

# TIS RECORD

P: +233 303305134 | E: [info@tis.edu.gh](mailto:info@tis.edu.gh) | W: [www.tis.edu.gh](http://www.tis.edu.gh)

## At TIS,

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

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## Key Dates

- 28/10/22: last day for G9 & 11 subject changes.
- 12-13/11/22: Annual School Play
- 15-21/11/22: G10 semester eAssessments
- 21-29/11/22: G11-12 semester exams

## Thought for the Week

There can be no happiness if the things we believe in are different from the things we do.

Freya Stark



## Admissions 2023/2024

Secondary school admissions opened on TIS Founders' Day, 3 October, and will close on 31 March 2023. Primary School Campus admissions will open on 1 April, 2023.

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

There will be 79 places available at the Main Campus in 2023/2024 (37 boys and 42 girls).

There is one critical date for current Grade 6 students at the Primary School Campus and for current secondary school students intending to leave at the end of 2022/2023.



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

-Steve Bollar

## SAT & ACT

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

## Making Us Proud

- Claris Perdison and Brendon Christian for hosting the US University Fair at TIS on Tuesday.
  - Taraji Wellington, Kwabena Osei-Amoako, Kwasi Ayisi, Nana Adwoa Addae, Imani Brown-Glover, Nana Akua Addae, John Fudzagbo, Miracle Nnaemeka, Durowaa. Okoampah, Precious Nnaemeka and Victoria Tettey-Amlalo who were this week's Primary School Learner Profile awardees. Well done.
  - Susan Wright, mother of Bernard Obeng (IB Class of 2022), who is generously sponsoring 90 children to the TIS Annual Production on 12-13 November.
- Kofi Asante and Andrew Opuni (12) for their excellent planning and preparations for the free health screening initiative.

Students intending to leave TIS at the end of the current academic year must notify me by 2 December 2022. This will ensure the timely preparation of transcripts and provide us with accurate vacancies for next year.

Students in Grade 6 who are not intending to move to the Main Campus in 2023 must notify me by 2 December so that we can determine how many other vacancies there are for Grade 7 next year.

The first round of secondary school admissions will commence next week and offers will be made by 21 November. Intending applicants are encouraged to arrange a tour of the appropriate campus before the admission interview takes place.

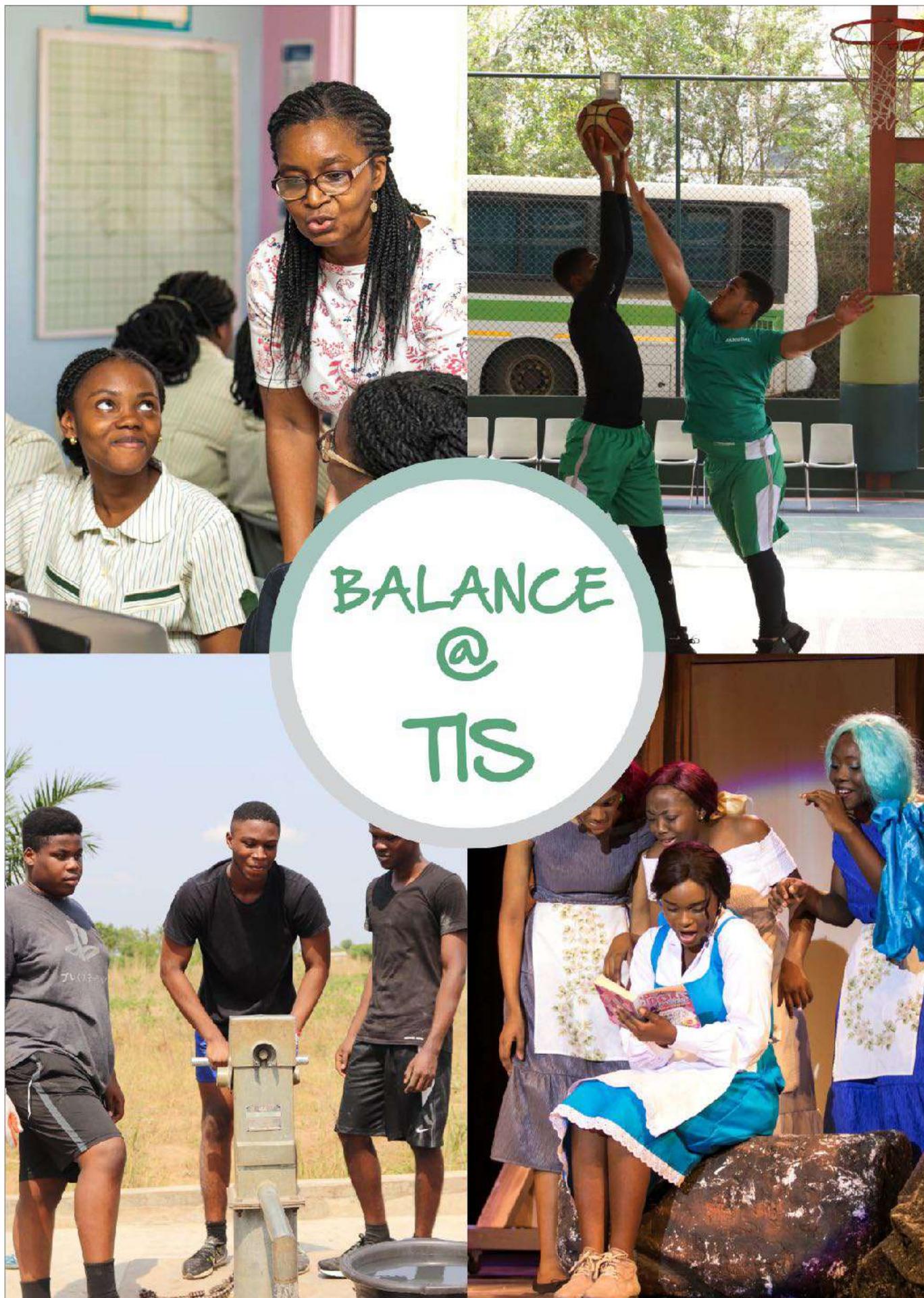
### *Prevailing Exchange Rate*

The current economic climate is causing a great deal of angst and hardship. From 1 November 2022, Tema International School will be setting its dollar-cedi exchange rate at the start of each month, instead of the start of each semester. Parents with outstanding fees as at 1/11/22 will have their accounts revised accordingly.

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)





BALANCE  
@  
TIS



# TEMA INTERNATIONAL SCHOOL

School Play Production



An adaptation of

# ONCE ON THIS ISLAND

*a Musical*

SATURDAY - 12  
SUNDAY - 13  
Nov. 2022

7:00 PM  
MPH  
(TIS MAIN CAMPUS)



CHILDREN  
**50** GHC

ADULTS  
**80** GHC

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

# 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						
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October 2022						
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30	31					

November 2022						
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December 2022						
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January 2023						
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22	23	24	25	26	27	28
29	30	31				

February 2023						
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26	27	28				

March 2023						
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April 2023						
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30						

May 2023						
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28	29	30	31			

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

## COLOUR KEY

	School Closed/ Holidays		Teacher in-Service Day (no school for students)
	Main Campus Event		First and Last Day of School (Main Campus)
	Primary Campus Event		First and Last Day of School (Primary Campus)
	SAT Test		ACT Test

**Public Holidays**

21/9/22	Kwame Nkrumah Memorial Day
2/12/22	Farmers' Day
9/1/23	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

**SI Internal Dates: Main Campus**

1/8/22	2022 MYP Results Released; 2021 MYP Enquiries Upon Results Open
1/8/22	Senior management staff resume
8/8/22	Teachers resume; review of school policies
15/8/22	Student Council executive return
17/8/22	Newbies arrive
21/8/22	Continuing students resume
22/8/22	Secondary School classes commence; G9 Subject Selection
27/8/22	SAT; TIS Junior Soccer Championships
28/8/22	School Performance auditions
3/9/22	Health Walk (6.00am)
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

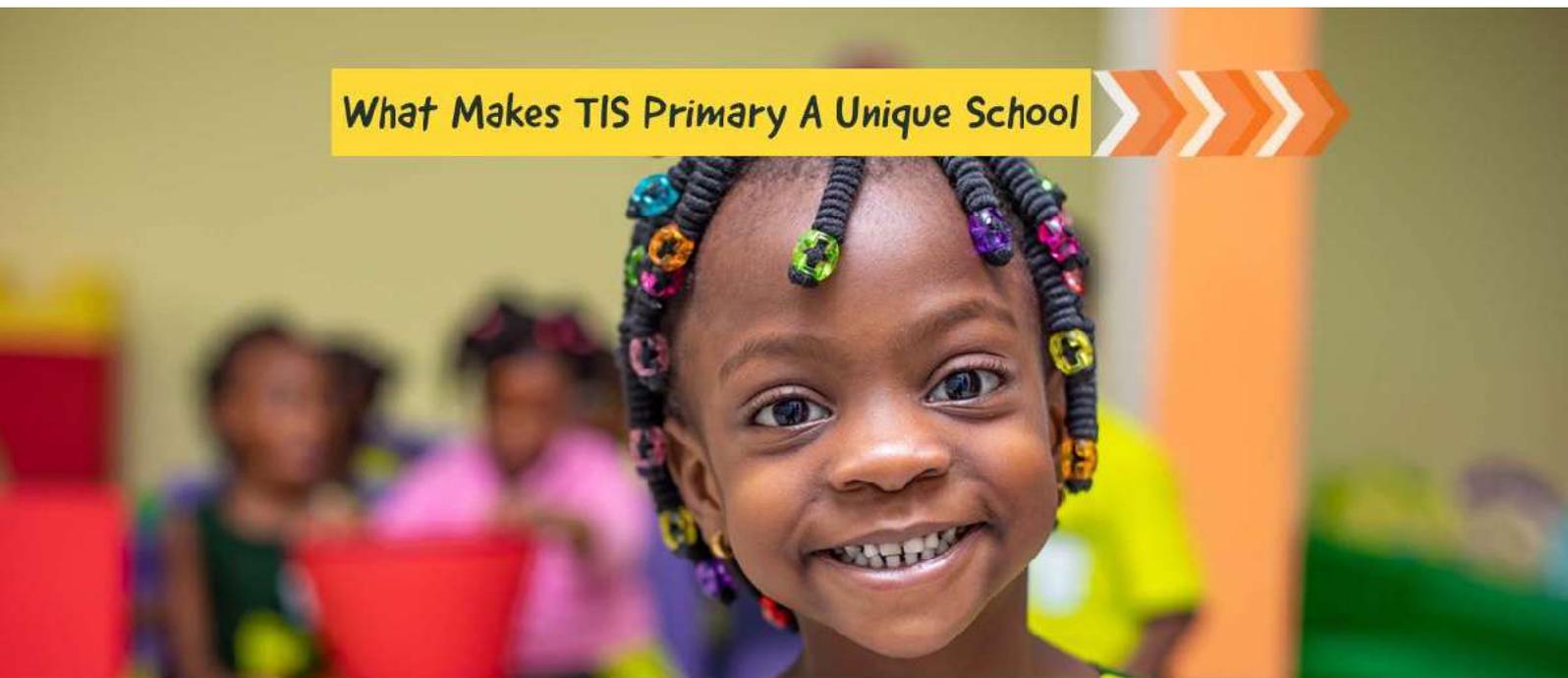
***S1 Internal Dates (Primary School Campus)***

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***

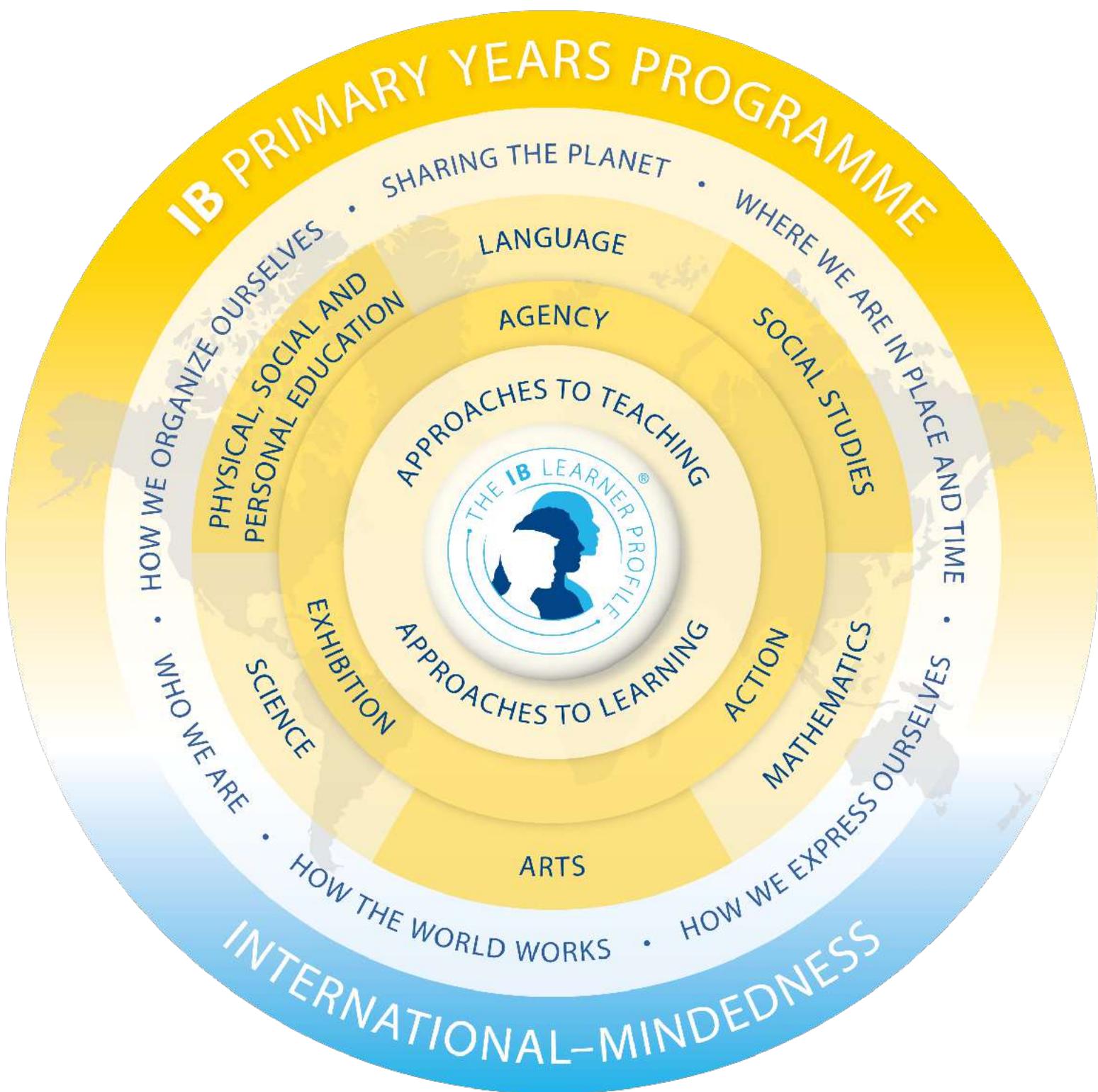
5-6/1/23	Staff training days
10/1/23	Second semester commences
17/2/23	End of UOI #4 Celebrations
24/2/23	Mother Tongue Day
24/3/23	End of UOI #5 Celebrations
24/3/23	Additional Languages Day Activity
1/4/23	Primary School Campus admissions open for 2022/2023
3-14/4/23	Mid-semester break
21/4/23	Book 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

## What Makes TIS Primary A Unique School



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

Amewusika Tay



## The School for the Future

### TIS Primary School!



TIS Primary School is an IB school that contributes to the development of students who are equipped with knowledge and expected to be good citizens and great leaders in their communities. In order to achieve its vision and goals, a well-designed curriculum is implemented, teachers are continuously trained, and there are good facilities for every member of the learning community to enjoy the learning environment. This article focuses on highlighting some aspects that make TIS a unique learning environment and a happy school.



## The Learner Profile Attributes

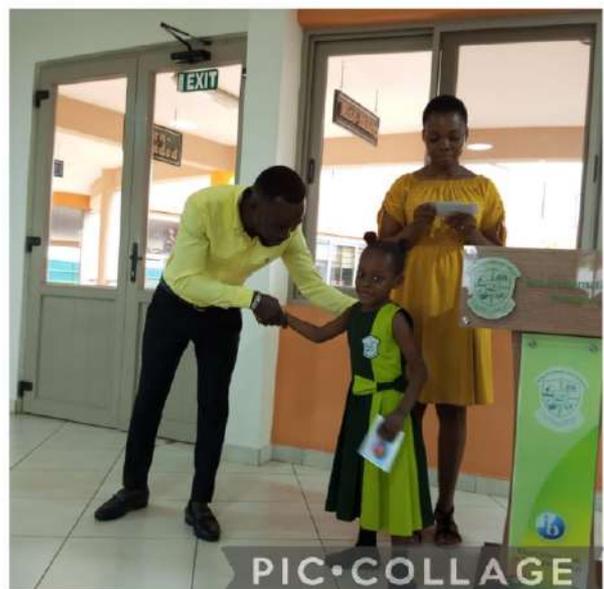
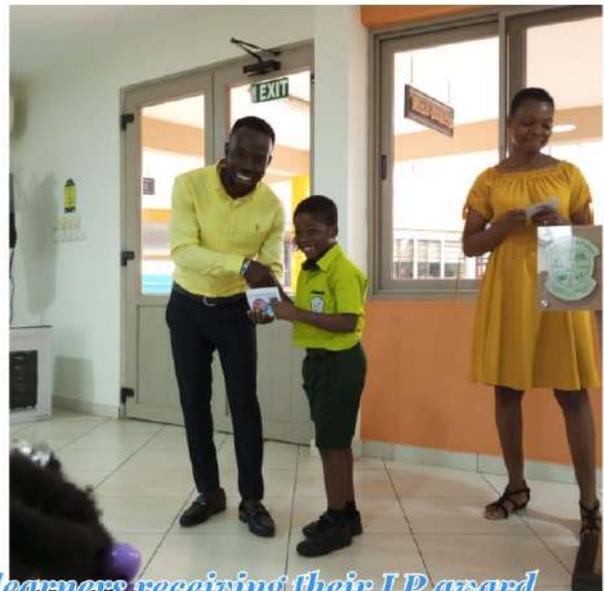
We have redefined the purpose of education!

At TIS, students are encouraged to exemplify all the IB Learner Profile attributes as required by the IB programme. These attributes are: Inquirer, Knowledgeable, Thinker, Communicators, Principled, Open-minded, Caring, Risk-taker, Balanced, and Reflective. Students interact with the LP attributes consistently, both in and outside the classroom. LP awards are given to learners during the LP assemblies to serve as a motivation to them and learners always anxiously look forward to the day with great enthusiasm.

Our students progressively show commitment to these attributes and parents are satisfied with the changes they see in their children.



*The smiles tells it all. Happy learners receiving their LP award*



### ATL Skills

We train learners how to learn.

Learning at TIS is also having an opportunity for students to develop themselves with the ATL skills which enable them to learn how to learn. These ATL skills are: communication, thinking, self-management, social, and research.

Teachers plan and design lessons with the application of these ATL skills and there is evidence that our students make progress in their learning as they commit themselves to these skills. For example, students are consistently able to make individual research and apply all the other approaches to learning skills.



*Developing ATL skills through engaging activities*

## Transdisciplinary Learning

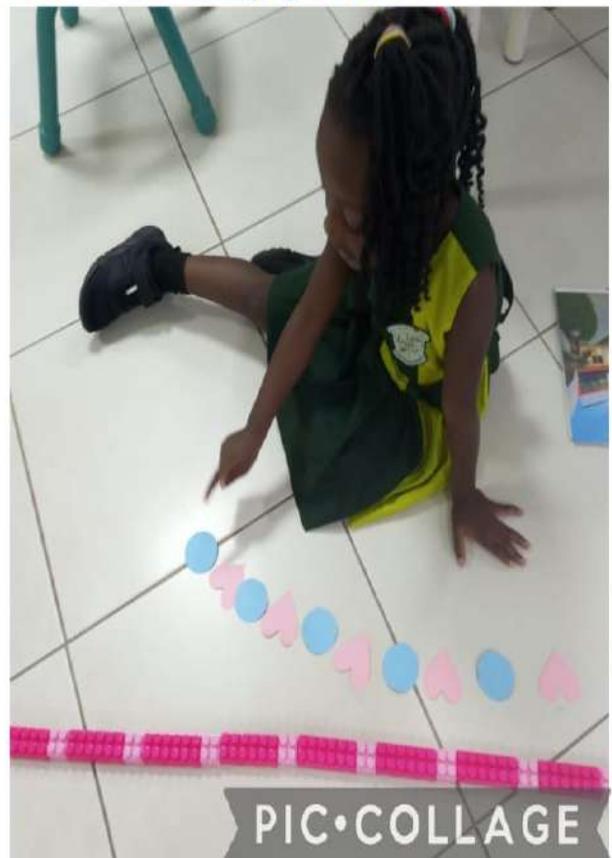
This is one of the most beautiful images of TIS Primary School. Learning takes place in a Transdisciplinary manner and is well exhibited at the end of each unit of inquiry (UOI).



In order to meet the transdisciplinary approach, all teachers come together, collaborate throughout the learning process, share ideas and plans to come up with transdisciplinary lessons that facilitate the understanding and flow of students as they drive their learning. Here you can have fun when learning Mandarin and French through music. For example, students create songs for each unit.



*Transdisciplinary lessons in the early years*



**Enrichment**

After school, our students have a good time to explore or learn different activities during the enrichment program. Students always show excitement when it comes to this moment as they just love it! They engage in various activities in music, ballet, gymnastics, arts, mother tongue, drama and dance. The primary goal of TIS Primary School's enrichment program is to assist students in reaching their full potential. It assists students in discovering new pastimes, interests, and unique abilities.



*We are ready to take up new challenges!!*

Learners develop self-awareness as well as an understanding of the needs and opportunities around them, and they strive for the best.

## Students' reflections

The Learner Profile Attributes help me a lot in school, during school activities. Also, I enjoy taking part in Enrichment.

***Steffon (Grade 6)***

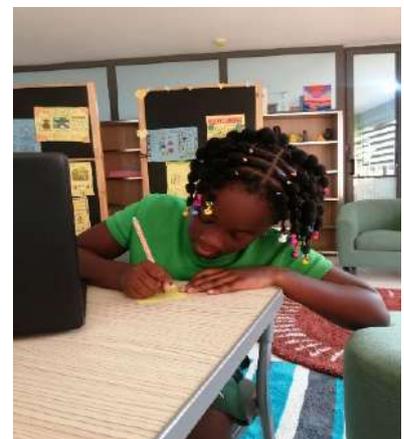


During enrichment, I feel happy. I am able to communicate and collaborate well with my peers. I see a great improvement in my social skills due to these interactions.

***Genesis (Grade 5)***

TIS is a lovely school because the teachers are kind, the school is beautiful and the food is delicious.

***Ashanti (Grade 4)***





Ga is fun. I learn new things during mother tongue class.  
***Christabel (Grade 3)***

I like gymnastics because it helps me to be flexible.  
***Kendra (Grade 2)***



TIS is the best school I can ever think of.  
***Paa Kow (Grade 1)***

I like being a risk-taker because I like trying new things.  
***Ellis (Kinder 3)***

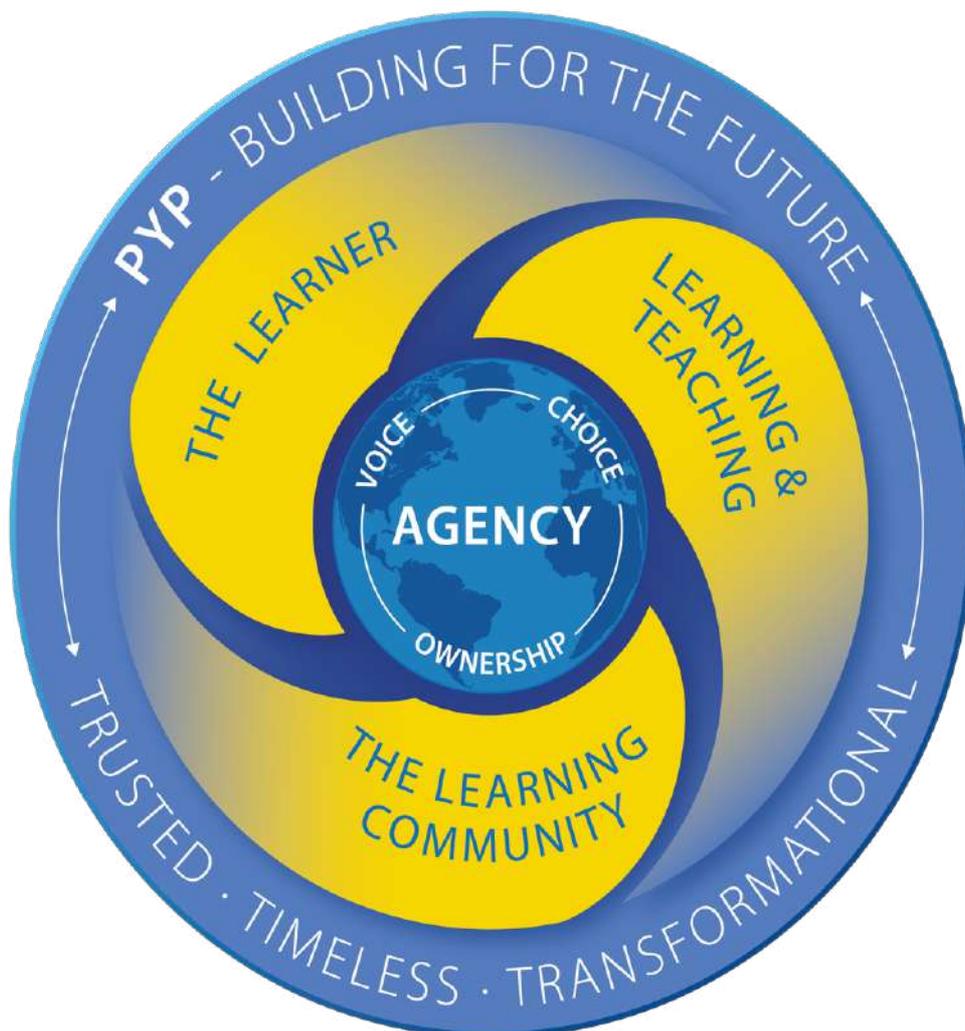




I am happy when I get an LP award. I want to be a risk-taker, because I want to sleep in my bed alone, knowing that there will be no monster.

***Lucille (Kinder 2)***

Our students have been inspired and persuaded to improve their critical-thinking, interpersonal, and self-management skills as a result of the curriculum. We look forward to always being the school of choice.





# TEMA INTERNATIONAL SCHOOL

# ACADEMICS



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



EDUCATION FOR A BETTER WORLD



## Tema International School



**MAIN CAMPUS**  
**SECONDARY ADMISSIONS ARE OPEN FOR 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:

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

### Grade 8 (MYP 3)

Students should:

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

### Grade 9 (MYP 4)

Students should:

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

### Grade 11 (IB Diploma Programme)

Students should:

- Have successfully completed MYP 5, the IGCSE (Or its equivalent) or awaiting the results of the IGCSE.
- Be aged 16+(at the time of admission).
- 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.

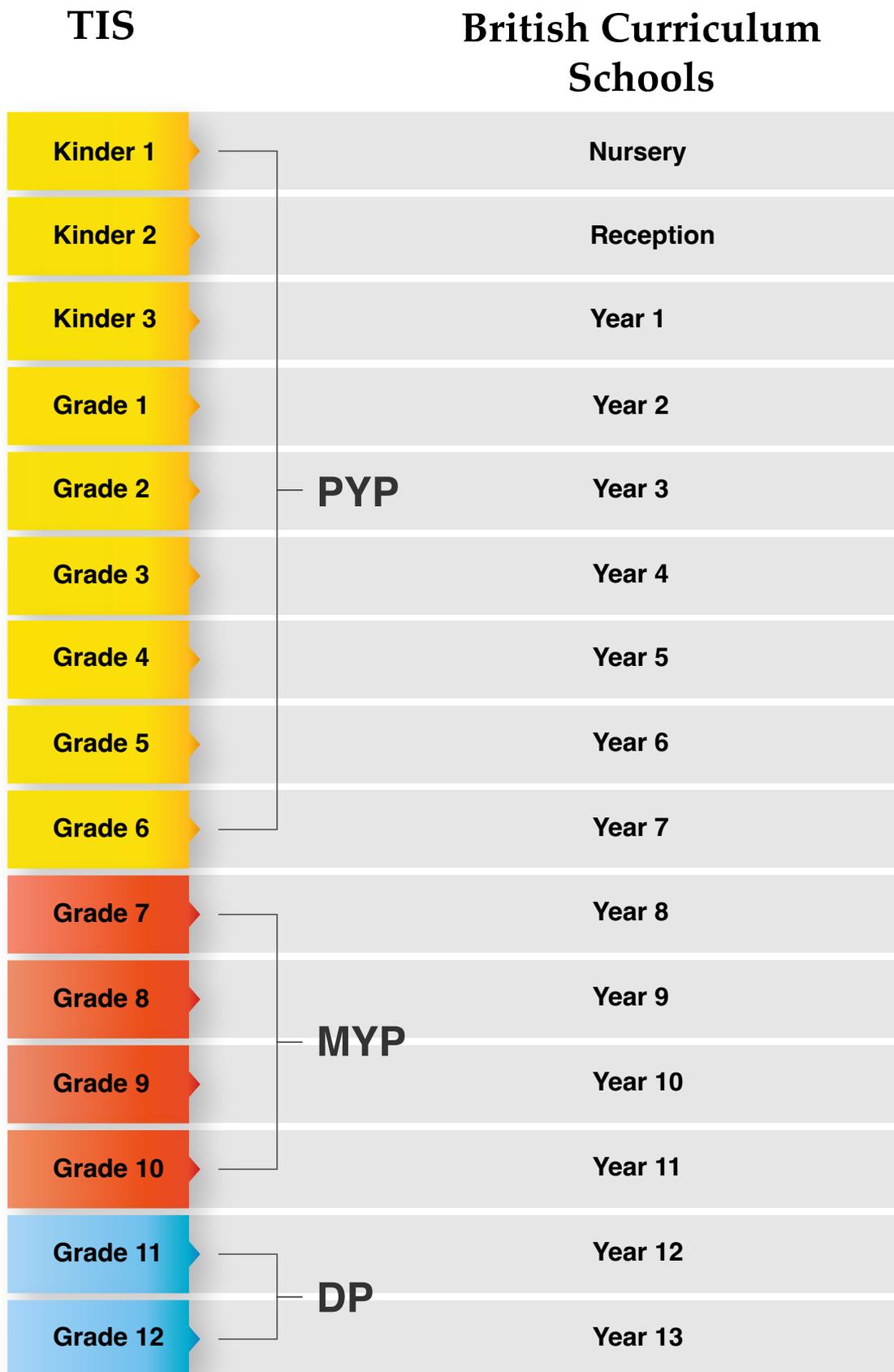
## APPLICATION DECISION

- ✓ 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



# 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.



## Theory of Knowledge (ToK) Exhibition 2022

The TOK Exhibitions offers DP students an opportunity to add their discerning voices to pertinent global issues. They do this through personalised viewpoints stemming from moments experienced within their immediate environment. Using prescribed knowledge prompts, the students discuss, using real-life examples, how knowledge concepts manifest in the real world.

At this year's final TOK Exhibition, staff and students at the secondary school campus gathered at the gardens to discuss a myriad of intellectual issues bordering on lifestyle, politics, religion, technology and ethics. Multiple perspectives to these issues were presented, personal voices and viewpoints were stated, and most importantly, the school community appreciated global mindedness in real-time.

### Below are some reflections from the Exhibition.

The TOK Exhibition was an eye-opening event for me. I had the opportunity to share my views on how important material tools are in the production or acquisition of knowledge, with the people who showed up at my stand. Everyone had a fair understanding of the prompt, and we brought up arguments concerning the use of technology in today's world.

We discussed, among other things, how material tools are being used to facilitate, expedite and push the frontiers of knowledge production in ways that before now could not have been possible.

The feedback I had was instructive and will go a long way to enhance my commentary. **(Darren Kwame Owusu Ansah, Grade 12)**





To say that this Exhibition was needed will be an understatement. I worked on the prompt, what role does imagination play in producing knowledge about the world? The objects I worked with included: Da Vinci’s Aerial Screw, Tom Swift and his Electric Rifle written by Victor Appleton and Planet of the Apes directed by Franklin J. Shaffner. Initially, my emotions were racing as I began to paste my manilla paper up, skeptical about the content of my Exhibition. However, as I presented, I began to grow confident in the content I had prepared for the Exhibition,

which led to a better execution of my salient points raised during the one hour.

I was able to emphasise the fact that one’s imagination is often stimulated due to the context an individual finds themselves in and creates knowledge which can spread from generation to generation. This was seen from Da Vinci’s perspective, a man who wished to satisfy human’s early desires to fly and move to places faster. Most importantly, as I interacted with many individuals who visited my stand, I noticed that a lot of them had much to say, concerning the role of imagination in producing knowledge about the world.



One person amongst these individuals who stood out to me was Mr Fudzagbo who told me ‘nothing that has not been dreamt can be achieved’. Essentially, this spoke volumes as I began to look at it through the lens of many individuals who have and are still flourishing on the world stage from individuals, such as Leonardo Da Vinci to Alexander Fleming, the creator of Penicillin, a life-saving drug.



In a nutshell, this exhibition, although it was my final, made me feel like doing this again as I have been able to see that many people in the T.I.S community have a lot to say which has

opened my eyes to different perspectives specifically relating to my prompt. **(Andrew Opuni, Grade 12)**



During the TOK Exhibition, I started with a high level of anxiety, however, I had a good understanding of my commentary. After explaining my commentary to one of my friends I gathered some confidence to present to teachers and other students. My objects were Sushi, an album by Adele and one of my favourite basketball shoes, Kyrie Irving's. My prompt was about the relationship between

personal experience and knowledge. I strongly believe that this form of presentation is good as it improved my communication skills and my self-confidence. **(William Ashun, Grade 12)**



The TOK Exhibition was incredibly beneficial and convenient for me in particular because with my busy schedule, I could barely get a hold of the TOK teachers to give me in-depth feedback on my exhibition. Fortunately, the exhibition allowed me to showcase my exhibition to many of the TOK teachers to receive meaningful, critical feedback. I gained insight into the shortcomings of my work and ways I could improve them to boost the quality of my work and improve my grade.

The exhibition also allowed me to identify some of the main things that examiners are looking for in an exhibition and so I was able to add these to my work to achieve the highest grade. To the Grade 11 students, I recommend you take the TOK Exhibition seriously as it could be a great opportunity for you to improve the quality of your work and help you achieve a high TOK grade at the end of your course. **(Lexi Forson, Grade 12)**



# TEMA INTERNATIONAL SCHOOL

# SPORTS



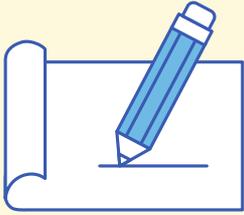
At TIS, we believe that sport, as one of the four pillars for student balance and ensuing success, promotes teamwork, challenges personal best and emphasizes the importance of appreciating how to lose before knowing how to win.



EDUCATION FOR A BETTER WORLD

# Email Etiquette

It always helps to be polite.



Write a brief description in the subject line.



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



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



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



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



### 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

ReachOut

# Checklist for **DISTURBING CONTENT**

**Work out whether the content is right for your child.** It might be around their age or just their personality, but trust your gut and put boundaries in place.



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



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



**Make sure they know that not everything they see is how it appears.** Have a frank conversation about not taking everything on the internet at face value.



**Tell them that they don't have to watch something if they don't want to.** Brainstorm ways they can say no to their peers and feel confident making their own decisions.



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

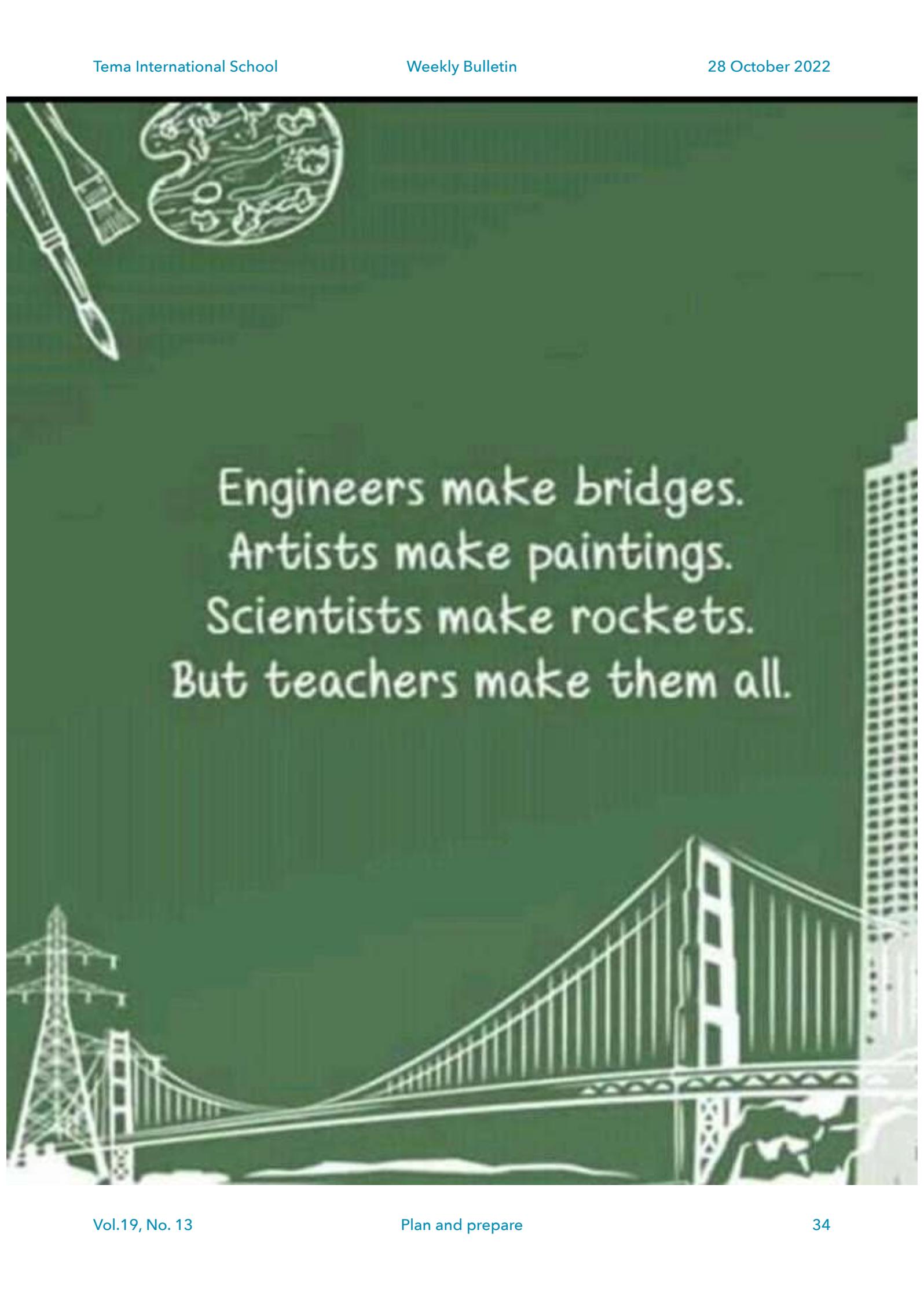


**Offer to watch it with them.** That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.



**Let them know where to go for help.** Ask them who they would feel comfortable talking to and connect them with services like [ReachOut](http://ReachOut.com) or [Kids Helpline](http://Kids Helpline).



Engineers make bridges.  
Artists make paintings.  
Scientists make rockets.  
But teachers make them all.

## 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 organizing 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.

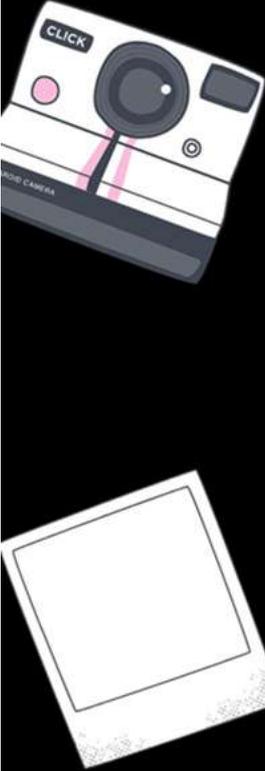
#### Submissions are due:

29 days 9 hours 25 min

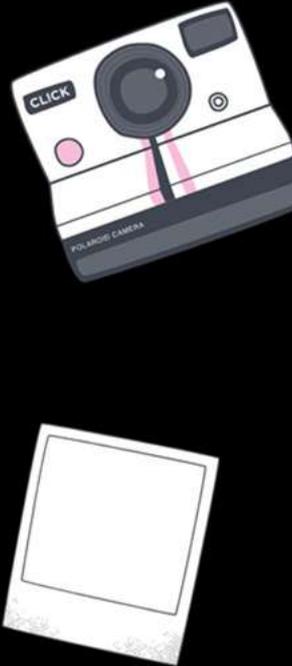
Submit now: <https://bit.ly/3Myx0Mx>



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!

## CAS Projects – We need your HELP

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>

The **Health Screening Initiative** is a CAS (Creativity, Activity, Service) project by **Andrew Opuni, Kofi Asante, Chesney Noye, Bellina Anthonio, Melike Agah, Lexi Forson, Claris Perdison, Nana Ama (Nhyira) Owusu, (G12)** we are committed to providing **Free Health Screening** for disadvantaged communities.

We need your help to implement our CAS project by providing 150 students, 50 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 Five 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

## ASA - TIS Scrabble Club



The **TIS Scrabble Club** is open to all those who aim at having a great deal of fun and improving their health, communication skills and confidence. My name is **Chayil Mefful (G11)**, I am a scrabble champion, and I won a number of Scrabble competitions in the past. I also have a history of being in the Scripps Spelling Bee which made me develop a keen interest in words. As the initiator and leader of the Club it's my hope that students can develop the skills, compete at the national level and have fun. Sign up today. The Club will meet on Saturdays 11 am, at the Project Centre. See you this coming Saturday, 11 am at the Project Centre for a trial and sign up. Another great benefit of joining this Club is that, the days you are free and have a partner to play, you can get your Scrabble board at the CAS office and practice. What a nice way to be off screen.

### Playing Scrabble:

- Minimizes the risk of mental illnesses.
- Boosts the immune system.
- Teaches mature communication skills.
- Lowers blood pressure.
- Improves personal confidence.
- Enhances concentration skills.
- Builds intellectual capacity.
- Encourages socializing with peers.
- Improves creativity.
- Enhances memory functionality.
- Promotes bonding with family.
- Induces happiness.
- Fosters healthy competition.
- Helps people expand on their vocabulary.
- Improves spelling skills.
- It is a fun and educational way to pass the time.
- Teaches the brain to think quickly.
- Beats boredom.
- Provides a sense of purpose and accomplishment.
- Boosts cognition.



### Last Word

When it comes **to playing Scrabble**, there is a plethora of benefits to expect. Scrabble is good for your physical health, as well as your mental and emotional well-being. If you want to participate in a game that is all-round good for you, Scrabble is a good choice.

<https://www.gamesver.com/scrabble-20-benefits-physical-emotional-and-mental-health/>

## ASA - TIS Chess Club



Have you joined the Club of Champions? Not yet? You are missing something. The TIS Chess Club is the place to be. Every Wednesday, 4:30 pm at the Design Lab you will find a group of players' busy strategising, very silent with their eyes fixed on the board.

As we all know TIS just came first at the National Chess Championship, TIS **Michael Kaleem, G12**, is the National 18 years and open champion. The team is now preparing for some upcoming championships in Ghana and overseas, yes, I meant overseas. TIS Chess Club is going International. It's not too late to join. One thing **Mr Sylvester Wellington**, the patron of the Club and **Michael Kaleem** the President, love is students who are eager to learn. You don't need to know it, you just need to join the club, be committed and practise.

Chess is proven to increase reading levels, and its biggest benefit is the increased problem-solving skills that will benefit you for years to come. Chess is played every day around the world and brings people of different cultures and backgrounds together. Let's take a look at the top 10 benefits of learning and playing chess!

### Top 10 Benefits of Chess

- Brings People Together.
- Teaches You How To Win And Lose.
- Helps Children Realize The Consequences Of Their Actions.
- Can Help You Focus.
- Chess Is An Educational Tool.
- Develops Creativity.
- Builds Confidence.
- Develops Problem-Solving Skills

<https://www.chess.com/article/view/benefits-of-chess>



# ASA - TIS Chess Club



## CAS Project – Build a Hoop, Build a Life



These young students of Tema International School presented a basketball hoop, a ball and a pump to The Children of the Light Centre. The items are going to Dibisi, Northern Ghana to the CofL Centre. For the past weeks we have been seeing meaningful collaborations through students CAS projects. They are making the world a better place by taking action.

“Through this project, my collaborators and I learnt how to plan a fundraiser, the importance of accountability and good communication. Working with others can be challenging, but keeping the goal in mind makes the journey worthwhile. I learned new skills in the process, I identified my strengths and developed personal growth in the process. Despite the challenges it worked out successfully in the end.” **Daniel Jr. Markin, G12.**

group—including me—how to be understanding of each other and open-minded about the circumstances we find ourselves in. We noticed that not everyone has access to incredible facilities and sporting goods as we enjoy. We believe that this is what CAS is all about—having the ability to be open-minded and to venture beyond your comfort zone in order to benefit both yourself and those around you. I am very thankful to each of my mates and I hope this is just the beginning of something great. The basketball set we purchased is going to the North of Ghana, to the Dibisi Centre for the CoTL.” **Ogechukwu Moghalu, G12.**



## TIS @ 19 – Founders’ Week - The Organisers



I've noticed from spirit week that once you have an image and an aim, your perseverance will make you achieve your goal. I am glad I was involved in this year's Founder's Week because it was fun-packed and engaging. I am proud of my contribution to various committees and the one I headed. It was a very long and demanding process, but it was worth it. Being part of the committees allowed me to access

my leadership and collaborative skills as I engaged and collaborated with many people. I learnt many lessons during the week. First, I learned how to improvise with what I have at my disposal. Because I was part of the committee, I wanted to try my best every day, but I didn't have outfits for each day, so I decided to create costumes with what I had at my disposal. Second, I learned how to be a collaborator and listener. Working with my classmates and friends wasn't easy because I had to regard some of them as my leaders and treat them as such. The size of the sub-groups in the committee forced me to be patient and listen to other people before sharing my opinion. I again learned how to manage a huge group of people. On the night of the Soiree, we had to clean and prepare for the Thanksgiving Service on the following day, which was Sunday. It was a very tiring and overwhelming process of gathering other students to help with the arrangements and cleaning of the hall. Some people were tired, and others were not very cooperative. Regardless, through this experience, I have learned how to coordinate people, which is a necessary skill I need if I want future leadership roles. My best moment was Sunday, 9 October, when the Thanksgiving Service was over. I was glad that I guided the committee for the service. I was relieved because the wholesome celebration ended on a good note. The biggest challenge I faced was on Saturday. The leaders for Saturday's events were out-of-school, so other committee leaders and members had to team up to keep our streak. I felt overwhelmed because it was spontaneous and unexpected, so I didn't know how to organise people to help us manage the situation. The events from Saturday taught me to be patient and an initiator. Self-management and collaboration skills came in handy during the preparation for the series of events and the celebrations.



## TIS @ 19 – Founders' Week - The Organisers



The sub-group leaders had to structure a coherent and ordered plan for the allocated days. I procrastinated a lot with this specific task even though it wasn't a lot of work and it did not take much time once I got it done. Collaboration skills were also necessary during this process because we worked with many people. There were days that we had arguments and agreed to disagree on many controversial issues. Some days we immediately concluded on the same ideas and opinions. It was challenging to step out of my comfort

zone, engage with different people and wear various clothing and colors throughout the week. I've learned to listen before speaking. As I said, this was an activity involving familiar faces, but we all had incredible ideas to pitch. This experience has taught me that sometimes I need to listen before I speak or share my opinion. Not all of us are born to be leaders, but we can grow into great leaders. The activities during lunch on Teacher's Day was my best moment. Be patient and willing to listen to other people. To the upcoming Grade 11 who will be organisers for TIS @ 20, be creative about how you plan the week and make it as engaging as possible. Congratulations, TIS and Mrs. Adjavon! The grace of God has brought you this fair and many more years of prosperity are ahead. **Nana Yaa Owusu-Manu, G11** – *Leader, Collaborator - Dynamic Duo, Inter Hostels Soiree, Thanksgiving Service, Decoration Committee, Media team - Posters/Photography/Videos*

The effort put into the whole week was beautiful. Being involved with the spirit week committee was such a wonderful experience. It gave me an insight into what organising an event was. The whole "spirit week" activity was very time-consuming. Nonetheless, it was exciting. I learned that collaboration and communication make it easy for jobs to be executed efficiently. My favourite moment was seeing all the outfit ideas created on freaky Friday with anything but a bag. The greatest challenge I faced was



probably dealing with the stress. However, I have realised that it is a consequence of poor management, so next time I will manage my time well. From this experience, I can imprint my newfound time management skills to reduce stress. The activities were engaging and challenging, especially since having to create multiple pictures was challenging for me since I'm not very good and creative. I learned that I handle stress well, and not everyone does. So, I need to be patient. My most unforgettable moment was when Nana Aba and I set up the LED lights and saw them working at maximum capacity at the soiree. To the upcoming Grade 11s yet to plan TIS @ 20, please be patient and communicative! Thank you, Mummy Adjavon for this incredible foundation that enables me to achieve my goals and learn about society. I am forever grateful. **Kwadwo Adubofour, G11** - *Leader, Collaborator - Founders' Lunch, Inter Hostels Games, Inter Hostels Soiree, Decoration Committee, Media team - Posters/Photography/Videos.*

## TIS @ 19 – Founders’ Week - The Organisers



I noticed everyone's active participation during the spirit week. I felt excited and happy to have been part of the media team. It was one of the most vital parts of the week because the media team was responsible for capturing and public viewing of the spirit week events and announcements. Casting our minds back and reflecting on the fantastic week helps us remember what a wonderful week TIS@19 Spirit Week was. It was a pleasure to be part of the committee responsible for making it possible. The activities were engaging because they challenged your creativity and response to time in

capturing moments. One lesson I learned was to effectively and collaboratively work with team members to smooth productivity throughout a given period of the spirit week. Performing on stage during the Founder's Lunch was my best moment. I say this because doing that challenged my confidence in front of a large crowd. It is critical to learn how to fight your fears, like fear of heights, performance, or failure. The greatest challenge I faced was organising the clothes I would need during spirit week. Due to poor planning, the fluidity of what I was to wear was affected. What I will do next time is to plan ahead of time when participating in such an involving period. Perseverance, dedication, and communication skills are critical for excellence, and I had to apply these to go through the

week effectively. I learned that I am a very dedicated and confident person who likes to try new things from different areas of exploration. I also learned that people find it difficult to collaborate effectively, which slows down the preparation processes. I have developed a positive attitude towards collaboration to ensure liveliness between group members during projects. Making the right friends and collaborating with them to achieve a goal is my takeaway experience.



Wearing my smock under the hot sun on Pan African day was my unforgettable moment. To the upcoming Grade 11s, I advise you to start planning now if you want to make TIS @20 phenomenal. It was one to remember and don't forget to carry on the values, positive attitudes, and behaviours attained during the experience throughout your different life endeavours. **Bradley Hoedoafia, G11 – Collaborator. World Teacher's/Staff Day, Media team - Posters/Photography/Videos**

## TIS @ 19 – Founders’ Week - The Organisers



I noticed that with teamwork and an open mind, set goals are achievable. I felt much honoured to have led the class of 2024 on that day and to create a magical event. The Founders’ Day celebration of this remarkable institution is an important day for every TIS student. Right from the planning to the rehearsals to the main event, I felt so happy and excited. I made it my top priority to ensure needs were met. I was glad to hear positive feedback from my colleagues and the principal. Perseverance is key. Having an open mind and putting aside personal dilemmas always gets the work done. My best moment was when the class of 2024 went up on stage to dance during Bradley and Eugene’s mini-concert performance. I collaborated with my colleagues to ensure that each

performance act was ready before the next day. My communication and public speaking skills came in handy. I learned that everyone takes situations differently than I do. I discovered that I am hardworking and strive for the best for myself and others around me. I am taking away the laughs and memories shared with my grade mates. I learned to adapt to uncomfortable situations and grow in maturity. Three weeks before the event, my colleagues and I spent sleepless nights brainstorming ideas for the day. It was nice to bond with them. My advice to the class of 2025 is not to be scared to take on challenges. Take advantage of the opportunity at hand. Don’t be scared of coming out of your comfort zone. I am a shy person, and there were days I wanted to drop out due to a lack of confidence and fear. I knew what I wanted to do, so I started enjoying the process. There’s so much to do in such little time, so when an opportunity is thrown at you, take it because you only live once. The feeling of having a day go according to how you want it to go is the best. Being part of the spirit week committee has always been part of my goals, and completing it is something unforgettable. Remember, time in TIS flies very fast! Before you know it, you are writing your last DP paper! Grasp everything that comes your way, and never forget your academics. Never pass through the DP but let the DP pass through you! Thank you, Grandma, for building such a great institution. And thank you for the opportunities I get day by day. You are a blessing to this world. **Leslie Dake, G11** – *Leader. Founders' Lunch, Decoration Committee, Media team - Posters/Photography/Videos*



## TIS @ 19 – Founders’ Week - The Organisers



I noticed how we were able to collaborate and work with the juniors to make the spirit week successful. I also noticed that we were full of ideas. It felt good to do something for the TIS community and to make the spirit week very exciting. The activity was very involving and stressful, especially setting up and cleaning up. Patience, this skill came in handy when I worked with lower grades. My best moment was when I saw how all our hard work paid off, everything was a success, and everyone had fun. The greatest

challenge I faced was when the juniors were not collaborating with us. It made working a bit difficult. I overcame that by joining them to work, guiding them on how to do it, and supervising them until they did it. Skills that came in handy are chores like sweeping, mopping, etc. I learned them from home, and it helped me work faster because it was something I was used to doing, so I did it with ease. The activities were very involving and tiresome but worth the experience. I improved my social skills. I got to bond with my grade mates as well. It helped me with my time management skills as well, and it helped me with planning. I am obsessed with planning because it makes me organized and helps me get things done faster because they are in order of importance. My takeaway from this experience is the importance of planning. It will help me in future activities like organizing and partaking in planning university programs. Decorating the MPH on Sunday, the day before Founders’ Day was my unforgettable moment. It was so fun working with my mates. I had a good time and learned a lot. To the upcoming Grade 11s, plan to avoid unnecessary pressure, and in the midst of it, try not to forget to have fun and enjoy every moment. TIS@19...Hurray!!! Heartfelt congratulations to you. Grandma, thank you for all the sacrifices you made. Without them, we won't be here. God bless you. **Maa Abena Afriyie-Owusu, G11 – Collaborator. Founders' Lunch, Thanksgiving Service, Decoration Committee**

I noticed that people were engaging in all the activities that were going on during spirit week. People went all out with their costumes which were exciting to see. It was a very intriguing experience. I got to collaborate with many people, and we were able to share ideas. The activities were so interesting and exciting to see people participate. I learned that collaboration plays a huge role in making things go well. My best moment was during dynamic duo day when everyone came to breakfast



with their partner. It was my best moment because everyone was honestly being themselves and having fun, which made the experience 10 times better. My difficulty was being able to communicate my ideas effectively. It was a challenge because everyone kept bringing new ideas to the table, so I felt my opinions were irrelevant. I overcame this by communicating either way because you never know who might like your idea. I realized I was able to collaborate and communicate effectively with my peers. I did not find any of the activities challenging.

## TIS @ 19 – Founders’ Week - The Organisers



I learned that it is better to speak up than to remain quiet. I also learned that I am very good at listening and communicating with people around me effectively. My takeaway from this experience is that when everyone comes together to work towards a common goal, they can make lifelong memories. The soiree night was unforgettable for me because everyone dressed up and genuinely made an effort to make the evening wonderful. To the upcoming Grade 11s, always share your

ideas. You never know how good that idea may be. Dear TIS, congratulations on turning 19! It was such a wonderful experience to celebrate TIS' 19th anniversary. I will forever remember Founders' week. Such an incredible time. **Bilqis Naasr-Deen, G11 – Leader - Freeky Friday.**

Before joining the media and Teachers' Day committees, I was skeptical because I was scared of what people would say about my opinions and ideas. I realised that the leaders were open to discussing anyone's ideas, which made me feel more confident. I felt great seeing my effort put into organising the Founders' Day program and taking good photos. I think the activities were engaging, creative and fun for everyone in the school. Collaboration and support play a key role in teamwork. My best moment was during the teacher/staff impersonation during the lunch of world teachers'/staff day because it was so



funny to see the close-to-accurate impersonations of teachers. My greatest challenge was mastering the courage to speak up in front of everyone in the MPH. After speaking, I realised it wasn't as big of a deal as I thought, and I got my message clear and across even though I made some mistakes. To get things done adequately, you have to take time to collaborate with others. "**Two heads are better than one.**" which was a true reflection of my experience from last week. I also realised I had to be open to other people's ideas and opinions which helped me to develop my creativity and collaborative skills. Some activities were challenging, for instance, photography; since I was new to it, so it took the help of my teammates to take good-quality pictures during spirit week. I noticed I was capable of learning new skills with constant practice and experience. I also learned to be patient with others, especially working under pressure. When things go wrong, do not complain. Instead, work together to produce a better outcome. The jams at the Soirée and the lunch with Mrs. Adjavon on Monday were unforgettable moments. And to the upcoming Grade 11s (IB class of 2025), I hope you can exceed the success of this year's spirit week. Congratulations, Mrs. Comfort Adjavon, for letting your simple dream manifest into this school that has provided numerous unforgettable experiences and opportunities to its stakeholders. May God bless you for all your effort put into this establishment, and I hope the school continues to grow successfully. **Mercedes Armah, G11 – Collaborator - Founders' Lunch, World Teacher's/Staff Day, Media team - Posters/Photography/Videos**

## TIS @ 19 – Founders’ Week - The Organisers



I perceived that people might be cautious to help or ensure that no possible issues arise by taking the safer ways or decisions, which was the case. I feel very grateful to have been involved. A sense of satisfaction washed over me when I saw the posters I collaboratively created with the talented members of my committee around the school and in the bulletin. It felt

appreciative. The activities, from the concert on Saturday to the insightful and enlightening thanksgiving service, were engaging. Some lessons I have learned from the week will possibly be that good things do not come easily. I can say that I will not be judging organisers after experiencing the time, energy and challenging process it takes to execute a great program, let alone a whole week of activities. My best moment will probably be seeing the posters my committee and I made around campus and in the bulletin. I was able to present with my fellow leader during assembly to help promote the week's activities. Let us not forget being able to dress up for the soiree on Saturday night. The greatest challenge was probably the pressure faced to produce the posters. They had to go through different opinions and criticisms before reaching the desk of Mama Su. Again, my involvement in the Founders’ Day Lunch and Decoration committees tested my collaborative skills in working with many students to achieve a set goal in a given time frame. The activities were engaging because they encouraged one to collaborate to inquire about decisions and opinions to help solve issues. I have learned that many people like to work with creative minds and are open to hearing ideas and opinions to make a collective decision that reflects the feelings of the group. My takeaway experience is that collaborating does a lot of magic. The beauty of

leading through creativity, from the arrangement of our unique concept of Iconic Duo Day instead of Twin Day, the attractive posters to guide students through the week, the designs on hostel boards to help build school spirit, and the beautiful decor set up at the soiree. We truly put our creative and thinking caps on during spirit week. Probably the Nii Okai concert and the after-dance party during Saturday night's soiree were unforgettable moments for me. To the upcoming Grade 11s, communication is the key. Make sure information has been passed and understood by all members of the committee and ensure the involvement of everyone in decisions. The week-long celebration embodied all the values and virtues of your dear school, Grandma. God bless you. **Nissi Arday, G11 – Leader. Media team - Posters/Photography/Videos**



My takeaway experience is that collaborating does a lot of magic. The beauty of leading through creativity, from the arrangement of our unique concept of Iconic Duo Day instead of Twin Day, the attractive posters to guide students through the week, the designs on hostel boards to help build school spirit, and the beautiful decor set up at the soiree. We truly put our creative and thinking caps on during spirit week. Probably the Nii Okai concert and the after-dance party during Saturday night's soiree were unforgettable moments for me. To the upcoming Grade 11s, communication is the key. Make sure information has been passed and understood by all members of the committee and ensure the involvement of everyone in decisions. The week-long celebration embodied all the values and virtues of your dear school, Grandma. God bless you. **Nissi Arday, G11 – Leader. Media team - Posters/Photography/Videos**

## TIS @ 19 – Founders' Week - The Organisers



I noticed how challenging working with people in a large group was. I felt excited to be a member of the spirit week team. I had watched different batches take charge of spirit week, and I was excited to be a part of the committee that organised this year's anniversary celebration. I led the Saturday soiree and sports day. The experience was fantastic. Even though the sports day didn't turn out how we wanted, the soiree made up for it. The experience was stressful yet fruitful. I learned to

stay calm even when the people around me irritate me. My best moment was the final dance at the soiree on Saturday. It was a time for us to let loose, jump around, and have fun. It was a memorable experience. My greatest challenge was balancing spirit week with my school schedule. There was a lot to do and a lot of preparation for a summative. I was able to overcome it by creating personal timetables and exercising self-discipline. Next time, I will probably give myself more time to rest and take breaks. I worked with other people to ensure that spirit week went well. It has helped me explore how individuals navigate different positions in a workplace. Collaboration and communication skills were fundamental to our success. The activities were challenging. It wasn't easy to run around speaking to many different people to put everything together; in terms of food, decorations, public relations, etc. Eventually, we organized ourselves to have an incredible soiree. I learned to be more self-disciplined and understanding. I understood that not everyone has the same capacity, so being patient and giving people the opportunity to break out from their shells is a necessity. This experience has made me appreciate the self-disciplined individuals around me more. Without this trait, I have no idea how everything would have turned out. My unforgettable moment was Nemi's parade during Pan-Africanism Day. Be patient with each other and allow everyone to voice their opinions. Congratulations, TIS, on your 19th anniversary. And to Grandma, your vision turned into a reality that brought smiles to our faces every day. Thank you for valuing TIS and making it a priority. We love you!!! **Nanette Ativor** - Leader, Collaborator. Inter Hostels Games, Inter Hostels Soiree, Thanksgiving Service



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## TIS @ 19 – Founders’ Week - The Organisers



I noticed that careful planning went into the Founders’ Day lunch. I was surprised because I thought it was going to be a walk in the park. But oh, was I wrong. The stress of planning a day for the founders and the students and making sure it succeeds has never been this worrying. As the leader for this day and my committee, I had the honour to plan TIS@19 with my co-leader and secretary to ensure there were no casualties at the end of Founders’ Day. I felt a worrying amount of stress on myself. I enjoyed the experience because I had the authority to make decisions for that day, bragging rights that I was the leader for Founders’ Day and participating in spirit week itself. The activities were fun, especially dressing up every single day of the week and seeing what the other grades and my friends had to offer. These activities tested my ability to make whatever I had in my closet work. My best moment was when Founders Day was over because it meant no more blasting from Mama Su, no more stress or pressure.



My greatest challenge was with the media committee, who communicated poorly to me how they would play some soothing jazz sounds and also provide the sound for the Grade 7s cultural dance. I will work on communicating certain times and events to them next time. My leadership skills were put to the test. How I can work under pressure. I discovered a new side of myself

that enjoys and ascertains leadership skills and developing my self-management skills.

To the upcoming Grade 11s, always start your plan and preparations early. The media committee made me cry because they couldn’t operate the sound system. Beware of the stress that comes with Spirit week. It might be fun, but lots of work goes into it. Good luck!! Congratulations! TIS, our dear haven of excellence built by our dear Grandma and Grandpa. We thank you so much for everything you’ve done for us and how far you have brought this school. **Akua Osafo-Buabeng-** *Leader, Collaborator - Founders' Lunch. Decoration Committee*

# CAS Project - TIS Goes Pink! Breast Cancer Awareness



# CAS Project - TIS Goes Pink! Breast Cancer Awareness



## CAS Project - Rhythm and Blues



Rhythm and Blues is a CAS project by **Annalisa Boahen, Karen Apietu, and Kimi Otuo-Acheampong** and it is inspired by the lack of musical events in the TIS institution. Music was always mixed with other activities but it was never just music. Due to this observation, we have decided to host a musical concert on 5 November where our amazing performers will wow you all with their singing, rapping, and playing an instrument.

In addition to that, there will be a raffle with an AMAZING prize and entry will be sold for the easy price of GHC 10. You will NOT regret it because all funds will go to Chosen Rehab Centre. They are a non-profit organisation that provides free boarding facilities to rehabilitate drug addicts, alcoholics, and street and homeless kids. They have outreach programs where they go to slums, hospitals, and

prisons three times a week to cater to all those that need help. They have 3 centres, but the one located at Tetteh Okuley Ave, Rd has a music studio that they created to equip the residents with lifelong skills which they can use when they are out of rehabilitation. They have a few pianos, one system to teach music production, and one semi-acoustic guitar. After discussing with them, we discovered that there is a challenge in teaching them how to play the guitar as they all have to share one of them. As a result, Rhythm and Blues would like to partner with them and purchase a second semi-acoustic guitar for them and if possible help them fund their music production programs.

Prepare for a night of fun and laughter and don't shy away from making any donations towards our project. Thank you so much!



# EE Café



# Universities Fair



# Let's Talk Business



## Cooking Brazilian Rain Drops – G7 & 8





# 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** <sup>GHC</sup>

ADULTS  
**80** <sup>GHC</sup>

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



# TEMA INTERNATIONAL SCHOOL

# SERVICE



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



EDUCATION FOR A BETTER WORLD

# The PQ4R Method

## Academic Corner

This method takes an active approach to learning that improves memorization and understanding of the topic. Similar to the SQ3R method above, PQ4R is an acronym that stands for the six steps in the process.

### *Preview and Question*

**Preview:** Preview the information before you start reading to get an idea of the subject. Skim the material and read only the headers, subheadings, and highlighted text.

**Question:** Ask yourself questions related to the topic, such as, What do I expect to learn? What do I already know about this topic?

### *Read and Reflect*

**Read:** Read the information one section at a time and try to identify answers to your questions.

**Reflect:** Did you answer all of your questions? If not, go back and see if you can find the answer.

### *Recite and Review*

**Recite:** In your own words, either speak or write down a summary of the information you just read.

**Review:** Look over the material one more time and answer any questions that have not yet been answered.

*BY: Karen Magna Quarshie*

## 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.

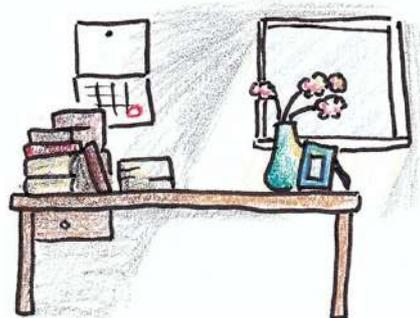
These strategies are critical when studying isn't your full-time job. While a five-hour-per-week project may not sound like much, it can be overwhelming when added to your existing obligations at work and home. People who study after work need to be extra careful about burnout because they have so little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

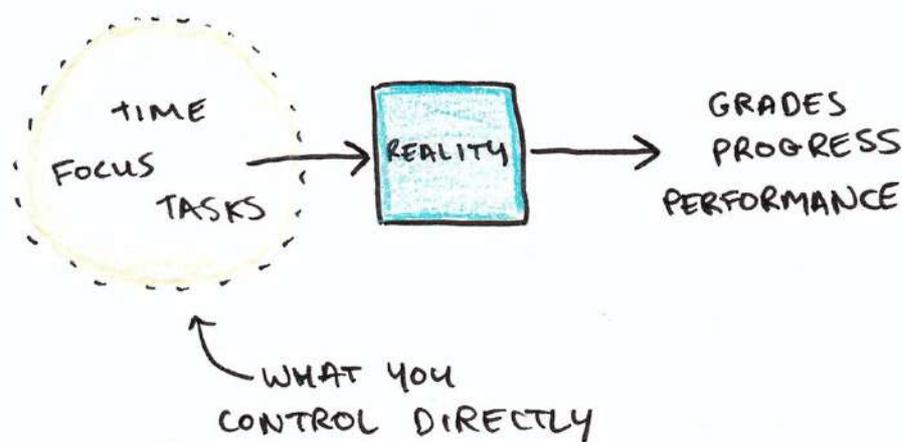


One strategy is to have a clean separation between the hours you're studying and the hours you are not. At peak intensity during the MIT Challenge, for instance, I put in about twelve hours per day. Even so, I always finished by 7 pm, and I never studied on the weekend.

### 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.

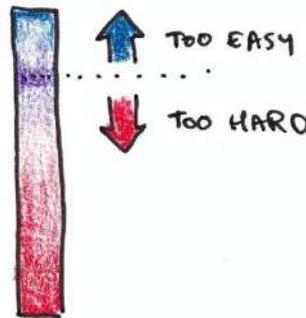
However, for many, studying isn't just effortful. It's painful. They become paralysed by anxiety about failing their test. They feel frustrated by the material or just plain bored.



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](#).

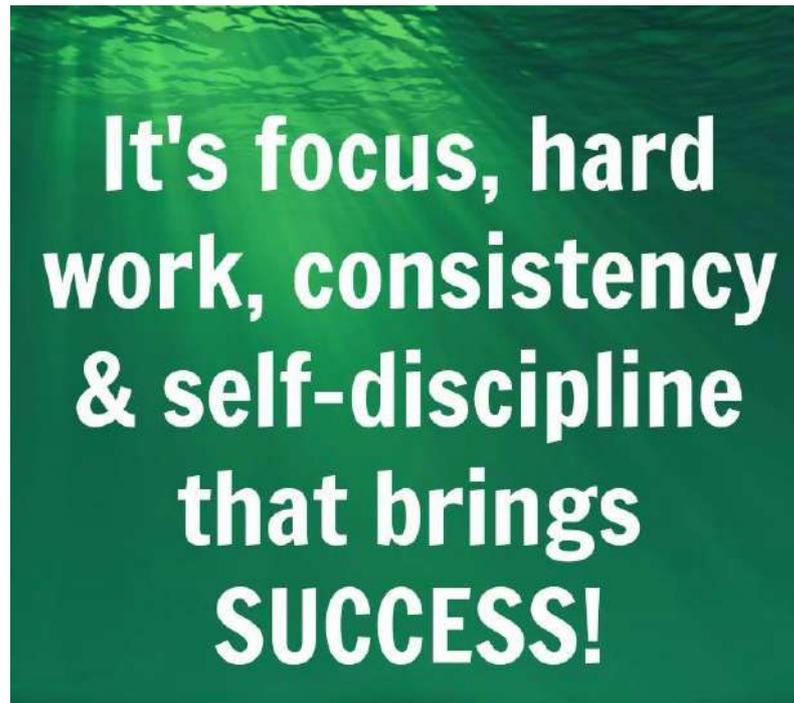
Scott Young  
20/4/22

**"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."**

- Diego Nwokolo, 17  
Tema International School, Ghana



## COUNSELLORS' CORNER



Dear students, the only key ingredients needed to be on top of your school work are all the above.

Knock yourself out with these.



Dearest DP2s, Christmas Break is just around the corner. We entreat you to **finish up all pending university applications tasks before 1 December 2022**. We will be closed for Christmas break and unavailable, hence we outlined clear timelines to ensure you all complete all your university applications in November. Like we keep saying, applying early increases your chances of being considered for priority scholarship opportunities. Finish up within the next week and you will be free to use the remaining time to prepare for your end of semester exams. Thank you!



- ✓ All students applying through the Early Action (EA), Early Decision (ED) Decision route with 1-15 November deadlines, you are expected to click submit by Friday, 28 October 2022 only after you have done final checks with your respective counsellors.
- ✓ As discussed in class and via email to parents, please crosscheck with Mummy and Daddy to submit all financial documents required by your universities by Monday, 31 October 2022, or even the first two weeks of November for priority scholarship consideration. Be sure to check your universities' financial aid deadlines and submit way ahead of time
- ✓ If applying with SAT or ACT Test scores, be sure to put in a request to have your score reports paid for via credit card on the SAT or ACT sites and sent off to your schools ahead of the application deadlines. It sometimes takes 2-3 weeks to process such requests, so put in the request right away.

## MYP 2 Guidance Lesson: Personal Digital Assistant



*You are the books you read, the movies you watch, the music you listen to, the people you spend time with, the conversations you engage in, Choose wisely what you feed your mind~  
Anon~*

Technology rules our world. It is at the heart of everything we do. However, if this tool is not managed properly it becomes destructive to the user especially with children. Students were introduced to this life changing lesson making them more cautious because digital footprints can never be erased. ***'Your eyes and ears are the gateway to your heart. Feed it with good stuff'***~ Eunice Fianu Mrs., Head of University Guides~

### Enjoy Reading Some Reflections from Students:

## SAFE USE OF THE INTERNET-HERE'S HOW

- ✓ Self control and discipline
- ✓ Train your mind to feed on positive or healthy information.
- ✓ Choose websites to visit wisely
- ✓ BE intentional about the voluminous information to you if is safe and wholesome consumption.

*"Today at Guidance class, I learnt that you should take caution of how you use technology and the kind of things you have to avoid. I also learnt that we must have self-control so that the internet will not kidnap us into its ways". ~Philip Boahen~*

*"I learned that anything you do could be traced back to you so you have to think before you do things and I also learned that you should not like, tweet, or share things that will not benefit or help you in any way. Something I learned was that don't do things that will not benefit your future." ~Marie Kufour~*

*"I learnt that your eyes and ears are the gateway to your heart and we shouldn't watch certain stuff". Derek Tenge*

### ***I learned:***

- We should be careful of what we click on the internet.
- What we do on the internet can determine how our future might turn out like.
- We shouldn't be influenced by the negative influences on the internet. ~ Adrien Mate~



**DP1& DP2 Promotional Material & Scholarships Opportunity - International University Fair! HAPPENING VIRTUALLY!**

Our International University Fair is happening on **Thursday, November 10 from 1pm - 4:30pm UTC** ([time in your city](#)). Registering for this event is easy and can be done by

**Sign Up Today** clicking the button below.

**Click to attend:**

[https://student.novva.tech/africatsw?utm\\_medium=email&\\_hsmt=231249501&\\_hsenc=p2ANqtz-8YHtwTOYL3vD752OdbYf-dTaRau8Xrkv5aDHOqdSvbk0-098BmuqHARicHuv3MJbAeGL2i7KWiNlb5r9uFdo-pMo3sL3jk0XfCl3YosGRq7k4ZEBE&utm\\_content=231249501&utm\\_source=hs\\_email](https://student.novva.tech/africatsw?utm_medium=email&_hsmt=231249501&_hsenc=p2ANqtz-8YHtwTOYL3vD752OdbYf-dTaRau8Xrkv5aDHOqdSvbk0-098BmuqHARicHuv3MJbAeGL2i7KWiNlb5r9uFdo-pMo3sL3jk0XfCl3YosGRq7k4ZEBE&utm_content=231249501&utm_source=hs_email)

**GREAT NEWS!** Every student in attendance will be in with a chance to win some \$\$\$

**Students will be nominated** by the participating universities based on their engagement at the fair, to win a \$1000 scholarship.

### After COVID 19: A Fair To Remember

**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

Due to Covid-19, having that personal touch with university teams face -to-face moved online. TIS University Guides in collaboration with Samba Dieng, SIO and Executive Director of International Programs at Louisiana State University hosted the mini American college visit. The atmosphere was filled with joy seeing university representatives in a group, in person for the first time in a long time. Our heartfelt thanks to management, all staff, parent (Mrs. Sakyi) and our dearest Principal, Dr Ken Darvall, for his selfless support. Mama Su, Thanks for enlightening our university leaders on the wonderful CAS initiatives and projects at TIS. It was indeed a great event. Michael Kaleem our Chess Champion was also hinted that he could win a possible generous scholarship as a result of his remarkable Chess achievement. Thank you all!

**Delegates in attendance were:**

- ✓ Gretchen Stein, Vice Provost for International Affairs at the University of Tennessee at Knoxville
- ✓ Susan Roberts, Vice Provost for International Affairs at the University of Kentucky
- ✓ Mary Stegmaier, Vice Provost for International Affairs at the University of Missouri
- ✓ Marta Wayne, Dean and Vice Provost for International Affairs at the University of Florida
- ✓ Teresa Wise, Vice Provost for International Affairs at the University of Alabama
- ✓ Sandra Kelly, Dean of International Affairs at the University of South Carolina
- ✓ Samba Dieng, SIO and Executive Director of International Programs at Louisiana State University
- ✓ Karin Fischer- Writer for The Chronicle of Higher Learning, online educational journal
- ✓ Diane Weisz Young- Regional Educational Advising Coordinator (REAC), West Africa, EDUCATION USA, Ghana

**Kindly click on the links for detailed information about each school and scholarships available**

University of Alabama: <https://www.ua.edu/>

University of Florida: <https://www.ufl.edu/>

University of Kentucky: <https://www.uky.edu/>

University of Missouri: <https://missouri.edu/>

University of Mississippi: <https://olemiss.edu/>

University of South Carolina: <https://sc.edu/>

Louisiana State University: <https://www.lsu.edu/>

University of Tennessee: <https://www.utk.edu/>

**See below a group picture with the delegates:**



**Major Highlights Gleaned from the Interactions**

- ✓ It is always best to send all applications before **December 1**. If you choose to apply late all the **MONEY** will be gone. ~**Susan Roberts**~
- ✓ Get your documents intact and ready you don't need to wait until the last minute  
~ **Samba Dieng**~



- ✓ If you are sure of yourself and what you are about just apply early decision or early action.
- ✓ Universities are looking for students that will make a lasting impact. ~**Gretchen Stein**~

- ✓ Your guidance counsellors are in contact with us directly. See them for more support and explanation. ~**Teresa Wise**~
- ✓ It was great seeing students all fired up and ready for the bigger picture **UNIVERSITY!** **Gretchen Stein**~
- ✓ With each of the universities with so much programmes to choose from, you do not have to limit yourself. Do your research and check out your favourite programmes before you apply. ~**Sandra Kelly**~
- ✓ It was the first time ever for the renowned writer Karin Fischer Writer for The Chronicle of Higher Learning, online educational journal to visit TIS ~**Samba Dieng**~
- ✓ The Regional Educational Advising Coordinator (REAC), West Africa, EDUCATION USA, Ghana, mentioned that there are meetings in place to secure early visas for students next academic year. However, with the visa application process students are strongly encouraged to start early with documents ready before application. ~**Diane Weisz Young**~

**LAURIER**   
*Inspiring Lives.*



This week we were thrilled to have Bisi Alawode, Wilfrid Laurier International Admissions Officer presenting his university to the students. For more information contact: [Oaslawode@wlu.ca](mailto:Oaslawode@wlu.ca) Phone: + 15199983612

- ✓ At Wilfrid Laurier University, we're all about community. We care about the different stories and backgrounds that make us all unique, and we see community as the thread that ties us all together. <https://www.wlu.ca/programs/index.html>
- ✓ Bring your culture and unique identity to your university education – all while you experience Canadian traditions and culture. <https://www.wlu.ca/>
- ✓ Offers foundation programmes as well. Giving students the opportunity to move into the second year successfully.
- ✓ Scholarships just click <https://www.wlu.ca/future-students/undergraduate/tuition-finances/entrance-scholarships.html>
- ✓ Explore our university and what we offer. We focus on offering support and personal connections through live engagements and new content that you can access anytime.



- ✓ **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 <https://www.bestcolleges.com/test-prep/sat/registration/>

Having Troubles Registering contact Aunty Portia in person or email at [portia.atubiga@tis.edu.gh](mailto:portia.atubiga@tis.edu.gh)

**SAT TEST DATES -2022/2023**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
<del>27 Aug., 2022</del>	<b>8 July 2022</b>
<del>1 Oct., 2022</del>	<b>26 Aug. 2022*</b>
3 Dec., 2022	14 Oct., 2022
11 March 2023 ( <a href="#">Digital</a> )**	3 Feb., 2023
6 May, 2023 ( <a href="#">Digital</a> )**	31 March, 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. <https://collegereadiness.collegeboard.org/sat/register/international/policies>

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

- ✓ ACT Registration Fees (Online payments only: Visit [www.actstudent.org](http://www.actstudent.org)): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only :Credit Card)
- ✓ (TIS Test Centre Code: 870390, but inform counsellor first).



- ✓ click: <https://global.act.org/content/global/en/products-and-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.**

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

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



# TEMA INTERNATIONAL SCHOOL

# CULTURE



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



EDUCATION FOR A BETTER WORLD

## Tema International School Partners with the Oxford Scholastica Academy

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

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

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

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

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

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

You can read more about the opportunities on offer on the Oxford Scholastica website at [www.oxfordscholastica.com](http://www.oxfordscholastica.com), or speak with Dr Darvall.



## Free University Preparation Tool from the Oxford Scholastica Academy

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

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

Your Report will include:

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

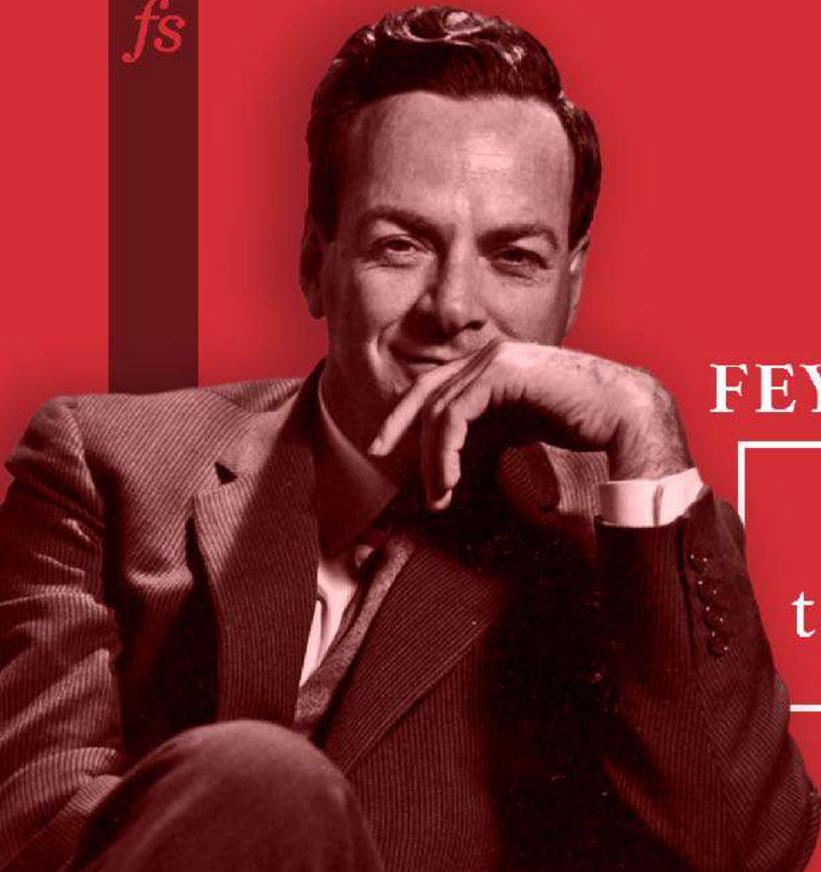
The Report will give you the edge in your university applications, and it's completely free.

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

**Error!**

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

*fs*



# THE FEYNMAN TECHNIQUE

The Best Way  
to Learn Anything



## 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).

### ☐ 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).

### ☐ Spirituality

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

# TIS INTEGRITY Code

**“TIS, as a family school that provides unique experiences, embodies a spirit of integrity and respect for others which are central to the personal, academic and ethical development of each member.**

**As a TIS family member,**

**I promise to uphold and demonstrate its values,  
and protect the reputation of the school.**

**I make this pledge in the spirit of honour and trust.”**



# Tema International School

