

TIS RECORD

P: +233 303305134 | E: info@tis.edu.gh | W: www.tis.edu.gh

At TIS,

.....
we believe proof of evidence is important and required to demonstrate commitment.

Contents

-
- PYP News: Page 9
 - CASSA Corner: Page 30
 - Guide Post: Page 65

Key Dates

-
- 9/1/23: Secondary students return to hostels.
 - 10/1/23: All classes commence for second semester.
 - 10-15/1/23: Alumni Week
 - 23/1/23: SC elections

Thought for the Week

.....
To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour.

- Sir Winston Churchill



Thank You

This semester was certainly more enjoyable without the tedious (but important) COVID restrictions from the past couple of years. Once again, I thank every member of the TIS Family for ensuring no COVID cases were recorded during this time. I also very much appreciate parents, students and staff who wore masks when they felt unwell. Thank you.

It has been a tough time for all with the high cost of living impacting on everyone. You know my Christmas wish, so that we can all breathe a sigh of relief in 2023.

I take this opportunity to thank our TIS Family - students, their parents and our staff - for their continuing efforts and support in these difficult times. Thank you for enabling us to continue what we do best in creating opportunities and experiences for each



"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

- Primary School Campus students, parents and staff for their end of unit celebrations on 7/12/22
- Sika Tay, Sefakor Edze, Michal Annan, Ashanti-Tetty-Amlalo, Caleb Owusu-Asare and Nana Adjoin Addae for their reflections on their celebrations.
- Ethan Sunkwa-Mills, Nissi Arday and Kwadwo Adubofour for their reflections on a recent university info session at TIS.
- Akua Osafo-Buabeng, Fadila Abdoulzakou and Tiffeney Nyarko for their CAS Project.
- Karen Magna Quarshie, Ramatu Ibrahim, Madame Ama Osier and Phoebe Osier for their CAS project.

student that will benefit them greatly when they seek university admission at the end of Grade 12.

I wish every member of the TIS Family a happy and holy Christmas. I hope the new year brings happiness, health and good fortune. Please enjoy this special time of year with your family and friends.

Second Semester

Next semester commences on Tuesday, 10 January.

Secondary students must return to hostels on Monday, 9 January, by 5.00pm.

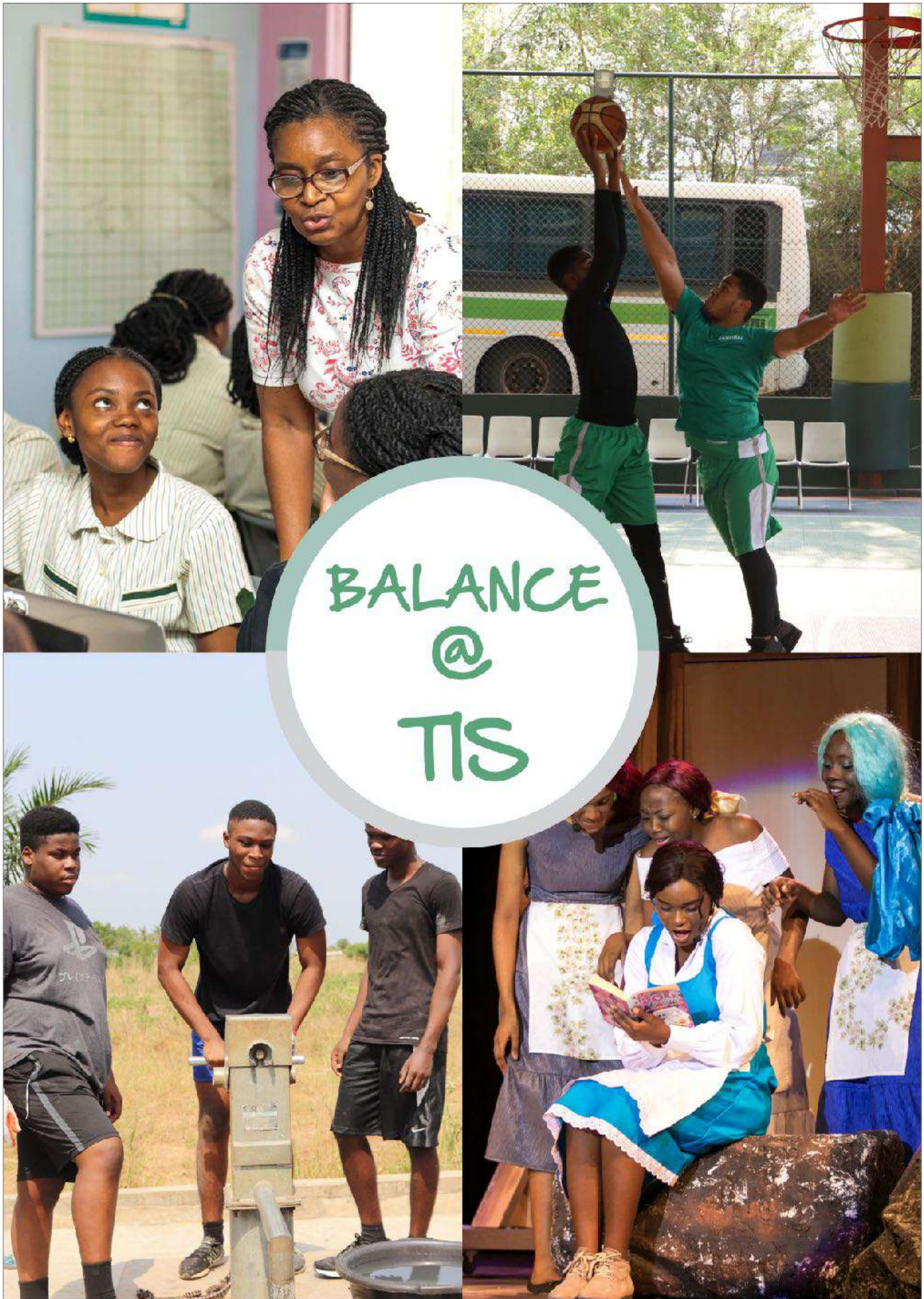
A reminder that first semester fees must be cleared for students to return on 10 January.

Unfortunately, there were a lot of late exeat requests that should not have been the case in the past 48 hours. Please note key dates for second semester and appreciate that there will be no exeats granted in the final week before a semester break. Any appointments during this period will need to be rescheduled.

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)





TIS 2022/23 School Calendar

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

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

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

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

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

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

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

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









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

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

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

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

COLOUR KEY

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

Public Holidays

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

S1 Internal Dates: Main Campus

1/8/22	2022 MYP Results Released; 2021 MYP Enquiries Upon Results Open
1/8/22	Senior management staff resume
8/8/22	Teachers resume; review of school policies
15/8/22	Student Council executive return
17/8/22	Newbies arrive
21/8/22	Continuing students resume
22/8/22	Secondary School classes commence; G9 Subject Selection
27/8/22	SAT; TIS Junior Soccer Championships
28/8/22	School Performance auditions
3/9/22	Health Walk (6.00am)
4/9/22	Thanksgiving Service (11.00am: Students only)
9/9/22	TIS Senior Soccer Championships
10/9/22	ACT
17/9/22	TIS Handball Championships
21/9/22	Family Sporty Day
23/9/22	G12 TOK Exhibition; PP Criterion B draft due
24/9/22	TIS Volleyball Championships
1/10/22	SAT
3/10/22	TIS Founders' Day: Main Campus admissions open for 2023/2024
7/10/22	Inter-Colour Language Comp
8/10/22	Inter-Hostel Sports Carnival (9.00am-1.00pm)
9/10/22	Founders' Day Thanksgiving Service (11.00am)
15/10/22	PSAT
17-21/10/22	Mid-semester break
22/10/22	ACT
25/10/22	G12 EE Café
26/10/22	Special assembly: Ms Juls Mills Lutterodts (Surviving Breast Cancer) 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

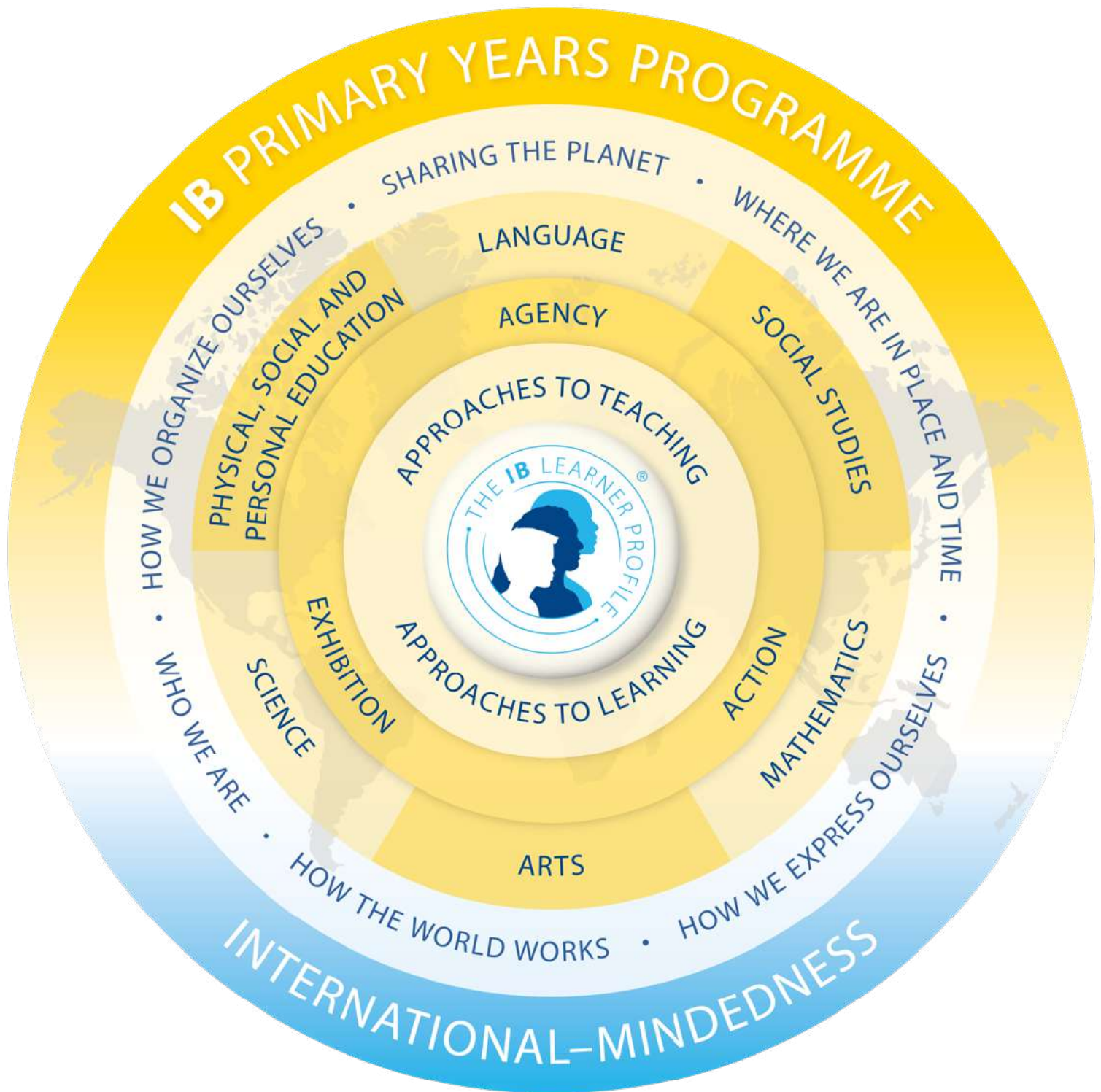
5-6/1/23	Staff training days
10/1/23	Second semester commences
17/2/23	End of UOI #4 Celebrations
24/2/23	Mother Tongue Day
24/3/23	End of UOI #5 Celebrations
24/3/23	Additional Languages Day Activity
1/4/23	Primary School Campus admissions open for 2022/2023
3-14/4/23	Mid-semester break
21/4/23	Book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

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



TIS Primary School in Pictures

TIS Primary School is a happy school; the best place to be! The beaming faces of the learners and the warm and welcoming community attest to the fact that we are a family of happy and thriving learners. Our inquiry-based approach to learning equips learners with the skills to solve real-life problems by taking action. They take ownership of their learning and exude confidence in their interactions.

Diversity is encouraged and appreciated. We could welcome you with "*Bonjour*" or "*Ni hao*" when you come for a visit. The IB learner profile attributes are a core essential of our school's culture where learners are inquirers, caring, communicators, principled, risk takers, balanced, thinkers, reflective, knowledgeable and open-minded. Peruse the summary of our current semester in retrospect.

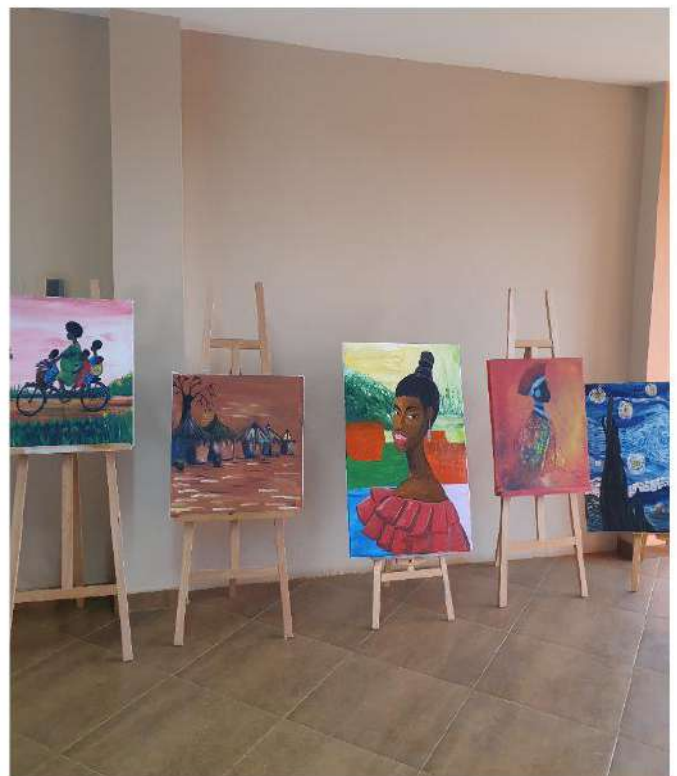
You are welcome! Enchanté, vous êtes les bienvenus!

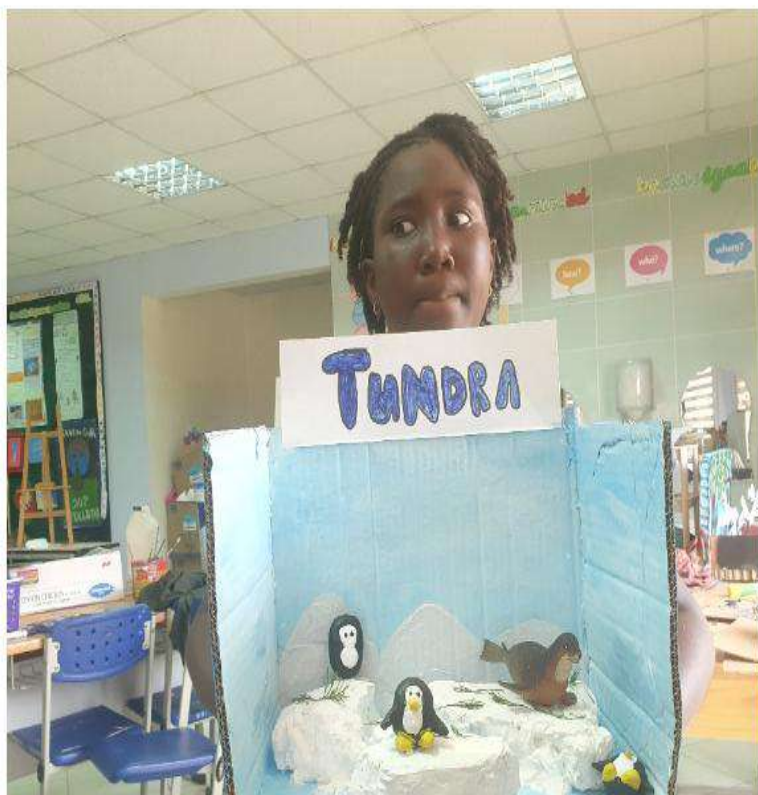


Every student in TIS Primary School loves learning due to the interactive and flexible learning spaces which allow for continuous collaboration.



Arts in TIS Primary School are a reflection of students' learning and understanding of concepts across disciplines. You will find that learning is displayed through symbols, painting, dance and drama. The learning happening here impacts student creativity and imagination which translate into finished works of art.







Students engaging in cooking activities



Storytelling and drama time - Folktale



Aerobic Session - Enrichment



Learners engaging in cultural performance



Art and Food Sales

Students' Reflections for the Semester



Maame Akua Adusei-Grade 6

This semester has been great! I'm sad it's ending though but I'm not worried because I'll come back again. I'm going to miss the fun learning, activities, my friends, the laughter, and not forgetting my art lessons. I enjoyed the company of my teachers as well.



Ethan Aboagye- Kinder 1

I liked sign language and enjoyed learning French with Miss Ruth. It was great playing with my friends at the playground.



Reginald Danquah- Grade 4

It has been a fun experience this semester. I learnt a lot and engaged in many interesting activities. I remember the quick multiplication quiz which made me think fast but give the correct answers. We went for a trip to the Legon Archeology Museum, James and Asher fort. Although I was a bit scared, I got to learn about Ghana's history.



Lucille Annan- Kinder 2

I enjoyed learning this semester. The Stick and stone story about friendship was great. I learnt to be a good friend.



I learnt more about games. I can identify the items I need to play basketball. They are a basketball, shoes and a hoop. I also learnt about different feelings and emotions.

Liam Mainoo- Kinder 2



Emmanuel Osroagbo- Grade 5

This semester has been fun. I learnt new words in Mandarin, French and sign language. I learnt about the body systems and how they function. I loved playing hockey this semester.



Hilda Carboo- Grade 1

It has been a nice experience because it is a happy school. I was proud to be part of the donation drive. I enjoyed reading in the library corner and on Epic!





Durowaa Okoampah, Grade 3

I enjoyed going to the school kitchen to prepare snacks to raise money for our charity drive. During the unit celebration, I played the role of a trader, we sang and danced and I loved it.



Heaven Mefful- Grade 2



I enjoyed my stay in Grade 2 because I learnt a lot of interesting things. We learnt about different types of arts in our unit, "How we express ourselves", such as drama, dance and Ghanaian languages. My proudest moment was being able to write a play script for a drama.

Ilyanna Brown- Glover- Kinder 3

I had fun and learnt new things this semester. I learnt about different views, perspectives and relationships. I learnt how to add, subtract and compare numbers. I made new words from keywords in the unit. I also discovered and played new games like checkers, chess, pilolo and hide and seek with my friends.



TIS Primary School is ever grateful to our wonderful school community. It's been a great semester and we are looking forward to an even better semester come next year. Best wishes for 2023.





TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD



Tema International School



MAIN CAMPUS

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

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

- 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).

TIS ADMISSION PROCESS

KEY QUESTIONS

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

DUE DILIGENCE

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

APPLICATION

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

BOOK A TOUR OF TIS

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

TEST AND INTERVIEW

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

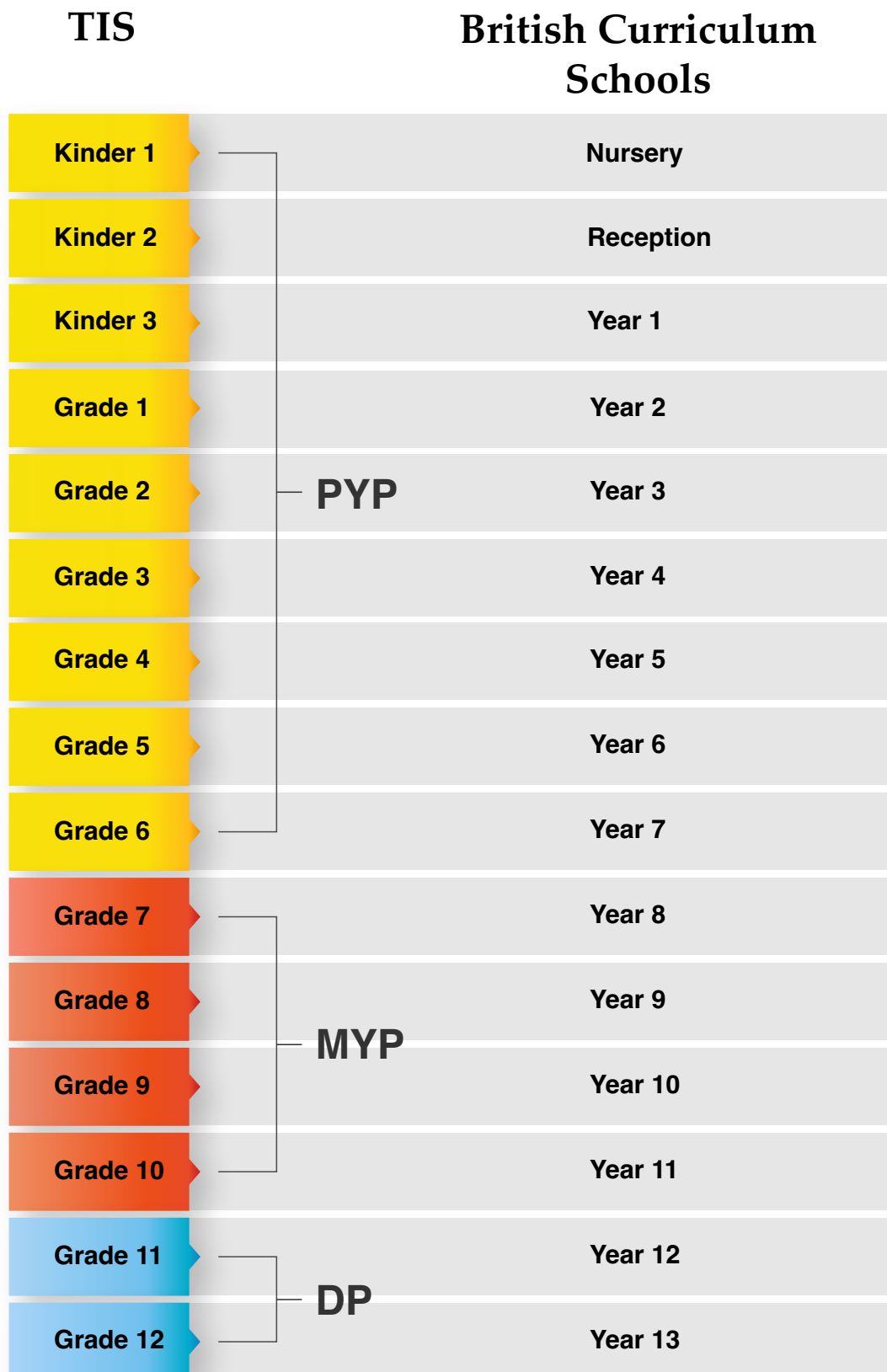
APPLICATION DECISION

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

NEED HELP OR IF YOU HAVE MORE QUESTIONS

- ✓ Please email: admissions@tis.edu.gh
- ✓ Please call: +233 303 305134
+233 24 963 7762

TIS Admissions Grade Chart



CASSA Corner

Community Project Updates

As stated in the previous Bulletins, the Grade 8 Community Projects have taken off and each Bulletin will highlight the progress of the various projects.

Fingers and Gestures

This project is initiated by Vania Stephens and Amaris Osei-Agyemang. The goal of this community project is to raise awareness of the deaf community by creating/organising a small-scale club at TIS in collaboration with Calvary Presby students to learn sign language. Supervised by Miss Diane Asante, the team will host about 8 students in our garden every Friday and engage them in activities geared towards sign language.



The deaf community is a group of persons that were either involved in an accident that caused them to lose their hearing or people that were born hearing-impaired. Some deaf people who were in an accident can speak and write well. Some others do not because their hearing loss prevented them from learning spoken language. Deafness usually has little effect on the vocal cords and very few deaf people are truly mute.

Sign language was adapted in communities so that it could be performed and they could communicate with hearing-impaired people. The most adapted sign language is the ASL (American sign language) But other countries have made their own sign language so that they can speak their own language.

To advocate towards Open and International Mindedness, the purpose is to create awareness about the deaf community through the Sign Language Club.





Operation Re-play Fundraiser



As part of our Community Project and CAS (Creativity, Activity, Service) requirements at TIS, we have initiated Operation Re-play - **Bruhan-Deen Hussein, Lois Entsua-Mensah, Chidubem Akunyili (Grade 8) and Maa Abena Afriyie, Annette Ajavon (G11)**. We believe play is a predominant part of every growing child, so in collaboration with **Empower Playground Ghana (NGO)**, our goal is to refurbish the playground, we would also add the Monkey Bars and Swing play tools in addition to the existing ones. To fulfill our

plan, we need to raise GHC 28.000 (Twenty Eight Thousand Ghana Cedis).

With your support, we can make a positive impact at the **Tetteh Ocloo School of the Deaf**. Our project is connected to the **UN Sustainable Development Goals** - No 3/ Good Health and Well-Being and No 9/Industry Innovation and Infrastructure.

Thank you for your Support.

Donate NOW – You can dial *920*78# and choose Operation Re Play project or visit the link and pay via Momo, debit or credit card <https://makewe.help/3rvtnwk>

Christmas Service as Action Ideas



It that time of the year again. Where we all come together with friends, family and loved ones to make merry and celebrate the coming year. It is also a time of giving, sharing, and remembering people in need, thus an opportunity to engage in a service experience. Below are a few ideas to guide you to take authentic actions this festive season.

Plastic Bottle Christmas Tree: You can do this at home or volunteer with *Mckingtorch Creatives* a social enterprise/NGO that advocates for plastic eradication. Check out DIY videos and help your parents save money this year by creating your own Christmas tree by recycling plastic bottles. Furthermore, contact **Makafui 0243548478** at *Mckingtorch Creatives* to volunteer with a team of people from the University of Ghana – Legon to mount or install Plastic Christmas trees all over the city of Accra. You will meet new people and have lots of fun. Make sure you ask permission from your parents and guardians.

Christmas Donation (Clothes & Shoes): As the New Year beckons, you may be planning to begin 2023 with a new wardrobe. Have you thought about what you will do with your old one? Donate your old clothes and shoes in good condition to an orphanage, special needs centres and street children. Know that when you let go, new things come and there is a lot of comfort associated with decluttering. This gesture will put a smile on a child's face and that feeling is fulfilling.



Christmas Donation (Non-Perishables and Snacks): Following the previous idea, you can organise as a group and gather *bags of rice, oil, tin fish, tin tomatoes, Milo, Nido, bottles or sachets of water, biscuits*, drinks and donate it to an orphanage or special need centres. It will be a good way to share all the goodies you will be receiving this Christmas. Make sure that Mummy and Daddy are fully on board before you activate this idea.

Christmas Party with the Needy: There are a varied of NGOs and Centres available at your disposal. Go to files on MB and download the file titled "TIS Service Partnerships", as it contains contact persons and locations of the various organisations we work with. Make a contact and come together as a group and organize a party for any organization of your choice. It is a fun way to touch lives.

Collaborate with NGOs: Following the previous point, reach out to any of the organizations and collaborate with them to take action based on their mission and mandate. e.g., Hope Setters Autism Centre supports children living with autism and creates awareness about Autism and you can volunteer to spend a day at the centre to experience the children.

If you have any ideas, you can always run it by Ms. Grace or Mama Su via email. Note that you are capable to plan and take action on your own with the support of your parents. Have a jolly good Christmas, rejuvenate, relax and share. See you in 2023.

The Helix CAS Project Renovate the Anyako Health Centre



Initiators and Collaborators:

Jefferson Agbesi, Thomas Awumee, Jeremiah Dzokoto-Gligui, Micheal Kaleem, Nuku Dzakuma and Ryan Addo.

Helix is a CAS project that aimed at renovating the Health Centre in Anyako, Volta Region. In order to enhance the centre's functionality and operations in offering quality medical care to the locals in the Anyako community, we started our journey in April 2022 while in Grade 11/DP1. So far, a sum of **GHC 38.000** has been raised

mainly from donations and fundraisers by sending out letters to the general public, going door to door in various settlements in Tema, Kaneshie, Spintex and East Legon and approaching friends and families.

Part of the donations came to use on 2 December, when the group embarked on a trip to purchase the necessary products (ACs, waiting chairs, executive table, examination bed, a fridge and window blinds) needed for the renovations, from various electronic and furniture stores. such as Hisense, Melcom, Kingdom Books and Samsung. This same trip led us to the office of the **Paramount Chief of Anyako, Togbi Tenge Dzokoto Gligui VII** where we engaged in a very productive meeting starting with a brief introduction into the project, a discussion on both the progress and way forward of the project and a discussion on the role teenagers like us play in building a stronger and more equal society and by the end of this meeting, Togbi agreed to donate a sum of GH¢ 5,000 along with a GH¢ 5,000 contribution by the royal family, a contribution by his company of 20+ plastic chairs, 10+ wash basins and buckets for the maternity ward. He also agreed to help build a borehole for water beside the health centre to provide a clean, safe and a reliable source of water for the health centre and community.

We left our school campus early on Thursday, 8 December, with great anticipation to the commissioning of our project. Togbi organized a ceremony at the Anyakor Health Centre where 10 divisional chiefs, the MP for Keta, the Regional Health Secretary, the MCE, and locals were present to officially present our project and launch the newly renovated health centre to the community. What a joy it was to see all that we aimed and worked for come to pass.

We are very grateful to our CAS Coordinator, Mama Su, our CAS supervisor, Mr Tay, the CASSA team, our parents, the school management and our family and friends for the immense support. The health centre is well equipped to serve the community. We left Anyakor certain that we have done our little bit to bring positive change to a community dear to us. We will share our reflections in the next Bulletin. For today, we are just so humble and grateful.



CAS Project – Ignite



Hello, everyone! *Nana Yaa, Maame Serwah, Maadjoa and Ewuradjoa* present to you our CAS project titled, “**Ignite**”. Our growing concern for Public Ghanaian schools, especially local and government schools that do not promote the balance a child needs for mental growth, has led us to initiate this project. According to Terry Heick, what every student needs are, but not limited to: inspiring models, learning

strategies, play, reading, writing, and approval that is not always contingent on success, as well as creative spaces and tools.

Our learning outcomes are: “Identify own strengths and develop areas for growth, demonstrate that challenges have been undertaken, developing new skills in the process and demonstrate the skills and recognize the benefits of working collaboratively”. Our SDG goals include: SDG 3: “Ensuring healthy lives and promote well-being for all at all ages” and SDG 11” Make cities inclusive, safe, resilient and sustainable”. As individuals and IB learners we believe that these learning outcomes and SD goals allow us to drive our want to provide for other schools that we believe are lacking play.

As IB learners, we are very fortunate and privileged, and we have been given the opportunity to have this balance and space to grow outside of the classroom, such as through after-school activities and an environment that makes us feel wanted and motivates us. Hence, we have come together with the initiative of building a playground for public schools around Ghana to help in our own way.

This project aims to spread awareness of the critical need for Ghanaian schools to remember that play is a key role in shaping the way children learn about the world and themselves. According to 'indirect government services,' playing is a natural and enjoyable way for children to keep active, stay well, and be happy. "Freely chosen play helps children and young people’s healthy development. To have good physical and mental health and to learn life skills, they need various unstructured play opportunities from birth until they are teenagers."

On the 6 December 2022, we travelled to the Saint Nicholas Charity School in Tema Newtown to get a better look at the place. It was an amazing experience and the people with whom we interacted were so lovely and engaging. Looking at the conditions of the place, one key thing that was very noticeable was their lack of play materials. This gave us more drive in initiating our CAS project there.

At the end of our project, we hope that we will raise enough funds and work collaboratively with empowerment playgrounds to earn a specific amount of money that allow sus to provide play materials for the students of Saint Nicholas.

Yours sincerely,

Ignite team



Reflecting on Our Journey – Once on This Island

One thing I noticed throughout the process and on the nights of the show is that hard work pays off and that putting in the work can help achieve marvellous results. Self-management is crucial, and once you master this essential ATL skill, you'll be ready for the rest of your academic and personal lives. It is a lesson I learned. My best moment during the play was when it was all over. The final curtain call felt like such a weight lifted off my shoulders. The greatest challenge I faced was when I had to process that I would have to play 18 songs during our first meeting as a band. Given the limited time we had to learn these songs and the fact that we hadn't even finished the first song by the end of the first week, it was incredibly overwhelming for me. I had to



mentally be ready for the strain and amount of work we would put into the songs to overcome this challenge. And this paid off. However, what I would do differently is to dedicate more time to practising the songs individually so that we finish together and it'll be easier to learn since I'll already be familiar with the songs. The school play presented me with the opportunity to sharpen my musical hearing and timing. It enhanced my ability to collaborate, which is especially useful when working with a band because, without synergy, the beauty of the songs cannot be appreciated. Challenging is an understatement for this experience. It was an excruciating, painful, and a draining process. However, it did help me better myself in music. Pushing people past their comfort zones can be incredibly frustrating, but it can also inspire



them to reach their full potential. My main lesson from the experience is to put less emphasis on the difficulty of the present progress and more on the relief after the entire performance. I would love to be part of the 20th-anniversary production. What an honour it would be. I would like to either play the lead role or be the student director of the school play. My involvement in school plays

date back to Grade 8, where I played roles, such as an elder (in the Legend of Aku Sika) and instrumentalist in "The Marriage of Anansewaa" and "Once on This Island," which has given me the experience to take up those roles. Consistency is essential because practice does not make a man perfect, rather, perfect practice makes a man perfect! **Eugene Cobinnah (Grade 11) CAS Experience – Instrumentalist**

Reflecting on Our Journey – Once on This Island



Collaboration was the key to having an outstanding show. Without practice, you would never get better. Rehearsing with the band helped me improve my social skills and make new friends. Sacrificing my prep time for the production was a challenge for me. I overcame it by learning after school. Next time, I would also find time to learn after rehearsals or early in the morning. My best moment was during the midterm break rehearsals. It

helped me develop my social skills. Always give your best. I will participate in the school play again because the next one will be during the 20th anniversary. It will be exciting, and it will be a wonderful CAS experience. I will want to be part of the cast. Always persevere in whatever you do. **Mekaila Offei (Grade 10) ASA – Choir**

This process was very long, but I realised that because we started the practice early, it helped get us to the night of the show, which was fun and worth the wait. I realised that being on stage was fun and worth the wait. Through the production, I learned that time management



is fundamental because, while going through practice, there were some days that we would not have time to prep, so we would have to plan our school day to allow us to maximise learning time. My best moment during this play was when Mr. Eben remembered he had cast me for the storyteller role as he was looking for those who were not at practice and dragged me to practice. The greatest challenge I faced during this process was the fact that I had to speak in front of a crowd. That was so much for me, but I decided that I would have to overcome this fear sooner or later, so I took deep breaths before I went on stage each time so I would be able to think logically and calm down. An example of when I achieved "strength and growth" was when I decided to face my fear on stage. I went through

perseverance and commitment when the play started to take a lot of time out of my day, but I stayed for the end product. I was able to work collaboratively with other members of the cast and crew. The process was engaging and challenging. I learned that if I prepare myself properly, I can do it. Time is fundamental, and you should use it well. **Franklin Adu-Baah (Grade 11) CAS Experience – Storyteller**

Reflecting on Our Journey – Once on This Island



The show required a collaborative effort. If one person failed in one aspect, it reflected on the rest of us. The show was the collective responsibility of everyone, so we had to work together to the best of our abilities for a great show. Commitment can be a difficult feat to achieve, but with enough dedication and motivation, it is attainable. My favourite memory is learning the songs throughout the production because it was so much fun to sing. The greatest challenge I faced was losing my voice on the day of the first show. I noticed that I was losing it the day before, so I tried as much as possible to relax my voice and drink warm liquids, which helped a lot. I think that to prevent something like this from happening in another situation, I would adhere to the words of my mentors, as they mentioned countless times to stay away from cold liquids, which I unfortunately ignored. I achieved commitment and perseverance by attending all rehearsals, even when I felt tired or had work to do and felt I should skip. I was able to collaborate, in addition to the rest of the members of the choir, by changing the pace at which we sang to give the storytellers enough space to move at their own pace as they were tired from all the dancing they had to be doing. In this way, we collaborated to make the play successful. The process was very engaging and challenging. Academic obstacles kept presenting themselves throughout the whole process. I discovered that I enjoy working on large projects like these. I think I have become more willing to sacrifice a small part of my comfort for the success of a team project, which I believe has to be done by every member involved in the project. My takeaway from this experience was that as much as you have to be dedicated and committed, you also have to be able to have fun and enjoy what you are doing. I would like to be the director of a subsequent school play. I think this would be an opportunity to develop my leadership skills, and the annual school play is something that I genuinely enjoy. You have to be willing to sacrifice the time you'll put into academics and even your sleep, and you must be committed and persevere through every negative emotion throughout the production. **Dzidzor Mac-Deh (Grade 11) CAS Experience – Choir**

Reflecting on Our Journey – Once on This Island



The school play process was fun and filled with lots of laughs and tears. During the process of the school play production, I learned what it meant to be a leader. A leader is someone who develops their leadership style and serves as an example to those they are guiding. It required me to be on time for meetings as a dance director, sometimes even missing other ASAs. I wanted to use the "be strict" approach during the whole process, but it failed miserably. I dislike being extremely strict with people. I enjoy giggling and having a good time with others. I decided to carry on being myself and share in the suffering and joy of the cast and ensemble. I had less trouble getting

the ensemble to perform well using this strategy. It's challenging to pick my favourite moment because the entire experience was exhilarating and fantastic. I'd say the moment when we concluded the show and started dancing on stage was my favourite. I was relieved to have finished, and I was very proud of the ensemble for their outstanding performance. The most challenging aspect of the school play process for me was managing my time. There were times I had three summatives in a day, and I had to be at the rehearsal from 7 pm to 10 pm. I had no time to learn during the day because my schedule was packed. I had to figure out how and when to learn and go the extra mile. This experience has given me some skills to manage my time efficiently, and I know they will help me in the long run. I achieved the learning outcome of strength and growth when I realised that sometimes I don't address problems I have with people correctly and decided to change my approach. Again, even though it was exhausting, I demonstrated commitment and perseverance by continuing to serve as a dance director and completing the school play experience. Once more, I exercised initiative and planning by gathering everyone and ensuring they arrived at the practice location on time. The process was engaging and challenging. I developed the skill of relating to people who are younger and older than me. This event taught me that sometimes you need to put aside your sentiments and get the job done. Even though some of them were my friends and classmates from my grade, I had to address them when they weren't acting appropriately in my role as a director. I felt awful at times, but I understood that a job is a job and it must be completed. I intend to participate in the school play again. I still want to be a dance director because I enjoy dancing, but any other position as long as I'm in the school play will suffice because the school play is a remarkable experience that I'd like to repeat. My advice to anyone participating in next year's school play is to do everything with a positive attitude because complaining won't get you far. **Mawulolo Agbeli (Grade 11)**
CAS Project – Dance Director

Reflecting on Our Journey – Once on This Island



I discovered that working as a team and collaborating are necessary to accomplish some tasks. Being open-minded and having a positive outlook on people are two of the most crucial lessons learned. One of my favorite times was after the rehearsals when Eben and the other people present told us we did a good job. I think my greatest challenge during the whole play was people. I just tried my best to follow their commands and respect their opinions. Collaborative skills were greatly enhanced with the cast and crew members, particularly during scene and costume changes. The process proved to be quite difficult, especially when I struggled to understand some of the dance moves or when I was unable to see what they were doing and ended up getting it wrong. I realized that humans would always be humans, and I couldn't change anyone. To those who will participate in the 20th-anniversary school play, try not to procrastinate because it will all catch up to you eventually. I will surely love to be part of the next annual school play because, ever since I joined TIS, the school play has always been a fun experience. I meet new people and make more friends. Maintain a positive attitude always, and don't blame others for what you signed up for. **Samantha Kattah (Grade 9) ASA – Ensemble**

I realized that all my hard work, effort, and sleepless nights had been worthwhile. I learned perseverance and time management. My best moment was during Ti Moune's Dance because of the energy required for that dance. The dance steps were also very nice because they incorporated cultural and modern dance steps. My greatest challenge was making sure that I had good time management skills. I overcame it by using my free periods wisely and using my after school time and 1-hour prep well. I will start having good time management skills before the play. For perseverance, even though some dance steps were hard, I pushed through and learned to do them well and to love them. The process was engaging because I had to collaborate with other dancers. Some dance steps were a bit challenging at the beginning. I discovered that if I set my mind to something, I can achieve it. Hard work pays off. I will be part of the 20th-anniversary play because the experience is transforming and fun. **Awura Abena Mensah-Asante (Grade 10) ASA – Ensemble**



Register to enroll for the Duke of Edinburgh’s International Award programme sign up with this link

<https://docs.google.com/forms/d/e/1FAIpQLSe3xhDk2nESjSjUR4SGZBTlrXOGgXjQc1A39jXtFzSt5Ncz4A/viewform> to register for your preferred award level. Registration deadline is 21 January, 2022.

THE HEAD OF STATE AWARD SCHEME
Proud to deliver
THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD
Developing Young People

GOLD AWARD PRESENTATION (GAP) '22

THEME
"Sustaining our Future Development through a Creative and Innovative Youth Force"

SPECIAL GUEST OF HONOUR
H.E NANA ADDO DANKWAH AKUFO-ADDO
PRESIDENT OF THE REPUBLIC OF GHANA & CHIEF PATRON

VENUE
JUBILEE HOUSE
ACCRA

DATE
19TH
DEC '22

TIME
6PM
PROMPT

For more information contact 0302967407 or email info@hosaghana.org

LEAD SPONSORS
GCB, KGI FOUNDATION

GOLD SPONSOR
BS PLUS

PARTNERS
TECNO, PMMC, BABOTEC, etc.

MEDIA PARTNERS
CMG, Africa, etc.

THIS PROGRAM IS STRICTLY BY INVITATION

7th DoEIA Expedition Camp



Embarking on this camp enlightened me on the importance of teamwork, leadership, and perseverance. The camping trip showed me that to reach one's goal, one must persevere to the end and be a good teammate, as well as a leader. It was my first camp. Going for a swim after the long hike had to be one of my best moments during the camp. During the capsizing, I was scared, so I delayed. I had to continually tell myself that no matter what happened, I would float. In future camps, I will learn to speak my mind and believe in myself. Communication skills were an essential factor at the campsite. Being in a group required me as an individual to communicate with my team members and continually ask for their welfare while hiking and motivating them. The activities were unquestionably

interesting, especially the paintballing and abseiling, which is an activity that tests me personally. The camping proved to me that I am capable of doing many things beyond my imagination and that I need to persevere towards my goals.

Teamwork is essential. The swim after the long hike was memorable. My advice to Dukies attending such camps is to mentally and physically prepare for the activities. **Adelaide Egbenya - Silver Award Level (Grade 10)**



At the camp, I learned how to communicate with others. It is my second camp. The kayaking around Trident Island was my best moment. Abseiling on the mountain was my greatest challenge. I understood more about wildlife from my perspective. The activities were engaging and challenging, especially paintballing. I learned how to be cleaner. The food at the camp was one of those memorable moments. I have learned to live without my device. **Mark Boadi - Bronze Award Level (Grade 9)**



7th DoEIA Expedition Camp



Resilience was the lesson I learned at the camp. I participated in two camps before this one. My favorite moment was when we went to the resort in Manguase, and I got to relax and drink juice while watching the Ghana game. We were making jokes and laughing, and I got closer to the members of my alpha. It was a wholesome experience in general. On the first day of hiking up the mountain, my feet and thighs were hurting so much, and I was so tired and out of breath too fast. By the second day, I had a plan worked out to fix this problem, so on the second day, I overcame it by leading the hike and changing my mindset towards the hike. I had a lot of responsibility and I didn't want to let anyone down, so I pushed down my discomfort and focused on leading the hike one step at a time and having fun with

the rest of my alpha members by singing and occasionally dancing. Because the rescue team wasn't as efficient as they were supposed to be during the capsizing drill, knowing how to swim and wearing a life jacket allowed me to navigate the situation and finish the drill. I realized that having a positive outlook on things changes the outcome. My takeaways from this experience were resilience and a positive mindset to fix everything. Abseiling into the water was an unforgettable moment. Pack lightly, pack insecticide, and use sunscreen a lot are my advice to Dukies going to such camps. **Fadilatu Abdoulzakou - Gold Award Level (Grade 11)**

Sharing is caring, never wasting basic resources, and friendships are beneficial during difficult times. These are lessons I learned during the camp. I attended one camp before this. Diving into Volta Lake was my best moment. Abseiling with knee pain was my greatest challenge. I convinced myself that I was nearly at the finish line. Next time, I will tape my knee or wear a knee brace. Many practical skills came in handy for example, during the hike, the footwork I attained from playing sports helped me know how to step when descending. How to cook, how to set up tents, and how to kayak also came in handy. The activities were engaging and challenging, especially double kayaking and abseiling. I learned that resilience is the main factor in success. Resource management is a necessity in life. My unforgettable moment was when my colleagues and I dived into Volta Lake. Dukies going for such a camp should pack necessary items and not take water for granted. **Selorm Essey - Gold Award Level (Grade 12)**



7th DoEIA Expedition Camp



A group is only as fast as its slowest member. Safety always comes first, even when speed is crucial. And it is always important to apply lessons, reflect, and listen to instructions. I have already been to three camps before this one. My best moment was when everyone came out to swim in the lake. It was one of my highlights because we all (both students and award leaders) got to bond and play around in the water after a long, challenging hike, and it was fun to encourage and watch people overcome their fear of water. My greatest challenge was my first hike with the bag. It was the most stressful thing I had to do because it took a lot of adjusting to the weight and psyching myself to reach the first campsite. I overcame this with the collective

help of my teammates and leaders and the Jama songs we learned along the journey. Like camp, in real life anything can happen, whether good or bad, so you must always be prepared with resources and, most importantly, a positive mindset. A positive mindset is one of the strongest pushes you need to reach a goal or overcome anything. Another connection I made is that no one is an island; we all must depend on each other to progress and succeed. In this, encouragement came in very handy, especially concerning group activities. I have become even more resilient during this camp. No matter the situation, if you keep pushing, maintain a positive attitude, and seek and give help to your friends, you will eventually reach your goal. My unforgettable moments were jumping into the lake with my friends and being the last in my group in the paintball game. My advice to Dukies who haven't yet left for camp is to pack thoughtfully and always see the positive side of things. Overall, this was one of my best camps, so I can't think of anything I would have done differently. **Seffirina Masoperh - Gold Award Level (Grade 11)**

On the camp, I learned how to be a self-leader by not becoming a liability to the rest of my team. It is my first camp. My favorite part of the trip was the paintballing because it made me feel like I was in a war zone, an experience I have wanted to have for a long time. On the last night of the camp, it started to rain, and my partner and I got into our tent to avoid getting wet. We had just gotten back from the capsizing drill, so we were already quite wet and had very little time to plan for the rain, so I just changed, got my food, and got into my tent. Little did I know, the leveled ground on which I mounted my tent the first night would come back to haunt me, and I spent my last night of camp trying to fall asleep in puddles of water.



7th DoEIA Expedition Camp

During the long hikes, there was a point where I felt like giving up, but that was not an option at all because of how far I had already gone on the hike. It has improved my discipline and taught me not to start something and not finish it. The activities we engaged in during the trip required a lot of mental preparation, as seen in the kayak capsize drill and how I had to convince myself that I would survive before allowing my kayak to capsize. The abseiling, on the other hand, was a breeze and remains my favorite part of these trips. For my alpha, I learned that people who do not usually come out of their shells would not be able to express themselves under the right conditions. My experience on the trip to the Trident made me appreciate the privileges I usually take for granted, like washrooms and clean water. I will never be able to forget the memories I made with my alpha at the peak of the mountain. To anyone planning on going to a Dukies' camp, follow the packing list for your good. **Adrian Okae - Gold Award Level (Grade 11)**

I learned to be patient with others when leading and that a leader must be an example for his team to look to in times of trouble. Before this camp, I attended another. Performing backflips and somersaults into the lake with my team and friends was my best moment. The greatest challenge I faced was fighting back the body's natural response to avoid situations I find frightening. I overcame this by focusing solely on my objective and ignoring all other thoughts or ideas that might distract me from its completion. As a leader, it is important to know each team member's strengths and weaknesses. And also, figuring out the best situations to put them in to play to their strengths is a skill that not only helped me while hiking but can be used in any team-based activity, whether in school, sports, or the workplace. The activities were fun and challenging, especially the lake abseiling and capsizing drills. I learned that I am patient when interacting with people. I can relate to and understand people better because I can see a situation from their point of view. I learned to trust in my instincts and not second guess myself, as in life, you may be caught off guard and need to make quick decisions, and it is in moments like these that you must rely on your instincts. An unforgettable moment was when we sang under our tents through the rain. Learn to be patient with the people around you by understanding that different people will pick things up at a different speed compared to you. **Chesney Noye - Gold Award Level (Grade 11)**



7th DoEIA Expedition Camp

I acquired knowledge on how to cope with teamwork and how one needs to be driven and psyched out to enjoy the camp. It is my first time camping. The abseiling was my favorite experience because it completely caught me off guard and helped me overcome my fear of heights. My greatest challenge was abseiling, which was mainly because of my fear of heights. One thing that helped me overcome this fear was thinking about the main purpose of coming to the camp in the first place. One of the helpful things was practising capsizing while kayaking. If I decide to kayak in the future for fun and encounter a high wind that causes my canoe to capsize, I will be able to quickly recover and continue my adventure thanks to the skills I learned at the camp. Most of the activities were engaging and, at the same time, challenging. I became more conscious of my behaviors and attitudes as they related to completing a task. For instance, I work more quickly and effectively when I'm motivated. I've improved at collaborating with others, as well as getting over my worries. I now know how to lead a team and collaborate with others. I'll also remember that this experience taught me that I'm capable of doing difficult things that I didn't even know I could do. When I had to capsize in the water out of dread of coming across snakes in the water, it was an unforgettable experience. Dukies assigned to such camps need to get psyched up and determined to join this adventure. People must also learn to face and conquer their fears, and this expedition can help with that. In my subsequent expedition camp, I'll be more committed and driven to participate in the expedition.

Obaapanin Tweneboah-Kodua - Silver Award Level (Grade 10)



I learned lessons on humility, commitment, and endurance during the camp. Before this camp, I took part in one. The best part of the entire experience for me was being able to abseil 100 feet into a boat on the lake. Completing that activity as a person afraid of heights was so refreshing. Abseiling was my greatest challenge. I overcame it by changing my mindset. Instead of focusing on the "what ifs," I instilled confidence in myself and the rope that was holding me, and finally focused and worked towards my goal of reaching the bottom.



I used my knowledge of physics to steer the kayak. In physics, we learned about Newton's laws of motion. I got a better understanding of how movement in the water is reversed thanks to Newton's third law of motion. Also, I used prior knowledge from the other camp to set up a fire for cooking. I learned the value of connections with other people. I also realized it is not too difficult to speak to people. I learned to be humble, happy, and interact from the camp experience. When paintballing, I gave someone a clean headshot in the eye, and it was my unforgettable moment. The person was wearing protective gear, so there was no injury. My advice for Dukies going for such camping trips is to pack less and always hope for the best.

Daniel Markin Jnr - Gold Award Level (Grade 12)

7th DoEIA Expedition Camp



I learned not to dwell on past experiences and to be ready to create new memories and experiences. Before this camp, I participated in another one. My best moment was when I abseiled to the point where I entered the boat. The first time I abseiled, I was scared and was shaking, but this time I felt proud of myself for being able to do it even though it was higher this time. The greatest challenge I faced was the day of the hike. I felt very dizzy, so I had to keep on sitting down, and it slowed down my entire group. I drank water and took a lot of breaks. Next time, I will take my medicine and drink enough water to have enough strength to hike to the end. The camp taught me what to do at any point when I am involved in a capsized boat or kayak. Communicating with my partner helped me a lot. The activities were challenging, especially the hike and abseiling because they were longer and more tiring, but they

still engaged and challenged everyone equally. I learned that once I get over the fear in my head, I can achieve a lot of things. I have learned to persevere and set smart goals for myself with everything I do at every point. I always have to prepare and brace myself for whatever happens, good or bad, and work with people or on my own to overcome challenges. My favorite moment was the first day when we hiked to the top of the mountain and saw the view of the Adomi Bridge and the islands around the bridge. The best advice I can give is to keep an open mind, be willing to challenge yourself, refrain from complaining a lot, and be prepared for anything the camp may throw at you. **Nhyira Ntim-Adu - Silver Award Level (Grade 10)**



How Adventure Camps Build 21st Century Skills

The 8 Outcomes Dukies will develop through an Expedition experience

1. Communication

Few ideas are the product of a single mind, and being able to effectively communicate in a constantly changing world is a much-appreciated skill. Teammates need to be able to share and articulate ideas, build trust, and understand each other.

2. Collaboration and social achievement

Because working in teams is essential to success, the ability to work well with others is vital—**even when your team is not of your choosing**. Creating and maintaining fun, substantive social connections is a trademark of success.

3. Creativity

The ability to generate multiple ideas and think out of the box is created by a supportive and free-thinking community.

4. Critical thinking

The world's problems don't have simple answers. These challenges require the ability to critically analyze a situation and formulate potential solutions that are not often obvious.

5. Leadership

We solve problems in groups. These groups need leaders with heart that bring out the best in its members. Adventure Journeys provides numerous opportunities to both lead and follow.

6. Self-management

Lasting success requires the ability to postpone short-term gratification or personal needs in pursuit of more important long-term goals.

7. Resilience

Everyone encounters challenges and failures. Those who rebound from failure and see problems as opportunities will succeed when others give up.

8. Optimism

An optimist is someone who believes that problems are temporary and that he or she has the ability through effort and persuasion to effect change.

These skills are critical to thrive in the rapidly changing and increasingly competitive world in which we are raising our children. Recent data suggests that new communication methods (texting, social media messaging) are causing teens to lose focus, impeding the development of the very skills needed to succeed in a world filled with technology. We combat that by **unplugging the internet** and creating a community that flourishes with face-to-face communication.

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.





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>

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.

makewehelp.fund

SCAN TO DONATE

THE RHYTHM & BLUES
(Donate Musical Equipment to the Chosen Rehab Center - Achimota, Accra)

www.makewehelp.fund

makewehelp.fund
www.makewehelp.fund

NEW PROJECT ALERT

***920*78#**

THE RHYTHM & BLUES
(Donate Musical Equipment to the Chosen Rehab Center - Achimota, Accra)

TARGET: **GHS 8,000.00**

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>













Thank you for being an important TIS Family member.

2022 has been a long, tough, frustrating and challenging year for all of us. We shook COVID off in the first half of the year, while the local economy continues to provide hardship for everyone. The ongoing war in the Ukraine continues to impact many in different ways. Obviously, 2023 will be a year of HOPE.

Now is the perfect time to reflect on what you did well and what you need to do better. Now is the time to set your new goals for 2023. How can you become the best person you can be? How can you make the world a better place? Remember your actions become your reputation.

Christmas is a time to be grateful and we will have much to be grateful for in 2023 as we celebrate our TIS Founders @ 20: their vision and values.

Season's greetings.

Dr Ken Darvall - Principal



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



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.



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

COUNSELLORS' CORNER

Have a magical Christmas



**The spirit of Christmas is love, joy, forgiveness, kindness, fun, care, affection and warmth.
Dearest TIS family, enjoy the bountiful blessings of this festive season !!**



Christmas To- Do List for all Grades

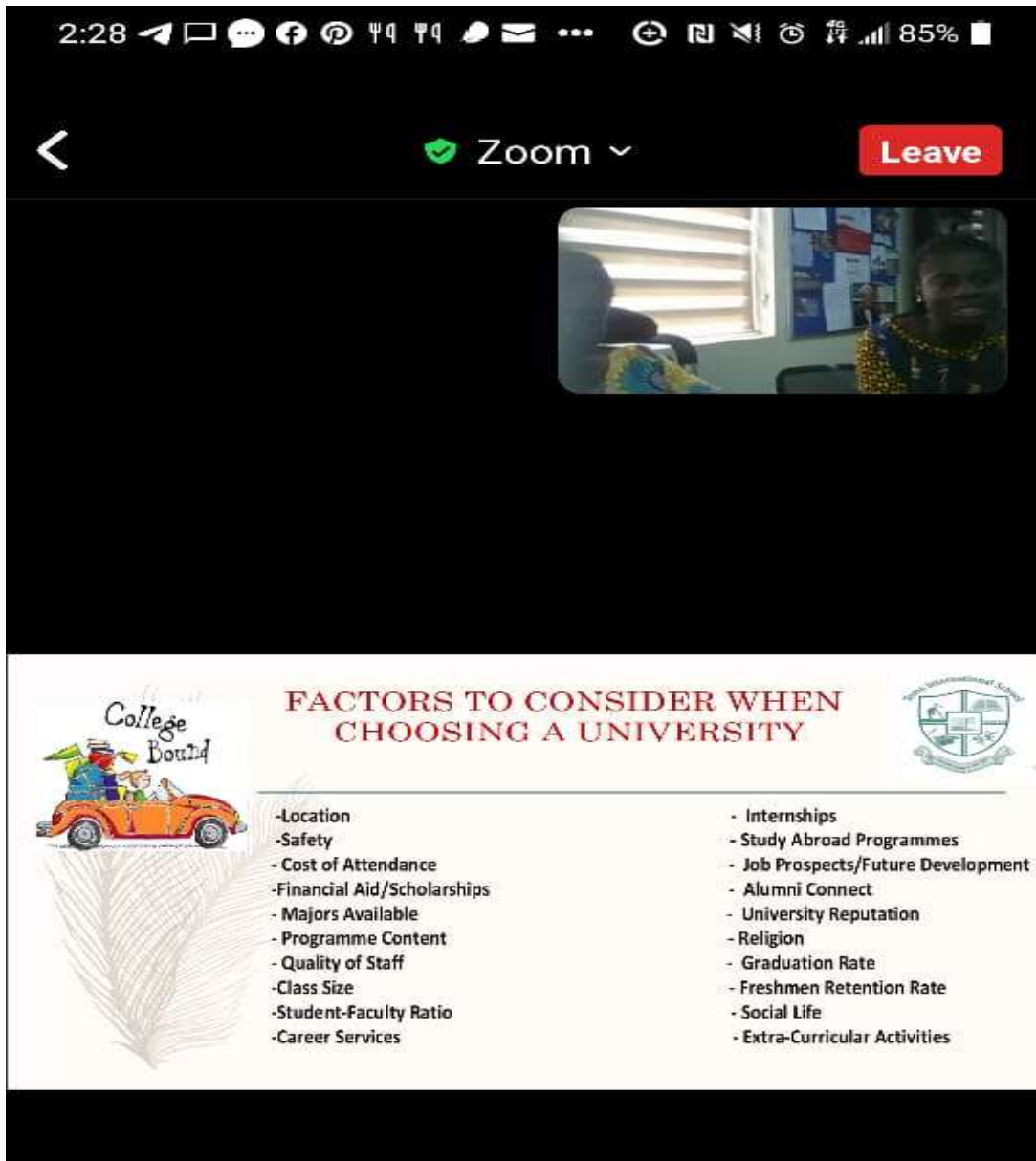
- ✓ Bonding time with family - don't miss out on these memories!
- ✓ Be helpful at home. Enjoy doing chores. It helps you to be multi-tasked and versatile.
- ✓ Be loving, kind, warm and willing to share with others especially the needy.
- ✓ Be respectful, polite and grateful for your parents, family and friends and the gifts you will receive for Christmas.
- ✓ Don't go out without permission from your parents or guardians.
- ✓ Don't over eat. Eat a balanced healthy diet.
- ✓ Relax, enjoy and have quality fun! Christmas is love. Enjoy to the Max! Wow!!
Wow!!



DP1 Parent Meeting Via Zoom: Navigating the College Application Process



Thank you to all DP1 parents who joined the meeting sessions via Zoom. TIS University Guides are here to offer assistance at every step of the holistic application process. We are grateful for your time. We will keep you posted during our personalized one-on-one support on the application process, financial aid meeting and more! Below is a screenshot from one session:



Congratulations DP2s. We got in Hurrayyyyyyy!! Well done!!

- ✓ Wilfrid Laurier, Canada
- ✓ University of Kent, UK
- ✓ University of Manchester, UK
- ✓ University of Debrecen, Hungary

- ✓ University of Reading, UK
- ✓ University of Warwick, UK
- ✓ University of Liverpool, UK
- ✓ University of Essex, UK
- ✓ University of Suffolk, UK
- ✓ Middlesex University, UK
- ✓ University of Hull, UK
- ✓ University of Salford, UK
- ✓ University of Winchester, UK
- ✓ University of Sussex, UK
- ✓ University of Leicester, UK
- ✓ University of Plymouth, UK
- ✓ University of Kentucky, USA
- ✓ Denison University, USA
- ✓ Iowa State University, USA
- ✓ York University, Canada
- ✓ Wilfrid Laurier International College, Canada
- ✓ University of Debrecen Medical School, Hungary
- ✓ University of Nicosia Schol of Medicine, Cyprus



Visit by International Outreach and Recruitment Specialist Institute of International Education Addis Ababa, Ethiopia. Miss Esete Kebede Zewdie



It was a wonderful time for students to interact with Miss Esete Zewdie, the Recruitment Manager from NYU ABU DHABI. To find out more click on the link below:

A New Model of Education the 21st century requires rigorous, broad, and imaginative educational training. NYU Abu Dhabi provides extraordinary opportunities for individual exploration and growth, and prepares students to succeed in a truly global world: <https://nyuad.nyu.edu/en/>



<https://nyuad.nyu.edu/en/admissions/undergraduate/scholarships-and-financial-aid.html>

Enjoy reading a reflection from Leslie Dake

“My experience from the NYUAD University visit felt like a movie. Going to NYUAD has been my biggest dream. Learning about the school’s location, the different experiences and opportunities and its different courses was so insightful. I personally have learnt a lot and this visit has sealed my feelings more into attending the school. I am so grateful for the TIS counselling team for this great opportunity. It was great to learn about the diversity in NYUAD and the opportunity to study at its different branches i.e NYUSHANGAI”. ~Leslie Dake~

DP2s: Sorry, we are closed for Christmas Break



Dearest DP2s, a big thank you to students who click submit within the stipulated deadlines. **We are closed for Christmas break and unavailable**, hence we outlined clear timelines to ensure all applications were completed in November 2022. We resume on **January 5 2022**. Applying early increases your chances of being considered for priority scholarship opportunities ~ Sarah, Concordia University, Canada. Thank you!

DP2s Please Note the Following:

- ✓ Pending applications for the U.S., Canada, USA, Europe & other countries, or Financial Aid applications incomplete- FAFSA, CSS PROFILE, ETC (**DON'T BE LATE FOR FREE MONEY**), see your Guidance Counsellor this week to wrap up before going home!
- ✓ If you've applied already, follow up, create and log into the portal of the university you've applied to and check your status to ensure you are not missing any documents et cetera.
- ✓ Interview request? **Book a mock interview with your Guidance Counsellor**
- ✓ **MID-YEAR REPORT?** IF YOUR UNIVERSITY NEEDS A MID-YEAR REPORT (ESPECIALLY U.S. SCHOOLS), note that we will submit it in mid-January. That is your end of DP2 Semester 1 results. Let your university know that your school is on Christmas break and your counsellor will submit your mid-year report in January 2022.
- ✓ **CHECK YOUR APPLICATION PORTAL, TRACK YOUR APPLICATION STATUS WITH YOUR UNIVERSITIES AND COMPLETE ANY MISSING DOCUMENTS OR INCOMPLETE APPLICATIONS.**

DP1s Please Work on the Following:

- ✓ Kindly work on your college essays, personal statement and research on your dream universities (complete the school selection sheet). Work on your resume/CV.
- ✓ DISCUSS country and university destinations with your parents this Christmas break.
- ✓ Know your parents financial budget in order to have a balanced list of schools.



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- was **Thursday, 7 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!

YYAS 2023 Program Dates:

YYAS Online: 30 July- 5 August 2023

YYAS Zimbabwe: 11-18 August 2023

<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>

Bridge Building Competition For Schools

The University of Nottingham invites Ghanaian students to join our Bridge Building webinars and competition aimed at inspiring the next generation of engineers.

Three circular images: 1. Students working together on a project. 2. A large cable-stayed bridge. 3. Students in a classroom setting, possibly a competition or workshop.

new dates

achieve more
SAT 2022-2023 TEST DATES

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



SAT Goes Digital from MARCH 2023: Check this

out: <https://www.studies-overseas.com/blogs/sat-goes-digital-from-2023>



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 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](https://collegereadiness.collegeboard.org/sat/register/international/policies)

[ciess](#)

ACT 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).

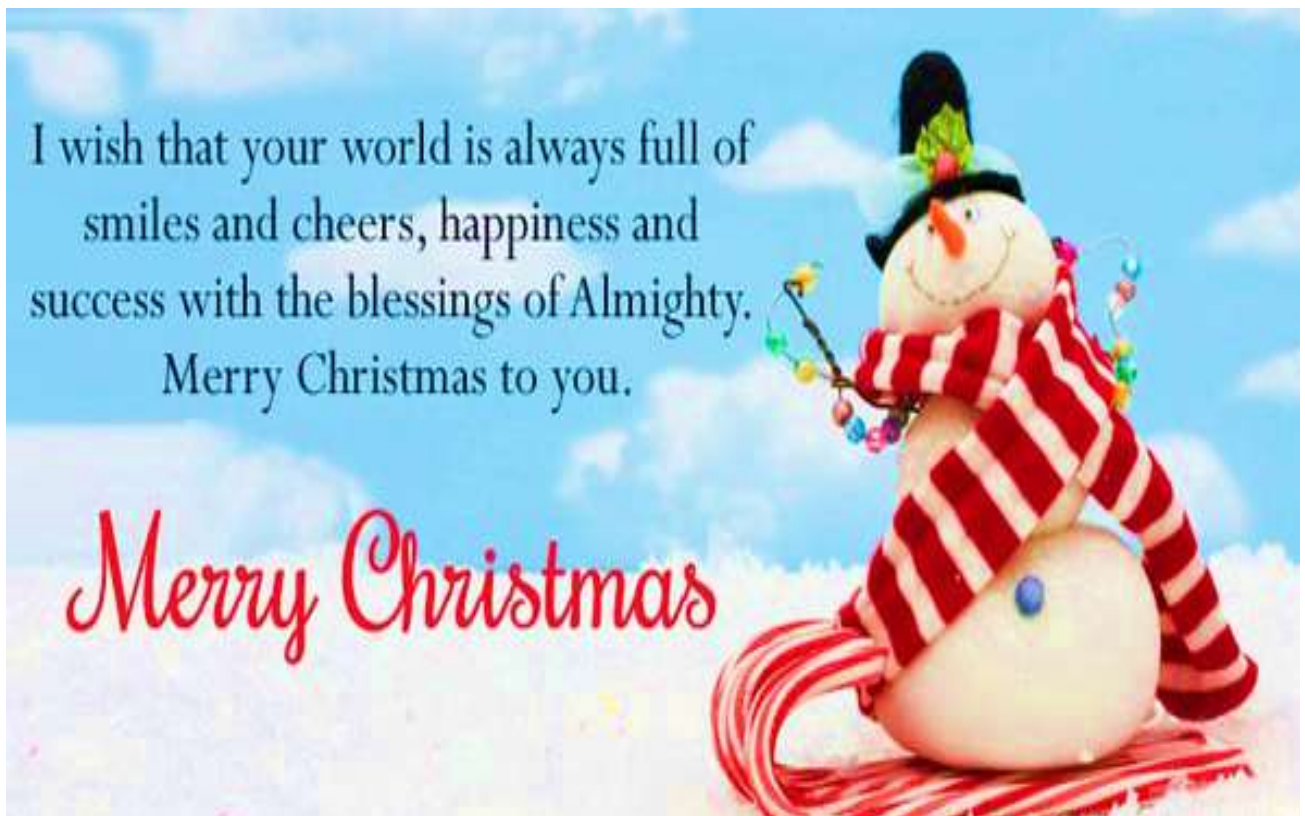
Register

- ✓ 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

ACT December 10 2022 is this Saturday please be punctual and submit your passport and admission ticket to Aunty Portia.



Free University Preparation Tool from the Oxford Scholastica Academy

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

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

Your Report will include:

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

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

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

Error!

Stephanie Lester

Oxford Scholastica
Academy

www.oxfordscholastica.com

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

- Diego Nwokolo, 17
Tema International School, Ghana



10 THINGS THAT REQUIRE ZERO TALENT

@MINDSETOFGREATNESS

BEING ON TIME
WORK ETHIC
EFFORT
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
DOING EXTRA
BEING PREPARED



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

TIS INTEGRITY Code

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

As a TIS family member,

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

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



Tema International School

