

TIS RECORD

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At TIS,

we believe that success is the result of: taking on new challenges by moving out of your comfort zone; ensuring consistency by avoiding complacency; understanding that performance requires balance; and reflecting on outcomes to set new personal best targets. After all, success is personal.

Important

- Please read and take action as required. Too often, adults and students are skim reading with negative consequences: not taking action.
- Avoid procrastination at all costs.

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 really want to do something, you will find a way. If you don't, you will find an excuse.

- Jim Rohn



Vale, Aunty Kate

It was an emotional, but beautiful, thanksgiving service for Aunty Kate yesterday in Accra.

What a very special person who made an impact in so many areas and on so many lives! We are grateful.

Respected by all who knew her. Admired by those who did not know her so well. We are grateful.

Aunty Kate has left a legacy for others to emulate and make a difference to the world. We are grateful.

We are blessed for the footprints she leaves behind. Perhaps her best message for others: you do not have to be in the limelight to be successful and make a difference to benefit others. Set the highest standards, achieve them and smile often.



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.
- BOL to PSAT students for tomorrow's test

Making Us Proud

- Stacey Abbeo, President-elect of TIS Rotaract.
- Arnold Gyateng Vice President of TIS Rotaract.
- Fiifi Baiden, Secretary of TIS Rotaract.
- Emend DeVeer, club administrator of TIS Rotaract.
- Saahene Osei, membership director of TIS Rotaract.
- Torence Mwindaaare, treasurer of TIS Rotaract.
- Darin Sarpong, public relations officer of TIS Rotaract.
- Adam Berchie Acheamfour, service project director of TIS Rotaract.

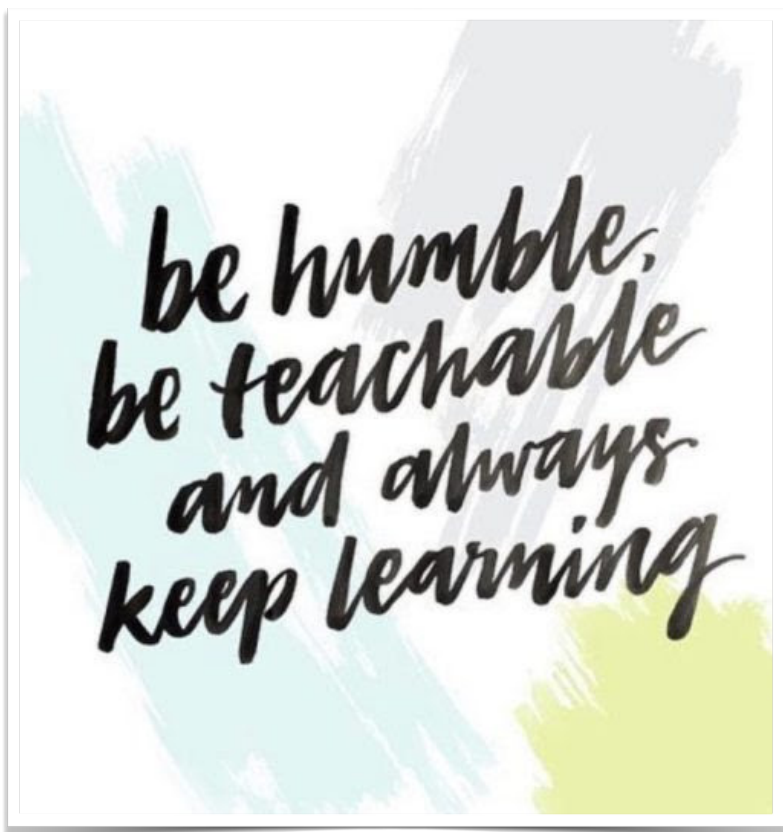
Congratulations. I look forward to your achievements with the support of the TIS Family.

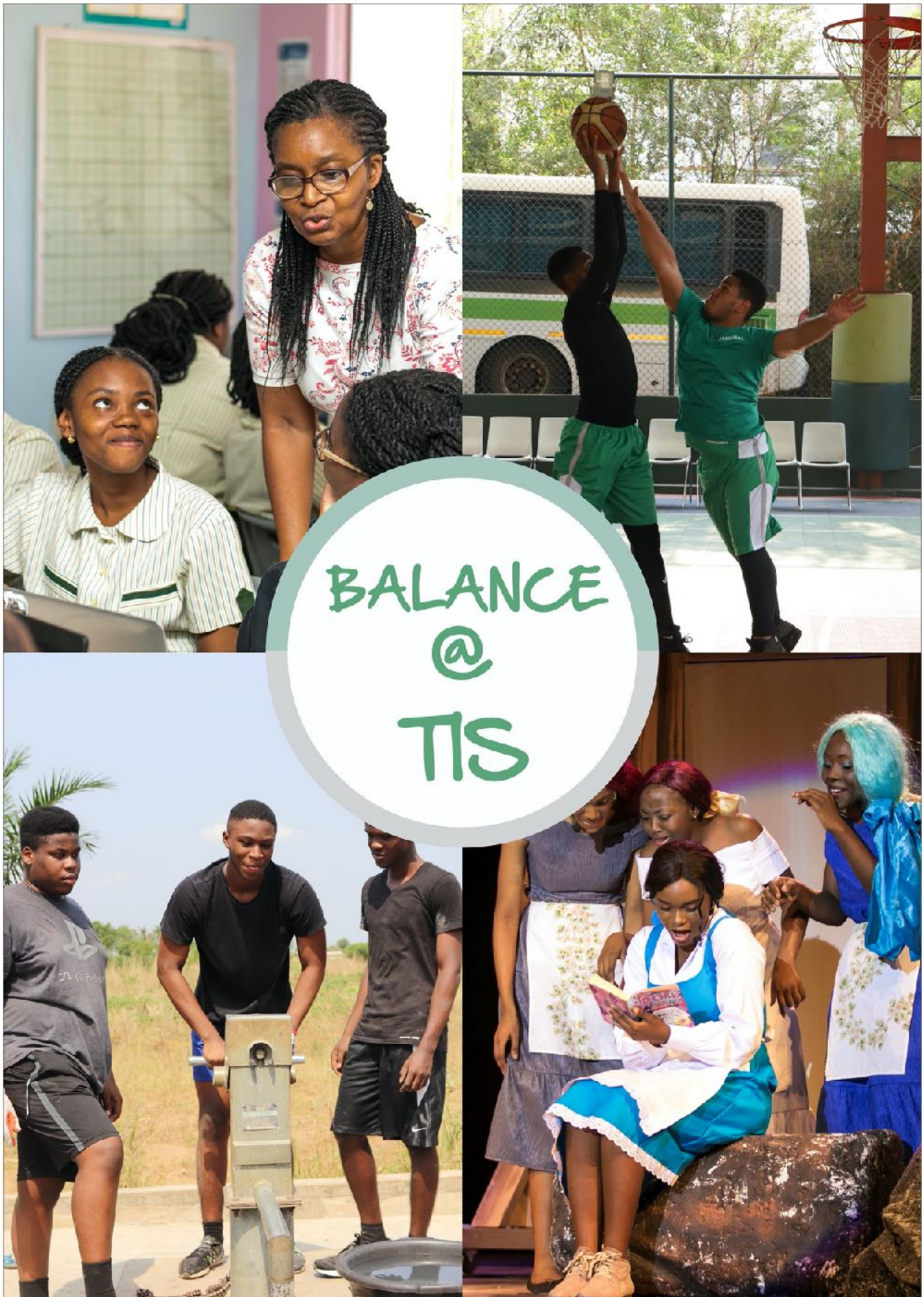
First Semester: Part Two

- Registered and confirmed students in G10 and 12 must return at their registered times over the weekend. (Some students will be returning the following weekend.) Unregistered students will not be allowed entry. Please remember your valid COVID test result.
- Lessons recommence on Monday, 19 October for all classes.
- Secondary students should complete their lesson activities and submit them on time to avoid absences.
- Missed lessons due to appointments can be caught up by viewing the asynchronous presentations and completing requires activities.
- Best advice: always make note of any questions you may have or arise from your work and ask you teacher to explain or clarify. It is the questions you ask that are more important than any information present. Always interrogate (ask questions) the data.

Stay healthy.

Dr Ken Darvall (Principal)





Tema International School

2020 - 2021 School Calendar (Virtual S1)

August '20						
Su	M	Tu	W	Th	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September '20						
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October '20						
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November '20						
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29	30					

December '20						
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January '21						
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31						

February '21						
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28						

March '21						
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April '21						
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May '21						
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30	31					

June '21						
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July '21						
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| <ul style="list-style-type: none"> School Closed/ Holidays Main Campus Event Primary Campus Event SAT Test | <ul style="list-style-type: none"> Teacher in-Service Day (no school for students) First and Last Day of School (Main Campus) First and Last Day of School (Primary Campus) ACT Test |
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Public Holidays

4/12/20	Farmers' Day	8/3/21	Independence Day
3/5/21	Labour Day	13/5/21	Eid Al Fitr (TBC)

S1 Internal Dates: Main Campus

1/8/20	2020 MYP Results Released; 2020 MYP Enquiries Upon Results Open
3/8/20	Senior executive staff resume
10/8/20	Teachers resume
12/8/20	Newbies' orientation commences online
21/8/20	Newbies' orientation ends online
24/8/20	Secondary School classes commence
29/8/20	SAT
12/9/20	ACT
18/9/20	MYP/DP Parent Information Session
26/9/20	SAT (TIS Students)
3/10/20	TIS Founders' Day; SAT
10/10/20	ACT
12-16/10/20	Mid-semester break
15/10/202020	MYP Enquiries Upon Results Close; Language Acquisition Inter-Colour Competition
17/10/20	PSAT
22/10/20	G12 TOK Presentations
26/10/20	G12 EE Cafe
29-31/10/20	Dukies Camp (Shai Hills)
30/10/20	G9/G11 Subject Selections close
6-7/11/20	Annual Performance
7/11/20	SAT (Subject test)
1/12/20	Admissions open for 2021/2022
3-5/12/20	Dukies Camp
5/12/20	SAT
10/12/20	Virtual 3-Way Interviews;
11/12/20	(In person) 3-Way Interviews; Last day for first semester

S2

7/1/21	Teachers resume
10/1/21	Students return to hostels
11/1/21	Second semester commences
11-17/1/21	Alumni Week
23/1/21	Health Walk
27-29/1/21	IDU Days
31/1/21	Thanksgiving Service and Student Leadership Induction Ceremony
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	TIS Senior Tennis Championships
22/2/21	MYP Mock eAssessments
27/2/21	TISSA Athletics; TISSA Badminton
6/3/21	MYP Community and Personal Projects Exhibition
	TIS Basketball Championships
9 - 19/3/21	DP Mock Exams
12/3/21	Interschool Soccer; TIS Squash Championships
13/3/21	SAT; Interschool Basketball; Interschool Tennis
14/3/21	Pi Day; Maths/Science Intercolour Quiz
20/3/20	TISSA Tennis Championships; TISSA Basketball
25/3/21	Hostels General Inspection
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	SAT
10 - 21/5/21	MYP eAssessments
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

<i>S1</i>		<i>S2</i>	
10/8/20	Teachers resume	7/1/21	Teachers resume
31/8/20	First semester commences	11/1/21	Second semester commences
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	Student-led interviews	26/3/21	End of UOI #5 Celebrations
19-23/10/20	Mid-semester break	29/3-9/4/21	Mid-semester break
26/10/20	Classes resume	12/4/21	Classes resume
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

THINGS OUTSIDE MY CONTROL

COVID-19

Global Pandemics

OTHER PEOPLE'S ACTIONS

OTHER PEOPLE'S OPINIONS

OTHER PEOPLE'S FEELINGS

OTHER PEOPLE'S MISTAKES

THINGS I CAN CONTROL

MY ATTITUDE
MY BEHAVIOUR
MY ACTIONS
MY EFFORT

Logging onto ManageBac

ADVERSITY



ANXIETY & DEPRESSION

Anxiety and depression are on the rise during the coronavirus. This article is about a new scientific study that suggests something most people can do about it.

First, the scope of the problem. A study by [Mental Health America](#) says anxiety and depression screenings are up 370 percent and 394 percent over where they were just a month before the pandemic.

And as I wrote recently, the U.S. Census Bureau reports that a full third of Americans now show signs of clinical depression or anxiety--numbers that top psychiatrists at [Massachusetts General Hospital](#) in Boston say are “becoming amplified during the recent pandemic.”

But this other new study suggests there's a simple thing that most people can do each day to overcome the negative feelings of anxiety and depression that many Americans currently feel.

Writing in the [*International Journal of Environmental Research and Public Health*](#), Chinese researchers said they conducted a longitudinal study of 66 college students during the peak time of the Covid-19 outbreak in China.

Their goal was to collect and correlate information on each participant's demographics, level of physical activity, level of negative emotions, sleep quality, and aggressiveness level.

The results? Negative emotions were appreciably less prevalent when study participants engaged in “45 minutes of vigorous physical activity every day.”

Similar effects could be found with 108 minutes of light physical activity or 80 minutes of moderate activity--although when we start talking about nearly two hours of activity, I get that it can be a little less easy to fit into people's schedules.

So, the 45-minute rule it is.

None of the students in the study was diagnosed with Covid-19, and so it's worth noting two things:

- First, it appears that their increased anxiety and negative emotions were caused as much by social distancing and other practical reactions to the virus as by fear of the virus itself.

- Second, the amount of vigorous physical activity suggested by this study's results is noticeably higher than in pre-pandemic studies.

“This is probably because of the special period of the Covid-19 outbreak,” the study authors wrote. “People need additional [physical activity] to offset the psychological burden and negative emotions caused by the disease outbreak and social distancing.”

That last point is insightful. For while we all know that physical exercise is linked to better emotions in general, the truth is that study after study says something else is more important, if you had to pick only one thing: social relationships.

But during this time of social isolation, the medical necessity of physical distancing from other people makes it harder to maintain those kinds of relationships.

In fact, a top psychologist who studies the science of happiness recently recommended that we stop using the phrase "social distancing" and instead replace it with "[physical distancing and social solidarity](#)."

That came as part of yet another study showing that exercise--along with self-care like participating in hobbies, engaging in spiritual activities, and helping other people--increased positive mental health.

So, work on relationships--and exercise vigorously for 45 minutes each day.

If you're not doing it yet, the science says it will help your mental health--and make it easier to get through this unprecedented time.

Source: Bill Murphy Jr, Understandably, 15/10/20

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.”



Tema International School

