

TIS RECORD

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At TIS,

we believe that personal success is best judged by one's proficiency in demonstrating on a daily basis the ten IB Learner Profile attributes: thinker, inquirer, reflective, caring, open-minded, communicator, knowledgeable, risk-taker, balanced and principled.

Contents

- PYP News: Page 8
- Guide Post: Page 25
- CASSA Corner: Page 40

Exeats

- Exeat requests must be completed online at: <https://www.tis.edu.gh/forms/>
- All exeat requests must be received at least 72 hours ahead of time. **An exeat will be refused if a student has any outstanding work.**

Thought for the Week

Being aware of a single shortcoming within yourself is far more useful than being aware of a thousand in someone else.

Dalai Lama



Thank You

While G12 students finish today (but return next Friday for Graduation rehearsals), **all remaining students end the semester on next Thursday, 26 May.**

At the Main Campus, students receiving awards at the Achievers' Day and Graduation Ceremony on 28 May and those students participating in the Duties Camp will remain on campus for these events/activities.

Everyone will be pleased to cross the finish line next week after two years of COVID restrictions and protocols. While tiresome and restrictive, I congratulate everyone on their efforts and support to ensure a safe and healthy TIS. Be of no doubt, it was hard work ensuring a COVID-free environment.



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

-Steve Bollar

Making Us Proud

- Gabriel Atseku has become Ghana's first Badminton Africa accredited umpire in 60 years. Congratulations, Gabriel, on this prestigious accreditation. Hopefully, future TIS badminton champions will represent Ghana at future Olympics.

Visiting Protocols

For visits during the remainder of this semester, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/35tdn>

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 will usually go from 11.00am- 5.00pm on Saturdays, Sundays and public holidays (with no visits scheduled between 12.00 - 1.00pm.) Sessions are 60 minutes.

Book early to avoid disappointment.

Thank you for your cooperation.

Quarantine was a difficult, but necessary protocol, that will hopefully, be a thing of the past come August.

I extend my sincerest thanks and gratitude to our parents for their ongoing support. To our students and staff, thank you for maintaining a fast and furious approach, the TIS way.

To our Founding Family, thank you for your support and encouragement at all times.

Some Key Dates: 2022/2023

A draft overview calendar can be found on pages 4-7 of this Bulletin.

At the Main Campus, our Newbies will commence on Wednesday, 17 August while our continuing students will return on Sunday 21 August.

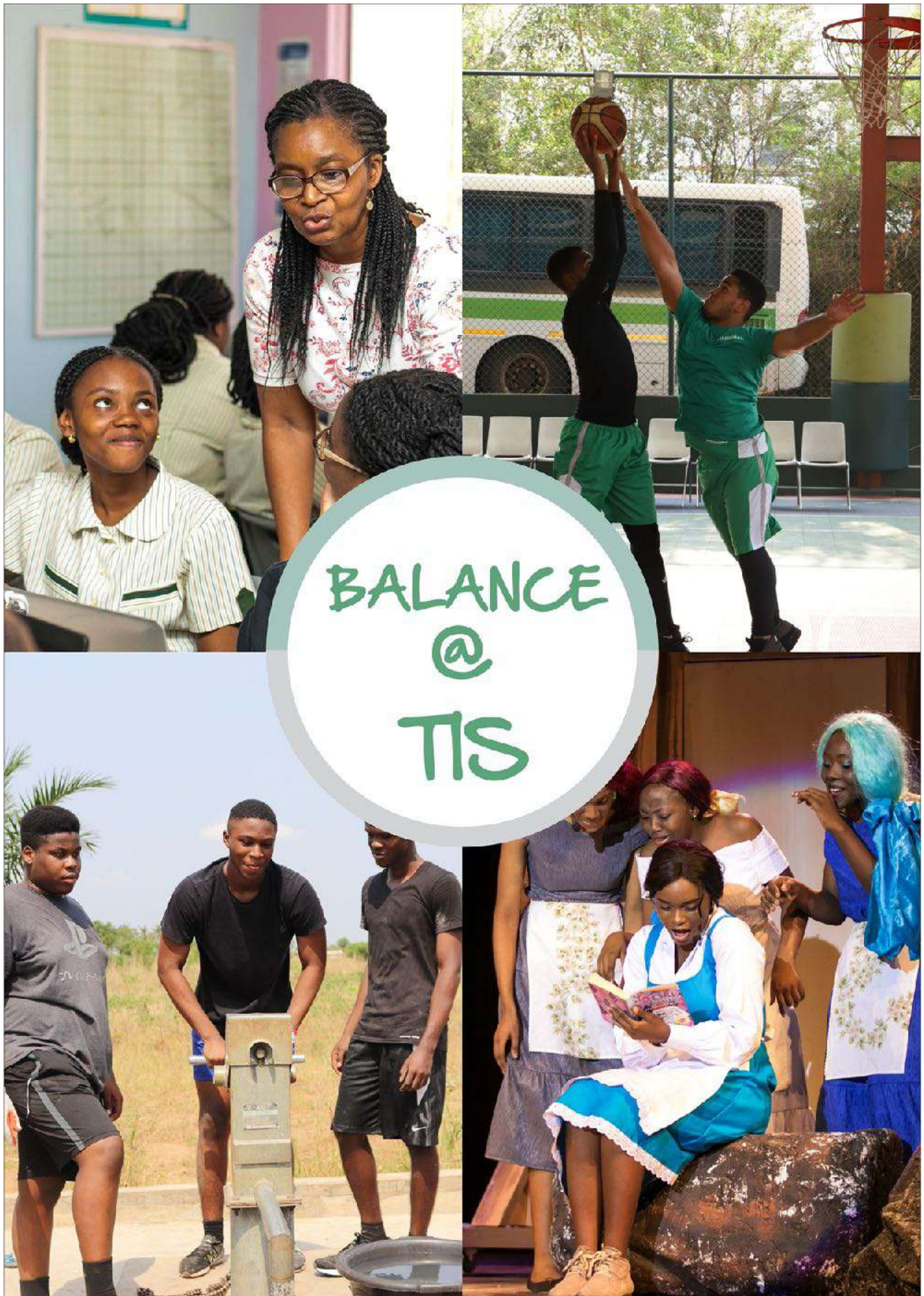
At the Primary School Campus, all students will commence on Monday, 29 August.

I appreciate your support.

Stay healthy.

Dr Ken Darvall (Principal)





TIS 2022/23 School Calendar

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

September 2022						
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October 2022						
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November 2022						
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December 2022						
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January 2023						
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29	30	31				

February 2023						
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March 2023						
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April 2023						
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May 2023						
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28	29	30	31			

June 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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July 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	29
30	31					

COLOUR KEY

	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

21/9/22	Kwame Nkrumah Memorial Day
2/12/22	Farmers' Day
9/1/22	Constitution Day
6/3/23	Independence Day
7/4/23	Good Friday
10/4/23	Easter Monday
24/4/23	Eid Al Fitr (TBC)
1/5/23	Labour Day

SI Internal Dates: Main Campus

1/8/22	2022 MYP Results Released; 2021 MYP Enquiries Upon Results Open
1/8/22	Senior management staff resume
8/8/22	Teachers resume; review of school policies
15/8/22	Student Council executive return
17/8/22	Newbies arrive
21/8/22	Continuing students resume
22/8/22	Secondary School classes commence; G9 Subject Selection
27/8/22	SAT; TIS Junior Soccer Championships
28/8/22	School Performance auditions
3/9/22	Health Walk (6.00am);
9/9/22	TIS Senior Soccer Championships
10/9/22	ACT
17/9/22	TIS Handball Championships
21/9/22	Family Sporty Day
23/9/22	G12 TOK Exhibition; PP Criterion B draft due
24/9/22	TIS Volleyball Championships
1/10/22	SAT
3/10/22	TIS Founders' Day: Main Campus admissions open for 2023/2024
7/10/22	Inter-Colour Language Comp;
9/10/22	Founders' Day Thanksgiving Service (11.00am)
14/10/22	Creative and Literary Performances Gala Evening
15/10/22	PSAT
17-21/10/22	Mid-semester break
22/10/22	ACT
25/10/22	G12 EE Cafe
28/10/22	G9/G11 Changes to Subject Selections close; Intercolour Maths/Science Comp (7.00pm)
31/10/22	PP Criterion C draft due
12/11/22	Annual School Play
14-18/11/22	G10 end of semester exams
21-29/11/22	DP end of semester exams
25/11/22	PP Criterion C completion
27/11/22	TIS swimming championships (3.00 – 5.0pm)
30/11-2/12/22	Dukies' Expedition
3/12/22	SAT
7/12/22	Christmas Lunch; PP Final Report due
7/12/22-5/1/23	PP moderation (supervisors)
8/12/22	General Inspection.
9/12/22	Last day for first semester: Students may depart from 2.00pm.
10/12/22	ACT

S2

5-6/1/23	Staff training days (5: MYP; 6: DP)
5/1-20/1/23	PP Standardisation
9/1/23	Students return to hostels; applications for 2022 SC positions close
10/1/23	Second semester commences
10-15/1/23	Alumni Week
15/1/23	Alumni Thanksgiving Service
20/1/23 S	C Manifest Readings
23/1/23 2022	Student Council elections by voting (7.00am-4.00pm)
25-27/1/23	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
28/1/23	TIS Athletic Championships
29/1/23	Thanksgiving Service and Student Leadership Induction Ceremony
10/2/23	TIS Badminton Championships; TIS Junior Tennis Championships
11/2/23	TIS Science Fair
16/2/23	G11 TOK Exhibition
17-18/2/23	TIS Basketball Championships; TIS Senior Tennis Championships
18/2/23	Chocolate Friendship Day
20-24/2/23	MYP Mock eAssessments
20/2-2/3/23	DP Mocks
25/2/23	General Inspection
4/3/23	MYP Projects Exhibition (Personal & Community)
10/3/23	TIS Squash Championships
11/3/23	SAT (Digital)
14/3/23	Pi Day
25/3/23	Expression Day
26/3/23	Exam Candidates Service
30/3-2/4/23	Dukies' Expedition
3-14/4/23	Mid-semester break
15/4/23	ACT; PP Criterion A draft due
20-26/4/23	G9 eAssessments
21/4/23	G11 EE Cafe
28/4-19/5/23	DP Final Exams
5/5/23	G9 (2023/2024) & G11 (2023/2024) subject selections commence;
6/5/23	SAT (Digital)
8 – 21/5/23	MYP eAssessments
9-18/5/23	G11 semester exams
30/5-2/6/23	Dukies' Expedition
2/6/23	Hostel Clean Up
3/6/23	2023 Graduation and Achievers' Day; Last day for Secondary Classes
4-7/6/23	Dukies Award Expedition
9/6/23	Last day for teachers; S2 reports published
10/6/23	ACT

Primary School Campus**Public Holidays**

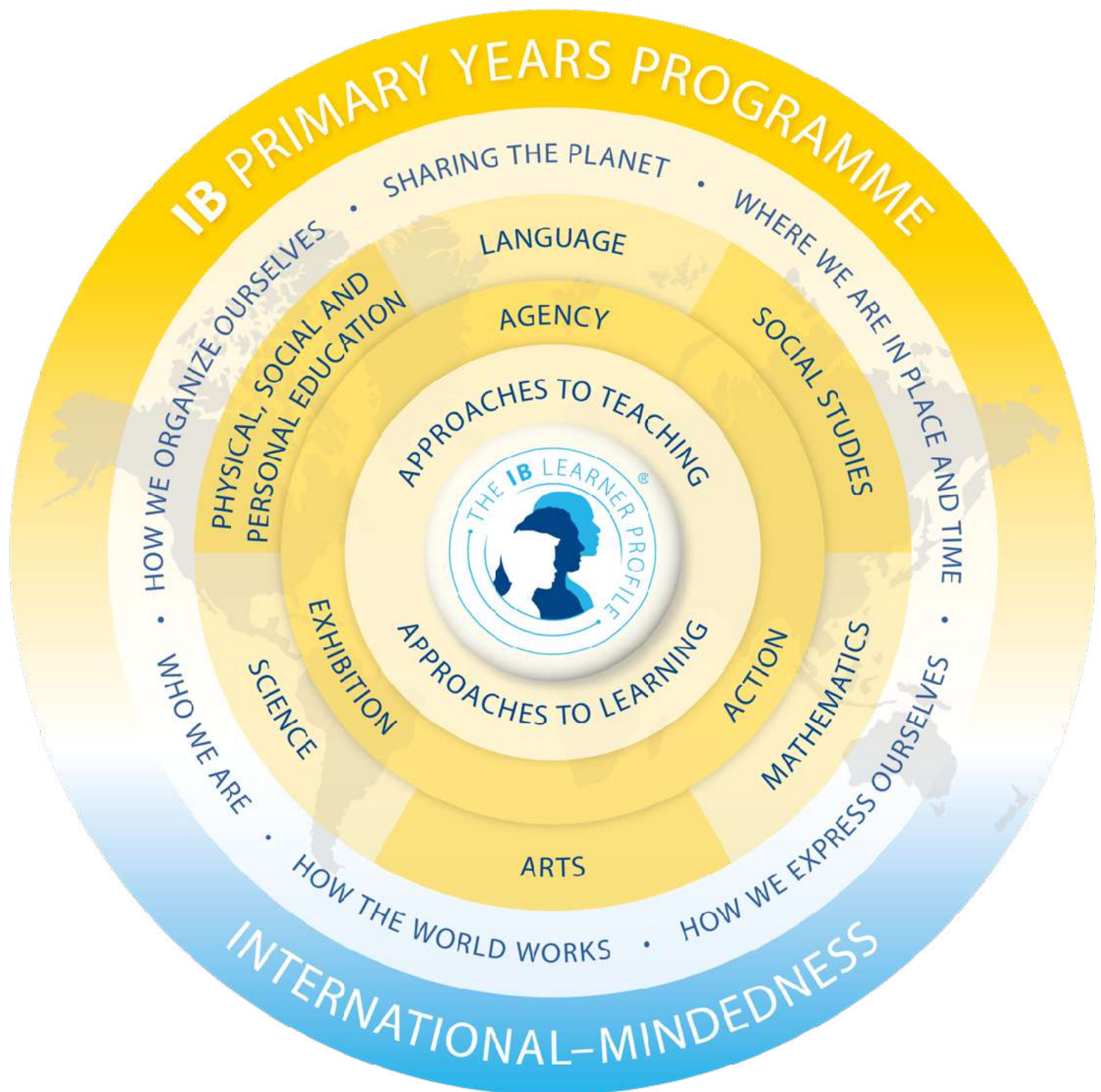
21/9/22	Kwame Nkrumah Memorial Day
2/12/22	Farmers' Day
9/1/22	Constitution Day
6/3/23	Independence Day
7/4/23	Good Friday
10/4/23	Easter Monday
24/4/23	Eid Al Fitr (TBC)
1/5/23	Labour Day

S1 Internal Dates (Primary School Campus)

8/8/22	Teachers resume
29/8/22	First semester commences
2/9/22	Meet the Teacher Info Sessions
22/9/22	International Day of Sign Language
26-30/9/22	Student-led interviews
30/9/22	End of UOI #1 Celebrations
3/10/22	TIS Holiday (TIS Founders' Day)
14/10/22	Sports Festival/ Wellbeing Day
17-21/10/22	Mid-semester break
12/11/22	End of UOI #2 Celebrations
18/11/22	Spelling Bee
9/12/22	End of UOI #3 Celebrations; Last day for first semester

S2

5-6/1/23	Staff training days
10/1/23	Second semester commences
17/2/23	End of UOI #4 Celebrations
24/2/23	Mother Tongue Day
24/3/23	End of UOI #5 Celebrations
24/3/23	Additional Languages Day Activity
1/4/23	Primary School Campus admissions open for 2022/2023
3-14/4/23	Mid-semester break
21/4/23	Book Day
19/5/23	Environment Day
2/6/23	PYP Exhibition (11.00am)
2/6/23	End of UOI #6 Celebrations
7/6/23	K3 and G6 Graduation
7/6/23	End of semester



TIS Primary School Graduating Class of 2022

The end of each academic year also marks the end of the journey for the leavers' class. This year, the TIS Primary school Grade Six class of ten students comprises five boys and five girls. They have understood and applied the ATL skills throughout their learning journey and exemplified the attributes of the IB learner profile. We have witnessed the culmination of these skills and attributes during their just-ended Exhibition.

This year's class features students with diverse talents, skills and interests. Like any young person, they have dreams and aspirations of changing and impacting the world to become a better place.

Here is our unique batch of 2022 PYP graduates, ready for the next phase of their educational journeys. Enjoy reading their profile.



KWAKU AYISI

Hobbies: playing video games and watching animated shows

Favourite movie: Spider-man no way home and uncharted

Favourite TIS food: Jollof rice

Favourite book(s): Diary of a Wimpy Kid

Favourite sport: football, basketball, handball, and volleyball

If I could go anywhere, I'd go to: Dubai and Japan

Favourite music genre: Hip hop

World problem(s) I would like to solve: War and poverty and racism

What makes me happy: having fun

What me sad: being made fun of

Role model: My parents

Fun/Interesting fact about me: I'm a good actor

If I could have one wish, it would be: for COVID to be over

What I look forward to in Grade 7 and beyond: I look forward to the next level of my education and interactions with others.

PAA KWESI OPPAN

Nickname(s): Opeezy

Hobbies: Playing video games, football, sleeping

Favourite movie: Uncharted, Spiderman: No Way Home.

Favourite TIS food: Fufu with light soup

Favourite book(s): Drama

Favourite word: Seen

Favourite sports: Football, basketball,

If I could go anywhere, ... I would like to stay in Dubai with my family.

Favourite songs: Mood, Holy by Justin Bieber

World problem(s) I would like to solve: I would like to get rid of poverty

What makes me happy: My family

What me sad: Death

Role model: My Parents

Fun/Interesting fact about me: I'm competitive

Proudest moment: My PYP Graduation Day

If I could have one wish, it would be: To live forever

What I look forward to in Grade 7 and beyond: I look forward to an excellent experience and good friends.

ZIXIN CHERRY GUO

Nickname(s): Cherry Guo

Hobbies: drawing, swimming, listening to music

Favourite movie: Chinese history-based movies

Favourite TIS food: Cinnamon rolls and iced tea

Favourite book(s): Dad in a pocket (all series)

Favourite word: Hello

Favourite sports: Basketball, Badminton, and Swimming

If I could go anywhere, I'd go to Russia and Turkey

Favorite song: Step on mountains and rivers

World problem(s) I would like to solve: Endangered animal species and Poaching

What makes me happy: Singing and drawing

What me sad: When some people say some bad words to me

Role model: Auntie Jia Jia (Car designer)

If I could have one wish, it would be: Be rich

What I look forward to in Grade 7 and beyond: To learn hard and get new friends.

JUANITA QUARCOOPOME

Nickname: Juani

Hobbies: singing, rapping and art.

Favourite movie: Dora and the Lost City of Gold, Mathilda.

Favourite Food: Pizza, ice tea, cinnamon rolls.

If I could go anywhere in the world I would go to America, Universal Studios, Disneyland, and Hawaii.

Favourite sport: swimming

World problem(s) I would like to solve: Pollution.

If I had one wish it would be: to stop all the hate in the world.

Favourite song: Roar by Katie Perry

Role models: BTS, Justin Bieber

Fun/Interesting fact about me: I'm good at singing

Proudest moment

What makes me sad is when people shout and make fun of me.

What I look forward to in grade 7 is making new friends and getting to work on projects with them.

EMAAN SAANI MALTITI IBRAHIM

Nicknames: Malkitty, Faith, Esi, Titi

Hobbies: Drawing, baking, dancing

Favourite movies: Mathilda, Encanto, Abominable, Dora and the Lost City of Gold, Camp Getaway.

Favorite TIS food: Cinnamon rolls

Favourite books: Diary of a Wimpy kid, Dork Diaries, Gangster Granny

Favorite word: Thingy

Favourite sport: Basketball

If I could go anywhere, I'd go to: Disneyland, Universal Studios, Tropical Islands, Burj Al Arab.

Favorite songs: All I Want, Holy, What Best friends?, What Heartbreak Feels like

World problem(s) I would like to solve: Cancer, Pollution, Global Warming

What makes me happy: Rapping with my friends,

What makes me sad: When I don't do the right thing.

Role model: My parents, Beyoncé

Fun/Interesting fact about me: I'm flexible

Proudest moment: Winning a poem-writing competition

If I had one wish, what would it be: To stop all the insecurities in the world.

What I look forward to in grade 7 and beyond: All the big projects, spending everyday with my friends and learning to manage my time well.

KATIE-LOUISE ASSAN

Nickname(s): KK, Klamak

Hobbies: dancing, listening to music and rap

Favourite movie: A Series of Unfortunate Events

Favourite TIS food: Quiche

Favourite book(s): Flower Girls

Favourite word: decent

Favourite sport: Swimming

If I could go anywhere, I'd go to: Canada

Favourite song: Bam, Bam by Kamilla Cambello & What best friends do

World problem(s) I would like to solve: Deforestation

What makes me happy: Rapping with my friends

What me sad: Getting into arguments with friends

Role model: My dad

Fun/Interesting fact about me: I'm confident, knowledgeable and creative

Proudest moment: Winning awards

If I could have one wish, it would be: Not being afraid to try new things and take the risk.

What I look forward to in Grade 7 and beyond: being with my friends every day and doing bigger projects.

SYBIL BUBUNE SELIKEM AMEKUGEE

Nickname(s): Bubu, Seli

Hobbies: Baking, Singing, and Dancing.

Favourite movies: Annie, Christmas Chronicles, Baby Sitters Club, Matilda, Dora and the Lost City of Gold.

Favourite TIS food: Cinnamon rolls with ice tea and Fufu with Goat light Soup.

Favourite book: Middle School

Favourite word: Basically

Favourite sports: Handball, Basketball, and Swimming

If I could go anywhere, I'd go to: Buckingham Palace and Virginia

Favourite song: Best friends, Warm Christmas, Driver's License, and Mood

World problem(s) I would like to solve: The Ukraine and Russian war, global warming

What makes me happy: Going to the beach, attending parties, traveling, baking, and seeing my family happy.

What makes me sad: Having negative energy around me, people shouting at me.

Role models: My parents and Grandparents

Proudest moment: Winning a Spelling Bee in Grade 3

If I could have one wish, it would be: To get into the best university

What I look forward to in Grade 7 and beyond: I look forward to getting good grades, entering a good university, and having positive energy around me.

ADRIEN MATE

Nickname(s): Adrien/Nene/Honey

Hobbies: Singing, playing outdoor and indoor games

Favourite TIS food: Fried Rice

Favourite book(s): Dairy of a Wimpy Kid series

Favourite word: Clover

Favourite sport: Swimming

Favourite song: "Hold us together, Hills and Valleys" and "This Gas Will Pass/Quarankini."

World problem(s) I would like to solve: Saving lost souls, (So that when I'm asked on Judgment Day I will be able to say something and also to let almost everyone go to heaven.) and deforestation

What makes me happy: Travelling to other countries and getting massages

What makes me sad: Being shouted at, being bullied, (Bullies only bully others because they have a problem), people not sharing stuff, and people insulting each other

Role model: Jesus Christ

Fun/Interesting fact about me: I'm pretty good at writing bubble letters, I'm too playful sometimes

Proudest moment: Going on stage and doing very well

If I could have one wish, it would be: To fly

What I look forward to in Grade 7 and beyond: Being able to wake up earlier than 7:00AM

INAMANDLA JAKO



Nickname(s): Ina, Vuka

Hobbies: gaming, swimming, basketball, darts

Favourite movie: Spiderman: No Way Home

Favourite TIS food: French fries

Favourite book(s): Time Chronicles

Favourite statement: Life is good

Favourite sport: soccer

If I could go anywhere, I'd go to Qatar

Favourite song: My Ordinary Life by the Living Tombstone

World problem(s) I would like to solve: pollution and poaching

What makes me happy: Irritating Emaan, Sybil and Katie

What me sad: If people use violence on me

Role model: Cristiano Ronaldo dos Santos Jnr.

Fun/Interesting fact about me: I have some pretty funny jokes up my sleeves

Proudest moment: When I was an MC for the first time at church

If I could have one wish, it would be: To possess the greatest gaming skills

What I look forward to in Grade 7 and beyond: I look forward to managing life alone

KWABENA OSEI-ABABIO

Nickname(s): Jnr, Kobby

Hobbies: Football, basketball, swimming, and gaming

Favourite movie: Pacific Rim 2

Favourite TIS food: Hotdogs

Favourite book(s): Roald Dahl and Diary of a wimpy kid

Favorite phrase: See ya

Favorite sport: Football

If I could go anywhere, I'd go to Texas

Favorite song: Stay by Kid Larol and Justin Bieber

World problem(s) I would like to solve: Wars and helping Ukraine

What makes me happy: Being with my parents

What me sad: Making fun of my pimple

Role model: Elon Musk

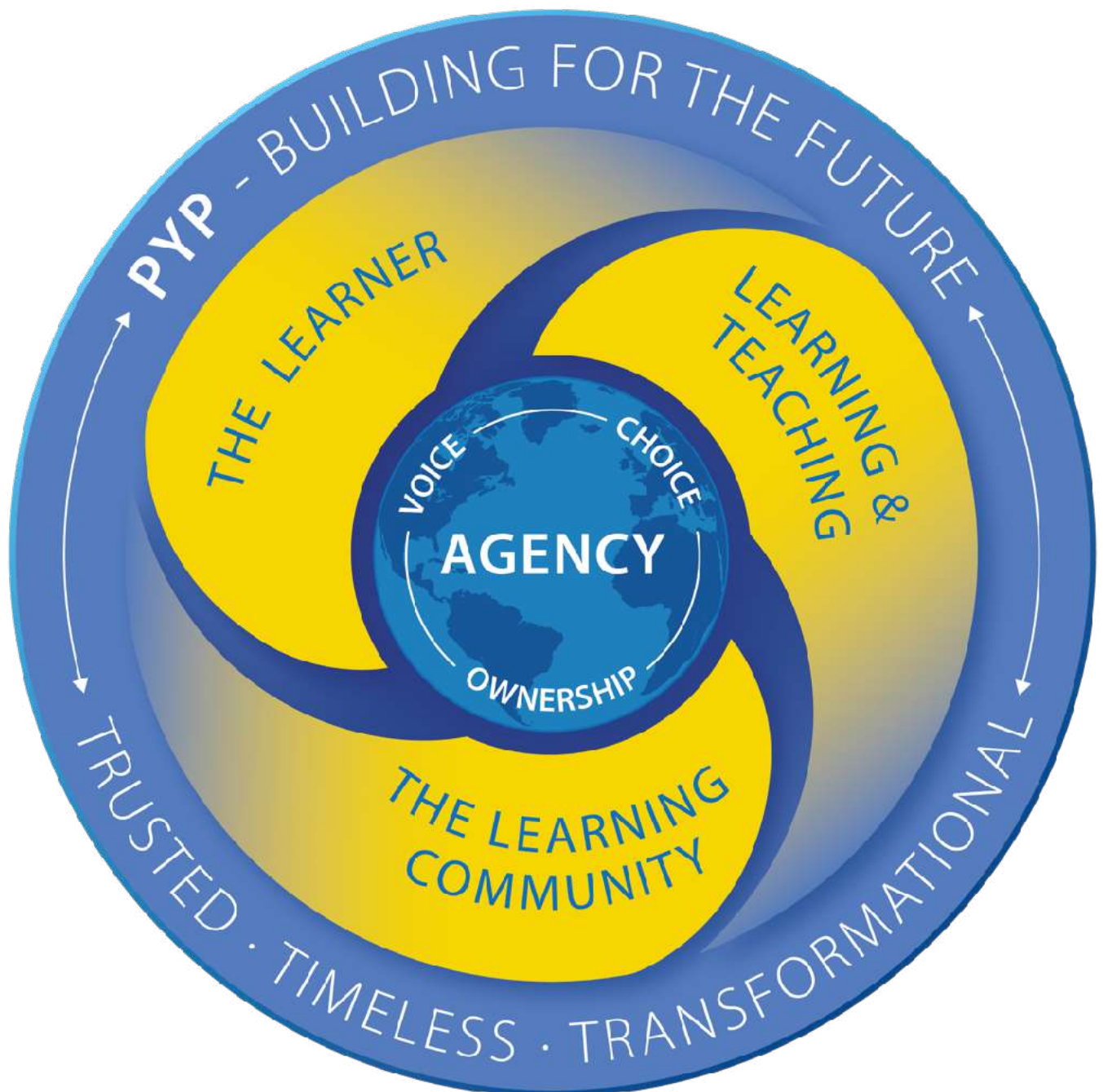
Fun/Interesting fact about me: I'm a fast runner

Proudest moment: Being able to beat my father in a game

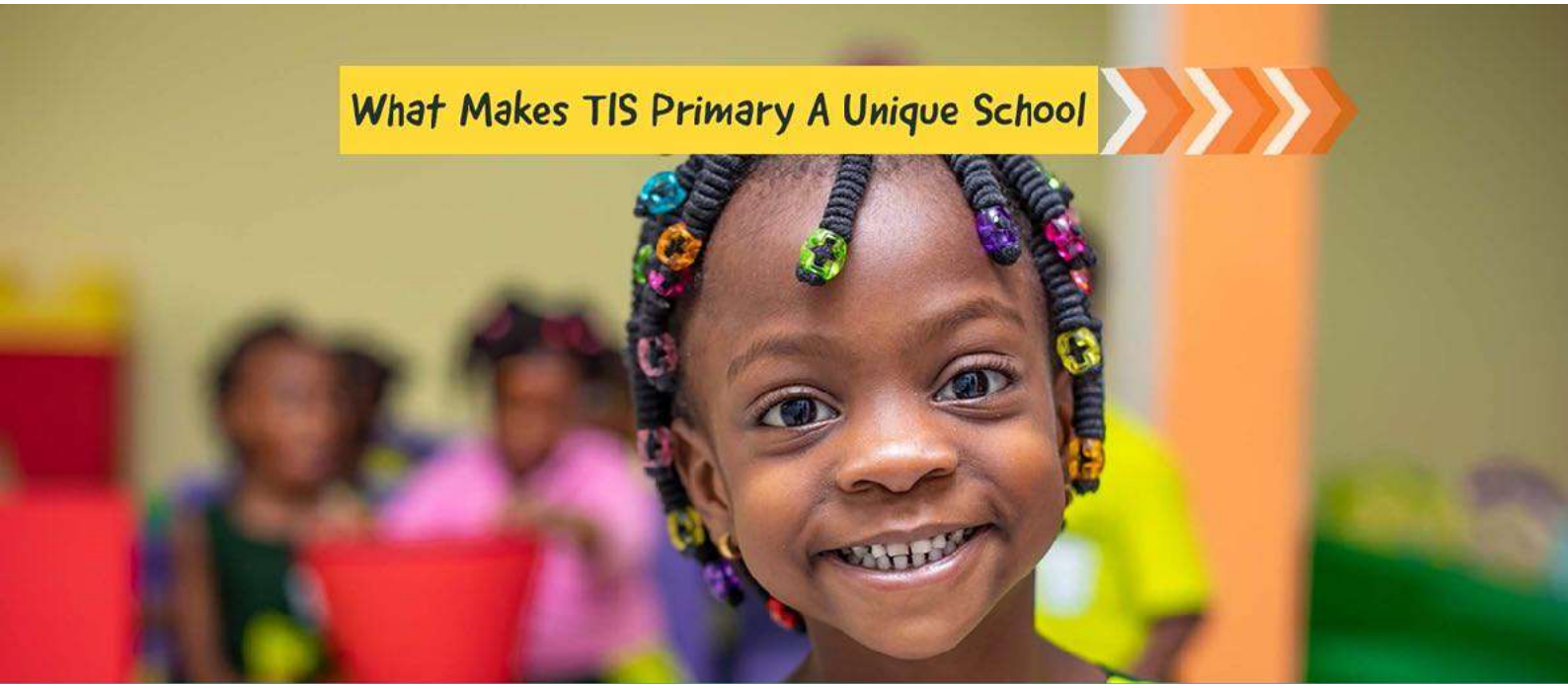
If I could have one wish, it would be: To become a cool Artist

What I look forward to in Grade 7 and beyond: Being able to learn how to live by myself





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



TEMA INTERNATIONAL SCHOOL



Primary School Campus Admissions Open For 2022/2023 Academic Year

Flexible admission screenings and interviews



Entry Points in 2022

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.





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

COUNSELLORS' CORNER

DON'T STOP
WHEN YOU ARE
★ **TIRED** ★
STOP
WHEN YOU ARE
DONE



Congratulations to all exam candidates. Facing challenges with strength and resilience is what you represent. Thank you for finishing strong and well! We are confident for excellent results!



All DP2s should please start the **visa application process** as soon as possible to avoid delays and disappointments, that was experienced in 2021. Detailed information is already placed on ManageBac. You can book a mock US Visa interview session with the university guides.



DP2s: APPLYING TO UNIVERSITY OF GHANA AND KNUST, KUMASI

This is a gentle reminder for those applying to UG and KNUST.

The UG applications are open. Application vouchers can be purchased at most banks, such as ECOBANK and it can be completed online. Please check the earlier school Bulletins for the application procedure.

Also, ensure you upload your transcript and see your counsellor to review the application before you submit it.

The KNUST application is still not open yet.

Interested students should see their counsellors by close of week to pick up a certified copy of their transcript before going home.

The hard copy of the transcript has to be mailed to the school to complete the application.

APPLYING TO UNIVERSITY OF GHANA

How to apply:

- Ghanaian applicants
- International applicants and Ghanaians applying from abroad

1. GHANAIAAN APPLICANTS

University of Ghana online application E-VOUCHERS can be obtained by Ghanaian applicants for GH¢200.00 at the following banks: Access Bank, Ecobank, Republic Bank, Agricultural Development Bank, Ghana Commercial Bank, Zenith Bank, Universal Merchant Bank, Consolidated Bank Ghana (CBG), Prudential Bank and Fidelity Bank.

The E-VOUCHERS can also be purchased through the USSD code *887*18# on all mobile telecommunication networks. Click here for more information on the USSD Payment

Ghanaian applicants in the following categories are expected to apply using the E-VOUCHER:

Click: <https://admission.ug.edu.gh/applying/content/how-apply-ghanaian-applicants>

DP2s, please note that Ghanaian University applications are open for most private universities- Ashesi University, Academic City University, Lancaster University Ghana, Webster University Ghana, Accra College of Medicine, Family Health Medical School et cetera. Be sure to complete all pending applications.

NOTE: DP2s WITH INCOMPLETE APPLICATIONS TO GHANAIAAN UNIVERSITIES SHOULD SEE THEIR COUNSELLOR AND COMPLETE IT RIGHT AFTER THEIR LAST PAPER.



DP1 PARENTS' FINANCIAL AID VIA ZOOM:

DP1 PARENTS' VIRTUAL FINANCIAL AID ONE-ON-ONE SESSIONS WITH THE UNIVERSITY GUIDES ARE ONGOING. KINDLY SIGN UP NOW WITH YOUR WARD'S COUNSELLOR!

SCAD: SAVANNAH COLLEGE OF ART AND DESIGN (USA) ADMISSIONS MANAGERS VISIT



Jalisa Jassu the Admissions Representative from Savannah College of Art and Design-The University for Creative Careers paid a courtesy visit to TIS as usual establishing strong admissions ties and sharing with the University Guides SCAD packages and support for students.

Major Highlights

- ✓ SCAD graduate and undergraduate programs, offers more than 75 minors and certificate programs, with access to learning centers around the world. Most degree programs are offered in multiple locations, so you can start in one place and finish in another. <https://www.scad.edu/academics/programs>
- ✓ Scholarships are often called gift aid because they are free money — money that does not have to be repaid. <https://www.scad.edu/admission/financial-aid-and-scholarships/scholarships>

- ✓ Residence life and housing helps student enhance their university experience by promoting a residential environment that supports their educational, artistic and personal development. <https://www.scad.edu/life/residence-life>
- ✓ SCAD prepares talented students for creative professions through engaged teaching and learning in a positively oriented university environment. <https://www.scad.edu/about/scad-glance>

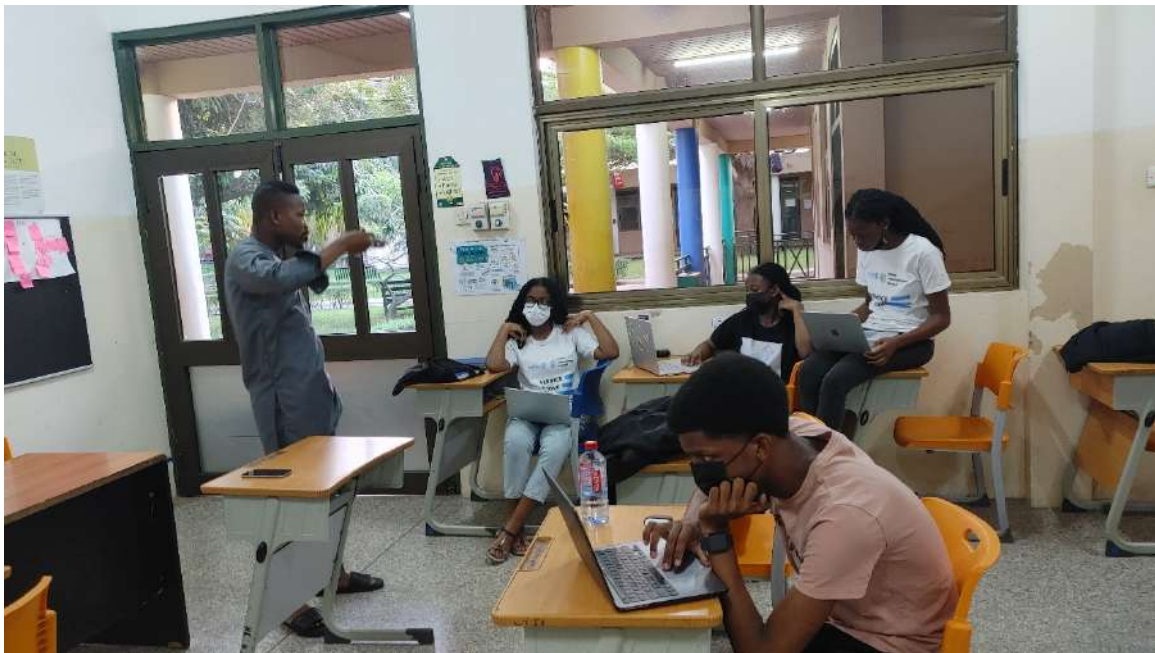


TIS MOOTING CLUB TAKES PART IN THE UNIVERSITY OF DUNDEE'S ANNUAL INTERNATIONAL MOOTING COMPETITION!



FOUR members of the TIS Mooting Society participated in the virtual University of Dundee's Pan-African International Annual Mooting Competition. Committed members of the club- Kimi Otuo-Acheampong, Annalisa Boahen, Tamar Tejan-Cole and Lexi Forson, represented TIS and placed fourth. Well done. The team is pictured above with their certificates. Thank you to Professor Peter McEleavy from the University of Dundee Law School UK, for his brief visit to present certificates to our students.

A big thank you to Mr. Louis Welagaamo for all the support as the patron. To Lexi and Kimi well done for receiving the **Certificate of Excellence, for their superb performance in the competition!** We encourage interested students to sign up next semester and work hard so that we can reclaim our first position next year.



Here are some reflections from team TIS:

"The 2022 International Mooting Competition was an extremely enjoyable experience. I was able to collaborate with my colleagues and form arguments for the event. It was a nerve-wracking and tedious process consisting of seemingly endless meetings, but I am really proud of the outcome. I was able to improve my mooting skills, which led to me receiving my Certificate of Excellence"

~Kimi Otuo-Acheampong

"There is a first time for everything. Partaking in the African School Mooting competition alongside Annalisa, Kimi and Lexi was a fascinating experience. Building our arguments, analyzing cases, and practicing our delivery gave us a slight feeling of what being a lawyer is all about. I learned from this experience that no matter how bad the case appears to be, there is always a point to be made or a loophole to exploit. Our team's performance on the scoreboard was commendable, and I believe through perseverance each and every member of our team can one day thrive as a lawyer. Furthermore, our patron Mr. Louis Welagaamo was also a huge factor in our final performance; he made us give it our all, and I believe we are all very grateful for his efforts as a team." ~ Tamar Tejan-Cole

"The 2022 International Mooting Competition was a very insightful experience for me. I discovered my exceptional mooting skills, as well as some of my shortcomings. After the numerous afterschool, weekend, and prep meetings, I can confidently say that the demanding journey was worth it after I received a Certificate of Excellence for my outstanding mooting skills. I learned a lot about constructing and presenting convincing legal arguments, which I know will be very useful while I pursue my Law degree in the future. Overall, I am grateful for the experience and I encourage all students to participate next year." ~Lexi Forson

"The Mooting Competition has to be one of my favorite experiences so far. I believe this journey has solidified my choice of becoming a lawyer, and I couldn't be more grateful for this opportunity. When looking back on my team's Mock Mooting practice last year, I can confidently say that we have improved significantly. From our delivery to our arguments, I believe we are worthy of our position in the final competition and are capable of doing more. I wish that the next team takes on this challenge with even more dedication and passion and makes TIS proud just as my team has." ~Annalisa Boahen

SUMMER PROGRAMME VISA APPLICATION: PLEASE NOTE; PARENTS ARE TO PLEASE PROCEED WITH THE VISA APPLICATION FOR THEIR WARDS. FOR INFORMATION ON GROUP VISA APPLICATIONS, KINDLY CONTACT Eunice Eunice.aryee@tis.edu.gh and she will put you in touch with the Summer Camp facilitators for OXFORD ROYALE SUMMER PROGRAMME, UK AND EDUCATIONAL SUMMER CAMP- CANADA.

important

DATES AND INFORMATION

achieve
more

SAT[®] 2022-2023 TEST DATES

THERE ARE NO MORE SAT TEST DATES FOR THIS HALF OF THE SCHOOL YEAR.

- ✓ **DP1s don't wait until the eleventh hour to register. Register now to avoid any disappointments!**

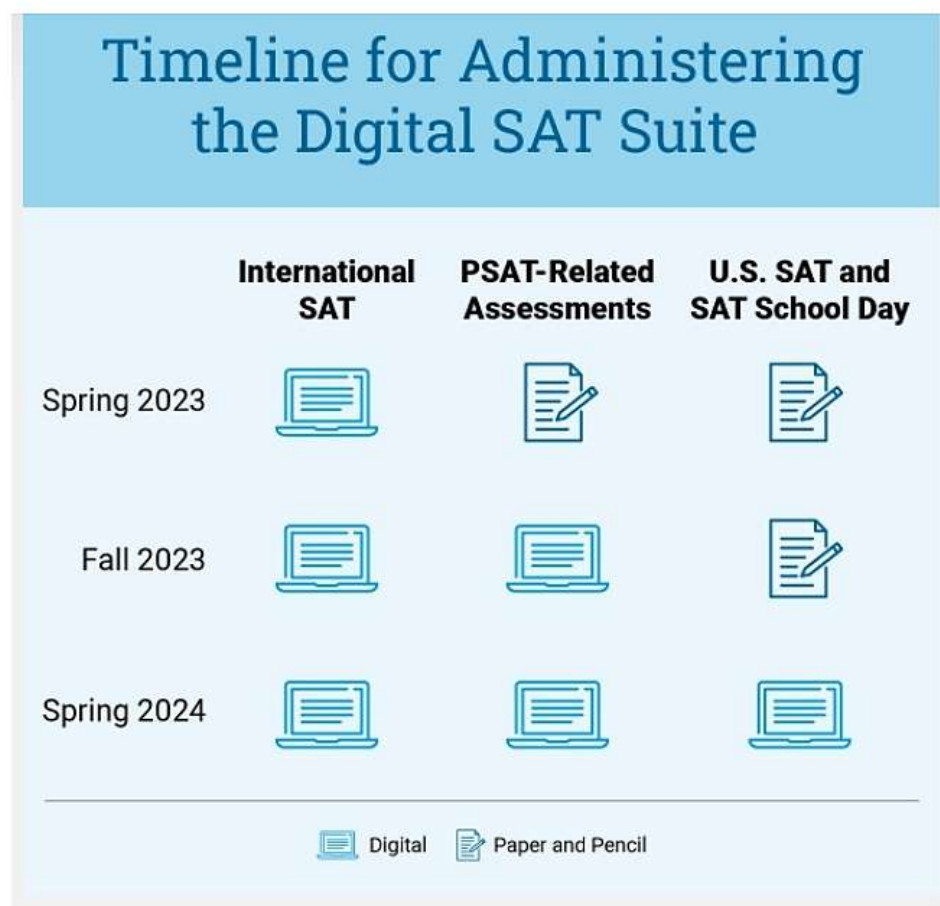
<https://collegereadiness.collegeboard.org/sat/register/international>

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



- ✓ **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>



2021-2022 TEST DATES (COMPUTER-BASED TESTING ONLY!)

- ✓ ACT Registration Fees (Online payments only: Visit www.actstudent.org):
- ✓ ACT plus writing – TBD, without writing- U.S.\$171.50 (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. DONT MISS OUT ON ANY OF THE DATES

TEST DATE	REGISTRATION AND PAYMENT DEADLINE	GLOBAL DEADLINE
11 June 2022	29 April 2022	13 May 2022



IB Class of 2022, celebrate your new achievements knowing that this is just the beginning of greater accomplishments ahead. Wishing you life time success today and always!!



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

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](#)'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.



Free University Preparation Tool from the Oxford Scholastica Academy

Oxford Scholastica have developed a free tool for students aged 15-18 who would like guidance on how to maximise their chances of getting into their top-choice university.

To access your free personalised Report, go to <https://www.oxfordscholastica.com/report/> and fill in a short 5 minute questionnaire.

Your Report will include:

- Tailored book, podcast and video recommendations for you, based on your interests and academic level, to help you read around the curriculum
- Data to let you know where you stand compared with other applicants
- Advice and recommendations for how to improve your university application and set yourself up for success

The Report will give you the edge in your university applications, and it's completely free.

Here's the link: <https://www.oxfordscholastica.com/report/>

Error!

Stephanie Lester
Oxford Scholastica
Academy
[www.oxfordscholastica.
com](https://www.oxfordscholastica.com)



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



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www.oxfordscholastica.com

info@oxfordscholastica.com

13 EFFECTIVE STUDY STRATEGIES TO HELP STUDENTS LEARN

Strategies for Avoiding Distractions

1. Change your space (make it distraction-free).
2. Don't choose distraction (don't multitask).
3. Ask: Do you want social media or Enjoy it? (There is a difference between wanting to go on social media and actually enjoying being online may be significant to the student.)
4. Plan breaks (if constantly distracted you may need a break. Planned breaks are more effective than spontaneous ones.)
5. It's still school. (Parents can help students structure their mindsets to tune out distractions.)

Why We Procrastinate & How to Fight it

6. Start work in class (simply beginning the work makes headway against procrastination.)
7. Use a Planner – and make it a habit. (When students don't plan or schedule, their work, they struggle. When planning, whatever time estimate you come up with, double it.)
8. Practise breaking down tasks. (Students need to learn how to break up large tasks into bite-size chunks.)

How to Know When to Stop Studying

9. Feeling that you know something is not reliable. (When students assess whether they know a topic, they should consider whether they're only familiar with it.)
10. Studying until you know is not enough. (To protect themselves against forgetting, students should plan their studying so that it includes time to study even after mastering a self-test.)
11. Creating study materials is studying. (Making their own study guides or flashcards not only allows students to review their notes but ensures the materials they use are on topic and accurate.)
12. 'Knowing' means being able to explain. (Knowledge means being able to explain it to oneself.)
13. Use in-class queries. (Quick tests that require students to produce knowledge allows them to check their understanding of a concept.)

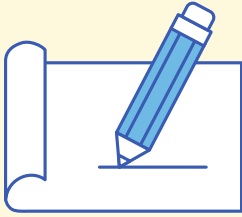
Source;

https://www.kqed.org/mindshift/57644/13-effective-study-strategies-to-help-students-learn?utm_medium=Email&utm_source=ExactTarget&utm_campaign=MindShift

Caroline Smith
13 Effective Study Strategies To Help Students Learn
5 April 2021. Mind/Shift

Email Etiquette

It always helps to be polite.



Write a brief description in the subject line.



Use a proper greeting like, "Hi Mr. Byrne" or "Dear Dr. Reese."
Use a closing like, "Thank you" or "Sincerely."



Use proper spelling and grammar. A squiggly line under a word means something isn't right.



Before using "reply all" ask yourself if everyone needs to read your reply.



Be patient. Your teachers might not check their email on the weekends or late at night.

10 THINGS THAT REQUIRE ZERO TALENT

@MINDSETOFGREATNESS

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

CAS-SA Corner

Celebrating the IB Class of 2022



The preparations for the **Annual Achievers' & Graduation Ceremony** are ongoing. The good news is it's an **in-person ceremony** that will be **live streamed** as well, **on the school's Facebook and YouTube**.

Parents of the graduants, kindly check your emails and ManageBac for updates on the ceremony.

Date: Saturday, 28 May 2022

Time: 11:00 am prompt

Venue: TIS Multipurpose Hall – Main Campus

Theme: *Embracing Change, Be the Change.*

Guest Speaker: Theodore Sutherland – Culture and Leadership Expert



TEMA INTERNATIONAL SCHOOL



**Graduation & Achievers'
Day Ceremony 2022**

LOADING



28 May 2022 @ 11:00 am

LIVE STREAMING  Tema International School  TISGhana

Community Project

As communicated in previous bulletins, students have submitted an in depth reflection about their Community Project journey. Below are reflections from **Esther, Charles, Samuella and Ayomikun**.

What went on during Community Project?

Community Project is something you do in order to create awareness or help a community in a time of need. My community project was to create awareness about body shaming and how it could affect someone's mental health and cause them to lose weight drastically causing them to become anorexic. During the process of my community project I went through a lot. I used my after school time to go around the whole girls' hostel to ask if they would like to buy my group shirt and it was quite stressing because people kept changing their minds and it was quite hard to keep track on the orders.



I learnt the skill of lettering to adjust my writing font to fill a board with the quotes selected. Another thing I realised during that process was how people's comments can affect you. It really dawned on me that people will think that our posters would be too bland so we should add more colour and designs to our poster, with that I took up the role of adding the colors and boldening the angles and font for legibility.

This project set out to motivate teens to feel comfortable in their body; that is just the way we were made so you must not criticise yourself about it. What I learnt from this activity was that people will criticise you no matter how hard you try to make the world better, I was heartbroken to notice that, someone had used a pen to write on the poster my team and I worked hard on when I visited the washroom.

The ATL skill I used was self-management because even though community project was a big priority, I still had to



focus on school tasks. My group and I also started using our free periods to go to the design lab so we could finish up on our posters so that we could get them ready to hang them. My personal goal for this community project was that people will learn that bullying people for their body type is not ok and I hope that I would also get the confidence to embrace my body and love it like a person. The greatest challenge I faced during community project was procrastination because I had a lot to do and I kept pushing it away until I gave in and finally finished the work up.

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Community Project

I feel like my greatest achievement was everything I went through from getting customers to buy our community project shirt to being able to finally put those posters up on the wall for every girl to see them. Even though there were some downsides everything was good I even learnt how to have fun with my group members and I personally think our friendship really blossomed. **Esther Brenya, G8**



At the start of the project, we realized that we didn't have hope that the project would work but when we started to receive donations and saw the first painting and roofing fix, it motivated us to do more. I feel like if I wasn't in this group the project wouldn't have moved on and because of my strong relationship with my grade mates I was able to complete the work easily and communication was easier. I think the activity has made me build a relationship with St. Johns Academy and some TIS staff. The project is going to help the students improve their reading skills because and I am glad we were able to facilitate that. The headmaster said, the last time he saw a library was 20 years ago. It made me realize that not everyone has a good education and when you have, give. It also taught me how to talk confidently in front of a crowd and be more aware of the needs in the community. Normally it was difficult for me to manage my time, but I got used to it during this process. I created my personal table which included a community project part in it, so I don't get stressed and procrastinate. Plus, communicating with our supervisor was very easy because he was in the hostel with us.

Our goal was to refurbish the library and we hope the school will put it into good use. I believe we all put in the effort in this project for it to be possible. Through the process, we luckily didn't go through any fights and separations. The greatest challenge we faced was making a video for our presentation and YouTube video.



What caused this was we were always procrastinating and then it was two days to the deadline and we had to do it that day. I believe we could have done it earlier if we planned ahead. After the project, we were given a plaque and when we visited the school, they organized a program for us which was really touching. I have never felt this way when hundreds of students are clapping for you because you did something for them. My group mates and I are also planning to do another library during the vacation. **Charles Adubofour, G8**



Community Project



Looking back on something; being in consideration or serious thought

During the whole community project process, I learnt many different things. When I think back on our group, I feel like we did good for what we were able to achieve.

When we first started brainstorming on what we would do for our community project we thought of many ideas. We even thought of fixing the girls court hoops at TIS. Eventually we

were introduced to a school in Ashiaman that lacked a Library facility by Miss Grace we immediately decided on that to be our community project.

We were able to come up with a plan of action on how we would fix the library at St. Johns Academy. We instantly thought that the best way to refurbish the library was to raise money. At the start of brainstorming how to raise the money, we received news that one of our groupmates had already raised a large sum of money. This pushed and motivated the whole group. We decided that sending out emails asking for support would be the most efficient way to get the results that we needed. During this process I learnt how to effectively work with the trial-and-error method. I learnt how to spot mistakes in my work and correct them in order to create an email that would effectively explain our project and ask for help. Editing the emails and using a type of tone and phrases improved my email etiquette. This taught me how to be thorough and cautious when sending emails.



Whenever we received news of getting money, we were always ecstatic because we knew that all of our work was paying off. As time went on the money donated was increased. With the help of our supervisor, work began. We received pictures of the ceiling, repainted walls, learning stations, shelves and books Then received the news that the library was done, and we would soon be visiting to see it. When we were going to the school, I got a bit confused because of the route that we had to take to get there. This really showed me how fortunate I was.

When we got to the school none of us expected what happened. They had a whole ceremony for us. This really had all of us surprised. We went up to the library and arrange the books that we got for them, and arranged them on the shelves.

After a while we went up again, this time to officially upon up the library. We put a plaque with our community project name, and our names on the door. We then got to cut a ribbon which finally meant the library was opened. We then proceeded to take some pictures with the head boy and girl of the school. I really learnt the value of what we did when the head of the school had told us that he hadn't seen a library in many years.

In conclusion our community project journey was an interesting one. Although we had some tough times, we were able to finish the project with flying colours.

Community Project

Taking time to think about what I have done



Working on a community project has been a fantastic experience. I had a lot of fun with it and now I see the value of it all. Community project taught me that even at our early ages, we can still make a difference in the world, which was one of the lessons I took away from it. This topic we chose has a lot of meaning because it is a very big problem that the world is facing. There are times when people feel like killing themselves because they have been body-shamed and then all the things people say to them build up, and this is when they want to kill themselves. I am glad that I was able to do the project and raise awareness about what is going on in the world. This project means a lot to me since I've been body-shamed a lot, so I'm glad I was able to show people that body-shaming isn't healthy and can have negative consequences.

I've learnt a number of new things as a result of this experience, some of which include collaborating with others. This is because my group members and I had to work with a large number of people, which had its ups and downs but mostly ups, and this helped me understand that everyone is not the same and that we are all unique, so we had to listen to everyone because everyone had excellent ideas, and I believe we were able to accomplish everything. However, balancing schoolwork with community projects and after-school activities proved difficult at times during the joinery. We had to use our free periods and also after school to paint our boards, so I had to skip some of my after school activities, and then I realized that I didn't have a lot of time to do my schoolwork, so on the weekends after lunch, I would do all of the work that had very tight deadlines, and as a result, I was submitting my work more early and even had more free time on some days.

I discovered that I enjoy sharing my knowledge with people, and it was a really enjoyable experience for me. I am grateful for the opportunity to do so, and I can't wait to do so again through my SA. Another thing I saw was that anytime one of my group members was down, I was able to lift their spirits, allowing us to finish what we were doing and even finish faster. My biggest obstacle, I believe, was creating the board because I am not very good at sketching and painting, but with the help of Mika- G9 and Seffrina- G10, I was able to



do so and it turned out well. Another challenge we experienced was getting the boards to stick to the walls and doors. My biggest fulfilment out of this whole exercise for me was seeing individuals wear the shirts we made; it makes me feel like my group mates and I were able to make a difference in our society. I had fun and I am so glad we were able to do this. **Samuella Adu-Baah, G8**

Service as Action

PYP Chat – Boarding House



Service as Action is a unique opportunity for students to impact their immediate environment with the lessons they engage in at the classroom. A group of MYP 4 students, as part of their Service as Action experience, engaged the 6th graders in a session/presentation dubbed *"The Boarding Life"*



The aim of this activity was to alleviate the angst and demystify the myths surrounding boarding house. The team discussed issues concerning boarding life in TIS: student council, dining, common room meetings, hostel life, Saturday entertainment nights, parents visiting days, inter-colour competitions, ASA etc. The students **Obaapayin Tweneboah-Koduah, Fredricka Ayitey, Kelvin Ansong and**

Dennis Odoom were very enthusiastic about this activity. Below are reflections from the experience by both 6th graders and MYP 4 students.

PYP Chat – Boarding House



Educating the PYP students was a lot of fun for me, and it turned out that the SA had a big impact on most of the Grade 6 students, mainly because I realized they weren't all that excited to come to the boarding house. Some had heard rumours, while others were contemplating how much they would miss their parents. My friends and I went up to them and advised them not to worry about anything because boarding house is a great experience. After an hour or two, I was delighted to notice that majority of them were finding the boarding house discussion to be very intriguing and interesting. Others also expressed interest in coming because it appeared to be a really interesting and exciting place to be. After the session they were required to write down their reflections, and reading some of the wonderful pieces of written brought delight to my heart. An example "I'm looking forward to visiting the boarding house. It appears to be an exciting and enjoyable place to stay." **Obaapayin Twenboah-Koduah, G9**

I really enjoyed the presentation about the main campus. I learnt a lot about the boarding house and how life is like on the secondary school, and I can't wait to join my seniors. **Katie-Louise Assan, G6**

I learnt about boarding life and how fun TIS is. **Jauanita Quarcoopome, G6**

After this presentation, I am convinced to attend boarding house at TIS. I want to learn independence. **Adrien Mate, G6**

This meeting was fun and engaging. We learnt many things that will help us when we get to the main campus. **Kwaku Ayisi, G6**



PYP Chat – Boarding House

I really enjoyed the presentations by our seniors in grade 9. I really learnt a lot about TIS and how fun it. I learnt about the student council and the hostel life. **Emaan Saani, G6**

I really enjoyed their presentation, and I can't wait to enjoy all the fun, sports and after school activities. **Sybil Amekugee, G6**

I really enjoyed the session and I want to be in the Francis Hostel. I am really excited for the future. **Paa Kwesi Oppan, G6**

This service as action project really helped me in many areas. I was able to work collaboratively with the other members of my project group. We worked on the PowerPoint we presented together, and we were also able to communicate new changes and more ideas which we had had. In the end, we were able to finish our PowerPoint and our videos as well. The videos really helped me in my editing skills which I can now say have improved drastically. On the day of the presentation/talk, I was a bit scared in the beginning but as I got to know all children, I gained more confidence and I was able to talk to them very calmly and openly.

At the end of our talk, we asked them a couple of questions and gave them prizes for answering the questions correctly. In the end, we shared some candies and they wrote their reflections on what they have learned about the TIS Boarding House and the feedback was very positive leaving us all feeling fulfilled. **Fredricka Ayitey, G9**



CAS Project - THE 'A' PROJECT by Ama Eduwa Andah (G11)



The 'A' Project is a CAS project initiated by me, Ama Eduwa Andah. The project aims at creating awareness on the disease in the school community and helping underprivileged communities. I decided to embark on this journey because I believe students of TIS have more to learn about the disease and what to do in emergency scenarios. I would also like to close the gaps in asthma care by raising funds to supply medical resources to underprivileged health institutions.

What is Asthma?

Asthma is a common lung disorder characterized by episodes of coughing, wheezing and shortness of breath. Asthma is caused by inflammation of the lining of the small airways in the lungs (bronchioles) which leads to spasm or narrowing of these tubes. (Asthma and Spirometry, La Crosse). The symptom of Asthma includes chest tightness or pain, wheezing, coughing etc. There are also numerous triggers including: emotion, exercise, pollen, smoke etc. (CDC, 2020)

Awareness

I plan on creating awareness by inviting a medical professional/ healthcare provider to give advice on the disease. This session will include emergency response tips, myth-busting, a fun Q&A session and much more. Hopefully, this will take place next semester and you don't want to miss it! There will also be exciting asthma-related educational videos projected during the meals, to inform people about the disease and demystify around the disease.

I would also implore students to help raise awareness about the disease by sharing whatever credible information they have on the disease with others.

Donation Plans

Apart from raising awareness, I also hope to raise FUNDS. I intend on selling stylish badges, stickers, and shirts to generate money. In addition, pledge cards will be going around for anyone that wants to help people suffering from asthma. This money will be used to purchase nebulizers and inhalers for under-funded and under-privileged local clinics that may have outdated machinery or no machinery at all.

So, stick around for updates and let's help 'Close the Gaps in Asthma Care'



TEMA INTERNATIONAL SCHOOL









Registration
CLOSED!!

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.



30 May - 2 June, 2022

Akatin

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



Proud to deliver






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



**REDIRECTION,
PAIN ,
SETBACKS,
SHORTCOMINGS,
HIGHS , LOWS
ARE ALL APART OF THE
PROCESS....
EMBRACE IT,
RESPECT IT
AND TRUST IT!**

INKY JOHNSON



ReachOut

Checklist for DISTURBING CONTENT

Work out whether the content is right for your child.

It might be around their age or just their personality, but trust your gut and put boundaries in place.



Read up on the issues it explores.

If you show that you are comfortable and knowledgeable with the issues it explores your kids are more likely to open up to you during a tough time.



Stay up to date with pop culture.

You may not care about the Bieber's or Beyonce's of this world but following sites like [Pedestrian.tv](https://www.pedestrian.tv) and [news.com.au](https://www.news.com.au) will help you stay ahead of the game.



Make sure they know that not everything they see is how it appears.

Have a frank conversation about not taking everything on the internet at face value.



Tell them that they don't have to watch something if they don't want to.

Brainstorm ways they can say no to their peers and feel confident making their own decisions.



Encourage them to practice self-care.

If they are going to watch something make sure they've got an arsenal of things to pick them back up afterwards.



Offer to watch it with them. That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.



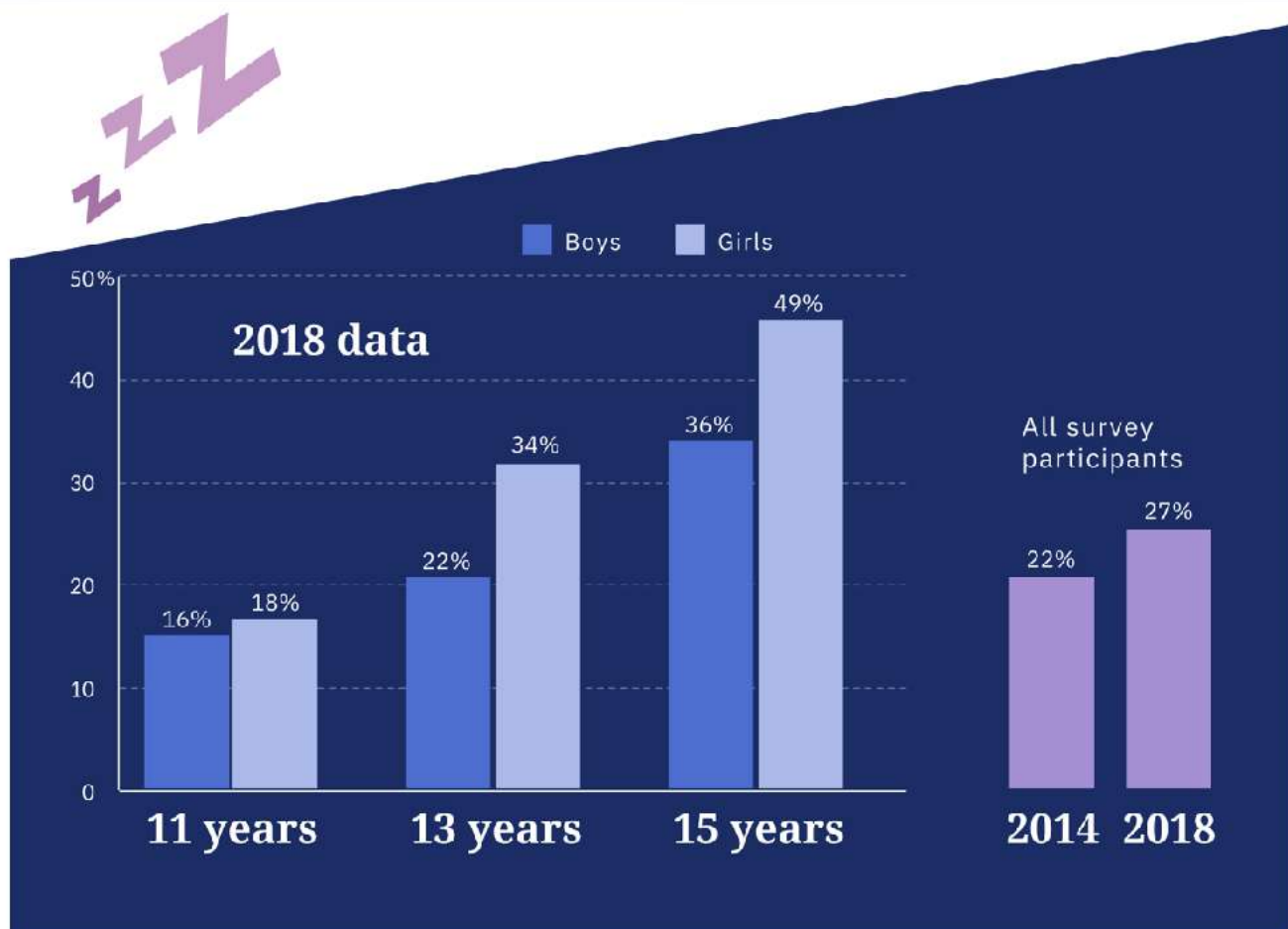
Let them know where to go for help.

Ask them who they would feel comfortable talking to and connect them with services like [ReachOut](https://www.reachout.com) or [Kids Helpline](https://www.kidshelpline.com.au).



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., Klemra, 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.”**



