

TIS RECORD

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At TIS,

we believe that through actions and service that demonstrate our commitment to the UN Sustainable Development Goals, we can make the world a better place. But, we must be active and committed participants and not just vocal spectators.

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COVID-19

- Wash your hands frequently and thoroughly.
- Practise social distancing at all times.
- Wear a face mask when 'out'.

Thought for the Week

Mindset. The trick is in what one emphasises. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.

- Carlos Castaneda



Admissions 2022/2023

TIS is moving its admission process forward. Secondary school admissions will open on TIS Founders' Day, 3 October, and close on 31 March 2022. Primary School Campus admissions will open on 1 April, 2022.

Why the change? For the last two years, TIS has put the FULL HOUSE sign up. For girls his year, the process closed on 1 April. By moving it forward, parents and prospective students will know early what is happening in 2022/2023.

TIS Family members will have the first priority until 31 October. The Primary School Campus students in Grade 6 are guaranteed a place in Grade 7 (without application, but confirmation of their intentions.)

There will be 70 places available at the Main Campus in



"My definition of integrity is a set of beliefs, values, and actions that others can depend on."

-Steve Bollar

SAT & ACT

- 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.
- Please follow instructions and details provided in the weekly Counsellors' Corner section of the TIS Bulletin.

Making Us Proud

- Theodora Tekpor (12) for her knitting initiative. (See last week's Bulletin.)
- Nana Achiaa Bonsu (11), our inaugural Young Author. Young Authors is a TIS ASA initiative to develop students' writing skills, promote writing and provide a platform for their work. In her first work, Nana Achiaa has prepared a research report on a most important topic. Next week, look out for her first chapter of *The Deadly Decision*. It's a thriller!

Action Required

- Read the weekly TIS Bulletin
- Check your spam email.

2022/2023 (28 boys and 42 girls). Only 4 places will be available in G11, at this stage.

Revised Calendar

A revised calendar for this year, and first semester in particular, can be found on pages 4 - 7 to reflect the abandonment of the semester break in October.

Wellbeing days have been listed for the Main Campus and the Primary School Campus. There will be no school on these days. Monday, 4 October, will be observed as a holiday for TIS Founders' Day.

Personnel Changes

A special welcome to Nathaniel Mischio, our new Psychology teacher, and Callistus Sullo, our new PHE and Sports Science teacher.

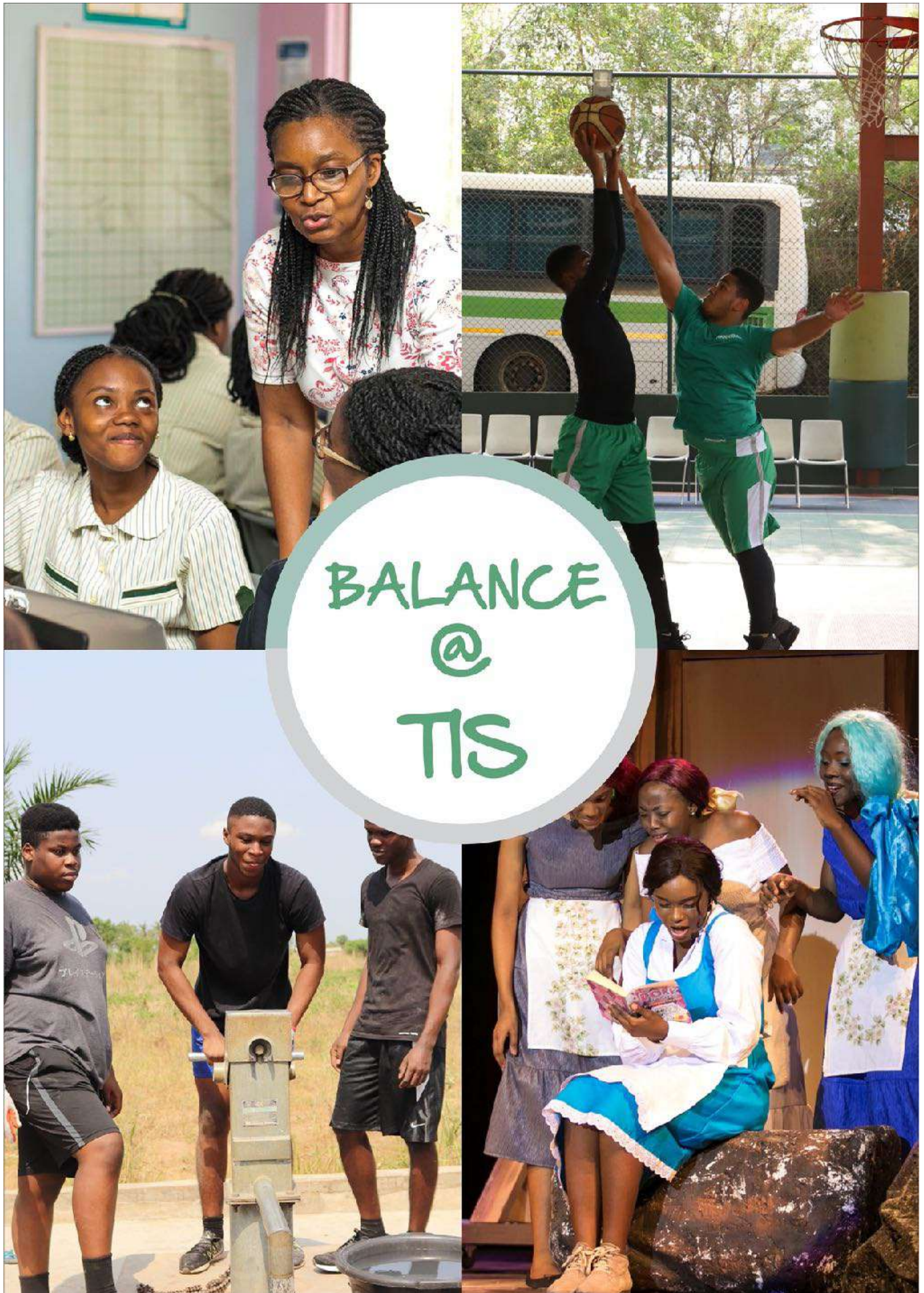
Congratulations to Anthony (Tony) Tenudze on his new role as Operations Support Officer.

I appreciate your support.

Stay healthy.

Dr Ken Darvall (Principal)





Tema International School

2021 - 2022 School Calendar

| August '21 | | | | | | |
|------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| September '21 | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| October '21 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| November '21 | | | | | | |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| December '21 | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| January '22 | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| February '22 | | | | | | |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | | | | | |

| March '22 | | | | | | |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| April '22 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| May '22 | | | | | | |
|---------|----|----|----|----|----|----|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| June '22 | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| July '22 | | | | | | |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



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

| | |
|---------|----------------------------|
| 21/9/21 | Kwame Nkrumah Memorial Day |
| 2/12/21 | Farmers' Day |
| 7/1/22 | Constitution Day |
| 7/3/22 | Independence Day |
| 15/4/22 | Good Friday |
| 18/4/22 | Easter Monday |
| 2/5/22 | Labour Day |
| 3/5/22 | Eid Al Fitr (TBC) |

S1 Internal Dates: Main Campus

| | |
|-------------|---|
| 1/8/21 | 2021 MYP Results Released; 2021 MYP Enquiries Upon Results Open |
| 2/8/21 | Senior executive staff resume |
| 9/8/21 | Teachers resume |
| 15/8/21 | Student Council executive return |
| 18/8/21 | Newbies arrive |
| 22/8/21 | Continuing students resume |
| 23/8/21 | Secondary School classes commence |
| 26/8/21 | School Performance auditions (G7-9); 4.15pm |
| 27/8/21 | TIS Junior Soccer Championships |
| 28/8/21 | SAT |
| 29/8/21 | School Performance auditions (G10-12); 2.00pm |
| 3/9/21 | TIS Senior Soccer Championships |
| 11/9/21 | ACT |
| 18/9/21 | TIS Handball Championships |
| 21/9/21 | Speaker of the Year competition |
| 23/9/21 | G12 TOK Exhibition; |
| 24/9/21 | Science and Maths Quiz (Intercolour) |
| 25/9/21 | TIS Volleyball Championships |
| 2/10/21 | SAT |
| 3/10/21 | TIS Founders' Day: Main Campus admissions open for 2022/2023 |
| 4/10/21 | TIS Holiday (TIS Founders' Day) |
| 8/10/21 | Inter-Colour Language Comp; |
| 9/10/21 | ACT |
| 14-16/10/21 | TISMUN |
| 14-18/10/21 | Wellbeing days |
| 15/10/21 | MYP Enquiries Upon Results Close |
| 26/10/21 | G12 EE Cafe |
| 25/10/21 | G9/G11 Changes to Subject Selections close |
| 5-6/11/21 | Annual Performance |
| 15-19/11/21 | G10 end of semester exams |
| 22-30/11/21 | DP end of semester exams |
| 1/12/21 | General Inspection. |
| 2/12/21 | Last day for first semester: Students may depart from 2.00pm. |
| 4/12/21 | SAT |
| 11/12/21 | ACT |

S2

| | |
|----------------|--|
| 5/1/22 | Teachers resume |
| 9/1/22 | Students return to hostels |
| 10/1/22 | Second semester commences |
| 11-17/1/22 | Alumni Week |
| 24-28/1/22 | IDU Days; G12 EE; G11 EE (24-25), CAS (26-28) |
| 30/1/22 | Thanksgiving Service and Student Leadership Induction Ceremony |
| 6/2/22 | TIS Swimming Championships (3.00-5.00pm) |
| 11/2/22 | TIS Badminton Championships; TIS Junior Tennis Championships |
| 17/2/22 | G11 TOK Exhibition |
| 18-19/2/22 | TIS Basketball Championships; TIS Senior Tennis Championships |
| 21-25/2/22 | MYP Mock eAssessments |
| 26/2/22 | General Inspection |
| 4/3/22 | Deadline for uploading Projects for Virtual Exhibition |
| 7/3/22 | MYP Community and Personal Projects Virtual Exhibition |
| 8-18/3/22 | DP Mock Exams |
| 11/3/22 | TIS Squash Championships |
| 12/3/22 | SAT |
| 14/3/22 | Pi Day |
| 22-25/3/22 | CAS/Silver and Gold Expedition |
| 28/3-1/4/22 | Mid-semester break |
| 28/3/22 | Mock reports (G10&12) published |
| 2/4/22 | ACT |
| 6/4/22 | G12 Exam Readiness Workshop |
| 9/4/22 | 2022 TIS Expression |
| 13/4/22 | General Inspection |
| 15/4/22 | Good Friday (PH) |
| 18/4/22 | Easter Monday (PH) |
| 22/4/22 | G11 EE Cafe |
| 2-6/5/22 | G9 eAssessments |
| 6/5/22 | G9 (2022/2023) subject selections commence |
| 7/5/22 | SAT |
| 9 – 22/5/22 | MYP eAssessments |
| 29/4 – 20/5/22 | DP Final Exams |
| 23-27/5/22 | G9 eAssessments |
| 23-31/5/22 | G11 Semester Assessments |
| 3/6/22 | General inspection |
| 4/6/21 | 2022 Achievers' and Graduation Day; Students depart hostels |
| 10/6/22 | Last day for teachers; S2 reports published |
| 11/6/22 | ACT |
| 16/7/22 | ACT |

Primary School Campus**Public Holidays**

| | |
|---------|----------------------------|
| 21/9/21 | Kwame Nkrumah Memorial Day |
| 2/12/21 | Farmers' Day |
| 7/1/22 | Constitution Day |
| 7/3/22 | Independence Day |
| 15/4/22 | Good Friday |
| 18/4/22 | Easter Monday |
| 2/5/22 | Labour Day |
| 3/5/22 | Eid Al Fitr (TBC) |

S1 Internal Dates

| | |
|-----------------|---|
| 9/8/21 | Teachers resume |
| 30/8/21 | First semester commences |
| 3/9/21 | Meet the Teacher Info Sessions |
| 23/9/21 | International Day of Sign Language |
| 27-9/21-1/10/21 | Student-led interviews |
| 4/10/21 | TIS Holiday (TIS Founders' Day) |
| 18/10/21 | Wellbeing Day |
| 12/11/21 | End of UOI #2 Celebrations |
| 2/12/21 | End of UOI #3 Celebrations; Last day for first semester |

S2

| | |
|---------|---|
| 5/1/22 | Teachers resume |
| 10/1/22 | Second semester commences |
| 18/2/22 | End of UOI #4 Celebrations |
| 25/3/22 | End of UOI #5 Celebrations |
| 1/4/21 | Primary School Campus admissions open for 2022/2023 |
| 27/5/22 | PYP Exhibition (11.00am) |
| 3/6/22 | End of UOI #6 Celebrations |
| 8/6/22 | Presentation Day |

v.17/09/21



TEMA INTERNATIONAL SCHOOL



Primary School Campus Admissions Open For 2021/2022 Academic Year

Flexible admission screenings and interviews



Entry Points in 2021

Preschool

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

Junior Primary

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

Senior Primary

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

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

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

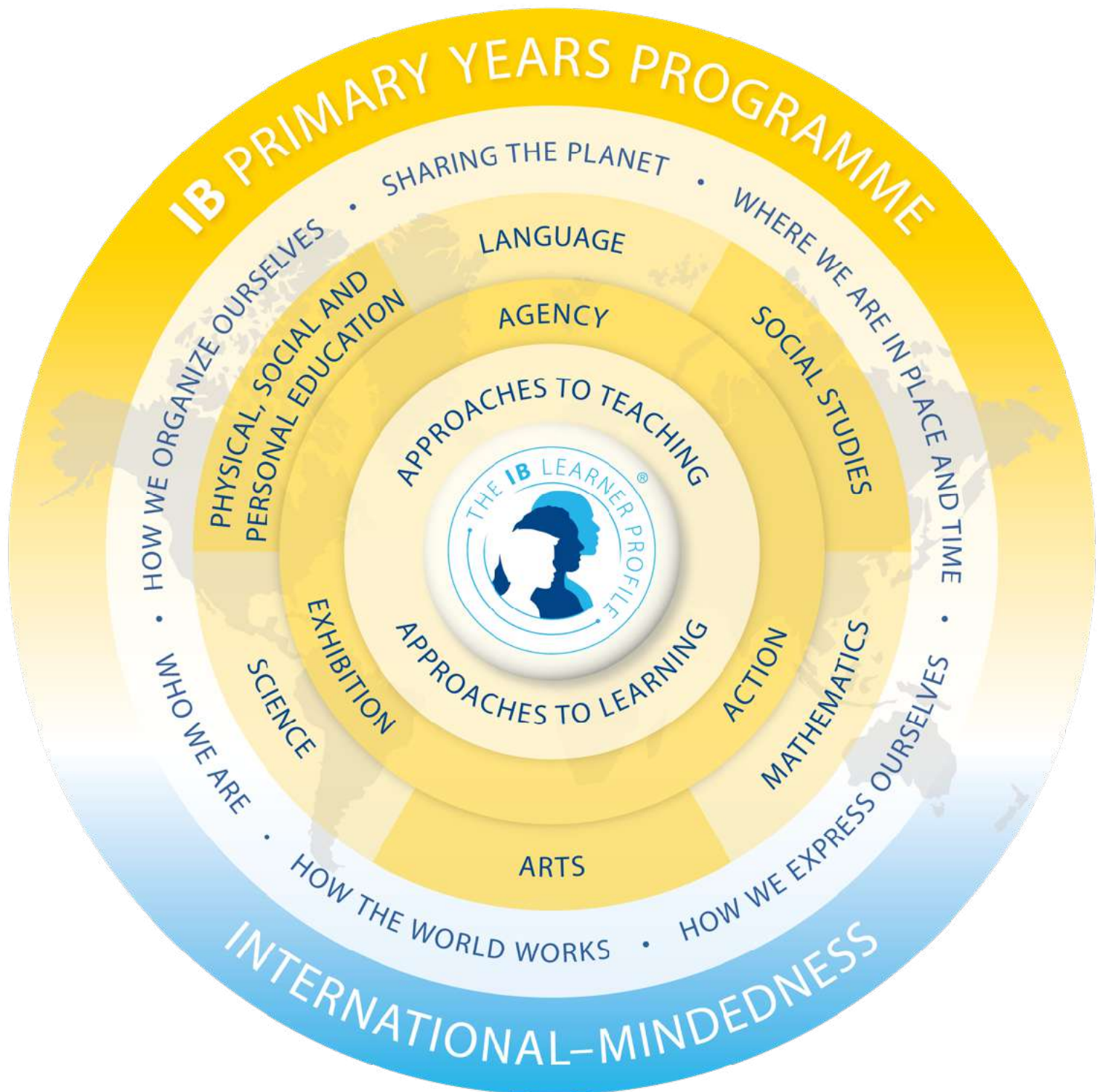
TIS is an IB World School, authorised to offer PYP, MYP and DP.

To learn more
scan this.

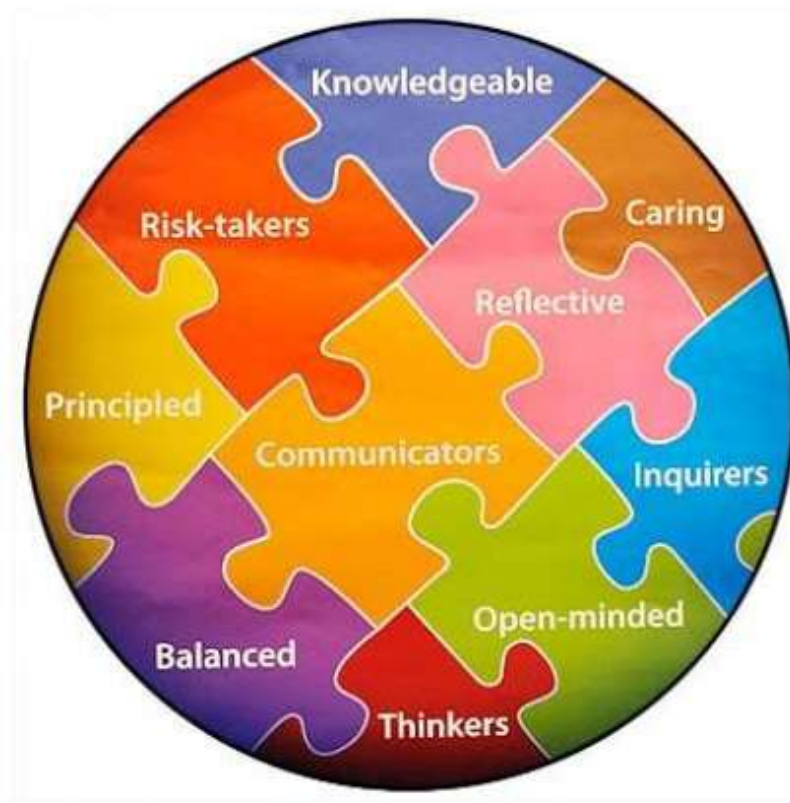


To enrol scan
this.





Living the IB Learner Profile Attributes



One of the things that makes an IB education unique is its balanced focus, not only on students' knowledge, but also on their attitudes. This is well reflected in IB's mission to "... *develop inquiring, knowledgeable and caring young people, who help to create a better and more peaceful world through intercultural understanding and respect.*"

While this may sound lofty and difficult to implement, it is actually very easy. By emphasizing and striving to exemplify the ten attributes of the IB Learner Profile, this laudable mission is operationalized in the day-to-day lives of students, teachers and staff.

Throughout the academic year, each unit of inquiry focuses on a selection of these attributes. Teachers also plan lessons with these attributes in mind, so that through the myriad learning objectives and engagements, students develop these positive dispositions. Students are assessed continuously and recognized publicly for their achievement in the Learner Profile attributes.

As we believe that reflection and self-assessment are critical keys to improvement and lifelong learning, we asked students to reflect on their progress, with respect to the Learner Profile attributes. This is how they assessed themselves.



"I want to be Caring. I will help my friends."

Lucille Annan, Kinder 1

I will describe myself as Knowledgeable because I work on my presentations and show them to everyone.

I want to improve in being Caring. I will help my friends when they are in trouble or when they need something.

Nana Yaa Ayisibea, Kinder 2.





"I am a Risk-taker because I ate yolk and green pepper."

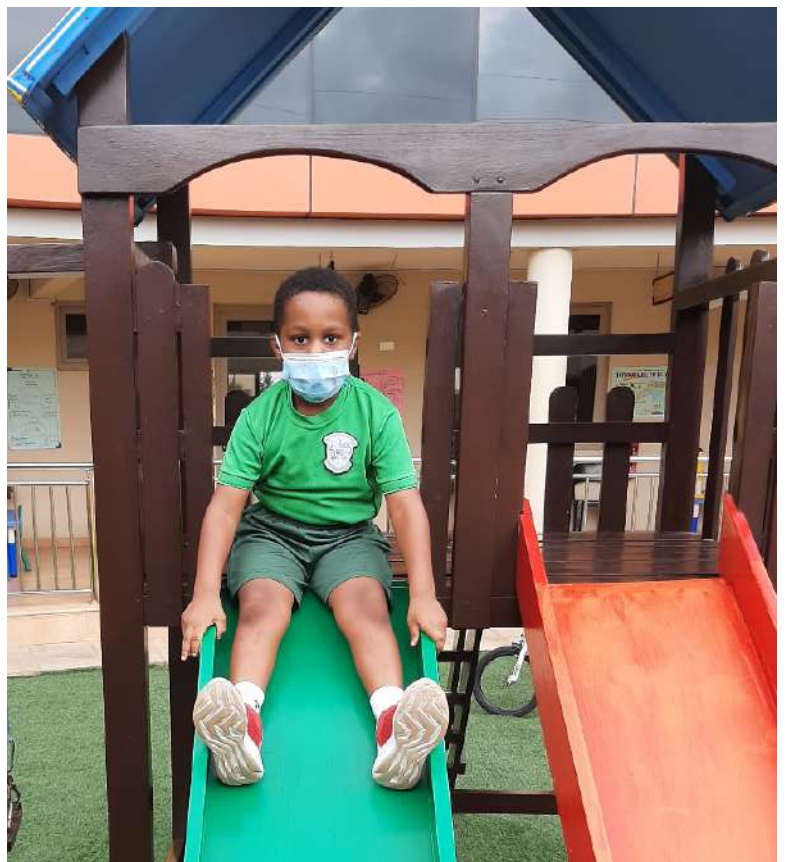
I want to be Balanced so I will not use what I have been using already. I will use something else."

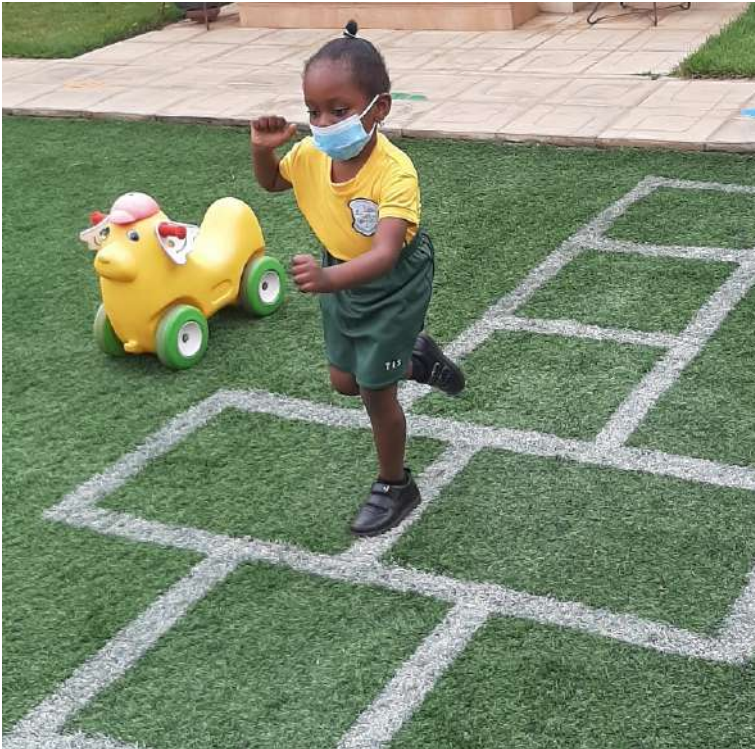
Ellis Darko, Kinder 2.

"I am Principled. I line up with my friends, I eat with them and pack my things into my bag before I go home."

I want to be Knowledgeable so I will use my device to read on Epic."

Yohannes Webb, Kinder 2.





"I am Principled and Caring. I help my friends to tidy up. I ask my classmates and teachers to be my friends. I do my morning routine.

I want to be a Risk-taker. I will make a new friend."

Angele Edward, Kinder 2

"I want to improve in being Principled. I will listen."

Sedinam Ahorlu, Kinder 2.





"I will describe myself as a Communicator because I am a good listener and contribute when I have to."

I want to be Caring and I want to help my friends when they need it."

Ellie Sevor, Kinder 3.

"I am Balanced as I do the right things at the right time."

I want to improve in being Principled. I will try to do the right thing and not to do anything bad."

Paa Kow Oppan, Kinder 3.





"I will say I am Balanced because I do the right things at the right time."

I want to be a Risk-taker by trying new things, such as using honey instead of sugar."

Amewusika Tay, Kinder 3.

"I want to be Principled"

Elias Webb, Kinder 3





"I am Caring because I always care for my friends. Like when Sefakor was not in School, I told Aunty Ophelia to give her some food when she comes back.

I would like to improve in being Principled. I will practise to help people and obey the rules and be responsible for my things."

Heaven Mefful, Grade 1.

"I will describe myself as Caring. I love my friends, my rabbit, and my dogs.

I want to be more Principled. I want to help my friends when they are hurt and play with them."

Adalyn, Grade 1.

"I am Balanced. I keep helping my friends, I think about my learning, and my friends and teachers."

I'm not good at being open-minded. I will learn hard and think about what people say and like."

Kendra Kudah, Grade 1.



"I am a Communicator. I talk a lot to people. I share my ideas in class and I can tell people how I feel about them."

I want to improve in being Caring because I want to help people."

Christabel Quao, Grade 2.

"I am Reflective. I reflect on whatever I do. Especially when I go wrong, I reflect on it. I work to improve my work.

I want to be a Thinker, and I want to be more Knowledgeable and Principled. I will try my best always and work hard for it. "

Michal Annan, Grade 2.



"I am an Inquirer because I like researching and always like asking questions.

I would like to be Principled by following the Essential Agreements and obeying my Teacher."

Ashanti Tettey-Amlalo, Grade 3.

"I will say I am a Communicator because every time they call me, I communicate well."

I would like to be more Open-minded by listening to the Teacher and being ready to learn new things with friends."

**Raymond Tettey-Amlalo,
Grade 4.**



"I am a communicator because I can speak louder."

I want to be more caring by helping people when they need it."

Kwabena Osei-Amoako, Grade 4.

"I will describe myself as an Inquirer because I always ask questions and research on words I don't know.

I want to improve in being Principled. By learning hard, I think I will be Principled."

Kadmiel Annan, Grade 4.



So you see, in their own small ways, our learners are living up to the ideals of IB education. The future definitely looks bright for our students because they possess the desirable attitudes, which will foster intercultural respect and understanding.

They will surely make our world a better and more peaceful place!

Source: www.ibo.org





TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD



Tema International School



MAIN CAMPUS
SECONDARY ADMISSIONS ARE OPEN FOR 2022/2023 ACADEMIC YEAR
FROM 3 OCTOBER 2021 UNTIL 31 MARCH 2022

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more
scan this.



To enrol scan
this.



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

For further information contact us on phone:

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

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

www.tis.edu.gh

HOSTEL life ROCKS!!!

At the Girls' Hostel, girls live to learn since they spend large parts of their day engaged in learning activities. But they also "learn to live" by shouldering the responsibility that comes with greater independence. Hostel life is amazing.

Boarding Schools shape lives for the better. The experience leaves a positive impression on students.

Some Reflections

From Catherine Hostel



Being a Catherine Hostel executive is not always easy. Though it can be exhausting, especially sacrificing the occasional breakfast to stay behind and collect keys, it can be very fun too, especially the common room meetings. Catherine common room meetings have become one of our favourite events of the week. From games to talent shows, the Catherine common room is an exceptional event (that respects COVID-19 protocols).

For last week's Catherine Hostel common room meeting, we had a bonding session called "Sister Time". During this common room, we grouped everyone into different groups where they had to talk about any topic of their choice. The main point of this SISTER TIME was to help build a bond among the girls in the hostel and also engage everyone in a very fun way after a long week of school. All in all, the session was really fun and we enjoyed watching every group talking, playing games and just having fun.





It is important to remember that we begin each day in the hostel and end each day in the hostel, surrounded by our sisters. The bond we create in the hostel transcends both grades and age, and as Catherine prefects, it brings us so much joy to witness the creation of such bonds. We are excited for the future of Catherine! - **Cynthia and Lena: Hostel Executives (DP 2)**

Catherine is a hostel full of energy. The hostel is like a single unit where every girl has each other's backs. Catherine as a hostel is a family! Our hostel parents are perfect in every way possible. The effort and hard work they put in is clearly seen in their everyday activities, including taking care of us and in their day jobs. I feel happy walking through the school and being known as a CATHERINITE. I wouldn't change that title for anything. - **Dzidzor Mac Deh (MYP 5)**





The Catherine Hostel is a happy and joyful place. There isn't a day that goes by that I don't see someone smiling or laughing and our hostel guardians help us feel at ease by taking care of all of our requirements. When I wore the Catherine Hostel shirt, I felt a sense of belonging. I was so happy when we took pictures in our new shirts and I couldn't stop smiling the whole day. There is a lot of variety and excitement at the Catherine hostel. Catherine makes me feel so proud, and I wouldn't have it any other way. - **Mawulolo Agbeli (MYP 5)**

"C-A-T-H-E-R-I-N-E, we are flawless sisters yeah and that's on poise, finesse and decorum". Catherine has never felt wilder and crazier. Due to interactions that happen during our talks and games, our bond has been intensified. We have not only made awesome and lifelong connections with each other, but with our sisters upstairs as well. I hope that over the course of the semester, our bond will continue to grow because the hostel spirit is rooted in friendship. I am loving the new spirit in the hostel and I hope it stays the same. Go, CATHERINEEEEE!!!!!! - **Moyosola Fajemirokun (Grade 11)**



The Catherine hostel is the embodiment of the three words; **poise, finesse and decorum**. These past few weeks with my hostel sisters have been a great time for us to bond, form new friendships and familiarise with each other. We've had many ice breaker games, talks with our "older sisters" and discussions about how to carry ourselves as individuals from the girl's hostel and most importantly from the Catherine Hostel. The hostel has been full of laughs and good vibes ever since we came back and hopefully we can maintain this until the school year ends. - **Phoebe Osei (Grade 11)**

What Catherine means to me,
Is as straight-forward as can be,
A sisterhood, a bond,
Likewise, a family,

What Catherine means to me,
Is quite plain and simple,
Unity is our belief,
Beauty is our symbol,

What Catherine means to me,
From top to bottom,
Is everything that represents,
POISE, FINESSE, DECORUM!

Clariss Perdison (DP1)



TEMA INTERNATIONAL SCHOOL



**YOUNG
AUTHORS**

To me, the
greatest
pleasure of
writing is not
what it's
about, but
the inner
music that
words make

- Truman Capote

A TIS After School Activity 2021/2022

Social Anxiety

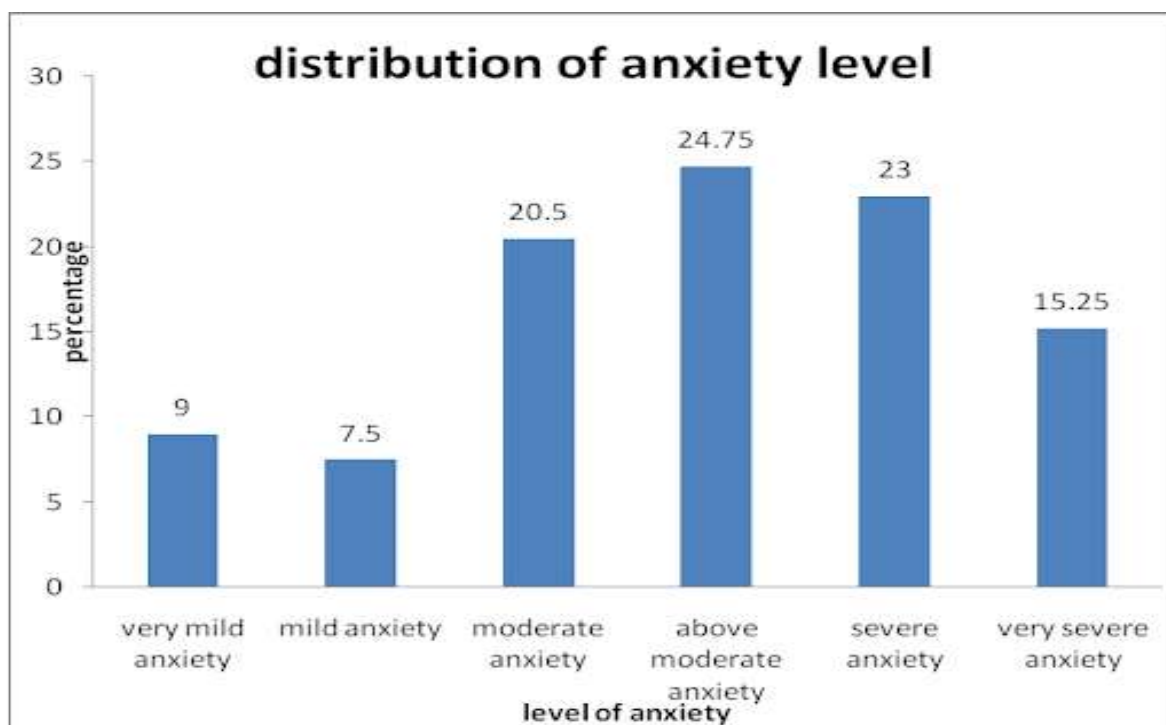
Social anxiety is a problem which is deemed as way more severe than psychologists originally thought. As of 2020, an estimated of 15 million adults suffer from social anxiety (Mayo Clinic, Social anxiety disorder. *Mental Health America*). What exactly is social anxiety? Social anxiety is the fear of social situations and the interaction with other people that can automatically bring on feelings of self-consciousness, judgement, evaluation, and inferiority. Social anxiety disorder typically starts in childhood or adolescence. People who suffer from a social phobia will worry a lot about making a fool of themselves in front of other people and will feel very anxious before going into any of the social situations that worry them. There are many physical symptoms people may face as a result of social anxiety, and these include: getting a very dry mouth; sweating a lot; and the feeling of your heart racing. Other people may be able to see some of the signs of this anxiety, such as blushing, stammering, shaking and trembling. Sometimes you may breathe too fast which can give you feelings of numbness, or pins and needles in the fingers and toes. There are many different perceptions about people with social anxiety. People who do have it are often seen by others as just being shy, aloof, constrained, unfriendly, uneasy, quiet, indifferent, or diffident.

People with social anxiety may usually experience extreme distress in some of these situations: when they are being introduced to other people; being teased or criticized; being the centre of attention; meeting important people or authoritative people; being watched while doing something. But how exactly do you know that you have social anxiety? Some of the emotional and behavioural symptoms include: fear of situations in which you may be judged negatively; avoidance of situations where you might be the centre of attention; avoidance of doing things or speaking to people out of fear of embarrassment; and an intense fear of interacting or talking with strangers.

What are the causes of this disorder? A structure in the brain called the amygdala may play a role in controlling the fear response. People who have an overactive amygdala may have a heightened fear response, causing increased anxiety in social situations. The environment also plays a significant role as social anxiety disorder may be a learned behaviour. Some people may develop significant anxiety after an unpleasant or embarrassing social situation.

There are some adverse effects or complications as a result of social anxiety. These include low self-esteem, hypersensitivity to criticism, low academic and employment achievement, isolation and difficult social relationships. Social anxiety has its negative effects, however, it is treatable. Some treatment methods include: eating a healthy, well-balanced diet; getting physical exercise or be physically active on a regular basis; participating in social situations by reaching out to people with whom you feel comfortable; and keeping a journal to track your personal life can help you and your mental health professional identify what's causing you stress and what seems to help you feel better.

Below is a bar graph to illustrate the social demographic characteristics of adolescents who suffer from social anxiety.



CITATIONS

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<https://www.mayoclinic.org/diseases-conditions/social-anxiety-disorder/symptoms-causes/syc-20353561>

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TEMA INTERNATIONAL SCHOOL

CULTURE



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



EDUCATION FOR A BETTER WORLD



CAS-SA Corner



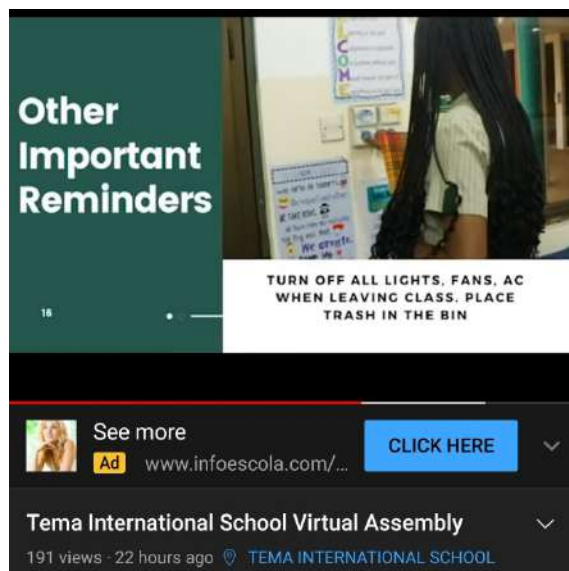
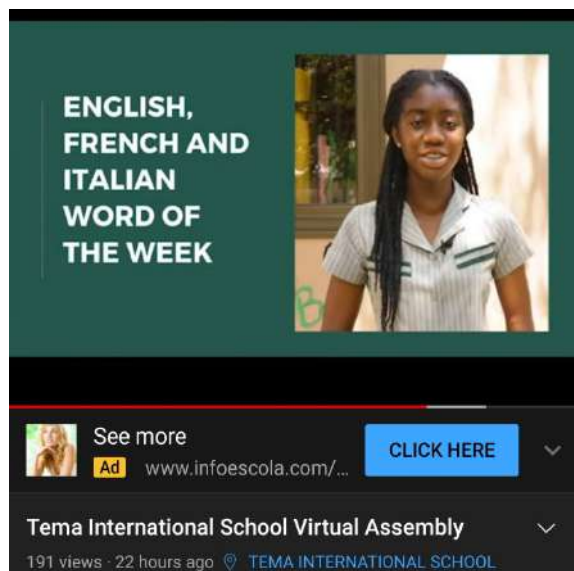
Kindly find attached the **Virtual Assembly** led by **Team 2**.

Watch out for the Colour Group scores, Newbie teachers' favourite TIS meals and snacks, and the "Important Reminders Segment". Brilliant!!!!!!!!!!!!!!!!!!!!!! Well done Team 2.

If you like to **participate** in the next **Virtual Assembly/28 September**, kindly contact *Rudolph, Kelvin or Cynthia*, G12.

We appreciate your feedback. *Kevin* - G12, Leader of Team 1

<https://youtu.be/iIsvxx2NYk8>



CAS Project – Sign Up and learn how to bake with us

CAS PROJECT 2021
INITIATED BY: NICOLE & NANA A. KUSI

SWEET TOOTH CORNER

*– Learn how to bake tasty treats
and sweets ; at a cool price (30
cedis for a day session)*

OPEN TO ALL GRADES !!!
(BUT MAX 3 STUDENTS PER GRADE)

SIGN UP DATES TO BE
COMMUNICATED SOON !!!

CAS Project - Sweet Tooth Corner



Aim: To teach TIS students the art of baking different treats, from cakes to pies and cookies; giving them a new sense of cooking and for them to learn to appreciate the art of baking.

Co-initiators: Nicole Aggrey-Fynn and Nana Appiah Kusi.

Members: Essilfua Ansah, Adeline Adjei, David Safo, Cyril Davis and Awurabena Ahenkorah.

CAS Strands: Creativity and Service

Type of Service: Direct

Learning Outcomes: Identify own strengths and develop areas for growth.

Demonstrate that challenges have been undertaken, developing new skills in the process. Demonstrate how to initiate and plan

a CAS experience. Show commitment to and perseverance in CAS experiences.

#Personal Project – EXPRESSART - Click on the link below and Sign up:

<https://forms.gle/VN7oqMcGAem2XKzz8>



#PERSONAL PROJECT

PERSONAL PROJECT

XPRESART

PRESENTS

**A FUN AND
COLOURFUL
LETTERING
EXPERIENCE**

BY SEFFIRINA MASOPERH

DATE: 25TH SEPTEMBER, 2021

VENUE: DESIGN LAB

TIME: 10 AM - 4 PM

REFRESHMENT & MATERIALS INCLUDED

ASA Corner

The **After-School Activities** allow you to explore your strengths, areas for growth, and talents outside of academics. These activities meet the requirements for the **DoEIA**, if you are a participant of either **Bronze, Silver or Gold**. These activities are also considered as CAS Experiences. Every DP student must engage in a series of CAS experiences throughout their two-year journey.



Let me give you an example of how **ASA** meets the 3 strands of CAS:

Creativity – School Play, Macramé, Art and Craft, School Choir, Cooking, Young Authors, Cosmetology, Gift Wrapping, Bead Making, Brass Assemble, Pop Band, Puppetry Theatre, Photography, Creative league, Art and Craft, GardenHolics, Insight TV, Reading Club, Lettering, and any experience with a creative process that is an original idea, showcase and challenge thinking skills and expression, develop talents and make use of imagination.

Activity – Squash, Table Tennis, Badminton, Tennis, Athletics, Swimming, Board Games, Individual or team fitness plan, individual or team sports, morning walks, yoga, and experiences that promote daily healthy habits.

Service – A community project initiated or carried by you, Weekly Assembly, Interact Club, Red Cross, Students' Articles in the Bulletin, Event's organizers, Peer Buddy Leader, Council Executives, leadership responsibilities in the hostel. Class Reps, Leaders of Clubs or Events. All projects which a Service-oriented and respond to an authentic need, it's unpaid or a voluntary exchange, shows initiative, reasonability and accountability. ASA have started and students are doing wonderful and magical, so what are you waiting for? Do sign up with your various activities' patrons.



All students' who haven't sign up to kindly do so and there are still vacancies for these activities: Gift Wrapping; Interact Club; E-Commerce; Sign Language Club; Young Authors Bead Making; Macrame, Art & Craft.

After School Activities

Have you signed up for your ASA? If not, reach out to the CASSA team at the Project Centre and sign up. Check the ASA time table below, there are few activities still open.

| ASA – After School Activities – Semester I | | | | |
|--|--|-------------------------------|--------------------------|----------------------------------|
| DAY 4:15 – 5:15PM | ACTIVITY | INSTRUCTOR/PATRON | VENUE | VACANCY /GRADE |
| MONDAY | School Play – The Legend of Akusika | Ebenezer Asime | Black Box | Auditioned Students – All grades |
| | Piano Lessons | Mr. Wisdom Abutiate | Music Room 2 | Individual lessons – All grades |
| | Debate Society | Louis Welagamo | C31 A3 | 30 Ss – G9 – G11 |
| | Badminton & Tennis | Sports team | Sports Complex | All grades |
| | E-Commerce | David Difie | Media Room | 10 Ss – G10 – G12 |
| | Cosmetology | Ms Abigail | Strands Salon | 10 Ss – G9 – G12 |
| | Bead Making | Grace Tsakpo | Design Lab | 10 Ss – G7 – G9 |
| TUESDAY | School Play – The Legend of Akusika | Ebenezer Asime | Black Box | Auditioned Students – All grades |
| | Innovation & Entrepreneurship | Mr. Sampson & Ms Abigail | Project Centre Cafeteria | 10 Ss – G9 – G11 |
| | Squash & Table Tennis | Sports Team | Sports Complex | All grades |
| | MUN | Ben Darko & Emmanuel Sampson | C12 IS4 – Virtual | 50 Ss – All Grades |
| | Cello & Double Bass | Enoch | Orchestra Room | All grades |
| | Brass Ensemble | Borsah | Music Room 3 | All grades |
| | Gift Wrapping – Gift wrap adds a beautiful personal touch to the art of gift-giving. Explore your creativity | Grace Kabukie | Design Lab | 8 Ss – G7 – G9 |
| | School Choir | Mr Wisdom Abutiate | Music Room 2 | All grades |
| | EdTech Club – Beginners | Jerry Darko - Philemon A | IT Lab 1 | All grades |
| | EdTech Club – Intermediate | Dennis A - David D - Castro D | IT Lab 2 | All grades |
| | EdTech Club – Advanced | Eric F - Hayford G - Abass T | Ma 2 | All grades |
| WEDNESDAY | School Play – The Legend of Akusika | Ebenezer Asime | Black Box | Auditioned Students – All grades |
| | Reading Club | Aurty Sotor | Learning Centre | 24 Ss – All grades |
| | Table Tennis & Badminton | Sports Team | Sports Complex | All grades |
| | Cello & Double Bass | Enoch | Orchestra Room | All grades |
| | Insight TV | David Difie | Media Room | 15 Ss – G9 – G12 |
| | GardenHolics | Grace Kabukie | Project Centre Garden | 8 Ss – G7 – G10 |
| | Art & Craft | Mama Su | Design Lab | 8 Ss – G11 – G12 |
| | Lettering – The art of drawing letters | Mr Fayamo Fataw | Design Lab | 8 Ss – G7 – G9 |
| | Bead Making | Grace Tsakpo | Design Lab | 8 Ss – G10 – G12 |
| THURSDAY | School Play – The Legend of Akusika | Ebenezer Asime | Black Box | All grades |
| | Pop Band | TBC | Music Room 3 | Individual Lessons – All grades |
| | MUN | Ben Darko & Emmanuel Sampson | C12 IS4 | 50Ss – All grades |
| | Brass Ensemble | Borsah | Music Room 3 | All grades |
| | Interact Club of TIS – Meeting 2 x Month | Grace Kabukie & Gilda | IS1 | 22 Ss – All grades |
| | Cookery | Sophia Dumakor & Abigail | Project Centre – Kitchen | 8 Ss – G10 – G12 |
| | Tennis & Squash | Sports Team | Sports Complex | All grades |
| | Cello & Double Bass | Enoch | Orchestra Room | All grades |
| | Lettering – The art of drawing letters | Mr Fayamo Fataw | Design Room | 10 Ss – G10 – G12 |
| FRIDAY | School Play – The Legend of Akusika | Ebenezer Asime | Black Box | Auditioned Students – All grades |
| | Board Games, Chess, Scrabble | Student Council TBC | Tuck Shop/Hostel | All grades |
| | Athletics | Sports Team | Sports Complex | All grades |
| | School Choir | Mr Wisdom Abutiate | Music Room 2 | All grades |
| | Creative League | Rahman and Theophilus Owusu | Visual Art Studio | 15 Ss – All grades |
| | Beat Maker – Composing beats and melody | Kelvin Ahiakpor | Music Room 3 | 15 Ss – All grades |
| | Photography | David Difie | Media Room | 10 Ss – All grades |
| | Puppetry Theater – a form of theatre or performance that involves the manipulation of puppets | Mama Su | Design Lab | 8 Ss – G11 |
| | Cooking with Auntie Grace | Grace Kabukie | Project Centre – Kitchen | 8 Ss – G7 – G9 |
| | Friends of the Zoo | Edem Amenuo | General Science Lab | All grades |
| Your time/ONLINE | Young Authors | Dr Ken Darvall | ONLINE | All grades |
| SUNDAY 4 – 5 PM | Swimming Club | Dr Ken Darvall | Pool – Sports Complex | All grades |

Service Projects – An opportunity for Service as Action and CAS Students to develop their Service projects within the community.

Discuss the project logistics with your coordinator or supervisor. Safety is our priority and more so in these times of COVID-19. If you are going into the community, it is mandatory to observe all the protocols such as wearing of masks, social distancing.

Check the list of NGOs you can collaborate for the purpose of Service learning projects at the CASSA office.

CAS projects: G11 & G12 Students must submit the Project proposal form to the CAS Coordinator.

Red Cross Club: Meetings once a month for all those who are certified by Red Cross Ghana Society. Sign up for the 4-day online workshop. Date and time TBC

Patrons: Mr. Hayford Gyasi, Messier John Mensah and Abigail.

Performance/School Event organisers: Open to all students. Look out for opportunities on the Notice Board, Bulletin or ManageBac

Workshops: Opportunities will be shared on the Weekly Bulletin – CASSA Corner and ManageBac. You will learn valuable skills in these workshops. Don't miss out.

DoETA – Dukies: Kindly follow up the Dukies Group on ManageBac for updates. To register for **Bronze, Silver or Gold Award Level** contact **Mr. David D** – david.difie@tis.edu.gh

All students are expected to participate in at least 3 After School Activities 4:15 pm – 5:15 pm. Sign up with the activity patron/instructor.

Commitment and Balance are essential.

MB* - ManageBac

Ss* - Students

Service as Action Experiences



Litter Management by Leslie Dake

Have we ever contemplated on how our society would be like without litter? We tend to throw any piece of trash at our disposal on the ground not thinking about that small piece of trash finds other trash which later builds up into a pile of filth in our landfills and waterways. Littering is gradually becoming a common problem in many cities around the world and soon we may all suffer the consequences of our own actions. As part of my Service as Action project, I wish to bring to our attention to the importance of keeping our school clean.

We are responsible for our school because it is our second home and a clean school may foster a safe environment for learning and increase engagements in activities. Know that the easiest way to prevent littering starts with YOU. Picking a little piece of paper when you chance on one and throwing your trash away the right way is a simple way to promote a cleaner planet.

At home, when you put your garbage outside on the street for pick up by the garbage company, make sure to secure the trash using a bin bag for the trash. Lots of trash usually flies off from the garbage truck which ends back into the streets and consumed into the environment. Let's have lids on our trash cans to always secure the litter. We are responsible for each other. Let's respectfully remind our cousins, siblings, parents to desist from throwing trash outside the window of a driving car. Let's keep our snack litter in the car until we get home and dispose it off properly.

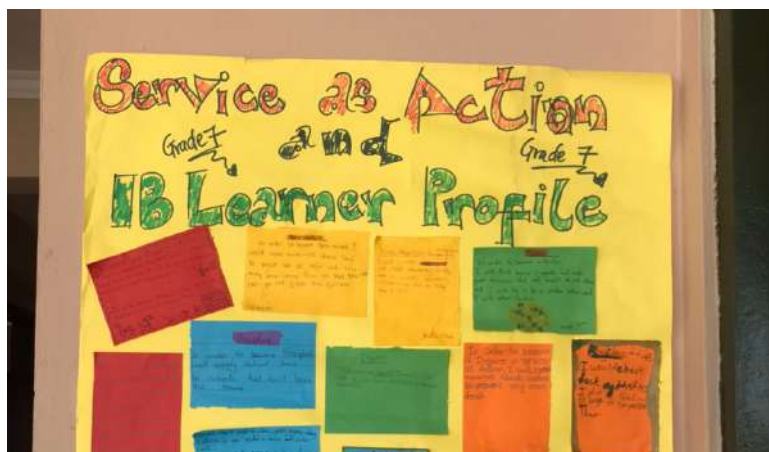


Furthermore, if someone is not picking up after themselves, then remind them to do it as it does not take that much effort to throw away their trash. Second, do not leave it for someone else to do it just because "it is their job" or "that is what they are getting paid for." Those are no excuses. If people see you picking up after yourself that might motivate them to do the same as well.

Let's all come together to build a litter-free environment to promote a healthy lifestyle. I have printed posters around the school to continually remind us to do the right thing. I have plans of visiting the Grade 3 class at the PYP to engage them in a littering colour session and give each a badge inducting them into the no littering mindset.

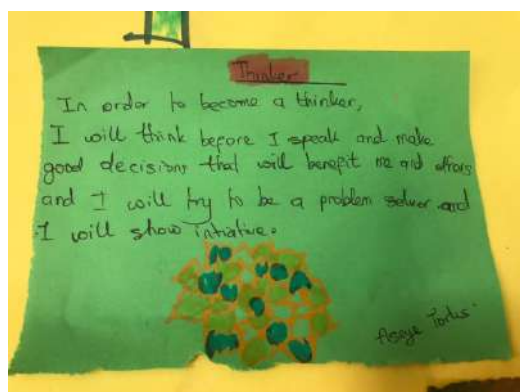
Be part of the Solution not the Pollution!!

Service as Action and the IB Learner Profile



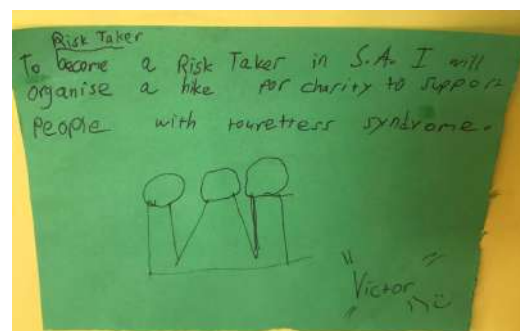
The Grade 7s have been introduced to Service as Action this academic year. They understand the importance of connecting their classroom learning to real-life situations in order to gain a deeper understanding of the concepts they are learning in class. They are enthusiastic to learn that they can create change and make a

difference with the resources available. The IB learner profile attributes are qualities that serves as a guide to prepare IB students to make exceptional contributions in and outside of school.



With the incorporation of the ATL skill, critical thinking skills, students were tasked to connect an IB learner attribute (by picking) with Service as Action. Students were asked to think wide and dream big. Read some fantastic ideas suggested on how students intend to embody a learner attribute through a service as action experience.

To become a Risk-taker in Service as Action, I will organize a hike for charity to support people with Tourette syndrome. – **Victor Quainoo, G7**



To become a thinker, I will think before I speak and make good decisions that will benefits me and others by becoming a problem solver and show initiative. – **Aseye Torkornoo, G7**

To become a Communicator, I will create a translator club to support new international students all over the world. – **Crissy Amey, G7**

To become Caring, I will create a shelter for homeless people on the streets. – **Vania Stephens**

In order to become Knowledgeable, I will create awareness about Child Abuse by designing a website and making videos. – **Adlynn Mate G7**

To become an Inquirer in Service as Action, I will find out about new symptoms of Corona Virus and create awareness to help reduce deaths. – **Rose Armah G7**

In order to become Open-minded, I will become a student council representative so I can engage with all students across grades. – **Antonio Osei-Agyemang G7**

In order to become Reflective in Service as Action, I will think about my past activities and learn ways to improve them. – **Manuel Borlabie G7**

In order to become Principled in Service as Action, I will design a machine to test the integrity of students in situations. – **Ewen Sevor G7**

After School Activities – Gardenholics



Remember us? We are back like we never left. It's time to beautify our spaces and eat what we grow. Join us, the *Gardenholics*, as we turn trash into treasure and share with you all the processes of our growing garden. Every good procedure starts with preparation, so today we gathered some old tomato cans from our school kitchen and prepared them to become pots and home for our plants. As part of our recycle and ignite team spirit, we painted the cans to represent our Inter-colors. To promote aeration and free flow of water, we made holes beneath

our cans and dried them ready for the purpose of planting in the coming week.



As a starter we plan to grow herbs. We believe it will be easy to take care of them. Some repel insects, and we can also learn about all the health benefits associated with them. Our CAS coordinator, Mrs. King, is our inspiration as she is a true *Gardenholic*. She is happy to share some of her plants and have some sessions with us on how to beautify the CASSA garden. We are looking forward with so much

enthusiasm.

Stay tuned as our wonder begins to unfold.

Meet the Gardeners, *Mawunyo Anastui (G10)*, *Imani Webb (G10)*, *Paris Owusu (G8)*, *Eliana Essel (G8)*, *Mercedes Armah (G10)*, *Maame Akosua Osei (G8)*, *Senanu Ahlidza (G9)*, *Kiros Essilfie (G8)*, *Crissy Amey (G7)* and *Vania Stephens (G7)*.

Cooking With Aunty Grace – Easy Fluffy Pancakes

Last Friday the first cooking class was yummy!!! The chefs from Grades 7 & 8 prepared sumptuous pancakes with apple and honey toppings. Don't worry if you missed a taste, check out the recipe below. If not too sure, ask the mini chefs how to go about it.



Ingredients:

- 1 cup all-purpose flour, (spooned and leveled)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 2 tablespoons unsalted butter, melted, or vegetable oil
- 1 large egg
- 1 tablespoon vegetable oil
- Assorted toppings, such as butter, maple syrup, confectioners' sugar, honey, jams, preserves, sweetened whipped cream, or chocolate syrup

Method

- In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
- In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).
- Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half and moisten with oil; carefully rub skillet with oiled paper towel.
- For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).
- Cook until surface of pancakes has some bubbles, and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and
- Serve warm, with desired toppings. When using apples, soak in salt water to prevent browning.



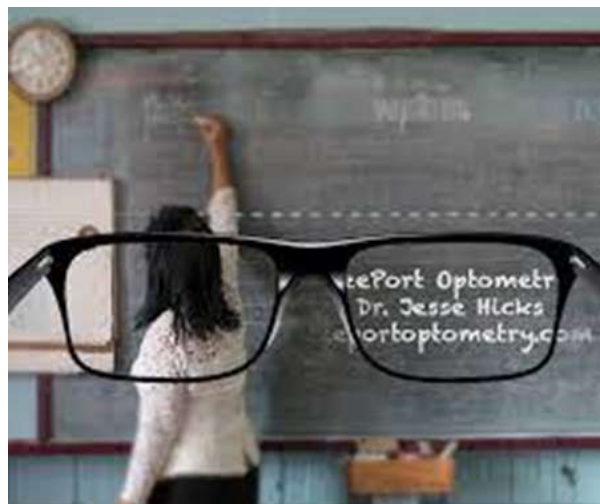
Reference

Martha Stewart. 2021. *Easy Basic Pancakes Recipe*. [Online] Available at: <<https://www.marthastewart.com/338185/basic-pancakes>> [Accessed 15 September 2021].

Meet the Mini Master Chefs



CAS Project – Opportunity – SAVE AN EYE Initiative



Hello Everyone,

My name is **Essilfua Ansah**, I am a Grade 12 student and the Initiator of the **Save an Eye CAS Initiative**. For those who are not aware of this project, here is a brief overview.

The **Save an Eye Initiative** is a CAS project spearheaded by me and co-directed by Cyril Davis, Nuna Folie and Janelle Owusu. The main aim of this Project is to provide eye screening and medicated glasses to deprived students. We worked with the **Tetteh Ocloo School of the Deaf**, which was a very emotional experience; considering the situation these children found themselves in. Aside being deaf and dumb, some had serious eye problems, whilst others needed some medication to clear their eyes. Fortunately for us, with the support of **Doctor Daniel Bosiako Antwi** and his dedicated team from the **New Crystal Hospital** in Ashaiman, we were able to screen a total of 169 students, from which 55 of them were provided glasses and 100 were given medication.



My team and I would love to pass on the baton to six passionate and committed students. If you would like to be a part of the next batch of leaders of the **Save an Eye Initiative**, kindly email Mrs Surama King, our CAS Coordinator surama.king@gmail.com. Students who are short listed will have an interview with the current team, **Cyril, Nuna, Janelle and myself**.



Criteria

- Must be a student in Grade 11.
- Must submit a short write up of 200 words on why you would like to be part of this project.
- Must have some knowledge on the project

and its whereabouts. Those who read previous bulletin were our project was feature. ☺

- Understand the importance of the project and have ideas on how to execute.

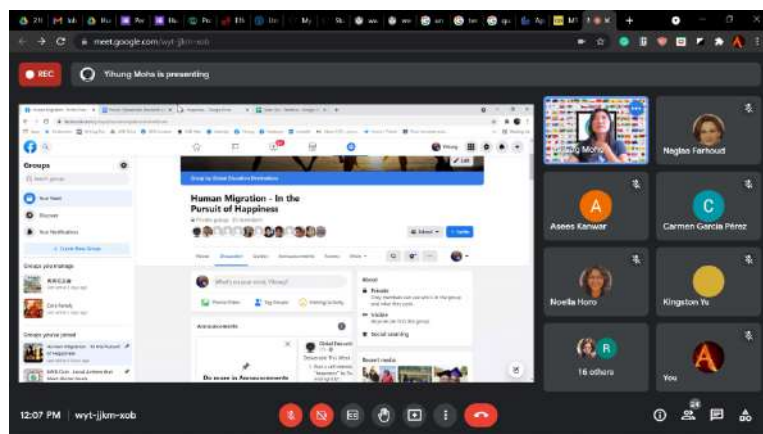
CAS Experience

Buddies without Borders - Immigration Laws

Learning Outcomes achieved: Increased my awareness of my own strengths and areas for growth, undertaken new challenges, engaged with issues of global importance, developed new skills

IB learner profile attributes: Open-minded, communicator, inquirer, reflective.

CAS Strands: Creativity



The **Buddies without Borders** program pairs international students each semester based on their personal preference. The benefits of this program are to have cultural exchanges, conversations and friendships, as well as improve collaborative, research and communication skills. I joined this program on July 18, 2021 as gaining **CAS**

experience but I ended up gaining much more than I expected. The theme for this forum was **Tackling Immigration Problems** in our assigned country.

The **Buddies Without Border Forum** was a nice and smooth experience for me, especially since I underwent it during vacation so I didn't have the struggle of balancing out the forum with my school work. The first meeting was just an introduction into what the program was and as well as how the Facebook group works, 'announcements', 'participants', 'groups' and how to acquire various documents and sources that we would need for the forum.

After the introduction, we starting breaking out into our groups for the forum. It was here where I first introduced myself to my teammates, Marwa, Victoria, Cianna and Bogna. I was the only male on my team. Our team name was Zest Manifest, which mean "happiness manifest" because zest means happiness.

After this meeting, we were given the task of posting a little self-introduction of ourselves, listing our names, the country we are from, hobbies and also our own opinion about happiness. It was through this task that I got to learn about the other participants in the forum and also interact with them. We were also expected to ask and answer questions based on the point of views of the other student. We expected to post all of this on the Facebook group.

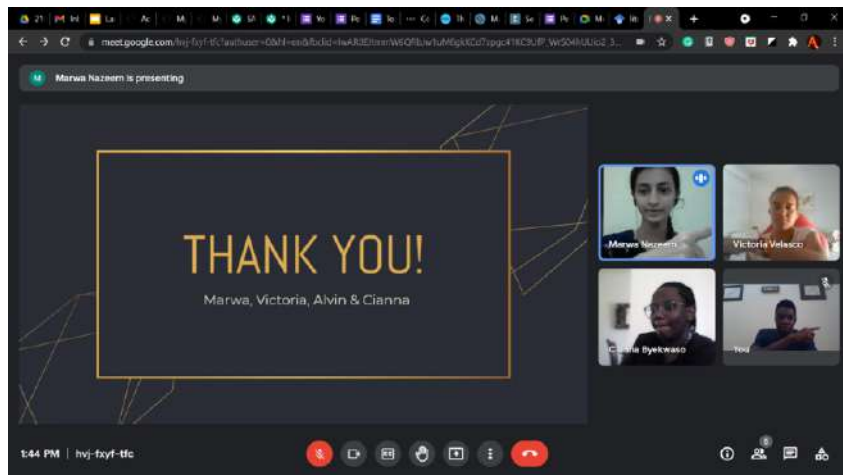


CAS Experience

The Second is when we were given our task to make a Landscape presentation on our assigned country, Israel. We looked into Israel's immigration laws, security, economic standing and current challenges. My teammates Marwa and Cianna presented for our group while the rest of us listened to the other group's presentation.

Throughout the forum, we received many tasks. The first one, we had a week to prepare and we always presented our findings during the global sessions on the weekend. The second task was to put forward the problems our assigned country is facing and propose possible solutions for said problems. There were different roles in each group; one is the host and others are consultant. The hosts were the ones who hosted the breakout rooms and presented for their group. Other than that, there was the creative, sustainable and fairness consultants. I was the sustainable consultant for my group and my job was to make sure the solutions presented by the other groups were sustainable. Our last and final task was to find one major problem our assigned country was facing and come up with creative and sustainable solutions to solve these problems.

Overall, it was a very good learning experience for me because it really opened my eyes on the problems going on in the world right now. I was also able to improve my research, collaborative, and communication skills. It was also a fun experience because I was able to meet new people and gain new friends. I would recommend the forum to anyone because it is very insightful and it can make you more open-minded, you will also get to meet new people and make friends from different countries. Last, it would make a great CAS experience.



Alumni Corner – IB Class of 2012

Abena Opeibea Anie-Budu – IB Class of 2012 – Catherine Hostel - Yellow Outeniqua



Abena Opeibea Anie-Budu is an Executive Assistant at MEST Africa and the Founder of Maiden En Agape. Opeibea has a Bachelor's Degree in Business Studies from the University of Exeter (UK), a Master's Degree in Facilities Management from Kwame Nkrumah University of Science and Technology (KNUST) and 5 years' working experience in Property Management. Over the years, she has acquired knowledge, experience and transferable skills pertaining to business operations. She has employed research and analytics to build and maintain a strong network of clients making her familiar with C-level engagements and overall client interaction.

Driven by her passion for humanity, Opeibea established a non-profit organization in June 2021 that seeks to promote good health and wellbeing and has since collaborated with other NGOs to drive social development in the Greater Accra and Northern Regions of Ghana.

Maiden En Agape has successfully launched two initiatives - 'Bread for Every Breath' and 'Thrift for Charity' which aim at reducing hunger and poverty whilst promoting equality and sustainable consumption within our communities. Opeibea aims to use Maiden En Agape to aid social development by building a bridge between individuals/corporate bodies and beneficiaries to contribute their time, talent and treasure to scale Maiden En Agape's impact.

Get Involved

Do you have gently used or brand new items to give away? Would you like to use your gifts and skills to impact the lives of others? Would you like to donate cash to support our work? Please contact Maiden En Agape on +233 55 877 8757 or info@maidenagape.org to pledge your support which can be one-off or recurring.

God bless you for your giving.

Contact details

Instagram: @maidenagape and @shop.maidenagape

Facebook: Maiden En Agape and Shop Maiden En Agape

Webiste: www.maidenagape.org

Alumni Corner – IB Class of 2012

Maiden En Agape
Acts 2:45 ESV



“

“A purposeful life

stems from making a difference and being a source of hope to others. I'm honoured to lead a team that receives gracefully, gives graciously and distributes cheerfully to impact our community.”

ABENA OPEIBEA ANIE-BUDU-**FOUNDER**

The Week in Pictures — Cosmetology, Dance, Founders' week planning, CAS Projects, Interviews, E-Commerce, Photography.....



The Week in Pictures – Dance, School Play, Drumming...



The Week in Pictures – CAS Interviews, Personal Project, Dance, Cooking...

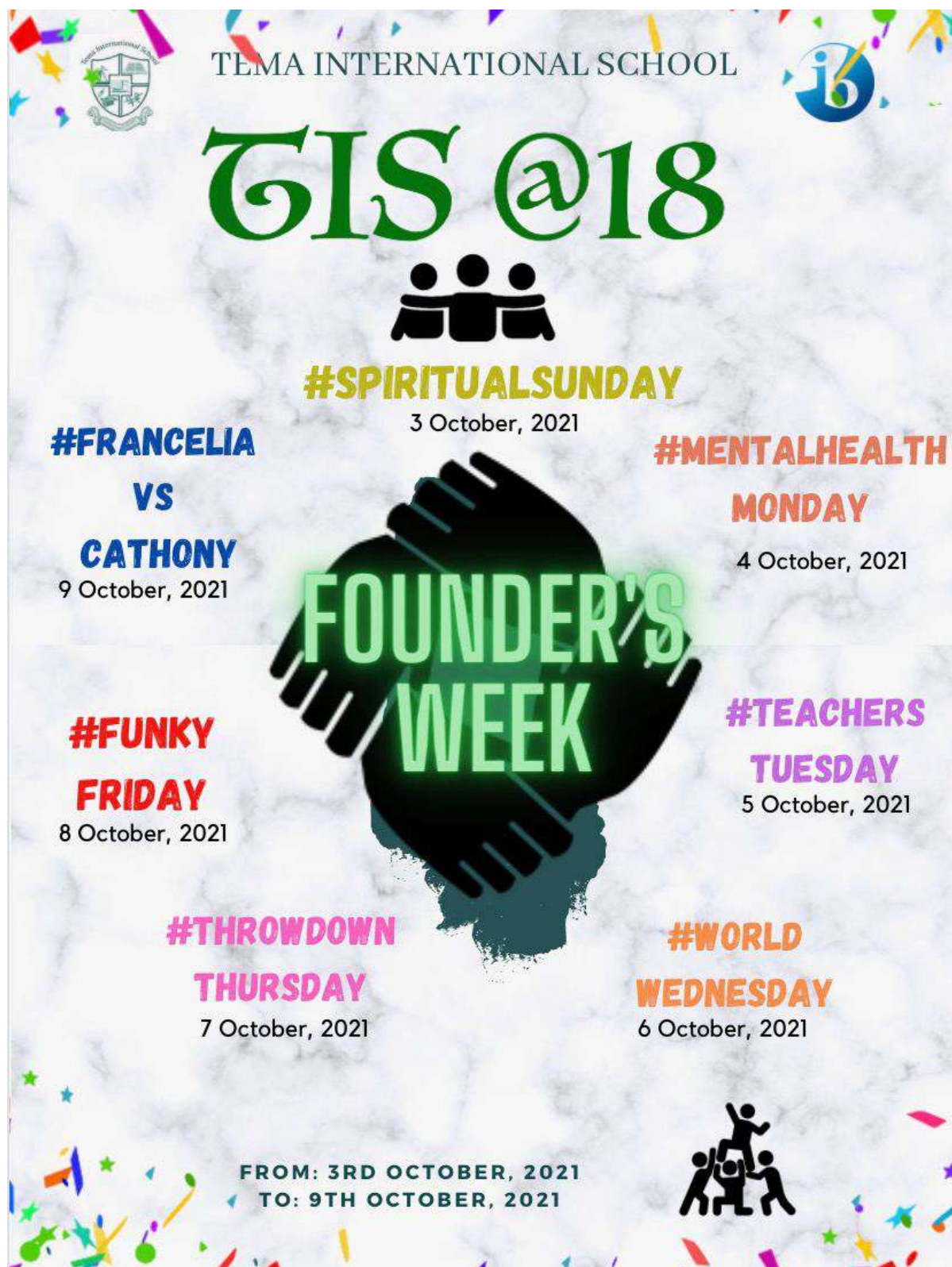


TIS @ 18 Founders' Week

We present to you: **Founders' Spirit Week, 2021**

Start preparing.... TIS @ 18... **LOADING**... More details on MB by Monday.

By: Nhyira, Ewurama, Karen Q – Leaders of the Committee



How to properly wear a face mask





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TEMA INTERNATIONAL SCHOOL

SERVICE



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



EDUCATION FOR A BETTER WORLD

“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Stephen Covey

To Do List

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

COUNSELLORS' CORNER

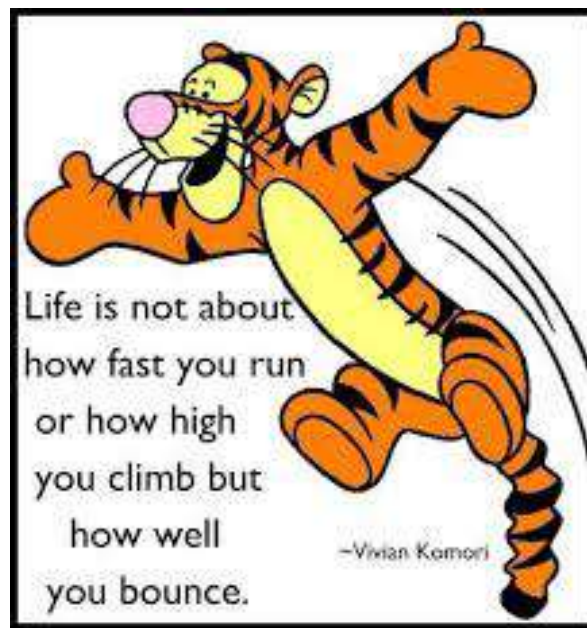


Undoubtedly, the strong family support system in TIS is to cheer our cherished students all the way to **THE TOP**. Dear students, just keep focus and when you feel tired, talk to any of us. We are here for you, but don't forget to **KEEP GOING AND SOAR HIGHER!**

Grade 10/MYP5 Lesson Plan - Character Trait



Planned out guidance lessons are meant to give students that solid foundation and the cushion to be prepared and future-ready in an ever changing world. The topic, resilience, came in handy as a key trait for survival. Simply put, **resilience ,or as others call it, grit**, is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as failing a test or exams, missing a leadership position, family and relationship problems. It means having the spirit and willpower to "bounce back" from difficult experiences and reaching your goals. <http://www.davedgren.com/2018/06/the-best-way-to-build-resilience-in.html>



Want to be Resilient? Quick Helpful Tips

- ✓ You can't change the fact that highly stressful events happen. Talk to a supportive family member, parents, guardians, good friends, or your counsellors, for a shoulder to cry on and the strength to move forward.
- ✓ Be less hard on yourself. Remember you are human. Things happen, learn and move on!
- ✓ Forgive yourself and others of stressful events. You heal too!
- ✓ Take good care of your wellbeing.
- ✓ Be positive minded: good things happen in the most difficult situations.

Enjoy reading a reflection from Maadjoa Nkansah (Grade 10)

"Today's guidance class was one of the best so far. The class was very interactive and I learnt a lot from what was being discussed on the topic, resilience. Resilience is a term I found very hard to understand and put into practice, but after yesterday's guidance class, everything felt much better and I am learning about the different ways in which I can be resilient and to always motivate myself to keep going no matter what.

One thing that has stuck with me ever since yesterday's class is a quote from Thomas A. Edison. "I have not failed. I've just found 10,000 ways that won't work." Always be resilient!!

**DP2s:**

- ✓ Right about now, confirming universities, applying early or regular decision you should have checked the boxes. **A checklist has been provided to each of you to help you track your progress and completion of all major steps in the application process. Bring it along for all Guidance one-on-one meetings henceforth.**
- ✓ Parents and university counsellors are on standby to support you make that quality decision for your bright future.
- ✓ Speeding up the process always check on Managebac for university visit links and general information.
- ✓ Remind Mummy and Daddy to check and fill out the financial aid forms as soon as possible to avoid missing out on scholarships and financial aid packages free for you!
- ✓ Common App US Application- <https://apply.commonapp.org/login>
- ✓ UCAS UK Application- <https://www.ucas.com/students>
- ✓ OUAC For Applying to Canadian schools in Ontario. Opens in mid-September- <https://www.ouac.on.ca/ouac-105/>
- ✓ Ghanaian University Applications opens in January 2022
- ✓ Applications to European or Scandinavian Countries are also open. Kindly check on the university's website, confirm with the embassy if you need any specific documents. Please get them ready as well.
- ✓ Quesbridge application opened to US citizens only. With IB point of 35 and above and SAT combined score of 1260 and above, interested applicants should see their respective counsellors.
- ✓ The University of Debrecen Medical School Applications are now open. See Auntie Portia to sign up right away!

University Feature:



Tufts University is a private research university on the border of Medford and Somerville, Massachusetts. It was founded in 1852 as Tufts College by Christian universalists who sought to open a nonsectarian institution of higher learning. Tufts is a medium-sized research and liberal arts university of 6,000 undergraduate students, located on a residential campus just north of Boston. We encourage close student-faculty relationships, foster a culture of research and innovation, and celebrate the diverse experiences of our students, who are known for being intellectually playful, down-to-earth, driven, and civic-minded. Our students enroll in one of three schools: the School of Arts & Sciences, the School of Engineering, or the School of the Museum of Fine Arts (SMFA). **Tufts proudly meets 100% of the demonstrated financial need of every admitted student, regardless of citizenship status.** <https://www.tufts.edu>

Application Deadlines for Undergraduate Admissions

- Early Decision 1: November 1, 2021
- Early Decision 2: January 4, 2022
- Regular Decision: January 4, 2022
- Transfer & Resumed Education for Adult Learners: March 15, 2022



CHECK OUT MANAGEBAC FOR MORE VIRTUAL VISITS FROM TIME TO TIME.

DP1 & DP2 - Joint Virtual Session with Hamilton, Macalester, Richmond, Sewanee, and Vanderbilt Universities- USA.



Every session will provide a brief overview of each institution followed by a short college fair allowing time for individual questions.

The sessions will be offered throughout September and October as listed below:

- ~~September 13, 10:00 – 11:00 a.m. EST~~
- September 20, 10:00 – 11:00 a.m. EST
- September 27, 10:00 – 11:00 a.m. EST
- October 4, 8:00 – 9:00 a.m. EST
- October 11, 8:00 – 9:00 a.m. EST
- October 18, 8:00 – 9:00 a.m. EST
- October 25, 8:00 – 9:00 a.m. EST You can [register here](#),



Have you already heard about Virtually Orange? THE big online fair to find out about Bachelor programmes taught in English at over 30 universities all over the country. University College Utrecht will of course be there.

The event is open for students, parents, counsellor, all really, so feel free to share!

Registration is open now at <https://www.meetyoo.live/register/1/virtually-orange-2021>

In the meantime, if you would like to know more about University College Utrecht, the best place to start to find out about us is with [this video](#) that explains who we are and what we do in under four minutes and [our webinar](#) presented by a tutor/lecturer. If you would like to have a tour of our campus by one of our students you can find a video [here](#) though you can of course also visit [in person](#).



2021-2022 TEST DATES

See current and New SAT dates and Deadlines for Registration below:

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE | GLOBAL DEADLINE |
|---------------|-----------------------------------|-------------------------|
| 2 Oct. 2021 | 31 Aug. 2021 | 3 Sept. 2021 |
| 4 Dec. 2021 | 22 Oct. 2021 | 4 Nov. 2021 |
| 12 Marc. 2022 | 29 Jan. 2022 | 11 Feb. 2022 |
| 7 May 2022 | 22 Marc. 2022 | 7 April 2022 |

***Please note that there will not be any September SAT Exam this year.**

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

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



College Board Will No Longer Offer SAT Subject Tests or SAT with Essay

THIS KICKS INTO EFFECT RIGHT AFTER THE JUNE 2021 SAT TEST ADMINISTRATION DATE.

SAT without essay \$98 – Online payment only with visa/credit card.

NEW; ACCEPTABLE IDs ARE NOW THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS. <https://collegereadiness.collegeboard.org/sat/register/international/policies>



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

ACT Registration Fees (Online payments only: Visit www.actstudent.org):
ACT plus writing – TBD, without writing- U.S.\$168.50 (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.



CURRENT & NEW TEST DATES FOR ACT 2021-2022

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE | GLOBAL DEADLINE |
|---------------|-----------------------------------|-----------------|
| 11 Sept. 2021 | 30 May 2021 | 13 Aug. 2021 |
| 9 Oct. 2021 | 27 Aug. 2021 | 10 Sept. 2021 |
| 11 Dec. 2021 | 29 Oct. 2021 | 12 Nov. 2021 |
| 2 April. 2022 | 18 Feb. 2022 | 4 Marc. 2022 |
| 11 June 2022 | 29 April 2022 | 13 May 2022 |

PSAT FREE TEST MATERIALS

Hello **Grade 10s/MYP5**

The opportunity to take the PSAT test is a significant advantage.



JOIN HEATHER WAITE-PSAT TEACHER ONLINE.

FREE PREP FOR THE 2021 PSAT®

Studying for the PSAT doubles as preparing for your upcoming college entrance exams. Get started with our free resources.

[View Upcoming Lessons](#)

HEATHER WAITE
PSAT TEACHER

- ✓ Kindly note that Heather Waite PSAT Teacher is ready for you organizing helpful PSAT classes for you is free online.

These are video lessons. Click on the link to join her class <https://www.kaptest.com/study/...>

<https://collegereadiness.colle...>

- Varsity Tutors is also offering free tutorial lessons <https://www.varsitytutors.com/...>

Other links include:

- <https://blog.prepscholar.com/p...>
- <https://www.test-guide.com/fre...>
- <https://www.mometrix.com/acade...>
- <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>
- <https://www.khanacademy.org/test-prep/sat/new-sat-tips-planning/new-sat-how-to-prep/a/full-length-psat-nmsqt>

<https://collegereadiness.collegeboard.org/pdf/psat-nmsqt-student-guide.pdf>

- ✓ During guidance class, for the next few weeks, you will be allowed to use the time to practise and join the online tutorials for the PSAT. See your teachers for one-on-one support in answering sample PSAT questions during your free periods.
- ✓ The library also has in stock PSAT test materials just for you. Kindly visit the learning centre, see the University Guides and pick a book.

[test prep](#)[academic tutoring](#)[self-study](#)[free resources](#)[about us](#)[contact](#)[login](#)

Get your head in the game at Applerouth's
PSAT® Prep Rally
Free Online Prep for the PSAT/NMSQT®
September 25 - October 10

[Reserve My Spot](#)

The PSAT/NMSQT® is more than a practice test.

Your PSAT/NMSQT scores can open the doors to scholarships and also give you insight into how competitive you will be when applying to college. That's why we're kicking off the school year with FREE online prep for the PSAT/NMSQT.

- Get high-level strategies and test day tips
- Gain a confidence boost
- Practice without pressure with proctored tests
- Know how you'll score with analysis reports

LINK TO APPLEROUTH PSAT PREP SIGN UP:

https://www.applerouth.com/preprally/?utm_source=Applerouth&utm_campaign=74d190d858-AR PSAT Prep Rally All Intro 09 08 2021&utm_medium=email&utm_term=0_41a7cbffe6-74d190d858-108719677#reg-form



TEMA INTERNATIONAL SCHOOL

SPORTS



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



EDUCATION FOR A BETTER WORLD



Drawing on our years of experience running world-class summer schools, our online courses combine Oxford's spirit of excellence with the very best in future-focused learning.

At Oxford Scholastica Academy, our two-week online courses are for **bright, motivated students aged 12-18 from across the globe who are keen to get a head start on their futures** - all while experiencing the inspiring and rigorous teaching for which Oxford is famed.

Whether you dream of becoming a doctor, would like to explore Computer Science & Coding or want to learn more about Psychology, we'll have the perfect course for you.

In small classes and under the guidance of your expert tutor, you'll get **a taste of university-style learning, make friends from all over the world, and leave us ready to take charge of your future.**

“

"This week was the best. **It was truly a one of a kind experience.** I've never been more excited for a class! Thank you Oxford Scholastica Online!"

- Inchara, Politics & Debate, May 2020

94%

of students said they had greater certainty over their future academic and career choices

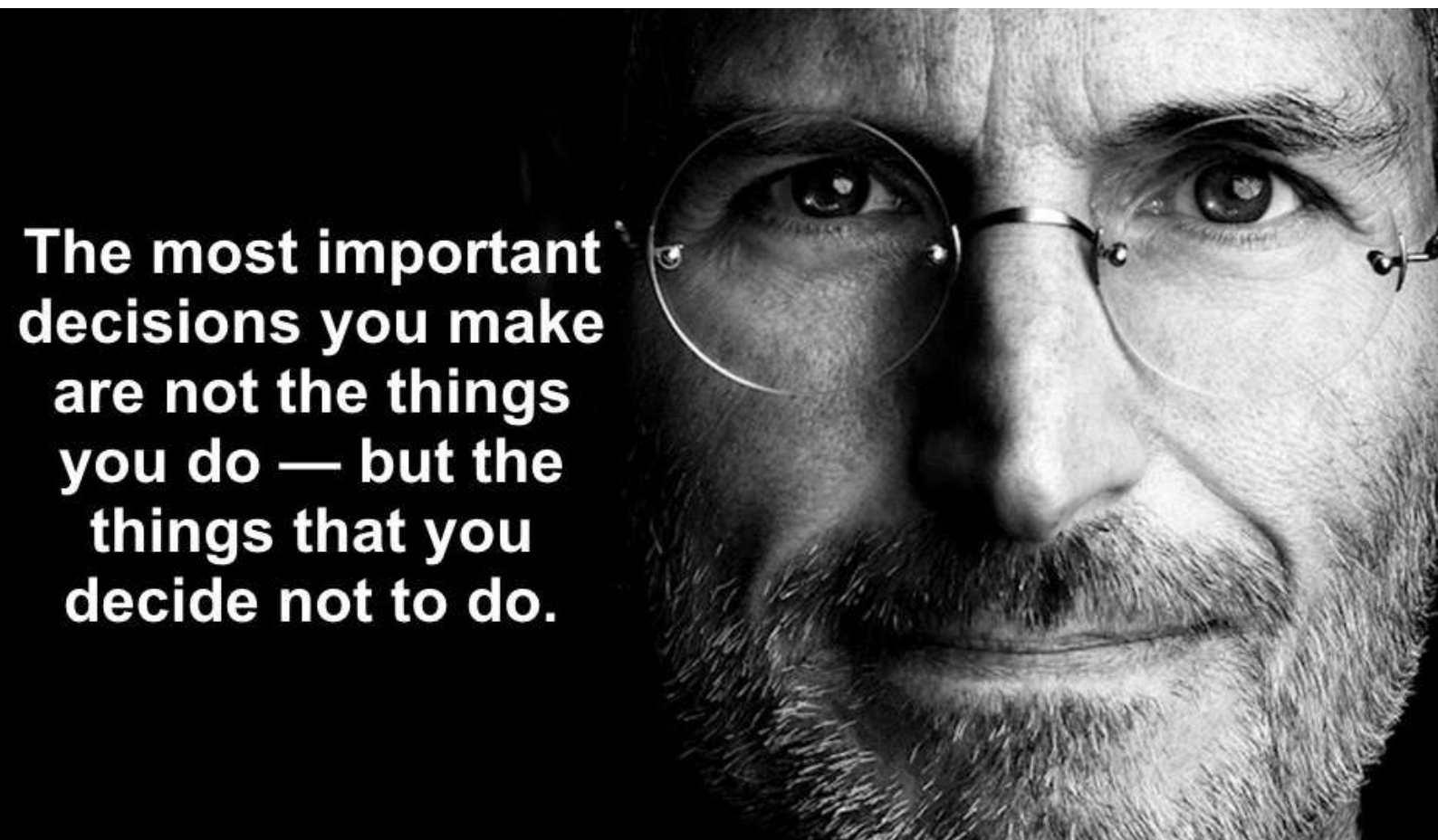
Get ahead in your future

Book your place today on one of our online courses and get **15% off** using your school's bespoke discount code:

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Visit oxfordscholastica.com to book and find out more, and follow us on [@oxford.scholastica](https://twitter.com/oxford.scholastica)

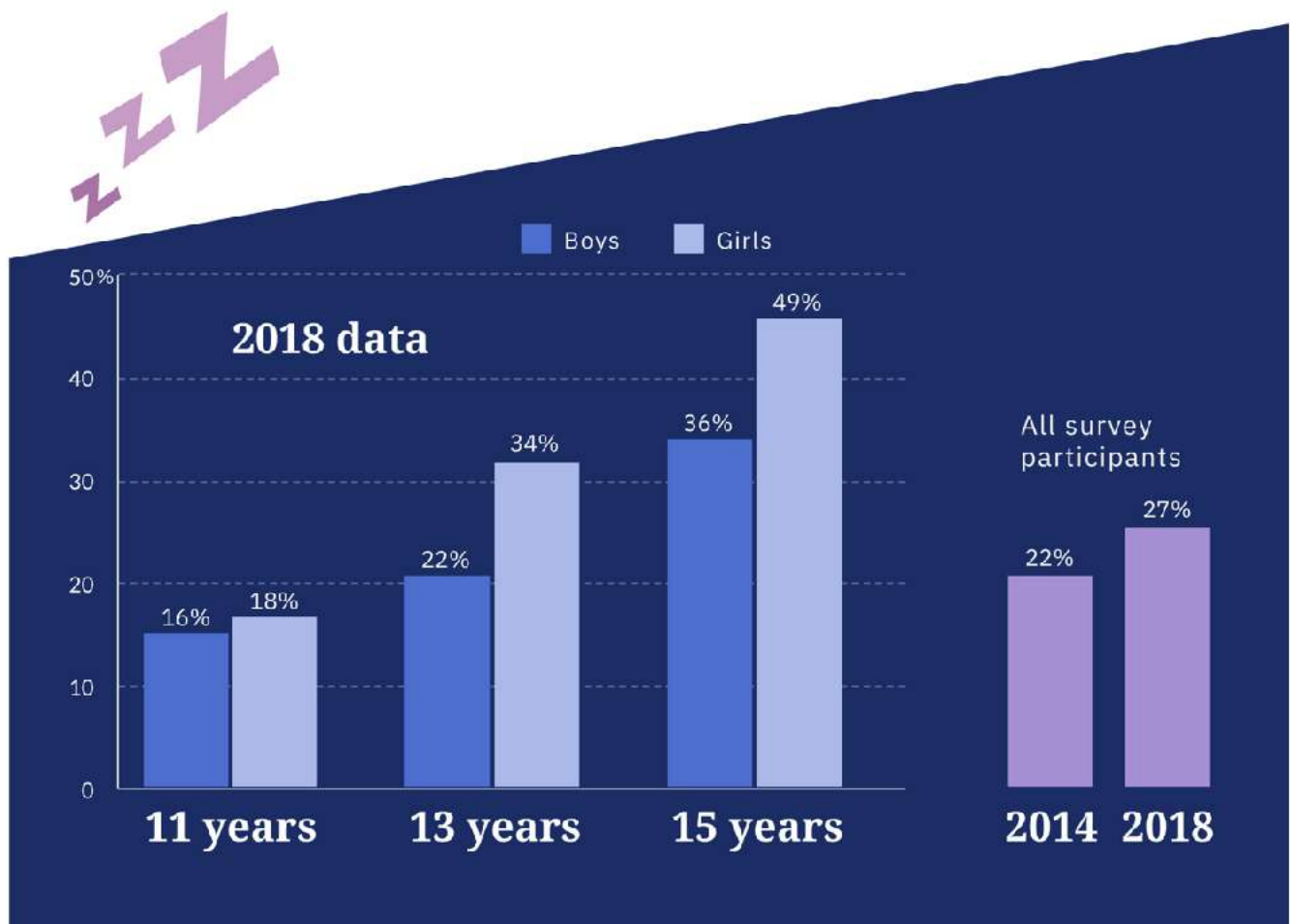




**The most important
decisions you make
are not the things
you do — but the
things that you
decide not to do.**

Sleep and schoolwork

A new Health Behaviour in School Aged Children study offers insights into the lives of 11- to 15-year-olds in England. Below are the proportions of young people who reported **not** having enough sleep to be able to concentrate on their schoolwork.



Source: Brooks, F., Klemara, E., Chester, K., Magnusson, J. & Spencer, N. (2020) 'HBSC England National Report: Findings from the 2018 HBSC study for England.' Hatfield, England: University of Hertfordshire.

Teacher

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.”**



