TIS RECORD

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

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.

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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 do the work, you get rewarded. There are no shortcuts in life.

- Michael Jordan



Distracted Learning

Distracted learning is a big problem, according to research from the University of Illinois. Although experts say using electronic media while doing schoolwork negatively impacts learning, many students believe they're immune to any ill effects because they're good multitaskers.

Scanning social media while listening to a lecture. Watching a favourite television series while studying. Today's young people frequently juggle multiple streams of information and entertainment media while doing schoolwork, a trend that researchers are calling 'distanced learning'.

While numerous researchers found that the simultaneous use of electronic devices has a significant detrimental impact on learning, many students shrug off warnings about the negative consequences because they consider themselves good



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

It's called integrity.

Read & Take Action

• When it comes to action, it depends on what is important. To avoid disappointment, always be aware of current requirements or obligations and plan ahead, rather than pushing back. It alleviates personal stress.

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.

Making Us Proud

- Our Top 6 Kognity students are: Alberta Addo, Kwasi Dankwa, Emmanuella Kwakyewaa-Asare, Jadyn Afrifa, Vanessa Addofoly and Ivana Asante.
- Everyone involved in the Festival of Plays, a grand tribute to the TIS Annual Production over the years.
- Brenda Anthonio, Jason Van-Tay, Maame Ama Osei, Nuku Dzakuma, Nina Issah, Andrew Opuni, Chelsea Davis, Samuel Lumumba, Moyo Fajemirokun, Olives Sanda and Fawzaan Saani for their contributions to last week's edition. Thank you and well done.

multitaskers.

Researchers in psychology, cognitive science and neuroscience found that media multitasking during schoolwork interferes with students' attention and working memory. Students' learning is shallower and spottier; they understand less and have difficulty recalling what they have learned and applying it in new contexts. Their reading comprehension, note-taking ability, test performance and grade point averages all diminish.

According to Professor Shelly Schmidt, "In a world where distractions abound, we have a golden opportunity to help our students and ourselves learn how to control our actions and focus on what really matters. Learning how to become less distractible is an essential and timeless skill for success in education, as well as many other facets of life."

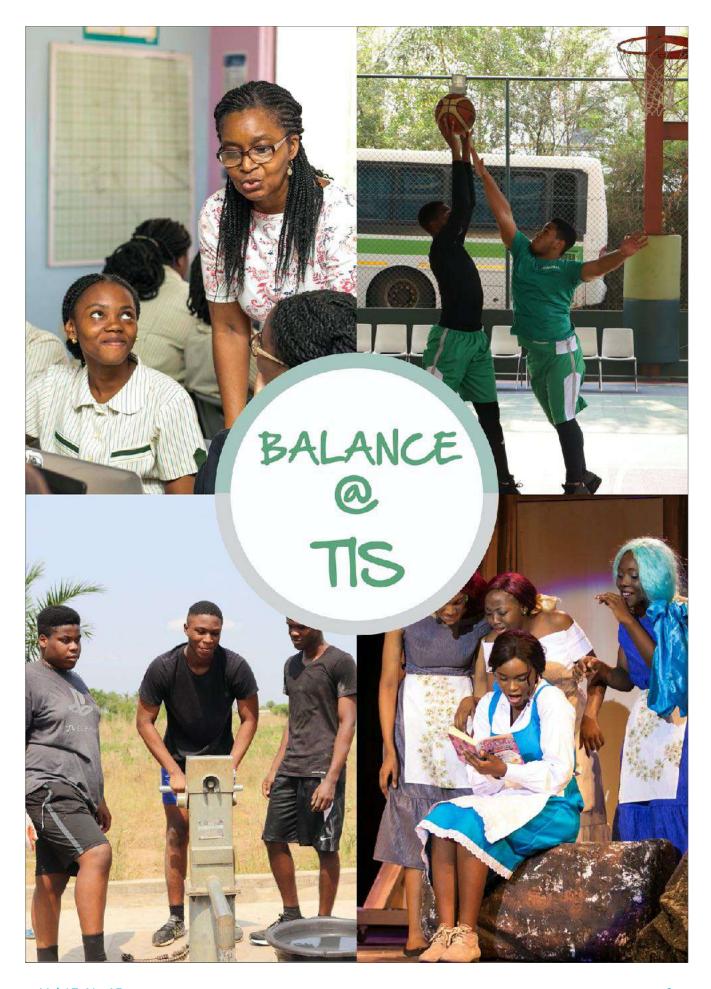
A Festival of Plays

What a great trip down Memory Lane! While each annual production is special, Beauty and the Beast still stuns me as the ultimate school performance. Thank you to all who provided this enjoyment to others.

Stay healthy.

Dr Ken Darvall (Principal)





Tema International School

2020 - 2021 School Calendar (Virtual S1)

	August '20								
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February '21								
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	March '21								
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	April '21							
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	May '21								
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	June '21								
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	July '21								
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School Closed/ Holidays

Teacher in-Service Day (no school for students)

Main Campus Event



First and Last Day of School (Main Campus)

Primary Campus Event



First and Last Day of School (Primary Campus)

SAT Test



ACT Test

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 Da	ites: 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 ACT		
12/9/20 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; Lang	guage Acquisitio	n 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 18/11/20	SAT (Subject test) GIS Competition		
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 fo	r 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 23/1/21	Alumni Week Health Walk		
27-29/1/21	IDU Days		
31/1/21	Thanksgiving Service and Student Leader	ship Induction C	Ceremony
6/2/20	Pre-ACT	omp maaation c	, or or more
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 E	xhibition	
9 - 19/3/21	TIS Basketball Championships DP Mock Exams		
12/3/21	Interschool Soccer; TIS Squash Champior	shins	
13/3/21	SAT; Interschool Basketball; Interschool		
14/3/21	Pi Day; Maths/Science Intercolour Quiz		
20/3/20	TISSA Tennis Championships; TISSA Ba	sketball	
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 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					
S1	•	S2			
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				
2-3/12/20	PYP Authorisation visit				
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		





IB learner profile

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world.

As IB learners we strive to be:

INQUIRERS

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

KNOWLEDGEABLE

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

THINKERS

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

COMMUNICATORS

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

PRINCIPLED

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

OPEN-MINDED

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

CARING

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

RISK-TAKERS

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

BALANCED

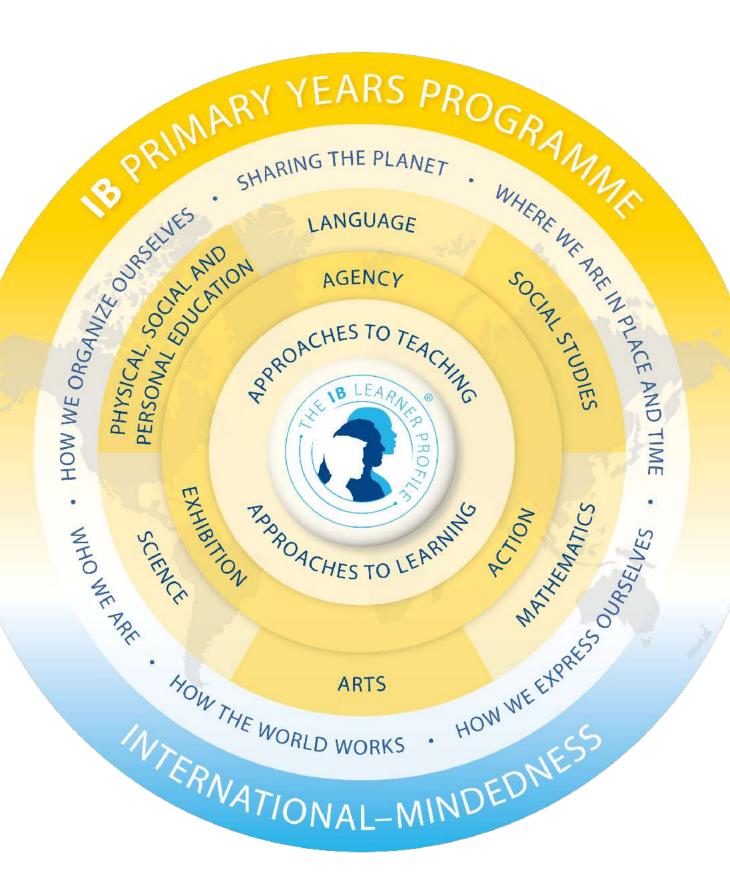
We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

REFLECTIVE

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.

International Baccalaureate



THE ARTS AT TIS PRIMARY SCHOOL

Creative Arts



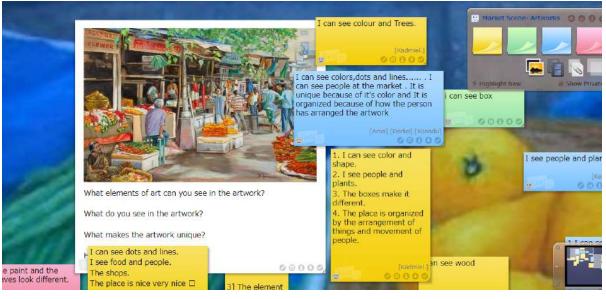
The Arts are an integral part of the Primary Years Program (PYP). They are a very powerful mode of communication through which learners explore, inquire and construct a sense of self and theorize or develop an understanding of the world around them. Likewise, it provides a wide range of opportunities for students to respond and engage ion historical, social and cultural

perspective. At TIS PYP, we offer music drama and visual arts to students from K-6. The arts are not taught in isolation, or as a standalone subject, but in a transdisciplinary nature which gives relevance and enriches the curriculum and helps students gain a deeper understanding of the unit of inquiry. It provides students with multiple ways to demonstrate their understanding and construct their own knowledge.

Online learning has provided students with the opportunity to explore several digital tools to create their artworks. They have learned to use several video editing and design software, and digital musical tools in creating their artworks. Self and peer-assessment are vitally important and to learning and teaching in the PYP and students are currently using digital corkboards to self and peer-assess their artworks to improve their learning. They also use it for collaborative activities. Below are pictures of collaborative activities and self and peer-assessment.









Music

Music within the Arts is a key subject offered at TIS Primary School. The music scope and sequence framework pinpoints the major expectations that are deemed as vital in the PYP. These are classified into four strands:

- Performing (singing)
- Creating and Composition
- Notation
- Listening and Appreciation

Performing

At TIS Primary School, when performing music, students sing a repertoire of songs relating to the central idea and lines of inquiry derived in each unit. This builds confidence in them, allows them to uniquely express themselves and makes them aware of certain key musical elements like pitch, rhythm and, in some cases, texture. Due to the pandemic, the voice is one of the most readily available instruments for every learner, irrespective of their age or musical prowess. While doing this, they expand their understanding of the units of inquiry.

Creating and Composition

Generally, learners love to explore when it comes to music. They love to make use of their imagination and musical understanding to compose melodies and sequence sounds of virtual instruments. They do so and form different structures and arrangements to communicate specific ideas and moods related to the unit of inquiry in question. Music has been one area to explore learner agency as we challenge them to come up with authentic compositions connected to their current learning.

Notation

Learners at various stages are being introduced to traditional and non-traditional notations to document their works. This enhances their creativity and innovation. Music is a language and learners find good opportunities to learn this language through notation.

Listening and Appreciation:

Learners, in the past, have grown up with different songs and styles of music. In this framework, they are given the opportunity to identify various instrument sounds. They also describe the different musical elements associated with different songs and musical genres from across the globe. With the listening and appreciation strand, learners are deliberately exposed to music from across the world. This gives them the chance to be open-minded and it also fosters international mindedness.

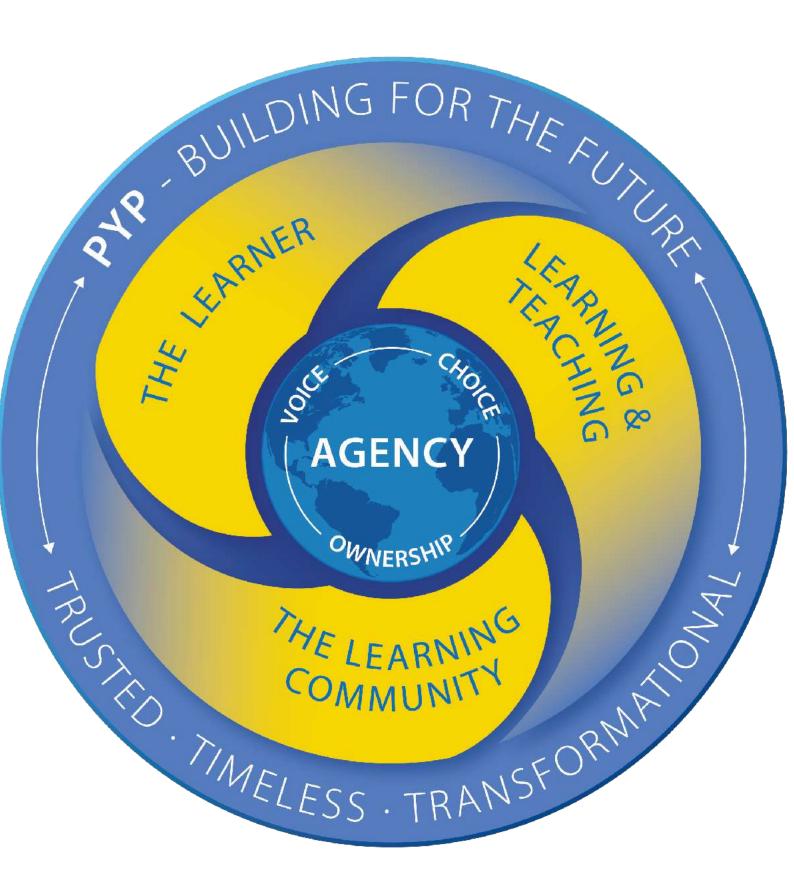
Take a sneak peek at some of our activities in the Music classroom by following the links below:

https://vimeo.com/478553586

https://vimeo.com/478547782

https://vimeo.com/478550893

Enjoy.





TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD

To Dolist

FOCUS

WORK HARD

BE CREATIVE

OPEN YOUR MIND

SPREAD POSITIVITY

STAY AWAY FROM DRAMA

ENJOY THE LITTLE THINGS

PUT IN 100% EFFORT

TAKE CHANCES

SMILE MORE

BREATHE

FLIPANDSTYLE



PREPARING FOR MAY 2021 E-ASSESSMENTS

The Middles Years Programme (MYP) has since 2015 offered students opportunities to use technology to demonstrate what they know and can do. The eAssessments are digital assessments that require students "to show disciplinary and interdisciplinary understanding, international mindedness, critical and creative thinking, problem-solving skills, and the ability to apply knowledge in unfamiliar situations".

The eAssessments in the MYP comprise *on-screen examinations* and *ePortfolios*. The table below provides some information on the different aspects of the eAssessments. However, starting May 2022, Language Acquisition will be assessed in the on-screen examinations. Thus, it will move from the ePortfolio (coursework) group to the on-screen examination subject group.

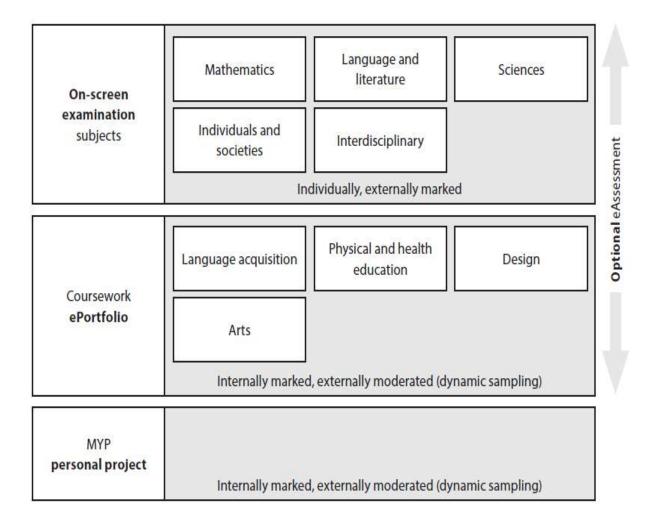


Figure 1: MYP eAssessment model

Global Context for May 2021 eAssessments

Each year, the eAssessments are developed around one of the six global contexts (fairness and development, globalization and sustainability, scientific and technical innovation, personal and cultural expression, orientation in space and time, and identities and relationships) in the MYP. The global contexts "provide a common language for powerful contextual learning, identifying specific settings, events, or circumstances that provide more concrete perspectives for teaching and learning". In other words, global contexts offer students opportunities to make connections between knowledge and skills and real-life situations.

The global context for the May 2021 eAssessments released on 1 November is "identities and relationships". The explorations in this global context focus on identity; beliefs and values; personal, physical, mental, social, and spiritual health; human relationships including families, friends, communities, and cultures; and, what it means to be human.

Each disciplinary on-screen examination consists of three tasks and one of them is connected to and inspired by the selected global context. The whole interdisciplinary learning on-screen examination is developed around this global context. Partially completed unit planners for language acquisition (May 2021 only), physical health and education, arts, and design are inspired by the global context.

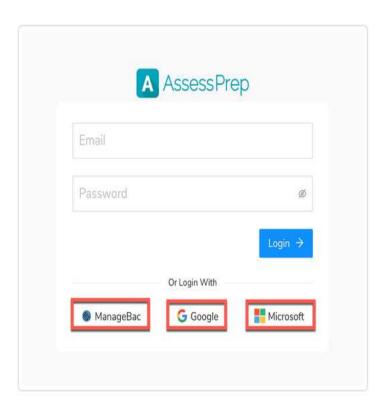
Teachers are required to provide students with opportunities during teaching and learning to explore the issues raised by the global contexts. This is on-going in TIS and ePortfolio subjects have also started their partially completed unit planners.

Accessing AssessPrep Version 2 with Managebac Single-Sign On (SSO)

AssessPrep (AP) is a digital assessment tool used in TIS for continuous assessments and to prepare students for the on-screen examinations. As part of efforts to improve its accessibility and flexibility, a new version was released on 28 October. AssessPrep Version 2 provides several opportunities for schools including conducting low-stake and high-stake assessments remotely. Also, students can access assessments on all devices including *chrome books* and *tablets*. Yet another feature of AP is its integration with our learning management system, ManageBac, allowing for Single-Sign-On. Students can follow the steps below to login to version 2.

1. Navigate to AssessPrep for Version 2 using the link: https://app.assessprep.com/

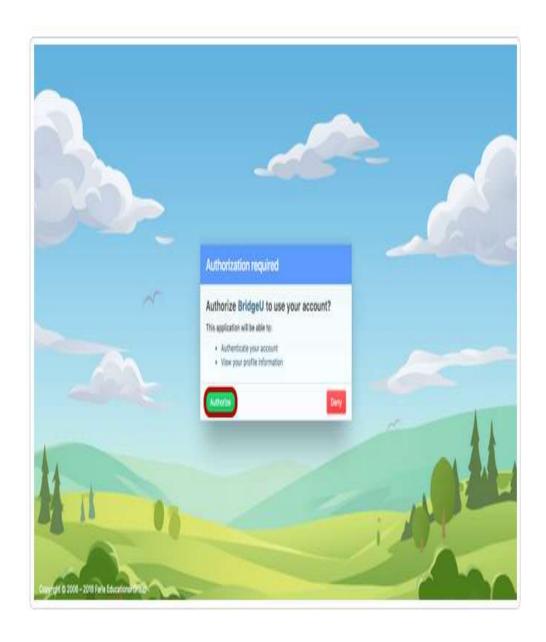
2. Click login with Managebac on the next window



3. Enter your Managebac email and password



4. Click 'Authorize'



Reference: International Baccalaureate Organization. (2017). MYP: From principles into practice. https://resources.ibo.org/myp/resource/11162-32896/?

Jerry Owiredu Darko

Deputy MYP Coordinator

2020 WORLD GEOGRAPHIC INFORMATION SYSTEMS (GIS) DAY



The Individuals and Societies Department is privileged to honour an invitation to celebrate the 2020 World Geographic Information Systems Day on Wednesday, 18 November 2020. GIS Day is an annual event to celebrate the technology of geographic information systems.

Due to the COVID-19 pandemic and the need to observe the prescribed safety and health protocols, AccuGeospatial, an Esri Business Partner operating from Ghana, will join hundreds of organizations worldwide in hosting virtual gatherings that will serve to ignite the imagination of future innovators who will further advance global progress using GIS.

Consequently, AccuGeospatial in partnership with TIS and SOS-HGIC will hold an interschool GIS challenge on GIS Day. MYP 5 Geography students will represent Tema International School. Dr Michael Odame and Mr Emmanuel Sampong will support the team.





TEMA INTERNATIONAL SCHOOL

CULTURE



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





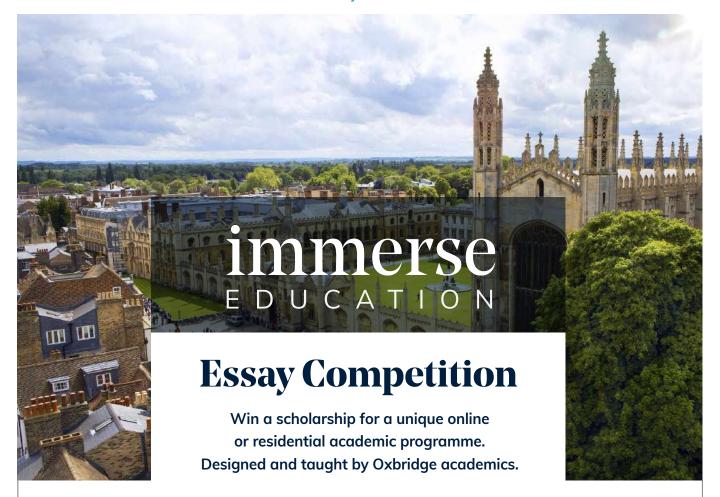
University Recognition of the IB Diploma Programme

Annually, DP students request transcripts sent to over 3,300 institutions of higher education in nearly 90 countries. The degree to which these and other institutions recognize the IB diploma and DP courses varies widely. Even institutions with no formally published recognition policy often still consider DP performance in admissions decisions.

Recognition comes in many forms, but the most common are:

- recruitment—actively recruiting Diploma Programme students;
- admission—the IB diploma is fully recognized in the admissions process, addressing
 Diploma Programme students specifically in documentation and publications;
- placement—acknowledging the rigour of IB courses and establishing prerequisites for
 IB courses that are fair and equitable in comparison with those for state;
- provincial and/or other examination courses; understanding and acknowledging the English language proficiency of DP students who undertook the programme in English;
- credit—providing detailed information on the courses for which credit is possible
 based on DP scores; specifically understanding and recognizing theory of knowledge,
 the extended essay and the content of both standard and higher level courses; and
- scholarships—providing scholarships or scholarship opportunities specifically for IB
 Diploma students

Source: www.ibo.org/programmes/diploma-programme









Free entry for students aged 13-18

Subject categories (13-15) Subject categories (16-18)

Architecture Architecture History

Computer Science Biology International Relations

Creative Writing Chemistry Law

EconomicsComputer ScienceManagementEngineeringCreative WritingMathematicsInternational RelationsEconomicsMedicineLawEngineeringPhilosophy

Management English Literature Physics

Medicine Female Future Leaders Psychology

SCAN ME!



FOR FURTHER INFORMATION, SEARCH 'IMMERSE EDUCATION ESSAY COMPETITION'

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

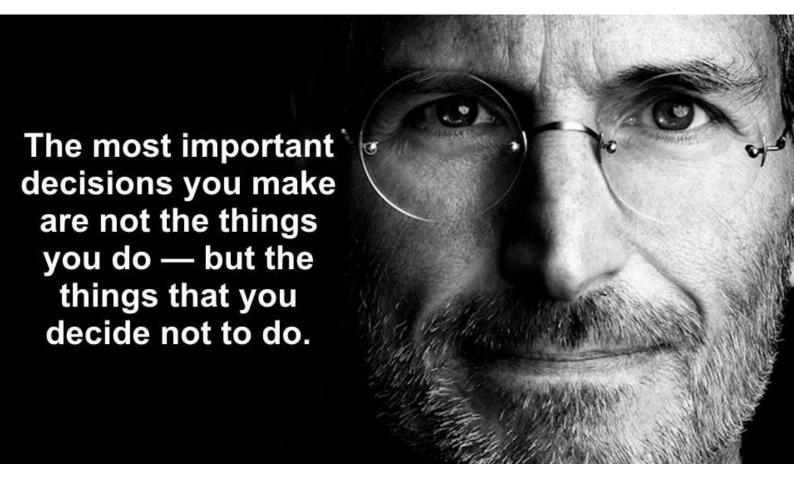
- Complete all online and offline learning tasks.
- If I have technical issues, refer to MB to access each aspect of missed lessons.
- Single-task focus during online lessons. Don't be chatting, gaming or checking social media while trying to do your schoolwork.

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





TEMA INTERNATIONAL SCHOOL

SERVICE



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



CAS-SA Corner



Don't forget to like, share and subscribe to the TIS YouTube Channel:

Weekly Assembly, 6 November, 2020

https://youtu.be/B6r5QMoXOTk



Festival of Plays, 2020

If you missed the Tema International School's Festival of Plays 2020. Click on the links for Day 1 and 2, either on the TIS Facebook or YouTube Channel. Enjoy!

Day 1, Tim Rice and Andrew Lloyd Webber's Joseph and the Amazing Technicolour Dreamcoat, directed by Elorm Adjaho and produced by Tema International School in 2011.

TIS Facebook Page - https://m.facebook.com/story.p...
TIS YouTube Channel - https://www.youtube.com/watch?v=G_7Bmj_ng8M&t=25s

Day 2, the Adaptation of the Broadway Musical, **Beauty and the Beast**, directed by *Elikem Kunutsor* and produced by **Tema International School in 2018.**

TIS Facebook Page - https://m.facebook.com/story.p...
TIS YouTube Channel - https://www.youtube.com/watch?v=4aIAHYZXydI

COVID-19 Precautions

Wearing a mask is one of the most important things we can all do to protect ourselves and those we love from COVID-19. But what kind of mask is best?

The WHO recommends that most people should wear a fabric mask, unless they are in a

particular risk group. Medical or surgical masks should be reserved for people over 65, those with underlying medical conditions, who feel unwell, or who are taking care of someone who is ill.

The WHO says that a fabric mask should be washable and cover your mouth and nose with no gaps. Ideally, masks should be made of three layers of fabric:

- Inner layer of absorbent material, such as cotton.
- Middle layer of non-woven nonabsorbent material, such as polypropylene.



Verified Explains

• Outer layer of non-absorbent material, such as polyester or polyester blend.

Gater or bandana masks, and masks with valves, are not effective in preventing the spread of COVID-19. A vaccine is our best hope for ending the pandemic. Until then, #WearAMask.



MYP - Community Project Updates



In the last Bulletin, we mentioned how our MYP3 Risk-takers are working assiduously towards their community projects goals. It has been quite challenging for this cohort of students to maintain their enthusiasm and work together as a group due to the obvious less physical contacts of our new normal. However, there are very interesting ideas in action that will make you proud. Their ATL skills were high in lights as they had to devise impressive measures to collaborate with less physical contact,

critically think as a group on how to generate ideas and how to juggle or manage all other commitment with their Community Projects. There are nine projects in all. This week's Bulletin will focus on the first four (below).

Reduce and Reuse

Community Project is by Edudzi Mac-Deh, Charlene Akwei, Eliana Owusu Afriyie and





Eyram Addom. Their goal is to reduce plastic pollution by reusing. Their aim is to build a segregation tank on school campus made with bamboo sticks and plastic bottles. They gathered 5000 used plastic bottles since January from the school community, during visiting days and school events.

In collaboration with Mckingtorch Africa, the tank as a storage will recover plastic bottles for sale to recycling companies regularly to reduce the influx of plastic waste. The construction is currently ongoing on campus with volunteers from together 10 Mckingtorch and the TIS team members of the project. Mckingtorch Africa is a social enterprise innovating the future through conversion of waste into resource and creating economic value. Subsequent bulletins will keep readers updated on it progress.

Meanwhile, the general TIS community is invited to drop their used plastic bottles,

preferably emptied and dried, on campus to kick start the use of the tank in it due time. Thank you in advance for the continuous support, especially to our parents.





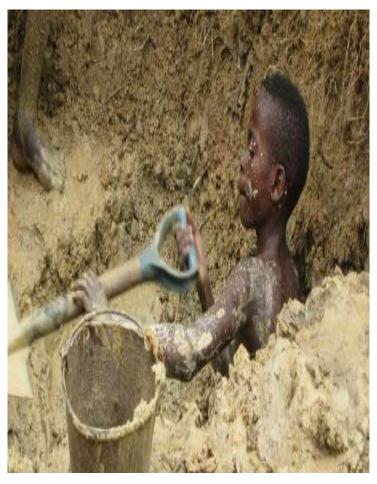
n n •

T.E.C.K

This CP is by Theona and Keona Martin-Lawson, Emily Osafo-Boakye and Casey Quao. The members of this group, in their various locations apart, are collecting old toys, shoes and clothes from family members and friends.

Observing the social distance protocol, they will meet and package the items according to gender and age for donation to the **Save Them Young Orphanage**. There is a big box prepared at the Girls Hostel to collect old clothes.

The group is reaching out to staff and members of the community present on campus to donate shoes and clothes in good condition at the girls' hostel to support the T.E.C.K Grade 8 Community Project. Thank you in advance.



Child Labour Article

CP by Aisha Hussien, Farah Agoro and Mekaila Nyarko. This group is collecting authentic information from the internet and speaking to resource person via online interviews to complete an article about Child Labour in some parts of Togo and a village in the Volta Region - Ghana. Due to distance across countries for this group, they have practised a division of labour and the leader will collect all findings and send drafts to their supervisor until it is fine-tuned to publish. They are working hard in order to get their article published on the IB blog site. They believe the site is a wider platform to draw the attention of persons in influential positions to act.

Stay tuned, updates via subsequent bulletins to be communicated in due time.

Publicagenda.com, 2018

Workout Zone

This Community Project is by Ezra Somuah, Terrie Tenge, Ryan Lokko and Jaye Asare Asante.

The group is creating a website that will share workout tips suitable for teenage boys. They will come up with a DIY exercise tool, eating habits to sustain muscle growth in boys, and workout routines, among others.

Their aim to share their research findings about muscle building in teenage boys with their enthusiastic friends who are passionate about staying fit and gaining muscles the right way.









The Promise Project – By Arlene Agbotui, G10

During the lockdown period as we engaged in online classes, my Service as Action classes required me to think of ways to still make a difference or create an impact while I was at home. I decided to challenge myself to start a project by giving back to my community. My plan was to raise funds to purchase food supplies, stationery and toiletries for an orphanage in my hometown in the Central Region. My target initially was to raise GHC1000 by appealing to family and friends, then purchase a few items and top it up with the remaining cash. However, after much consideration and persuasion, I decided to challenge myself harder so I made a higher target of 10,000GHC because I had my uncles and family abroad mind. friends living in Furthermore, instead of one orphanage I asked my Mum and Mr. Tay to support my cause by visiting at most four orphanages within the community in my hometown. After making arrangements with the various homes and having done all the enquires, I gave myself a maximum of one-month to ensure that it did not clash with my school work and other projects as well.

By 14 Oct, I set out to visit four orphanages: the Countryside Orphanage, the United Hearts Children Centre in Baiwjiase, the Royal Seed Orphanage in Papaase, then Becky's home in Senya Bereku all in the Awutu-Senya West District of the Central Region of Ghana with very hospitable and friendly people who welcomed me warmly. I raised GHC 15,000 that by far exceeded my primary

goal. With this amount, I bought over three thousand worth of supplies along with five hundred Ghanaian Cedis cash and donated to each orphanage. The next phase for my project is to buy stationery for them, with the remaining money, upon their return to school in January 2021.



The project helped me realize how privileged I am to be in a school, such as Tema International School, because most of the orphanages I visited had children and even adults coming from entirely different backgrounds with different perspectives on life. It made me realize that I can achieve my goals once I set my mind to it. I believe I have become a more open-minded, reflective and caring person, as well as a better communicator. Honestly, the project was a wonderful experience and I plan to support these children in the future or simply pursue my goal even further because at the

end of the day I am doing what I love to do, helping people. I would like to extend my sincere appreciation to the following family members, friends of my parents, uncles and Aunties.

Mr Gordon Ocancy; Fidelia Fugar; Mr & Mrs Kingsley Oka; Ms Monica Hwande; Mr & Mrs Enoch Hwande; Mr & Mrs Kofi Kyei; Emmanuel Chirume; Sithabile Mafuela; Tino Smilie; Tawanda Smilie; Edem Agbotui; Mr & Mrs Eli Agbotui; Olivia Buckman; Alexis & Simone; Charmaine Manyande; Rosemary Yovonoo; Benjamin Franklin; Martin Adjovu & Adelaide Adjovu; Yaw Acheampong; Makafui Agbotui; Linda Walker; Jannai Ahadzi; Adai Quaye; Mr Ayi Ajavon; Ms Hannah Tetteh; Miss Carla Tetteh-Kpodar.





CAS Experience – Students' Articles – World Diabetes Day

Word Diabetes Day (14 November, 2020)

Theme- "Nurses Make The Difference"

Type of Service – Research

Learning Outcomes – Global engagements and ethical choices

CAS Strands: Creativity

Contributors: Maame Dankwaa Afranie- Adjei and Angela Williams, G11.



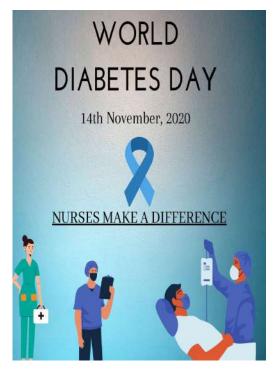
World Diabetes Day is a global awareness campaign which focuses on the diabetes diseases each year on the 14 November. The theme for this year is, "Nurses Make The Difference". This is because nurses play a vital role in supporting diabtetic people, provide emotional support and are known to develop good relationships with their patients in order to promote a feeling of safety and mental stability. Currently, nurses account for more than half of the global health

workforce and as the number of diabetic cases or other disease cases rise, the role of nurses and other healthcare professionals will become more and more important. For example, the COVID-19 pandemic has made us appreciate healthcare professionals better. Education is very important in equipping a nurse with the right skills to help patients, with the right expertise nurses can make a difference in people living with diabetes.

I don't know about you, but I always thought diabetes was a disease caused by eating too much sugar, but I was wrong. Also, did you know that diabetes could be attained genetically or hereditary? However, it depends on the type of diabetes, as well as the diet, lifestyle and environment of a person.

Diabetes mellitus (Diabetes) is a metabolic disease that causes high blood sugar. It occurs when the body doesn't make enough insulin or can effectively use the insulin it makes. Insulin is a hormone which moves sugar from the blood to the cells to be stored or used for energy.

According to the International Diabetes Federation, 1 in 10 people are living with diabetes. In recent years, diabetes has been declared one of the leading causes of deaths globally. Also, the World Health Organisation stated that about 1.6 million people died from diabetes in 2016. About 425 million people in the world are currently living with diabetes.



There are three main types of diabetes – **Type 1**, **Type 2 and Gestational**.

Type 1 diabetes can develop at any age, but occurs most frequently in children and

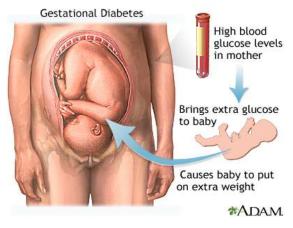
adolescents. When you have type 1 diabetes, your body produces very little or no insulin, which means that they need daily insulin injections to maintain blood glucose levels under control, if not, they will die.

In the picture, you will see some symptoms of type 1 diabetes. The risk factors for type 1 diabetes are still being researched. However, having a family member with type 1 diabetes slightly increases the risk of developing the disease. Environmental factors and exposure to some viral infections have also been linked to the risk of developing type 1 diabetes. Diagnosing type 1 diabetes can be difficult so additional tests



may be required to confirm a diagnosis. People with type 1 diabetes require daily insulin treatment, regular blood glucose monitoring and a healthy lifestyle to manage their condition effectively. Around 10% of all people with diabetes have **type 1 diabetes**.

Type 2 diabetes is more common in adults and accounts for around 90% of all diabetes cases. When you have type 2 diabetes, your body does not make good use of the insulin that it produces. It is generally identified by insulin resistance, where the body does not fully respond to insulin. The blood glucose levels keep rising, releasing more insulin because insulin cannot work properly. For some people with type 2 diabetes this can eventually exhaust the pancreas, resulting in the body producing less and less insulin, causing even higher blood sugar levels (hyperglycaemia). Similar to **Type 1 diabetes**, the core of type 2 diabetes treatment is a healthy lifestyle, which consists of increased physical activity and a healthy diet. However, over time, most people with type 2 diabetes will require oral drugs and/or insulin to keep their blood glucose levels under control. In the picture above, you will see some of the risk factors associated with **type 2 diabetes**.



Gestational diabetes (GDM) is a type of diabetes that involves high blood glucose during pregnancy and is associated with complications to both mother and child. Gestational diabetes mellitus (GDM) is a severe and neglected threat to maternal and child health. Many women with GDM experience pregnancy-related complications including high blood pressure, large birth weight babies and obstructed labour. GDM usually disappears after pregnancy but women affected and their children are at increased risk of developing type 2 diabetes later in life. Approximately half of women with a

history of GDM go on to develop type 2 diabetes within five to ten years after delivery.

Risks Associated with Diabetes

People with diabetes have an increased risk of developing a number of serious health problems.



Consistently high blood glucose levels can lead to serious diseases affecting the **heart** and **blood vessels**, **eyes**, **kidneys**, **nerves** and **teeth**. In addition, people with diabetes also have a higher risk of developing infections. In almost all high-income countries, diabetes is a leading cause of **cardiovascular disease**, **blindness**, **kidney failure**, and **lower limb amputation**. The following are some of the diseases diabetic patients are at risk of developing:

- Cardiovascular disease (CVD)
- Kidney disease (diabetic nephropathy)
- Nerve disease (diabetic neuropathy)
- Eve disease (diabetic retinopathy)
- Pregnancy complications

• Oral complications (e.g. Periodontitis)

Maintaining blood glucose levels, blood pressure, and cholesterol at or close to normal can help delay or prevent diabetes complications. Therefore, people with diabetes need regular monitoring.

Prevention

Currently, **type 1 diabetes** cannot be prevented. The environmental triggers that are thought to generate the process that results in the destruction of the body's insulin-producing cells are still under investigation; and while there are a number of factors that influence the development of **type 2 diabetes**, it is evident that the most influential are lifestyle behaviours. These include consumption of unhealthy foods and inactive lifestyles with sedentary behaviour. Studies from different parts of the world have established that **lifestyle modification** with **physical activity** and/or **healthy diet** can delay or prevent the onset of type 2 diabetes. A particular threat in terms of the associated risk of developing type 2 diabetes is the consumption of high sugar foods, particularly sugar-sweetened beverages.

In 2014, the World Health Organization (WHO) issued new recommendations to limit sugar intake. The International Diabetes Federation (IDF) recommends physical activity at least between three to five days a week, for a minimum of 30-45 minutes. Along with this, they also recommend the following:

- 1. Choosing water, coffee or tea instead of fruit juice, soda, or other sugar sweetened beverages.
- 2. Eating at least three servings of vegetables every day, including green leafy vegetables.
- 3. Eating up to three servings of fresh fruit every day.
- 4. Choosing nuts, a piece of fresh fruit, or unsweetened yoghurt for a snack.
- 5. Limiting alcohol intake to a **maximum** of two standard drinks per day.
- 6. Choosing lean cuts of white meat, poultry or seafood instead of red or processed meat.
- 7. Choosing peanut butter instead of chocolate spread or jam.
- 8. Choosing whole-grain bread, rice, or pasta, instead of white bread, rice, or pasta.
- 9. Choosing unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil).

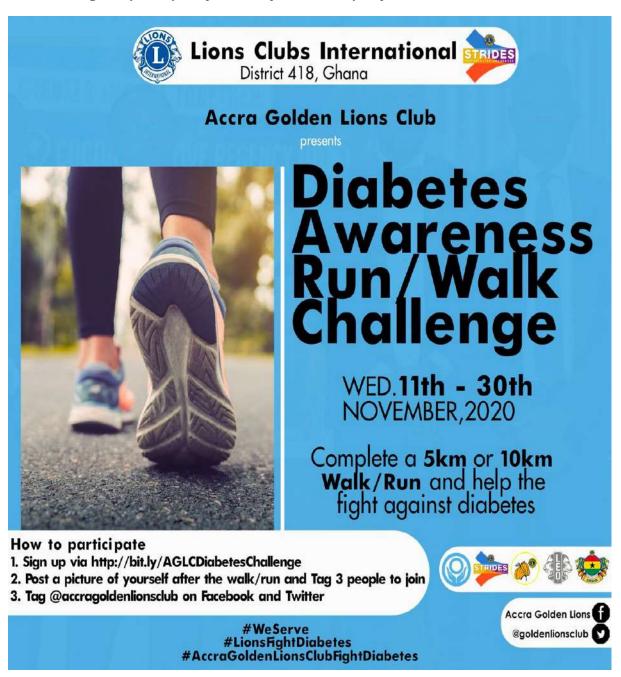
Help Raise Awareness

In order to help raise awareness in Ghana the Lions Club, a community service-oriented organisation and a subsidiary of the Association of Lions Clubs International has started a challenge which runs from the 11th - 30th of November.

Rules

- Sign up via http://bit.ly/AGLCDiabetesChallenge
- Complete a 5km or 10 km walk/ run
- Post a picture of yourself after the walk/run and Tag 3 people to join.
- Tag @accragoldenlionsclub on Facebook and Twitter

Do something today that your future self will thank you for!





2019 Leaving no one behind

CAS Experience – Student's Article - World Toilet Day Article

CAS Strands: Creativity, Service Type of Service: Awareness

Learning Outcomes – Collaborative Skills, Ethical Choices & Global engagements

CAS Strands: Creativity, Service

By Cynthia Nutsuakor and Michelle Zedomi - G 11

Did you know?

Over half of the global population or 4.2 billion people lack good and safe sanitation.

World Toilet Day, 19 November, celebrates clean and effective toilets and raises awareness of the 4.2 billion people living without access to safely managed sanitation. It is about taking action to tackle the global sanitation crisis and achieve **Sustainable Development Goal 6:** water and sanitation for all by 2030.

Importance of sanitation

Sanitation is important for all, as it helps to maintain health and increase life span. Children, especially, need access to good sanitation because they are more prone to diseases as their immune systems are not as strong as that of adults. For this reason, children are more vulnerable to diseases that can easily be passed on from poor sanitation and lack of adequate healthcare. As a result, over 800 children around the world die every day from diseases that they have contracted because of using unsanitary toilets.





In some countries, people are not fortunate enough to get access to the ceramic toilets that we have, they simply squat and release their faeces into a hole in the ground. Many other people also release their faeces into that same hole, which at some point has accumulated maggots and many other types of animals which carry diseases. These diseases include ,, cholera, hepatitis A, typhoid, and polio. All these diseases can lead to death.

13 November 2020

During an interview in 2015, a woman with the name Hasifa, from South Sudan complained about poor toilet sanitation in her village, saying

that three of her children had passed away shortly after contracting diarrhea from one of the three toilets that were shared by about 500 villagers.

Poor sanitation has significant impacts on the safety, well-being and educational prospects of women. Girls' lack of access to a clean, safe toilet, especially during menstruation, perpetuates risk, shame and fear. Lack of clean toilets for females also means that they can easily get yeast infections from sitting on a toilet and catch a lot of other vaginal infections that could potentially lead to infertility.

How can we make sure that we keep our toilets clean?

It is very important that we get into the habit of cleaning our toilets regularly (every day). For this you will need a good toilet brush, this helps to scrub stains that are lying on the toilet bowl. You will also need a toilet bowl cleaner, such as Harpic or even bleach. This will kill any germs that have accumulated in the toilet bowl and ensure that there are no germs that put you at risk of a disease. Disinfectant is very important for the exterior of the toilet, and you must spray a disinfectant and clean the exterior of the toilet (toilet seat, toilet lid, under the toilet seat and floor) thoroughly.

Just as it is important to keep our toilets clean, our sinks are equally as important. Diseases can also be contracted from unclean sinks after using the toilet. People use the No access to a clean & safe toilet

That's 2.4 billion people with no access to proper sanitation

Learn. Share. Act: www.lixil.com/lin3e

same hands which have just been used to clean up after using the toilet, to open the sink and this leaves germs on the faucet lever. Over time, more people put their germs on the same faucet lever. Not only do the germs build-up, but they are also being transferred from person to person.

This is why it's important to clean your sink thoroughly and also use and provide an antibacterial hand wash.

What can we do to improve sanitation around the world?

Improve sanitation facilities by providing toilets and latrines that flush into a sewer or safe enclosure and we can promote good hygiene habits through education. Provide cleaning equipment for less fortunate communities. Proper handwashing with soap and water can reduce diarrhea cases by up to 35 percent. Raise awareness of the less fortunate people who do not have proper sanitation.

To help improve the sanitation in rural areas, you can donate any amount of money using this link: https://www.wsup.com/donate/. THE CHANGE STARTS WITH YOU!

Sources

Anon., n.d. [Online]

Available at: https://www.un.org/en/observances/toilet-day

[Accessed Tuesday November 2020].

Anon., n.d. [Online]

Available at: https://www.cdc.gov/healthywater/global/programs/stories.html

[Accessed Tuesday November 2020].









READY FOR NOW. READY FOR THE FUTURE.

READY FOR NOW. READY FOR THE FUTURE. With the support of adult mentors, young people can use the Award framework to foster the 'soft', 'core' or 'universal' skills and characteristics they need to navigate change and build positive habits. With the Award framework and supportive mentors, young people can act now to ensure they are ready for life, ready for work and ready to make their mark on society, both now and in the future.

Ready for now

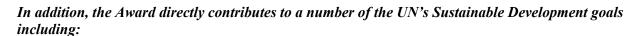
The Award encourages young people to:

- Stay mentally and physically healthy
- Connect (safely) with others
- Give back to their communities
- Embrace structure and purpose
- Readjust to formal education.

Ready for the future

The Award encourages young people to:

- Develop essential life skills
- Improve employability
- Understand goal setting and planning
- Increased community engagement
- Develop the ability to thrive in a changing world.







THIS WEEK ON THE DofE CORNER



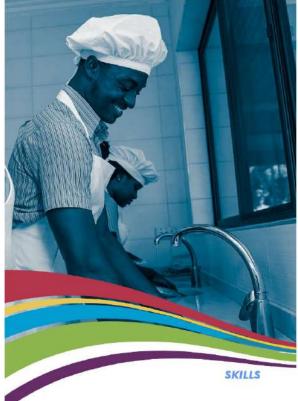
I have uploaded a video on ManageBac explaining the Award Scheme in details and also forms for you to sign up.

There are still many DofE activities you can do whilst social distancing.

Running, Mentoring, DIY, Cooking, Yoga, Photography, Wii Fit, Coding, Guitar Playing, Knitting, Cycling, Sign Language, Walking, Painting, Website building, Quizzing, Jogging, Campaigning, Money management, Vlogging, YouTube, Fitness, Dancing, Helping neighbours, Languages Tutoring, Singing, Martial arts, Sewing, Pilates, Gardening, Crafting, Driving skills, Blogging, App design, Filmmaking, Cyber safety, Family tree research, Book reviewing, First aid, Aerobics, Programming, Skateboarding, Combatting loneliness, Online learning, Foodbank collection, Circuits.







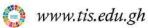
WORLD READY # WORLD READY













DofE PARENTS AND CARERS

Benefits to young people

When your child does their DofE programme they'll develop the skills and attitudes they need to become more rounded, confident adults. Qualities that colleges, universities and employers are attracted to. So when you support your child's pursuit of their Duke of Edinburgh's Award, you're investing in their future.

You can expect to see your child develop in the following areas as they work through their DofE programme:

- Self-belief and self-confidence
- A sense of identity
- Initiative and a sense of responsibility
- A real awareness of their strengths
- New talents and abilities
- The ability to plan and use time effectively
- Learning from and giving to others in the community
- Forming new friendships
- Problem solving, presentation and communication skills
- Leadership and team working skills.





Proud to deliver



Virtual

BRONZE & SILVER AWARD

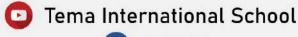
BESENTATION eremony



SPECIAL GUEST OF HONOR:

Hon. Isaac K. Asiamah, MP Minister of Youth and Sports.

PREMIERING ON



1 @TIS Ghana

Sat. 28 November, 2020 7:00pm

All COVID-19 Protocols Will Be Observed.



TEMA INTERNATIONAL SCHOOL

SPORTS



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



COUNSELLORS' CORNER



Dear students, in a community of scholars, learn to share ideas for the good of society.

"The ability to convert ideas to things is the secret of outward success".

— Henry Ward Beecher



Learning the Right Way!

Either synchronous or asynchronous mode of teaching, it's important to grasp the content of the lesson. How to go about it? Here are a few steps worth practising.

- ✓ **Active listening**. Once there is a lesson or discussion give it all your attention and time.
- ✓ **Take Notes**. Try to capture the salient points from the presentation and make your notes. When you write with a pen the information sticks better.
- ✓ **Self Test**. Done reading a chapter? Set probable questions for yourself and try to answer. If you missed out on some of the information, go back and read over until you capture the information and can confidently produce it when asked.
- ✓ **Studious peer groups**. Make time for effective group discussions.
- ✓ **IB subject guide**. Check out the topic and what you are expected to learn at the end of the lesson. This will serve as a guide during your studies.
- ✓ **Practise**, Practise, Practise. The more you read, the more you know!

For more information just a click away https://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips



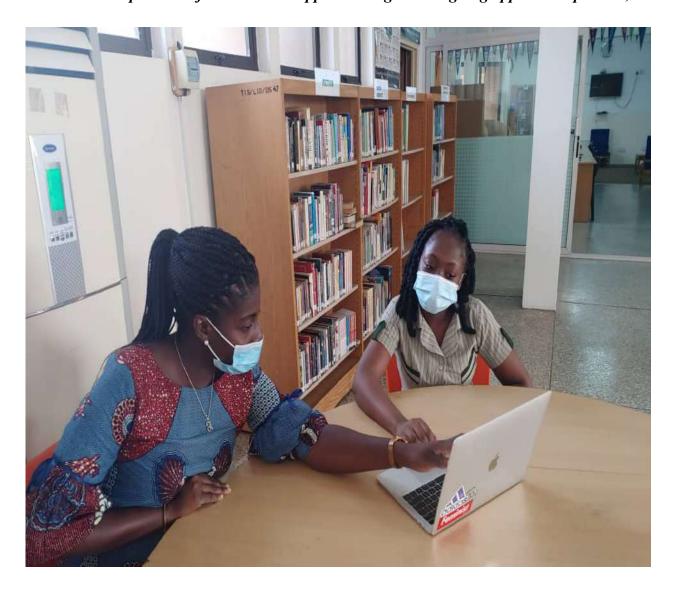
THE COLLEGE APPLICATION PROCESS IS STILL ONGOING!

DP2 STUDENTS, you are very fortunate to have four experienced, competent, dedicated and caring University Guidance Counsellors at TIS, also known as *University Guides*, to **assist** you through the entire process successfully!

Please do not miss your appointments and deadlines. Remember to give us a minimum, 2 weeks' notice of all application deadlines. Aunties- Eunice, Eyram, Portia and Constance are ever ready to assist you to get into reputable universities, just like your predecessors!!! Keep working hard, you'll get there! ☺

DEAR PARENTS, PLEASE REST ASSURED, THE UNIVERSITY GUIDANCE AND COUNSELLING TEAM WILL PROVIDE ALL THE SUPPORT YOUR WARD NEEDS THROUGH THIS WINDING PROCESS!

Here are some pictures of one-on-one support through the ongoing application process;







DP₂

✓ Sneak Peek into University Applications for 2020/2021

- Successfu students applying for Medical and Science related programmes in the UK with 15 October 2020 deadline has been completed.
- 1st Round of U.S. Applications with 1 November 2020 deadlines have gone through successfully.
- 2ND Round U.S. Applications with 15 November 2020 deadlines will be completed by the close of this week.
- All UK Applications will be completed and sent by Friday 20 November 2020.

✓ DP2 Reminders

SAT/ACT Score Reports. The submission of SAT scores through the College Board requires payment with a credit card. Reporting of ACT Scores also requires a credit card payment online via the student's ACT Incorporated account. All students applying to the U.S., must report their scores if specific universities require scores. NOTE: Not all schools do. It takes approximately 2 weeks for your schools to receive your scores. Alternatively, you can go for the express pay option if you want to, but note that, not all universities accept express score reporting. In the meantime, students are advised to download pdf versions of their SAT or ACT score reports and email directly to the respective universities that require them.

(Grades 10, DP1 and DP2) VIRTUAL VISITS

If you can't come to us, we'll come to you!

Universities across the world have deliberately put together virtual visits just for YOU. To access this information kindly go to:

- ✓ ManageBac
- ✓ Click on your year group
- ✓ Go to files
- ✓ Click on Counsellor Information Desk-Virtual Visits and More for detailed information

Wednesday's Virtual Visit 11 November 2020: NYU ABU DHABI (UNITED ARAB EMIRATES) & YORK UNIVERSITY (CANADA)







Celebrating 10 years of excellence in higher education, innovation research, and community enrichment in Abu Dhabi, our home. Click: https://nyuad.nyu.edu/en/

13 November 2020

Major Highlights Gleaned from the Presentation-NYU ABU DHABI

- Highly competitive for students who want to get a 100% full scholarship. The golden rule; apply early decision. IB Points' requirements are 40 and above demonstrating strong leadership skills, extracurricular activity portfolio with a positive attitude. https://nyuad.nyu.edu/en/admissions/undergraduate/financial-support.html
- An excellent learning environment with the right enabling environment. Life of possibilities from culturally diverse and myriad backgrounds with student and staff presentations from over 115 countries. https://nyuad.nyu.edu/en/campus-life.html
- A New Model of Education for The 21st century. rigorous, broad, and imaginative educational training. https://nyuad.nyu.edu/en/academics/divisions/science/academic-programs.html
- NYU Abu Dhabi provides extraordinary opportunities for individual exploration and growth and prepares students to succeed in a truly global world. https://nyuad.nyu.edu/en/admissions.html



At York amazing things happen when diverse communities work together to tackle world issues. When York University students apply their knowledge, they have the power to make things right. For more information click https://www.yorku.ca/

• Experience firsthand York's global impact and engagement. The University prides itself on championing diversity and inclusivity and fostering global fluencies and cross-cultural knowledge. https://www.yorku.ca/global-engagement/

Scholarships

York University Automatic Entrance Scholarships

Based on final admission average:

Many high school applicants are admitted and offered entrance scholarships based on mid-year or "in-progress" results when their admission average is at or above 80%. All Entrance Scholarship amounts and eligibility are confirmed/finalized based on final grades.

\$1,000 - \$16,000

95%+ (42-45 IB diploma points) — \$4,000 (renewable for 3 additional years)*

90-94.9% (36-41 IB diploma points) - \$2,500

85-89.9% (33-35 IB diploma points) - \$1,500

80-84.9% (30-32 IB diploma points) - \$1,000

No award application required

https://futurestudents.yorku.ca/financialsupport



VIRTUAL VISIT



A community of changemakers working to create a better

futureYork believes that our diverse community, excellent learning and research, and commitment to collaboration allows us to address complex global challenges to create positive change in the local and global communities we serve. Our staff, students, and faculty are passionate about building a more innovative, just, and sustainable world

Fall Virtual Open House. Attend our **virtual open houses on Nov. 21 and 22**. Learn more about our 200+ programs, campus life, and initiatives for global change. <u>Register to</u> attend For more information click https://www.yorku.ca/



DATES AND INFORMATION



2020-2021 TEST DATES

See the new upcoming SAT dates below. Due to previous cancellations, 2 brand new dates have been added- September and November SAT:

SAT 2020-2021

- 5 December 2020
- 13 March 2021
- 8 May 2021

DP1's don't wait until the eleventh hour to register. Register now to avoid any disappointments! https://collegereadiness.collegeboard.org/sat/register/international

Test takers, please come along with your <u>VALID UNEXPIRED PASSPORT</u> as the only form of identification! Photocopies are not acceptable. All COVID -19 protocol will be fully observed. Remember No mask no entry!

Remember:

- Number 2 pencils, approved calculator, eraser, admission ticket, and sharpeners required.
- Facemask
- Hand sanitizer

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

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



2020-2021 TEST DATES (COMPUTER-BASED TESTING ONLY!)

ACT Registration Fees (Online payments only: Visit www.actstudent.org): ACT plus writing – U.S. \$166.50. (TIS Test Centre Code: 870390, but inform counsellor first).

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

ACT April DEADLINE coming up. STEM students have an edge when they take the ACT.



NEW TEST DATES FOR ACT FOR NEXT ACADEMIC YEAR

ACT 2020-2021

• 17 April 2021

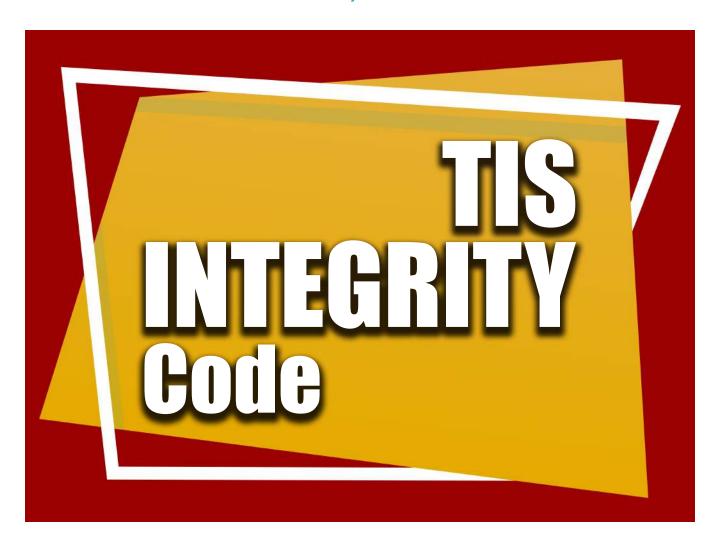


Exam Date: 17 February 2021

PRACTICE TESTS FOR SAT, ACT OR PRE-ACT, PSAT, AND OTHER TEST PREP RESOURCES FROM THE OFFICIAL TEST MAKERS CAN BE FOUND HERE; WWW.COLLEGEBOARD.ORG AND WWW.ACTSTUDENT.ORG



Christmas is just around the corner! All DP2 students are advised to complete all university applications before 1 December 2020, ahead of Christmas break because University Guides will be away for Christmas. Also, note that submitting your documents early puts you at a better advantage over others, & gives access to great scholarships and other financial aid opportunities. Ghanaian applications are an exception since they open in January 2021. We will keep you posted. Be proactive and see your counsellor for a successful university application process.



"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."





