

# TIS RECORD

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## At TIS,

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

## Contents

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- PYP News: Page 7
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## Key Dates

- .....
- 22/10/22: ACT
  - 23/10/22: Return to hostels
  - 24/10/22: School resumes
  - 12-13/11/22: Annual School Play

## Thought for the Week

.....  
I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together.

Elizabeth II



## Everyone was a winner!

What an incredible day was enjoyed by the TIS Primary School family last Friday at the Fit and Fun Fest!

There was laughter. There was fun activities. There was plenty of competitive spirit There was the plank walk (and more laughter). There was the Mothers' Race that looked like an Olympic time trial.

It was the perfect way for the school to start the mid-semester break.

Although Yellow was declared a close winner, I thought everyone was a winner on the day with great involvement, encouragement and lots of laughter throughout the entire event. TIS Primary School Family, you are simply AWESOME.



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

-Steve Bollar

## SAT & ACT

- Best advice: students who are required to complete SAT and/or ACT requirements should do so by the end of Grade 11. Leave it until G12 and you have created a personal time-management monster.
- Please follow instructions and details provided in the weekly Counsellors' Corner section of the TIS Bulletin.

## Visiting Protocols

For visits until the end of semester, 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 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.

Thank you for your cooperation.

## *Return from Mid-Semester and a Few Other Things*

Secondary students return to hostels on Sunday, 23 October. Students must return by 5.00pm. Plan for the usual traffic issues.

Classes at each campus will commence on Monday, 24 October.

A reminder that iPads are no longer an acceptable device at the Main Campus.

Please refer to page 4 of this edition re processes for exeats and visiting at the main campus

Do you know what your child is doing online? If your child is a gamer, then I can safely assume s/he is behind in work and likely to be getting low grades.

G11 students, are you interested in online research internships in engineering, law, medicine or neuroscience? If so, please see page 5 for the latest offering from Oxford Scholastica.

I appreciate your support. Stay healthy

Dr Ken Darvall (Principal)





BALANCE  
@  
TIS

# TIS

## MAIN CAMPUS



## Exeat

There are two types of exeats: general and medical. All students will be allowed two exeats each mid-semester. Please plan accordingly to avoid disappointments.

All exeat requests must be completed online and submitted with at least 48 hours' notice, with the exception of urgent medical issues. Weekend exeat requests must be received by the preceding Wednesday. Any requests after this deadline will not be approved.

The integrity of an exeat request is critical.

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

Parents/Drivers must show the approval exeat from their phone to enter (NO SHOW. NO GO!).

Students must return by 5.00pm on Sundays (weekend exeats).

### General Exeat

A general exeat will cover passport and visa matters, as well as family events. These must 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 (during Semester 1)

For visits until mid-semester 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. You must keep to your allocated session.

No food or drink may be consumed during a visit.

Book early to avoid disappointment. Please ensure your child/ren know the times of the visit.



### November Research Internships

On an [Oxford Scholastica Research Internship](#), you'll research a cutting-edge topic in your field and co-author a paper for publication in an academic journal. In November, Oxford Scholastica are offering Internships in the following subjects:

- **Engineering:** Public E-Bikes and Human-First Design
- **Law:** The Laws of Global Health
- **Medicine & Neuroscience:** The Rise of Neurotechnology

A Research Internship is the perfect chance to prove your passion for the subject in your university application and gain valuable work experience for your CV.

Watch our Internship Video [here](#) for more information and to get a sense of what to expect!

**Location** Live Online

**Days** Saturdays or Sundays from 2-5pm UK time

**Dates** Weekends in November 2022

**Fees** £995 for a month-long Internship

**Outcome** Certificate, Letter of Recommendation, and published research paper

**Find out more** <https://www.oxfordscholastica.com/online-summer-school/internships/>

[Apply here](#)

**Lavinia Abell**

Co-Director

Oxford Scholastica Academy



# TEMA INTERNATIONAL SCHOOL

Annual School Play Production



An adaptation of

# ONCE ON THIS ISLAND

a Musical by Lynn Ahrens

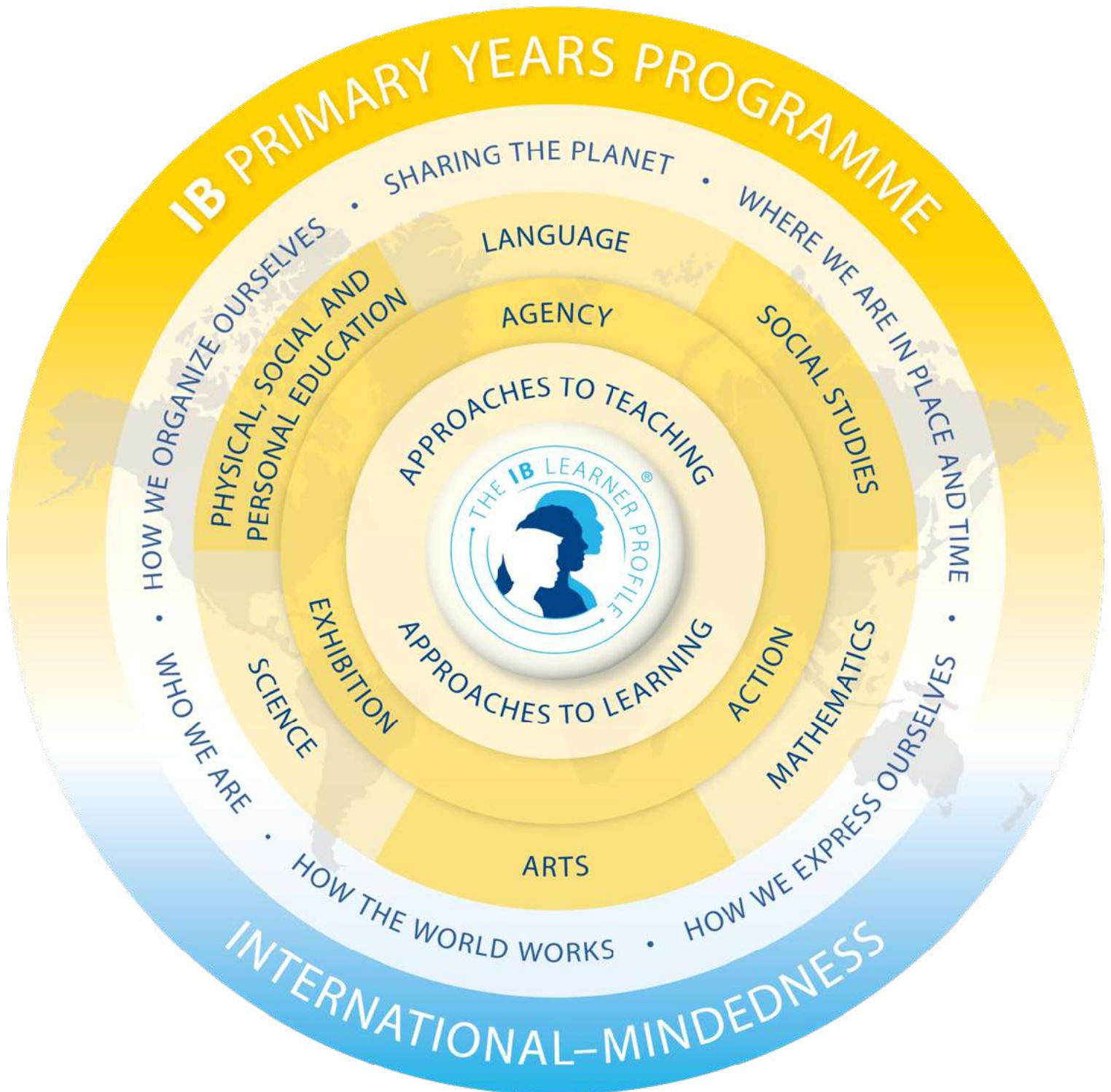
SATURDAY -12  
SUNDAY -13  
Nov. 2022

7:00 PM  
TIS MAIN  
CAMPUS  
(MPH)

CHILDREN  
**50** GHC

ADULTS  
**80** GHC

All proceeds go towards students' community service initiatives and projects.



## FIT AND FUN FEST

The mid-semester ended with fun, joy, and above all keeping fit. We had the sports carnival on 14 October where parents, teachers, management, and students joined hands to have a healthy competition. As a balanced school, it is our goal to have our learning community fit physically, psychologically and socially.

To ensure that we had the various teams poised for the occasion, students were prepared and organised for the various activities. The various houses had aerobics which was a warm-up session and a run-through of the dress rehearsals with the early and primary years. This took place on Wednesday, 12 October.



WARMING UP WITH AEROBICS



DRESSING UP



Finally, the most awaited day has come. Upon arrival at the sports complex, every student was excited. They could not wait to compete with their opponents and have fun with their teammates. Each team was chanting victory songs.



CHEERING OUR TEAMS ON

WELL ENERGIZED FOR SPORTS

The fun and fitness kick-started with the early years and the primary years giving a thrilling dress-up session. The crowd was amazed at the speed at which the students, especially the Early Years, dressed up and ran towards the finishing line. Our students were just amazing!



EARLY AND PRIMARY YEARS DRESSING UP



FILLING THE BOTTLE



Who is ready to fill a bottle with their teammate? Here we saw different strategies used by the various houses just to fill the bottle up. Some covered their cups while others increased their speed. You should have seen the speed of our parents and the team coordination that was exhibited. We can say, “Collaboration no aye yie”.



FILLING THE BOTTLE



Two activities made me reminisce about the good old days. Do you remember getting a bedsheet or cloth just to have that parachute races with our neighbour or during school sports when we had to jump into a sack and hop to the finish line? I dare say that most of us loved the parachute race as we admired the air that fills up our cloth. These traditional games were well enjoyed by the participants and the cheering teams.

Parents were of great support to the team as they geared up to assist the participant to be ready for their events. Ayekoo to our parents.



PARENTS COLLABORATION



PARACHUTE RACE





SACK RACE



Challenges and obstacles are parts of everyday life. There cannot be a time of fitness without an obstacle race and a team walk. From these activities, the Blue house taught a lesson that, it does not matter whom you compete with, you must always make it to the finish line. The Green team made us understand that communication is important in a competition. When presented with challenges, as thinkers, we find solutions to these challenges as seen in the obstacle race.



TEAM WALK



OBSTACLE RACE



After snacks, Dr. Sandra and her team educated us on different topics based on age groups. The Early Years were educated on their body parts and what they should do when someone touches their private parts. The primary years were however educated on how to notice bullies and avoid them. Parents were educated on the importance of communicating with their children and some of the interactive games they can engage in as a family. This enables the children to share their daily experiences with them. Parents were also encouraged to pay attention to the

behaviour patterns of their children since children's behaviour changes when they encounter different circumstances.



WELLBEING



The events were crowned with an outstanding ballet and gymnastic performance from our students. They were all excited to show us for the first time what they have learned and their performance was phenomenal.



As we drew the curtains for the day, the winning house must surely emerge. Dr. Ken did us the honor of crowning, the yellow house as the winners of the day's competition. **Go Yellow House!!**



**THE WINNING TEAM**



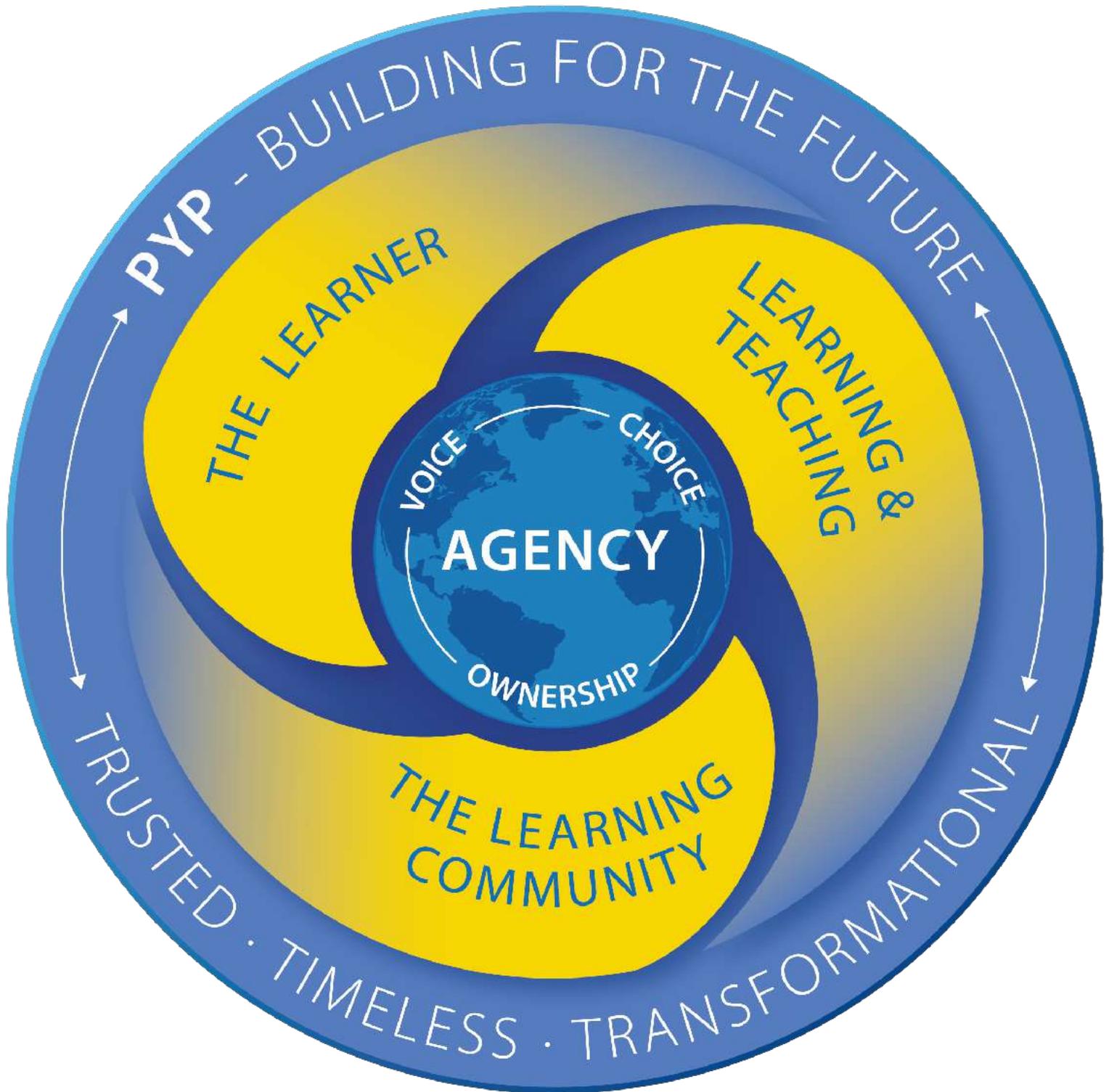
***What are your thoughts on Fit and Fun Fest?***

**Lucille Annan (Kinder 2):** Even though I fell while running I had fun. I was happy on that day.

**Eliel Amekugee (Grade 5):** I had fun and I learned that we should always wait patiently for our turn.

**Mrs. Maria Ahorlu (Parent):** Fit and Fun Fest was a great way for families to spend quality time together and enjoy a healthy competitive experience. Our family thoroughly enjoyed the day and we learned that, as a member of a team, we must play our part effectively in order for the team to succeed!

**Angele Edem Edward Amraketa (Parent):** My experience at the TIS Family Fit and Fun Fest was nothing short of spectacular. The program was well thought through and beautifully organised. The Fit and Fun Fest created a platform for various families, learners, and teachers to bond and socially interact while engaging in very interesting and enthralling sporting activities and games. I must note that the activities were not just fun and engaging but good for the physical and mental development of learners and also stress-relieving and rejuvenating for parents, guardians and guests. I personally enjoyed the ‘Wellbeing Time’ and the educative discussions on child abuse, early detection and management. I especially want to express my gratitude to TIS Management, Teachers, and the Planning Committee for creating such a memorable event. Congratulations to all the Teams.





# 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



# Tema International School



## MAIN CAMPUS

**SECONDARY ADMISSIONS ARE OPEN FOR 2023/2024 ACADEMIC YEAR FROM 3 OCTOBER 2022 UNTIL 31 MARCH 2023**

*A family school, a unique experience.*

**Flexible online admission testing is available**

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

### Grade 7 (MYP 2)

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

### Grade 8 (MYP 3)

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

### Grade 9 (MYP 4)

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

### Grade 11 (IB Diploma Programme)

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

To learn more scan this.



To enrol scan this.



The online application process can be completed at: <https://tis.openapply.com>  
 For further information contact us on phone:  
 +233 303 305134; +233 303 308737; email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)  
 Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)  
[www.tis.edu.gh](http://www.tis.edu.gh)

## 2023/2024 SECONDARY SCHOOL ADMISSIONS ARE NOW OPEN

### *Main School Campus - Grades 7, 8, 9 and 11*

- Prospective students are required to complete application forms online via <https://tis.openapply.com>
- An application fee can be paid via [ExpressPay](#), at the school or into the school's account. The account details can be found on the Bank Details page.
- All prospective students will take an aptitude test that does not require special preparation. An interview would be conducted before a final decision is made. Parents will be informed of the outcome of the selection process.
- Only candidates who have fully completed the applications will be contacted for the aptitude test and subsequent interview.
- Prospective families are encouraged to arrange a tour of the school before or during the application process.

Applications open on 3 October of the preceding year. Early applications and admissions are encouraged. Late applications will be considered, if vacancies exist.

Applicants for Grades 7, 8 and 9 will be required to provide three current term or two semester reports.

Applicants for Grade 11 will be required to provide three current term or two semester reports, predicted grade and a recommendation letter. When final results are released, applicants are required to attach a scanned copy on OpenApply. The release of final results will confirm subject selection levels (Standard or Higher).

After the completion of Middle Years Programme (Grade 10), TIS students are expected to complete the IB Diploma Programme in Grades 11 and 12. They will make initial subject selection choices during the second semester of Grade 10. The release of examination results will confirm subject selection levels (Standard or Higher).

**Please note that students are not normally accepted into (Grade 10 and 12).**

# TIS ADMISSION PROCESS

## KEY QUESTIONS

- ✓ Why does your child want to come to TIS?
- ✓ How will your child take advantage of the TIS experience?
- ✓ As a parent, why are you applying?

## DUE DILIGENCE

- ✓ Go to [tis.openapply.com](https://tis.openapply.com)
- ✓ Familiarise yourself with all aspects of the admissions process, including fees.
- ✓ Is this the right school for your child?

## APPLICATION

- ✓ Go to: <https://tis.openapply.com>
- ✓ Complete an online admissions application and include all required documents.
- ✓ Pay the application fee.

## BOOK A TOUR OF TIS

- ✓ Allow 30-45 minutes for the tour.
- ✓ Be prepared to be surprised when you discover West Africa's best kept secret!

## TEST AND INTERVIEW

- ✓ Your child will have to complete an online test.
- ✓ An online interview will be conducted after the test has been completed.

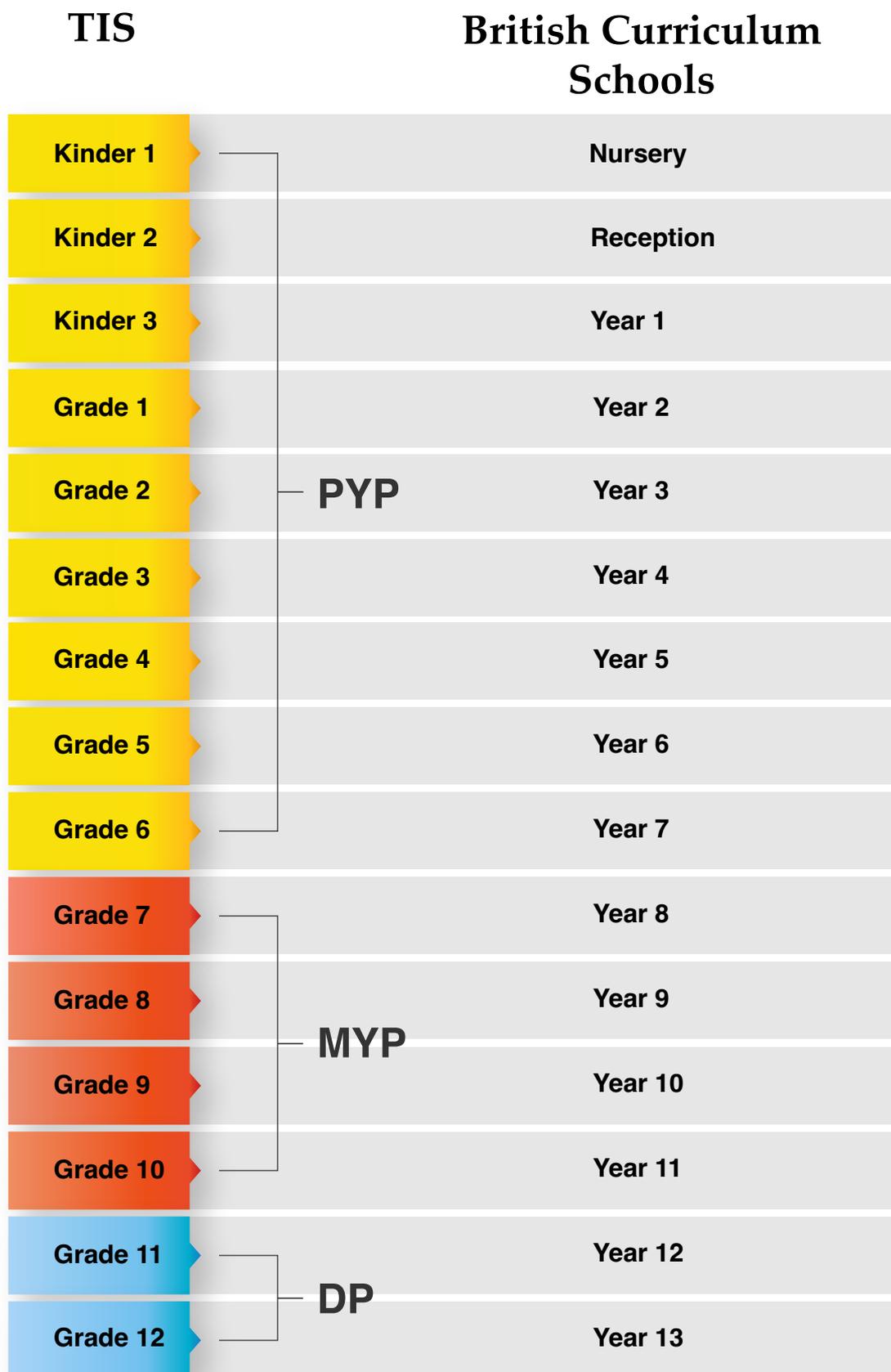
## APPLICATION DECISION

- ✓ If an admission offer is made, you will have 14 days to accept or decline the offer.
- ✓ Otherwise, you will be informed if your child has been unsuccessful or placed on the waiting list.

## NEED HELP OR IF YOU HAVE MORE QUESTIONS

- ✓ Please email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)
- ✓ Please call: +233 303 305134  
+233 24 963 7762

# TIS Admissions Grade Chart



## 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](http://www.oxfordscholastica.com), or speak with Dr Darvall.



## CASSA Corner

### Festival of Hope video for - INTERNATIONAL BACCALAUREATE



Can you remember the last time someone made you feel hopeful?

We know that many of us feel hope when we are engaged in doing something we really care about and that feels important to us. We would love to hear your stories of hopeful action!

They might be really small things, like trying to smile at more people in the corridors to brighten their days. Or they might be really big things like running a gardening project in your community or organising a performance at a local retirement home. Whatever it is, we'd love to hear from you.

We invite you, your students and your colleagues to join the **#FestivalOfHope** by recording a video telling the story of how your action brought you hope, or brought it to others. Then head to the link here to submit your video and learn more: <https://bit.ly/3Myx0Mx>

#### Ideas for your message

Not sure what to say? Use these as **thought-starters**:

- Describe a time when your action brought you hope.
- Describe a time when your action brought hope to others.
- Describe a time when someone made you feel hopeful.

#### Submissions are due:

38 days 10 hours 57 min

Submit now: <https://bit.ly/3Myx0Mx>



# FREE HEALTH SCREENING INITIATIVE



TEMA  
INTERNATIONAL  
SCHOOL

A C.A.S project by Andrew, Kofi, Bellina, Chesney and Melike of Grade 12. We need your help to implement our CAS project by providing 100 students, 100 parents, and 50 teachers/staff at the Ashaiaman No.2 J.H.S with diabetes, hypertension, breast cancer, and eye screening.

Date of  
Outreach:  
29th October  
2022

**On the 29th of  
October, we aim  
to provide to  
Ashaiaman No. 2  
J.H.S:**

Screenings for:

- Breast Cancer
- Hypertension
- Diabetes

As well as provide dewormers, glasses and other medication to support them in the best way we can.

**Rabito**   
CLINIC



## CAS Projects – We need your HELP



The **Health Screening Initiative** is a CAS (Creativity, Activity, Service) project by **Andrew Opuni, Kofi Asanti, Chesney Noye, Melike Agah and Bellina Anthonio, (G12)**, we are committed to providing **Free Health Screening** for disadvantaged communities. We need your help to implement our CAS project by providing 100 students, 100 parents, and 50 teachers/staff at the **Ashaiman No.2 J.H.S with diabetes, hypertension, breast cancer, and eye screening**. We also hope to provide support for those in need of medicated glasses and medication. Our target is to raise GHC 25.000 (Twenty Thousand Ghana Cedis) to facilitate the screening. On behalf of my team, we are appealing to you to support our

project.

**DONATE NOW** - <https://makewe.help/w73lxqa>

“Prevention is better than cure.” – Desiderius Erasmus



We are final-year students of TIS and the initiators of **The Guide** \*CAS Project - **Karen Magna Quarshie, Ramatu Ibrahim, Maame Ama Osei & Phoebe Osei**. We initiated The Guide to help underprivileged schools within our community. Our goal is to support **Ashaiman NO.2 JHS's** graduating class through the provision of stationery kits as well as aid in refurbishing the school, specifically its painting. The first stage of the project has been completed; consequently, the second stage is what we aim to tackle with your help.

Our project is associated with the UN Sustainable Development Goal 4/Quality Education and just like **Elizabeth Foss** said, “**When the atmosphere encourages learning, the learning is inevitable**”. We must realise that it does not just take a book and the teacher but the environment where learning occurs.

\*CAS - Creativity, Activity, Service

**DONATE NOW** - <https://makewe.help/d30skxz>

## CAS Experience - TIS Goes Pink!!! Breast Cancer Awareness



By: *Serwah, Eugene, Aseda, Veronica, Katari, and Afua, G11*

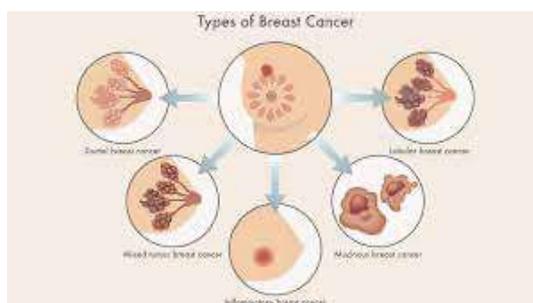
During the month of October, there are so many connotations to breast cancer awareness we see going on – “pink October”, “ a pink ribbon”, “pink pink pink!” and many other familiar phrases that we hear every year. However, do we actually know why we spread awareness on breast cancer? Do we understand the extent to which this disease affects the people we find ourselves around? And do we understand why a whole month has been dedicated to the disease? It is not all about wearing pink you know.

This year, we have come together to make it a point to break these down for our community through the weekly bulletin, School Assembly, and informative videos. We shall also be having fundraisers to raise money to buy a breast prosthesis for someone in need of one and cannot afford it.

In addition to this, we will have a very special guest, a **Breast Cancer survivor and Founder of Pink for Africa Organization**, visiting us on the **Wednesday, 26 October**, at Assembly to share her journey, why she founded Pink for Africa, and how you and I can support stop the spread of this disease that is affecting and killing so many women around the world.

This month TIS goes **PINK!!!**

Our first segment on the bulletin is going to discuss and introduce you to what **BREAST CANCER is**.



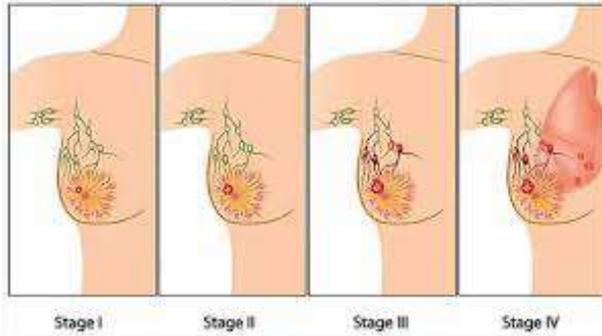
Breast cancer is a disease in which cells in the breast grow out of control. A cell is said to be cancerous when it keeps on dividing and ignores all signals to stop. Although younger people can develop breast cancer, the majority of women diagnosed with it are over 50. About 1 in 8 women are diagnosed with breast cancer during their lifetime. If it's found early on, there is a good chance of recovery. Rarely,

breast cancer can also be detected in men. Women must, therefore, regularly check their breasts for changes and always have any changes examined by a GP.

Some symptoms of **BREAST CANCER** are:

- new lump in the breast or underarm (armpit).
- thickening or swelling of part of the breast.
- irritation or dimpling of breast skin.
- redness or flaky skin in the nipple area or the breast.
- pulling in of the nipple or pain in the nipple area.

## TIS Goes Pink!!!



### Causes of BREAST CANCER:

It is unclear exactly what causes breast cancer. However, several elements have been linked to an increased risk of breast cancer.

These include:

- age - as you age, the danger rises.
- a history of breast cancer in the family (genetic defects)
- a prior breast cancer diagnosis
- a previous benign (non-cancerous) breast lump, being tall, or overweight
- consuming alcohol.

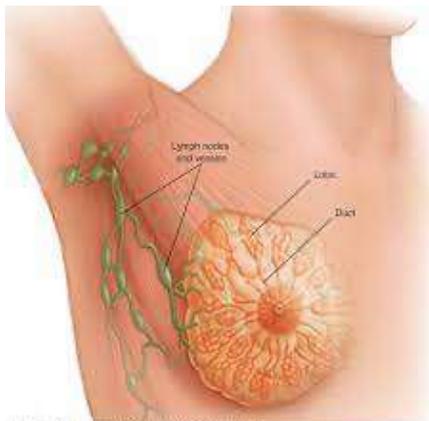
### Diagnosing breast cancer

A GP may suggest additional testing at a specialised breast cancer after examining your breasts. Mammography (breast screening) or removing a small sample of breast tissue to be examined under a microscope (a biopsy).

### Types of breast cancer

Breast cancer is usually characterized as either:

Ductal carcinoma in situ, often known as DCIS, is a **non-invasive breast cancer** that is present in the ducts of the breast but has not migrated to the breast tissue surrounding the ducts. Mammograms frequently detect non-invasive breast cancer, which hardly ever manifests as a breast lump.



**Invasive breast cancer**, where the cancer cells have entered the surrounding breast tissue through the ducts' lining. The most typical form of breast cancer is this one.

Breast cancer has the potential to spread to other areas of the body, typically via the blood or axillary lymph nodes. These are tiny lymphatic glands that cleanse the mammary gland of bacteria and cells. If this occurs, the cancer is referred to as secondary or metastatic breast cancer

### Breast Cancer Screening

The most accessible method of identifying a change in your breast tissue (a lesion) at an early stage is mammographic screening, which involves taking X-ray images of the breast. You should be aware, too, that not all breast cancers will be picked up by a mammogram. It is possible to give screening and genetic testing for breast cancer to women who have a higher-than-average risk of the disease. All women between the ages of 50 and 70 are asked for a breast cancer screening every three years because the risk of breast cancer rises with age.

Women over the age of 70 are also entitled to screening and can arrange an appointment through their GP or local screening unit.

## TIS Goes Pink!!!



### Treating breast cancer

Early cancer detection allows for treatment before the disease spreads to other body organs.

Treatment for breast cancer includes a mix of:

- Surgery
- Chemotherapy
- Radiotherapy.

Chemotherapy, radiation, and perhaps hormone or targeted treatments will come after surgery as your first course of treatment. The type of breast cancer you have will determine the sort of surgery you undergo and the Postoperative care you receive. The ideal course of

treatment should be discussed with you by your doctor.

Breast cancer is only seldom discovered after it has spread to other body areas in women (Metastatic breast cancer). The purpose of the treatment for secondary cancer, also known as advanced or metastatic cancer, is to reduce symptoms.

### Living with breast cancer

Being diagnosed with breast cancer can affect daily life in many ways, depending on what stage it's at and the treatment you will have.

Each person deals with the diagnosis and therapy differently. Several types of support are available if you need them.

### Possible support may include:

- Family and friends can be a strong support network.
- Family and friends can be a strong support network. Talking with others who are experiencing the same thing.
- Learning as much as you can about your health, without pushing yourself too hard, and taking care of yourself.

### Prevention of breast cancer

It is now unknown to determine if breast cancer can be prevented because the causes of the disease are not fully understood. There are therapies available to lower your risk of developing the illness if you have an increased risk. Studies have examined the relationship between diets and breast cancer. Although no firm conclusions can be drawn, there are advantages for women who:

- Maintain a healthy weight.
- Regular exercise.
- Consume little saturated fat
- don't consume alcohol
- Go for regular screening checkups.

As members of the TIS community, we urge you all to get involved and join us in going **PINK** this month. Ladies and Women get screened, Wear **PINK**, and help us spread awareness! Stay tuned for our next article on misconceptions about BC and various activities in school.

## ABOUT THE PRESIDENT OF PINK FOR AFRICA



Meet Juliette Mills-Lutterodt, a mother, wife, philanthropist, and director of **THE HOUSE OF JULS** comprising of Juls Collection, JG by Juls, Juls hair collection, Juls Magnetic Lashes, and Ujana by Juls. All of which pour a portion of its profits into Pink for Africa

Striving for success is a given, but impacting the world is her greatest desire, as evident by her products and services. After surviving breast cancer, this industrious personality has redefined innovation and ambition to keep raising the bar as a self-made successful businesswoman. She is an entrepreneur whose inauguration of her brand name has changed how the world reckons the act of survival.

Juls is in her 14th year of remission from cancer. She believes her journey is to continue helping and bringing awareness of breast cancer with financial support to the women of Africa.

Pink for Africa, a foundation that was set up to raise breast cancer awareness, was born in 2010 after a journalist asked Juliette “if you never lived in America, would you be alive today?” After pondering over that question for a while, Juliette realised that the one difference she had was that she lived in America where her chances of surviving breast cancer were higher than that of other African women very similar to herself and younger women who did not have the same advantages she had.

To date, Pink for Africa has helped raise breast cancer awareness among approximately 700,000 women across Africa. The foundation stresses the importance of early detection and creates public awareness of risk factors, symptoms, diagnosis, treatment, and support systems while decreasing the stigmas attached to this disease, and the need for a positive attitude.

By coordinating with facilities in Ghana such as the Korle Bu Teaching Hospital and Komfo Anokye Teaching hospitals respectively, Pink for Africa has donated breast prosthetics to over 400 women who have undergone mastectomies. Other donations of nearly \$200,000 have been provided to cover costs for chemotherapy, radiation, and surgery

Juliette remains very passionate about using her experience to counsel other women with or without breast cancer to help them prevent or fight the disease.

## Report from Children of the Light



On 24 September 2022, we had a delightful visit from TIS, Mrs Surama King and Mr. Mawuli Jasparo – CASSA Team, Sarah King – IB Class of 2017, and 18 students (Grades 11 and 12) from the Tema International School (TIS).

It was a special day for Children of the Light (CotL) as we were also holding our annual Recycling Competition and Folktale Drama. Through messages back and forth during the week prior, Mrs King and I arranged the visit. Organised by the Buddies for Change, Personal Hygiene Ambassadors and Sarah King, the morning was set for creative workshops, lunch and then the drama and competition in the afternoon. Many weeks before were spent preparing the CotL children for this grand event. There was excitement all round.

That sunny morning, the TIS school bus pulled up outside the centre at the planned time, kudos to the driver, Mr. Gabriel, as the road to us can be a challenge. Mrs. King, Mr Mawuli, Sarah and the twenty lively students eager for the adventure ahead emerged, but I'd say their adventure had already started the moment they left the TIS campus.

After the introductions, they set to work offloading the many items from the bus which included food (including crispy cooked chicken), drinks, gently used clothing and bags, a basketball hoop including a ball and pump (to be sent to our branch in Northern Ghana), 400 Unite to Light solar lights (to light up many homes including an entire village in Northern Ghana), school and art supplies and hygiene kits. Those working in the kitchen area joined Auntie Lamise, our cook, and went straight to work. The others set up the stations for the workshops and then enjoyed the surroundings while waiting for the CotL students to arrive. The sun was shining and the centre was buzzing.

Once the children arrived and a quick meeting took place, the drama team organised a lively session. The children were then directed to a workshop which included beading, face painting, art – affirmations, personal hygiene and storytelling. The TIS students did a fantastic job teaching and engaging the children. It was a joy to see. Once the workshops were over and all cleaned up, everyone ventured down to the lower area to enjoy a delicious meal of jollof rice and chicken, which was served by the TIS students. A short game of football was played and then all came to the top area to enjoy the afternoon of activities.

## Report from Children of the Light

Our children were dressed in costume and the show began - 'Abena and the Corn Seed'. They did so well and it was an honour to have such a special audience. After the performance, the recycling competition took place, the three judges Bismak Osiakwa from Reusable Bags Ghana, Faith Van der Eng from Pepease, and Nina Aisha Issah a TIS Student, took their seats. The children, one by one, presented their creations to the judges. Once the tough decision was made, the winners received their prizes. Everyone who entered the competition were presented with a Unite to Light LED solar light.

The day came to an end and it came time for all to leave. All aboard and away they went. TIS has really left their great mark at CotL. The days following, we and the children didn't stop talking about all that took place. Thank you to the CASSA Team, Sarah King and the TIS students for the many gifts and for leaving such a wonderful memory with us all. May God continue to bless you all.

### Jeanette – Founder of The Children Of The Light, Ghana





Tema International school  
The Guide project

# *A Raffle For a Polaroid*

Stand a chance to win a Fujifilm instax  
mini camera + additional items or a  
Fujifilm instax smartphone printer

FOR A PRICE OF 50 CEDIS FOR 5  
RAFFLES

To raise funds for phase two of our project; the painting of  
**NO.2 Ashaiman JHS Cluster of Schools**  
see Ramatu Ibrahim, Karen Quarshie, Maame ama Osei a&  
Phoebe Osei for your raffle!



# TEMA INTERNATIONAL SCHOOL

Annual School Play Production



# ONCE ON THIS ISLAND

a Musical by Lynn Ahrens

SATURDAY -12  
SUNDAY -13  
Nov. 2022

7:00 PM  
TIS MAIN  
CAMPUS  
(MPH)

CHILDREN  
**50** GHC

ADULTS  
**80** GHC

All profits go towards students' community service initiatives and projects.

Another amazing  
Annual School  
Production by TIS  
students.



Spread the word.  
Share the poster 🤗👏

Bring the whole  
Village!!!!!!

Limited tickets  
available.  
Grab yours NOW.



# 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

# 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 |
| 14          | 15 | 16 | 17 | 18 | 19 | 20 |
| 21          | 22 | 23 | 24 | 25 | 26 | 27 |
| 28          | 29 | 30 | 31 |    |    |    |

| September 2022 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| Su             | Mo | Tu | We | Th | Fr | Sa |
|                |    |    |    | 1  | 2  | 3  |
| 4              | 5  | 6  | 7  | 8  | 9  | 10 |
| 11             | 12 | 13 | 14 | 15 | 16 | 17 |
| 18             | 19 | 20 | 21 | 22 | 23 | 24 |
| 25             | 26 | 27 | 28 | 29 | 30 |    |

| October 2022 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | Mo | Tu | We | Th | Fr | Sa |
|              |    |    |    |    |    | 1  |
| 2            | 3  | 4  | 5  | 6  | 7  | 8  |
| 9            | 10 | 11 | 12 | 13 | 14 | 15 |
| 16           | 17 | 18 | 19 | 20 | 21 | 22 |
| 23           | 24 | 25 | 26 | 27 | 28 | 29 |
| 30           | 31 |    |    |    |    |    |

| November 2022 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | Mo | Tu | We | Th | Fr | Sa |
|               |    | 1  | 2  | 3  | 4  | 5  |
| 6             | 7  | 8  | 9  | 10 | 11 | 12 |
| 13            | 14 | 15 | 16 | 17 | 18 | 19 |
| 20            | 21 | 22 | 23 | 24 | 25 | 26 |
| 27            | 28 | 29 | 30 |    |    |    |

| December 2022 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | Mo | Tu | We | Th | Fr | Sa |
|               |    |    |    | 1  | 2  | 3  |
| 4             | 5  | 6  | 7  | 8  | 9  | 10 |
| 11            | 12 | 13 | 14 | 15 | 16 | 17 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 |
| 25            | 26 | 27 | 28 | 29 | 30 | 31 |

| January 2023 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | Mo | Tu | We | Th | Fr | Sa |
| 1            | 2  | 3  | 4  | 5  | 6  | 7  |
| 8            |    | 10 | 11 | 12 | 13 | 14 |
| 15           | 16 | 17 | 18 | 19 | 20 | 21 |
| 22           | 23 | 24 | 25 | 26 | 27 | 28 |
| 29           | 30 | 31 |    |    |    |    |

| February 2023 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | Mo | Tu | We | Th | Fr | Sa |
|               |    |    | 1  | 2  | 3  | 4  |
| 5             | 6  | 7  | 8  | 9  | 10 | 11 |
| 12            | 13 | 14 | 15 | 16 | 17 | 18 |
| 19            | 20 | 21 | 22 | 23 | 24 | 25 |
| 26            | 27 | 28 |    |    |    |    |

| March 2023 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| Su         | Mo | Tu | We | Th | Fr | Sa |
|            |    |    | 1  | 2  | 3  | 4  |
| 5          | 6  | 7  | 8  | 9  | 10 | 11 |
| 12         | 13 | 14 | 15 | 16 | 17 | 18 |
| 19         | 20 | 21 | 22 | 23 | 24 | 25 |
| 26         | 27 | 28 | 29 | 30 | 31 |    |

| April 2023 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| Su         | Mo | Tu | We | Th | Fr | Sa |
|            |    |    |    |    |    | 1  |
| 2          | 3  | 4  | 5  | 6  | 7  | 8  |
| 9          | 10 | 11 | 12 | 13 | 14 | 15 |
| 16         | 17 | 18 | 19 | 20 | 21 | 22 |
| 23         | 24 | 25 | 26 | 27 | 28 | 29 |
| 30         |    |    |    |    |    |    |

| May 2023 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | Mo | Tu | We | Th | Fr | Sa |
|          |    | 2  | 3  | 4  | 5  | 6  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       | 29 | 30 | 31 |    |    |    |

| June 2023 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Su        | Mo | Tu | We | Th | Fr | Sa |
|           |    |    |    | 1  | 2  | 3  |
| 4         | 5  | 6  | 7  | 8  | 9  | 10 |
| 11        | 12 | 13 | 14 | 15 | 16 | 17 |
| 18        | 19 | 20 | 21 | 22 | 23 | 24 |
| 25        | 26 | 27 | 28 | 29 | 30 |    |

| July 2023 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Su        | Mo | Tu | We | Th | Fr | Sa |
|           |    |    |    |    |    | 1  |
| 2         | 3  | 4  | 5  | 6  | 7  | 8  |
| 9         | 10 | 11 | 12 | 13 | 14 | 15 |
| 16        | 17 | 18 | 19 | 20 | 21 | 22 |
| 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               |
| 9/1/23  | 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                          |
| 7/10/22        | Inter-Colour Language Comp  |
| 8/10/22        | Inter-Hostel Sports Carnival (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 Café   |
| 26/10/22       | Special assembly: Ms Juls Mills Lutterodts (Surviving Breast Cancer) 3.00pm * P1<->P6 |
| 28/10/22       | G9/G11 Changes to Subject Selections close; Intercolour Maths/Science Comp (7.00pm)   |
| 31/10/22       | PP Criterion C draft due  |
| 4/11/22        | Colour Spelling Bee Competition   |
| 12-13/11/22    | Annual School Play  |
| 15-21/11/22    | G10 end of semester exams   |
| 21-29/11/22    | DP end of semester exams  |
| 25/11/22       | PP Criterion C completion   |
| 30/11-2/12/22  | Dukies' Expedition  |
| 3/12/22        | SAT   |
| 5-6/12/22      | Group 4 Project (G12)   |
| 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 9.00am.                         |
| 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      | 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**

|         |                            |
|---------|----------------------------|
| 21/9/22 | 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 |

***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                                     |
| 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                                     |



# AMERICAN COLLEGE VISIT

Speak to representatives from 9 U.S. Universities!

FREE EVENT FOR HIGH SCHOOL STUDENTS AT TEMA INTERNATIONAL SCHOOL



**COME VISIT US**

**OCTOBER 24TH  
TIME: 15:00H**

**VENUE**

**TEMA INTERNATIONAL SCHOOL  
ACCRA, GHANA**

# 2022

**PARTICIPATING UNIVERSITIES:**

- University of Alabama
- University of Arkansas
- University of Florida
- University of Kentucky
- University of Missouri
- University of Mississippi
- University of South Carolina
- University of Tennessee
- Louisiana State University

**CONTACT US:**

 **WHATSAPP: +1 651 500 8262**

 **EMAIL: SDIENG1@LSU.EDU**

**SPECIAL SCHOLARSHIPS (Require Counselor Nominations)**

| SCHOLARSHIP   | SCHOOL                         | SLOT | COUNTRY              | ELIGIBILITY   | REQUIREMENT  | DEADLINES   |
|---|--------------------------------|------|----------------------|---|--|---|
| <b>International Leader of Tomorrow (ILOT)</b>  | University of British Columbia | 3    | Canada               | Undergraduate international student.<br>Excellent academic record.<br>Demonstrated financial need.  | Apply to undergraduate program.<br>Nomination from counselor.<br>Early application.  | *Online -December 1 <sup>st</sup> , 2021.<br>Other docs- January 31 2022.   |
| <b>Lester B. Pearson International Scholarship Program</b>  | University of Toronto          | 1    | Canada               | International undergraduate.<br>Exceptional academic achievement and creativity.<br>Demonstrated strong leadership skills.  | Nomination from your counselor.<br>Apply to study at the University of Toronto.  | Nomination: November 30, 2021.<br>OUAC: December 14, 2021/<br>advisably before Nov.7 2021.<br>Scholarship: January 17, 2022 |
| <b>International Circle of Scholars.</b><br><br><b>York University Academic Excellence Scholarships for International Students.</b> | York University                | 1    | Canada               | Highest academic average.<br>Demonstrated leadership.<br><b>*By submitting application you will also be considered for other available international scholarships.</b>  | Nomination by School.<br>Meet admission and program specific requirements.<br>Submit application and all required documents before deadline. | *December<br>*February<br>Check online for new dates.   |
| <b>Global Leader of Tomorrow.</b><br><br><b>International Entrance Scholarship.</b>   | York University                | 1    | Canada               | Highest academic average.<br>Demonstrated leadership.<br>To renew maintain 7.80 on a 9point York scale in each academic year at York.<br>*letter of Recommendation.   | Meet admission and program specific requirements.<br>Submit application and all required documents before deadline.                          | *December<br>*February<br>Check online for new dates.   |
| <b>Full financial Package</b>   | NYUAD                          | 2    | United Arab Emirates | Demonstrate high academic achievement.<br>A commitment to the school and/or local community.<br>Proven leadership skills.<br>An ability to thrive in a rigorous, multicultural academic and personal environment. | Nomination from your counselor.<br>Submit all documents (Transcripts, recommendations, writing assignments etc.) before the deadline.        | ED I: November 15, 2021<br>E D II: January 15, 2021<br>Regular Decision: February 20, 2022                                  |
| <b>Presidential Scholarship- full</b>   | Villanova University           | 1    | U.S.A.               | Representing diverse intellectual, social, ethnic, and economic backgrounds,<br>Presidential Scholars are transformational  | Nomination by your Guidance Counselor  | Nomination Due by December 1, 2021.   |

|                               |                         |  |       |  |                                       |   |
|-------------------------------|-------------------------|--|-------|--|---------------------------------------|---|
| <b>Torch Scholars Program</b> | Northeastern University |  | U.S.A | Have persevered despite difficult family situations, cultural barriers, financial challenges, or unfavorable educational environments.<br>Show leadership through community, school, work, or service.<br>Represent a diversity of academic majors, racial and ethnic backgrounds, and geographic areas.<br>Are first-generation college students whose parents/guardians do not have a U.S. undergraduate degree or equivalent.<br>Are U.S. citizens or permanent residents from low-income households.<br>Have enrolled in college prep classes and would be successful with the additional academic and personal support provided by the Torch Scholars Program, but have not yet demonstrated academic success at the level of their true potential. | Nomination by your Guidance Counselor | Application deadline: Jan 1, 2022<br>Nomination deadline: Jan 1, 2022<br>Financial aid Documents: Jan 1, 2022 |
|-------------------------------|-------------------------|--|-------|--|---------------------------------------|---|

|   |                      |   |        |   |  |   |  |
|---|----------------------|---|--------|---|--|---|--|
| Presidential Scholarship- full financial aid/ tuition package | Villanova University | 1 | U.S.A. | Renewable merit based award covering full tuition, room, board, general fee, books. | Representing diverse intellectual, social, ethnic, and economic backgrounds, Presidential Scholars are transformational leaders both on and off campus who have demonstrated a love of learning and a commitment to enhancing both their local and broader civic communities. <b>Must be a U.S citizen or permanent resident</b> Have high school records Leadership roles | Nomination by your Guidance Counselor   | Nomination Due by December 1. Student's application also due by Dec. 1: Regular Decision |
| St. Martin De Porres Scholarship                              | Villanova University |   |        | Full Tuition and general fees   |  | Write an essay<br>Submit the Villanova Scholarship Interest Form<br>interview | February 1,2022  |

**NOTE: DP2s' kindly check Managebac for detailed information.**



**DATES AND INFORMATION**



**2021-2022 TEST DATES**

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

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

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

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



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

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

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

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



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

**ACT Registration Fees (Online payments only: Visit [www.actstudent.org](http://www.actstudent.org)):**  
**ACT plus writing – TBD, without writing- U.S.\$168.50 (TIS Test Centre Code: 870390, but inform counsellor first).**

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

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



**CURRENT & NEW TEST DATES FOR ACT 2021-2022**

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

**PSAT is this Saturday 16 October 2021. Grade 10 please note the following;**

- Early Breakfast is at 6: 50 am
- Submit your valid unexpired passport to Auntie Portia or bring it along Saturday morning.
- Come along with your approved calculator, 2B pencil, eraser and sharpener.
- Please note that all rules governing the integrity of standard test examinations will be duly observed as always.
- Obey simple instructions and have a successful testing on the test day.

## 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](http://www.oxfordscholastica.com)

## How to Study Intensely (Without Getting Burned Out)

I've done a number of intensive learning projects, sometimes studying for up to twelve hours a day. The risk of going too hard and crashing is always present during projects of this intensity, so I've discovered some strategies for preventing burnout.

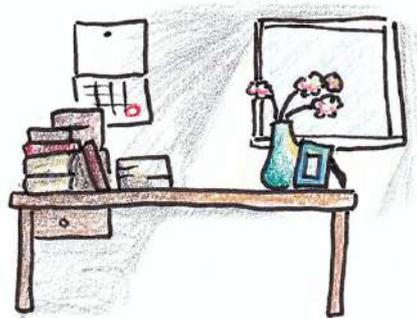
These strategies are critical when studying isn't your full-time job. While a five-hour-per-week project may not sound like much, it can be overwhelming when added to your existing obligations at work and home. People who study after work need to be extra careful about burnout because they have so little spare capacity if they do crash.

Here are five tips for staying focused without burning out.

### Tip #1: Cleanly Separate Studying from Life

The worst situation is to be in a state of perpetual semi-studying. This happens when people don't have fixed studying schedules and instead feel like they should "always" be studying.

Since always studying is impossible, people sneak non-studying activities—like playing on their phone or watching television—into their learning time. Then, when they are inevitably unproductive, they feel like they have to study more hours. The end result is burnout.

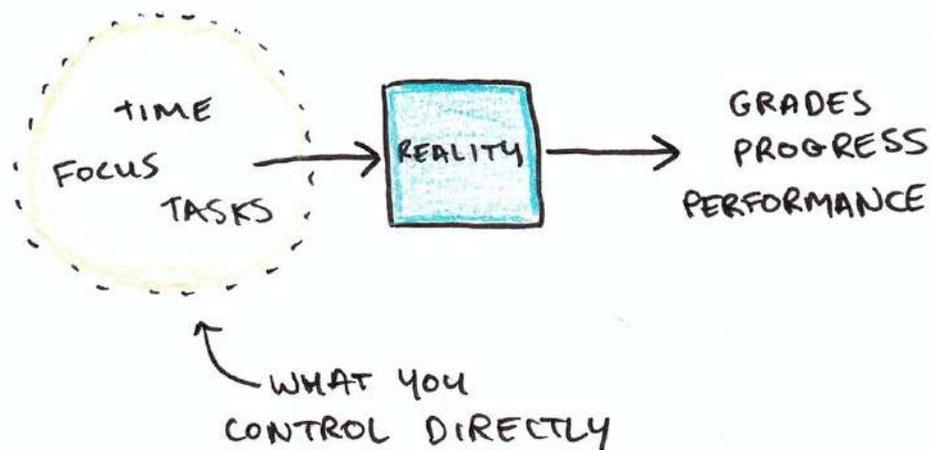


One strategy is to have a clean separation between the hours you're studying and the hours you are not. At peak intensity during the MIT Challenge, for instance, I put in about twelve hours per day. Even so, I always finished by 7 pm, and I never studied on the weekend.

### Tip #2: Focus on the Input, Not the Output

Much of burnout is not the actual work, but your emotional reaction to it. Studying all day will probably never be as relaxing as watching movies or hanging out with friends. But it can be a fun, meaningful challenge that you feel good after.

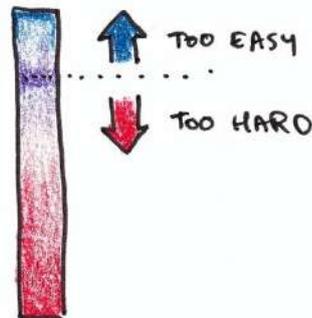
However, for many, studying isn't just effortful. It's painful. They become paralysed by anxiety about failing their test. They feel frustrated by the material or just plain bored.



One thing I've found helpful for dealing with these emotional reactions to shifting your focus onto the work. You can make this explicit. "Work on this assignment, without interruption for 30 minutes" is an achievable task. But "finish writing this essay" can create stress when you encounter writer's block.

### **Tip #3: Adjust to the Sweet Spot of 85% Success**

We learn best when we're successful most of the time, but occasionally challenged. If we fail consistently, not only do we get frustrated, we learn less. The problem isn't just emotional. Machine learning algorithms [also seem to train best](#) when their success rate is around 85%. Our frustration isn't irrational, but a sense that our learning is perhaps not so efficient.



There are plenty of ways you can adjust your success rate. One is to make the task easier. If you're failing to do problem sets, switch to doing them open-book. If you don't understand a key concept, try the [Feynman Technique](#). If you're struggling to memorize something, make a mnemonic.

It's much easier to maintain motivation throughout your studies if you can get to a smooth rate of successful trials (wherever the bar for "success" is set).

#### **Tip #4: Never Cut Sleep**

Late-night cramming is a perennial student favorite, but it's the worst possible strategy you can employ when learning.

Sleep plays a crucial role in memory consolidation. Cutting sleep while studying is like cutting your feet right before a footrace. You might think the extra studying time will help, but it only hurts you.

#### **Tip #5: Exercise regularly**

Exercise is another learning booster. While cutting exercise in a short-term crunch is sometimes unavoidable, maintaining good exercise habits are among the few things that [reliably improve cognitive functioning](#). Ironically, physical training, not "brain training" games you play on your phone, may be the only kind of [brain training that actually exists](#).

Scott Young  
20/4/22



# 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

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**“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.”**



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