

TIS RECORD

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

At TIS,

we believe the four pillars for student balance and ensuing success - academics, service, sport and culture - provide a theoretical lens for inquiry, critical thinking, conceptual understanding in a real world context, through action. Across all four pillars, TIS prides itself on the opportunities and experiences that enable all graduates to develop and enhance leadership attributes and skills to make a difference and the world a better place. As leaders, we create our footprints to ensure authenticity.

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Medical Exeats

- Requests for routine appointments must be received by COB on the Monday prior to the Saturday appointment. Late requests will be held over to the following Saturday.

Thought for the Week

It's better to be boldly decisive and risk being wrong than to agonise at length and be right too late.

- Marilyn Moats Kennedy



Admissions 2022/2023

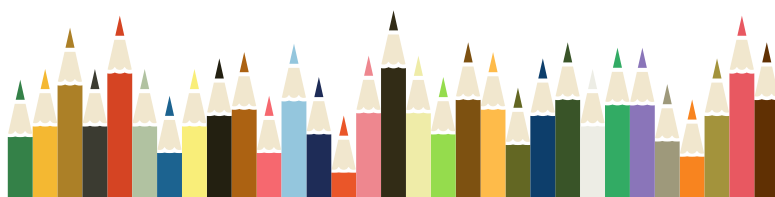
The first round admissions for the Secondary School will commence on Monday, 1 November. Applicants will complete their online test by Sunday, 7 November, and online interviews will be conducted between 8 - 18 November so that the first round admission offers are sent out on 22 November.

The second round, depending on remaining vacancies will commence in January 2022. It is unlikely that a third round will be required.

Only those applicants who have completed all parts of the application and supplied all documentation and paid the application fee will proceed to the testing stage.

To apply for admission in 2022/2023, please go to:

<https://tis.openapply.com>



"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.

Visiting Protocols

For visits during October, parents will be required to book their visit online. Please go to: www.schoolinterviews.com.au/code/8sbuj

Complete your details and click *next* to select your day and time.

Then click next to receive a confirmation of your booking. If you do not receive confirmation of the date and time, then you have not completed your booking.

Weekend times go from 1.30 - 4.30 pm (with a 5.00pm finish), while holidays and wellbeing days go from 10.00am - 4.30pm (with no visits scheduled between 12.30 - 1.30pm.)

Book early to avoid disappointment.

Immerse Education Essay Competition

The Immerse Education Essay Competition offers students the opportunity to win a 100% scholarship for one of Immerse Education's award-winning residential or online academic programmes (further information below). In the last round of the Essay competition, there were 10 full scholarship winners and 300 shortlisted partial scholarship winners selected from over 4000 entries.

Students aged 13-18 are required to submit essay responses to a pre-set question relating to their chosen subject and age group. From **Medicine, Computer Science, Physics, Engineering, Creative Writing, English Literature, and many more subjects**, there is a category for every area of interest. For further guidance and to enter, visit <https://www.immerse.education/essay-competition/> (Deadline for entry: 5th January 2022)

I appreciate your support. Stay healthy.

Dr Ken Darvall

Principal



immerse

EDUCATION

Essay Competition

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



Free entry to students aged 13-18 from around the world

Subject categories (13-15)

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

Subject categories (16-18)

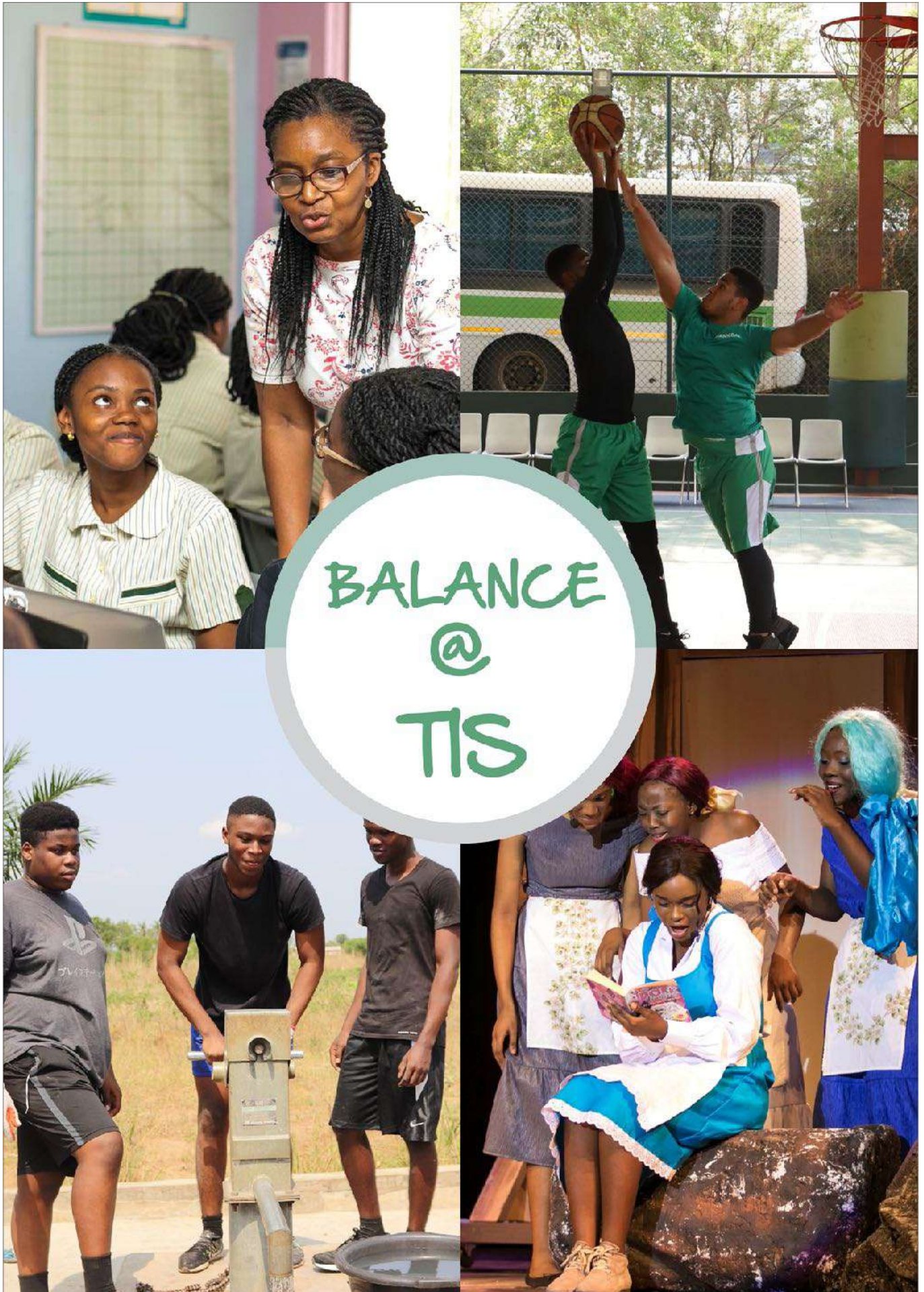
Architecture
Biology
Chemistry
Computer Science
Creative Writing
Economics
Engineering
English Literature
Female Future Leaders

History
International Relations
Law
Management
Mathematics
Medicine
Philosophy
Physics
Psychology

SCAN ME!



FOR FURTHER INFORMATION, SEARCH 'IMMERSE EDUCATION ESSAY COMPETITION'





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



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.

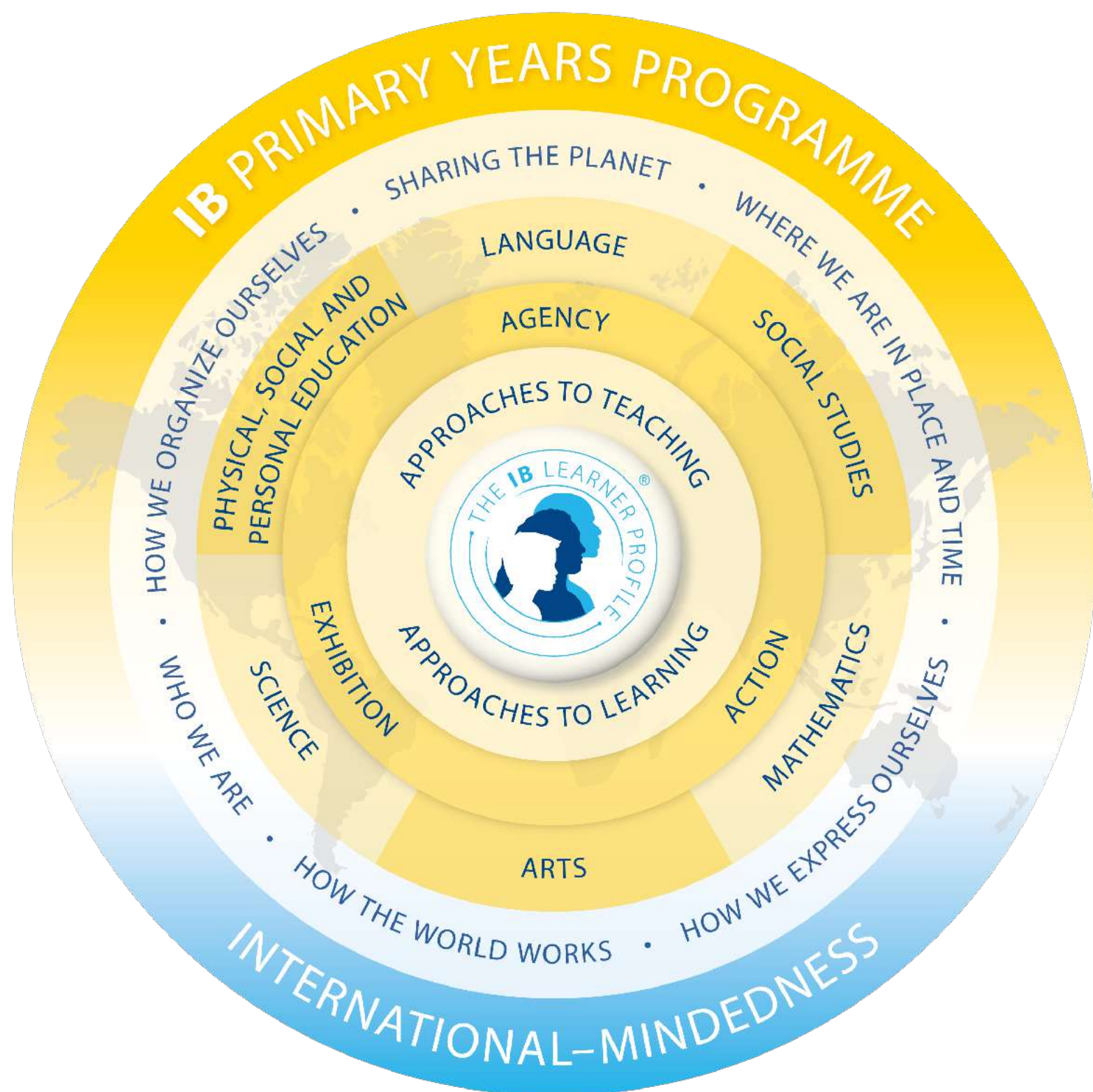


What Makes TIS Primary A Unique School



TIS Primary is a unique school because: it is a family school; we have qualified teachers; I have good friends, we have great facilities; we are good communicators; and we are open-minded.

Amewusika Tay



Learners as Communicators

The IB Learner Profile attributes are familiar to all learners in the TIS Primary School as they strive to exemplify these attributes both in and out of school. These attributes help learners to be capable and responsible for their learning, as well as prepare them for the world around them now and in the very near future.

The PYP communicator “understands and expresses ideas and information confidently and creatively in more than one language and through different modes of communication. They work effectively and willingly in collaboration with others”. Good communication is a skill we consistently encourage in all our students, starting from the Early Years.

Our students regularly deliver outstanding presentations by creating dramas and skits to raise social awareness on topical issues, making sign language videos to reach out to the deaf, creating posters about students’ timelines, leading class discussions on social issues, or composing songs to inform and entertain. They demonstrate their confidence, clarity and ability to use technology and communicate.

In this article, our aim is to highlight a variety of ways in which learners demonstrate how capable they are in the area of being effective communicators during the inquiry process.

Classroom displays and posters

As communicators, our learners are not only skilled in expressing themselves verbally but also through non-verbal ways which are significantly evident through the classroom displays and posters they make collaboratively. These speak volumes about students’ knowledge and understanding of their units which arise from the new understandings and connections they make to real-life situations.



Presentations

Our learners are always a pleasure to watch during our Unit Assemblies and Unit Celebrations, as they evidence impeccable communication skills that evidence their learning through skits, music and dance performances, recitals and interviews.

Through our student-led and 3-way interviews, learners are also presented with additional opportunities to share their learning journeys, challenges and goals with their Parents/ Guardians as they confidently share samples of their work from their E-portfolios on ManageBac and also from books, posters and classroom displays.



Grade 3 and 4 giving presentations on Time and First impression.

The Arts (Music, Drama, Dance and Visual Arts)

The arts are integral to the Primary Years Programme. Through the arts, learners get to express their creativity through music, dance, drama and visual arts. These four areas are powerful modes of communication through which our students explore, construct a sense of self, as well as develop an understanding of the world around them.

Through **Dance**, learners get to express themselves through movement. They inquire into how dance is used in both local and international cultures and contexts to convey ideas and communicate important messages to different audiences.

Through **Drama**, learners get to explore the use of facial expressions, gestures, movement and vocal techniques through role-plays, skits and pantomimes through which they solidify

their foundation on which to develop good public-speaking and presentation skills. The integration of IT in creating sound effects and soundtracks also exposes learners to video/ audio editing skills which are essential skills for modern-day learners.



Through **Music**, learners communicate uniquely through singing, playing instruments, reading music notations, songwriting and recording which have led to the creation of several amazing music productions from our very own Early Years and Primary students

Through **Visual Arts**, learners are exposed to a broad range of experiences that enable them to express their thoughts and communicate their ideas through painting, sculpture, basketry, textiles, picture-making and graphic designing.



Languages

As per the analysis of the language profiles of TIS Primary students, our learners get to learn and communicate in their own mother-tongue which includes, but are not limited to, Twi and Ewe. We aspire to include more dialects as our student population continues to grow.

To showcase our high level of international-mindedness, our learners are exceptionally diligent about learning to communicate in several internationally-recognised languages, such as French, Mandarin and Sign Language which are a constant feature in our Unit and Language assemblies.

These are shreds of evidence that our Primary School prepares these lifelong learners for the future through the development of their communication skills.





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

2021 - 2022 School Calendar

August '21						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

September '21						
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October '21						
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31						

November '21						
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December '21						
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January '22						
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February '22						
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March '22						
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April '22						
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May '22						
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29	30	31				

June '22						
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July '22						
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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;
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
26/10/21	G12 EE Cafe
25/10/21	G9/G11 Changes to Subject Selections close
13/11/21	Annual Performance
15-19/11/21	G10 end of semester exams
22-30/11/21	DP end of semester exams
30/11/21	Akorlikoe handover
1/12/21	General Inspection.
2/12/21	Last day for first semester: Students may depart from 2.00pm.
4/12/21	SAT
5-8/12/21	Dukies' Expedition
11/12/21	ACT

S2

5-6/1/22	Staff training days (5: MYP; 6: DP)
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
19-21/1/22	MYP IDU days
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
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

5-6/1/22	Staff training days (Concept-Based Curriculum)
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



TIS GOES PINK!

B R E A S T C A N C E R A W A R E N E S S M O N T H - O C T O B E R

GET CHECKED NOW.
EARLY DETECTION SAVES LIVES.



TIS GOES PINK!

It's October! It's breast Cancer Awareness Month!

We'll be focusing on Breast Cancer Awareness in the Health Corner this month. Today, we'll debunk some common myths surrounding breast cancer.

Myth 1: Breast Cancer only affects women.

False.

Fact: Although breast cancer is rare in men, it affects both men and women.

Myth 2: There is no cure for Breast Cancer

False.

Fact: There is a wide range of treatment options for breast cancer, including surgery, radiotherapy, chemotherapy and hormonal therapy. The key to management is early detection to ensure best outcomes. Many women worldwide have survived breast cancer and have been cancer free for many years now.

Myth 3: Breast Cancer is contagious

False

Fact: Breast cancer is caused by genetic mutations, and certain forms can be hereditary. A woman with a relative (especially a first degree relative) who has had breast cancer in the past may have a genetic predisposition (BRCA 1 & 2) should be screened regularly for breast lumps.

Myth 4: The only symptom of breast cancer is a lump.

False

Fact: The earliest symptoms of breast cancer are local. They include a lump in the breast, changes in the size of the breast, nipple discharges - especially bloody discharges, dimpling of the skin or ulcers on the skin. As the disease progresses it could involve the brain, lungs, liver and spine as well.

Myth 5: Breast cancer is painful

False

Fact: The lumps from breast cancer are typically painless.

BREAST SCREENING AT TIS

As part of Pink October at TIS, there would be a free breast screening exercise by the TIS Health Team for all interested Staff.

Dates : 25 and 27 October - Sonia Infirmary

29 October - Primary School Campus

Time : 10 : 00 am - 2 : 00 pm

All female staff are encouraged to turn up to be screened. Remember, early detection saves lives!

Dr Sally Yalley

School Doctor



BREAST SCREENING AT TIS

Thank you to everyone who has showed up for screening this week! Screening ends today, and we would like to encourage everyone who hasn't been screened yet to show up.

The entire TIS Family is also encouraged to wear a touch of pink, to support the awareness campaign.

Date : 29th October – Sonia Infirmary and Primary School Campus

Time : 10 : 00 am – 2 : 00 pm

All female staff are encouraged to turn up to be screened. Remember, early detection saves lives!



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

10 REASONS

WHY THE IB DIPLOMA PROGRAMME IS IDEAL PREPARATION FOR UNIVERSITY

1 IT OFFERS ACADEMIC BREADTH & DEPTH

IB Diploma Programme students are 21% more likely to be admitted into 18 of the most prestigious universities, including Harvard, Princeton, Yale and Stanford.



2 COLLEGES VALUE STUDENTS WITH MEANINGFUL EXPERIENCES BEYOND THE CLASSROOM

Creating, acting, service (CAS) encourages learning through direct experience.



3 IT'S A QUALIFICATION RECOGNIZED BY UNIVERSITIES

AROUND THE

The IB Diploma Programme is internationally benchmarked, allowing graduates to continue their studies anywhere in the world.

4 IT CREATES INDEPENDENT LEARNERS & STRONG WRITERS

The extended essay requires independent research through an in-depth study and a 4,000 word essay.



5 IT ASSESSES MORE THAN EXAMINATION TECHNIQUES

IB never teaches to the test—exam are externally assessed with no grade inflation for more than 30 years.

6 IT CULTIVATES AN INTERNATIONAL MINDSET



An international mindset is a key 21st century learning skill. Second language learning—an IB requirement—has been linked to higher achievement in school and university.

7 IB STUDENTS HAVE PROVEN TIME MANAGEMENT SKILLS

Research has found that IB students develop strong study habits and critical time management skills, key indicators of college readiness.



8 THE IB ENCOURAGES CRITICAL THINKING

Equiliteracy and interpretation are among the key cognitive properties of an IB education.



9 SUBJECTS AREN'T TAUGHT IN ISOLATION

Theory of knowledge classes encourage students to make connections between subjects and gain the skills they need to be critical thinkers.

AND HERE ARE 10 MORE REASONS...

The IB learner profile offers 10 qualities underpinning the Diploma Programme—from open-minded to risk-taker to balanced, they form a framework for an international education that meets the needs of a changing world.

www.ibo.org

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International Baccalaureate®
Baccalaureat International®
Bachillerato Internacional®



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.

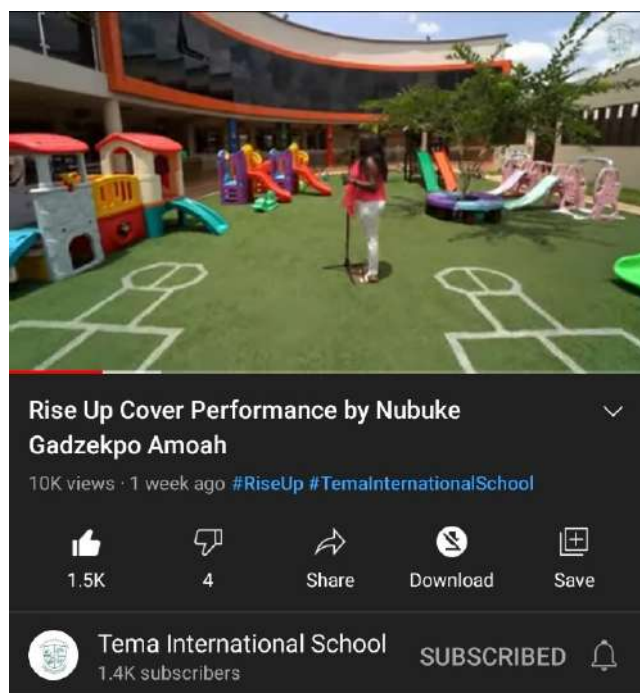
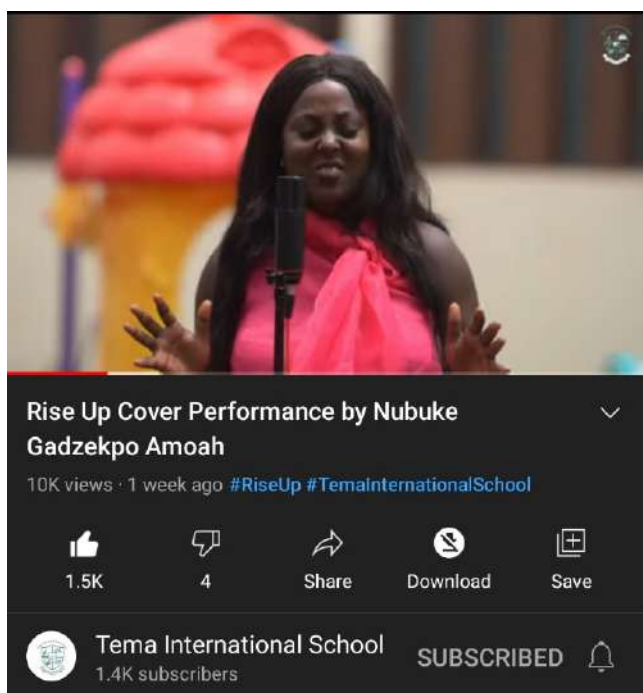
The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.

CAS-SA Corner



Check the amazing **Rise Up** cover performance by our Alumna Nubuke Gadzekpo Amoah – IB Class of 2017.

Like, share and subscribe to TIS YouTube channel. https://youtu.be/Ba4hsGI_NG0



TIS Insight TV - COUCH CONTROVERSY



The TIS Insight TV team is introducing a new show as part of their After School Activity.

The name of the show is **COUCH CONTROVERSY**.

Couch Controversy is an all-new Tema International School Insight TV talk show, where our hosts **Joshua Mefful & Seyram Awo Apreku** get to interview your favourite personalities (academic and non-academic staff, students, Alumni and Event Guests).

This show is going to be inspiring, educational, entertaining and informative.

Our first guest on this show is **Mr Gabriel Atseku**. Enjoy! <https://youtu.be/hqxP9U9PN7Y>

CAS Project – Self Care with Effie



Initiator: Maame Effie Akyere Oyemam Odamtten.

Collaborators: David Safo, Glori Yeboah and Shaniqua Akafia

CAS Strands: Creativity, Service

Learning Outcomes: Strength & Growth, Collaborative Skills, Challenge & Skills, Initiative & Planning, Commitment & Perseverance.

Self-Care with Effie

This CAS project seeks to provide

basic knowledge about skin, hair and body as a whole

Taking care of one's self is an issue I realized most teens struggle to do properly, as someone who learnt to value self-care. So, I took it upon myself with the help of other like-minded friends to help create awareness on the importance of taking the time to make our **skin, hair and body** the number one priority. Proper skin care is important because our skin is an easy access point for infections, which is why keeping skin healthy is so important to prevent such.

Stay tune to gain more facts and knowledge about our Body.

Let's learn about the different **skin** types:

Every skin is different. Therefore, it is important to know all types of skin and the conditions that may affect each one.

The type of skin is determined by genetics, although it will also be affected by other factors and can change with time.



Several criteria are used to classify the different types of skin. Thus, each type of skin will have its own characteristics and require different cares.

There are five types of healthy skin: Normal, dry, oily, combination (both oily and dry skin) and sensitive. Below we describe the main characteristics of each skin type.

NORMAL SKIN

This skin is neither too dry too oily. It has regular texture, clean, soft appearance, and does not need special care

CAS Project – Self Care with Effie



DRY SKIN

Dry skin is caused by external factors such as weather, low air humidity and immersion in hot water, and it is usually temporary. However, for some people it may occur more often and even be a lifelong condition. Since dry skin can crack leaving it more exposed to bacteria, although in general this is not serious, it may cause other skin disorders, such as eczema, or be more prone to infections if not properly managed.



OILY SKIN

Oily skin has a porous, humid and bright appearance. It is caused by excessive fat production by sebaceous glands, and usually determined by genetic and/or hormonal causes. It is frequent in adolescents and young people under the age of 30 years old and usually related with the occurrence of acne.



COMBINATION SKIN

Based on its location, it presents characteristics of both dry and oily since the distribution of sebaceous and sweat glands is not homogeneous. The area with more oil is usually the T-zone (forehead, nose and chin) while the skin on the cheeks is normal or dry.

So, what is your skin type?

In our next article, we will talk about hair and how to identify your curl pattern. Also feel free to ask any questions with any of the Self-Care team. Make your skin a priority this week.

Sources

https://www.google.com/search?q=oily+skin&sxsrf=AOaemvKM1CaD-Kw0KyNvBOoLuc3iOTd9hQ:1634844600767&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiQ08PdntzzAhX4DmMBHY8TD6EQ_AUoAXoECAEQAw#imgsrc=X3e1KsOOevtSNMhttps://www.google.com/search?q=dry+skin&sxsrf=AOaemvLhUb0dZtUP4BfYkB63B_g_2YgAqQ:1634844614388&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjH-ILkntzzAhVjAWMBHeDNBhgQ_AUoAXoECAEQAw#imgsrc=IgWG7OWOXW4dCM

<https://vedix.com/blogs/articles/what-is-your-skin-type-and-how-to-care>

CAS Project – Self Care with Effie



Normal Skin

- Balanced (neither dry nor oily)
- Blemish-free
- Non-Sensitive
- Smooth surface



Combination Skin

- Dry in some areas, oily in others
- Breaks out easily
- Irritated easily
- Occasional enlarged pores



Oily Skin

- Shiny, greasy appearance
- May have enlarged pores
- Prone to redness, pimples & blackheads
- No dry patches



Dry Skin

- Flaky, dry skin surface
- Fine lines may develop easily
- Pores barely visible
- Skin easily irritated



Sensitive Skin

- Not actually a type, but a common skin condition!
- May sting, burn or itch
- Reactive and easily irritated
- Blush or flush easily

CAS Project - Sweet Tooth Corner – Learn how to bake with us



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: Strengths and growth.

Challenges, developing new skills. Initiate and plan, commitment to and perseverance.

Each class is a surprise. We learn about ourselves and others. Some of our students join the class with no clue about baking. At the end of each class they can demonstrate their baking skills and enjoy the delicious

treats we make together. Our classes are so much fun and we get to interact with each other, as members across grades come together with one objective, to learn how to bake. So far, we have learnt how to make cookies and brownies. In the process, we also learnt about food hygiene and how we can vary the recipes, especially the cookie dough. We have two more classes to go and at the end we will choose one of the recipes and plan a Cake Sale.

When we teach a skill we get better at it. We learn collaboration skills, learn how to work under pressure, improve our communication skills and share our passion for baking. Cooking is a skill everyone must have it.

We are sharing our recipes, below, to try at home. If you have any question get in touch with us. See you at the next at the **Sweet Tooth Corner** with *Nana and Nicole*.



CAS Project - Sweet Tooth Corner – Learn How to Bake With Us**Brownies****Ingredients**

- Butter 226g
- Chocolate 226g
- Eggs 4
- Salt ¼ tsp
- White sugar 1 cup
- Brown sugar 1 cup
- Vanilla 1 tsp
- All-purpose flour ¾ cup
- Cocoa powder ¼ cup

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and line an 8-inch square pan.
2. Melt the butter and chocolate together over double boiler and set aside.
3. Combine in another bowl the sugar and eggs. Add 1 egg at a time and mix until creamy.
4. Add the salt, vanilla and chocolate butter mixture. Mix gently.
5. Gently fold in the flour and cocoa powder. 6. Bake for 20 mins. Note: Bake 4 batches of brownies.

**Chocolate Chip Cookies****Ingredients**

- All-purpose flour 3 cups
- Baking soda 1 tsp
- Salt ½ tsp
- Unsalted butter 339 g
- Brown sugar 1 cup
- White sugar 1 cup
- Eggs 2
- Vanilla 1 tablespoon
- Milk chocolate chips 10 oz
- Semi-sweet chocolate chips 10 oz

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Stir together flour, baking soda and salt.
3. In a mixer, beat the butter, white sugar, brown sugar, and vanilla until creamy.
5. Add eggs and beat until incorporated.
6. Gradually add flour mixture. Stir in chocolate chips.
7. Drop rounded spoons unto greased cookie sheet. Bake for 8 – 10 mins or until lightly browned. Cool slightly; remove from cookie sheet to wire rack. Note: Bake 5 batches of cookies.

CAS Project - Sweet Tooth Corner – Learn How to Bake With Us

CAS Project - Sweet Tooth Corner – Learn How to Bake With Us



CAS Project - Shirts For Shins



The **Shirts for Shins** CAS project was started by **Sean Ellis, Charles Opoku and Kelvin Ahiakpor**, three current Grade 12 students. The project combined our desire to help young people like us who are passionate about football. We noticed that many Ghanaian children love football, but most times they lack the equipment. We began brainstorming ideas in November 2020 and officially kick started in February 2021.

We aimed at purchasing shin guards for football lovers like us. To do this

we engaged in a fundraising activity of selling our branded T-Shirts. We did this with the help of extra members we recruited: **Wright Mawuli, Kevin Cudjoe, Abdul Bawumia, Bernard Obeng and Shaun Adjei-Sah**. Sean brought the idea to make a brand called **Anarchs** and this is what helped us market our shirts. A breakdown of the brand has been written by Bernard Obeng in the previous TIS Magazine section titled, “The battle of the brands”.

After the money added up from the sale of these shirts, it was time to purchase shin guards.

We encountered some challenges, as there was low stock at the store we purchased from and also Covid-19 restricted our plans. Through Zoom calls and occasional meetings to discuss progress, we strategised to get the 27 sets of shin guards and 3 footballs in time before coming back to school. We choose the **EYEH Soup Kitchen**, an organization that works with the street children, public schools and young orphans in Accra. We emailed Ms. Elizabeth Quashie-Idun and planned the handing over of the items.



She visited the TIS Main Campus and had a very engaging interaction with us. It was a joy to present the items to Ms. Elizabeth, she mentioned that “these are destitute people” and it was with gratitude that she received our donation on their behalf. She made mention of a lack of electricity for those living on the streets, so we had the chance to donate some Luke Solar LED light and power banks. All members took part in a reflection activity to internalize the positive effect of the project on ourselves. It is our hope that we can continue to give wholeheartedly to the society in any way possible.

CAS Project - Shirts For Shins



Kelvin - The Shirts for Shins CAS project has been an insightful one. We spent a lot of time trying to find an organization that actually needed our donations. Also my partners and I had to keep emailing organizations and keep track of our activities. Even at times during the vacation I got demotivated. This project has taught me that persistence and hard work allows you to meet your targets and also to finish whatever you start, especially if it's for a good cause.

Sean – The **Shirts for Shins** project has to be the CAS project I most enjoyed. With the idea of this project, I was able to combine my passion of designing shirts and football together. I had originally created the shirts for the sole purpose of personal benefit. I discovered my passion for artistic designing of shirts in Grade 9 and began to design basic shirts around the second semester of Grade 9. I always had my passion for football since I was a youngster. But in the sport of football, there was more to the sport than playing. Safety is something most people neglect when it comes to the sport of football. Especially in Africa, where the use of shin guards is quite low. We came together as students and friends to find a way to promote a safe way of playing football, as well as encouraging youth to take part in the sport. My personal goal was to raise awareness for the use of shin guards which I was able to do. I am truly grateful for this opportunity to carry out my dream as well as help others. I was honoured to work with such talented individuals.

Charles – The shirt for shins project was an amazing experience. I learnt a lot from this project. Especially, it taught me the essence of giving. This project helped me to improve my time management skills, as I learnt to prioritise and some of my free periods were taken for briefings with the team. It helped me to be balanced and open-minded as well. I met new people and learnt to adapt and embrace change. My goal was to help the team raise the target and donate shin guards to the youth who are soccer lovers like us.



Yelbert – The Shirts for Shins CAS project was an enlightening experience. The CAS project taught me a lot about planning. Drafting up several ideas for the brand and going about the logistics of it all was a very new process to me. It certainly wasn't easy and I came out of it with new knowledge which I can use later on in life. I feel great knowing we impacted lives inside and outside of TIS with our Shirts and our donations.

CAS Project - Shirts For Shins



Wright – The **Shirt for Shins CAS project** was an amazing experience. This experience gave me the opportunity to help the less privileged. I enjoyed putting my artistic skills to work coming up with various designs. The key skill I developed from being part of this CAS project is time management as I had to balance my schoolwork and sporting activities. I also learnt the value of persistence.

Shaun – The **Shirt for Shins CAS project** was a very interesting experience. This CAS project made me a balanced student as I had to balance this project with my school work. I also had to be a thinker, I had to come up with ideas that would help improve the project. At the end, I felt very happy knowing that the hard work of my team members and I had helped improve the lives of others.



Kevin – **Shirt for Shins CAS project** was a unique experience for me. It was my first CAS project. It really gave me a sense of fulfillment. It helped me discover potential I never expected to have. It has sharpened my promotional and marketing skills. Although it was challenging, there were no regrets.

Kwame – Being a part of this project was a life-changing experience for me. I got the opportunity to combine the two things I love, playing soccer and helping people within the community. I am glad I got the chance to also make a meaningful contribution to the development of sport, something I am very passionate about.

Abdul – The **Shirts for Shins CAS project** has taught me the benefit of identifying issues and working together to find solutions. I had the satisfaction of giving to someone who doesn't have the basic protection in the sport of football. I was very grateful to be part of a team of young brilliant minds that develop ideas into a significant project, as we share the same passion for a common game, football.

CAS Project - Shirts For Shins



Personal Project

What it is and the Types of Bipolar Disorder



Hello, it's Kabukuor (G10) again and this is a continuation of my Bipolar Disorder article series. You'll learn briefly about Bipolar Disorder and understand how it affects individuals with this mental illness.

Bipolar Disorder is recognized as manic depression. It is a mental condition characterized by extreme high and low mood swings, as well as changes in sleep, appetite, thinking, and personality. People with bipolar disorder may experience times of extreme happiness and euphoria, as well as bouts of extreme sadness, despair, and lethargy. They are people who need to be treated and spoken to with

care and attention.

Types

There are three types of bipolar disorder. Throughout all three categories, mood, productivity, and energy levels fluctuate. Such emotions may range from being extremely "up," elated, agitated, or energetic (known as manic episodes) to being extremely "down," sad, apathetic, or helpless (known as depressive episodes).

Bipolar I. Manic episodes that last at least 7 days or manic symptoms that are so extreme that the individual needs emergency medical attention is both indicators of Bipolar I Disorder. Depressive episodes are prevalent, to last around two weeks. It is usual to experience depressive episodes with a range of symptoms (depressive and manic symptoms at the same time).

Bipolar II Disorder is characterized by a sequence of depressive and hypomanic episodes rather than the overflowing manic outbursts seen in Bipolar I Disorder.

Cyclothymic Disorder (also known as Cyclothymia) is described by hypomanic and depressive episodes lasting at least two years (1 year in children and teens). Unfortunately, these symptoms do not qualify for hypomania or depression.

<https://slideplayer.com/slide/5983855/>

Types of Bipolar Disorder

- **Bipolar I (many subtypes)**
 - Must be a history of a manic episode
 - There is a history of Major Depression
 - More severe
- **Bipolar II**
 - There is a history of a hypomanic episode but NOT Mania
 - There is a history of Major Depression
- **Cyclothymic Disorder**
 - Episodes of hypomania and numerous periods of depressed mood
 - Chronic: Never symptom free

Figure 1 <https://slideplayer.com/slide/5983855/>

Personal Project

Bipolar Disorder Ambassadors in Action

Thank you to all those who volunteered to be Bipolar Disorder ambassadors. Your enthusiasm and readiness in wanting to spread awareness within the TIS community is really inspiring. In the subsequent weeks I hope you are able to fulfill all your duties as an ambassador and receive positive outcomes of your handiwork.

In the next article we will clarify some myths and misconceptions about Bipolar Disorder



TIS KASÉÉÉ- CAS PROJECT



"Specialisation is for insects."

Initiators: Deion Mitchell- Project Manager, Bernard Obeng- Dep. Project Manager, Justice Annoh- Operations Manager, Shaun Adjei-Secretary, Quophi Yelbert- Head of Public Relations

Collaborators: Nkunim Ntim-Adu – Communications Officer, Sean Ellis- Dep. Communications Officer, Charles Opoku-Treasurer, Wright Mawuli- Head culinary,

Abdul Bawumia- Dep. culinary

The **TIS Kasééé CAS project** is a drive to offer everyone a chance to participate in a highly well-known game of Foosball. Along these lines, each understudy finds the opportunity to interact with individuals that may not necessarily engage with each other on an everyday basis. Likewise, it is a road for understudies to fabricate associations around a game that is not as hard to adapt to, yet energizing. After understanding that the main game students played when they relax or get their mind off schoolwork was chess, we decided to introduce a new game. Even though chess it is an excellent and brain bowing game, sometimes, students simply need a non-convoluted match where they can simply have a good time. After various discussions, we decided to introduce a Foosball table as one more option for students who wish to unwind and have fun without thinking too critically. It's our hope that each student and staff will partake in and enjoy this game.

We are raising funds to purchase the Foosball Table, the game will be placed near the Tuck Shop. Moreover, we have effectively made our first successful stride with the selling of ice cream where we were able to raise over GHC 500, getting closer to our goal. Our next sales will be **Milkshakes** after school for a fee of 10 cedis each with additional toppings costing 3 cedis. There will be a **Noodles feast** coming soon.



As friends, we know one another well and have had the option to put each other in positions we realize we will want to develop and grow through this CAS project. Our head culinary expert Wright, for instance, is a respectable cook. This will be his first chance to cook and put his abilities under a magnifying glass, cooking to help himself and others who love food.

3 November, after school, please be at the Project Centre Cafeteria to buy Milkshakes!!!

ALUMNI Corner – IB Class of 2009

I am Yaa Gyamfuah Nsiah, a proud alumna of Tema International School, an enthusiastic member of Green Wisteria. Cecilia Hostel was my home away from. One of my fondest memories at TIS was receiving the Pastor Chris devotional on a weekly basis. Receiving those and being able to discuss them with friends were foundational in my growth as a Christian.

I continued at Drake University and the University of Denver to complete degrees in B.A. in International Relations and M.A. in International Development respectively.

I worked at Rabito Clinic from 2017-2020 and I engaged with the TIS Hepatitis B campaign and screening at TIS during the TIS 15th anniversary celebrations, the Health Walk to be precise and the Akorlikope outreach.

Currently, I work at International Justice Mission Ghana, an NGO focused on tackling issues of human trafficking in Ghana, as a Project Lead for Partnerships and I am part of the planning team for Arise 2021. To know more about Arise 2021 check the article below. Counting on your support. Do not hesitate to reach out to me directly for any questions, clarification or potential collaborations. Email: ynsiah@ijm.org Phone Number: +233 20-008-0014.

Arise 2021

International Justice Mission (IJM) has been working in Ghana since 2015 in tackling the issue of human trafficking on Lake Volta by assisting government in rescuing and restoring victims, holding perpetrators accountable, and helping to strengthen public justice systems. In addition, IJM engages stakeholders such as churches, NGOs, and community leaders to discuss strategies to combat human trafficking.

Arise 2021 is a re-brand of IJM Ghana's annual National Justice Conference and Justice Concert which has been put together as a 2-day event.

The **Conference** will bring together stakeholders from church, government, and non-governmental organizations to speak on the issue of human trafficking (child and cross border trafficking) and the role the varying stakeholders have in bringing the issue to an end.

The conference will take place at the Assemblies of God Headquarters in Osu from 8am- 2pm.

Do not hesitate to reach out to me directly for any questions, clarification or potential collaborations. Email: ynsiah@ijm.org Phone Number: +233 20-008-0014.

ALUMNI Corner – IB Class of 2009

The **Concert** will use creative arts such as music, skit, poetry recital and live painting to educate the public on the dangers of human trafficking and what they can do to support national efforts at ending it.

The free concert will take place at National Theatre on 7 November, 2021, at 5pm. Gates will open at 4pm. Due to Covid-19 protocols, there are limited seats. **Book your free ticket** online at MyTicket Ghana.

Ticket needed for entry. Kindly use this link to sign up. <https://buff.ly/3m7Vl0t>



The poster for the 'Arise' concert features a light blue background with a large blue arrow pointing upwards. At the top left is the IJM logo, and at the top right is a dark blue circle with the text 'RATE: FREE'. The word 'Arise' is written in a large, bold, blue font. Below it, the text 'A CONCERT TO RAISE AWARENESS ON HUMAN TRAFFICKING IN GHANA.' is displayed. The poster includes five portraits of the performers: Pastor Ben Rosenbush, Sheila Joy, Koda, PS. Helen Yawson, and the Bethel Revival Choir. At the bottom, a dark blue banner contains the event details: 'SUN. 7TH NOVEMBER 2021 | 5PM SHARP @ NATIONAL THEATRE, ACCRA'. Below this, it states 'INCLUDING PERFORMANCES FROM: UNIVERSITY OF GHANA SCHOOL OF PERFORMING ARTS (UG LEGON), SASA'. A box with the MyTicket Ghana logo and the text 'Book a free ticket at myticketghana.com' is also present. The bottom of the poster features the text 'UNTIL ALL ARE FREE!!' and a small logo for 'STREX STUDIOS'.

Arise

A CONCERT TO RAISE AWARENESS
ON HUMAN TRAFFICKING IN GHANA.

PASTOR BEN ROSENBUSH **SHEILA JOY** **KODA** **PS. HELEN YAWSON** **BETHEL REVIVAL CHOIR**

SUN. 7TH NOVEMBER 2021 | 5PM SHARP
@ NATIONAL THEATRE, ACCRA

INCLUDING PERFORMANCES FROM:
UNIVERSITY OF GHANA SCHOOL OF PERFORMING ARTS (UG LEGON), SASA

Book a free ticket at myticketghana.com

UNTIL ALL ARE FREE!!

After School Activities – Gardenholics

The Gardenholics project is going so well that there is a list of students wanting to join the Club. The wellbeing garden in TIS is going to be a very special space. Watch out.



After School Activities – Gardenholics



Annual School Play rehearsal – The Legend of Aku Sika





TEMA INTERNATIONAL SCHOOL

Virtual School Play Production



Presents

THE LEGEND OF AKU SIKA

Written by Prof. Martin Owusu

Sat. 13 Nov. 2021
7:00pm

Premiering On



Tema International School



LIVE

TISGhana



CAS Project – DGT Ghana – Fotobi Borehole



The week in pictures



The Interact Club executive would like to bring back the Student of the Year recognition. Attached is a criteria to serve as a guide for all students to stand the chance of being the student of the year.



INTERACT

STUDENT OF THE WEEK

To be awarded The Interact Student of The Week Button Badge, the student:

- Demonstrate good leadership skills.
- Demonstrate preparedness for class with a positive outlook.
- Must have a high level of attendance on Managebac.
- Must be well groomed and dressed always.
- Must be punctual to all meals.
- Must be polite and courteous to all.
- Must abide by all COVID-19 protocols.
- Must be engaged with after school activities.
- Portrays the integrity code.

We Are Watching !

vive la Interact
2021 / 2022 Interact Executives

Community Project

Educate them Young 2019 Community Project



MYP 3 students undertake the Community Project at TIS and the current MYP 3 will be the fifth cohort. Community Projects inspire collaboration and develop students' critical problem-solving skills as they identify an authentic need within a community and propose an action to address the needs through Service as Action.

Updates from a 2019 CP proves the lasting positive impact of CP on students who

understand the need to become lifelong learners who demonstrate responsible action as a result of learning. The team Phoebe Osei and Seyram Apreku, the initiators of *Educate them Young* Community Project 2019 have sustained their goal throughout the years till date.

The goal of the group was to raise funds to support a student at a local school-Calvary Presbyterian School. The beneficiary, **Shina Okonor**, an intelligent 8 years old girl then, lives in the squatters with her mum around the Ashaiman enclave. After a thoroughly investigation into their lives and the academics of Shina, the team was touched to support her to thrive in school.

With excellent supervision from Ms. Setor Adih, the team has continued to support Shina who is now 11 years old. Their Community Project is transitioning in to a CAS Project.

Thank you, Phoebe and Seyram, for sustaining and supporting young Shina till date.

Further plans are underway to launch the **Educate Them Young CAS Project**. Stay tuned.



Community Project – 5th Cohort 2022

The next Cohort is the MYP 3, (IB class of 2026) 21 students who are producing about seven Community Project ideas in groups of 2 and 3. They are currently at the investigation stage where students have chosen a community and fine-tuning their specific group goals.

There are still restrictions as a result of the pandemic, thus students will take their specific actions by approaching their project indirectly, research based, virtually or take the form of advocacy while adhering to all protocols. Below we share details of how students are demonstrating service as action within their immediate community.

Groups	Project	Description / Global Context	Location	Supervisor
Samuella Adu-Baah Paris Owusu Esther Brenya	Skinny Fat Fabulous	Raising awareness on body shaming and how everyday words can affect another positively or negatively. Fairness & Development	Tema Int. School Community	Grace Ameyibor
Sedinam Ahlidza Enam Gborglah Baffour Longdon,	Lock'd in Red	Collecting funds and donations to provide Sanitary towels for women in prison in collaboration with an NGO, Locked but Loved Fairness & Development	Akuse Female Prisons	Grace Ameyibor
Rachael-Louise Assan Samantha Kattah	Save the Souls	Raising funds to construct an Incinerator for Jericho Health Center to help dispose placentas properly. Globalization & sustainability	Jericho Health Center, Lebanon	Setor Adih
Ebenezer Agyeman Eliana Essel Kiros Essilfie Maama Osei- Amoako	Relate Don't Discriminate	Creating awareness about discrimination towards lower/middle class workers using t-shirts, Tedx Talk and spoken word Fairness and Development	Tema Int. School Community	Dennis Akortah
Charles Adubofour Richmond Alorvor Ayomikun Ojuolape Klenam Torkornoo	Bibliotheque Saint-Jean	Refurbishing a Library at a Local school by collecting donation of books and desks Fairness & Development	St' Johns Academy, Lebanon	George Manu
Fiona Bagnah- Gamon Sidney Deku Setrikor Dzakuma	Out of the Quarry	Supporting Lila's Child Care Foundation who provide education for pupils, who otherwise be working at the stone quarry with stationary. Fairness and Development	Lila's Child Care Foundation, Accra	Phoebe Wensley
Mark Boadi Edwin Jonah	Snacks for All	Supporting Lila's Child Care Foundation who provide education for pupils, who otherwise be working at the stone with Provision. Fairness & Development	Lila's Child Care Foundation, Accra	Phebe Wensley

Coming up



The poster features a large group photo of students and staff in military-style uniforms at the top. Below this, three circular inset images show students participating in outdoor activities: a student in a life vest in the water, a student rappelling down a rope, and two students kayaking. The background is a mix of orange and red gradients.

TEMA INTERNATIONAL SCHOOL

Register Now!
Registration Deadline:
5 Nov. 2021

Tema International School
Duke of Edinburgh's International Award (DoEIA)

EXPEDITION CAMP

For Bronze, Silver and Gold Award Levels

Challenging & Equipping Young People, Transforming Lives, Changing the World.

Adventurous Journey, abseiling, hiking, life & survival skills, map reading & compass use, first aid, capsizing drills, radio communication, kayaking, creativity and leadership experiences & much more.

5 - 8 December, 2021 **Akatin**

More details on ManageBac or email the DoEIA Coordinator david.difie@tis.edu.gh

Logos at the bottom include: Tema International School, The Duke of Edinburgh's International Award, and the Ghana Education Service logo.

Coming up



The poster features a light blue background with a large, stylized rainbow wave at the bottom. At the top, there are three logos: the Tema International School crest, the Duke of Edinburgh's International Award logo with the text 'Proud to deliver', and the Head of State Award logo. The main title is 'Virtual Bronze & Silver AWARD PRESENTATION Ceremony', with 'Virtual' in black, 'Bronze & Silver' in brown, 'AWARD' in black, 'PRESENTATION' in yellow, and 'Ceremony' in a large black script font. To the right of 'Ceremony' are two circular award medals, one bronze and one silver. Below the title is the tagline 'You are World Ready' in a black script font. At the bottom left, it says 'PREMIERING ON' followed by the Facebook Live logo and 'TISGhana', and the YouTube logo and 'Tema International School'. At the bottom right, the date and time are listed: 'Sat. 11 December, 2021' and '7:00 pm'.

Tema International School
Proud to deliver
THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
THE HEAD OF STATE AWARD
Presenting Young People

Virtual
Bronze & Silver **AWARD**
PRESENTATION
Ceremony

You are World Ready

PREMIERING ON
f LIVE TISGhana
YouTube Tema International School

Sat. 11 December, 2021
7:00 pm



TEMA INTERNATIONAL SCHOOL

SERVICE



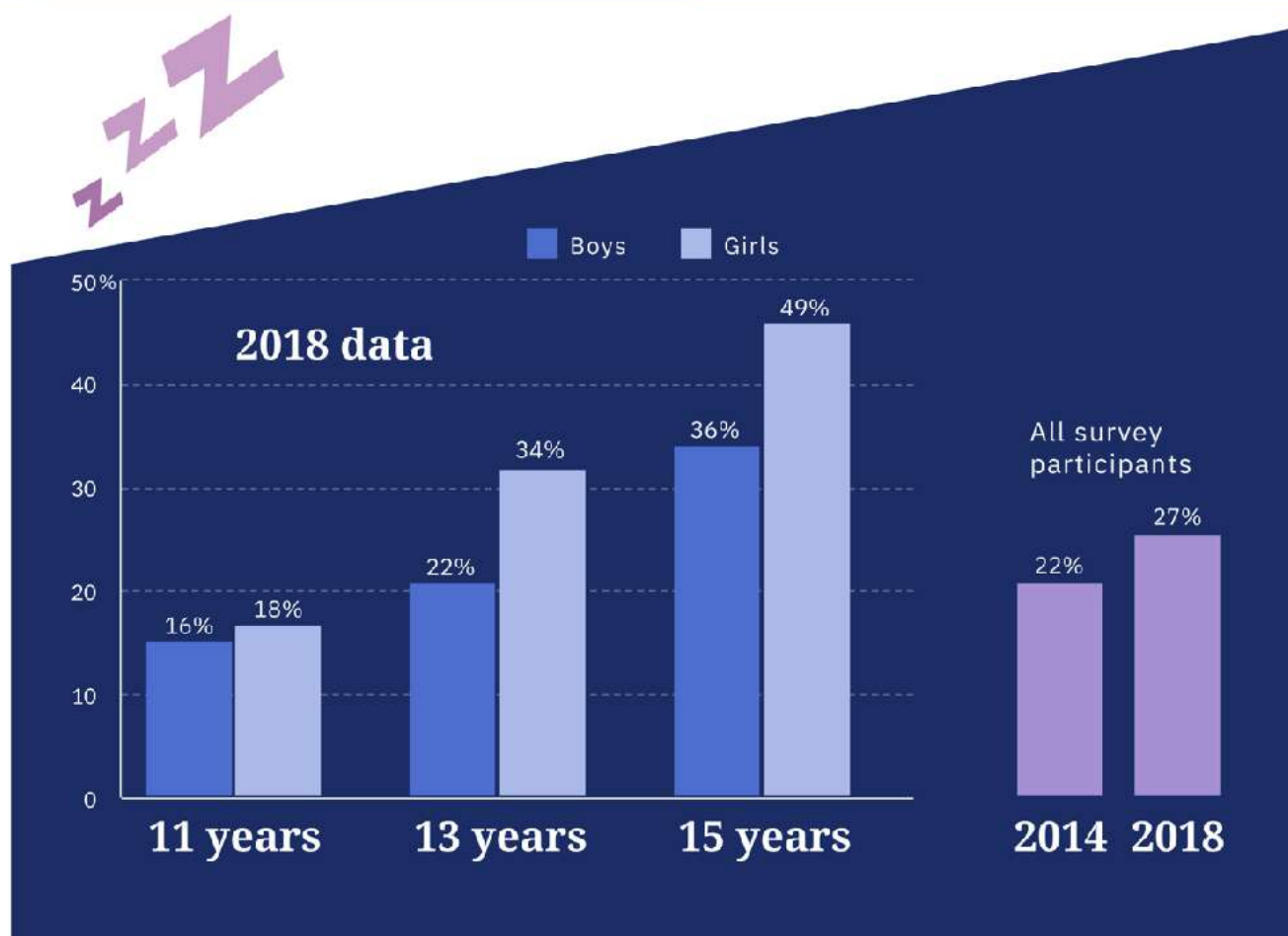
At TIS, we believe that Service, as one of the four pillars for student balance and ensuing success, provides a hands-on experience to how we can make the world a better place through action and an understanding that success comes from helping others grow and becoming empowered.



EDUCATION FOR A BETTER WORLD

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., Klemmer, 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

TOP 5 STRENGTHS CONNECTED TO HAPPINESS



CURIOSITY



ZEST



HOPE



GRATITUDE



LOVE

Surround yourself with good people.

People who elevate you and bring out the
very best in you.

You are a combination of the people you
spend the most time with, so be discerning
in your choices.

Pick people who reinforce and support the
person you want to become.

Choose people who pick you.

Always ask yourself, do I feel better or
worse for having spent with them?



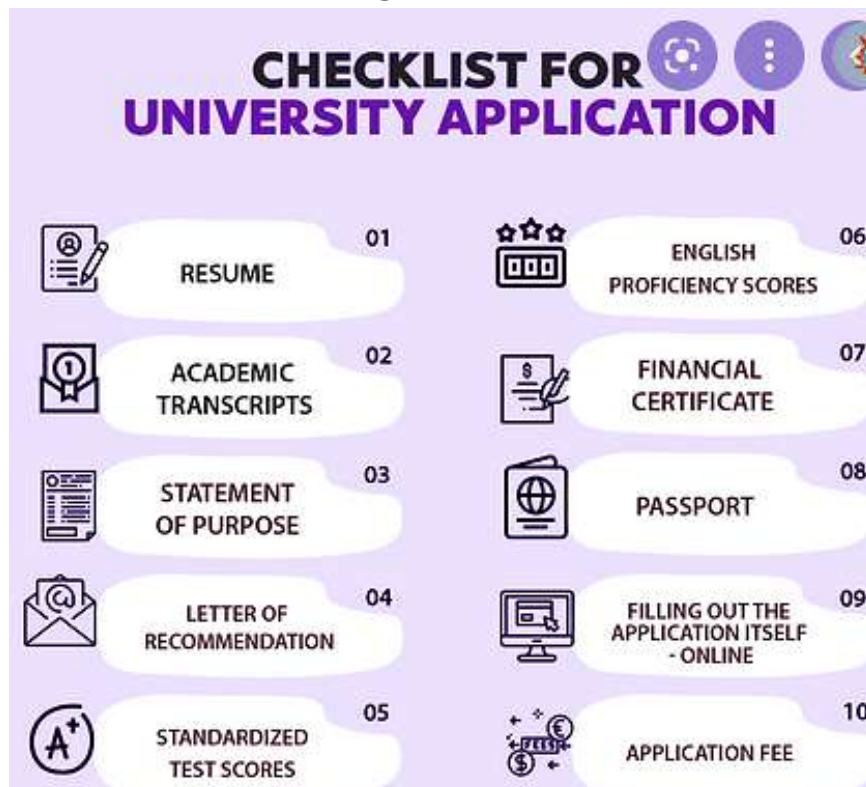
COUNSELLORS' CORNER



Dear students, the prize of excellence that needs to be attained by each one of you largely depends on YOU! All resources are at your disposal to make this happen. Put in the maximum effort required. The future is YOU! Do your personal best. ~Dr. Ken Darvall~



DP2s



DP2 University Guidance Timelines 2021-2022

DP2 Students' Timelines	
Activity	Due Date
Create Commonapp Account	Friday 10 th September 2021
Essays, Personal Statements, school selection sheet, brag sheet, initial updates from Summer break	Friday 10 th September 2021
QuestBridge all supplement essay submission	Friday 10 th September 2021
Final updated College Essays, & Personal Statements & updated university list, submission to counselors for final review (all DP2s)	Friday 17 th September 2021
College Essay Supplements to be submitted to counselors for review (Early Applicants- USA schools)	Friday 24 th September 2021
Early UK Applications (MDV)- student submission on UCAS (Medicine, Dentistry, Veterinary Science, health-related courses, Oxford & Cambridge)	Friday 1 st October 2021
Create OUAC Account	Monday 4 th October 2021
Early USA Applications-(Early Decision/Early Action- EA/ED) Commonapp, students' final submission to universities	Friday 15 th October 2021
SAT/ACT Score Reporting	Friday 15 th October 2021
University of Debrecen Registration	Monday 25 th October 2021
College Essay Supplements for all regular applicants to be submitted to counselors for review, USA, Canada	Monday 25 th October 2021
EA/ ED USA Financial Aid Applic. submission, USA Scholarship priority consideration application submission	Monday 25 th October 2021
Canadian University application submissions (OUAC & non-OUAC),	Friday 12 th November 2021
Regular UK (UCAS) Application- students' final submissions	Friday 12 th November 2021
All regular USA applications must be submitted. SAT/ACT Score Reporting	Friday 12 th November 2021
Regular USA Financial Aid Submission to universities (ISFAA, COF, CSS Profile, FAFSA etc.)	Friday 15 th November 2021
Ghanaian University Applications; purchasing of application forms/scratch cards to submit to counselors	Friday 28 th January 2022
Ghanaian University applications: final online submission to universities by students	Monday 28 February 2022



Dear DP2 Students and parents, please note that the University Guides will be away for Christmas break once school goes on recess. Based on the timelines, **we aim to have all students completing and submitting all applications before close of the month of November.** Students should be sure to complete all university application requirements with their counsellors before leaving for Christmas break.

FINANCIAL AID APPLICATION PROCESS: DP2s TO NOTE



DP2s! THE FINANCIAL AID APPLICATION FORMS FOR MOST UNIVERSITIES IN THE U.S. OPENED ON 1 OCTOBER, FOR THE CLASS OF 2022. FAFSA, ISFAA, COF AND ALL OTHER SCHOOL SPECIFIC FORMS CAN BE ACCESSED AND COMPLETED NOW. COPIES OF THE ISFAA AND COF FOR 2022-2023 ACADEMIC YEAR ARE AVAILABLE NOW ON MANAGEBAC. DP2s, have been given a financial aid tracker to help them track all the required information for each school on their list, and to meet the financial aid deadlines. **REMEMBER DO NOT BE LATE FOR FREE MONEY.** Applying before 1 November or latest mid-November is your best bet for generous scholarships and priority consideration.



DP2S STANDING OUT AMONG UNIVERSITY APPLICANTS IS YOUR SUREST BET!

- Applying early decision, early action, and regular or rolling Proof-read, proof read, and then proof-read all documents again!
- Stand out on paper. All essays, personal statements and essay supplements must be well written reflecting a true picture of yourself. Authenticity is key!
- See your university Guidance Counsellor to ensure all documents and forms are correctly filled.
- Beyond academics, let your stellar qualities, strength and abilities as well as extracurricular engagements speak for you.
- Know the school you are applying to thoroughly and be prepared for interview sessions for which the University Guides will assist you.
- At the same time, focusing on your grades to do better is crucial at this stage.

DP1 PARENTS: ZOOM MEETING WITH UNIVERSITY GUIDES COMING SOON

Dear **DP1 PARENTS**, the TIS University Guidance Counsellors will have group zoom sessions to inform you about the university application process for your wards starting next week. You should have received an email from your son or daughter's assigned University Guidance Counsellor, with the dates to choose from, and **please reply promptly, no later than Monday- 1 November 2021** to the counsellor to sign up for at least one of the Zoom sessions.

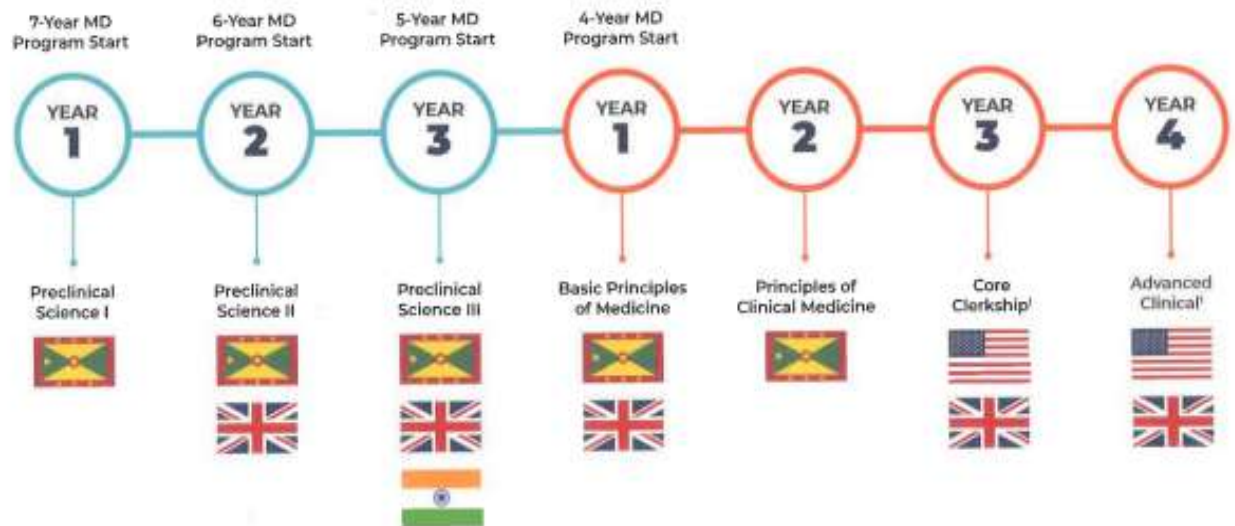
DP1 University Guidance Timelines 2021-2022

DP1 Students' Timelines	
Submission of Students' information for University Application Sheet	Wednesday 8 th September 2021
DP1 Parents one-on-one meeting with counsellors to discuss the University Application Process	Monday 18 th October - Friday 26 th November 2021
Personal Statement (draft 1) submission to counsellors for review	Friday 25 th February 2022
College Essay (draft 1) submissions to counsellors for review	Friday 5 th March 2022
University Selection Sheet- Initial choices should be submitted to counselors for review.	Monday 14 th March 2022
DP DP1 Parents one-on-one meeting with counselors to discuss Financial Aid Application Process.	Monday 21 st March - Friday 27 th May 2022
DP1s submit final names of two DP teachers to write recommendations to counsellors.	Monday 21 st March 2022
Completed Brag Sheet submission to counsellors	Friday 29 th April 2022
Financial Aid Tracker Due (university's financial aid requirements)	Monday 16 th May 2022

ROUTES TO AN MD FROM ST. GEORGE'S UNIVERSITY

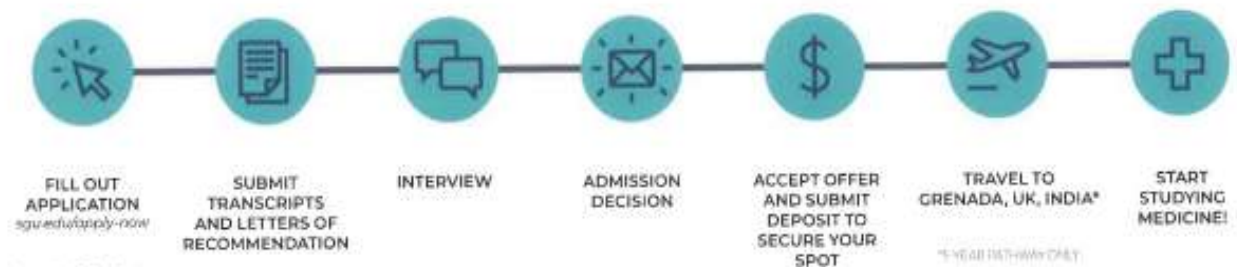
PRECLINICAL PROGRAM

MD PROGRAM



Students in the SGU/NU 5-year program will spend 1 year in preclinical, 1 year in basic sciences and may do 6 months of clinical rotations in the UK. Students in the SGU/NU 4-year program will spend 1 year in basic sciences and up to one year in the UK. Clinical rotations may not be done in the UK for the last six months of year four/five.

APPLICATION PROCESS



Scan this QR code to submit the application



St. George's University Medical School, Grenada, West Indies, is an accredited Medical school which offers quality medical education. Students can do their clinical placements in the U.S. and U.K.



Virtual University Fair for high schools in AFRICA



Study in CANADA, UK, EUROPE, USA, QATAR & MALAYSIA

FREE EVENT

4th November

@ 3 PM - 6 PM GMT

@ 4 PM - 7 PM WEST AFRICA, GMT+1

@ 5 PM - 8 PM CENTRAL & SOUTH AFRICA, GMT+2

@ 6 PM - 9 PM EAST AFRICA, GMT+3

MEET THE REPRESENTATIVES OF 30 TOP UNIVERSITIES!

LEARN ABOUT DIFFERENT MAJORS, ADMISSIONS REQUIREMENTS, STUDENTS LIFE, FINANCIAL AID, ETC.!

AGENDA OF THE EVENT

ATTENDEES CAN VISIT THE VIRTUAL TABLES OF THE BELOW UNIVERSITIES DURING 3 HOURS AND MEET WITH THEIR REPRESENTATIVES

CANADA

UNIVERSITY OF WATERLOO

UNIVERSITY OF BRITISH COLUMBIA

UNIVERSITY OF LETHBRIDGE

BROCK UNIVERSITY

UK

RICHMOND, THE AMERICAN INTERNATIONAL UNIVERSITY IN LONDON

EUROPE

SAINT LOUIS UNIVERSITY, MADRID - SPAIN

IE UNIVERSITY - SPAIN

EU BUSINESS SCHOOL - GERMANY, SWITZERLAND & SPAIN

GENEVA BUSINESS SCHOOL - SWITZERLAND & SPAIN

BOCCONI UNIVERSITY - ITALY

BURGUNDY SCHOOL OF BUSINESS - FRANCE

EHL - SWITZERLAND

UCAM - SPAIN

USA

OHIO STATE UNIVERSITY

COLORADO STATE UNIVERSITY

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

TEMPLE UNIVERSITY

UNIVERSITY OF IOWA

LOYOLA UNIVERSITY CHICAGO

STATE UNIVERSITY OF NEW YORK AT STONY BROOK

SIENA COLLEGE

SAN JOSE STATE UNIVERSITY

UNIVERSITY OF TEXAS AT ARLINGTON

SCAN THE QR CODE
TO REGISTER




important
DATES AND INFORMATION

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

- **DP1s, 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
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 March 2022
11 June 2022	29 April 2022	13 May 2022



TEMA INTERNATIONAL SCHOOL

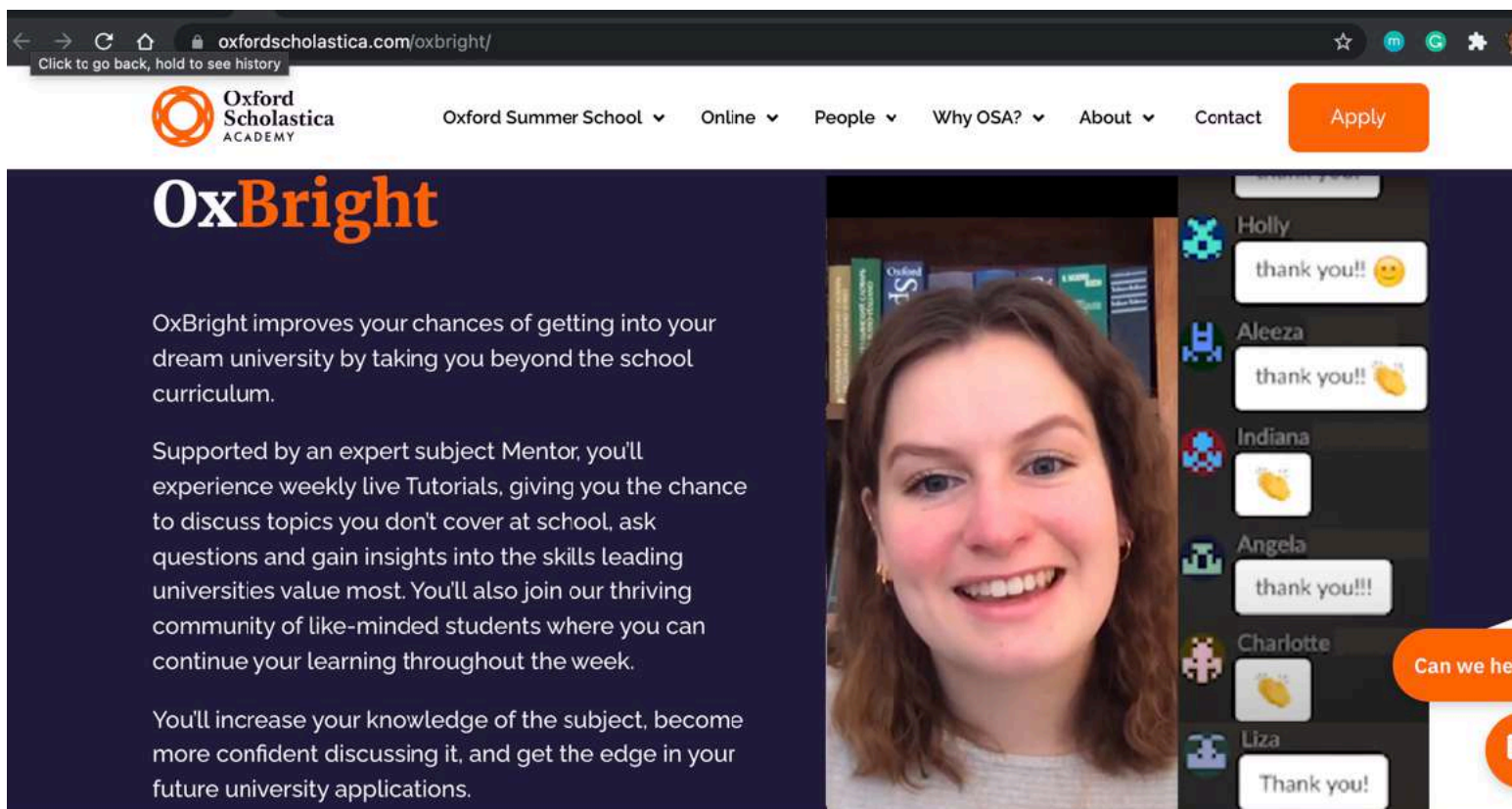
SPORTS



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



OxBright

OxBright improves your chances of getting into your dream university by taking you beyond the school curriculum.

Supported by an expert subject Mentor, you'll experience weekly live Tutorials, giving you the chance to discuss topics you don't cover at school, ask questions and gain insights into the skills leading universities value most. You'll also join our thriving community of like-minded students where you can continue your learning throughout the week.

You'll increase your knowledge of the subject, become more confident discussing it, and get the edge in your future university applications.

Tema International School Partners with the Oxford Scholastica Academy

Tema International School is very pleased to announce it has become one of the first schools to become an Oxford Scholastica Partner School. Dr Darvall has arranged for the school to join a growing number of schools around the world.

[Oxford Scholastica](https://www.oxfordscholastica.com/)'s mission is to inspire students to discover, explore and prepare for their futures at an earlier stage, giving them the edge to enable them to succeed, have purpose and make a difference, and they partner with leading schools who share those values.

As an Oxford Scholastica Partner School, Tema International School students get priority access to Oxford Scholastica's popular online:

- **Courses** - offering a taste of university learning, stretching students beyond the curriculum and giving them the edge with their university applications
- **Internships** - work experience with real organisations
- **Conferences** - giving real-life insight into careers and courses such as Medicine, Business, Engineering etc.

Tema International School's commitment to providing an excellent and diverse education for all makes this partnership a natural fit, and Oxford Scholastica looks forward to welcoming Tema International School students.

Tema International School students are entitled to a **15% discount** on Oxford Scholastica's online programmes with the code **TEMAINTERNATIONALSCHOOL-15** - please note, this is just for Tema International School students. There are also some bursaries available for students who meet certain criteria - please contact Dr Darvall for more information.

You can read more about the opportunities on offer on the Oxford Scholastica website at www.oxfordscholastica.com, or speak with Dr Darvall.





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:

TEMAINTERNATIONALSCHOOL-15

Visit oxfordscholastica.com to book and find out more, and follow us on @oxford.scholastica



+44 (0) 1865 522 166

www.oxfordscholastica.com

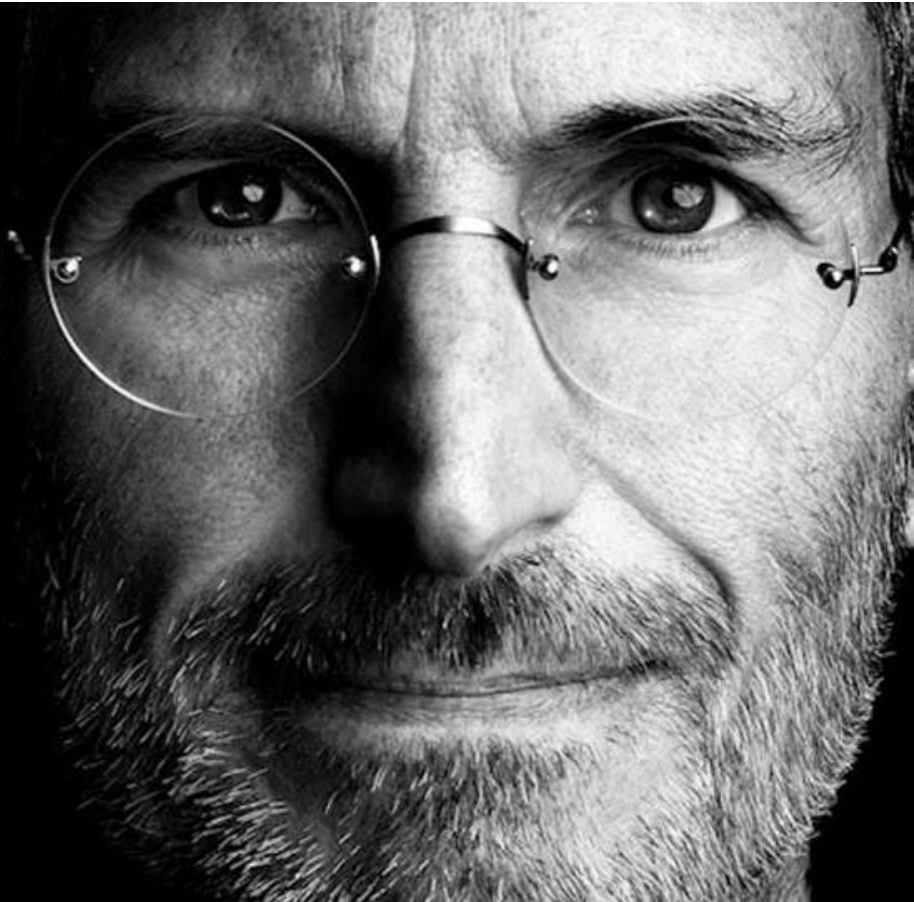
info@oxfordscholastica.com

10 THINGS THAT REQUIRE ZERO TALENT

@MINDSETOFGREATNESS

BEING ON TIME
WORK ETHIC
EFFORT
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
DOING EXTRA
BEING PREPARED

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



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.”**



