# TIS RECORD

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#### At TIS,

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

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#### Key Dates

- 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

If it entertains you now, but will bore you one day, it's a distraction.

Keep looking.

- Naval Ravikant



#### **Academic Integrity**

Integrity implies honesty and trust. Integrity is the most important word at TIS. Yet, too often students are failing daily integrity tests, especially when it comes to internet access.

With semester exams for students in Grades 10-12 commencing in mid-November, it is important to remind all students about academic integrity and the consequences of serious breaches. Examples of academic dishonesty include cheating, plagiarism, information falsification or fabrication, theft or destruction of intellectual property, or the facilitation of academic dishonesty. (See page 5.)

There has been a significant increase in academic integrity breaches globally over the past few years.



Vol.19, No. 14

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

-Steve Bollar

#### **SAT & ACT**

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

#### **Making Us Proud**

- Dr Mrs Sylvia Boye who celebrated her birthday on Wednesday to turn another year younger. Many happy returns.
- Serwaa, Eugene, Aseda, Katari, Veronica and Afua (11) for their leadership of the breast cancer awareness initiative.
- Steffon (6), Genesis (5),
   Ashanti (4), Christabel (3),
   Kendra (2), Paa Kow (1), Ellis (K3), Lucille (K2) for their reflections about the Primary School in last week's edition.
- Karen Quarshie (12) for her regular Academic Corner contributions.
- Andrew Opuni, Kofi Asante, Chesney Noye, Bellina Anthonio, Lexi Forson, Claris Perdison and Nhyira Owusu for their health screening initiative. Well done!

The two levels of breaches that will affect TIS students will be at: TIS; or IB

At TIS, serious breaches will result in suspension or dismissal.

At IB, students may be awarded a o grade, or may have their diploma (DP) or certificate (MYP) withheld. Obviously, such action will cancel future university ambitions.

There are no shortcuts to integrity in any forms, including academic. I pray the seriousness of academic integrity is understood and appreciated by all.

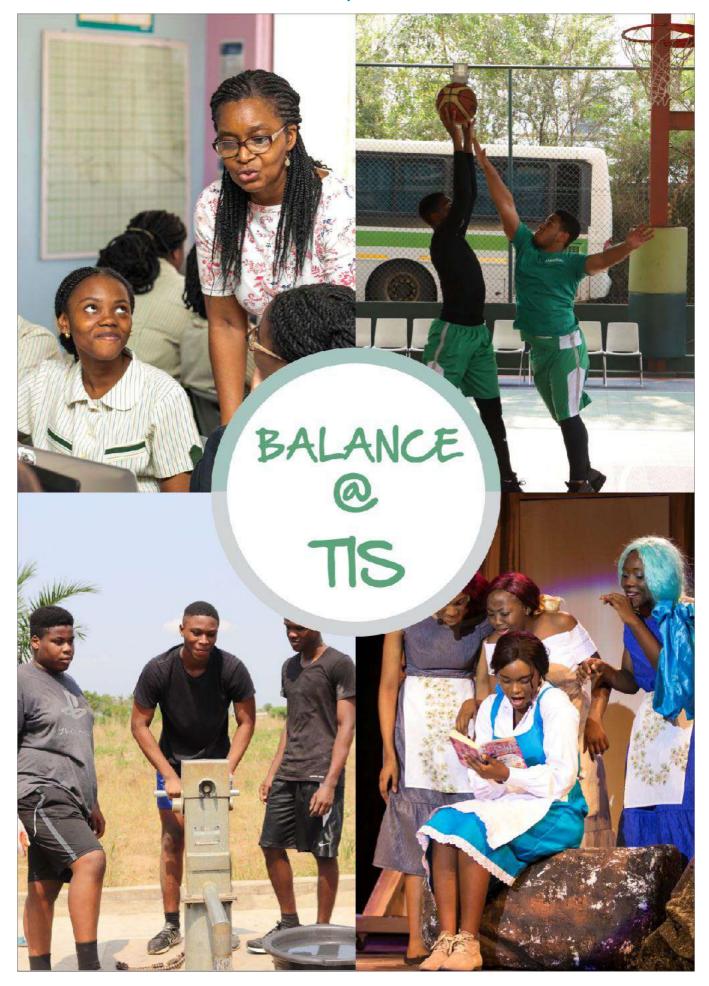
#### Admissions: BECE Students

The GES school year is now completely out-of-sync with international schools. The choice students and parents have at TIS are: if eligible, forego the BECE and commence Grade 9 at the start of the academic year, as you don't require the BECE to commence Grade 9; or complete the BECE and commence Grade 9 the following year. At TIS, the relevant middle school qualification is the MYP Certificate at the end of Grade 10.

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)









#### **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 disapointments.

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 preceeding 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: <a href="https://www.tis.edu.gh/medical-exeat-form/">https://www.tis.edu.gh/medical-exeat-form/</a>



#### **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.



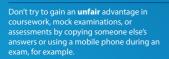






# Ten tips for acting with integrity

Always act with honesty and in a responsible and ethical manner—being



Stand up for what is **right**—alert a member of staff at your school if you suspect that someone has cheated.

Take responsibility for your own actions and

Be mindful of maintaining academic integrity during group work/projects and keep track of what each group member is contributing.















Familiarise yourself with the school's rules and ensure that you understand what academic integrity means and consists of.

Always reference and cite other people's work that you have used in your essays—be **proud** of explaining that you understood someone else's ideas and thought that they were good. **Seek help** if you are struggling or are not sure of expectations.

Learn to **accept** your strengths and weaknesses and do the best that you can.

Know how to safely collaborate and share work when using social media and digital collaborative platforms.

Try to **overcome procrastination**. Managing your time wisely will reduce stress-induced last-minute work which increases the likelihood of cheating.

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#### **Tema International School**



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

A family school, a unique experience.

#### Flexible online admission testing is available

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

#### Grade 7 (MYP 2)

#### Students should:

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

#### Grade 8 (MYP 3)

#### Students should:

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

#### To learn more scan this.



#### To enrol scan this.



#### Grade 9 (MYP 4)

#### Students should:

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

#### **Grade 11 (IB Diploma Programme)**

#### Students should:

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

The online application process can be completed at: <a href="https://tis.openapply.com">https://tis.openapply.com</a> For further information contact us on phone: +233 303 305134; +233 303 308737; email: admissions@tis.edu.gh

Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road) www.tis.edu.gh

#### 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 <a href="ExpressPay">ExpressPay</a>, 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.

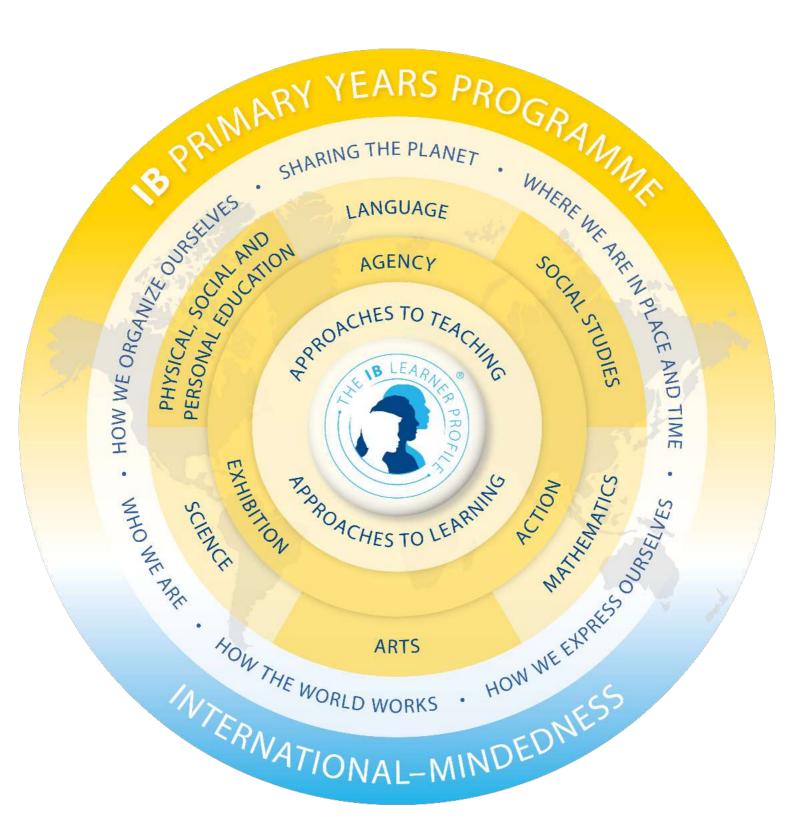
Applications open on 3 October of the preceding year. Early applications and admissions are encouraged. Late applications will be considered, if vacancies exist.

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).



#### The Learning Environment at TIS Primary School

The IB has just set out a new path through the just introduced Programme Standards and Practices 2020 (PSP 2020). On this, it points out one critical pillar of education: the "Environment". Indeed, learners will learn well in that conducive environment and schools must create such to allow learners to experience effectiveness. It is for this reason that TIS Primary School endeavours to walk through our learning environment and appraise it accordingly.

#### **Learning Spaces**

A learning space is a physical location or centre where learning and teaching takes place and allows learners the opportunity to explore new ideas. At TIS Primary School, our learning spaces are of vital importance to the whole learning community. These learning spaces include the library centre, collaboration centre, tech centre, auditory centre, language centre, mathematics centre, science centre, creativity centre and reflection or relaxation centre. The learning centres at TIS Primary School are flexible and motivate various learning engagements. Learners love to work in these spaces to share new ideas, read more books, engage in handson activities, connect globally, identify and solve problems and also relax and reflect on their learning journey.











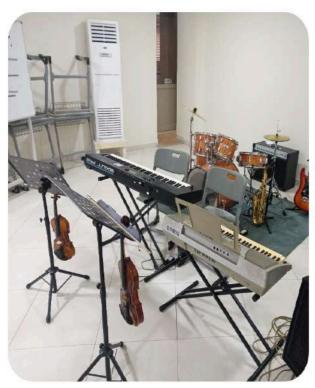
Each day starts with great excitement since learners at TIS Primary School always come to school to experience a conducive learning environment with flexible learning spaces to foster inquiry. Differentiated activities at the learning spaces help with the inquiry process and develop learners' communication skills, social skills, research skills, self-management skills and thinking skills. These learning spaces are designed and created with the learners where they are given a choice and a voice to decide on the setup with a teacher's guide. To support Approaches to Learning (ATL) and encourage learner agency, TIS Primary School provides a flexible learning environment with learning spaces which support a diverse range of experiences.



#### Music

In the TIS perspective, lessons taught through music are hardly forgotten by students. Channelling lessons through songs and rhymes show a marked improvement in students' memory. For instance, when students sing in a foreign language, it helps them improve learning how to speak it. Music also plays a vital role in transdisciplinary learning because

it's fun for both students and teachers. Learning a concept through music keeps the entire class active and engaged in the ongoing lesson. Finally, actively listening to songs and rhymes introduces students to specific sounds and language patterns in English and other languages. Constantly embedding music in lessons helps students improve their cognitive, social, emotional and musical skills.









#### Art Room

The TIS art room is a shared area where learners explore, experiment, collaborate, learn about, and take pleasure in various aspects of art. It is a place where learners express their creativity and artistic prowess. Each child is encouraged to be curious and creative in their work as they study a variety of art forms, including 2D, 3D and installations, and experiment with a variety of media, including acrylic, charcoal, water, dry pastels, oil pastels, pencil colouring, clay, wires, papier mache and many others. The TIS Primary School has art at the core of the learning. In view of this, there are two art rooms that facilitates the day-to-day art activities. Art is weaved into our core transdisciplinary curricula, as well as taking focus on specific artistic skills and abilities to promote congenial learning.





#### The Cafeteria

The cafeteria plays a crucial role in almost every student's school experience. The quality of the cafeteria often adds to the quality of life of each student, whether they care about the social aspect of it, the food, or the atmosphere. This is where students should be able to relax and have fun to recharge their energy, which will help them continue working throughout the day, which is why every aspect of it needs to be up to par.





TIS Primary School offers a serene environment for students to eat wholesome meals. Every day, hot lunches and healthy snacks are prepared and served to the students. The options available to students are always varied. Students who require special meals are also taken care of. To encourage a healthy lifestyle, the kitchen staff consistently ensure that students are fed balanced meals.















#### The Playground

TIS Primary School playgrounds allow students to cooperate and collaborate with others, improve decision-making abilities, successfully take on leadership responsibilities, endure in the face of distractions and generate innovative ideas. It also permits the learner's multimodal modality competence to be used. Play is vital for learning as it encourages inquiry.







#### The Infirmary

The TIS Primary School campus infirmary is well equipped with basic materials and facilities to address the health needs of learners when they are in school. The infirmary is under the supervision of a competent full-time nurse who is always present during the school hours and a medical doctor who comes for weekly visits. There are teachers who are assigned to assist the nurse to carry out health activities and other infirmary duties. Equipment in the infirmary includes beds, table, chairs, first aid box, thermometer, blood pressure apparatus, diagnostic set, medical gloves, and basic over- the-counter first aid medication. There is a washroom with convenient access to hot and cold water. Some of our science-oriented units are well captured here as well.







# 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** 



# Be a content creator, not a content imitator.

Academic integrity is a responsibility of the whole IB community

Visit our website to find out more: ibo.org/academic-integrity

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Tema International School

# 6 Principles Shaping the Future of Work



Be Open to Understanding New Technologies and Concepts



Integrating Team
Softwares for Ease
of Collaboration



Use Mobile Phones for Interactions with Teams



**Connect Workplaces** 

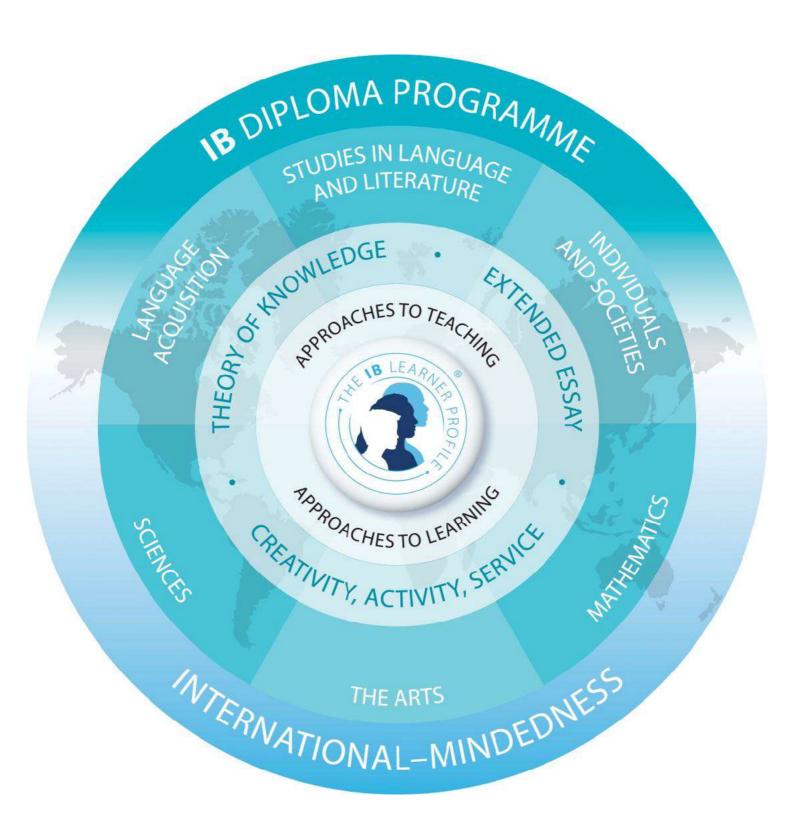


Use Expressive Communication



Create Prioritized and Personalized Messaging Between Teams





#### Grade 12 Final Extended Essay (EE) Cafe

The Extended Essay (EE) is intended to be an original academic-style research paper of 4000 words on a topic of a student's choice in one of the available IB subjects. The Cafés offer students the opportunity to present glimpses of their independent research to a panel of supervisors, teachers, and peers. The panel then provides on-the-spot feedback to students after each presentation. The beautiful reflection shared by the students below is an indication of how successful the recent Café held on 25 October was.



On Tuesday, 25 October, the students had their DP2 second EE Cafe. This cafe was an opportunity for us to show the progress made since the last cafe that we had earlier in the year. The Cafe allowed us to look at everyone else's work and notice the feedback given by the various teachers. Seeing people's work enabled us to ask questions to each other and help each other by sharing sources

information so we could add to our various works. We were able to gain ideas by seeing people's presentations and it was an overall success for everyone. Most of us showed a clear pathway to what we have done so far and we are on track to submit our full draft on the 2 November. **Ryan Tano** 

This was the second EE café held for DP2 students on our DP journey. It was a session that was to be carried out throughout the day. It was an overwhelming experience for me because I was nervous. I began to panic a bit but I later realised that there was no need to panic because this cafe was held last semester. Looking through a different lens, I saw it as an opportunity for me to make my work better because other teachers in the department get the chance to critique my work and ask me thought-provoking questions. Even though this was a fact, I felt a bit more nervous each time I thought about it. It was time for me to present my work and I did just that. All the teachers in the department were present for my presentation so I was more than ready for the questions to fly in. Fortunately, I learnt a lot of lessons from their contributions. For instance, I was asked to include a picture of my models in my write-up and speak on how I applied it in my research. Also, I was asked to make a few more changes and edits to my intext referencing, thus, excluding some information which might be revealing. Finally, I can say I learnt a lot from the contributions and if I can include all these contributions to my work, I can do better than I did before.

Finally, I enjoyed this cafe better than the previous cafe because with the other cafe I had not started my EE yet so I did not have in-depth knowledge about the research. But working over



the break and communicating with my supervisor I have been able to cover a chunk of my work. It was a very insightful experience for me. Samuel Boateng

The extended essay is an independent, self-directed piece of research and it is one component of the IB Diploma program. My extended essay

journey began in my second semester of DP1. Our first EE café was held at the end of January. There we were formally introduced to the EE and had each subject give us a brief idea of what



it meant to do your research within that field. I chose to conduct my research in the individuals and societies field, specifically geography. The process of getting research done is a very interesting learning experience. Fortunately for me, my area of research required to conduct me questionnaires in which I went out into town to get sample responses. Moreover,

research topic has led me to learn more things about the country I live in. My research topic focused on the "Effectiveness of Slum Upgrading Techniques in Kumasi Metropolis". Through this, I have learnt about the various interventions that have been done in Kumasi to revitalise slums and make them sustainable and habitable areas. The EE café held on the 25 October was an insightful session. Not only was it a moment for me to showcase my progress, but to also learn from my peers and see how far their research has gone. I got to understand the different struggles they each faced and the outcomes of their research. Furthermore, the café creates a comfortable space for teachers within that subject area to give constructive feedback that can help improve the research. **Karen Magna Quashi** 

To say that this E.E café was essential would be an understatement. Initially, upon entering the room, I did believe that my subject group would go last like we did the last time, but much to my surprise, I kicked off the café with my presentation. I presented my Psychology EE before

an initially intimidating but receptive panel of coordinators and supervisors from across the Humanities with years of experience with the EE. I did not intend on faltering before a panel of this calibre. I presented the updated copy of the essay which consisted of my introduction, main arguments, counter-arguments and my conclusion and bibliography list. Moreover, I did find myself greatly appreciating the feedback that I received from my supervisors concerning finishing my essay on a strong note, especially with my conclusion which in truth did have some errors concerning the phrasing of my thoughts and argument.

In a nutshell, this extended essay café aided me in reviewing my essay, which in turn will prepare me for the upcoming deadline. **Andrew Opuni** 



Extended Essay progress to the science group.

I would describe the Extended Essay Cafe in two words; **Nerve-wracking** yet extremely beneficial. The EE café is an opportunity for students to prepare presentations on the progress of their extended essay and present said presentations to their teachers and peers for feedback and to showcase the progress of their work. Since my EE is in biology, specifically microbiology, I was part of the science group and as an IB learner it was imperative I used my communication skills to effectively present

Initially, I was nervous and apprehensive to present in front of almost the whole science teaching department and other students as I wondered about the possible questioning I could be subjected to about my work. However, after presenting, I was quite grateful for the café as I benefitted immensely from my teachers that were founts of knowledge. They aided me in identifying some missing elements of my EE but also offered words of encouragement and positive words to spur me on. Additionally, presentations from my peers fostered reflection to identify some of the shortcomings in my EE and motivated me to take the necessary steps to conscientiously complete my EE as some of my peers had made more progress than I had. Ultimately, it was an educational experience that facilitated fruitful interactions that lessened the laborious nature of the EE. **Ama Andah** 



#### 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.





### Don't Lose Your Riding Privilege Please Follow These Rules:



- 1. Strap your seat belt.
- 2. Stay in your seat.
- 3. Observe same conduct as in the classroom.
- 4. Be courteous at all times.
- 5. Keep the bus clean.
- 6. Cooperate with the driver and listen to instructions.
- 7. Talk quietly and use appropriate language.
- 8. Keep head, hands and feet inside the bus and to yourself.
- The bus driver is authorised to assign seats.

Thank you.



#### 13 EFFECTIVE STUDY STRATEGIES TO HELP STUDENTS LEARN

#### Strategies for Avoiding Distractions

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

#### Why We Procrastinate & How to Fight it

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

#### How to Know When to Stop Studying

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

#### Source;

https://www.kqed.org/mindshift/57644/13-effective-study-strategies-to-help-students-learn?utm\_medium=Email&utm\_source=ExactTarget&utm\_campaign=Mi...

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

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

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

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

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

## CASSA Corner Once on This Island – Grab your ticket NOW

Apart from its educational and entertainment purposes, *Once on This Island* also aims at raising funds towards Tema International School's community service initiatives and projects. Specific projects initiated by our students and supported by this fund include Breast Cancer Awareness, The Guide Project, Christmas Outreach, The EcoAid CAS Project, Free Health Screening, and Literacy Programs, to name a few.

**The IB Class of 2023** kindly requests that you join them in making this dream a reality. Without you, they CAN'T make the intended impact. We are counting on your support. Please come along with your family and friends. You don't want to miss out! Let's all come together in impacting the community in the best possible way.

To reserve or buy your ticket contact: Mrs Angela Felbah at +233242303588



#### Festival of Hope - International Baccalaureate





Festival of Hope - We are in



"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 free health screening at a nearby local school. Think of the various initiatives taken by you or someone on campus, and think about the impact of what you do around you. Whatever it is, we'd love to hear

from you.

We invite IB students and IB educators to join the #FestivalOfHope by recording a video telling the story of how your actions brought you hope, or brought it to others.

Share your story of hope below, you will be called by the CASSA team to record your story. The videos will be summited to the International Baccalaureate on your behalf.

Submissions of stories through this link are due: Wednesday, 9 November, at 8:00 pm. Submit now - fill in the form <a href="https://forms.gle/agg8m3AzUDiP4fVdA">https://forms.gle/agg8m3AzUDiP4fVdA</a>



#### 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 So far we have raised GHC3, 346

#### **CAS Project – Free Health Screening Initiative**



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 committee 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 So far we have raised GHC 8,120

"Prevention is better than cure." – Desiderius Erasmus



# FREE HEALTH SCREENING INITIATIVE



IN COLLABORATION WITH...





SAT, 5 NOV - 8AM @ASHAIMAN NO.2 J.H.S

#### ASA - TIS Chess Club – Scholastic Chess Tournament

Coming up: the **Scholastic Chess Tournament**. The TIS Chess Club has 10 players ready to represent at the under 14, 16 and 18 divisions. They are practicing every day after school and the stakes are high. The event is happening at the Ange Hills Hotel at East Legon, Accra.



#### Only members of the TIS Chess Club can register for the Scholastic Chess Tournament



Scholastic CHESS TOURNAMENT

RATED AND UNRATED SECTIONS.
PLAYERS OF ALL LEVELS ARE ENCOURAGED
TO PARTICIPATE!

U8, U10, U12, U14, U16, U18

**REGISTRATION FEE: GHS 120.00** 

Register @ mindsportsghana2022@gmail.com

#### **SCHEDULE**

- DROP OFF: 9:00-9:30AM
- LAUNCH: 12:00 -12:30PM
- AWARD CEREMONY: 2:30PM

VENUE: ANGE HILLS HOTEL EAST LEGON Saturday
19TH
NOVEMBER 2022

SIDE ATTRACTION

OPEN RATED

SCRABBLE

CHESS

MONOPOLY

DAUGHT RAPID

## ASA - Ghanaian Sign Language



Throughout the semester, students were required to do at least 3 after school activities and one of the ASAs I had chosen was Ghanaian Sign Language. During the first meetings of sign language it was incredibly fun and frustrating at the same time. It was fun because I felt the joy in learning a new language and frustrating because I struggled to remember certain things we were learning like the alphabet because my brain was having to build all new bridges to help me understand and grasp Ghanaian Sign Language. Luckily for me, my Ghanaian Sign Language teacher was really patient and went over it till we all got a grasp of it and could do on my own. We also created sign names for classes, and we learnt really fun things relating to different GSL. My teacher has been very patient and has made my stay in the GSL club, a place

that learning is really fun and educational. So far Ghanaian Sign Language has been really fun for me, and I wish to continue learning it for the rest of my stay in Tema International School.

#### Lois Naa Odarkor Entsua-Mensah, G8.

One of my after school activities is learning Ghanaian Sign Language. It teaches you about the way ear impaired people communicate. In this club, we learnt A-Z in SL, 1 to 20 in SL, how to say my name is in SL and how to spell your name in



SL. Honestly, I think it's a useful thing to learn especially in case you are in a hearing-impaired community. **Kwame Oyortey, G8.** 

Sign language club has been good so far. I joined this club because I wanted to be able to communicate with people who are hearing-impaired. In the first class we learnt how to sign A-Z and we also learnt how to sing the alphabet song in Ghanaian Sign Language. We also learnt about some of the differences between the letters in Ghanaian sign language and American Sign Language and the fact that there are open and close letters. We made our sign names and introduced ourselves in Ghanaian sign language. In one of our classes we learnt how to sign from one to twenty which was quite challenging but I was still able to grasp it at the end. Nana Ama Adjagar, G10

## ASA - Ghanaian Sign Language

During Sign Language Club, we have learnt how to say the alphabet from A-Z and also the numbers from 1-20. Sign Language Club has been a very fun and new experience for me



because I had never done sign language before and it was nice to learn it for the future and also to harness a new skill. We've also learnt how to say "My name is \_\_\_\_\_" and we made our own sign names and spell our names. At the end of our first lesson, we learnt how to sing the ABC song and sign language and overall it was a very nice experience. The best part of sign language is being able to see other people practice their sign language and being able to earn how to communicate with people that can't necessarily use their mouth to speak or use their ears. I think

people should learn sign language because it's a nice experience and it is something you can use in the future that would be very helpful to you and people around you.

#### Amaris Osei-Agyeman, G8

Sign Language is very interactive and I get a lot of fun too. We learn A-Z to use sign language and also learn numbers, and the teacher told us to spell your name in sign language, which was easy for me because I knew the A-Z in sign language. We also have a G10 student who teaches us how to do this, and we also learn sign language songs about A-Z, which is challenging but also funky. Cherry Zixin, G7

The club for sign language has been fantastic. I have so far mastered basic sign language expressions like "thank you," "you're welcome," "my name is," and many others. In sign language club, we initially learned the alphabet. I was in the sign language club, and it was one of the first things we did from my previous sign language courses in Grade seven, so it was a little easier for me. But because I had forgotten how to sign several of the alphabet, it helped me revise them. We finished the class with learning the ABC song, and I had to work hard to remember it since I kept getting confused when singing the alphabet along with the music's tempo. Before my next lesson, we had activities that needed us to locate sign names. We went through the alphabet again for the second class before moving on to the numbers. I picked up the sign language for the members' names. We also had to write our names with the GSL alphabets. Given that this is a new language I'm learning, it was a little challenging attempting to sign my name with all the alphabets and not in alphabetical order. But with a positive attitude, I was able to accomplish it without making any mistakes, and that made me really pleased since I could spell my name, which proves that my sign language skills are improving. Overall, learning sign language has been really beneficial since it has helped me become more curious and open-minded. I am now more open-minded and conscious of my environment as a result of my ability to interact nonverbally with both the hearing challenged and those who are unable to speak. By asking questions and signing, I am learning more about the sign language community. For instance, the teacher could instruct us to grin when signing sign language rules since certain words and signals are similar to one another and facial emotions help distinguish between them. Nana Aisha Hussein, G10.

## **TIS Chefs**

Yummmmmmy!!!! What's Cookinggggggg?????



In TIS we have established a Master Chef Class where students learn recipes from all over the world. The idea is for students to be able to cook meals on their own and also use the skill to organise a fundraiser, while learning the techniques and safety measures taken in the kitchen. In the cooking class each students has a task to complete to contribute the meal preparation and cleanup. It's always important to cleanup your area after cooking, wash the dishes and mop.

Here are some reflections from some of

the students in the various cooking class have to say:

In today's cooking class we made kelewele. We all took turns in cutting, mixing and frying the plantain. It was a nice experience to cook with my fellow grade mates and friends. It was fun and educational at the same time. At the end of the class we ate together and that was the best part for me, when we are all together because it forms a bond between us, as well as forming friendships. I am really looking forward to the next class. **Sedinam Ahlidza**, **G9** 

I had a wonderful cooking session today. I learnt the basic steps to prepare "Kelewele". I also got to know that it's important to clean whilst cooking to ensure that you are cooking in a clean and tidy environment. The finished product (Kelewele) was delicious. This cooking class has helped me with my communication skills due to cooking with different people. Thank you. **Sharon Quarcoo, G9** 

Today's cooking class was an experience I have never had before. A group of people and I made a luscious meal which can be done in more ways than one; a chicken caesar salad. Although it may sound generic, the taste proved otherwise. It was a very interactive class with Auntie Sofia and Julia giving us accurate and simple tutorials as well as the reasons why some things are done in a certain way. Even though cooking is an art I already have a passion for, this class made me want to dive deeper into that interest. I look forward to the subsequent classes to come being fully aware it only gets better from here! **Bellina Anthonio, G12** 

For our first cooking class, we made buttery cookies or melting moments. It was a lovely experience as I got to collaborate with my peers and engage in some of the kitchen activities. Our final products were a lovely, creamy and a brittle biscuit treat that I was proud of making. For today's cooking class we made chicken salad and it was one of the best things I've had in a while. My peers and I got a piece of the action when we were left to take over. It gave me this sense of responsibility and together, our chicken salad came along very well.

Ilona Ohene, G12

## TIS Chefs - Kelewele recipe

### Ingredients

- 5 Ripe plantain
- 1 piece raw ginger
- 1 clove garlic,
- 2 bulbs of onions
- 3 teaspoon cayenne pepper
- 1 teaspoon Salt
- Enough oil for frying

#### Steps

- 1. Peel back the skin of the plantain and chop into small cubes.
- 2. Chop onion, garlic and ginger into a blender and blend
- 3. Add salt and cayenne pepper to blended onion, garlic and ginger and mix.
- 4. Add plantain and mix until spices are well distributed on the plantain cubes.
- 5. Heat up oil in a fry pan. When the oil heats up, gently lower the plantains into the oil.
- 6. Fry for about 7 -10 minutes while ensuring turning over plantains until its golden brown.

#### Plantain) t) recipe

#### **Ingredients**

- 4 slightly ripe plantains
- 4 fingers of pepper
- Salt to taste
- 4 eggs
- I bulb of onion
- 8 tablespoonful palm oil
- Peanut
- 1 avocado

#### **Steps**

- 1. Boil enough water in a saucepan.
- 2. Peel and cut each plantain into 2 equal halves and add to boiling water. Add eggs to boil as well.
- 3. Wash and grind pepper, onions, salt and peanuts in an earthen ware bowl (asanka).
- 4. Mash boiled plantain into the mixture in the asanka
- 5. Gently add heated palm oil to mashed plantain and stir until oil is evenly mixed
- 6. Garnish with boiled eggs, avocado and peanuts

#### Reflections

Our cooking class (Grades 9 and 10) scheduled for Tuesdays after school has been an interesting class. These enthusiastic open-minded students always walk into the kitchen ready to learn and are involved in all activities.

I have enjoyed working together with them as they learn and add to the recipes of known Ghanaian dishes (plantain 3to and kelewele) as we go through the recipes before preparation of the dishes.



## Cooking Class – G7 & G8



I learned that collaboration during our cooking session is very important, especially since it promotes better performance in cooking. Mistakes are very important in cooking because they help us advance. I got this understanding from Mama Su herself. During our classes, I felt excited by what we were about to learn and what I could participate in during the classes. I am so grateful for being taught all these important cooking lessons; I just can't be more grateful. I always enjoy it since I like cooking but sadly, I can't remember my best time in

cooking class. In addition, what I found difficult was when I had to shake the stockpot while it was over the fire with the corn popping. Even though up to now I still can't do that shaking well, I learned from Mama Su that you shouldn't be afraid of fire. "Mistakes are very important in order to progress." Always remember that. **Adrien Mate, G7** 

Cooking has been an interesting experience for me. From savoury & sweet popcorn to cookies to puff-puff, I learned that collaboration during our cooking session is very important, especially since it promotes better performance in cooking. Mistakes are very important in cooking because they help us advance, I got this understanding from Mama Su herself. During our classes, I felt excited by what we were about to learn and what I could participate in during the classes.. † God bless you Mama Su, for always trying your best to find time to come and teach us and making our classes always fun. I'm really grateful, thank you. † † Adrien Mate, G7

In last week's cooking club, I learnt how to make sweet and savoury popcorn. I felt very happy to be able to learn how to make something new with new people. Next time, I will make sure to always check on what I'm making so that it will not burn like last time. Some things that I observed were that people weren't concentrating and some people were eating the food when Mama Su said not which was really inconsiderate. The best moment was when we got to try each other's food and comment on it so that everyone would get feedback from it and know what to do next time. I was challenged when we had to shake the pot because I've got burnt multiple times from cooking. **Amaris Osei-Agyeman** 

I learned that when we are making sugar popcorn we should add water so that it would popcorn evaporate so the sugar could coat the corn nicely. I also learned that we are can use coconut oil instead of normal oil. I was quite excited to try the food and I was excited to cook the food. I would add less water and kettle corn to make the popcorn perfect. The best moment was when we tasted the food we made. I felt challenged when we turned on the stove because I don't use these types of stoves at home. Vania Stephens, G8.

## Cooking Class – G7 & G8



How I felt in the kitchen was a very new experience for me because when I cook I always try and make it as perfect as it can be, but Mama Su showed me that anything can be good (except the really burnt popcorn).

I felt that my group was very cooperative and that we could get this done faster without the mistakes but mistakes are good, so yeah, my group could have followed the steps a bit more but that's fine because it still tasted good.

The reason why I want to cook again is that I feel that I can learn so much more from my teacher and expect to learn new and amazing recipes from Mama Su as well as learn from my peers as well as teach them what I know.

What I will do is that I will pay attention way more, that way, my group and I can have the tastiest meal ever. Yes, I learnt how to make popcorn which was a first. Thanks.

P.S. can we cook steak? Victor Quainoo, G8

#### The Interact Club Of TIS



What is the Interact club? The Interact club is a club that organises at least two projects every year, one that helps their school or community and one that promotes international understanding. The Rotary club sponsors mentor and guide Interactors as they carry out projects and develop leadership skills.

Below we would see some of the benefits inter-actors gain from the club.



#### What are the benefits?

Connect with leaders in your community and around the world to:

- Take action to make a difference in your school and community
- Discover new cultures and promote international understanding
- Become a leader in your school and community have fun and make new friends from around the world.

•

The Interact club was founded on 5 November 1962. The organisation that founded the Interact club is called the Rotary International. The Interact club turns 60 years on Saturday, 5 November. Therefore, a weeklong list of activities dubbed *Interact @60* was organised from 31 October to Saturday, 5 November to commemorate this milestone. Refer to the poster.

### The Interact Club Of TIS

TIS Interact club is founded in district 9102, and we trained to live by the 4-Way Test as follows;

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Here at TIS, we the Interact club believe in the 4-Way Test and abide by it. As a club, we come up with project ideas that are beneficial to all concerned and we work together as a team to build better friendships. In our club we have executives that help with the organizations of the club and our way forward with our projects. Below are the Interact club executives.

- 1. President - Karen Apietu (G12)
- 2. Vice President - Karen Magna Quarshie (G12)
- 3. Secretary - Dayna Sarpong (G11)
- Treasurer Phoebe Osei (G12) 4.
- Membership Director Emefa Arlene Agbotui (G12) 5.
- 6. Sargent - at - arms - Kofi Asante (G12)
- Service Project Director Nana Ama Andah (G12) 7.
- 8. Public Relations Officer - Ewuradjoa Obeng-Nkansah (G12)
- 9. Rotary Foundation Director - Thomas Awumee (G12)
- 10. Club Administrator - Yosi Fajemiokun (G12)

#### How to Join the Interact Club.

Speak to our membership director, Emefa Agbotui (G12) and ask more questions about the (Club Secretary, Dayna Sarpong G11)



Welcome back to another episode of "BC articles"!!

What an informative assembly we had with **Mrs Juliette Mills Lutterodt.** From the session, we hope you were able to learn more about breast cancer, and we also hope that your desire to learn more has been aroused. One thing that has stuck with us from the session and is probably not going to be forgotten is that your worst experience could be the best thing that happens to you— it all depends on perspective.

"The Mission of Pink for Africa (PFA) —owned by Mrs Julliette Mills Lutterodt, is to provide breast cancer awareness, education and financial support to women of African descent in Africa and the US and in the process, tear down cultural and social mores, in order to improve outcomes for women of African descent." Read more about Pink for Africa on their website (<a href="https://www.pinkforafrica.org/">https://www.pinkforafrica.org/</a>) to see how you too can become a helping hand to someone today!

The **aim** of our project is to buy breast prostheses for women who have undergone a mastectomy (a mastectomy is a surgery that removes all breast tissue from a breast in order to treat or prevent breast cancer) but cannot afford to reconstruct the breast.



Breast prostheses normally range from \$100 to \$500 (each) when looking for high-quality ones. In the case of people who have undergone double-mastectomy and are in low-income families, it's impossible to afford either breast reconstruction surgery or breast prosthesis. As a result of this, the aim is to purchase breast prosthesis for people who have undergone mastectomies.

#### What is a breast prosthesis?

The breast prosthesis replaces the shape of the breast that has been removed in whole or in part. A bra

cup with or without a bra pocket can be worn with it. The word 'prostheses' refers to a number of prostheses.

Silicone gel is usually encased in a thin film when making breast prostheses. In the case of prostheses, the implant is moulded to resemble a woman's natural breast shape. Nipple outlines may be visible on the outer surface of the skin, and it is soft and smooth.

Many breast cancer survivors do not have reconstruction after their surgery, so they wear breast prostheses. Women whose breasts differ in size or shape naturally, or who have had breast reconstruction that did not match, may also benefit from this.



For some women, wearing a prosthesis may be a temporary choice prior to reconstruction. Other women may choose not (or be unable) to have breast reconstruction and find wearing a prosthesis an effective and suitable long-term choice. Some women who do not have a reconstruction choose not to wear a prosthesis.

#### **Materials** used for prosthetics and the effect they could have on scars:

The main material that is used for breast cancer prosthetics for long-term medical use is made from silicone gel. This gel is a non-toxic manufactured substance that is heat resistant and rubbery. If any tear or puncture was to occur in the prosthetic the skin cannot absorb the silicone gel thus it does not become part of the body in any way. These temporary/soft prostheses are made of foam, fleece or fibre fill. After the surgery, some women often wear these soft/temporary orthotics for 6 months. After, a more popular option is often used. This is knitted cotton called a knitted knocker. By the end of this year, our aim is to buy at least two sets of breast prosthetics.

#### Reflections

Assembly was very informative and the fact that it was engaging made it better. I loved Mrs Lutterodt's presentation and explanations about breast cancer and I am glad I was able to experience this in order to be aware of what may or may not be down the path. I admire her courage so much and the fact that she is able to go to a larger extent of helping other people to overcome it— that's a powerful person right there! I learnt that we should know our family history and encourage our family members to get screened and we should also show as much support and love to people who are fighting against this disease. Spread awareness on screening because early detection saves lives. What I took from the assembly was that there is a lesson in every tribulation, and in every lesson, there is a blessing. Now, receiving the blessing is what is dependent on you. Serwah Dabo, G11.

The assembly we had was insightful and didactic in breaking down this terminal illness (breast cancer). The guest speaker Mrs Lutterodt, imparted knowledge on the various aspects of breast cancer ranging from the types, its causes, self-checking, and prevention etc. to leave us students with a substantial understanding of the condition and how to go about it. She shared her personal experiences with us, which made us understand and sympathize with her and the battle she fought with breast cancer. As a breast cancer survivor, she's made it a part of her life's mission to spread awareness and financial aid to young girls and women in Africa who find

themselves in a similar predicament she was in years back. She emphasized the importance of knowing your family's medical history and our dietary habits as young girls. She urged us all to join her in spreading awareness and demystifying any cultural and religious misconceptions about women with breast cancer. I am so glad and lucky that I got to encounter her and hear her story. She has taught me the significance of family support during trials and tough times. She also made me realize that after the rain there are rainbows, and after the storms, there is calm. In the same way, after night there is morning and at the end of it all there is a new beginning (there are passing moments that are meant to teach and grow you.) Her journey and that of the many other beautiful women who struggled and endured to survive breast cancer are indeed inspiring and motivational. A lesson I learnt or a piece of wisdom that I took from her presentation and would always remember is a quote by Maya Angelou "You may not control all the events that happen to you, but you can decide not to be reduced by them". It gives meaning and purpose to the turmoil and peace that life encompasses leaving us with optimism in each waking day. Kabukuor Caesar. G11

During the assembly, a special guest speaker by the name of Mrs Juliette came to speak with us about her experience and her journey as a breast cancer survivor. Personally, I was lost for words not only by her courage to come out and speak to a whole school about her experience but the strength she showed, the perseverance that exhibited throughout her experience, and the love and care that her loved ones showed her during those testing times. She really is a good representation of a strong, proud and powerful African woman, mother and wife. Apart from this, she was able to give us adequate details about breast cancer, its causes and other detailed information about the disease and what her foundation, "Pink for Africa" seek to achieve by helping those who cannot help themselves to be able to also come out alive form such an experience and empower other individuals locally and globally. One major thing that I learnt from her is that we can do anything from selling just pamphlets about the disease to building an entire project on helping people either understand breast cancer and certain stigma surrounding it or even help those going through it. Nothing is too small for Advocacy! Eugene Cobbinah, G11

The assembly held in awareness of breast cancer was something I was so happy to be a part of. During the assembly, Mrs. Lutterodt opened our eyes and helped us really explore breast cancer. She spoke about its causes and effects, and went on to explain how the only cause that has been scientifically proven is through genetics. She also spoke about how important it is to detect this condition early, and how majority of the time women realize they have it is too late. So this urges me to also stress on how necessary it is to try and get checked as often as possible, especially if it runs in your family. Mrs. Lutterodt also gave us insight on her company "Pink for Africa" she spoke about all she has done for the women in Africa with the condition, and went on further to show us the prostheses that are given to them after they have gone through the surgery. Sometimes these women do not come from the wealthiest of homes making it so difficult for them to afford these prosthetics, Mrs. Lutterodt took it as her duty to provide them with the prosthetics to help life their self-esteem. All in all, it was a very eye opening assembly, and I'm glad I got to be a part of it. Veronica Arthur, G11

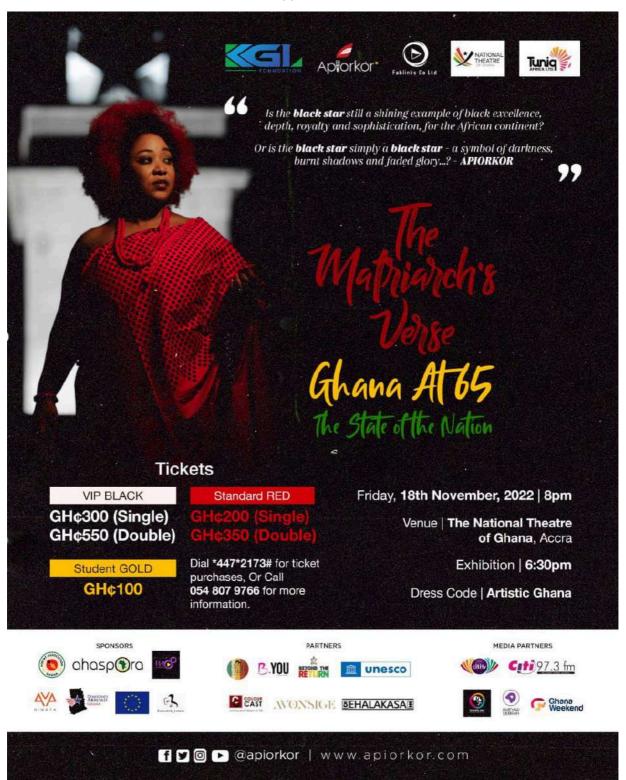


The assembly we had was very eye-opening. It allowed me to see and feel why there is a need for us to raise money for the prosthesis. Though I knew the problems and negatives associated with breast cancer, after having the opportunity to talk to Mrs Lutterodt I feel more motivated than ever to help Pink for Africa and most importantly help all the men and women in need. Her stories really help me and my team to have a better perspective of Breast Cancer. Truly Mrs Lutterodt has inspired me and motivated me to try my hardest to make a difference. Katari Alhassan, G11.

The TIS community and I were honoured to have Mrs. Juliette Mills Lutterodt who is the president and founder for "Pink for Africa", Last Wednesday. During her presentation, she provided us with an in-depth explanation on breast cancer, her foundation "pink for Africa" which aims at creating public awareness and educates women on risk factors, symptoms, diagnosis and treatment etc. of breast cancer. Mrs. Juliette took us through how to self-examine yourself, possible factors that increase the risk of breast cancer and debunked some of the common myths about breast cancer. Her presentation also made emphasis on the need for a positive attitude during life's "back-breaking" moments and the effects of having a good support system. Mrs. Juliette was generous enough to share her personal experience with breast cancer, how she survived it and managed to turn her pain into power. She also spoke about how her journey with breast cancer made her appreciate life's little moments and the people she had around her. Her positive attitude and passion to help people around the world battling breast cancer is inspiring. As a result of her presentation, I am confident with the information I have regarding breast cancer and I'm more appreciative of life's beautiful moments. Afua Osei-Boakye, G11.

#### **Alumni Corner**

Are you a lover of Poetry, Spoken Word and Art? If so, do join us for the Concert of the Year. Kindly fill out this form and make your payment to Miriam at the CASSA office latest by 8 November to save your spot. We are taking only 22 students. We are leaving school at 5:30 pm, after an early dinner. <a href="https://forms.gle/b7aGCHh3FXQPxrdc9">https://forms.gle/b7aGCHh3FXQPxrdc9</a> - NATIONAL THEATRE - Ticket for Students - GHC 100



## **CAS Project Challenge 2022**

The aim of the **CAS Project Challenge** is to give you the tools to invent or campaign for something that will make a positive impact in your community. Showcase your project in a <u>short video</u>, and win an all-expenses paid trip for your whole team to present your CAS Project Challenge at one of our <u>Global Student Conferences</u> in Boston, Edinburgh or Singapore. Watch the video below, and follow the process to get started and make that change! <a href="https://www.youtube.com/watch?v=6L5HtonV7rY&feature=emb\_imp\_woyt">https://www.youtube.com/watch?v=6L5HtonV7rY&feature=emb\_imp\_woyt</a>

#### • **STEP 1**

#### **Build Your Team**

Your team must consist of 3-6 team members, all under the age of 25. Please also recruit an adult supervisor to oversee your project.

Determine team roles best suited to each team members' strengths by taking this Changemaker Quiz!

• STEP 2

#### **Explore the UN SDGs: Think Global**

You will be linking your CAS Project Challenge to one or more UN Sustainable Development Goals.



Research each of the 17 SDGs, their targets and progress in detail, and watch Emma Watson introduce some inspirational UN SDG student projects.

#### • STEP 3

#### **Identify an Issue in Your Community**

Investigate what issues are currently affecting your community to help define what your team can focus your project on. Our **Brainstorming Worksheet** will help you identify issues and select one your team feels passionately about.

#### • STEP 4

#### **Execute the CAS Project Challenge**

Organization is the key to success. Structuring a collaborative project is not easy. We have developed an **Action Plan Worksheet**, based on the <u>5 Stages of CAS</u>, to guide your team through each step.

Remember, you will be submitting a video. Document your progress using photo and video, right from the start.

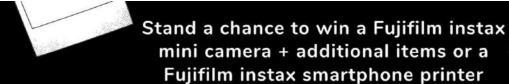
#### **How to Submit Your Challenge**

#### Create a video – no longer than 180 seconds – that details:

- The problem you set out to solve
- The solution that you came up with
- How you implemented your solution
- Which UN SDG(s) you covered
- How you worked as a team and
- The impact your project had and how you measured it.

See Mrs King (CAS Coordinator) for final approval and submission.

## SUPPORT THE GUIDE CAS PROJECT



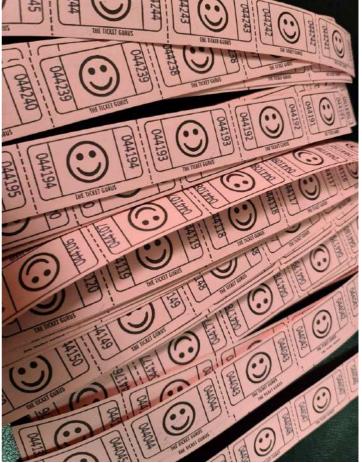
FOR A PRICE OF 50 CEDIS FOR 5
RAFFLES

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!

Buy your raffle ticket at the CAS office with Ms Miriam. GHC 50 for a set of 5 Raffles.





## Once on this Island - School Play Production T-Shirt - Order yours NOW.

We hope you are all excited about this year's annual school play production. This year we will be having two nights of performance showing on Saturday, 12, and Sunday, 13 November. So tell a friend to tell a friend. In fact, get the whole family to come. We are printing production t-shirts. The price is GHC 65. Kindly order your t-shirt using this

We are printing production t-shirts. The price is GHC 65. Kindly order your t-shirt using this link: https://forms.gle/zwxRQKVbgfjrU12H8

Make your payment at the CAS office to Miriam, latest by Monday, 7 November.

Nemi Asoka, G12

**Student Director** 







# 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.



## TIS 2022/23 School Calendar

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

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

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

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

December 2022									
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#### **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
SAT Test



First and Last Day of School (Primary Campus)

ACT Test

## **Public Holidays**

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

	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) 8.30am		
28/10/22	G9/G11 Changes to Subject Selections close; Intercolour Maths/Science Comp (7.00pm)		
31/10/22	PP Criterion C draft due		
12-13/11/22	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)			
9/12/22			

8/12/22 General Inspection.
9/12/22 Last day for first sen
10/12/22 ACT

Last day for first semester: Students may depart from 9.00am.

<i>S2</i>		
5-6/1/23	Staff training days (5: MYP; 6: DP)	
5/1-20/1/23	PP Standardisation	
9/1/23	Students return to hostels; applications for 2022 SC positions close	
10/1/23	Second semester commences	
10-15/1/23	Alumni Week	
15/1/23	Alumni Thanksgiving Service	
20/1/23	SC Manifest Readings	
21/1/23	Colour Spelling Bee Competition	
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)	
5/3/22	TIS swimming championships (3.00 – 5.00pm)	
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**

8/8/22

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

Teachers resume

## S1 Internal Dates (Primary School Campus)

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		

#### **COUNSELLORS' CORNER**





N-O-V-E-M-B-E-R, the month of laughter springs, jelly days and thanksgiving.

Dear students, to enjoy this month, just complete all outstanding tasks to the best of your abilities.

"I've got a theory that if you give 100% all the time, somehow things will work out in the end." - Larry Bird



Congratulations in advance to the early birds! Our heart felt thanks and appreciation to parents and teachers for submiting all documents in a timely manner. It's a done deal. Well done!!

- ✓ Please note deadline for OUAC, UCAS is this Friday November 4 2022.
- ✓ FAFSA, CSS Profile, University Specific Financial Aid Forms must be filled and submitted already if not before November 15 kindly click submit.
- ✓ All Commonapp and U.S. direct applications must be submitted by November 11 2022.
- ✓ University of Toronto Priority application deadline- Nov. 7 2022

#### MYP 2 & 3 Guidance Lesson: Appreciating Cultural Diversity in Teams



# APPRECIATING OTHERS THROUGH -TEAM SPIRIT

- Understand that each person is uniquely gifted and creative
- No one on earth is useless
- Wisdom is not in one person's head it shared across board
- Learn to listen and understand
- Be a good team player

An activity based lesson: Students were tasked to build a tall object that could stand with papers and cellotape. Afterwards they shared their unique *experiences* working together.

#### **Enjoy Reading Some Reflections from MYP3 Sudents**

"Reflection- Guidance class today, I engaged myself in teamwork activities, which led to the main topic of today. I learned about culture and how to respect other people's views and perspectives on different situations". "Emmanuel Egyei-Mensah"

"This class taught me how cultural diversity exists among people. I learned that your physical traits, as well as what you do, and your character, can distinguish you from others, and that we should not detest anyone who is different from us. Instead, we should always appreciate and tolerate diverse people". ~ John Opeku



Winners from MYP2 Class from Left: Kwaku Ayisi, Katie-Louise Assan, Sybil Amekugee, Joel Hinson



#### THE UNIVERSITY OF BRITISH COLUMBIA



TIS was honoured with the presence of Ashleigh Rosary –International Recruiter and Advisor from UBC. Students were enthusiastic and listened to her attentively.

#### **Major Highlights:**

- ✓ The University of British Columbia is a global centre for teaching, learning and research, consistently ranked among the top 20 public universities in the world.
- ✓ UBC embraces innovation and transforms ideas into action. Since 1915, UBC has been opening doors of opportunity for people with the curiosity, drive and vision to shape a better world. <a href="https://www.ubc.ca/about/">https://www.ubc.ca/about/</a>
- ✓ Offer our more than 60,000 undergraduate and graduate students and an unrivalled choice of degree programs at our two campuses and affiliated teaching hospitals. We provide a wide range of choices for learners at all stages of their careers, and our commitment to student engagement and success has made us a leader in applying learning research to improve teaching practice. Has two main campuses -Vancouver and the Okanagan. <a href="https://www.ubc.ca/academics/">https://www.ubc.ca/academics/</a>
- ✓ UBC recognises the academic achievement of outstanding students from around the world by devoting more than \$30 million annually to awards, scholarships, and other

forms of financial support for international undergraduate students. https://you.ubc.ca/financial-planning/scholarships-awards-international-students/



- ✓ UNIVERSITY OF DUNDEE, SCOTLAND UK, MOOTING CLUB SESSION WITH PROF. PETER McEleavy, FRIDAY, 4 NOVEMBER, 3-4PM, TIS LEARNING CENTRE.
- ✓ McMaster University, Canada- Monday 7 November, 1:25PM TIS LEARNING CENTRE
- ✓ UNIVERSITY OF WATERLOO, CANADA- THURSDAY 10 NOVEMBER 1:25PM, TIS LEARNING CENTRE





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

Our International University Fair is happening on **Thursday, November 10 at 1pm - 4:30pm UTC**. Registering for this event is easy and can be done by clicking the button Sign Up Today below.

#### Click to attend:

https://student.novva.tech/africatsw?utm\_medium=email&\_hsmi=231249501&\_hs enc=p2ANqtz-8YHtwTOYL3vD752OdbYf-dTaRau8Xrkv5aDHOqdSvgk0-

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.

#### **GU-Qatar Admissions | November Newsletter | News & Updates**

## Personal Statement Workshop

Tuesday, Nov 7, 2022

In this workshop, students will learn
the essential elements of writing a
good personal statement, techniques
to stand out as applicants and
mistakes to avoid.

LEARN MORE

## How to Ace Your Interview

Thursday, Nov 14, 2022

This workshop will offer prospective students tips and secrets of a successful interview and an opportunity to practice interview questions.

LEARN MORE

#### **GU-Q Admissions Hours**

Thursday, Nov 17 and 24, 2022

Explore opportunities at GU-Q and learn about the application process.

This hour features discussions with Admissions Representatives about GU-Q, programs, student life, career opportunities & the application process.

**LEARN MORE** 

# Online Application Tutorial

Monday, Nov 28, 2022

GU-Q's admissions staff and current students will lead you through the online application and answer any questions you may have.

LEARN MORE

Click this link to sign up for the virtual events/any of the webinars listed above:

https://admissions.gatar.georgetown.edu/portal/admissions hour

For more information email: Georgetown University in Qatar here: sfsqadmissions@georgetown.edu





#### **2022-2023 TEST DATES**

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



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

√ https://satsuite.collegeboard.org/sat/registration Click here for more information https://www.bestcolleges.com/test-prep/sat/registration/ Having Troubles Registering contact Aunty Portia in person or email at portia.atubiga@tis.edu.gh

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

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
<del>27 Aug., 2022</del>	8 July 2022
<del>1 Oct., 2022</del>	26 Aug. 2022*
3 Dec., 2022	14 Oct., 2022
11 March 2023 ( <u>Digital</u> )**	3 Feb., 2023
6 May, 2023 ( <u>Digital</u> )**	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/poli ciess



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

- ✓ ACT Registration Fees (Online payments only: Visit <u>www.actstudent.org</u>): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only: Credit Card)
- √ (TIS Test Centre Code: 870390, but inform counsellor first).
- click: <a href="https://global.act.org/content/global/en/products-and-services/the-act-non-us/registration.html">https://global.act.org/content/global/en/products-and-services/the-act-non-us/registration.html</a>

\*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>	22 July 2022
<del>22 Oct., 2022</del>	2, Sept., 2022
10 Dec., 2022	21 Oct., 2022
15 April, 2023	24 Feb., 2023
10 June, 2023	21, April 2023





Dearest DP2s, Christmas Break is just around the corner. We entreat you to finish up all pending university applications tasks before December 1 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!



## 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.







# The Academic Research & Writing Principles

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

#### **Explore**

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

## Evaluate

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

#### Organise

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

#### Write

#### an original paper.

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

#### **Paraphrase** other people's ideas.

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

#### Differentiate

other's work from your own original insights by referencing or paraphrasing. Avoid

academic referencing.

accidentally plagiarising someone else's work by using

#### Cite

A citation in your paper shows exactly what information has come from another source. Remember to cite all borrowed words or ideas, including those which came from one of your own

all of your sources.

previous papers!

#### Reference

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

#### Use

the relevant referencing system consistently throughout your assignment. Referencing can

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

#### Ask

your teacher or instructor for their feedback on

any drafts you have written in advance of the deadline. Writing multiple drafts and implementing the feedback you receive can help to make vou a better writer.

#### Double check

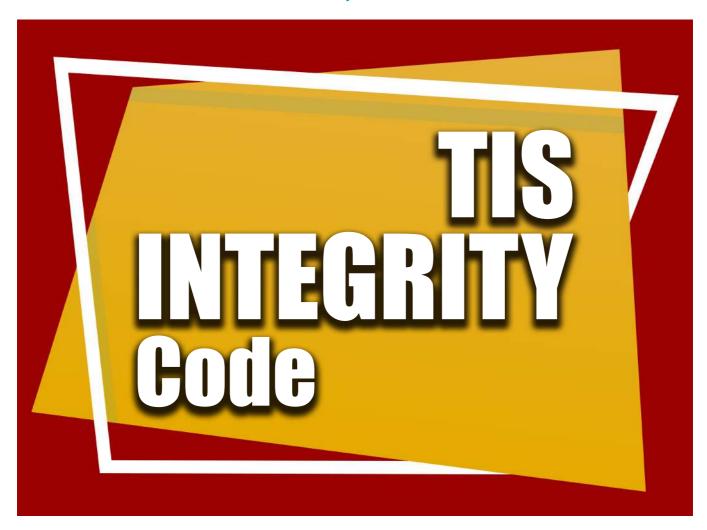
your work including citations. Allow time to double check each of your citations before submission. This includes page numbers, publication dates, web links and authors' names.

**12** 

#### Submit your final piece through Turnitin

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

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

As a TIS family member,

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

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





