. Nancy Keteku, former regional EducationUSA Advisor (U.S. Embassy). She urged us to inculcate a sense of responsibility in students, encouraging them to lead, present, and give back. She reiterated the importance of learning to single out

students and to give them all the encouragement to discover their interests and unique career paths. Dr. Pupulampu stated that one key aim of the Media Communications department is to teach students to do “critical thinking and to learn to remove bias from their writing and to address ethical issues; learning to be objective, devoid of personal bias.” It was an awesome learning experience and **Webster University is certainly number one for raising global citizens ready for jobs locally and internationally**, as students can start studies in Ghana, and benefit taking a semester or two at Webster’s numerous international campuses abroad (USA, Switzerland, Austria, Netherlands, UK, China, Thailand, Greece and Uzbekistan). **We highly recommend it! ~Eunice (Aryee) Fianu Mrs., Head of College Guidance Unit, TIS.**

Great and renowned professors with vast experience giving students personal experience tips, coaching career and life development. The emphasis on teaching and learning is deliberately structured to allow students to think and apply knowledge. In a competitive market identifying a problem and solving the problem is what sets you apart from the others. I am very confident that an educational experience from Webster University is a lifetime ticket to unlock your potential. Enroll now! **~Constance Quaye, College Guidance Counselor, TIS**



BOOKS BOOKS BOOKS!!! GRAB YOUR COPY NOW!!!

The Learning Centre has taken delivery of some very useful **New books!!!** Hooray!!! Please see the College Guides to borrow one and take advantage of these great resources! They include the following:

- ACT Prep 2020, 3 Practice Test Proven Strategies Online
- Official SAT Study Guide 2020 [2020 Edition]
- ACT Prep Plus 2020: 5 Practice Tests Proven Strategies Online (Kaplan Test Prep)
- KAPLAN PSAT/NMSQ Prep 2020
- SAT Subject Test Physics (Kaplan Test Prep)
- SAT Subject Test Mathematics Level 2 (Kaplan Test Prep)
- SAT Subject Test Mathematics Level 1 (Kaplan Test Prep)
- SAT Subject Test Biology E/M (Kaplan Test Prep)
- SAT Subject Test Literature (Kaplan Test Prep)
- SAT Subject Test Chemistry (Kaplan Test Prep)
- Fiske Guide to Colleges 2019
- The Ultimate UKCAT Collection:
- The Ultimate BMAT Collection: 5 Books In One, Over 2500 Practice Questions
- Directory of Canadian Universities – 2019
- International Student Handbook 2018 (International Student Handbook Of U.S. Colleges)
- Applerouth's Guide to the SAT
- Cracking the SAT Premium Edition with 8 Practice Tests, 2020: The All-in-One Solution for Your Highest Possible Score (College Test Preparation) Premium Edition

Remember that many of our top SAT / ACT scorers, did so by consistent individual personal practice on their own, reading widely and taking high school lessons seriously! **So prepare daily and diligently.** Remember it is an **aptitude** test!



A SENIOR HIGH SCHOOL ENRICHMENT PROGRAM

Spend two life-changing weeks on the beautiful Ashesi University campus in Ghana with about 140 young innovators of the future. You will experience Design, Leadership, Robotics, Engineering, Entrepreneurship, Creative Arts and more.

JULY 5 – JULY 19



Applications are open from February 1st to April 30th, 2020. Open to students in SHS 1 and SHS 2, Form 4, Form 5 and Lower 6.

For applications, costs and scholarship availability, visit

bit.ly/AshesiX_2020

0506147348 | aix@ashesi.edu.gh | #AshesiX | facebook.com/ashesi

The Ashesi Innovation Experience (AIX) is a senior high school enrichment program in which selected students spend two life-changing weeks on the beautiful Ashesi University campus in Berekuso, learning about leadership and design, entrepreneurship, engineering, robotics, and the creative arts.



Ghanaian University Applications are opened

Follow the links below

Apply online! - Ashesi University

<https://www.ashesi.edu.gh/>

<https://admissions.ashesi.edu.gh>

How to Apply? Click: <https://www.ashesi.edu.gh/admissions/how-to-apply.html>

Parents should please pay application fees using the directions below, and email a copy of payment receipt to your child's college counselor, for assistance completing the application.

Pay Application Fees

- GHs100 for Ghanaian nationals; \$50 for international applicants. (**How to pay application fees**)
The Late Admissions period attracts an extra GHs50. We also do not accept the scholarship and international applications for the Late Admissions period.
- Application Payments can be made as follows
 - a. **MTN Mobile Money**
 - a. Transfer application fee to merchant mobile number: 024 526 4831
 - b. Name of the recipient should be Ashesi University College
 - c. Applicants should quote the following information on their application form or in the task box in the online application portal:
 - i. Mobile number used for the transaction by applicant
 - ii. Transaction ID
 - iii. Reference Number (Applicant's Name should be used as the reference)
 - b. **ExpressPay**
 - For Applicants who will like to pay via Visa, Mastercard, Amex, Discover or Mobile Money (MTN, Airtel Money, Tigo Cash, Vodaphone Cash) please click here: <https://expresspaygh.com/ashesi>.

Applicants should quote the expressPay generated transaction reference number on their application form (paper applications) or in the task box on the online application portal.
 - c. **Direct Deposit/Rapid Transfer at any Ecobank Branch in Ghana and West Africa**
 Account Name: Ashesi Admission fees
 Account Number: 0200014411600905
 Bank: Ecobank
 Branch: Osu

d. Wire Transfer from within West Africa

SWIFT CODE: ECOCGHAC

Account Number: 02010 144 116 009 01

Account Name: Ashesi University College

Branch: ECOBANK, OSU BRANCH

PMB CT443, ACCRA-GHANA

e. International Payments (All other countries)

SWIFT CODE: ECOCGHAC

Account Number: 02010 144 116 009 01

Account Name: Ashesi University

Branch: ECOBANK, OSU BRANCH

PMB CT443

ACCRA-GHANA

** Attach a copy of your payment receipt to your complete application*** Attach a copy of your payment receipt to your complete application*

UNIVERSITY OF GHANA

How to Apply for University of Ghana 2020/2021 Admissions,

To apply for University of Ghana admission for the 2020 academic year, prospective applicants are expected to meet some basic requirements.

Click on the link for more information:

<https://admission.uq.edu.gh/applying/content/how-apply-ghanaian-applicants>

1. GHANAIAAN APPLICANTS

[University of Ghana online application](#) E-VOUCHERS can be obtained by Ghanaian applicants for GH¢200.00 at the following banks: Ecobank, Republic Bank, Agricultural Development Bank, Ghana Commercial Bank, Zenith Bank, Universal Merchant Bank, Consolidated Bank Ghana (CBG), Prudential Bank and Fidelity Bank. Ghanaian applicants in the following categories are expected to apply using the E-VOUCHER:

2. STUDENTS AND GHANAIAANS APPLYING FROM ABROAD

International applicants and Ghanaians applying from abroad should **NOT** buy the e-voucher. They should use the following link to access the online application form for completion and submission.

[Online Application for International Undergraduate applicants](#)

All applicants are expected to pay to the University a non-refundable application processing fee of US\$110.00. This fee can be paid directly or wire transferred into the University of Ghana ECOBANK Account.

Details of the Account are:

Account Name:	University of Ghana Foreign Students Account
Account Number:	0161014409780401
Bank Details:	Ecobank Ghana Limited, Legon Branch
Swift:	ECOCGHAC

or International Transfer through Ecobank (0161014409780401 or 0161094409780403

or Payment with Credit Card on the GT payment platform.



<https://ghstudents.com/knust-admission-forms/>

Are you a **KNUST** Prospective Student? Stay up to date with absolute **Kwame Nkrumah University of Science and Technology** Latest Admission News and Updates for the 2020/2021 academic year.

ALL COMPLETED APPLICATIONS SHOULD BE SUBMITTED BYPOST (EMS/DHL/UPS/FEDEX) TO THE DEPUTY REGISTRAR (ACADEMIC AFFAIRS) KNUST, KUMASI, GHANA ON OR **BEFORE JULY 31ST, 2020** except for MATURE APPLICANTS WHO ARE TO SUBMIT ON OR BEFORE **FRIDAY, 29TH MAY, 2020**.

POINTS OF SALE: All Ghana Post Regional and Designated Post Offices

APPLICATION PROCESSING FEE

- GHANAIAN APPLICANTS – GH¢ 200.00.
- FOREIGN APPLICANTS – USD 150.00.

GHANAIAN APPLICANTS ARE REQUIRED TO PURCHASE THE E-VOUCHER FROM THE GHANA POST OFFICES.

APPLICANTS ARE REQUIRED TO SUBMIT TWO (2) COPIES OF THE ONLINE APPLICATION AND OTHER RELEVANT DOCUMENTS.

FOREIGN APPLICANTS ARE TO GENERATE AN E-VOUCHER FROM THE UNIVERSITY'S WEBSITE ([HERE!](#)) AND FOLLOW THE INSTRUCTIONS.

For more information on other universities of your interest please click <https://ghstudents.com/ghana-admission-forms-update/>



Please send the College Guides a copy of the receipts for Ashesi University, University of Ghana, Legon and Kwame Nkrumah University of Science and Technology (KNUST) for us to assist your child to complete the application process and for our records.

Important Dates and INFORMATION

achieve
more

SAT

2019-2020 TEST DATES

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
14 March 2020**	23 January 2020
2 May 2020	5 March 2020

**DP1s: don't wait until the eleventh hour to register.
Register now to avoid any disappointments!**

*** 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 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.

DP1s: don't wait until the eleventh hour to register. Register now to avoid any disappointments!





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

CAS-SA Corner

#MYP Community Project



One Bite Zero Hunger

Acadia Miles-Darko, Tiffany Forson, Malick Cisse and Kevin Owusu-Afriyie are the initiators of **One Bite Zero Hunger Community Project**. With the UN Sustainable Development Goal (SDG) No 2 at the back of their minds, they wish to contribute their quota to

make their community a better place. According to the UN, SDG No2 is designed to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture.

In view of this, the team has located the environs of TIS and identified squatters that may not be able to afford a two-square meal in a day.

They are, therefore, appealing to the school community, especially our dear parents, to drop by non-perishable goods for donation. In addition, they will organise a game and popcorn night to raise funds to purchase toiletries. Their goal is to give each household a 50kg goody bag that can sustain a family for a few weeks.



All students who would like to donate as we prepare to go for mid-terms can do so through the team in the various hostels. Thank you in advance for giving.

The team is reaching out to all members of the TIS community to support their cause and put a smile on the face of the many families that go to bed hungry.

For more info kindly, contact the supervisor **Mr. Rahman Adam - 0547615404**

#MYP Community Project

SDG 5 – Gender Equality



Another fascinating Community Project is **SDG 5** by *Jessie Ofori - Appiah, Agormah Agambire and Afua Osei Boakye*.

Their goal is create awareness about treating both boys and girls on the playing leveling fields. Their intent is to tell the world to avoid stereotyping activities and actions to a particular gender and give girls, especially, the same opportunities as boys encouraging girls to come out of their comfort zone and challenge themselves.

So far, they are organising a research paper for an online publication. The team also takes advantage of common room meetings in school to share facts and discuss issues pertaining gender equality.

Supervised by **Ms. Setor Adih**, the team prepared to spread the good message behind Gender Equality. Read below their reflection of their project developmental process as they touch on their ATLs.

SDG 5 Reflection

Our Community Project has been challenging and interesting. As a group, we have come a long way and throughout the entire process, we have learnt and developed new skills and we want to share.

One main skill we attained is research skills and this was evident when we had to read different articles and UN-related sites to find authentic information. Furthermore, throughout the process we went around the school and interviewed our friends and teachers. In the end, from all the interviews we got a lot of information that helped us with our research paper. We also used the internet to gain information about women empowerment and gender equality to fill to complete our research paper.



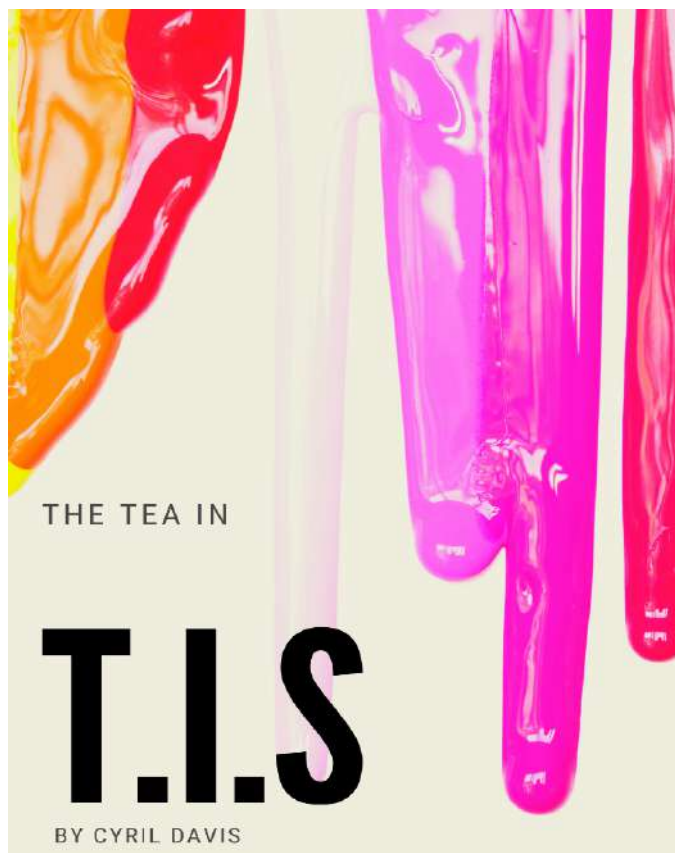
Another skill we used was self-management. Community Project is a project that allows you to think outside the box and to explore different areas of creativity. Self-management skills allowed us to manage all the things we had to do alongside with the help of our supervisors and reminders on ManageBac.

As team, we developed our social skills in the process with this project. We communicated with one another and other people during the interviews, and we interacted with Mrs Apiokor Ashong Abbey, a media personality who also helped us with tips on how to catch an audience attention through an article. We also held several meetings a few students and our supervisor, as stated earlier, which helped to boost our interpersonal relationship skills. During the whole process, social skills helped us to collaborate with each other since we needed to bring different ideas together as a team.

We have a presentation during the next assembly and we are surprised we are not nervous, but rather excited to share what we found. To conclude, we would say that our Community Project has brought us together to spread a good cause. - *Jesse, Afua and Agormah (MYP3: Grade 8)*



#MYP - Personal Project – The Tea in TIS



Did you know?

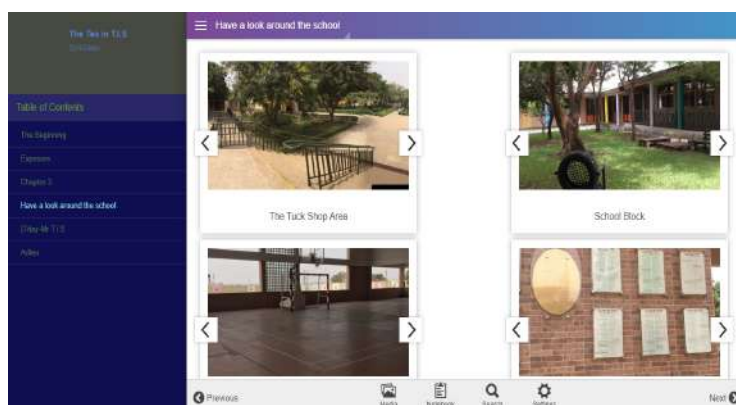
Everyone has had that feeling. The feeling that you get when you are in a new school. You are lucky if you have a brother, sister, cousin or a friend in your new school. Not everyone is as lucky as others go to a new school and they don't know anyone. They don't have anyone to tell them the dos and don'ts. They don't have anyone to help them fit in.

This was the problem I tackled in my Personal Project, "The Tea in TIS". My Personal Project, just like the name suggests, is personal. As a newbie, I didn't know anyone until I started making friends. As an introvert that was quite challenging for me, but with time, I managed to come out of my shell. TIS helped me to become

more confident through the various activities and events in which I participated.

My story in TIS evolved from how I managed to "fit" in, and how my social, academic and personal life changed as a result. I was lucky to have made friends quickly when I came. Others, however, could not easily fit in. Hence, my decision to write a book.

Over the last nine months, I have been constantly struggling to balance my time among the different aspects of my life, as well as my Personal Project. At times, I just wanted to give up on my Personal Project because it was becoming very challenging to keep the balance. I spoke with my friends and supervisor (Aunty Setor). They urged me on, one way or another, in order for me to finish on time by motivating and encouraging me to carry through my project. The lesson I have drawn through my personal project will definitely follow me throughout the rest of my days in TIS.



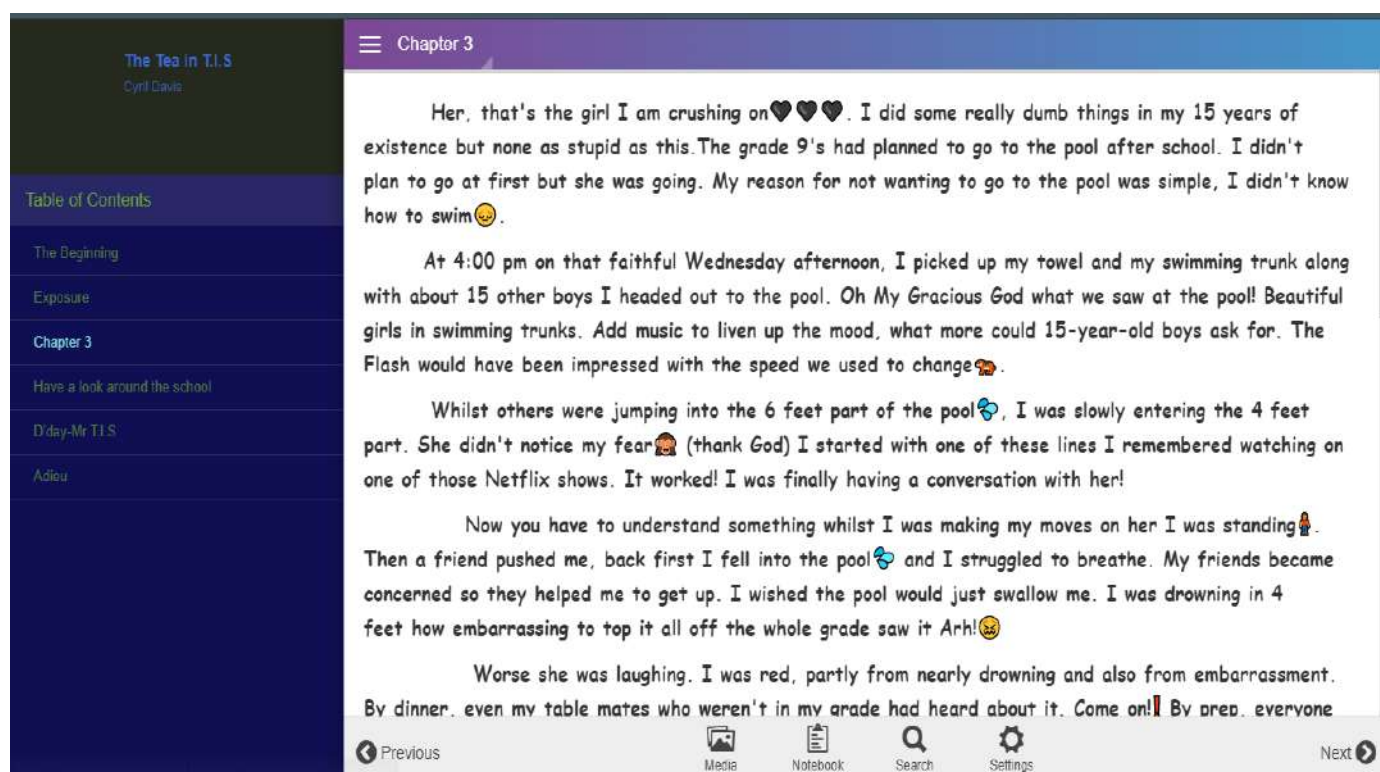
The most important experience that I've gathered is that thing one can ever take out of this experience is, to have a support system that will always help you achieve whatever you have planned.

“The Tea in TIS” is an eBook of my life story and my experiences in TIS, my desire is to help that Newbie who doesn't have as many friends, as it was in my situation to easily fit in the TIS setup.

In my book, I shared my experiences beginning from my first day in Grade 9, interacting with the girls in the class and almost carried away, the intervention of Mr. Kumah-Noi, and many other events that helped me settled as a newbie. I now invite you to read my book using this link. 🐾🐾🐾🐾🐾🐾🐾

<https://cyrildavispersonalproject.kotobee.com/#/reader/chapter/1?vi=0>

MY PRODUCT



Cyril Davis
Grade 10 – MYP 5
Personal Project Supervisor – Setor Adih

#MYP – Personal Project

Cognitive Processing as a Major Cause of Depression among High School Students

Abstract:

The research aimed at exploring and describing the impact cognitive processing has on depression among high school students. The outcome of the research intends to convince the target population that depression can result from several factors such as biological, sociocultural and cognitive processing. However, cognitive processing (i.e. positive or negative) of event(s) can result in healing or depression respectively among high school students.

Primary and Secondary sources of data were collected. The participants for the study were high school students who responded to survey from the Beck Scale Inventory (BSI) uploaded on ManageBac. The questions were reviewed and sampled to suit the audience. Participants reflected on their emotions in the past two weeks and rated them according to the options provided in the survey. Data collected from participants were categorised into groupings and the highest scores were identified for detailed analysis. Results indicated that the negative cognitive processing of event(s) by high school students led to high scores characterised as depression.

The study therefore concluded that a person might be diagnosed with depression or not depending on how they process their cognition. One strength of the study is that it will help high school students to positively process their cognition to avoid depression. In addition, it will also serve as a preparation ground for high school managements in putting measures in place to help students in dealing with their cognitive processes. A limitation however, is that other research methods should have been used to triangulate the data to ensure validity and reliability of the study. Future recommendations such as exploring other causes of depression, have been made for future researchers to consider.

Keywords: Cognitive Processing, Depression, High School Students

Debora Gomado

Grade 10 – MYP 5

Personal Project Supervisor – Dr. Sandra Thompson-Assan

#MYP - Personal Project - Make it Useful



because of the challenges that I had, but it has actually



All the **Challenges** helped me to grow mentally. **Balance** was the most important IB learner profile attribute that



charge of my own learning, but it has also shaped me to be independent in the **Future**.

Cynthia Abia Nutsuakor
Grade 10 - MYP5

I asked myself, what is all this Personal Project thing about in my first year of Grade 9? Now I know every little thing about this whole Personal Project drama.

The **Personal Project** is a concluding Middle Years Programme (MYP) **project** to develop the student's **personal** interest and to show and apply the skills, which are developed through the MYP's Approaches to Teaching and Learning. This **project** is based on the student's interests and talents, resulting in a product or outcome.

I started the Personal Project without having an idea of what I wanted to do because I was not sure about what interested me. Obviously, I had to pick something that I was passionate about in order not to lose interest in the project. I decided to work on plastic pollution, which was a problem that I identified in my school community. I then decided to find a topic that would suit my project - **Make it useful**.

Now looking back to how I started and how I ended, I am super proud of myself because of the person I have become. The journey has not been a smooth one because of the challenges that I had, but it has actually been worth it especially from my sleepless nights to my crying days. There were times and days I felt like giving up because I thought that there was no hope that I was going to achieve anything through the project. There were also nights I cried myself to sleep because I missed deadlines. But one amazing thing about the Personal Project that I valued is how it prepared me for challenges I will encounter as I move higher in my education and also the workplace.

I made use of, because as a student, I had to balance my schoolwork with the Personal Project. This was really challenging for me because there were times that I had school deadlines and also a Personal Project deadline. In the process, I learnt to pay attention to my timetables and that guided me. The Personal Project really helped me to learn how to plan my day and prioritise.

Throughout the Personal Project journey, I had to work as an IB learner and this requires me to make use of the ATL skills. One of the main ATL skills that I used the most was **thinking** and this is because I had to make sure that I thoroughly thought through my ideas and brainstorm to help me decide on what I wanted to do, especially when it came to choosing my final product. In conclusion, the MYP has not only helped me to take

Personal Project Supervisor – Mrs. King

TIS Magazine, *The Ride* Edition



“In a word, how would you describe the school year?”

This is how it all began; a deliberate search to find the best word to encompass the fullness of the year.

As every answer we gave began to feel like a failed attempt, we almost lost hope. We sat in silence for a few minutes till the disappointment turned into a vivid of recollection of what happened throughout the year.

And there it was, hidden in the fog our memories, the name of this year’s school magazine, “*The Ride*.”

The quote, ‘*life is a journey, enjoy the ride*’, resounds heavily with this editorial board. TIS, in particular, is a journey that is extremely *fast and furious* and forgetting to enjoy the ride means the journey is not one worth embarking on. The ups, the downs, the sharp turns, the road signs on the way - it’s all been here, we hope to embody that in the magazine.

Meet the chauffeurs of this edition:

Your editors:
Charity and Jackie

Your writers:
Adoma, Ethan, Alberta, Samuel and Isabel

Your designers:
Torence and Clive

Your photographers:
Darin and Fiifi

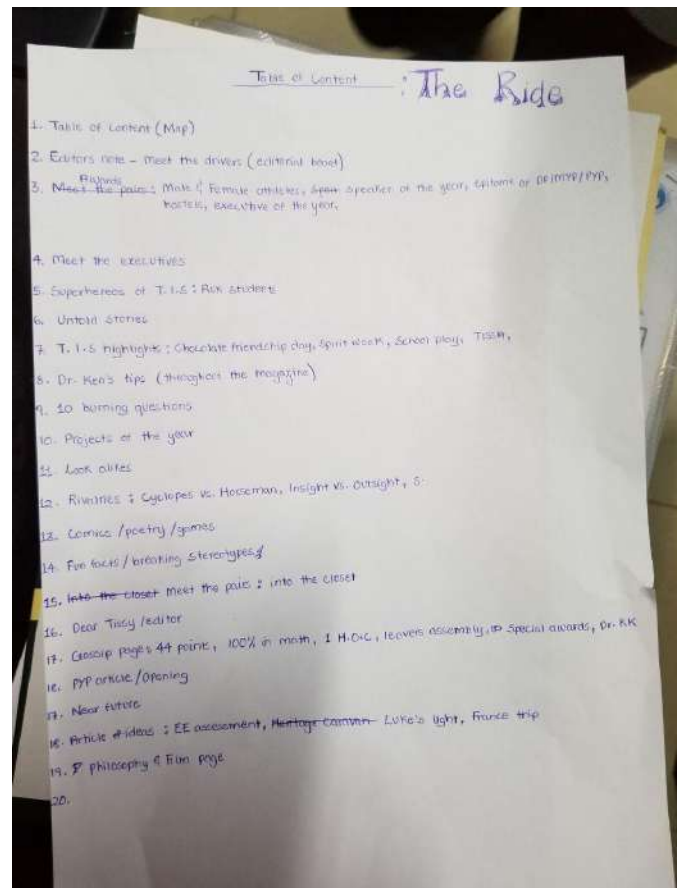
Your marketing team:
Arnold and Nana Kwame

Buckle up! We can’t wait to take you on *The Ride*.

What is a ride without passengers? Anyone who wished to join this ride with a submission (essays, letters, photographs, comics, thought pieces) should send their submission to the editors at theridetis@gmail.com.

Charity and Jackie (Editors of *The Ride*) – G11





A poster for Chocolate Friendship Day 2020. The background is red with a dark brown chocolate drip at the top. At the top left is the Tema International School crest, and at the top right is the IB logo. The text 'TEMA INTERNATIONAL SCHOOL' is in white. Below the drip, the text 'CHOCOLATE FRIENDSHIP DAY, 2020' is in large white letters. In the center is a large dark brown heart outline with a white heartbeat line passing through it. To the right of the heart is a white heart containing the text 'BE THE BEAT'. At the bottom, the text 'ENTERTAINMENT NIGHT' is in white, followed by '| DANCE | RAFFLE | CHOCOLATE | FUN GAMES |' and 'TIS MAIN CAMPUS – SPORTS COMPLEX' in white. The date and time 'SATURDAY, 15 FEBRUARY 2020 – 7:30PM' are in white. At the very bottom, in a dark brown bar, the text 'ALL PROCEEDS GO TO THE HEART ATTACK AWARENESS CAMPAIGN' is in white.

 **TEMA INTERNATIONAL SCHOOL** 

CHOCOLATE FRIENDSHIP DAY, 2020

**BE THE
BEAT**

ENTERTAINMENT NIGHT

| DANCE | RAFFLE | CHOCOLATE | FUN GAMES |
TIS MAIN CAMPUS – SPORTS COMPLEX
SATURDAY, 15 FEBRUARY 2020 – 7:30PM

**ALL PROCEEDS GO TO THE HEART ATTACK
AWARENESS CAMPAIGN**



IN CONJUNCTION WITH
MADINA YOUTH



CLEAN UP CAMPAIGN

@ THE BORLA BEACH

SATURDAY 22ND FEBRUARY 2020 - 8:30AM

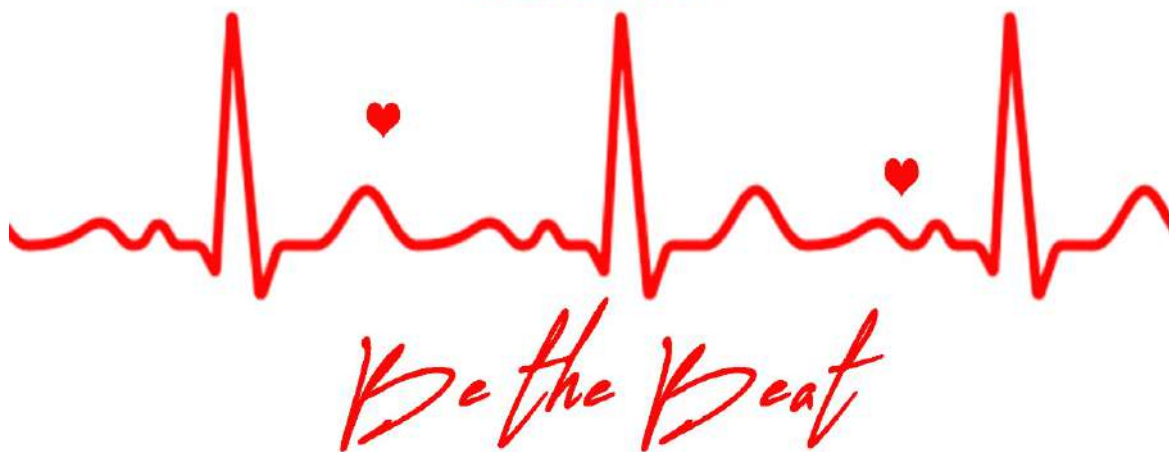
ERADICATING PLASTIC FOR A GREATER FUTURE

PRESIDENT
JOSEPH AGYEMANG

VICE PRESIDENT
PETER ARTHUR



“Chocolate, It's Good For Your Heart, Study Finds. There's a growing body of evidence suggesting that compounds found in cocoa beans, called polyphenols, may help protect against heart disease.”



**Tema International School
Chocolate Friendship Day
By IB Class of 2021**



TEMA INTERNATIONAL SCHOOL



MIDDLE YEARS PROGRAMME

PROJECT EXHIBITION

Community and Personal Project



6 March,
2020

1:00
pm

**SPORTS
COMPLEX**
TIS MAIN CAMPUS



TEMA INTERNATIONAL SCHOOL

WELCOME TO THE LEADERSHIP INCUBATOR



At TIS, we believe the four pillars for student balance and ensuing success - Academics, Service, Sport and Culture - provide a theoretical lens for inquiry, critical thinking, conceptual understanding in a real-world context, through action.

Across all four pillars, TIS prides itself on the opportunities and experiences that enable all graduates to develop and enhance leadership attributes and skills to make a difference and the world a better place. As leaders, we create our footprints to ensure authenticity.



EDUCATION FOR A BETTER WORLD

