# TIS RECORD

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# At TIS,

we believe experiential learning allows our students to understand the theory in the classroom to practise across the real world, where personal experiences and reflections add real meaning and a sense of purpose to each student, while making the world a better place.

# Contents

- PYP News: Page 8
- CASSA Corner: Page 32
- Guide Post: Page 60

# Key Dates

- 24/9/22: TIS volleyball championships.
- 1/10/22: SAT
- 15/10/22: PSAT
- 17-21/10/22: Mid-semester break
- 22/10/22: ACT

# Thought for the Week

Real change lies within all of us.

It is in the choices we make every day.

- Megan Rapinoe



# **Plan and Prepare**

Individuals create a lot of stress for themselves by not being organised. A lot of misdirected effort and time gets lost along the way as well.

At this week's secondary weekly assembly, I challenged students to be more organised. The first two steps are to plan and prepare.

Before students go to bed, they should look at the next day's timetable so they are aware of how their day will shape out. Are there any tasks due? What will I be able to complete in any non-lesson time? They should have the required books and equipment all packed for the next morning.

Plan and prepare. Too many students ignored the message on Wednesday, as large numbers of students attended the Sporty



Vol.19, No. 8

Leaders are readers

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

# **Making Us Proud**

- Abdul Sallam Abanga (10), Swimming Club Champion of the Week (17.18)
- Matthew Akafo (10), our highly skilled drone photographer at the TIS Family Sporty Day.
- Allyson Acheampong (10) for explaining the importance of her Personal Project on live TV on Wednesday.
- Selorm Kudomor (9), a finalist in the Citi 97.3 FM literacy challenge.
- Red House handball team who won the girls' championships last Saturday.
- Yellow House handball team who won the boys' championships last Saturday.
- Michael Kaleem (12), Annalisa Boahen (12) and Lexi Forson (12) for their great job as Yellow House Leaders. Well done.

### Weekly Bulletin

Family event not wearing their sports uniform and using inappropriate footwear. Plan and Prepare.

Punctuality is another stress-buster. 'If you're 5 minutes early, then you're on time!' This holds true as you need those 5 minutes to be organised and ready to start the activity.

# Exeats and Visiting

Weekend exeats requests must be received by COB Wednesday and, if approved, willcommence after 4.00pm Friday and not before.

Following a medical exeat during the week, students must return to school immediately after the appointment.

When visiting, NO food or drinks are to be consumed.

As parents make their own bookings, please stick to your allocated session. Please don't arrive at 2.00pm for a 4.000pm visit. If you book a 2.00pm list and arrive at 2.40pm, your visit will still end at 3.00pm.

Your cooperation is required in these matters. Thank you.

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)



Weekly Bulletin



Vol.19, No. 8

Leaders are readers

# TIS 2022/23 School Calendar

August 2022							
Su	Мо	Tu	We	Th	Fr	Sa	
	1	2	3	4	5	6	
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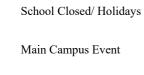
	September 2022							
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	November 2022							
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	February 2023							
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May 2023									
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# **COLOUR KEY**





SAT Test

December 2022								
Su	Мо	Tu	We	Th	Fr	Sa		
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	March 2023							
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	June 2023								
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	October 2022								
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30	31								

January 2023								
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	April 2023								
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	July 2023							
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30	31							

Teacher in-Service Day (no school for students)

First and Last Day of School (Main Campus)

First and Last Day of School (Primary Campus)

ACT Test

Public Holidays				
21/9/22	Kwame Nkrumah Memorial Day			
2/12/22	Farmers' Day			
9/1/23	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: 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)			
4/9/22	Thanksgiving Service (11.00am: Students only)			
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			
3/10/22	Creative and Literary Performances Gala Evening			
7/10/22	Inter-Colour Language Comp			
8/10/22	CAS Project Interschool Basketball Tournament (9.00am-1.00pm)			
9/10/22	Founders' Day Thanksgiving Service (11.00am)			
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 – 5.00pm)			
30/11-2/12/22	Dukies' Expedition			
3/12/22	SAT			
5-6/12/22	Group 4 Project (G12) Christmas Lunch: PD Final Papart due			
7/12/22	Christmas Lunch; PP Final Report due			
//12/22-5/1/23 8/12/22	PP moderation (supervisors)			
8/12/22 9/12/22	General Inspection. Last day for first semester: Students may depart from 2.00pm.			
10/12/22	ACT			
10/12/22				

<i>S2</i>			
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	SC Manifest Readings		
23/1/23	2023 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		

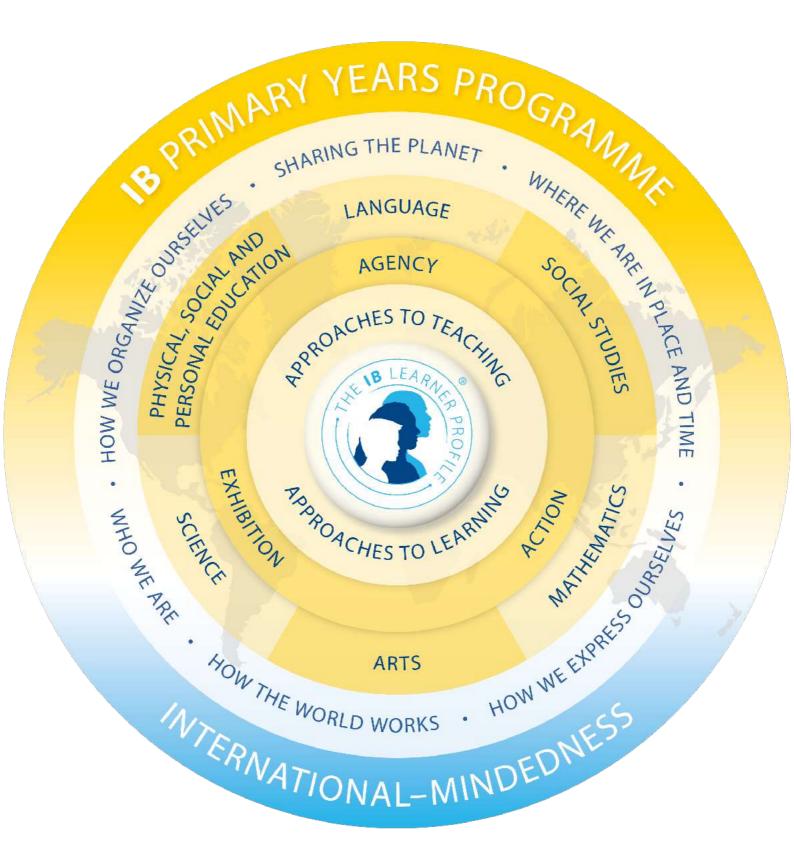
# **Primary School Campus**

# **Public Holidays**

21/0/22	Variation Nilaman al Managarial David
21/9/22	Kwame Nkrumah Memorial Day
2/12/22	Farmers' Day
9/1/23	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		
<i>S2</i>			
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		
24/5/23	End of UOI #6 Celebrations (K1-5)		
26/5/23	PYP Exhibition (11.00am)		
2/6/23	K3 and G6 Graduation & Achievers' Day		
2/6/23	End of semester		



# Learning How to Learn

In a fast-growing global village where the world is connected by media, trade and easy movement, there is a need to rethink, refocus and reform the goals of education to suit the future of learners. To achieve that, the question that comes to mind is whether education is content-based just to fulfil our teaching merits or skill-focused to impart a real experience and develop the learners' capabilities to solve problems.

At TIS Primary School, we ensure that the day-to-day teaching and learning support the development of the approaches to learning skills (ATLs) and attitudes so that learners become independent, life-long learners in preparation for the years ahead.

# How do we develop the skills and attitudes through the unit of inquiry?

• **Explicitly** – By specifically teaching the ATL skills and attitudes, either within or outside of the subject discipline. This can be done by considering the subject-specific objectives, the assessment strategies, desired learning outcomes, and age appropriateness.



Explicit learning of how to present a message to an audience.



Learning how to communicate using both verbal and non-verbal language.

• **Implicitly** – By having students practise using the skills and attitudes in the day-today activities both in and out of the learning environment.



Shawn exemplifies a caring attitude by holding the door for his friends.

## Evidence of the Development of the ATL Skills and Attitudes

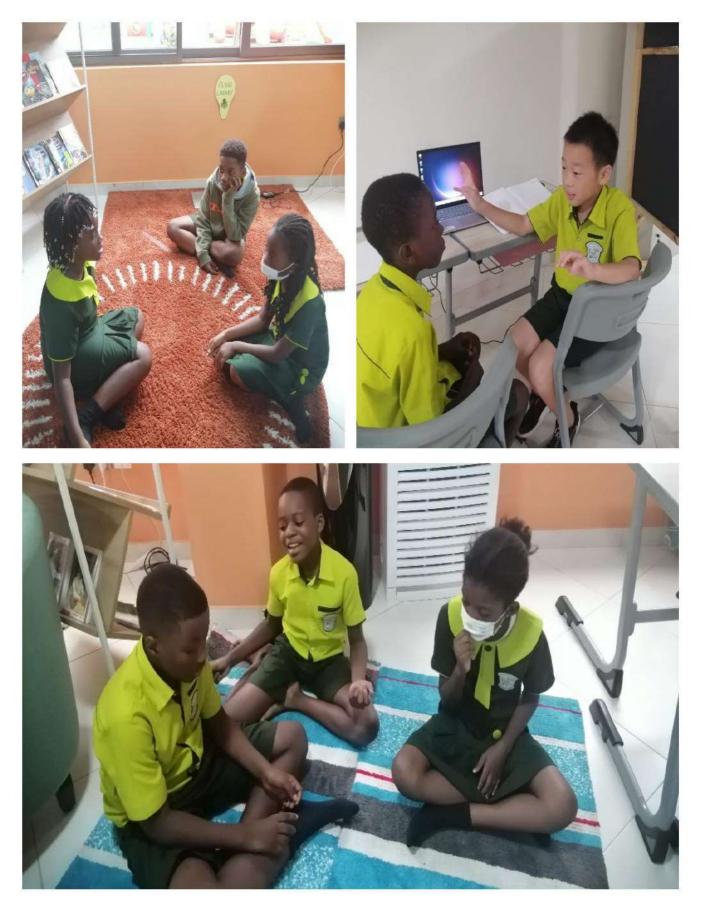
### 1. Communication Skills

Learners develop their communication skills when they express themselves confidently and creatively in diverse ways. They are encouraged to collaborate and share their ideas using different learning modalities. Communication skills are grouped into sub-categories, such as:

- Exchanging information, listening, interpreting, and listening.
- Literacy, reading, writing, and using language to gather and communicate information
- ICT- communication used to gather, investigate and share information



Learners pr



We communicate our ideas and share different views through collaboration

## 2. Research skills

Research skills are developed when learners find answers to questions or solutions to problems. This includes finding sources that are reliable and relevant, presenting your research findings properly and learning to reference the source of your findings.





Students demonstrate their research skills individually and collaboratively



We get excited when we find answers to our wonderings. Watch out for future researchers!

# 3. Social skills

Social skills are concerned with learners cooperating and accepting responsibility as they work with other learners. Learners at TIS are expected to respect others, resolve any conflict that may arise and be involved in group-decision making as they adopt a variety of group roles during the learning and sharing process.





# 4. Thinking skills

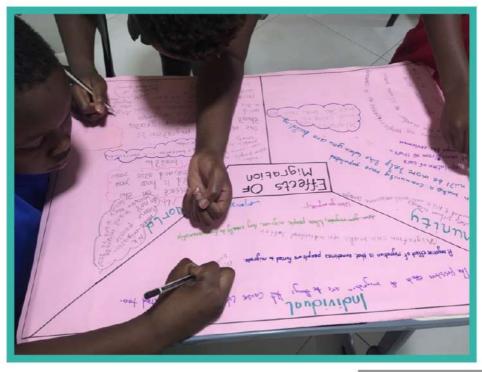
In the classroom, making thinking more explicit would provide students with opportunities to think more clearly. An example of a practice that may support students' thinking is an ongoing reflective practice where students document their learning throughout the unit.



Learners reflect and take action by deciding to recycle the waste they make from their snacks.



# Sharing and expressing our views on effects of migration.



PIC.COLLAGE

# 5. Self-management skills

Self-management refers to the ability of students to manage their behaviours, thoughts, and emotions in a manner that supports the progression of learning productively.





# Team the ATL skills with the IB learner profile

One of the most important aspects of teaching ATLs is making meaningful connections with the IB learner profile. ATLs complement the attributes if specifically taught in context with the topic or subject.

As educators, it is our responsibility to create a welcoming, challenging and rewarding learning environment for our students. The teaching of ATL skills in relation to the IB learner profile attributes enables students to further develop their skills, outlook and approaches to learning.





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



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 - 7years) 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: <u>https://tis.openapply.com</u>

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

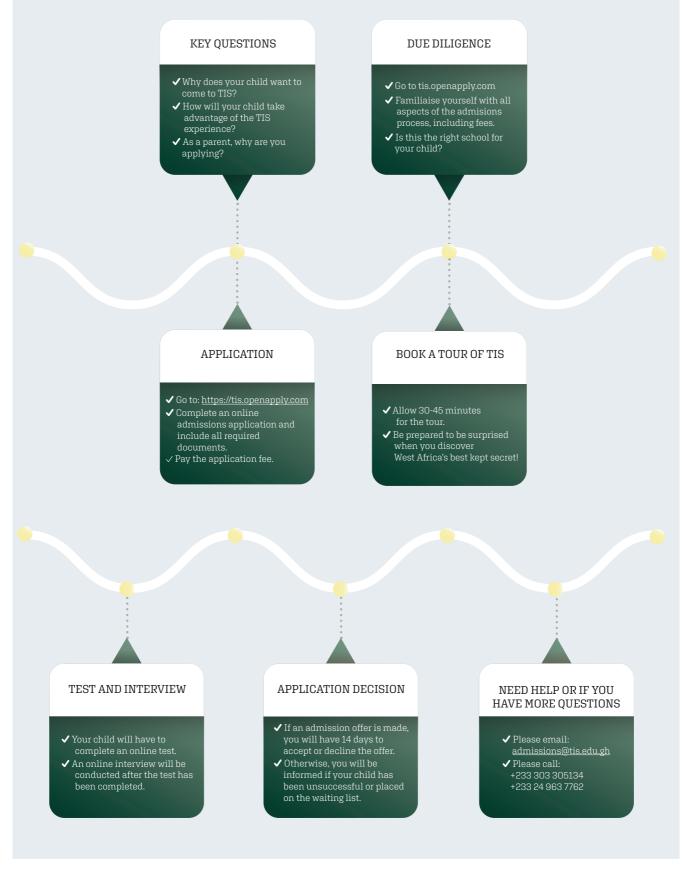
TIS is an IB World School, authorised to offer PYP, MYP and DP.







# **TIS ADMISSION PROCESS**



# **TIS Admissions Grade Chart**

TIS		British Curriculum Schools
Kinder 1	-	Nursery
Kinder 2		Reception
Kinder 3		Year 1
Grade 1		Year 2
Grade 2	– PYP	Year 3
Grade 3		Year 4
Grade 4		Year 5
Grade 5		Year 6
Grade 6		Year 7
Grade 7		Year 8
Grade 8	– MYP	Year 9
Grade 9		Year 10
Grade 10		Year 11
Grade 11	DP	Year 12
Grade 12		Year 13

TIS

The IB Community Blog Le blog de la communauté de l'IB Blog de la comunidad del IB



# African students' reflections on peace

septiembre 20, 2022 in Anuncios, Our world

A recent competition organised by Peace Talks and Africa Learning International encouraged African students from international schools in Africa and around the world to talk about peace. Sixty students used the competition, entitled 'Peace You Have My Word', as an opportunity to share their visions of their own continent, highlighting the diversity of young African voices around the globe and emphaszing that the children of Africa are watching and speaking.

Estelle Baroung Hughes, Secondary Principal at the International School of Dakar and Founder of Africa Learning International, shares some of the thought-provoking and, at times, unexpected remarks on peace taken from the competition entries.

# Peace and beauty

The overall winner of the competition, Ewuraba Benyarko, 17, from Tema International School in Ghana highlighted the importance of self-love for African women and how this brings inner peace:

"She knew who she was, and that was enough. Undying warmth in her eyes. Chocolate skin that encapsulated divine serenity. Her origin spoke volumes. Her presence raised curiosity. But above that. She embodied what others craved. She was a woman. An African woman; a reflection of incontestable peace."

Golden medalist in the category 'my own definition of peace' was Georgette Margna, 14, from Enko Ouaga School in Burkina Faso. Georgette speaks of serenity, using a warm ubuntu-like metaphor to describe how peace feels:

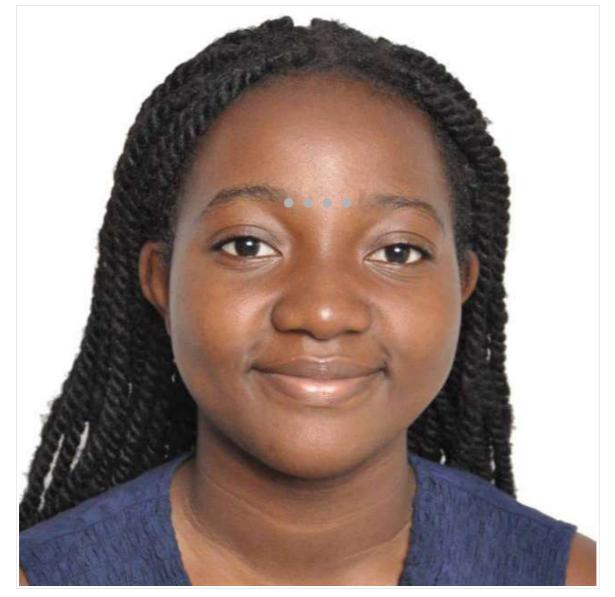
# Some of the talented students

https://blogs.ibo.org/blog/2022/09/20/african-students-reflections-on-peace/?lang=es

1/6

21/09/2022,07:55

African students' reflections on peace | Blog de la comunidad del IB



"Peace is like a tree that we plant in a community, water, protect every day and see growing with patience and love, in order to one day, harvest its fruits."

The connection between peace and mindfulness is particularly well-expressed in the text written by Sankriti Thakur, 17, from Sekolah Global school in Indonesia. Sanskriti evokes silent observation of a beautiful object as a source of peaceful joy:

66

"Peace is my mother's decorative porcelain pot. The traces of white lines blend together effortlessly with the blue to tell timeless stories of mankind. The pot is empty, hollow on the inside; darkness engulfs it. It is the shades of white and blue that together coexist to give the pot heart; to give it meaning; to give it life." 21/09/2022,07:55

### African students' reflections on peace | Blog de la comunidad del IB

### Peace as a human and political responsibility

The thirst for peace is tangible in the text written by the students. These children of the African continent are aware but also weary of the artificial hurdles that hinder peace.

Diego Nwokolo, 17, from Tema International School in Ghana appreciates the power of peace as a social cement and asks everyone to become a peacemaker:

"Mostly desired but hard to achieve in our world full of war, it feels like there is not enough peace; but I believe that peace can be big or small. It could be seen in an entire country or in little moments. It is the presence of social solidarity, people recognizing each other as fellow human beings, sharing concern for the wellbeing of each other."

This vision is shared by Fafa Metognon, 13, a Beninese student at Enko WACA school in Senegal. Fafa depicts our shared responsibility in nurturing peace through this poem:



"Peace is someone Who only says what is inside their heart Who does not wait but offers to help Peace might be you, peace might be me It depends on you, who you want to be."

The urge to act becomes more exacting with Khadijah Azeez,a 16 year-old Nigerian student at London Academy in Dubai. Khadijah strongly advocates for an end to be put to the rife discrimination against African women on the continent, arguing that this is key to keeping our communities from falling apart:

"Without the equal treatment of women, there can be no peace. Violence against African women is the opposite of peace. Old sexist traditions must be forgotten. African women have achieved so much for themselves regardless of the struggle, they move Africa as a continent, towards peace, step by step."

Tsiony, an 18 year old student at United World College (UWC) Maastricht, speaks as a true UWC student, with authority and clarity, demanding awareness and change:

"The thing with peace on the African continent, is that since the moment we were put in shackles and were whisked off to faraway lands, conflict and suffering became unavoidable. The colonizers are gone, they say, the country is yours, they say; yet there are still centuries old structures in place to make sure, that no matter what we do, we continue to fail, and suffer."

Through this competition it is clear that international education is growing and evolving in Africa. How can these new international schools be better acknowledged and supported? How can students be given the opportunity to shine that they so yearn for? To address these questions international schools should.

1. Create forums where children can talk about peace as a central lens for change-making. Peace is all-encompassing and the best way to make a lasting difference.

https://blogs.ibo.org/blog/2022/09/20/african-students-reflections-on-peace/?lang=es

3/6

### Tema International School

### Weekly Bulletin

21/09/2022,07:56

### African students' reflections on peace | Blog de la comunidad del IB

- 2. Look for opportunities for all students to reflect on their own personal identities. This competition centered African voices, other projects might highlight indigeneity, gender, sexual orientation or other personal identities the students might want to explore.
- 3. Dismantle Afro-pessimism in your curricula. Instead of only showing an ailing Africa, share the beauty of African values and show Africans coming together to solve their own geopolitical, environmental and social issues.

A whole range of emotions could be felt in the competition entries. We thank all the participants and hope they will all write again next year. There could not be a better conclusion than the words of Sarah Zoungrana, 12, from Enko Ouaga School in Burkina Faso. Sarah's reflection encompasses the spirit distilled in her peers' thoughts:

"Peace is the daily bread that everyone needs today, but it is war that is selling. Freedom has been given to everyone, but it is used to imprison ourselves. Peace is not only to live quietly or to be happy, but to do justice. We are capable of everything but together and not alone. By working hand in hand."



Estelle Baroung Hughes (she/her) is Head of Secondary at the International School of Dakar. She is also the president of the NGO Africa Learning International, an organization focused on the Sustainable Development Goal (SDG) 'Quality Education for All'. Estelle has a passion for writing and music that she explores through her literary blog, her work with the literary prize 'Les afriques' and the writing of school-based intercultural musicals. As a Cameroonian citizen, Estelle was inspired by the cultural wealth of her 250 languages country and her experience in international education to co-create the course titled TWICE (Teaching With Inclusion of Culture Embedded). Estelle draws energy and creativity from her ambition to change education, one child, one teacher, and one school at a time.

< Una revista une a estudiantes de todo el mundo

https://blogs.ibo.org/blog/2022/09/20/african-students-reflections-on-peace/?lang=es

29



# TEMA INTERNATIONAL SCHOOL



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

# **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.)
- 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-studentslearn?utm\_medium=Email&utm\_source=ExactTarget&utm\_campaign=Mi...

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

# CASSA Corner – TIS @ 19 – Founders' Day



**The Founders' Week** organisers (G11s) are busy planning the most important event in TIS, **Founders' Day**. The Theme for this year's event *is Celebrating our Founders: The importance of vision and values*. TIS is turning 19 and growing bigger and better.

We are looking forward to a week filled with fun, creativity, celebration of culture, thanksgiving, sports, delicious food and games. See below the events coming up and how we should dress up for each day.

Spirit Week Dress Code - \*If you need further clarification, kindly speak with Maadjoa, Ewuradjoa and Seffirina (G11) - Leaders of the committee.

1. October - Saturday - Nii Okai Concert

# **3 October - Monday - Founders' Day**

Special Lunch with our Co-Founder, Mrs Comfort Adjavon

\*Dress code – Grade Theme (Students) – Departmental Theme (Staff)

\*Dress code - Semi Formal

4 October - Tuesday - Twin Day

\*Dress code- Iconic Duos

# 5 October - Wednesday – Worlds Teacher's Day

\*Dress code – dress as a Teacher or Staff member

6 October - Thursday - International Day – With focus on Pan Africanism

### \*Dress code – With focus on African Cultures

7 October - Friday - Freaky Friday

\*Dress code - Unconventional Clothing and anything but a bag

• Evening Event: Inter Colour Language Competition - A touch of your colour group

### 8 October - Saturday - Sporty Day & Soiree Night

• Event: Grades Sports Competition

\*Dress Code – dress according to your favorite jersey

· Evening Event - Soiree

\*Formal Dress

9 October - Sunday - Thanksgiving Service

\*Dress Code- White

Guest Preacher- Nii Okai



Tema International School IB Class of 2024 Presents

# SATURDAY 1 October Nii Okai Concert

MONDAY 3 October Founders' Day Special Lunch with our Co-Founder Mrs. Comfort Adjavon TUESDAY 4 October

**Dynamic Duo Day** 

Dress up as your favorite dynamic pair

# WEDNESDAY 5 October World Teacher's Day

Dress as your favorite teacher or staff member

# THURSDAY 6 October Pan Africanism Day

Celebrating African cultue

FRIDAY 7 October Freaky Friday/Anything but a bag

Come in your craziest outfits and bring anything but a bag

# SATURDAY 8 October Interhostel day

me fueled with your hostel spirit to the sporty events and interhostel dinner

SUNDAY 9 October

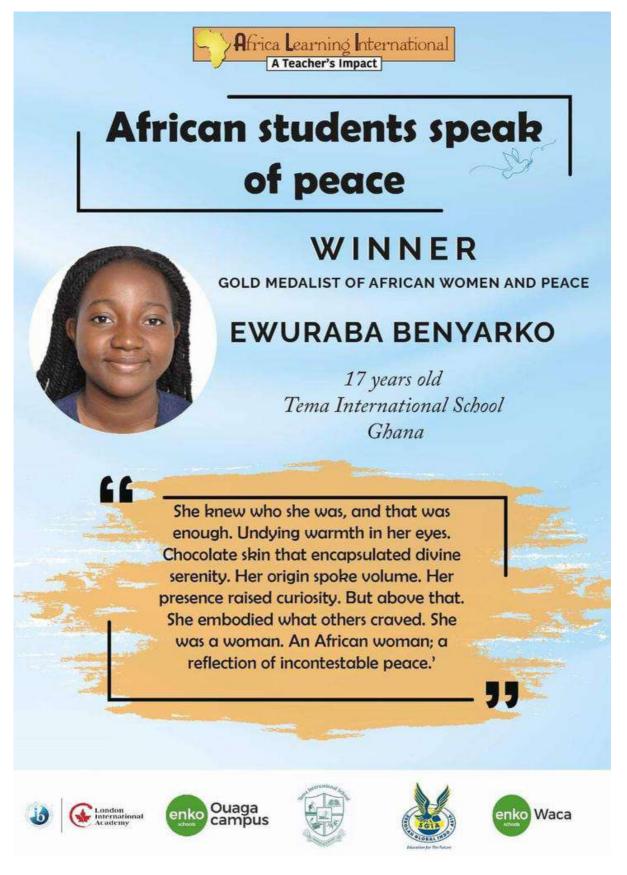
# Thanksgiving Service

Special Sunday service with guest speaker NII Okal

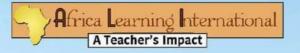
OCT. 1 -

# Reflections of students from Africa on peace

https://blogs.ibo.org/blog/2022/09/20/reflexiones-de-estudiantes-de-africa-sobre-lapaz/?lang=es



# Reflections of students from Africa on peace



# African students speak of peace



SPECIAL MENTION ON OWN DEFINITION OF PEACE

# **DIEGO-CRISTIANO NWOKOLO**

18 years old Tema International School Ghana

Peace can be big or small, It could be seen in an entire country or in little moments. It is the presence of social solidarity, people recognizing each other as fellow human beings, sharing concern for the wellbeing of each other.



£ £









# After School Activities – ASA Corner – READING CLUB!!



We are still accepting members in the **Reading Club**! It is a fun and engaging club for readers and knowledge-seekers like you.

You can develop your reading skills or grow your love for reading. Additionally, this club is more than just books filled with words, it a club that gives you the opportunity to enter a new world through a range of books and authors. Below are a few reflections from some of the members of the reading club.

'Reading club on Wednesday was a very fun-loving experience, filled with laughter and jokes. The best part of it is that we had the opportunity to share many interesting ideas with our fellow members. I am excited to join subsequent

meetings in the near future. '- Oheneba Yaw Tweneboah-Koduah (G9)

'Reading club on Wednesday was such an amazing experience! To kick start the meeting, we discussed the aims and objectives of the club and then had an ice breaker to get familiar with each other. The ice breaker was really fun, as we were given different scenarios to share our reactions. Listening to and respecting the opinions of others was something I had to apply during the ice breaker game since everyone had different perspectives. I loved the experience and I'm looking forward to the next one!' - Afua Osei-Boakye (G11)

'Reading club was beyond amazing on Wednesday. We had a very interactive session where we shared our opinions on different scenarios, spoke about suggestions for subsequent meetings and discussed current affairs around the world and in Ghana. What I love the most about this club is the instant connections and comfort each person receives at every meeting. I am excited to be part of this club and I can't wait to be involved in subsequent meetings!' - Nana Yaa Owusu-Manu (G11)





## ASA – After School Activities – Reading Club

# **ASA – After School Activities**



# Weekly Assembly





I noticed how rigorous CAS on its own was. The camp made me realize that CAS requires effort and stepping out of your comfort zone. I learned to be more open-minded, caring and giving during the camp. It is a result of me living in a different environment than usual with my peers and trying to adapt to the living circumstances of our stay there. My best moment was when I got the opportunity to abseil a rock. It was something I was also scared of doing, and facing that fear made me feel confident and unstoppable. My greatest challenge was abseiling the big rock. I have a fear of heights, and I overcame this by being brave and listening to instructions to have a fun but challenging experience. We used the washroom in the bushes at the camp. Regularly we would have a toilet

provided, but this wasn't the case for us. I had to communicate and collaborate with my friends to look out for each other and make sure we all adjusted to the living situation. From hiking to mountain climbing, everything was challenging. It took a lot of communication and collaboration with group members to overcome these challenges. I always thought I wouldn't be able to survive in such living conditions, but I proved myself wrong. I learned about the importance of teamwork during this camp. Had it not been for some of my teammates, I wouldn't have had such an incredible experience. They were caring and compassionate throughout the camping. This camp made me appreciate my parents more because they used to live this way and even worse when they were younger. I couldn't imagine myself being able to live like this for a long time, and I'm just glad to have had to experience something like this. My most unforgettable moment from the camp was abseiling the rock. I remember I could hear my heartbeat because of how scared I was. It was fun and fantastic. Nanette Ativor (Grade 11)



There are so many animals in Shia Hills. The rocks are steep, so if you are not careful, you might hurt yourself. Being attentive, teamwork and communication are things I learned from the camp. My best moment was abseiling and holding a snake. I felt mighty inside. The bonfire activity is also another. Abseiling was my greatest challenge. I thought I was going to die. Thinking skills, collaborative skills, and communication skills were abilities I developed. Yes, the activities were engaging and challenging. For some of them, I felt my heart beat rise to its highest point. I learned that I could overcome my fear if I stayed focused and put my mind to it. I learned to adjust to some environments. Cooking with my friends, vibing with most of my grade mates, and the bonfire activity were my memorable moments. Michelle Jackson (Grade 11)

Vol.19, No. 8

Leaders are readers

I noticed during the camp that everyone had different capabilities. What they can and cannot do, and teamwork was the solution. I learned about self-leadership, the practice of understanding who you are, identifying your desired experiences, and intentionally guiding yourself towards them. I also learned that you accomplish anything you put your mind to doing. My best moment was singing songs with my friends in the heavy rain because we decided to look at the brighter side of things and spend time together. My greatest challenge was dealing with my fear of heights during the abseiling. I overcame this challenge by being calm and reassuring myself that I could do it and complete it. Everyone has different capabilities as to what they can or cannot do.

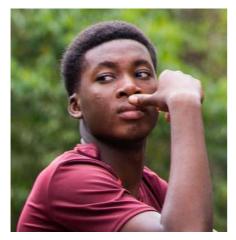


Some skills that came in handy were communication skills, which helped motivate group members whenever they felt like giving up. I learned that I do everything I can to persevere. I developed the ability to care for others. Spending time with the right people will always motivate you to do better. Walking long distances with my friends in the rain, with the cold air blowing on us, and shielding my friends with torchlights at night when they wanted to urinate were my unforgettable moments. **- Caleb Offei** (Grade 11)



As a group, we had to rely on each other and remain together as a group throughout the activities. When you set your mind on a goal, spend 60% of the time planning the steps to achieving it and the other 40% implementing it (a reference to the group activity on the helium stick). The karaoke and bonfire night were my best moments because we sang songs in unison. It was a memorable bonding experience. My greatest challenge would have to be covering the walking distances to our destinations. I don't think I overcame it, but next time, it would be appropriate to engage in physical activity to get my body used to that kind of motion. My communication and collaborative skills with my group members helped me to strategise, motivate, understand, and overcome our obstacles. The activities were engaging and challenging because I'm

not used to rigorous physical activity. I've learned to be patient and expectant of a hopeful journey, even if I don't see any signs that say so. My friends and others could testify that we've been able to learn more about patience and diligence. It doesn't matter how fast you get to your destination. It's the journey that it takes you through. I am more likely now to offer help without being asked and learn to exhibit the characteristics of a leader in the thing I'll find myself doing. The walk back in the rain to the reception was an unforgettable moment. **- Kabukuor Caesar** (Grade 11)



I learned that there will always be inconveniences, but giving up is not an option. For example, during the camp, our bus driver could not continue the trip with us due to technical issues, but we decided to walk and finally got to our destination. My best moment was when I was abseiling one of the hills. It was because it partially helped me face my fear of heights. Walking for more than 10 kilometers was my greatest challenge. I overcame this challenge by walking with my other group members and chatting with them to kill time. I used communication skills to work together with my group members to read the provided map and compass to find our way to our destination. At the camp, I learned that

everyone has different strengths and weaknesses, but we can overcome hardships by working together. One unforgettable moment was when we had to walk more than 5 kilometers back through the rain. - **Philip Kwakye** (Grade 11)



I noticed that there were interesting people in my grade. Teamwork builds the dream work. Bonfire helped us to bond as a grade. I spoke to people I never foresaw talking to through that little activity. Having to talk to the different people in my Alpha because I am someone who doesn't open up and talk to people. Communication skills and open-minded skills. Most of the activities were engaging and challenging. Abseiling was an example. I have never tried abseiling before, and it was fun. The camp made me realize that I am someone who connects easily with people. I developed the attitude to show love and kindness towards people. Friendship and team work are very vital in everything you do. The bonfire experience with my

mates was an unforgettable moment. - Martin Ayisi (Grade 11)



The wildlife will not disturb you unless they are bothered. I learned never to give up. The night of the campfire was my best moment. We all came together and sang songs. Abseiling was my greatest challenge. Listening to the instructions from the guide and controlling my fear of falling was how I overcame it. Listening skills came in handy. I had to listen for my safety. Walking in the rain back to Shai Hills was an unforgettable moment. I found out that I can do things I never expected. To not give up easily. Endurance is key to survival. Even though I was tired, I kept on walking. I never thought I would ever hike in the rain. - Kristine A-Smith (Grade 11)



I noticed during the camp that people made new friends because of the different groups and the long walks. People got to speak to people they hadn't spoken to before. One lesson I learned during camp is that anything is possible once you put your mind to it, and staying positive is the only way to make the best out of a bad situation. My best moment was the bonfire because that was a bonding moment for our grade mates. The greatest challenge I faced during this trip was the amount of walking we had to do. We walked about 24 km in the scorching sun. And the next day, we had to hike in the rain. Both weather conditions were challenging to walk in, but with the right mindset, I made it through all the

long hikes. One thing I would do differently is to stay positive throughout. I realized that everyone (including me) was complaining about the distance, the sun, and the fact that it was too cold. I realized they were things we could not control, so I decided to see the brighter side and benefits of the hike. It makes it a lot easier to persevere through. One connection I can make from the camp to real-life situations is the activity we partook in. We were supposed to find our injured person and carry the person safely back to the campsite while protecting the injury. Quite a few skills came in, for example, my first aid knowledge and skills. This basic knowledge came in handy to help us get through that activity. The activities we embarked on during the camp were challenging, for example, hiking for hours. It took a lot of stamina and endurance to walk, though we stopped and took several breaks. I learned that I am a lot stronger than I thought I was, and there are so many things I could do that I never knew I could because I never actually tried them. For example, I never thought I could walk such a long distance. My biggest takeaway from this experience is that you should never be afraid to step outside of your comfort zone and do things you would never do regularly. My most unforgettable moment was when it was raining, and we were all singing and dancing in the rain. - Agormah Agambire (Grade 11)

I noticed that insects get attracted to perfumes. Teamwork brings about success. Bonfire night was my best moment. We all had fun, and I talked to people I never spoke to before. The fear of heights was my challenge. I had to use a bed mat when it was raining to cover my head because I didn't have an umbrella. The activities were challenging, especially hiking. Self-leadership was a skill I developed. To always heed advice was my takeaway experience. Walking for about 7km in the rain to get to our final destination was an unforgettable experience because the bus didn't come to the pickup point. - Anastasia Manteaw (Grade 11)





Snake trails and grass were things I noticed. I learned never to give up. Standing in the rain was my best moment because it was with my friends. Going up the mountain was my challenge, and I overcame it by not giving up. I learned to trust my instinct. I learned how to control my fears and never give up. Having to hike 11km through the rain back to the Shai Hills is an experience to remember. - Claire-Elise Addo (Grade 11)

Everything happened for a reason. Perseverance and a strong mindset were skills I learned. Running downhill with my friends from the abseiling point was my best moment. My challenge was holding the discomfort throughout the trip, but I took my mind away from it, and next time I'll be well prepared. There is always an end goal to a path that looks endless. Strong-mindedness came in handy. I learned that I could push through and also that people you think dislike you are there for you. I've developed the ability to persevere through challenges. Giving up is a mindset, and just pushing through it will end soon. Flashing our torches on someone performing in the middle of a circle was an unforgettable moment for me at the camp. - Nadeem Yakubu (Grade 11)





Teamwork overcomes fear. Always listen to instructions and collaborate with your leaders. Hiking back in the rain with my friends was my best moment. Sleeping in a small space was a challenge, but I put myself in a position where I felt comfortable sleeping. You will always arrive at your destination once you don't stop pushing. I was able to learn that I am someone who can take charge and lead a group as I realised that in the medical scenario exercise (casualty evacuation). Teamwork conquers fear. Singing by the bonfire with my colleagues was an unforgettable experience for me. **- Joel Adjei** (Grade 11)

I noticed it was not the environment I was used to and would need some quick adjustments to fit in and at least habitat it. I learned about the values of teamwork, hard work, and leadership. I acquired these values through situations, challenges, and often uncomfortable situations, by staying calm and evaluating the situation before jumping to a conclusion. My favorite moment was probably us making the most out of the terrible rainfall and finding solace in singing and dancing together just so we all feel a sense of togetherness. My greatest challenge was hiking through the rain, which I did not plan for and probably underestimated the challenge but I was able to get through it. A connection I can make from camp to reallife situations will probably be that circumstances will not always be rosy and you will have to make the most out of it and persevere through it because it truly doesn't mean anything if you did not come out of that experience with something to show or say. The activities were engaging and challenging as they helped to bring insightful knowledge, like the activity of helping an injured person. Hikes helped with group bonding. I think I have developed or enhanced my values of teamwork and hard work. I learned that through adversity, like a baboon running across my face and out of sight, I persevered and walked to finish my hike. What I took away from this experience would be the cliche term of strength being found in numbers. I believe I would not have been able to have gone out of my comfort zone and not feel scared or anxious because of the support system around me. Singing in the rain at the latter stages of the camp and being together by the campfire was the only night we had together. - Nissi Arday (Grade 11)

I notice that failure is a mindset. If I say to myself, you cannot do it. I will not be able to do



it. My positive mindset during the hike gave me more energy and the will to keep going. I noticed that your positive mindset could take you a very long way. Even if you cannot see the end, keep pushing, and you will eventually reach there. I also learned a lot about leadership, which I know will be beneficial in the future. I think my best moment during the camp was our dancing in the night. It was a great moment for our grades to come together and bond. The greatest challenge I faced was abseiling. I have a fear of heights and the fear of things out of my control. I questioned a lot about whether or not I would come out alive. I started going and stopped because of that fear and had to try again. We did some injury drills, which I think will be crucial to us in any situation. It

basically tested our ability to deal with injured patients and how to treat them without access to the more appropriate materials. All the activities were very engaging, and some were more challenging than others. I did not realize how much of a team leader I was. Unconsciously, I was volunteering to help my teacher and peers to make the experience more comfortable for them. My takeaway from this experience is that life does exist without technology. You can find ways to spend time and engage with friends away from screens. The most unforgettable moment from this camp was having to cook and hike back during the rain. Unexpectedly, it started raining when we were preparing dinner, and the cooking team had to find other solutions to provide food for my grade mates. - Nana Egyei–Mensah (Grade 11)

The power of developing and maintaining a positive mindset is one thing I perceived during the camp. During the camp, I learned lessons and a few of them are; Mindset plays a significant role in how we go about activities. Keeping a positive mindset throughout hiking kept me motivated. The people you surround yourself with influence your decisions and actions. Be prepared for uncertainties and learn to adjust to change. Keep a positive mind when things don't go as planned or so well. The best moment I experienced was singing, dancing, and hiking in the rain on our last day. It was my best moment because of how we made ourselves genuinely happy, even though the events didn't go as planned. The greatest challenge I faced was abseiling. Unfortunately, and



fortunately for me, I had to abseil with the second batch meaning our height was 3x the height of the first batch. It was a challenge because I have a fear of heights. I overcame the challenge by simply listening to instructions and trusting the rope. Using my previous grademates who abseiled before I did as role models also motivated me. If I get the opportunity to abseil again, I will follow every instruction given to prevent some injuries I sustained in my first experience. The connection I can make from the camp to real-life situations is to listen and respect everyone's opinion. Another connection is self-leadership as, although we were in groups to complete tasks, we had to recognize our sense of responsibility for ourselves.

The activities were engaging. Right, from hiking to abseiling to making food and cleaning



up after meals. Every aspect of the camp had every member actively participating. And challenging? The activities certainly brought me out of my comfort zone and helped me overcome the fears I would have probably never gotten a second chance to overcome. During the experience, I learned how I had the power to control my thoughts and my mindset. I can confidently say that I have developed resilience, endurance (both physically and mentally), and

self-leadership. Generally, the experience has helped me develop a new perspective for my IB-DP journey. I have built friendships and bonds that I can rely on when things get difficult throughout my journey, and I have developed personal skills that I can apply in different aspects of my life. I have learned how to interact with people and tolerate certain characters. I have learned that I can achieve anything I put my mind to, and I have also realised how the people around me influence my thought process and decision-making process. The unforgettable moments were countless, and one of them was the bonfire experience. Specifically, the boys in my grade, spitting bars, and the "Jama" sessions! Thank you to the CAS team for this opportunity. - Afua Osei-Boakye (Grade 11)



I have noticed a change in the tone of our grades. We are now more closely than we used to be. We hype each other up and ride our highs and lows together. I've started talking to more people I hadn't talked to before the camp. This camp has taught me to be resilient and to push myself. My favourite moment was arriving at the reception after hiking from the campsite. The greatest challenge I faced was the hike back. I hate being wet. The rain stopped the buses from reaching us, so we had to walk to them. The cold on the way back was the type of cold that you could feel in your bones. I tried jogging to keep warm, but the mud was slippery and uneven.

Throughout the hike back, I was with two of my grade mates. We joked and laughed, and soon I realised I wasn't feeling as cold as I was. When we reached the buses, I couldn't feel my legs, and my head was aching, but my spirit didn't feel defeated. This camp improved my self-esteem and showed me that I'm stronger than I thought. YES! Each activity ensured that every member of the Alpha participated and challenged themselves. The best example of this was the medical exercise. Our job was to find the injury assigned to our Alpha, bring the teacher back to camp and administer first aid. Alpha 4 was to find a person with a back injury. We navigated and eventually found that Miss Grace with a back injury. We used a stretcher to transport her to camp, keeping her back straight the whole time. I also learned that I could handle more than I thought I could.

This trip pushed both my mind and body to what I thought was my limit. This newfound resilience has helped me stand up to the challenges of IB DP, and so far, I'm enjoying the ride. I learned a lot from this trip. I learned that teamwork is a powerful tool. My experience hiking, abseiling, and interacting with my Alpha members showed me how collaboration and working together help to achieve so much.

Throughout the trip, we all encouraged each other, watched out for each other, and pushed each other to do our best. I am closer to a lot of people in my grade because of this trip. The most unforgettable moment for me was the beginning of the abseil. I didn't realize how high the mountain was until I was at the top. I felt I could see the whole of Ghana. I was the first in my Alpha group to abseil, and I could hear my teammates cheering from the bottom. I struggled with feeding the rope and ended up getting stuck, the instructor walked me through what to do, and I was able to descend with no issues. The view on the way down was amazing. **- Joseph Ethan Sunkwa-Mills** (Grade 11)



The 7th edition of Tema International School CAS & Duke of Edinburgh's International Award Expedition Camp (for Gold, Silver and Bronze participants). We can assure you of the experience of a lifetime while meeting the requirements for CAS and the DofE. This is a unique opportunity to develop skills, open up to a new culture, challenge yourself, reflect, be in touch with nature and create long-lasting memories.

# Register now! LIMITED space available. Only students who are DofE award participants can join the Expedition Camp.

Activities: Adventurous journey, abseiling, kayaking, hiking, map reading & compass use, trail navigation, radio communication reading, creativity and leadership experiences, life and survival skills, first aid, drills and much more.

Benefits: Students will apply and develop skills, with CAS and DoEIA requirements met.

**Safety:** All safety measures are being taken into consideration, and a risk assessment trip was completed by a TIS team. A wilderness medical officer and emergency nurse with work experience with the West African Rescue Association will be joining the team throughout the program.

Equipment: World Ready T-shirt, Cap, Kayak, camping gear, abseil gear, all outdoor equipment is inclusive.

**Orientation and safety training**– Monday, 28 November, 3:00 pm at the Design Lab with all participants and Expedition Leaders.

Departure: TIS campus Tuesday, 29 November 2022, 7:00 am

The team will **return to TIS Campus on Thursday, 2 December 2022** by 4 pm. Parents are reminded to pick up their wards for the Christmas break.

**Duration:** 4 days

Comprehensive Outdoor Risk and Liability Insurance: Inclusive

Logistics: Certificate, transport, food, water and fees to destinations all inclusive

Venue: Akatin, Upper Manya Krobo

**Register now! LIMITED space available.** 

Cost: GHC 3,000 - Registration deadline: 30 September 2022- Kindly pay by the said deadline.

\*Click on the link below to register. Payment should be made after registration is confirmed. A kit list is also attached to the form, ensure you have all items on the kit list prior to the Camp.

https://docs.google.com/forms/d/e/1FAIpQLSfK2av3mBi\_YL9Ky7C6zI8Gfh\_EQPXGqo4V hom7PJzhSfOQRQ/viewform

When making the payment in any of the accounts below kindly state the purpose: TIS DoEIA Expedition Camp, 7th Edition.

Expedition Camp Cost: Ghc 3,000

TEMA INTERNATIONAL SCHOOL ACCOUNT DETAILS BANK: ABSA BANK BRANCH: Tema Main ACCOUNT #: 060-1798808 (GH¢) BANK: Ecobank Ghana Limited BRANCH: Tema Main ACCOUNT #: 0020014471692201 (GH¢)



# **Sporty Family, 22**



# **Sporty Family, 22**



# **Sport Family, 22**



## ASA – After School Activities – Photography Club

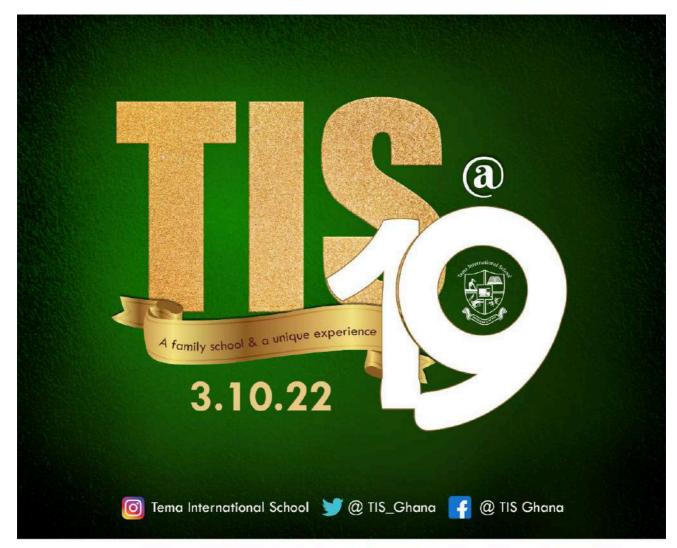
I am **Paris Owusu** in Grade 9, and photography has always been a huge hobby of mine and something I've always wanted to get better at it. So, when Mrs Surama King, David Difie, and Mr Akortah provided me the required support and feedback to help me improve my talents, I was overjoyed and honestly heart warmed by their kindness and non-judgment. I will be eternally thankful to Mr. David Difie and the several brief sessions we had this semester discussing all of the camera's features and what was wrong with my photos. Mrs Surama King, who encouraged me to pick up a camera again by enabling me to film after-school activities, and lastly Mr. Akortah, who took time out of his day to help not just me but other members of our distinguished **Photography Club**. I am quite proud of myself and hope to learn to accomplish much more with my rising talent.

# Below is a gallery of my progress so far:



Vol.19, No. 8

# TIS @ 19 – Founders' Day



### Theme Celebrating our Founders: The importance of vision and values







### Exeat

There are two types of exeats: general and medical.

All exeat requests must be completed online and submitted with at least 48 hours' notice, with the exception of urgent medical issues.

The integrity of an exeat request is critical.

No exeats will be granted if a student has outstanding work.

## **General Exeat**

A general exeat will cover passport and visa matters, as well as family events. These should not exceed more than two per mid-semester.

Access the general exeat form from here: https://www.tis.edu.gh/exeat-form/

## **Medical Exeat**

A medical exeat will cover medical, dental, optical, and hospital appointments. When possible, appointments should be made for Saturdays, to minimise learning loss.

Access the medical exeat form from here: https://www.tis.edu.gh/medical-exeat-form/



# Visiting (until 30 September 2022)

For visits until 30 September parents will be required to book their visit online.

Please go to: http://www.schoolinterviews.com.au/code/9923u

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 2.00 - 5.00pm on Saturdays, Sundays and public holidays Sessions are 60 minutes.

No food or drink may be consumed during a visit.

Book early to avoid disappointment.



# TEMA INTERNATIONAL SCHOOL



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



# TIPS FOR USING EACH CHARACTER STRENGTH IN A NEW WAY

#### **Creativity**

Think of one of your problems and two possible solutions. Present the solutions non-verbally as an act or mime to someone.

#### **Curiosity**

Try a new food for the first time, preferably from a culture different than your own.

#### **Judgment**

Ask one or two clarifying questions of someone who has a different approach to life or different beliefs than you (e.g., a vegetarian).

#### Love of Learning

Read some of the original works of Gandhi online.

#### Perspective

For one of your interactions today: First, listen closely. Second, share your ideas and thoughts.

#### Bravery

Take on a new adventure or hobby that fits with one of your areas of interest.

#### Perseverance

Complete a small project that you have been putting off.

#### Honesty

Write a poem that expresses an inner truth.

#### Zest

Exert your energy in a unique way – jump on a bed, run in place, practice yoga or body stretching, or chase around a child or pet.

#### Love

Surprise somebody with a small gift that shows you care (e.g., flowers, a Starbucks coffee).

#### Generation Kindness

Put coins in someone's parking meter that has run out of money.

#### **Social Intelligence**

Start up a conversation with someone whom you normally would not say much more to than typical pleasantries. This person might be the woman at the checkout counter, a telemarketer, or a new employee.

#### **Teamwork**

Spot and express appreciation for the strengths expressed by your team members.

#### Fairness

Look for beings (e.g., people, animals) that are cast aside or typically held in disgust and go out of your way to treat them right.

#### Leadership

Discuss with someone who reports to you about how they can align their top character strength more in their work.

#### Forgiveness

Let go of a minor irritant or a grudge.

#### **Humility**

Ask someone you trust to give you feedback on your struggles and growth areas.

#### Prudence

Before you make a decision that is typically very easy, take one full minute to think about it before you take action.

#### **Self-Regulation**

The next time you feel irritated or nervous today, pause and breathe with the experience for a count of 10 breaths.

#### □ Appreciation of Beauty and Excellence

Go outside and stand still in a beautiful environment for 20 minutes.

#### Gratitude

Tell someone "thanks" who deserves it and is typically not recognized.

#### **Hope**

Consider a problem or struggle you are having. Write down two optimistic, realistic thoughts that bring comfort.

#### 🖵 Humor

Do something spontaneous and playful around another person (e.g., saying something silly, contorting your body in a weird way, or telling a funny story or joke).

#### **G** Spirituality

Read about a religion/spirituality different from your own and look for ways in which the core messages parallel one another.

via character.org |  $\ensuremath{\mathbb{C}}$  2020 VIA Institute on Character  $\cdot$  All Rights Reserved.

# WHY PEOPLE GIVE UP



expect fast results



stop believing in themselves



get stuck in the past



dwell on mistakes



fear the future



resist change



give up their power



believe in their weaknesses



feel the world owes them something



overwork



fear failure more than desire success



assume their problems are unique



never visualize what is possible



see failure as the signal to turn back



feel they have something to lose



feel sorry for themselves

by Anna Vita

Leaders are readers

#### 21 Communication Skills Every High School Student Should Have

Below is the list of 21 Communication Skills that every high school student should have before beginning college or a career.

- 1. **COMPOSE** an email that elicits a clear response.
- 2. UNDERSTAND the difference between personal and professional communications and can CRAFT clear communications for a variety of audiences.
- 3. TROUBLESHOOT sending large attachments and a variety of file types.
- 4. **SET** norms and expectations within any group setting.
- 5. **ARTICULATE** their ideas comfortably and show empathy for other students' perspectives and points of view.
- 6. **DETERMINE** their own signature strengths and advocate for specific roles.
- 7. **ASSESS** the effectiveness of their own (and their peers') participation and involvement within the group.
- 8. CREATE an agenda and maintain a project timeline.
- 9. ORGANIZE content so it is interesting, informative, and memorable for their peers.
- 10. Effectively **SELECT**, **LOCATE**, and **INTEGRATE** images and icons as visual cues that complement their content.
- 11. **SELECT** the best application to deliver their content.
- 12. PUBLISH and provide purposeful content for a variety of authentic audiences.
- 13. LOCATE and UTILIZE appropriately licensed images.
- 14. **PROTECT** their own work and images using a variety of methods and tools.
- 15. **CREATE** and **MAINTAIN** a digital portfolio and resume.
- 16. **REFLECT** on individual learning artifacts as well as their process of learning.
- 17. **PROVIDE** effective formative feedback to their peers and their work.
- 18. **BE AWARE** that social media is only one aspect of a person's life and can oftentimes be distorted.
- 19. LEVERAGE social media to share authentic learning artifacts.
- 20. UTILIZE curation as a way to digest and distill information.
- 21. **SELECT** appropriate tools (both analogue and digital) and processes for curation and distillation of content.

Source: <u>https://corwin-connect.com/2021/11/21-communication-skills-every-high-school-student-should-have/</u>

### **COUNSELLORS' CORNER**

# Make each day your masterpiece.

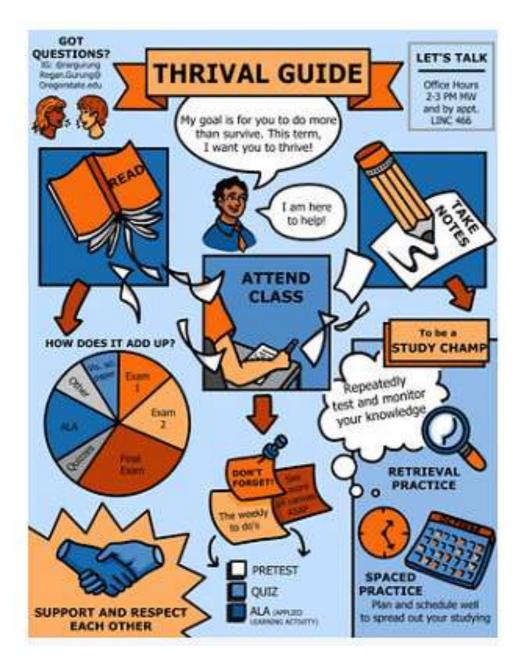
Smile often. Think positively. Give thanks. Laugh loudly. Love others. Dream big.



# Do It for Your Brain: 3 Habits That Improve Learning

Human brains need to move information from working memory to long-term memory. Three simple behaviours can change how students learn and improve exam scores.

- ✓ Pay Attention. Attention is a key part of learning. Because of the low capacity of working memory, the less attention one pays in class, the less understanding you will get from class lessons. Capacity also varies from person to person.
- ✓ Take Notes. The process of taking notes makes the listener actively work with the material to be learned.
- ✓ Practice Retrieval. Ask almost any cognitive scientist what the best way to study is and they will likely say *successive relearning*.



Click here <u>https://www.psychologytoday.com/us/blog/the-psychological-pundit/202208/is-it-time-improve-the-syllabus</u>

# UNIVERSITY VISITS

Education

**USA** DP2 Students attended Education USA Fair at the Labadi Beach Hotel on Saturday, 17 September 2022, with over 30 universities in attendance.

It was an event to remember. Very insightful and inspiring. "Getting ahead means getting started early!" ~ Margaret- Education USA representative



#### **Enjoy Reading Some Reflections:**

"The EdUSA University fair was an experience of a lifetime. I really learnt a lot about different universities like Fayetteville University, the University of Oregon, the University of Kentucky, Calvin University, etc. I met all kinds of people from all kinds of backgrounds as well. This experience has really shown me what I should expect during the application process and how to overcome any obstacle that comes with the process. The schools also spoke a lot about easy methods that make life much simpler for a high school student applying to their school. Methods like applying early and expanding your extracurricular activities. I hope there is another fair that allows students to learn about different universities to help broaden their list of schools and open the minds of us young people" **~O Faruk Abdul Rashid~** 

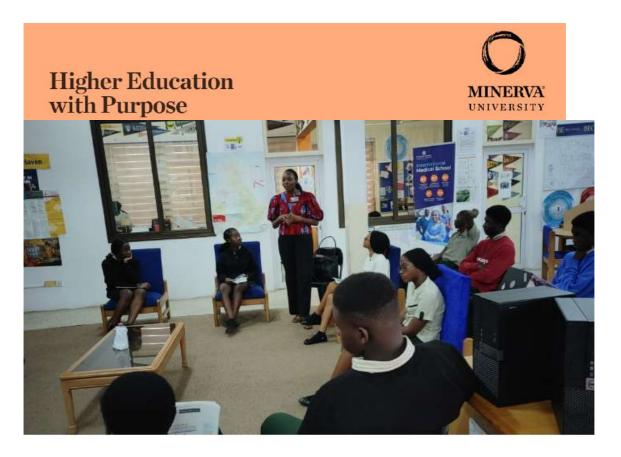
"On Saturday, September 17, we embarked on a trip to Labadi Beach Hotel, Accra for a University fair with EdUSA. EdUSA is a US-based organization setup with the aim of providing support for international students who wish to study in the US. Before the university fair commenced, we had a fifteen to twenty minute talk session with an EdUSA representative who took us through the university application process for US universities. I learnt a lot of new things I didn't know. However, the step which really caught my attention the most was the pre departure orientation programme. Simply, it is a program organized for international students who are new travellers to make them feel comfortable on their trip. Thus, they will be given tips about what to do or what not to do on a long flight and most importantly how to check in and scan other important documents, like passports, etc. It was an interesting interactive session. After the talk, we proceeded to the fairgrounds. For me, a look at the fairgrounds was quite exciting because it was my first ever experience at a university fair. I was so eager to visit each university stand that I did not know from where to start. In addition, I met old friends from other schools which visited the university fair as well. Above all, it was a very remarkable experience I will never forget. I learnt so much right from the beginning of the trip till we got back to campus". ~ Samuel Agyenim Boateng~



"The university tour was a wonderful experience and I am so glad that I was given the opportunity to attend. During the fair, we started with an orientation and introduction to the application process to apply to the U.S in detail. After that we went to the tables where the different universities were. During that time period I was able to ask about my major, scholarships and even build some personal connections with admission officers due to the fact that some of them have the same background as me. I strongly advise DP1s and even Grade

10s to take advantage of opportunities like this when they get the chance because there is so much you can learn and overall it is just a very good experience" **~Michael Kaleem~** 

"Knowing beforehand what a university might have in store for you is imperative, and this is exactly what the university fair offered me; a chance to get to know more about the application process and university life. Meeting university reps for universities such as Minerva, Iowa State, Calvin, and Millersville University was a wonderful experience. I gained valuable knowledge, such as the specifics of my desired course, the requirements of the various universities, for instance, their own personal aptitude tests, and what general life is like for students on campus. It was much more fun hearing information from actual people than reading from a website, and it is an experience I am grateful for". ~ Tamar Tejan Cole~



Minerva University is a private university headquartered in San Francisco, California. It was a priviledge to have the Admissions Manager to Africa, Perpetua Muthoni-Nj'ang'a, share highlights about her university. To learn more click: <u>https://www.minerva.edu/</u>

Minerva is merit-based and need-blind. Eight percent international students attest to the diversity. They evaluate each admitted student's financial situation impartially by ensuring equal opportunity, regardless of ethnicity, nationality, or gender. They will offer you an aid package — no matter who you are or what country you are from. https://www.minerva.edu/undergraduate-program/tuition-aid/financial-aid/

St.George's University School of Medicine's Visit with Brad International Recruiter and Utibe Amissions Manager for West Africa.



St. George's University is a private medical school and international university in Grenada, West Indies, offering degrees in medicine, veterinary medicine, public health, the health sciences, nursing, arts and sciences, and business. A small amount of financial aid is available for international students & is an accredited pathway to become a qualified doctor in the U.S. or UK. SGU offers quality, medical education in a serene environment. https://www.sgu.edu/

#### Enjoy Reading a Reflection from Ewuradjoa Nkansah DP1

"I found the St George's University (school of medicine) presentation to be very convincing and interesting. It gave me a better view on how their system is run as well as the ways in which one can easily move to the US or UK after choosing to study at St George's. I enjoyed the presentation; it was very engaging and insightful. I look forward to doing more research about the university and finding out more about its location and international student benefits".



#### 2022-2023 TEST DATES

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



#### Want to Register for SAT But Don't Know How? Follow the Links!

✓ ✓ https://satsuite.collegeboard.org/sat/registration

Click here for more information <u>https://www.bestcolleges.com/test-prep/sat/registration/</u> Having Troubles Registering? Contact Aunty Portia in person or email at <u>portia.atubiga@tis.edu.gh</u>

# TEST DATE REGISTRATION AND PAYMENT DEADLINE 27 Aug., 2022 8 July 2022 1 Oct., 2022 26 Aug. 2022\* 3 Dec., 2022 14 Oct., 2022 11 March 2023 (Digital)\*\* 3 Feb., 2023 6 May, 2023 (Digital)\*\* 31 March, 2023

#### **SAT TEST DATES -2022/2023**



 ✓ SAT without essay \$103 – Online payment only with visa/credit card. NEW; ACCEPTABLE IDS ARE THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS.<u>https://collegereadiness.collegeboard.org/sat/register/international/poli</u> <u>ciess</u>



#### **O**CollegeBoard 2022 Preliminary SAT (PSAT) EXAM DATE AND REGISTRATION DEADLINE:

PSAT EXAM DATE	REGISTRATION DEADLINE
15 October 2022	5th September 2022

**PSAT REGISTRATION IS NOW CLOSED.** Thank you! PSAT Math prep support ongoing.

STUDENTS SHOULD TAKE ADVANTAGE OF THE FREE PSAT PRACTISE MATERIALS HERE: https://satsuite.collegeboard.org/psat-nmsqt/preparing/practice-tests/paper

# ACT 2022-2023 TEST DATES (COMPUTER-BASED TESTING ONLY!)

- ✓ ACT Registration Fees (Online payments only: Visit <u>www.actstudent.org</u>): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only :Credit Card)
- ✓ (TIS Test Centre Code: 870390, but inform counsellor first).
- ✓ HARD COPY OF GHANA CARD /PASSPORT IS THE ONLY FORM OF IDENTIFICATION



click: <u>https://global.act.org/content/global/en/products-and-</u> services/the-act-non-us/registration.html

\*To complete registration, payment must be made online in full with a credit card. ACT April DEADLINE coming up. STEM students have an edge.

TEST DATE	DATE REGISTRATION AND PAYMENT DEADLINE	
<del>10 Sept., 2022</del>	22 July 2022	
22 Oct., 2022	2, Sept., 2022	
10 Dec., 2022	21 Oct., 2022	
15 April, 2023	24 Feb., 2023	
10 June, 2023	21, April 2023	

#### ACT TEST DATES 2022-2023 (COMPUTER-BASED TESTING ONLY!)

Congratulations ACT Test Taker on the 10 September 2022. You rocked the test!



#### **Professional Exams Centre**

Click here: <u>https://linearghana.com/</u>

For all exams: A valid passport containing the candidate's photograph and signature.



https://Inat.ac.uk/registration/dates-and-deadlines/

Candidates may only take the LNAT once per year (from September 01 to July 31.)

#### **Cost**: £70

**REGISTRATION OPEN:** 1<sup>ST</sup> August to 20 January 2023

(**Deadlines: NOTE**; Oxford and Cambridge registration and testing deadline- before 15<sup>th</sup> October 2022, London School of Economics- registration and testing deadline- before 31<sup>st</sup> December 2022, all others, before 20<sup>th</sup> January 2023.

# BMAT

**OPENS**: 1<sup>st</sup> September, **Registration Deadline: 28<sup>th</sup> September**, **Test Date**: **18 October 2022** 

**Cost:** £175 Click here for more information: <u>https://www.admissionstesting.org/for-test</u> <u>takers/bmat/bmat-october/dates-and-costs/</u>

Contact British Council: infoghana@gh.britshcouncil.org.gh

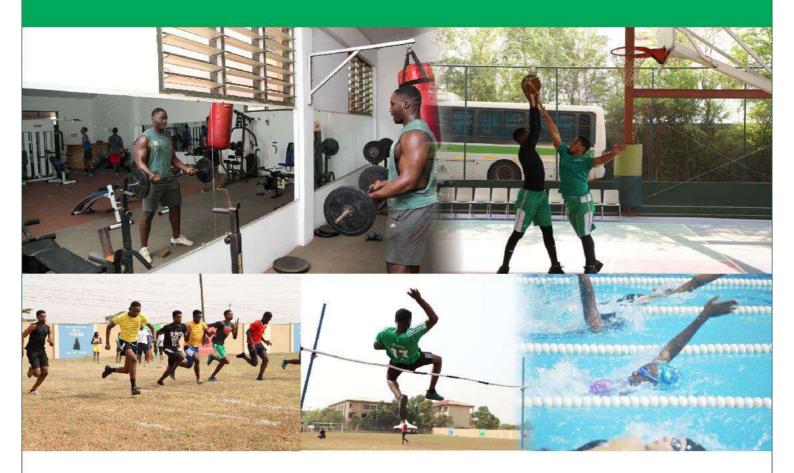
www.britishcouncil.org.gh

Tel: +233(0)302610090. Whatsapp (Sarah Boateng): 0560027838



# 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

# 🖯 turnitin

# arch

# The Academic Research & Writing Principles

Turnitin has developed this checklist as a guide to support students in their academic research and writing process. Use the 12 suggested guiding principles to help you to produce high quality research and original writing, from the pre-reading stage to final submission.

### 1

#### Explore

a wide range of research. Research the topic thoroughly to develop your knowledge base, discover new ideas and strengthen your own line of argument.

# 5

#### Paraphrase other people's ideas.

An essential academic skill, some find it helpful to note down key words and concepts before paraphrasing other people's ideas.

# •

6

### Evaluate

the reliability of your sources. Take some time to evaluate all your sources, particularly if information has been accessed online. Consider who has created the information and why.

Differentiate

other's work from your

own original insights

accidentally plagiarising

academic referencing.

someone else's work by using

by referencing or

paraphrasing. Avoid

# )

Cite

all of your sources.

exactly what information

source. Remember to cite

ideas, including those which

came from one of your own

has come from another

all borrowed words or

previous papers!

A citation in your paper shows

#### Organise your research notes.

Note taking is a fundamental part of the research process. Keep notes neatly organised and retain a copy of each source used.

# Write

**an original paper.** The best defence against

plagiarism is original writing. Unless quoting directly from someone else's work, express all ideas in your own words.

# 8

#### Reference all of your citations

correctly. Depending on the referencing system used, this may end in a list of sources as a 'bibliography'. Most students are aware of referencing requirements surrounding books and journals, but we must also reference sources like YouTube videos, images, diagrams and yourself!

# 9

#### Use

#### the relevant referencing system consistently throughout your

**assignment.** Referencing can vary across module units or each course so check which system you should use and follow the relevant formatting guidelines.

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### 10

#### Ask

your teacher or instructor for their feedback on any drafts you have written in advance of the deadline. Writing multiple drafts and

implementing the feedback you receive can help to make you a better writer.

# <u>11</u>

# Double check

citations. Allow time to double check each of your citations before submission. This includes page numbers, publication dates, web links and authors' names.

# 12

#### Submit your final piece through Turnitin

Turnitin will check your work against other sources in the Turnitin database and use this information to generate an originality report.

Research and Writing Principles\_Infographic\_UK\_EN\_0621

**B**3

ReachOut 奈

# 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.



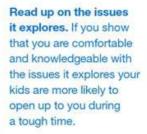
Stay up to date with pop culture. You may not care about the Bieber's or Beyonce's of this world but following sites like *Pedestrian.tv* and *news.com.au* will help you stay ahead of the game.

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.



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.





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.

Encourage them to practice self-care. If they are going to watch something make sure they've got an arsenal of things



Call 1800 55 1800

REACH

UT.COM

Let them know where to go for help. Ask them who they would feel comfortable talking to and connect them with services like *ReachOut* or *Kids Helpline*.

to pick them back up

afterwards.

# **Take Smarter Notes**

What's the best way to take notes? This, I'd argue, is the wrong question to ask.

A focus on note-taking assumes that the goal is creating a document. But having a nice piece of paper is useless if it doesn't contribute to the learning that goes on in your head.

Any learning strategy should aim to increase the amount of knowledge absorbed in the learning process. Here notes can help, and they can hurt.

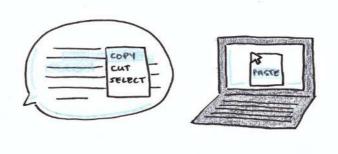
#### **How Notes Help**

Good note-taking forces you to pay attention. It's easy to have your attention wander and not realize it. However, when you're taking physical notes, the writing activity encourages you to pay attention.

This, and not the document the notes produce, is the primary benefit. Having nicely written notes is of secondary importance in assisting you in reviewing and studying the material later. This document should only be your primary concern in classes where you expect to spend many multiples of the lecture time actively studying the material.

#### **How Notes Hurt**

Note-taking can become a distraction, however. Consider verbatim note-taking, where students seek to transcribe nearly everything a lecturer says. What's going on when you do this?

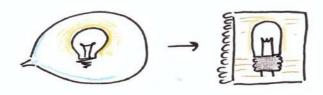


For starters, not a lot of thinking. Keeping up with the lecturer's speech while typing uses up most of your capacity. Since you're copying things mostly as they are said, you don't need to process the material for meaning, just copy it down. Handwritten note-takers performer better than those using computers partly because the former can't keep up with verbatim copying and have to process the material as they go.

#### How to Take Better Notes

Here are a few simple rules for taking better notes:

#### 1. Paraphrase, Don't Transcribe



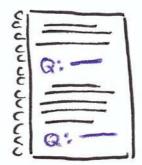
Strive to frame the lecturer's words in your own words. Avoid copying down whole sentences unless the explicit goal is to memorize them later. Paraphrasing forces you to focus on understanding the meaning of what is being said, which will be better for memory later.

#### 2. Note Misunderstandings

2		L
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21		L
ç		L
δI		L
21		L

In difficult classes, there will be tons that you don't grok immediately. Note these moments and questions as they arise. For videos, I tend to jot down the timestamp of my confusion to follow up on later. In live classes, make a note about questions so you can ask a peer or professor.

#### 3. Ask Questions



Another good strategy is to reframe content presented in terms of the questions that might be asked about it. This is particularly effective for identifying the main principles being discussed rather than just the details.

For instance, a good question for this lesson would be, "Why can note-taking hurt your learning?" Asking, "What was point #2 that Scott made in this lesson?" may be easy to write now. But it is not a good question because it's tough to answer later and doesn't force you to think about the main points when framing the question.

The value of writing questions is twofold. First, it allows you to think in terms of the main message. It's easy to get stuck on details and ignore the main points in a lecture. Yet the questions you're likely to be asked will be about the main topics—not random factoids. Even when facts are important, they are easier to remember when you've mastered the central theme.

Second, questions can serve as recall practice prompts later. Some note-taking methods, such as the <u>Cornell Method</u>, make this tool explicit by keeping separate a third of the page for questions. This lets you cover the actual notes, but not the prompting questions, during retrieval practice.

Scott Young 22/4/22 www.scotthyoung.com

# 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: <a href="https://www.oxfordscholastica.com/report/">https://www.oxfordscholastica.com/report/</a>

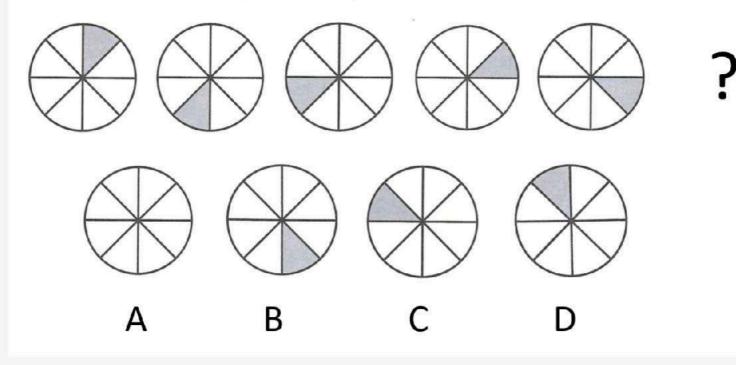
Error!

Stephanie Lester Oxford Scholastica Academy www.oxfordscholastica. com



# This One's a Piece of Cake!

Which image at the bottom goes where the question mark is, as the next in the series?

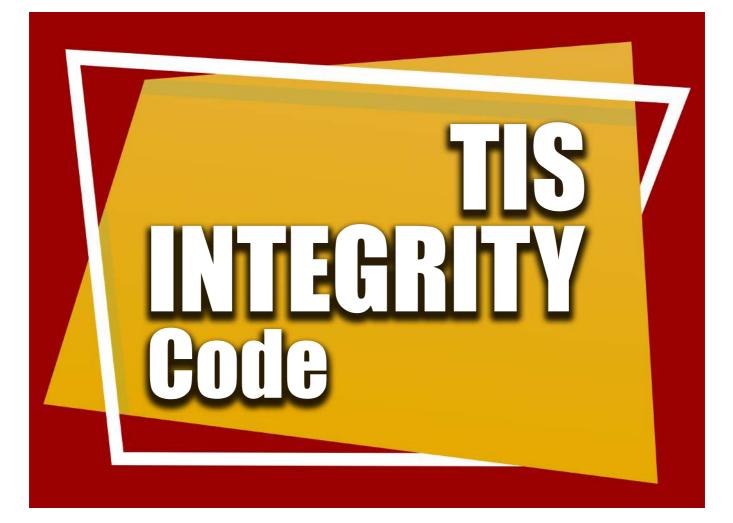


Did you figure this one out?

Now can you figure out which one would go after that?

And how about the next ones?

REDIRECTION, SETBACKS. TCOMINGS. Н HIGH **ARE ALL APART OF THE** CESS.... PRI ESP P TRUST IT AND INKY JOHNSON (f) 🎔 🛅 🎯



"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."





