

TIS RECORD

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At TIS,

we believe the four pillars for student balance and ensuing success - academics, service, sport and culture - provide a theoretical lens for inquiry, critical thinking, conceptual understanding in a real world context, through action. Across all four pillars, TIS prides itself on the opportunities and experiences that enable all graduates to develop and enhance leadership attributes and skills to make a difference and the world a better place. As leaders, we create our footprints to ensure authenticity.

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Thought for the Week

Take criticism seriously, but not personally. If there is truth or merit in the criticism, try to learn from it.

Otherwise, let it roll off you.

- Hillary Clinton



Secondary 3-Way Interviews

Students end the first semester on Friday, 9 December.

Secondary students may depart after 9.00am.

Secondary teachers will be available for 3-way interviews with parents and their children in the classroom block between 9.00am - 1.00pm.

No bookings are required.

To enable as many interviews as possible and to try and avoid delays, interviews will be kept to a maximum of 10 minutes with individual teachers. A separate session will have to be arranged, if a more detailed interview is required.



"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

- Kwaku Darko (4), Nana Adwoa Addae (6), Kwasi Ayisi (6), Victoria Tettey-Amlalo (3), Durowaa Okoampah (3), Kendra Kudah (2) and Paa Kow Oppan (1) for their reflections last week on international-mindedness.
- Nemi Asoka (12), Annalisa Boahen (12), Jefferson Agbesi (12), Chelsea Davis (12), Seffirina Masoperh (11), Odasey Tetteh (11), Malyka Owusu (11), Katari Alhassan (11), Akua Osafo-Buobeng (11), Annette Ajavon (11), Fadila Abdoulzakou (11), Theona Martin-Lawson (10), Mama Osei-Amoako (9), Ebenezer Agyeman (9) and Sedinam Ahlidza (9) for their Annual Production reflections.

MYP

The five-year review of our Middle Years Programme implementation will be conducted in first semester of 2023/2024. This is a time to evaluate how TIS is doing in terms of its authenticity and how we can continue to improve in what we do.

Yvonne, our MYP Coordinator, is inviting parent feedback on our policies. Please see the MYP section for more details.

Student Council Elections

The start of a new calendar year means that a new Student Council will be elected in January. Richard, our Student Council mentor, outlines the schedule for the election process in this Bulletin.

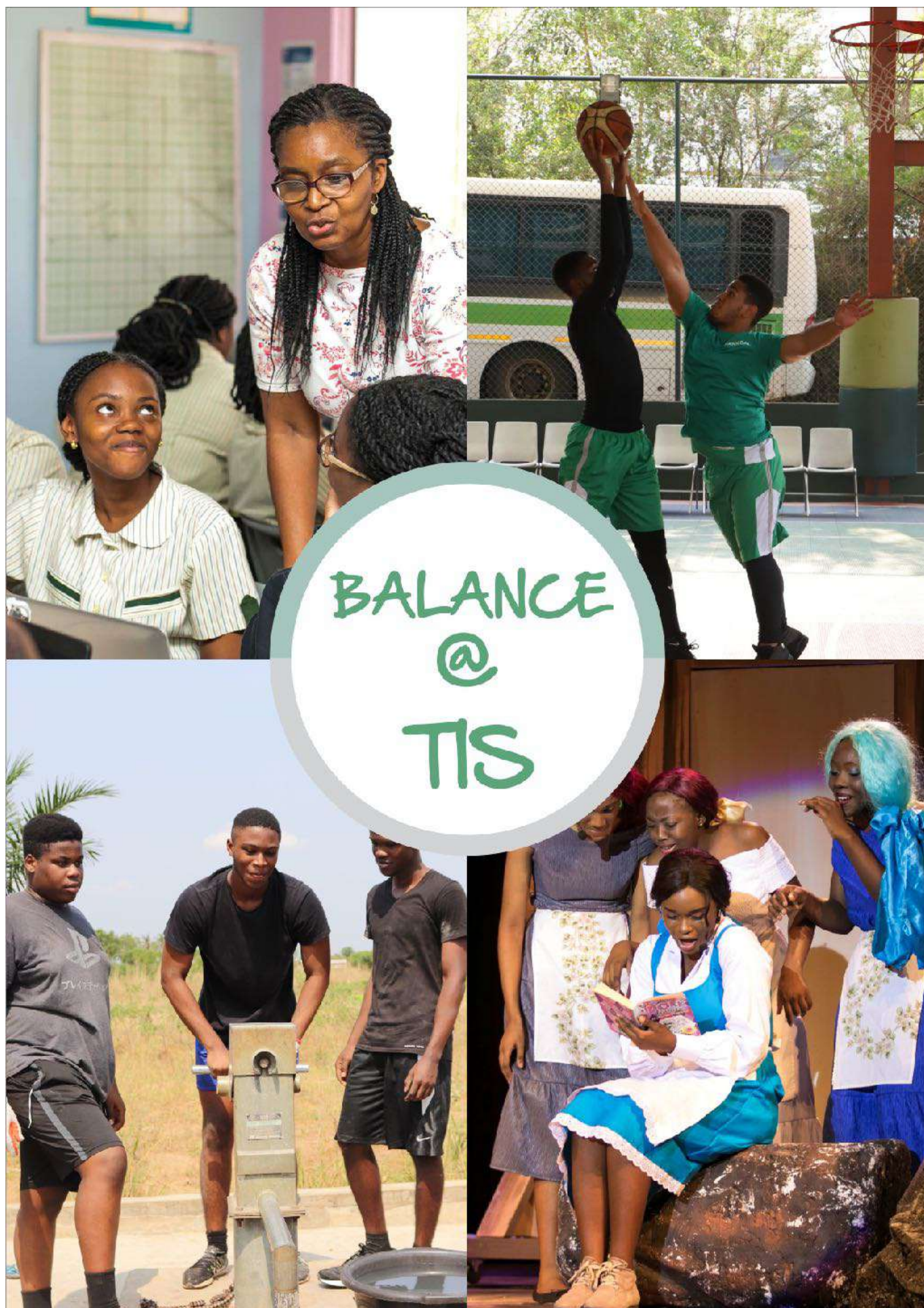
Representing TIS students as a member of the Student Council executive is an important leadership experience and I encourage students who demonstrate integrity and who want to be a positive role model for others to nominate.

I appreciate your support. Stay healthy.

Dr Ken Darvall

Principal





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 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: <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.



Tema International School



MAIN CAMPUS

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

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more
scan this.



To enrol scan
this.



The online application process can be completed at: <https://tis.openapply.com>

For further information contact us on phone:

+233 303 305134; +233 303 308737; email: admissions@tis.edu.gh

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 [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).

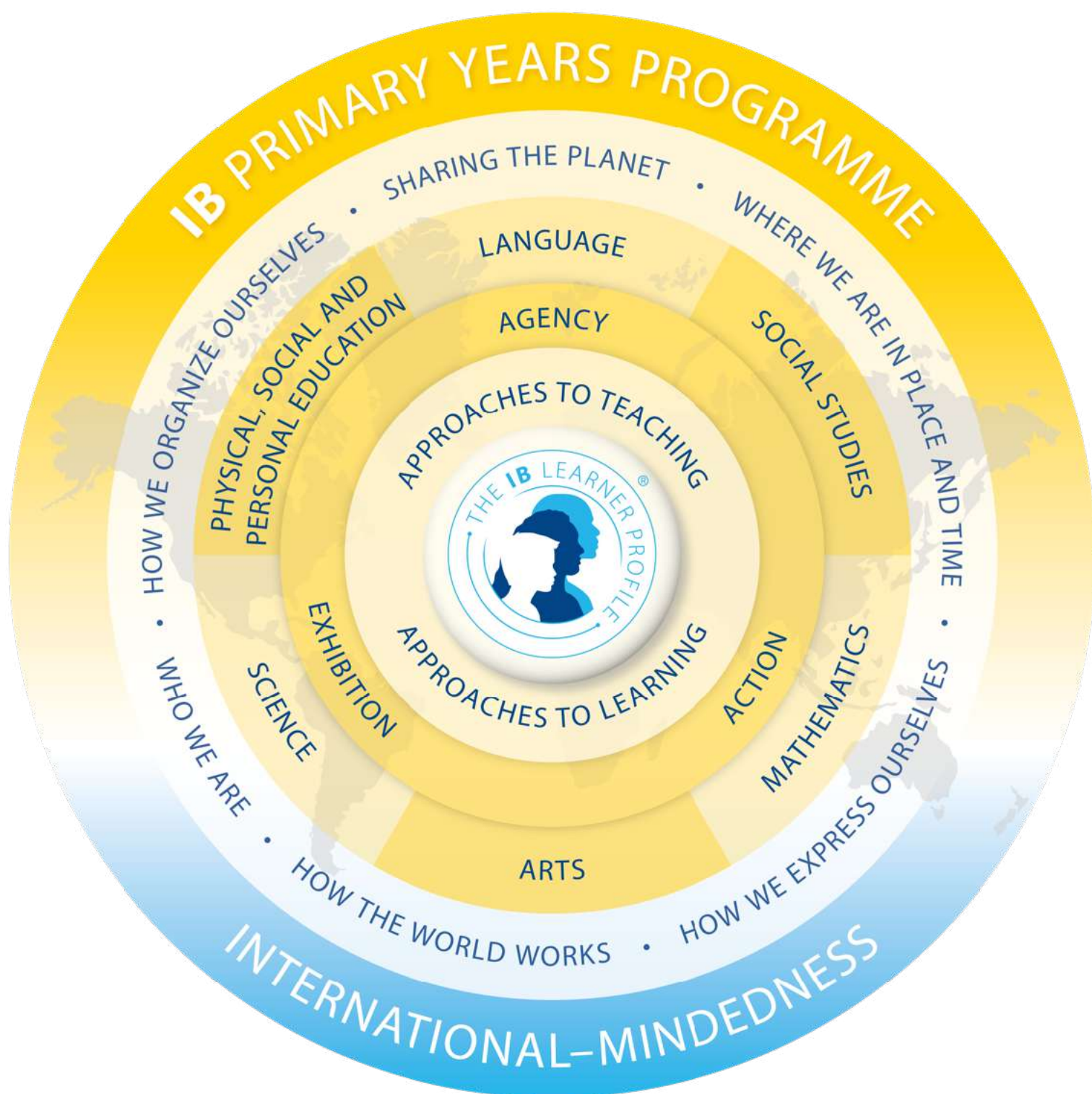
Please note that students are not normally accepted into (Grade 10 and 12).

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



EVIDENCING AND CELEBRATING LEARNING WITH THE WIDER LEARNING COMMUNITY.

TIS Primary School is a learning community where learners learn through different approaches initiated by both the learners and teachers through collaborative planning to ensure transdisciplinary learning.

This learning is celebrated and evidenced through unit assemblies and unit celebrations. At TIS Primary School, learners are given the opportunity to share their learning with the school community through various presentations during unit assemblies.



Learners in Grade 2 sharing their learning during unit assembly



Learners in G4 and G5 playing musical interlude during unit assembly.



Learners in other classes observing the unit assembly

At the end of every unit, we celebrate our learning with the wider school community. The presence of parents is something we always look out for to grace this occasion. Learners are always excited to share their learning on stage through performances to educate and entertain the audience.

PREPARATION TOWARDS FINAL UNIT CELEBRATION OF THE SEMESTER.

We are currently preparing towards the final unit celebration of the semester where learners will celebrate and share their learning with their parents and the entire learning community. This promises to be amazing, educational and entertaining. Below are some performances to look out for.

EARLY YEARS (KINDER 1, 2 & 3)

Learners in Kinder 1 are currently treating the unit, “How we express ourselves” where they are inquiring into many ways through which people express their feelings and ideas. Our learners are looking at how to express oneself through music by listening to a variety of melodies played with different instruments and how they feel about the sound they have heard. Learners are also expressing themselves through art by painting different emojis and the feelings they express.



Expression through art - emotions

Our Kinder 2 and 3 learners are also inquiring into different types of games and ways in which they are played and the impact it has on us. Learners are creating different types of games in Art - they are learning songs that accompany these games in music which they respond to with their bodies through dance.



Learners in Kinder 3 drawing some of their favorite games

GRADE 1 & 2

Grades 1 and 2 are treating the unit, “*How we express ourselves*”, where they are inquiring into ways in which people discover and express ideas, feelings, nature, culture, beliefs and values. The unit will be celebrated through Drama, Music and Dance. Grade 2 learners will showcase aspects of our rich Ghanaian culture.



Learners dramatizing the “dipo” rite during unit assembly

The Grade 1 learners are also preparing Drama on **“ANANSE AND THE GUM MAN”**, where sections of the Drama will be accompanied with Music. The drama bears a story in which the African values are expressed and shared with the audience.



Learners in Grade 1 & 2 engaged in a drama, music and dance rehearsal

Students' Reflections

In my unit, I learnt about communication in past and present. I made a walkie talkie in art. We did a play about ,“Ananse and the gum man”, and in music, we did a song on the Ananse story.

Amewusika Tey



My unit is “How we express ourselves”. Different types of arts help us to express our thoughts and ideas. I learnt different types of arts like music, dance, poetry and singing.

Sefakor Edze

GRADE 3 & 4

Grade 3 learners are inquiring into how imagination extends our ability to think, create and express ourselves while grade 4 learners inquire into ways in which people discover and express their ideas, feelings, nature, culture beliefs and values.

Our Grade 3 and 4 learners are producing variety of solid and liquid foods which shall be exhibited and placed on sale. Proceeds from the sale will go into a charity act.



Learners in Grade 4 & 5 engaged in a collaborative discussion on foods they want to produce base on different ethnic groups.

These products will be advertised through a jingle created by the learners. These learners will also be sharing the impact the media has on the society through advertisement.



Learners in Grade 4 engaged in a dance rehearsal on the jingle created.

Students' Reflections



I like all the homeroom sessions in my unit. Music was fun because people were playing different instruments and I love my art session because it helped me get a lot of ideas about the unit.

Michal Annan



In this unit, I learnt how to use canvas in Art, I understood number patterns in Mathematics. I learnt how to be poetic and a good actress in drama and dance and I learnt how to sign faster in sign language. I also learnt elements of music that can be used to create a song.

Ashanti Tettey-Amlalo

GRADE 5

Learners in Grade 5 are treating the unit, “WHO WE ARE”, where they are inquiring into the nature of self-focusing on personal, physical, mental, social and spiritual health. They will be creating awareness on the significance of every part of the body. They also created a song, communicating all the body systems and their functions with a dance. As part of action, they will in collaboration with the whole school raise funds to support an accident victim.



Learners in Grade 5 rehearsing their unit song created on body systems.



Learners in Grade 5 responding to music through dance.



Students' Reflections

During this unit, we learnt about body systems and their functions. We learnt about the skeletal, endocrine, nervous systems. We have also been prepping on different ways to present what we have learnt.

We have also created a song on the unit. In Art, we have been working on designs for T-Shirts that are related to our body systems. All in all, we have been exploring the unknown and known things about body systems.

Caleb Owusu-Asare

GRADE 6

Our Grade 6 learners are inquiring into understanding different culture guides towards the evolution of our beliefs and values. Learners in Grade 6 are making different paintings to represent different cultures of the world.

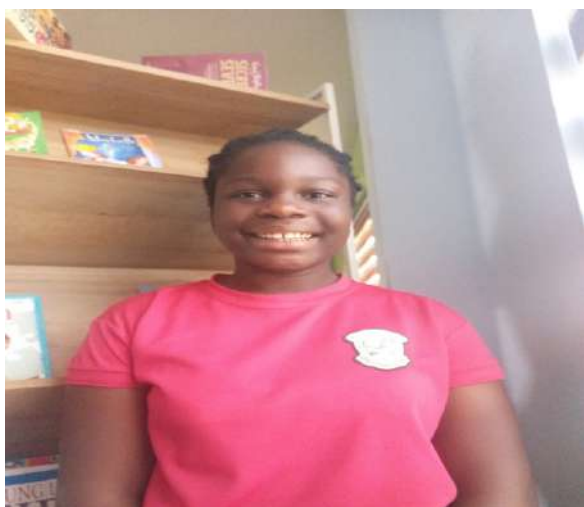


Learners in Grade 6 engaged in different paintings that represent different cultures of the world.

In music and dance, these learners have also studied the historical background of how dances evolved and were created from different ethnic groups in Ghana and the text in the music that accompany them. They also looked at the instrumental sources of the instruments used to accompany these dances and the group of family they belong to according to African classification of instruments. They look forward to sharing aspects of culture with the entire school community.



Learners in Grade 6 in a collaborative rehearsal session for their music and dance performance on “Bima Frafra”



Student’s Reflection

In this unit, we learnt about our culture. We also learnt about the different aspects of culture. We learnt that different people come from different cultures. In music, we learnt a song from the northern region on Bima dance. We learnt a dance for unit celebration and finally we learnt about deaf culture in Sign Language.

Nana Adjoe Addae





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



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Ten tips for acting with integrity

Always act with honesty and in a responsible and ethical manner—being conscious of the influence that you have on those around you can set a great example to others.



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

Don't try to gain an **unfair** advantage in coursework, mock examinations, or assessments by copying someone else's answers or using a mobile phone during an exam, for example.



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.

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



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

Take responsibility for your own actions and their consequences.



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

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



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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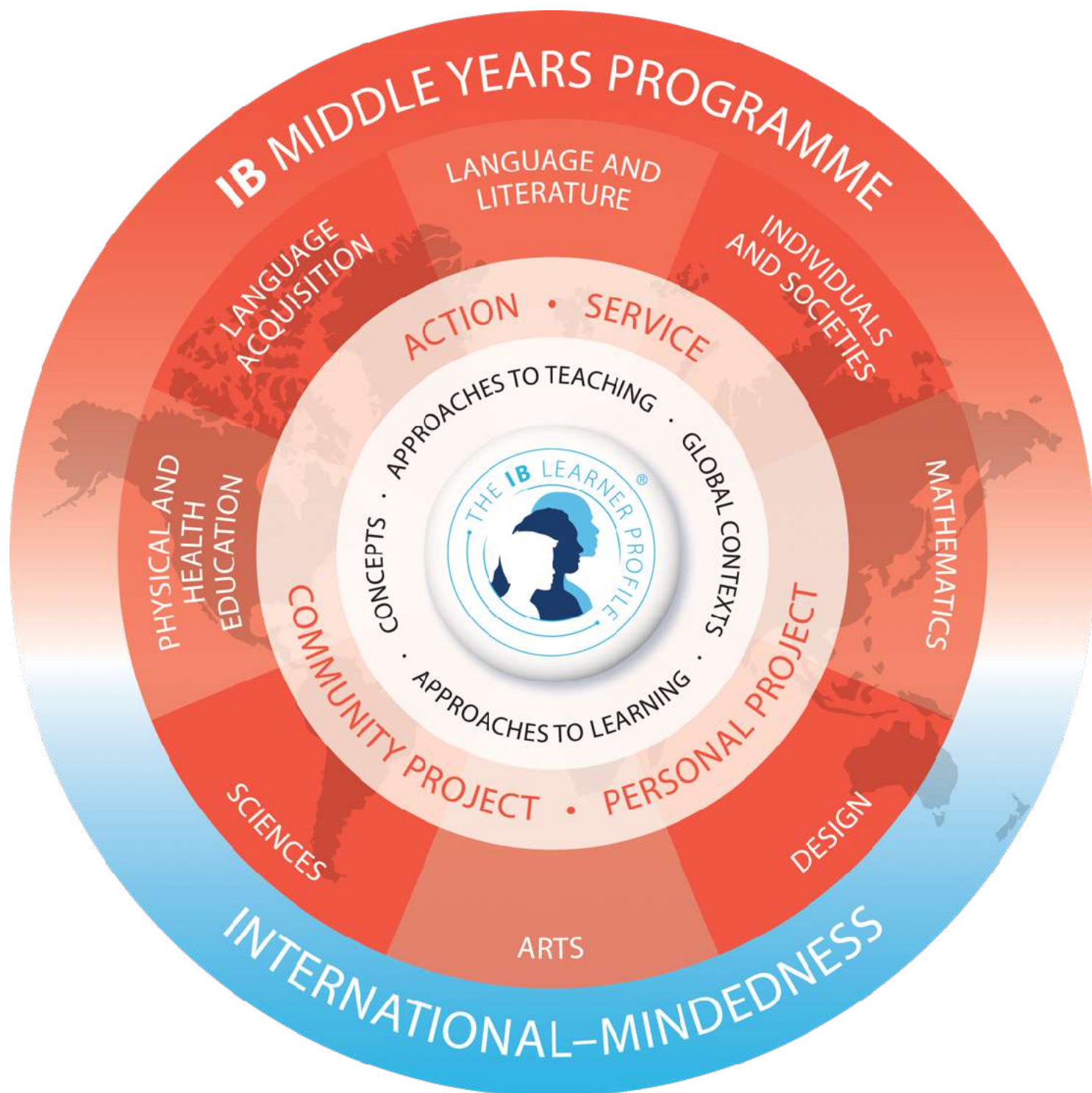
Be a content creator, not a content imitator.

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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Community Culture

Ideas, customs, attitudes and social behaviour.

Changing for a better world.

Tema International School (TIS) is a thriving and vibrant community which aims to be a good example of what a community should feel like and be like. As with all communities, members are of differing ages, they have varying responsibilities, there are leaders and there are those who keep things going behind the scenes. Communities have visions and hopes of a better life for their members. Communities have structures, rules, *cultures* and *environments* that are meant to move them towards realising their visions. Members of the working community are often sought out for their input into sustaining the development of the community in a changing world.

Communities do not exist in isolation; they deliberately or naturally connect with other communities which they believe will help them realise their visions. TIS is no different in this respect to other communities. TIS has a vision to make every student that joins us a world class citizen. We have a mission aimed at executing actions and behaviour that will allow us to reach our goal. We have naturally connected with communities (local and international) from which our student body and staff members come from and we have deliberately connected with the International Baccalaureate (IB) community to become part of a forward thinking learning community.

As a member of the IB community we are committed to IB culture. In that respect our culture is affected by the IB culture. The IB has updated its Programme Standards and Practices (PSPs 2020) which lay out its beliefs for bringing about a better (learning) community. The new PSPs bring a few changes that TIS is required to demonstrate in its commitment to being a member of the IB World. We document our commitment to this community in a range of ways which include our school policies because our policies drive our culture, shape our environment and ultimately our learning.

As the Middle Years Programme (MYP) goes through its first 5-year review by the IB, we as a school community are reviewing our current school policies to reflect our continued *commitment to the IB purpose, environment, culture and learning*. We are reaching out to all parents and guardians to join us by putting themselves forward to join us in the policy reviews. Our policies cover: ***Academic Integrity, Admissions, Assessment, Language, Learning Diversity and Inclusion.***

Please send a message to the Principal, Dr Ken Darvall, at principal@tis.edu.gh by **Friday, 9 December** stating your interest.

Have a say in our TIS culture!



TEMA INTERNATIONAL SCHOOL

WELCOME TO THE LEADERSHIP INCUBATOR



At TIS, we believe the four pillars for student balance and ensuing success - Academics, Service, Sport and Culture - provide a theoretical lens for inquiry, critical thinking, conceptual understanding in a real-world context, through action.

Across all four pillars, TIS prides itself on the opportunities and experiences that enable all graduates to develop and enhance leadership attributes and skills to make a difference and the world a better place. As leaders, we create our footprints to ensure authenticity.



EDUCATION FOR A BETTER WORLD

Student Leadership.

“Leadership and learning are indispensable to each other.” - President John F. Kennedy

2023 Council Executives Election Schedule		
1	Students’ Shadowing Begins Aspiring students get the opportunity <ul style="list-style-type: none"> - to assess themselves in the offices they intend to serve. - receive constructive feedback from colleagues and staff on the work done during this period. 	Monday (30.10.22)
2	Application Opens <ul style="list-style-type: none"> - Date is after EOS exams to help aspirants focus on their studies. - Aspirants get the opportunity to ask for clarification on any issues they might have on the process and also receive the necessary support from current Council Executives and staff. 	Wed. (30.11.22)
3	Application Closes <ul style="list-style-type: none"> - The date provides students the opportunity to use the whole vacation to reflect on their decision to run or otherwise. - It also provides students the opportunity to discuss with their parents/guardians their decision to run for positions. 	Monday (9.1.23)
4	Applicants Meeting Academic Benchmark Announced <ul style="list-style-type: none"> - Head of Council (minimum 36 points) - All other positions (minimum 33 points) *Management can change these benchmarks if deemed necessary*	Tuesday (10.1.23)
5	Vetting of Applicants Begins	Thursday (12.1.23)
6	Vetting of Applicants Ends	Friday (13.1.23)
7	Applicants Passing Vetting Announced	Monday (16.1.23)
8	Manifesto Reading	Friday (20.1.23)
9	Voting (8:30am – 4:00pm) Results Declaration (7:00pm)	Monday (23.1.23)
10	Thanksgiving Service and Student Leadership Induction Ceremony	Sunday (29.1.23)

TIS 2022/23 School Calendar

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
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September 2022						
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November 2022						
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December 2022						
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January 2023						
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February 2023						
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March 2023						
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

April 2023						
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May 2023						
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June 2023						
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July 2023						
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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		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

S/ 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) 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
30/11-3/12/22	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
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
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
22-26/5/23	G9 eAssessments
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



TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD

COUNSELLORS' CORNER



To all exam candidates, a job well done. Wishing you great success!!



Is January 2023 booked on your calendar? It's going to be another exciting alumni week to remember. As a school there is so much to be thankful for in the eyes of our students who touch their worlds in diverse fields. It's Alumni Home Coming!

Are you Ready?



WATCH THIS SPACE. DP2 BRAGGING RIGHTS, UNIVERSITY ADMISSIONS OFFERS AND MORE UPDATES COMING SOON!!!

The Weather is Set. Christmas is in the Air!! HO-HO-HO-HO



OH-YEEEEIIIIH!! In our last Guidance class with MYP 4 we were jubilant to see 'Father Christmas,' our dearest Principal, Dr. Ken.

With the spirit of love, consistency, integrity, intentionality about students' overall success, it's all the golden ticks from Dr. Ken. It is a great joy working with you Dr. Ken. There's always added knowledge and that personal touch for growth and development.

A Happy Restful Christmas to all of us.



Dearest DP2s, The Christmas Break is welcome here. A big thank you to students who click submit within the stipulated deadlines.

Students with in complete applications have an open window up until **7 December 2022**.

Do not miss this last opportunity because **we will be closed for Christmas break and unavailable**, hence we outlined clear timelines to ensure you all complete all university applications in November 2022.

Applying early increases your chances of being considered for priority scholarship opportunities ~ Sarah, Concordia University, Canada. Thank you!

TIS- UNBEATABLE DESTINATION FOR UNIVERSITY VISITS & MORE



Visit: Kadija Jetha BA. Recruitment Manager for Africa



We received a warm visit from Khadija Jetha, BA, the International Relations & Recruitment Coordinator & the Admissions Manager for Africa and Middle East (Univ. of Alberta, Canada). Students were engaged and curious to know more. Thank you, Madam Khadija. You geared the students up to THINK UNIVERSITY, PURPOSE AND BEYOND!!

Major Highlights From The Presentation:

- ✓ The University of Alberta is a busy place — 38,000 students across 18 faculties at five separate campus locations — four in Edmonton and one in Camrose — plus other unique locations across the province. Learn about each of the unique campuses that make up the fifth largest university in Canada.
- ✓ The promise @ Alberta You will be inspired, challenged, and filled with such knowledge and purpose that you are bound to achieve great things here.
<https://www.ualberta.ca/campus-life/index.html>
- ✓ University of Alberta offers more than 200 undergraduate programs. Find the one that's right for you, and begin your application process online. <https://www.ualberta.ca/admissions-programs/index.html>



For More information contact Khadija.

Tuition & Scholarships

<https://www.ualberta.ca/admissions/undergraduate/tuition-and-scholarships/index.html?>



Visit: Collins Enwemasor Int. Recruitment Manager



University of Ottawa, Canada visited TIS again. We were thrilled to have this informative session with Collins.

Major Highlights Gleaned from the Presentation:

- ✓ **Key Take Home:** All Students Applying To Canadian Universities Must Start The Visa Application Process Ahead Of Time To Avoid Disappointments And Delays!! Canada Has The Slowest Visa Application Process Among Other Countries!!
- ✓ We Want You On Our Campuses To Add That African Brilliance, Spice And Touch. Apply Early!!

Collins sandwiched with the Indefatigable University Guides in a Beautiful Caption.



- ✓ The University of Ottawa is the largest bilingual (English-French) university in the world. Located in the heart of Canada's capital, we have ready access to the great institutions of our country. <https://www2.uottawa.ca/about-us/>
- ✓ Having taken stock of our extraordinary growth, uOttawa looks to the future with confidence, ambition and vision, poised to complete our transformation into a great internationally-engaged university. <https://catalogue.uottawa.ca/en/>
- ✓ To find out more contact Collins on:



Scholarships and financial support

<https://www2.uottawa.ca/en/search>

Enjoy Reading Some Reflections from DP1 Students

"Today, we received a visit from Mr. Collins Enwemasor, an international recruitment manager of the University of Ottawa. I was excited to hear that a representative from uOttawa was visiting as it is one of my prospective universities. He started by giving us a layout of the city of Ottawa and the university's place in it. Ottawa has one of the highest qualities of life in Canada, yet the cost of living is lower than the national average. The university is in the top 1% of universities in the world and offers more than 550 programs across undergraduate to PhDs. The school also offers a range of both merit and need based scholarships based on admission percentages. He detailed their dining and residence facilities which are tailored towards inclusivity. His advice and information proved to be very persuasive and I look forward to learning more about uOttawa". ~Ethan Sunkwa Mills~

"The visit from Collins an international recruitment manager of the University of Ottawa was a very insightful one. I learnt so much information on the City and its inclusiveness as well as the many job and business opportunities awaiting me in the city. Companies like Tesla, HP, Apple, Meta all signing to work with students in their co-op program, who wouldn't want that?"

He talked about the diversity on campus and how as an international student they try their best to even make catering decisions so you do not miss your local foods as much. Possibly the thing that stood out to me the most was they promote bilingualism. Considering where the city is located, near the French city of Quebec, one is offered the opportunity to be taught in French. This helps in not only improving the language in students but also promotes other students into taking courses in the language". ~Nissi Arday~

"The session with Collins Enwemasor from University of Ottawa was a very insightful session. I learned about the multiple courses, scholarships they offer, their housing as well as their dining I discovered that the university was very inclusive hence the bilingualism offered. (French and English). I also discovered the multiple scholarships the university offers even sports which is rare in Canadian schools. The multiple scholarships aid as multiple volumes to reduce the high prices which aid in student fees. Overall, the university offers such wonderful opportunities and facilities to further enhance the educative and social life of the students that attend there". ~Paa Adubofour



Visit : William Hollis, International Relations Manager for Africa, Emma Tayou Liaison Officer for University of Nottingham UK



It was great having William Hollis, International Relations Manager for Africa, and Emma Tayou Liaison Officer for University of Nottingham visit TIS again. You can reach out to Will on william.hollis@nottingham.ac.uk

Major Highlights Gleaned from the Presentation

- ✓ At the University of Nottingham, we don't settle for ordinary.
- ✓ Our courses develop your skills and knowledge to help you become unstoppable in your career. That's why we are among the top five UK universities most targeted by graduate employers.
- ✓ Join a community of 47,000 students from over 150 countries who are already beginning to make a difference locally, nationally, and globally.
- ✓ Whoever you are, whatever you're into, find your people here at UoN. Click here for more information : <https://www.nottingham.ac.uk/studywithus/study-with-us.aspx><https://www.nottingham.ac.uk/search.aspx?q=scholarships>

Tuition & Scholarships

[us.aspxhttps://www.nottingham.ac.uk/search.aspx?q=scholarships](https://www.nottingham.ac.uk/search.aspx?q=scholarships)



Next Year's Summer holds A Lot of Opportunities for You to Enroll in Educational, Fun Summer Programmes. **Check out the list on Managebac and discover more summer opportunities.** Deadline for registering interest with University Guides- **Friday, 2nd December 2022.** Summer programme application forms and essays to be worked on over Christmas break and emailed to Counsellor for final check before deadline or first week of school resuming in January 2023.

AND MANY MORE!!! CHECK OUT COMPREHENSIVE LIST ON MANAGEBAC!

Find the list below and click on the links for more information:

YYAS 2023 Program Dates:

YYAS Online: 30 July- 5 August 2023

YYAS Zimbabwe: 11-18 August 2023

2023 Update

<https://africanscholars.yale.edu/overview>

<https://globalscholars.yale.edu/yygs-residential>

- **University of Miami Summer Programme**



<https://ssp.dcie.miami.edu/apply-now/international-applicants/index.html>

More information here: <https://ssp.dcie.miami.edu/program-information/academic-landing/index.html>

- **York University Summer Programme:**



2023 Educational Summer Camp (ESC) at York University in Toronto, Canada

- **An exciting three weeks' Summer Programme @ York University, Canada**
<https://yorkinternational.yorku.ca/summer-programs/>

- **Oxford Scholastica Summer Programme**





<https://www.oxfordscholastica.com/summer-courses/>

To Learn More, Visit: <https://www.oxfordscholastica.com/about-us/>

Savannah College of Art And Design (SCAD), USA Summer Programmes



<https://www.scad.edu/academics/pre-college-programs/scad-summer-seminars>

RISE SPECIAL SCHOLARSHIP OPPORTUNITY!

<https://www.risefortheworld.org/>

A screenshot of the RISE website homepage. The header includes the RISE logo, the text "An initiative of Schmidt Futures and the Rhodes Trust", and navigation links: "Apply to Rise", "Global Winners", "News", "Events", "About Rise", and "Contact Us". The main content area features a large video player with a woman's face and the text "THIS IS WHAT BRILLIANT LOOKS LIKE". Below the video, there is a description of the RISE program and a yellow "APPLY NOW" button. The footer includes logos for Schmidt Futures and Rhodes Trust.




SAT 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
3 Dec., 2022	14 Oct., 2022
11 March 2023 (Digital)**	3 Feb., 2023
6 May, 2023 (Digital)**	31 March, 2023

SAT 3 December is this Saturday. All students should submit their passports and Ghana Card to Aunty Portia.



- ✓ 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): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only :Credit Card)
- ✓ (TIS Test Centre Code: 870390, but inform counsellor first).



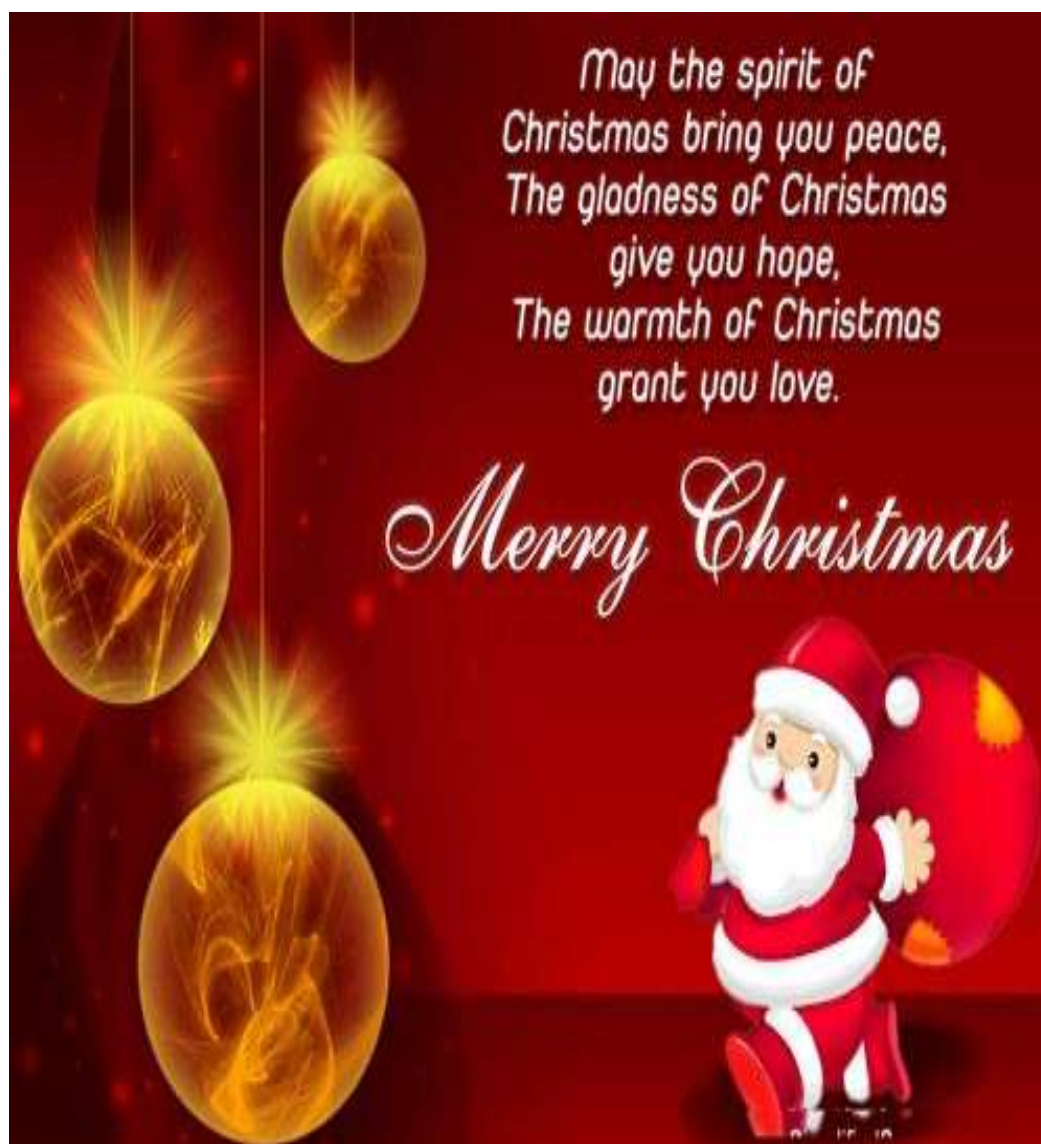
✓

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
10 Dec., 2022	21 Oct., 2022
15 April, 2023	24 Feb., 2023
10 June, 2023	21, April 2023





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

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.

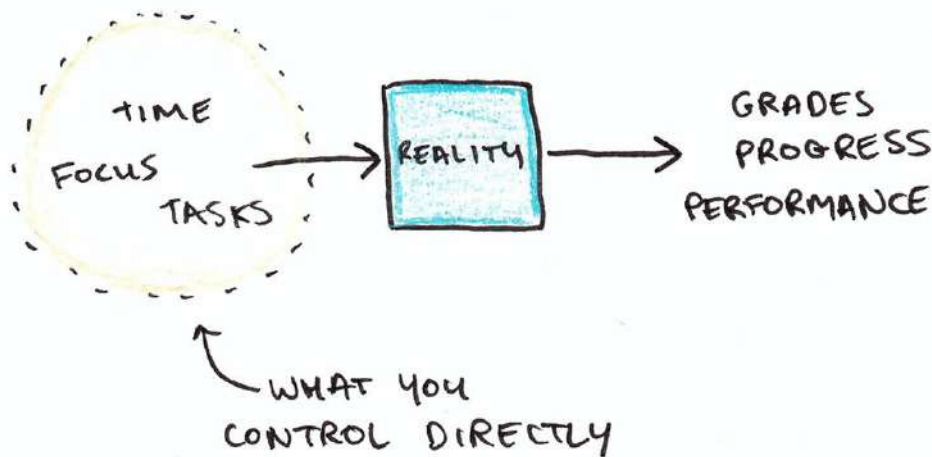


One strategy is to have a clean separation between the hours you're studying and the hours you are not. At peak intensity during the MIT Challenge, for instance, I put in about twelve hours per day. Even so, I always finished by 7 pm, and I never studied on the weekend.

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.

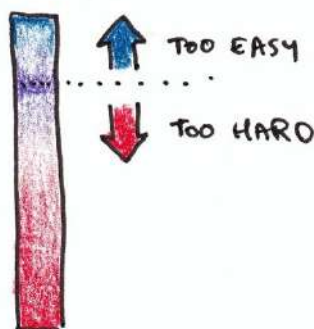
However, for many, studying isn't just effortful. It's painful. They become paralysed by anxiety about failing their test. They feel frustrated by the material or just plain bored.



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

CASSA Corner

DoEIA Expedition Camp is on – Let the pictures do the talk



CASSA Corner
DoEIA Expedition Camp is on – Let the pictures do the talk



TIS 20th Anniversary Production???

Every year, the management, staff and students of Tema International School commit to serving the TIS community with eye-catching performances.

As we look ahead to our **20th anniversary celebrations**, we will want to solicit views from patrons to reflect on past productions and help us in choosing an anniversary production that will inspire us all in such an important milestone.

We humbly ask that you make time to fill out this online form in that regard.

<https://forms.gle/cwyhos58M4b1vrZt7>

Tell us about the plays you have seen, which one was your favorite and why, also choose a play that you would like to see staged by TIS students.

Thank you.



CAS Project – My Skin is Beautiful too!

Learning Outcomes: Strengths and Growth, Challenges and Skills, Initiative and Planning, Commitment and Perseverance, Collaborating, Issues of Global Significance, Ethical Choices.

CAS Strands: Creativity & Service.

Sustainable Development Goals: #3 Good Health and Wellbeing, #10 Reduce Inequalities.



Hello, have you ever woken up wishing you were lighter skinned? That was me for a long period of time. Hello, my name is Mercedes Armah and I stand against colourism. Growing up I was being told jokes about how I was too dark. It caused great damage to my mental health because I started to hate myself. I did more research and discovered colourism; **discrimination based on skin colour or shade**. I realized in Ghana that colourism against darker skinned people is very predominant and is becoming normalised. This has caused many to lose self-confidence which has led to bleaching of skin. Loss of self-confidence can lead to a state of depression and self-hate while bleaching increases chances of developing skin cancer, light sensitivity and kidney failure.

Our CAS Project, **My Skin is beautiful too!** aims to raise awareness of colourism through photography. We hope to portray

the beauty of every skin type, even those with hyperpigmentation just to make people feel comfortable in their skin. A portfolio of my work will be exhibited during Expression 2023. My fellow collaborators, **Akua Osaka- Buabeng, Fadila Abdoulzakou and Tiffeney Nyarko** will be working together to achieve our goal.

As part of the **investigation** process, we visited the **Rabito Clinic** to meet with Ms Karen Hendrickson, the CEO, and one of their Dermatologists, **Dr. Richard Baidoo**, to know more of the topic and how they deal with colourism at **Rabito**.

CAS Project – My Skin is Beautiful too!



Never would we have thought that there would be so much history flowing throughout the foundation of colourism. **Mercedes, Fadila and I** were able to gain so much new knowledge about the history of the stigma surrounding colourism especially how bad it was during the Victorian era both in the UK and in Portugal with the women especially using chemicals, such as mercury, to make themselves white as it was deemed attractive back then. And this is even proven further in the photos that were taken during the Victorian era of the kings and queens. Even in colonial times slave masters told their wives to stay inside so that they wouldn't become as black as the slaves. All this new knowledge was shared by Mr Karen Hendrickson who was so lovely to us the whole time. She genuinely showed a lot of passion when talking about the subject of colourism.

After we met the CEO, Ms Karen Hendrickson, we met Dr. Richmond Baidoo. He was actually very nice, open and he gave off such a very welcoming attitude. This was especially calming because I went there feeling really nervous but as soon as we got there, he welcomed us with a nice smile and that calmed my nervousness. After we settled down, we asked him a lot of questions and he answered with a lot of patience, plus he gave us very insightful information about skin diseases. We also learnt that we should be careful of the things that we use on our body because it can harm our skin. I learnt that I am blessed to be black and the melanin I have protects me, although that doesn't mean I shouldn't still use sunscreen because the sun still affects my skin. Going to Rabito has been such an insightful, nice and educational experience.

Overall, visiting Rabito gave us an idea of what our **CAS Project** will be like. We are very grateful to Ms Karen Hendrickson and her team for giving us the chance to investigate and get the needed information to guide us on how to approach the topic in a way that is insightful and meaningful to others. She is truly passionate about colourism and gave us great insight to the topic of colourism. She also gave us the opportunity to exhibit some of our pictures on the walls at Rabito after our main exhibition on campus during Expression Day. She also shared with us a video on the effects of bleaching by one of the **Naa Prof. Delle's the Founder of Rabito Clinic**. All this will help greatly in our **CAS process**.

On that note, we urge students, staff and our parents to join us on this journey, support raise awareness on colourism, because too many people are becoming oblivious to colourism and its effects. Let's be mindful and acknowledge the beauty in all skin colours. We are also looking for volunteers to pose for the Colourism Photoshoot. More details will be shared on ManageBac and Bulletin.





TEMA
INTERNATIONAL
SCHOOL



**HOPE
+ ACTION
+ INSPIRATION = MAKING THE
WORLD A BETTER
PLACE**

ONE STEP AT A TIME
As IB learners, we all hope to make the world a better place.
As a result of our actions, we provide the inspiration for others to do the same.
Hope + Action + Inspiration = Making The World A Better Place
Hope requires action that creates inspiration.
One step at a time.
Making The World A Better Place.

Dr Ken Darvall
Principal



 Festival of Hope

I'm in





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 Project – 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 realize 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>



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



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 [short video](#), and win an all-expenses paid trip for your whole team to present your CAS Project Challenge at one of our [Global Student Conferences](#) in Boston, Edinburgh or Singapore. Watch the video below, and follow the process to get started and make that change!
https://www.youtube.com/watch?v=6L5HtonV7rY&feature=emb_imp_woyt

• 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 [5 Stages of CAS](#), 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

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!

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



CAS Project – We need your HELP



The Rhythm & Blues CAS Project Needs Your Help to Donate Musical Equipment to the Chosen Rehab Center - Achimota, Accra.

We are grade 12 students of Tema International School and the initiators of the CAS project, **Rhythm and Blues-Annalisa Boahen, Karen Apietu & Kimi Otuo-Acheampong.**

Our goal is to donate a semi-acoustic guitar and other musical equipment to support the music studio at the **Chosen Rehab Center.**

They are a **non-profit organization** that

provides free boarding facilities to rehabilitate **drug addicts, alcoholics, and homeless children.** They have outreach programs where they go to slums, hospitals, and prisons three times a week to cater for all those that need help. They have three centres, but the one on Tetteh Okuley Ave, Rd includes a music studio that they built to provide patients with lasting skills that they may utilise once they leave rehabilitation. They have a couple of pianos, one music production equipment, and one semi-acoustic guitar. As a result, we have collaborated with them to create a more suitable skill-learning environment for the individuals who live there.

Our project aims to tackle the UN Sustainable Development Goal 4/Quality education and 8/Decent work and economic growth. With your support, we will not only be able to achieve our goals, but others will be able to fulfil their dreams.

Click on the link and **DONATE NOW** <https://makewe.help/9ag6pct>

No amount is too little or too small.



CAS Project - We need your HELP



BC-WeCare is a CAS initiative by Serwah Dabo, Eugene Cobinnah, Kabukuor Ceasar, Katari Alhassan, Afua Osei Boakye and Veronica Arthur (G11). We are a group of students in the Diploma Program at Tema International School who are passionate about spreading awareness on breast cancer.

For the past month, we have been writing articles about the disease and educating our school community about the importance of spreading awareness to encourage people to screen early, as we know, **#EARLYDETECTIONSAVESLIVES**. In addition, we are extending this campaign outside of our walls to buy **breast prostheses** for women in Ghana who have undergone **amastectomy** and cannot afford to reconstruct. We are collaborating with **Pink for Africa, a Breast Cancer Foundation** on this cause. <https://www.pinkforafrica.org/>


Currently, a single (quality) breast prosthesis costs \$250. We aim to raise **GHC 25,000 (Twenty Five Thousand Ghana Cedis)** to buy about 6 single breast prostheses (3 pairs). To Support our cause, we would need your donations to reach our goal. Nothing is too small, any amount would be appreciated. We are most grateful.

DONATE NOW, please click on the link below. <https://makewe.help/qkgw4ry>




Dukies Corner

YOUR COMPLETE ONLINE RECORD BOOK.



English (United States) ▼



Login

Email

Required field

Password

Required field

[Forgot your password?](#)

Log in

Not Registered?

Register a new account as:

☐ Award Participant

☐ Award Leader

☐ Award Center

Register

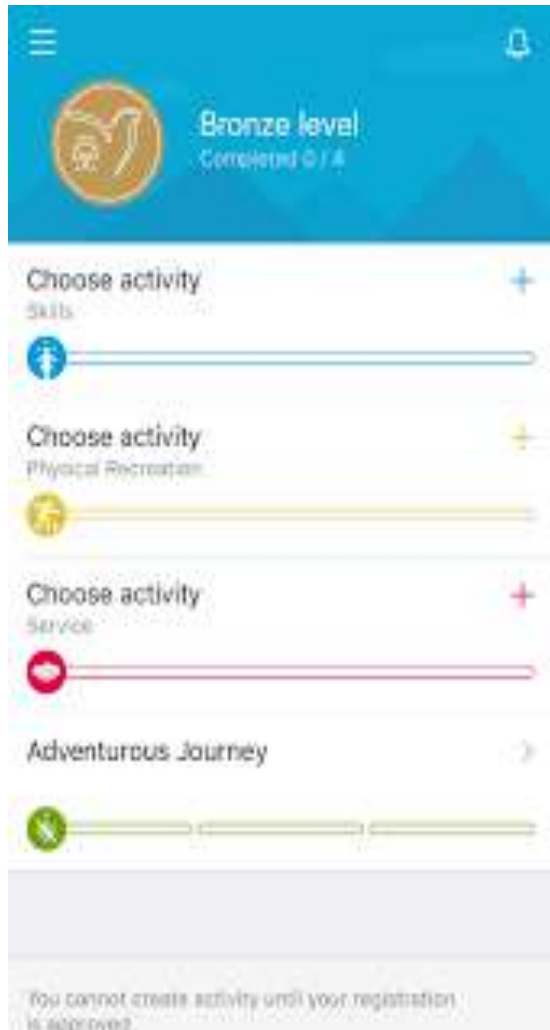
Complete your Duke of Edinburgh's International Award Online Record Book, if you enrolled as a Bronze participant 6 months ago you should be completing your online record book requirements now and ready to sign up for the next award level. Silver participants who enrolled 12 months ago should complete and sign up for the next award level.

All gold participants who enrolled 18 months or a year ago should complete all requirements on the Online Record book to receive the Award in December. Make the after-school activities, CAS projects, Personal Projects and Service as Action count. Participants who fail to complete the Online Record Book requirements will be denied their award. See the DoEIA Coordinator at the Project Centre for any assistance.

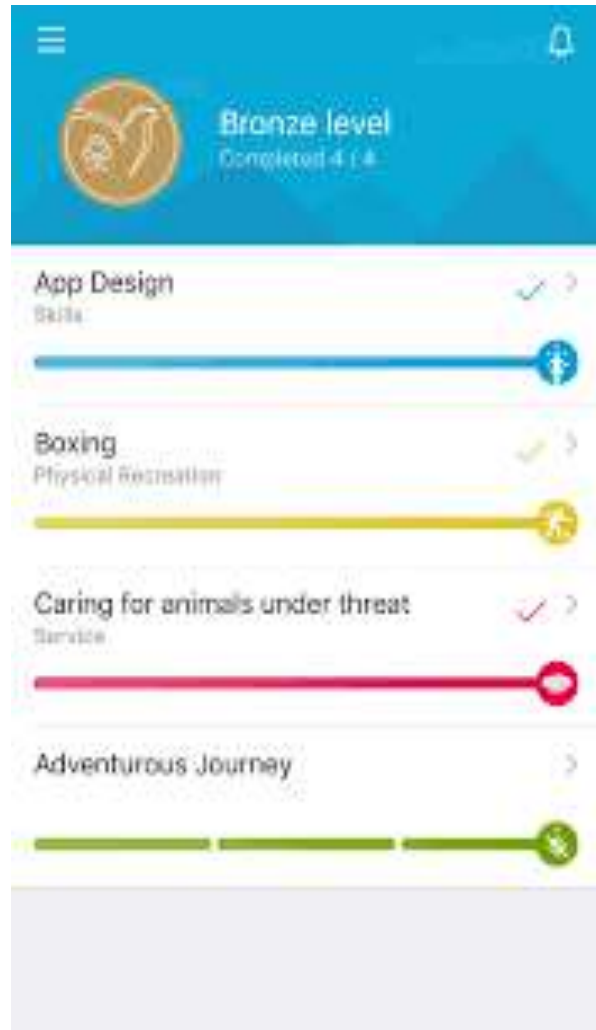


Dukies Corner - MOVE YOUR ORB FROM

HT STATE



TO THIS





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

13 EFFECTIVE STUDY STRATEGIES TO HELP STUDENTS LEARN

Strategies for Avoiding Distractions

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

Why We Procrastinate & How to Fight it

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

How to Know When to Stop Studying

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

Source;

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

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

ReachOut

Checklist for DISTURBING CONTENT

Work out whether the content is right for your child.

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



Read up on the issues it explores.

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



Stay up to date with pop culture.

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



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

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



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

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



Encourage them to practice self-care.

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



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



Let them know where to go for help.

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





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.

WHY PEOPLE GIVE UP



expect fast results



stop believing
in themselves



get stuck
in the past



dwell on
mistakes



fear the future



resist change



give up their power



believe in
their weaknesses



feel
the world owes
them something



fear failure
more than
desire success



never visualize
what is possible



feel they have
something to lose



overwork



assume their
problems are unique

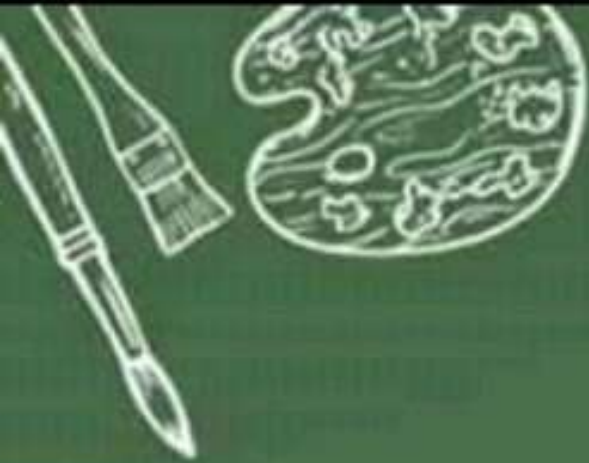


see failure
as the signal
to turn back



feel sorry for
themselves

by Anna Vital



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



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.”**



