# TIS RECORD

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#### At TIS,

we believe adequate sleep each night will enable students to feel rested in the morning and ready to function at their best to tackle their challenges for the day and tick off plenty of boxes along the way. Without adequate rest, we know it will affect their performance, health, appetite, attitude and behaviour.

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#### COVID-19

• Wash your hands frequently and thoroughly.

- Practise social distancing at all times.
- Wear a mask when 'out'.

### Thought for the Week

If you think you are too small to make a difference, try sleeping with a mosquito.

- Dalai Lama



## 17 th Anniversary

Tomorrow, 3 October 2020, we celebrate the 17th anniversary of the opening of Tema International School.

How times have changed! How TIS has changed with the times!

Back in 2003, bubbles and pivoting had different meanings. Social distancing may have been used in a class-based society, but not in everyday life.

Alumni who return each year to TIS admire the changes they witness. Alumni who have not visited for 10 years do not recognise the Main Campus and are completely in awe when the Primary School Campus is mentioned as a must-see.

It was an incredible and powerful vision all those years ago.



**17th Anniversary Special Edition** 

#### **Tema International School**

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

It's called integrity.

#### **SAT & ACT 2020**

- Best advice: students who are required to complete SAT and/or ACT requirements should do so by the end of Grade 11. Leave it until G12 and you have created a personal time-management monster.
- TIS students will now be allowed to sit the October SAT exam at TIS, due to the virtual Founders' Day activities.

#### **Making Us Proud**

- The Founders and Founding Family for their strength of vision, purpose and unfailing commitment to establish Tema International School as a family school and a unique experience. Thank you for making us proud.
- The TIS Family: our students, our parents, our staff and our alumni, each of whom has impacted on what Tema International School is today. Thank you for making us proud.
- The TIS Community: our friends, supporters and sponsors who assist us in so many ways to provide those opportunities for our students. Thank you for making us proud.

#### Weekly Bulletin

My favourite page of the TIS school profile is page 4 where it lists all the universities that our alumni have attended after completing the IB Diploma Programme. In 2020, we are now at the stage where this list will comprise pages 4-5.

#### Founders' Day and Founders' Week

Tomorrow TIS celebrates our Founders and their Family, as well as the TIS family, on this 17th anniversary.

Please watch the Founders' and Achievement Day celebrations on the TIS YouTube channel, commencing at 10.00am. Please share this special occasion with family and friends.

Next week we celebrate Founders' Week with different themes and activities occurring each day, visually, of course.

The mid-semester break will commence at the end of next week from Saturday, 10 October, to Sunday, 18 October.

Congratulations, TIS, on your 17th anniversary. May we continue to set the standards for others to follow. May we alway strive to make a difference and the world a better place.

Dr Ken Darvall (Principal)



#### **TIS: A BRIEF HISTORICAL OVERVIEW**

Mrs. Comfort Adjavon, the progenitor of TIS, begun to nurse the dream to establish a public co-educational institution over 35 years ago when she was a Principal Superintendent in the Ghana Education Service (GES). This dream was however, shelved when she ventured into poultry and livestock farming, after she had voluntarily retired from the GES, at the age of 45 years.

13 years into farming, her first love which is teaching and the school environment came back to compete with her new found vocation of farming. Farming lost!

The rebirth of the love for the school environment was given a stronger impetus when, as faith would have it, her granddaughter, Sonia's medical challenges did not allow her to be properly integrated into the normal school system, despite her determination to do so.

This situation gave vent to Comfort's initial dream of establishing a school within the national system, which could fully cater for the first cycle educational needs of her granddaughter. Acting upon the encouragement and support of her husband, the late Mr. Alphonse Adjavon, the daughter Catherine and friends, she penned the plan for an adequately equipped school for children.

At that time, Mr and Mrs Adjavon had sent one of their daughters to the British School of Lome (BSL), an international school in Togo, and were inspired by the progress they saw in her, from the exposure to the International General Certificate of Secondary Education (IGCSE) and the International Baccalaureate (IB) Diploma Programmes. It goes without saying that, the couple's relationship with BSL had a great impact on the TIS dream directing the focus to rather establish an international school of repute.

After further consultations and counsel from experts in academia, such as Professor James Tooley of Newcastle University and Dr. Mrs. Margaret Nkrumah (The then Principal of SOSHGIC) the couple was convinced that the IGCSE and IB Diploma Programmes would support their vision of producing world class citizens who could hold their own, wherever they found themselves.

This culminated in the birth of the Tema International School (TIS). It was at this time that Mr Adjavon gave an astronomic boost to the infrastructure, pushing the school's boundaries and erecting gigantic structures bearing the true semblance of an international school.

On the 3 October, 2003, Tema International School was officially opened; the dream has finally been realized!



#### Acquisition of Land and Construction of Structures

Characteristic of every dream, Mr. and Mrs. Adjavon had their fair share of challenges. One huge issue was the hurdle of land acquisition which took the founders four years to surmount.

Thereafter, there was the need for an architect and a foreman to get the project off the ground. Mr. Samuel Jassie-Sarkodie and Mr Kobla Kotoka Ahiadorme were brought in as the architect and foreman respectively. This "Dream Team" facilitated the building of the structures to receive the first cohort of students, 'the Pioneers'.

These structures were the hostels, a 12-classroom block and the Multi-Purpose Hall. At that time, the infirmary was located in one of the rooms in the Catherine Hostel while the Art Studio was located in the gallery of the Multi-Purpose Hall. The Library, Administration offices, Music Laboratory, Science Laboratory and Computer Laboratories were all located in empty classrooms.

Fifteen years on, there has been massive improvement in the infrastructure of the school. Departments that were housed in classrooms have found permanent locations with some even expanding. The school has the following facilities:

- An Administration Block
- The Einstein Resource Centre which houses the computer laboratories and all the science laboratories and an examination hall
- The Handel-Picasso Block which houses the art studios, the theatre & drama studio, music laboratories, language laboratory and an examination hall
- An imposing multi-chambered library named the "Adjavon Library" now called the Learning Centre.

Additionally, TIS can now boast of a:

- Standard-sized football pitch
- Fully equipped Creativity, Activity and Service (CAS), Service in action, After School Activities (ASA), Community Projects and Design block including the media and dance room, known as the Project Centre
- An ultra-modern sports complex with a well-equipped gym, a semi-Olympic-sized swimming pool, two squash courts, indoor volley ball, hand ball, badminton, basketball and tennis courts.
- Other outstanding features of TIS are the 30 plus staff apartments and semi-detached houses, some of which are fully furnished and accommodate key members of staff.

In their honour, some edifices were named after parents, children and grandchild of Mr and Mrs Adjavon as follows:

**Francis Hostel** – named in honour of his daughter Frances and his father Franz, **Anthony Hostel**– after their son,

Catherine Hostel: in honour of their daughter,

Cecilia Hostel: named after his mother and daughter

Sonia Infirmary in memory of their late granddaughter.

#### **Footprints of Great Minds**



67 persons commenced the school as pioneer students on the first day of its opening. 27 students (14 male, 13 female) were admitted into Grade 9 and 16 students (10 male, 6 female) were admitted into Grade 7.

We cannot write the story of TIS without mentioning the auspicious women and men who were and continue to be committed to the transformation of minds. They have left indelible prints on the fabric of the school since its inception.

Elinor Torto	First Principal (Oct 2003- June 2006*),
Mr Seth Kotey	Principal (October 2007- June 2011)
Mrs Uzo Agyare-Kumi	Principal (Oct2011- June 2014)
Mrs Felicia Sackey	Acting Principal from 2014-2015
Dr. Ken Darvall	Principal (2015 till present)
Mr Richard Laryea,	First Vice-Principal (Oct 2003- June 2005)
Mr Trevor Trumper	Vice- Principal (2005-2006)
Mrs Mabel Owusu-Addo	Vice-Principal (Dec 2006 – July 2012)

#### Roll of Headship since inception is as follows:

• When the first Principal left TIS in July 2005 the Chairman of the Board of Governors Dr. (Mrs.) Sylvia superintended affairs of the school in the capacity of Executive Chairperson for almost 12 months.

#### PIONEER BOARD OF GOVERNORS (2003-2011)

For a smooth take off, the school needed to constitute a Board of Governors whose task would be to give policy direction on how the school should be run in order to achieve the vision of the Founders.

This Board was the first formal entity to be established (August 2003) with members given specific roles to play. The members were:

Dr. (Mrs) Sylvia Boye	as Chairperson of the board – a retired educationist and former CEO of West African Examinations Council;
Mr Alphonse Adjavon	as Co-founder and Finance Director – An economist and CEO of Chemico Ltd;
Mrs Comfort Adjavon	as Co-founder and Facilities director – a retired educationist;
Mr Israel Titi-Ofei	as the Academic Director –Principal of SOS Hermann Gmeiner International College;
Mr Jassie-Sarkodie	as the Development Director- an architect at IZMATRIX who designed all the buildings within TIS.

#### CURRENT BOARD OF GOVERNORS (2015-todate)

Mr. Anis Haffar	Chairman (Educationist)
Dr. (Mrs.) Sylvia Boye	Member (Retired Educationist)
Prof. Audrey Gadzekpo	Member (Communications Expert and Lecturer)
Mr. Kwaku Sakyi-Addo	Member (Communications Expert)
Mr. Joe Ohemeng	Member (Risk Advisory Consultant)
Mrs. Cecilia Ajavon-Oppan	Member (General Manager)
Dr. Ken Darvall	Ex-Officio Member
Mr. Eddy Torkornoo	Non-member Secretary

#### **PIONEERING STAFF:**

Our pacesetting academic team who paved the way for the commencement of studies were:



• Mrs Grace Bayelladong (Teacher of English & Girls' Hostel Guardian),

- Mrs Lily Agbezuge (Teacher of French / Librarian /Girls' Hostel Guardian),
- Mr Opoku Boakye Yiadom (Teacher of Biology/Form Tutor/Boys' Hostel Guardian),
- Mr Peter Kumako ( Teacher of Information Technology/ Form Tutor),
- Mr Raphael Anthony Sackey ( Teacher of Music and composer of School Anthem),
- Mr Alex Koranteng Adjaklo (Teacher of P.E),
- Mr Richard Obeng ( Teacher of Physics/Head Of Science)
- Mrs Felicia Sackey (Teacher of Economics).
- Mrs Adelaide Fergusson (Teacher of History and Social Studies)

And our dedicated Administrative and Support Service team in the persons of:

- Eddy Torkornoo (Administrator)
- Livingstone K. Eureka Ocansey (Accounts officer)
- Pearl Adiama (Secretary)
- Mrs Cecilia Ajavon- Oppan (Facilities Manager)
- Catherine Gikunoo (Domestic Bursar)



- Abraham Anum Quaye (Transport officer),
- Nancy Doe, Ms. Xorlali Elikplimi, Mr. Stephen Abayite and Ms. Christine Xa (Catering)
- Doris Gbomittah, Ms. Charity Agbenya and Mr. Francis Adewudzo (Janitors),
- Mac Dondee (late), Mr. Dogbevi Gokah (late), Mr. Hope Gbekle, Mr. Lawerence Odoi, Mr. Stephen Adjei and Mr. Godfred Novor (security staff) made up a perfect team and gave TIS a good start at its inception.

With the support of the then Minister of Education, Hon. Mr. Yaw Osafo Marfo, the school was officially inaugurated on 18th June 2005 by his Deputy Mr Twumasi Ampofo

#### **AUTHORIZATION TO OFFER IBDP & IGCSE CURRICULA**

After meeting the International Baccalaureate Organisation's (IB) and Cambridge International Examinations, CIE's stringent criteria, TIS obtained authorization to run the IGCSE and IBDP programmes in 2003 and 2005 respectively with Mr. Trevor Trumper as the first IBDP coordinator.

He was succeeded by Mr. Boakye Yiadom (2006 - 2012) and then by Mrs. Deepa Boodhoo (2012-2015). The IGCSE Programme was first coordinated by Mr. Richard Laryea and it's currently being coordinated by Mr. Samuel Atindana, since 2005.

#### SAT & ACT CENTRE

By dint of sheer precocity, TIS applied and received approval in 2010 and 2014 to conduct SAT & ACT Tests respectively, making it the first official SAT and ACT Centre respectively in Tema.

#### **TEST OF RESOLVE**

On the 15 December, 2014, a colossus of a Co-Founder, **Mr Alphonse Ayite Adjavon**, was called to eternal glory, having given back hugely to posterity and mankind. May his generous and gentle soul rest in peace.

Though this was a big loss to the TIS community and tested our collective resolve, as he would have had us done, we recomposed ourselves quickly and got back to work; continuing the mission and vision of TIS.

#### **INTRODUCTION OF THE MIDDLE YEARS PROGRAMME (MYP)**

In 2016, TIS became a candidate school when it introduced the MYP curriculum to bridge the apparent gap identified between IGCSE and IBDP. In 2018, TIS was authorized by IB to offer the Middle Years Programme.

In Grades 7-8, students experience all subjects, except music and drama where students elect their choice. Only product design is offered I these years. During Grade 8, students complete the Community Project.

In Grades 9-10, students must choose a minimum of six to a maximum of eight subjects. Subject choices should reflect their aspirations for university. Students considering science or medical studies must choose all three science subjects (biology, chemistry and physics). To satisfy MYP requirements, students must complete a Personal Project and eAssessments in Grade 10.

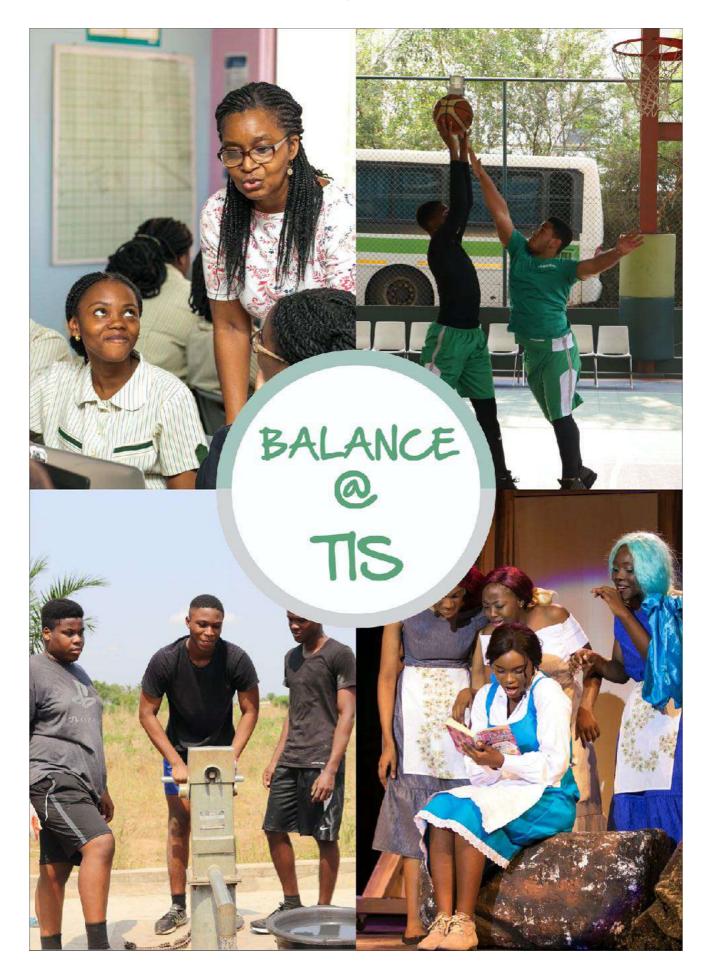
#### **INTRODUCTION OF THE PRIMARY YEARS PROGRAMME (PYP)**

Towards the end of 2017, TIS started construction work on a primary school project. In September 2019, the new Primary School Campus opened its doors as a Candidate Primary Years Programme (PYP) School.

The new campus is located in Community 22, about a kilometre from the Main Campus. It features open-plan multi model learning spaces that provides an authentic 21<sup>st</sup>-century learning environment and experiences that promote communication, collaboration, problem-solving, critical thinking, creativity and leadership.

The school provides top of the range facilities, a vibrant, exciting and safe learning environment where learners will engage in language, social studies, mathematics, science and technology, arts and personal, social and physical education. Students are required to learn a second language during the program.

Source: https://www.tis.edu.gh/about-us/



### **Tema International School**

#### 2020 - 2021 School Calendar (Virtual S1)

	August '20					
Su	Μ	Τυ	W	Th	F	S
						1
2	3	4	5	6	7	8
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30	31					

	September '20					
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October '20						
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25	26	27	28	29	30	31

	November '20					
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

	December '20					
Su	Μ	Τυ	W	Th	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March '21

W Th

June '21

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Su

Teacher in-Service Day (no school for students)

First and Last Day of School (Main Campus)

Μ

Μ

January '21						
Su	Μ	Τυ	W	Th	F	S
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S	4	5	6	7	8	9
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31						

April '21

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July '21

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February '21						
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28						

	May '21					
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30	31					



School Closed/Holidays



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Su

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Primary Campus Event



First and Last Day of School (Primary Campus)





ACT Test

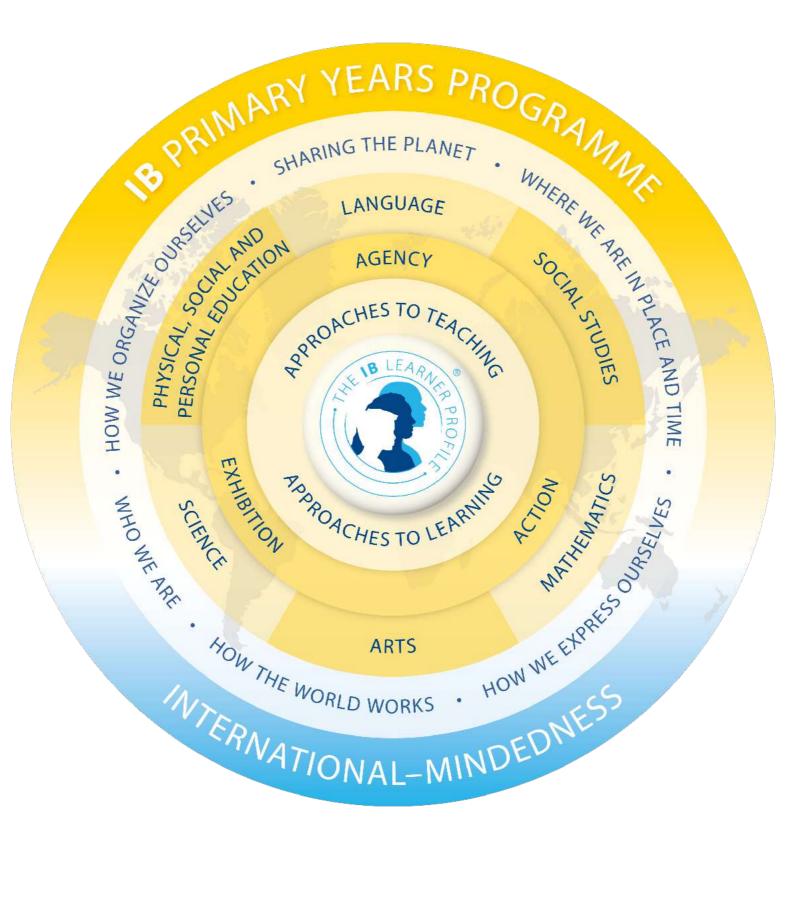
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Vol.17, No.9

Public Holiday	S		
4/12/20	Farmers' Day	8/3/21	Independence Day
3/5/21	Labour Day	13/5/21	Eid Al Fitr (TBC)
	tes: Main Campus		
1/8/20 3/8/20	2020 MYP Results Released; 2020 MY Senior executive staff resume	P Enquiries Upon R	lesuits Open
10/8/20	Teachers resume		
12/8/20	Newbies' orientation commences onlin	e	
21/8/20	Newbies' orientation ends online	•	
24/8/20	Secondary School classes commence		
29/8/20	SAT (TBA)		
12/9/20	ACT (TBA)		
18/9/20	MYP/DP Parent Information Session		
26/9/20	SAT [TBA] (TIS Students)		
3/10/20	TIS Founders' Day; SAT [TBA] (not f	or TIS students)	
9/10/20	Maths/Science Intercolour Quiz		
10/10/20 12-16/10/20	ACT [TBA] Mid-semester break		
15/10/202020	MYP Enquiries Upon Results Close; La	anguage Acquisition	Inter-Colour Competition
17/10/20	PSAT [TBA]	unguage i requisition	
21-22/10/20	G12 TOK Presentations		
26/10/20	G12 EE Cafe		
30/10/20	G9/G11 Subject Selections close		
6-7/11/20	Annual Performance		
7/11/20	SAT [TBA] (Subject test)		
1/12/20	Admissions open for 2021/2022		
3-5/12/20 5/12/20	Dukies Camp SAT [TBA]		
10/12/20	Virtual 3-Way Interviews;		
11/12/20	(In person) 3-Way Interviews; Last day	for first semester	
12/12/20	ACT [TBA]		
<i>S2</i>			
7/1/21	Teachers resume		
10/1/21	Students return to hostels		
11/1/21	Second semester commences		
11-17/1/21 23/1/21	Alumni Week Health Walk		
27-29/1/21	IDU Days		
31/1/21	Thanksgiving Service and Student Lead	dership Induction Ce	eremony
6/2/20	Pre-ACT	*	·
11/2/21	TIS Junior Tennis Championships		
12/2/21	TIS Badminton Championships		
13/2/21	Interschool Soccer		
19/2/21 22/2/21	TIS Senior Tennis Championships MYP Mock eAssessments		
27/2/21	TISSA Athletics; TISSA Badminton		
6/3/21	MYP Community and Personal Project	s Exhibition	
	TIS Basketball Championships		
9 - 19/3/21	DP Mock Exams		
12/3/21	Interschool Soccer; TIS Squash Champ		
13/3/21	SAT; Interschool Basketball; Interscho	ol Tennis	
14/3/21 20/3/20	Pi Day TISSA Tennis Championships; TISSA	Baskethall	
25/3/21	Hostels General Inspection	Basketball	
26/3/21	3-Way Interviews		
29/3-9/4/21	Mid-semester break		
11/4/21	Students return to hostels		
12/4/21	Classes resume		
17/4/21	ACT		
8/5/21 10 – 21/5/21	SAT MYP eAssessments		
10 - 21/3/21 29/4 - 21/5/20	DP Final Exams		
2/6/21	Hostels Cleaning		
5/6/21	Achievers' Day and Graduation		
11/6/21	Last day for teachers		

#### **Primary School Campus S**1 *S2* 10/8/20 Teachers resume 7/1/21 Teachers resume 31/8/20 Second semester commences First semester commences 11/1/21 3/9/20 Meet the Teacher Info Session 29/1/21 Sports festival 23/9/20 International Day of Sign Languages 19/2/21 End of UOI #4 Celebrations 5-9/10/20 End of UOI #1 Celebrations End of UOI #5 Celebrations 26/3/21 19-23/10/20 Mid-semester break 29/3-9/4/21 Mid-semester break Classes resume Classes resume 26/10/20 12/4/21 13/11/20 End of UOI #2 Celebrations 30/4/21 Spelling Bee 1/12/20 Admissions open for 2021/2022 11/12/20 End of UOI #3 Celebrations 28/5/21 End of UOI #6 Celebrations 11/12/20 Last day for first semester 9/6/21 Annual Presentation; Last day for second semester





#### What Does Founders' Day Mean to TIS Primary School?

It has been 17 years since the establishment of Tema International School. The school commemorates this occasion annually by celebrating the achievements of students and honour the founders, Mr. and Mrs. Adjavon. It is a historic event where students, teachers, and staff at TIS come together to share their success and achievements. This year the event took a different turn due to Covid -19. This did not stop us from celebrating but with strict adherence to all Covid -19 protocols. The students were awarded various certificates based on last year's achievements in different disciplines. The students exhibited a variety of performances. There was a choreography performance by students in the Opal and Ruby class, song and dance by the Early Years and the Onyx and Opal class displayed 3D letters that spell out "Happy Founder's Day" and accompanied it with a dance. The ceremony ended well with a sumptuous meal at the auditorium.

Below are the pictures of activities as the school prepared towards the day.



Early Years students arrived in school dressed in colourful African wear. They were all excited to be back to school to see their friends and teachers.

TIS is well known for displaying diverse African cultures during the Founders' Day celebrations. This year, the Primary School students were not left out of this cultural display. Students came in dressed in a variety of costumes representing traditional African wear.



It was a fun time to rehearse with teachers. Students danced to an original song about how they loved their family and the TIS family.



Emmanuel and Christabel's African costumes are typically worn by most royals around Ghana but Emmanuel chose to represent the Chief of Ningo, a community which is located in the Greater Accra Region.



Students working on the 3D letters from home.



What a practical way to connect a unit of inquiry to a whole school event. Grades 1 and 2 students seized the opportunity to use different materials including waste to decorate 3D letters that spell out Happy Founders' Day.



Rehearsal session with the 3D letters.

The Opal and Ruby classes put up a lithe and fluent choreography which was merged with a poetry recital titled, "It's our time," written by Ekua Mansoa Addae.



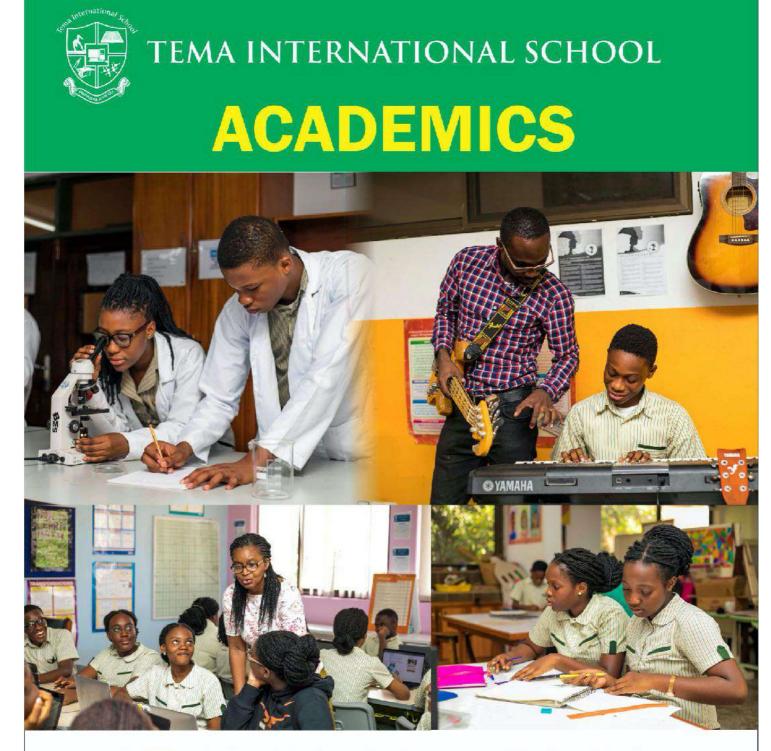


This year's Founders' Day was uniquely celebrated amid the Covid-19 pandemic and school closure. Every member of the Primary School campus just wished that students would return to school. Hopefully, this may only happen sooner than we expect. We just can't wait!





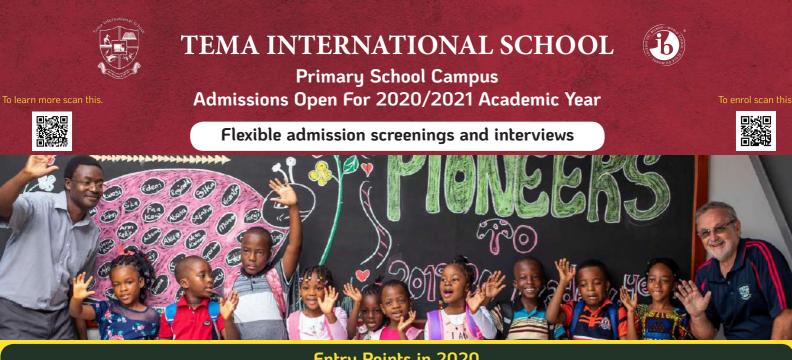
2 October 2020



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



Preschool

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

#### Entry Points in 2020

**Junior Primary** 

Grade 1 (5.5 - 7years) 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.

#### LANGUAGE ACQUISITION CORNER

#### WELL WISHES TO TIS



TIS, à l'occasion de ton dix-septième anniversaire, je te souhaite joyeux anniversaire. Vu tes accomplissements en si peu de temps, tu es digne de louange. Vive Tema International School!

John Mensah – French Teacher

"All too soon, TIS has crossed another milestone. 17 years is not easy. Thank you TIS for welcoming me and giving me the opportunity to be a member of this great family. I pray for more years filled with unforgettable memories and success. Que Dieu bénisse TIS et la famille fondatrice !!!"

Amanda Tay – French & Spanish Teacher

Tema International School, you are not only a renowned internationally school that prepares students to achieve outstanding heights but you are also a family that I am proud to be part of. On this special occasion of your 17th birthday, I would like to wish you all the best. Long live TIS!

Kodzo Agbeko – French Teacher

As we celebrate another milestone, I wish the entire TIS family a happy anniversary. It is good to be part of such a wonderful family. May the Lord continue to give us a reason to be grateful at all times. Cheers to the best IB School in Ghana.

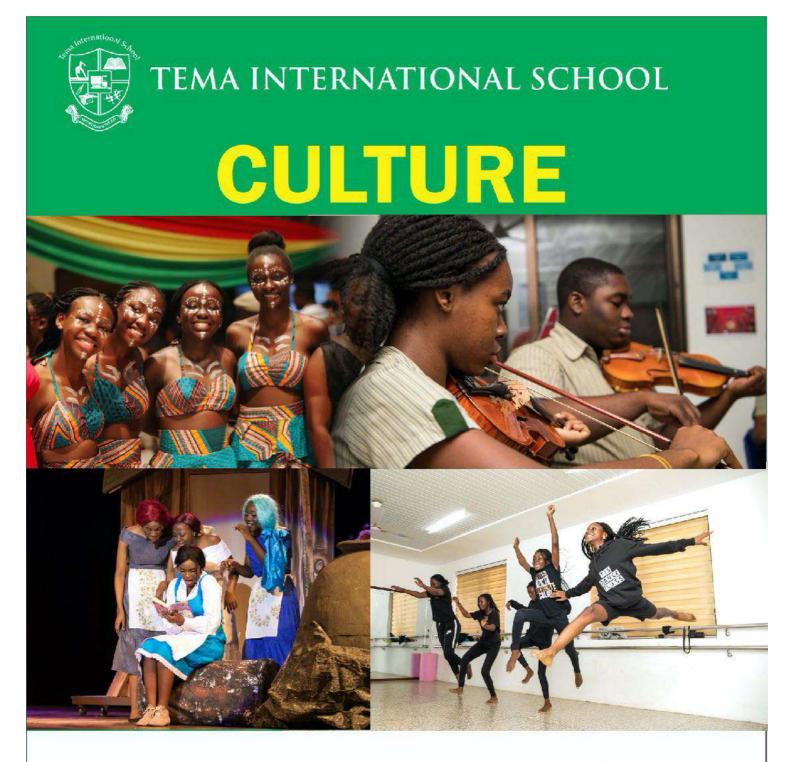
Solomon Sosu – French & Spanish Teacher

Dzigbezan nyuiě na wo Tema International School. Mawu na no ngo na wo le efe siwo gbona mê.

Gilda Afegbedzi – French Teacher



2 October 2020



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





# immerse e d u c a t i o n

# **Essay Competition**

Win a scholarship for a unique online or residential academic programme. Designed and taught by Oxbridge academics.







### Free entry for students aged 13-18

#### Subject categories (13-15)

Architecture Computer Science Creative Writing Economics Engineering International Relations Law Management Medicine

#### Subject categories (16-18)

- Architecture Biology Chemistry Computer Science Creative Writing Economics Engineering English Literature Female Future Leaders
- History International Relations Law Management Mathematics Medicine Philosophy Physics Psychology

#### SCAN ME!



#### FOR FURTHER INFORMATION, SEARCH 'IMMERSE EDUCATION ESSAY COMPETITION'

## **CAS-SA Corner**



#### Virtual Assembly

We begin every weekly cycle with our Virtual Weekly Assembly. This week we had another great episode organised by Team 1. Well done to all participants.

Click on the link below, *like, share and subscribe* to the TIS YouTube Channel:

#### https://www.youtube.com/watch?v=efvasJyb4XA&feature=youtu.be



# **TIS (a)** 17 – Well-wishes messages from Staff, Parents, Alumni, Students, Family and Friends of Tema International School



Goodwill Message to Tema International School on the occasion of the 17th Anniversary of Founders' Day.

School Motto: Knowledge is the Key. Yes, oh yes, knowledge is the key that opens the mighty door to success in life. To enter TIS is to enter a school of wisdom, vision and success.

You feel the energy and drive of the Founding Family and the people associated and devoted to the establishment of this school of choice when you walk through the school.

You get a sense that everyone is part of something special, ie., the establishment of an ongoing tradition that will stand the test of time. On this auspicious occasion of the 17th anniversary of the founding of Tema International School, the advice given by Moses to Joshua in Deuteronomy 31:6 is appropriate. "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave or forsake you."

Congratulations to the TIS family of parents, students and staff. God bless your commitment and dedication to the goals of Tema International School. Move on TIS move on!! Floreat TIS.

#### Dr (Mrs) Sylvia Boye - Member of Founding Family & Board Member

# TIS @ 17 – Well-Wishes



17 years' existence of any institution, that has turned out to become the standard to beat by its contemporaries in the industry space it operates, is something special to celebrate; but to have been there from its inception and seen it all as a pioneer staff is even *more special*. This is what the rest of the pioneering staff and I feel at this moment, **very special**!

The privilege to have seen all the stages of development and successes achieved by this school thus far, is most humbling.

This privileged position affords me a unique

opportunity to be able to declare, without a shadow of doubt that the awesomeness of God Almighty's hand is over this school. The momentum that the pace of this school's development has gathered over these years keeps increasing which is an indication that the best is yet to come.

On the occasion of TIS' 17<sup>th</sup> Anniversary, my message to all members of staff is that whilst we continue to do the things that have acquired us all the enviable accolades, may we also halt for a moment to reflect on the past with the aim of positioning ourselves to achieving the essence of the theme for this year's celebration in both staff and students: Unmasking the opportunities for Growth!

On my own behalf and the rest of the pioneering staff, I wish TIS happy 17<sup>th</sup> anniversary and to the Founding Family, the good Lord's continuous covering and blessings.

To all staff, I say AYEEKO and may God bless us all!!

#### Eddy Tokornoo, Administrator – Pioneer Staff

TIS birthdays are always emotional and nostalgic, for me. I'm in awe of how quickly 17 years have gone by. 2020 has been full of turmoil, pain and uncertainty for the world - including people in Ghana. Yet, I have been able to endure everything with hope, determination and even gratitude; and it is TIS that has built my resistance and optimism in this manner. It's been a glorious 17 years of endless growth and victory. I'm proud of and thankful for Tema International School and the many blessings the TIS Founders and community have showered me with. Happy Birthday, TIS!

Apiorkor Seyiram Ashong-Abbey, Pioneer Class 2007







Seventeen years ago, a dream to establish an international school to produce world class citizens was realized. The results have been phenomenal. From 67 students we now can boast 729 points of light who are now leaving their mark in communities around the world. We salute the Founders of TIS for their vision and commitment to excellence and wish the school continued success in the years to come. **TIS Board** 

TIS is one of the best schools in Africa. Over the years, this wonderful school has achieved success. I know it will continue to flourish. As students we are happy to receive the best schooling experience

we wish for. Happy Founders Day, TIS. **Bradley Hoedoafia, G9** 

My well wishes asre to make TIS 17th anniversary go well and also to make TIS the best school in the world.

#### Ama Konadu Darko, G3

I wish to convey my warmest congratulations to the founding family, management, staff, and

students of Tema International School on the occasion of its 17<sup>th</sup> Anniversary. Hurray! Even since its founding in 2003, TIS has remained committed to realizing its vision of nurturing world-class citizens who are affecting their societies positively. I am confident that with the strong leadership and devoted faculty and staff, our school will achieve new heights in all spheres in the years to come. Happy 17<sup>th</sup> Anniversary!! **Ben Darko, IB Diploma Programme Coordinator** 

Happy, glorious 17<sup>th</sup> Anniversary to the TIS Community. Wishing TIS the very best in the future and heartiest congratulations to the



Founding Family. My warmest congratulations and best wishes for the School's continuing success. Long live, TIS! Long live, Ghana.

Georgina Anaafi-Mensah, Front Desk Executive





**Catering Department** 

Throughout these years, the catering department has dedicated ourselves to the prime aim of providing quality, healthy and nutritious meals to every member of the TIS family and especially our dear students admitted for their academic training. We promise to grow and evolve with the school in our service delivery and dedication. On this occasion of the 17<sup>th</sup> anniversary of TIS, we firstly want to salute the late MADAM CATHERINE GIKUNOO, affectionately called Auntie Kate, for her immense contribution and unflinching support to the department. Also, I extend warm greetings and heartfelt congratulations to the whole TIS family. May the Good Lord bless and protect us all.

I wish the happy school, TIS, a memorable 17<sup>th</sup> anniversary. Long live, Ghana! Long live, TIS! **Anna-Kellie Mensah, G10** 

The liberal arts infused education makes TIS stand tall amongst the best in the world. My education at TIS contributed to my exponential growth not only in academics but my leadership and creativity skills. This is instantly felt where ever we step foot. A school that evolves is one that serves a rich education to its stakeholders - a big thank you to our thoughtful and ambitious founders. The feeling is never the same anytime I visit campus and that is phenomenal and beautiful. Thank you for your tremendous contribution to the needed paradigm shift on a holistic and inclusive education in Ghana.

# Benedicta Amo Bempah, Alumna – IB Class of 2012

Congratulations to our dear Founders, Board, Principal & Staff, Students, Alumni and Parents of TIS on your 17th anniversary. What a wonderful opportunity to witness the school's impact on generations of young people these past years. We cannot thank our Founders enough for embracing their dream to create a school to develop global citizens whose impact will be felt for all time. We cherish you, Mama Adjavon, for your vision and your passion in supporting education for all in Ghana. Proud to be part of the TIS family.

Uzo Agyare-Kumi, Alumni Parent and Former Principal



# TIS @ 17 – Well-wishes messages



It was really inspiring to see the work that TIS educators are doing at the Primary School level. I cannot even imagine how difficult it must be to manage a Primary School experience online and yet the teachers all had smiles on their faces and were figuring out creative ways to engage their students. The knowledge that people are dedicating their time to evolving their practice to match these challenging times is all the motivation I need to keep pursuing opportunities to engage people in playful educational experiences. Keep up it up educators! Happy anniversary TIS!

#### Kwasi Adi-Dako, Alumni, IB Class of 2009

#### Dear Founders of TIS,

You and all the members of the TIS family deserve a big round of applause for all your hard work and unconditional dedication. Congratulations on your 17 years of commitment to unmasking opportunities and grow the leaders of tomorrow. Your dedication and creativity can only be matched with an unquenchable thirst for success. On this special occasion, I want to congratulate all of you for yet another great year! Wishing you many more years of unparalleled success and unrivalled service.

Chineye Okoro Nwa, Social Entrepreneur, Environmentalist. Founder and Managing Director of Waste or Create Hub.

Happy 17th Anniversary to TIS. I am excited to be part of this wonderful family and I am equally excited about the future. I have so much admiration for the staff, who have the school's biggest goals close to their heart and dedicate time to them every day. TIS feels like home and this is where I want to be. Happy Anniversary. Akuvi Adjabs (Quinsera)

I walked into TIS in 2019 with uncertainty but rather found a second family and home. From the hostel parents, to the security, to the nurses, to my friends, I've been surrounded by an immense amount of kindness and support. I've discovered certain things about myself I never knew, learnt many lessons and I have grown in many aspects of life. I credit the morals and principles of TIS for this growth and I know I will carry these tools with me even outside of the TIS gates. Therefore, I'm thankful for the Founders who created this community and for everyone who contributes in any way to the smooth running of Tema International School for 17 good years. God bless you all. Ama Andah, G10

Congratulations to TIS on your 17th anniversary! We wish you all the very best in this year's celebration of Founders' and Achievers' day. We are happy and proud to be associated with TIS and wish you continued success in the years to come!

Akindele and Olufunke OGUNRANTI, TIS Parent





Hello from New York,

Seventeen years of Tema International School, (TIS), deserves commendation, appreciation, and celebration. The story of the founding of TIS will forever be an inspirational one that transcends education into the transformation lives and the preparation of future generations for great works.

It is Walt Disney who is credited with the saying, "All our dreams can come true, if we have the courage to pursue them." It is amazing to see how courage helped in nurturing a little seed in the heart of Mrs. Comfort Adjavon, with the great push and support her wonderful late husband, Mr. Alphonse Adjavon, for

that seed to become the great educational entity we see today as TIS.

We salute the memory of Mr. Adjavon and offer our highest commendation, best wishes, and goodwill to Mrs. Adjavon and all the wonderful team in the TIS family for the great service, sacrifice, and leadership so far.

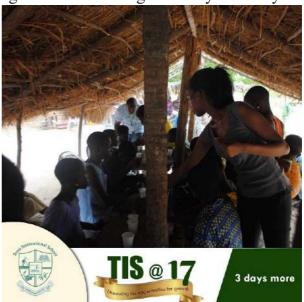
As we give thanks to Almighty GOD for how far HE has brought TIS. I dare to believe that there are better and greater days ahead. Blessings of greater works and greater days to everyone

helping to make the TIS dream bigger.

God bless TIS and God bless us all. Happy Seventeenth anniversary to TIS.

Mr. Ben Dotsei Malor, Chief Editor- UN News, Chief - UN Radio

On this day we celebrate the Founders for the footprints created in the sand of time. You have made a mark and the world attests to it. Enjoy this pride on this occasion. Shout out to all who have made this dream a reality. To Board members and the Founding Family, thanks so much for your CARE, to Dr. Ken, a big thumbs up for your good ORGANIZATIONAL SKILLS and to teaching



and non-teaching staff, your COLLABORATION SKILLS are worthy of praise. May the coming years make TIS the school of choice in West Africa for Royals and reputable people in society home and abroad in the years to come. Margaret K. Agbeli Chemistry, Teacher





Happy 17th Anniversary, TIS! To God be all the glory! Founding family, we salute you for laying the foundation and ensuring the school continues to thrive! Leadership, ayekoo for all your efforts, especially in these unprecedented times; you've kept us inspired and challenged us to strive for excellence! Teaching and non-teaching staff, ayekoo for all the diligent work! Parents, students, thanks for your commitment through it all! Seventeen years of nurturing amazing students, poised to fulfill their unique purposes in life is no mean feat. I am so

blessed to be part of the amazing TIS Family! More victories ahead! Eunice Fianu Mrs, Head of University Guidance and Counseling Dept.

Happy anniversary, TIS. I hope the Founders' Day ceremony goes well. This school is very fascinating. I have learnt a lot in my first four weeks. Hopefully, we can go to school and experience it in person. Happy 17th anniversary, TIS. Setriakor Dzakuma, G7

Anniversary is a time to look back at the good times and a time to look ahead to fulfil dreams. May each coming year bring you 17 times HAPPINESS you have found in your first 17 years together. Happy 17th Anniversary TIS. **Richmond Dzongor** 

#### To Mummy and her family,

Thank you for your dream and vision that has matured into Tema International School that caters for students in Kinder 1 all the way through to Grade 12 with an IB education. TIS is certainly a family school and a unique experience. TIS holds its own on the world stage. Happy 17th. May good health and happiness remain your constant companions.

#### Dr Ken Darvall, Principal



TIS, our beloved school, is 17 years! To God be the glory. Great things he hath done and continue to do for us. It is with profound joy and gratitude that I salute the founding family of this great school for their zeal and commitment to nurture into reality, the dream of an International school of choice. In celebrating our 17<sup>th</sup> anniversary, I would like to express my gratitude to all staff, past, present and wish our school continued success in the years to come. Congratulation TIS. **Dr. Michael L Odame (Teacher/School Chaplain)** 

Woow 17 already! God has truly been good to us. I wish for more years to be added to the school. I also pray that the school will be extended into a much bigger institution and will be known as one of the most prestigious academies Africa has ever produced. Wishing for long life and prosperity. Happy 17<sup>th</sup> birthday TIS Andrew Opuni G10



Happy Founders' Day to the TIS Family

Lets Pray Dear Lord I pray you help us to celebrate the Founders' Day May you send your angels to guide us to celebrate the Founders' Day Be with us and forever more *AMEN* Happy Happy Founders' Day Happy Founders' Day to all members of the TIS FAMLY Once again Happy, Happy Founders' Day

#### THANK YOU. Emmanuel Kean

To the wonderful TIS family, for over a decade of growth, achievement and excellence, A Happy 17<sup>th</sup> Anniversary. May the good Lord continue to favor and increase the vision behind the school; our wonderful founders and may he continue to protect and bless the entire TIS family and even their families beyond. May this "Haven of excellence" go higher and achieve greater heights. Adeline Adjei, G11

Happy birthday, TIS! I wish you the best of luck on your 17th anniversary. I asked for the mercy and protection of God to continue to be upon you so you continue to impact lives.

Mawunyo Anatsui, G9

On this special occasion, we congratulate the entire TIS family. We say "Ayekoo"! We pray that the Lord will continue to direct your paths, as you raise generations of socially, economically and morally responsible people. God bless TIS, parents, teachers, all workers and students. Kofi & Nana Amma Ansah – TIS Parent

God bless the Founders for bringing their vision to life. I wish the TIS community happiness and more years of success. Happy 17th birthday, TIS! **Seyram Essey, G11** 



Happy birthday, TIS. 17 whole years of being awesome have been phenomenal and exquisite. As educators, our hallmark, 'a haven of excellence', drives our work ethic. It sparks that awareness to go beyond our call of duty in raising future-ready students. As the gateway to quality education across the globe, many hearts and minds are so blessed and thankful to **Y-O-**U. Journeying together, we have achieved great success and the future gets brighter and brighter!

TIS, we are excited to be an integral part of you.

Long live TIS. Long live the Adjavons. Long live the dream!

#### **Constance Quaye - University Guidance Counsellor**





Happy 17th anniversary to the best family-oriented school I have ever known. Thank you TIS for creating the best environment for our children to study and grow even amidst the COVID 19 pandemic.

May God grant you more grace and wisdom to continue to raise more global leaders and responsible citizens! God bless our great Founders and amazing staff and may He bless TIS and continue to make it great.

#### Mr. & Mrs. Essey, TIS Parent

TIS is a very great school. This wonderful school, led by the principal, Dr Ken, and the extremely kind-hearted founder Mrs. Adjavon. This school has come a long way and that was made possible only by the limitless grace of God and dedication to the matters of the school on the Founders' part.

I pray that God continues to shower his blessings and favour upon this wonderful school. May TIS admit many more students so that every child in Ghana gets a very solid education! **Joshua Mefful, G11** 

Martin Luther King once said, "You don't have to see the whole staircase, just take the first step." We thank Mr and Mrs Adjavon and the founding family for taking the first step to greatness and success.

For the past 17 years, this institution has constantly gone beyond its heights and continues to grow as a school. May God guide and protect us throughout the journey. Birthdays are special days to honour. We celebrate you TIS!!!!  $\mathcal{E}f\varepsilon$  nami looo !!!!!!!!! **Eugene Cobbinah, G9** 

My sincere felicitations to TIS for success 17 years and counting. What I wish for you is continuous lifetime existence as the global leader of quality education for our world. Am thankful to be part of such a generational blessing.

Happy 17th anniversary Hip Hip, Hurray!!! Setor Adih, Hostel Coordinator and Librarian

### TIS @ 17 – Unmasking the Opportunities for Growth



It's in our DNA to embrace the new and be innovative, especially when you have a community of learners eager to learn and grow.

The preparations began weeks ago by staff and students committees for this year's very unusual, yet special way of celebrating our Founders and the achievements of our Talented Inspiring Students, with a Virtual Founders' and Achievers' Day Ceremony.

There is a buzz of joy on our social media platforms where you find TIS @ 17 throwbacks.



A selection of pictures taking us back into different events, an opportunity to celebrate those who left and those with us. TIS as a family school values the contributions of each member, past and present. The UBUNTU spirit is our foundation. As you scroll through the pictures the growth throughout these 17 years is evident. The TIS way of doing things keep getting better and the family keep growing bigger.

Tune onto **TIS Facebook and YouTube** this coming Saturday, 3 October, at 10.00 am. You will be amazed by the display of pride, talent, fonding memories and inspiring speeches from our speakers. Last week, students were invited to the Primary and Main Campus to receive their award, perform and join the cutting of TIS @ 17 cake. A delicious cake made by our one and only Alumna, Afiba, Class of 2007.

Well, I don't want to spoil the surprise. You must join us to experience this amazing ceremony.

Sit, relax and enjoy the beautiful reflections from students who participated in the recordings last week. They shared the joy of being an ward recipient, what takes to get there, how they felt by spending the day on campus and what they miss most about life on campus. Enjoy!

5 days more



I am very proud of myself this year for winning the Standard Math and Language Acquisition (Spanish) awards because with all the intelligent competitors this year, I didn't even think I'd get one. I feel I could have done better but I am grateful to God for what I have now.

This year's Founders' week, I think, it's going to be so interesting online and fun to watch the stream and see all the fun performances that were recorded this year.

Campus life! I miss being with my friends most of the time, I get confused sometimes but can't contact my teacher at home so I miss the easy access to my teachers, and I miss entertainment nights. I hope many doors and opportunities open for me as I move on to this academic year, my last year of MYP. **Claris Perdison, G10** 

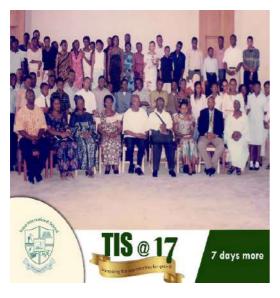
I was an awardee for the Achievers' Day Ceremony at school so I had to be present. Going back to school just brought back so many memories. I felt like I was home. I have been so used to being in school even when we went back I thought (physical) school had resumed. Seeing my teachers and many of my friends in person have made me so happy. I wished that I could be there forever. I am very grateful to the school for making the Founders' and Achievers' Day possible despite the pandemic. I can't wait for this pandemic to be over so I can go back to my second home. Nana Aba Egyei – Mensah, G11

Founders' & Achievers' Day recordings were fun. I received an award in 4 subjects: mathematics, Spanish, integrated humanities and product design. I really felt happy. I miss most of my friends and the teachers. The secret in receiving an award is putting your mind into it and also being organized and balanced, get enough rest, involve yourself in different activities and ask for help when you need it. You should work hard too. Nana Aisha Hussein, G8

I received the History award. It felt good for my hard work to pay off with an award. This Founders' Week is very different; the fact that it is solely online and will be live streamed. I miss how organized and time efficient life on campus was. Online learning so far is very new and getting used to the DP as well as online learning has proved to be a challenging. **Quophi Yelbert, G11** 



Winning the geography award was a very thrilling moment for me, as it showed me that all the hard work and time I put into studying had paid off. Personally, geography is a subject I enjoy very much. In fact, out of all my subjects I do. most of my confidence lies in geography. The MYP way of studying geography makes it easier to understand because we link it to situations we are closely related to as students, hence making it one of the easiest subjects to learn. Receiving the award doesn't mean I can relax. It is just another sign for me to work even harder and achieve even more. **Karen Magna Quarshie, G10** 



Yes, I did receive an award. I received the ITGS award and I felt excited about the achievement and this will push me to work harder than I did last semester. I was not an organizer, but this Founders' Day is special because alongside it we will be celebrating the excellent performance of students last year.

What I miss the most about campus life is the atmosphere in the boys' hostel. Sanjeevan Allotey, G11

Being back at school for the first time in six months, at the start felt surreal, but in no time the vibrant TIS atmosphere surfaced and I felt like I was home again.

It was nice seeing my friends and teachers after so long, as returning to school brought back so many memories and reminded me of the many fun times I had in the past year.

I received the Music award and I was honestly quite surprised about it, but I was definitely excited. Learning and finalizing the Jerusalema dance was fun, exhilarating and amusing.

Overall, I really miss school and can't wait for us to be back. Adeline Adjei, G11

Last Friday, I was glad to be invited to return to campus to receive an award. Initially I thought I was just going to get one award, but to my surprise I walked home with three, namely, Best in Economics, Athletics and Best CAS initiative. Yes, this was mainly possible through hard work but I would say balance helped a lot too. Engaging in activities outside of the classroom, such as athletics (which is one thing I miss a lot about school) and CAS, did not hurt at all. Paying equal attention and commitment to all these endeavours not only turned out to be rewarding, but also help build my character. **Darin Sarpong, G12** 

I received the awards for Best Student in Product Design (Grade 10), overall Best Student in Sports and Best Student in Badminton. I feel mostly accomplished and proud of myself but also motivated to keep working harder and strive for more.

This year's Founders' Week is special because of the newly introduced virtual ceremony and the excitement the new age brings. I miss the thrill of entertainment night and collaborating with friends and teachers. The simple recipe to receiving an award is hard-work, perseverance and time management. **Amanda Agambire, G11** 

After spending the majority of the year in the school, due to travel restrictions imposed as a result of COVID 19, I was really happy to see my friends and classmates again.

I was the recipient of the best in geography award for DP1 2019/2020. Being honest, I didn't know I was going to win the award, so when I heard I was going to get it, I was really excited.

Special thanks to God and also to Dr Odame Michael for being a good teacher and facilitator. For, without his guidance, I wouldn't know as much in the subject as I do today. **Moghalu Chimelum, G12** 

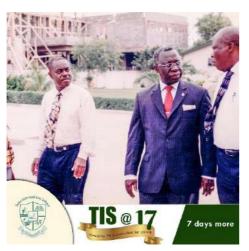






Yes. I received some awards and these were Best Community Project, Product Design, Physical and Health Education (PHE), Integrated Humanities and Language Acquisition (French) bringing all this to a total of five awards. I feel amazed and honoured to receive these awards from such a prestigious school. What was so special about this year's Founders' Week is that since it is virtual, it is very hard to come together as a school and celebrate it as a family. I especially miss my friends and teachers in school because I haven't seen them for a long time. The secret to my achievement is hard work, determination and low stress on one's self. **Eugene Cobinnah, G10** 





Jason Bortei-Doku, G12

Learning online at home has been a very unique experience and also had no choice but to fit into it. Online learning has had its own advantages and disadvantages for me but I like to try something new always. Last academic year, I received two awards which included drama and most outstanding performance in The Marriage of Anansewaa and participation in the school band. I am happy and proud getting these awards for this is my first time in TIS. This upcoming Founders' Day is going to be unique because we will all be at home and it will be an online ceremony. **Masere Frimpong, G10** 

I came to school and received the Music Award. This is something I was excited about considering my strong passion for the subject, as well as my hard work and dedication shown throughout the course of last semester. I'm honoured to have received the award for most outstanding student in music. Coming back to campus briefly made me miss seeing my friends on a regular basis, being able to learn and interact with them, seeing my teachers face-to-face, as well as participating in the numerous school events which would usually occur. I also miss waking up to go to the gym every morning with my boys. Hopefully, life would return back to normal soon.

It was an honour to be part of the few students present for this year's Achievers' Day. It was certainly very exciting and soothing to be back on campus after such a long break. I was very happy to see all my teachers and members of the school body. It was a great experience, one to remember forever. I am also grateful for being considered suitable enough to receive a prize. Hopefully, coming back to school is sooner than later. **Stacey Abbeo, G12** 

# It's TOMORROW - Saturday, 3 October, 2020 - 10:00 am



# TIS @ 17 - Founders' Week 2020



## TIS @ 17 - Founders' Week 2020

In light of the Founders' Day which is coming up on 3 October 2020, the IB Class of 2022 committee members have planned the following events for the Founders' Week which will take place from the 5 to 9 October.

Due to closure of schools, this year's Founders' Week will take a different approach.

- Saturday 3 October Virtual Founders' and Achievers' Day Ceremony
- Monday 5 October Teachers' Day
- Wednesday 7 October Mental Health Awareness
- Friday 9 October Virtual Thanksgiving Service



## Virtual Spirit Week

- Monday Crazy Hair Day
- Tuesday Colour Group Day
- Wednesday Mental Health Awareness (brought to recent light because of COVID-19)
- Thursday Class Theme Day
- Friday TIS Derby (wear fancy hats, caps, durag, fascinator etc- mostly head gear )

The student(s) who makes the best effort for the **Virtual Spirit Week** would earn a spot in Making Us Proud! Take a screenshot of yourself during your synchronous classes. If you have no synchronous class on that day, organise a Zoom session with your class mates and take a screenshot of your class observing the theme that day. Those pictures will be featured in the Bulletin and School Social Media Platforms.

**Founders' Week committee:** Naa Adjeley Anang-la - Team Leader; David Safo - Team Leader; Awurabena Ahenkorah – Organiser; Ekua Essel- Secretary; Lady-Margaret Hagan-Organiser; Marie-Marcella Nwokolo – Organiser; Lena Dodoo - Co –opted (Director of TIS@17 Spirit Week Video); Araba Egyei-Mensah- Organiser; Chelsea-Marie Somuah – Organiser; Sean Baffour – Organiser; Hedia Dickson – Organiser; Jano Attionu – Organiser.

# **CAS Experience – Students' Articles**

## **International Day of Awareness of Food Loss and Waste** (A/RES/74/209) 29 September

## By: Naa Adjeley and Cynthia, G11

We are all very aware of the problems that climate change and deforestation have on the sustainability of our planet. Food waste however is an enormous growing issue affecting our resources that seems to go under looked or thought of as less significant.





Did you know that of the estimated 125 to 160 billion pounds of food that goes to waste every year, much of it is perfectly edible and nutritious? Which is why, on International Day of Awareness of Food Loss and Waste, it's important to promote waste reduction and impactful ways to reduce consumption and waste while increasing awareness. The United Nations General Assembly designated 29 September as International Day of Awareness of Food Loss and Waste. This is the first time that we

were going to observe the International Day of Awareness of Food Loss and Waste which also comes with a challenge because it is happening during the time of the global pandemic (Covid-19)

Food waste refers to items that are fit for human consumption but thrown away, often at supermarkets or by us, the consumers. This year's pandemic has posed threats to the quality of food globally. Disturbances in flexibly chains, isolate measures, the conclusion of a significant part of the neighbourliness business and schools. Every one of these measures have brought about lost business sectors for makers and merchants, making the circumstances considerably

additionally testing while at the same time managing elevated levels of food waste.

We are in the a world with enough food to feed all people but many countless people continue to go hungry, and those with access to food, disposing of edible food and food products while 690 millions go hungry. The critical issue of reducing food waste is essential to achieving SGD goal **number 2**, **achieving zero hunger**. Reducing food waste can bring about increased food availability to all people, increased productivity and economic growth, reduced pressure on land and water



resources and the reduction of greenhouse gas emissions.

## How Can We Reduce Food Waste at Home and School?

- When serving your plate take small portions at a time.
- Don't over-buy food.
- Think twice before throwing food away.
- Always make a shopping list and plan ahead for meals.
- Store food correctly.
- Organise a weekly menu and eat leftovers.
- Try out food preservation methods.
- Be conscious of dates on food packages( we often throw away unexpired food because we don't know they are perfectly edible).

## Sources

Food and Agriculture Organization of the United Nations. (n.d.). *International Day of Awareness of Food Loss and Waste*. [online] Available at: http://www.fao.org/international-day-awareness-food-loss-waste/en/ [Accessed 30 Sep. 2020]. Nations, U. (n.d.). *Food Loss and Waste Reduction*. [online] United Nations. Available at: https://www.un.org/en/observances/end-food-waste-day.

FoodPrint. (2018). *Food Waste Is a Massive Problem—Here's Why* | *FoodPrint*. [online] Available at: https://foodprint.org/issues/the-problem-of-food-waste/.



Globally, about 1/3 of the food that is produced each year is lost or wasted!

Food waste and loss also contributes to our landfills and leads to greenhouse gas emissions.

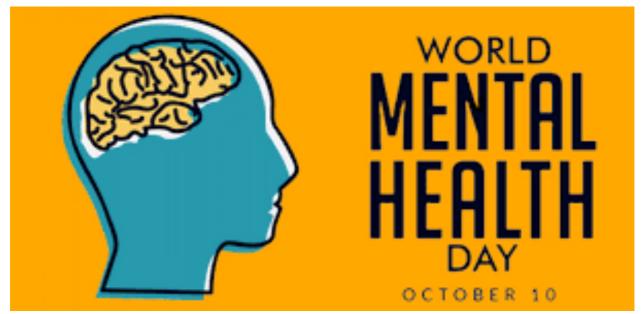
With your help, we can change crisis to sustainability for those around the world.

# **CAS Experience** – Students' Articles

Learning Outcomes – Collaborative Skills, Strength & Growth, Global engagements. CAS Strands: Creativity Type of Service – Advocacy

# Is Mental Health Worth Anything To You?

By: Ewuraama Odamtten, G11



Lately, mental health has been a hot topic. However most people do not seem to realise the importance of having good mental health. Annually on 10 October, World Mental Health Day raises awareness and mobilises efforts to support mental health. Mental health can be described as the level of psychological well-being or the absence of mental illness. According to the World Health Organization (WHO), one out of five people faces mental health disorders at some point in their life. Hence, it is fundamental to be aware of something that affects literally everyone.



Although the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, due to media stereotypes and lack of education. People tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease. Stigmatization of mental health can be improved by learning more about mental health and demonstrating respect and acceptance of individuals coping with disorders.



Our everyday life is based on the state of our mental health. This is because our mental health contributes to our decision-making process, how we cope with stress and how we relate to others in our lives.

The World Federation for Mental Health first observed World Mental Health Day in 1992 with members and contacts in many countries. The federations first used a theme in 1994, previous years did not. The first theme

was "Improving the Quality of Mental Health Services throughout the World" and twentyseven countries participated in that campaign.

Mental health issues aren't restricted to certain individuals, anyone can suffer from it. Nonetheless, some people are prone to suffering from the disorders. Individuals who have high-stress levels, those who have experienced trauma, and those who have unhealthy relationships have a higher chance of experiencing mental health issues. However, family history plays a role in higher risk factors, too. Some mental health disorders include anxiety disorders, depression and bipolar disorder.

The World Federation for Mental Health organises World Mental Health Day. Each year, a variety of events are held all around the world to increase awareness about mental health. Events include educational seminars, free mental health screenings, marathons, conferences, mass media promotions, and public service announcements.

Have you ever sat down and just asked yourself, "how am I today?" "Am I finding it difficult to concentrate?" What was your answer? Asking yourself these questions helps you monitor your mental health on a daily basis. So, ask yourself, is my mental health worth anything?

References: <u>https://www.pinerest.org/mental-health-awareness-blog/</u> <u>https://nationaldaycalendar.com/world-mental-health-day-october-10/</u> <u>https://www.who.int/health-topics/mental-health#tab=tab\_1</u>



## **CAS Experience – Students' Articles**

Learning Outcomes – Collaborative Skills, Strength & Growth, Global engagements. CAS Strands: Creativity Type of Service – Advocacy

## **Student Mental Health and Wellbeing**

By Lena Dodoo, G 11



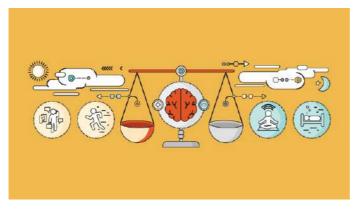
The horizontal grooves on my forehead increase as deadline upon deadline stack upon each other on ManageBac. With each day that passes, I resemble a raccoon more and more; the ever deepening dark circles under my eyes are screaming for more than four hours of sleep a night. My hands are calloused and tense from an endless cycle of typing and writing and typing and writing and typing and.... Ah, the life of a student. We reek of stress, anxiety, and insomnia. But why must it be like this? With International Mental Health Day coming up on 10 October, it is crucial to know about student mental health and wellbeing.



International Mental Health Day was developed by the World Health Organization, and advocates for global mental health education. While there are so many causes and types of mental disorders (such as eating and personality disorders), one of the most global - and overlooked - causes of mental disorders in the world come in the form of school. School isn't what it was in our parents'

generations. It is now harder and so much more competitive, and as a student it is impossible not to feel the pressure, regardless of grade. This can lead to depression, anxiety, insomnia and much more. In fact, according to the Anxiety and Depression Association of America, even though one in eight students is affected by at least one of these disorders, at least 80% of them go undiagnosed and untreated.

I hardly go a day without complaining to my friends about how stressed I am feeling. I often feel like an unbalanced scale, always adding tasks and responsibilities on one side, and completely neglecting my personal wellbeing on the other - all for the sake of academic success. And I know I am not alone in this. It is easy to tell yourself you do not need to sleep or to eat just yet, that you'll finish your tasks before resting. Next thing you know, the entire day has passed you by without breathing fresh air. The presence of COVID-19 and online learning makes remembering to take a break even harder. We are constantly behind our laptops, allowing our eyes to be dulled by the bright display, without any break.



STOP! Take breaks. Get up and walk around every hour. Go outside and enjoy the breeze. Take 15-minute naps in between classes! Have a planner to stay on top of all of your tasks, and don't overwork yourself. Know your own limits. Get at least 7 hours of sleep a night. Yes, you have a colossal amount of work to do, but never forget that the bad habits you pick up now will follow you for the rest of your life. Take care of

yourself, and you'll find you'll be in a better state to focus on your studies. So, stay organized and prioritize your mental health!

## Bibliography

Jakubanis, MSW, B., 2020. *Promoting Student Mental Health | Resources & Support*. [online] AccreditedSchoolsOnline.org. Available at:

<a href="https://www.accreditedschoolsonline.org/resources/student-mental-health-resources/">https://www.accreditedschoolsonline.org/resources/student-mental-health-resources/</a> [Accessed 30 September 2020].

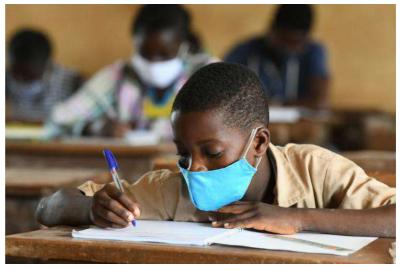
## **CAS Experience** - Buddies Without Borders - Access to Education

Learning Outcomes – Collaborative Skills, Strength & Growth, Global engagements, Ethics of Choices & Actions, Commitment & Perseverance. CAS Strands: Creativity Type of Service – Advocacy

Please join me to congratulate *Naa Adjeley Anang-la, Araba Egyei-Mensah and Cyril Davis* (G11) for their acceptances into the October **Buddies Without Borders Online Forum**!

Students around the world are invited to create ideas to solve issues impacting us all.

All initiatives start with an idea, a word and an action, followed by support from a friend, a colleague and a community. Global Education Destinations support students to make changes in the following three ways: 1. **Buddies Without Borders** Online Forums feature



month-long collaboration and competition projects. 2. BWB Clubs feature school-based social think tanks. 3. Global Field Trips feature learning travels to destinations for key knowledge and skills.

## **CAS Experience** - Buddies Without Borders - Access to Education

This year from Bolivia to Vietnam, 24 countries will be represented in the discussions on **Access to Quality Education** starting 3 October, kicked-off by Victoria Ibiwoye, the Youth Representative of Education 2030 Steering Committee, UNESCO.

COVID-19 has further exposed the inequality of access to education which has been in existence for centuries. We call upon the leaders of our future generations to brainstorm better solutions for this age-old, global challenge.

Find out why this is the future, and how you can participate in making a difference locally and globally, visit <u>www.GlobalEducationDestinations.org</u>



Who Gets to Learn? Access to Quality Education - Participant list

Buddies Without Borders Online Forum - October 2020

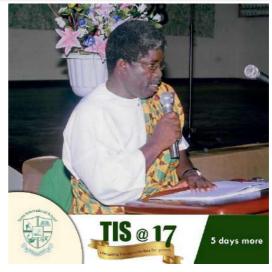
Mrs Vihung Moris www.GlobalEstucationDestinations.org

	NATIONALITY	FIRST NAME	LAST NAME	SCHOOL
1	Bolivia	Ale	Gonzalez Muller	Saint Andrew's School
2	Brazil	Suad	Saneh	Coree International School
3	China	Jayu	u	Villiers School (Ireland)
4	Equador	Jose	Massuh	Torremar
5	Egypt	Hanya	Abdel-Hamid	British International School of Cairo
6	Germany	Neha	Pande	International school Augsburg
7	Ghana	Cyril	Davis	Tema International School
8	Ghana	Naa Adjeley	Anang-la	Tema International School
9	Ghana	Araba	Egyei-Mensah	Tema International School
10	India	Varada	Kapcor	Step By Step School
11	India	Tanisha	Singh	Pathways School Nolda
12	Incla	Michelle	Sebastian	Legacy School Bangalore
13	India	Mythili	Vaidya	Legacy School Bangalore
14	inda	Amulya	Jayarajan	Singspore International School
15	Indonesia	Athul	Boban	Sekolah Global Indo-Asia
16	indonesia	Nadine Aisha	Abdullah	Mentari Intercultural School Jakarta
17	Indonesia	Melody	Tanudjaja	National High Jakarta School
18	ireland	Jenny	McCordJ	Villiers School
19	Ireland	Cianna	Tobin	Villiers School
20	Japan	Nagisa	Okubo	Shonan Shirayuri Gakuen High School

needed - September 29 2020

21	Jordan	Mouath	Abu Daoud	Islamic Educational College
22	Kazakhstan	Bibi	Nogay	International School of Nur-Sultan
23	Nepal	Raj	Shanna	Budhanilkantha school
24	Netherlands	Sophie	Holtus	Amsterdam International Communit School
25	Netherlands	Pradyun	Krishnan	Amsterdam International Communit School
26	Peurto Rico	Anna	Sgroi	Robinson School
27	Singapore	Sara	Aow	Sekolah Global Indo-Asia (Indonesia
28	South Korea	David	Lee	Sekolah Global Indo-Asia (Indonesia
29	Taiwan	Crystal	Huang	Pacific American School
30	Taiwan	Lillian	Shern	Pacific American School
31	Taiwan	Andy	Chen	Taipei Private Tsai Hsing High schoo
32	Taiwan	Annabelle	Wei	Taipei Private Tsai Hsing High schoo
33	Turkey	Kai Han	Graf	International School of Stuttgart (Germany)
34	UNE	Eashani	Sarup	GEVIS International School
35	UAE	Zoya	Kherani	GEVIS International School
36	USA	Meeraa	Ramakrishnan	Chirec International (India)
37	USA	Wyndia	Ohm	Legacy School Bangalore (India)
38	USA	Chika	Elekwachi	St. Louis Catholic School
39	Venezuela	Eduardo	Da Silva	Saint George School
40	Vietnam	Iphigenia	Dinh	Singapore International School of Bangkok (Thailand)

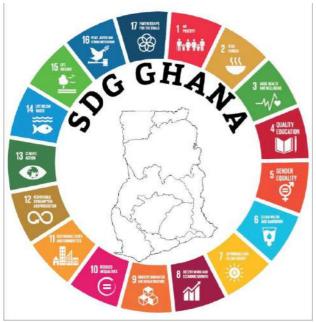




# **#CAS Project**

Learning Outcomes – Collaborative Skills, Initiative & Planning, Commitment & Perseverance, Global engagements, Ethics of Choices & Actions.
CAS Strands: Creativity, Service
Type of Service – Advocacy
Initiators: Lena and Elorm, G11
Collaborators: Japora, David Safo, Araba, Cynthia, and Michelle, G11

**SDG Ghana** is a student initiative to introduce and educate citizens of Ghana to the sustainable



development goals. We were inspired by the #ACT4SDG goals, and then decided to extend it because we realized it was so important.

Our initiative includes monthly campaigns for the different SDGs. For instance, this month is Good Health and Wellbeing and next month is Quality Education. The monthly campaign includes social media posts, updates to our website, and so much more. Students are welcome to join us.

The SDG Ghana team is advocating and educating people on the Sustainable Development Goals created by the United Nations. Our Goal of the Month for October is

Good Health and Wellbeing! Please visit our Instagram page, interact and share!

<u>https://www.instagram.com/p/CFzSqsfAQY0/?igshid=149zpyipqpovv</u> Araba, G11 talk about the SDG's, like, share and comment. ©

## SDG Ghana – A TIS Student Initiative

Visit <u>https://dodoolena.wixsite.com/sdghana</u> to learn more about our Goal of the Month! <u>#goodhealthandwellbeing #sustainabledevelopmentgoals</u> <u>#sustainab</u>...





A child trafficking poem Beyond The Lake a victims point of view.

## **BEYOND THE LAKE**

I was nine, when they captured me A regular child I was, lived with my parents and went to school I never had many friends, I only had a few The park was my favorite place to play, I would have never thought I would never see that place again.

They took me from my home And put me in a place I had never known They tied me in chains No matter how hard I tried they would never break I wanted to be free But that was a wish that could never be granted to me.

I saw two of them A man and A woman They looked so nice at first, never saw them make me disappear I was put in a black van So dark, no one knew I was there I was beat and starved, now my body has tattooed my scars.

Beyond the lake Is where my body lay I was never to be seen again In a boat is where I would stay With no direction of where I used to live.

Beyond the lake, I saw a place A place so big, I never felt the same I saw children, many of my age With tears in their eyes and their bones shining brighter than the stars in the night.

Beyond the lake I was forced to make this my new place I was a toy, used to play They watched me naked And forced me to do things I never thought I'd be a slave.

Beyond the lake The skies were grey The sun never shone Like they used to before I came.

Beyond the lake Was a silent child Screams could not be heard As people were deaf to the sound.

Beyond the lake They have exploited me I have been touched And I have been seen I have been raped I have been beaten I have been tortured I tried to flee.

Beyond the lake, hell is waiting for me Beyond the lake, heaven is no longer for me Beyond the lake, I am no longer a human being Beyond the lake, I make them money, they make me weak Beyond the lake, I cry tears never to be seen Beyond the lake, nobody knows my name Beyond the lake, they call me sex slave.

I can no longer fight for my life Because now I have no rights I can no longer go back As I am now living a new life.

Beyond the lake is home for me Beyond the lake's the only place I'll ever be.

I am a sex slave and this is Beyond the Lake.

### Gracelyn Star Amanquah, Grade 10

2 October 2020



# TEMA INTERNATIONAL SCHOOL



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 is **CLOSED** until further notice due to the **COVID-19** pandemic.

**Deliveries should be handed to security at the Promise Street entrance.** 

To make contact with TIS during this period of closure, please email: info@tis.edu.gh or call +233 24 963 7762 / +233 50 384 9799

We apologise for any inconvenience.

Stay healthy by observing all recommended health practices.

**TIS Management** 

## **ONLINE LEARNING PROTOCOLS**

#### As a TIS student, I will:

#### Achievement

- Be online and on time for my virtual learning sessions.
- Submit all learning tasks.
- Check email and ManageBac everyday.
- Communicate with my teacher/s regularly via email.
- Advise my subject teacher if I am finding the work challenging or I am requiring further support.
- Have my laptop or computer fully charged and ready, my microphone working and webcam enabled.
- Engage fully in online work without any background distractions. Log out of all social media so I am not distracted during the lesson.
- Have pens and paper ready if required.
- Utilise break times with a healthy and mindful focus.
- Observe all assessment notifications.

#### Respect

- Only turn my microphone on when I am asked to speak or when responding to questions.
- Make sure that I am dressed appropriately for learning (something I would wear for an out of uniform day)
- Keep my online chat focused on the learning. Ensure chat is respectful of all participants.
- Keep my mobile phone off and away from me whilst I am learning online.

#### Commitment

- Complete all online and offline learning tasks.
- If I have technical issues, refer to MB to access each aspect of missed lessons.
- Single-task focus during online lessons. Don't be chatting, gaming or checking social media while trying to do your schoolwork.

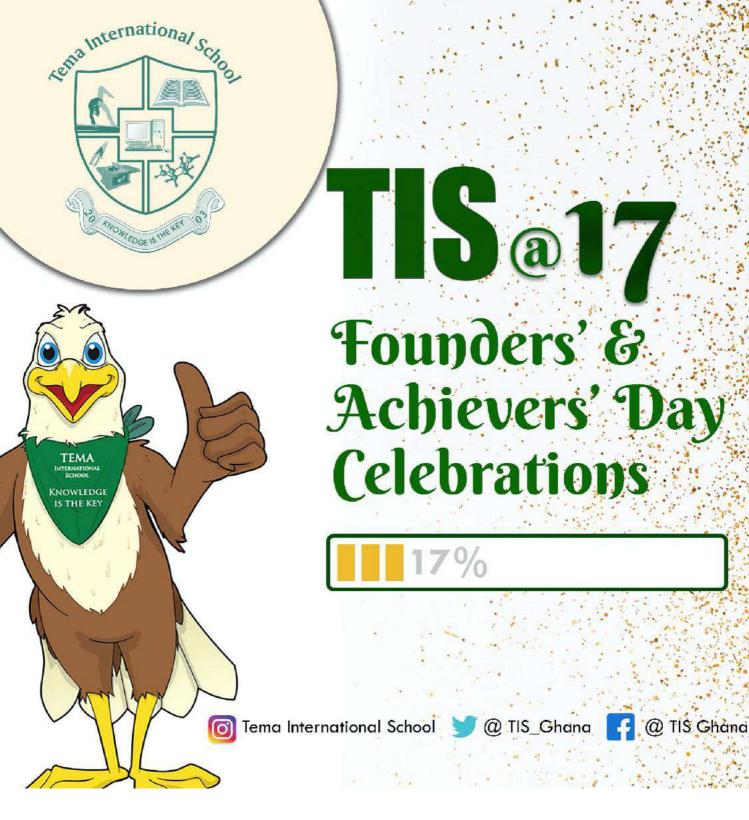
#### Community

- Contribute to online discussions.
- Offer support and assistance to my peers.
- Identify myself online with my first and last name. No alias or pseudonyms are allowed.
- Join in and contribute to forum style activities as participation in these activities/reflections will inform attendance.
- Be patient but also alert the teacher to ways things may be improved.
- There is to be no filming, recording or sharing content (I must not take screenshots or record staff members presenting information to me.)
- I will inform all members of my household that I will be joining a video conference and that they can be seen (if your camera is on) and heard (if your mic is on).

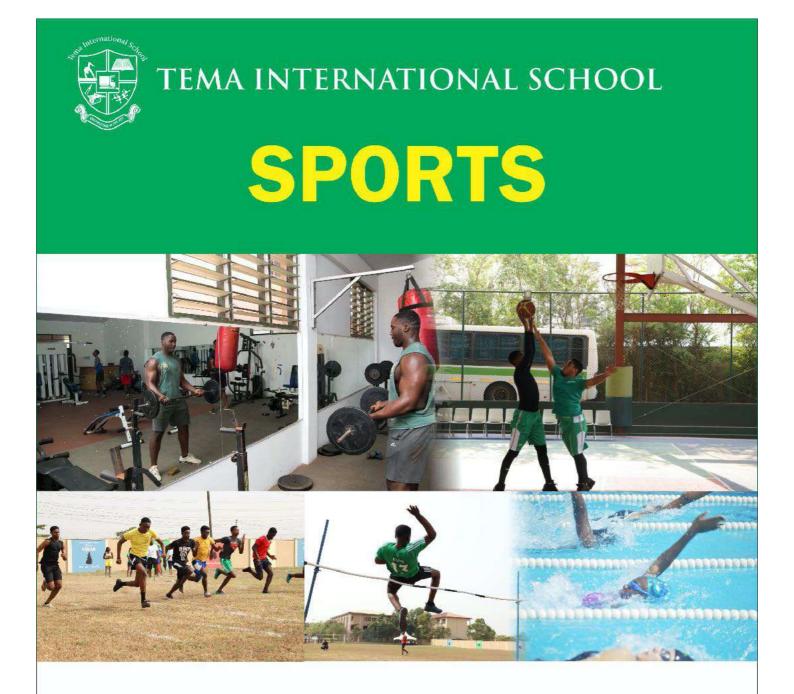
Online learning is different. It is not easy. But it should suit many of our 21c learners. However, evidence is required to validate your learning. Please contact your class teacher, programme coordinator, or myself, if you are experiencing any difficulties.

#### Dr Ken Darvall

15/8/20



2 October 2020



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



"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."





Weekly Bulletin

