

TIS RECORD

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

At TIS,

.....
we believe excellence is achieved by continuously improving your personal best in all endeavours through consistent effort, positive attitude, regular reflection, balance, persistence, a growth mindset and no excuses.

Contents

- PYP News: Page 9
- CASSA Corner: Page 21
- Guide Post: Page 63

Key Dates

- 10-15/1/23: Alumni Week
- 20/1/23: SC Manifestos
- 21/1/23: Colour spelling bee
- 23/1/23: SC Elections
- 25-27/1/23: IDU Days-MYP
- 17/2/23: EOU 4 Celebrations
- 24/2/23: Mother Tongue Day

Thought for the Week

.....
Consistency before intensity. Start small and become the kind of person who shows up every day. Build a new identity. Then increase the intensity.

- James Clear



A Sudden and Sad Loss

As you are now probably aware, the loss on Mr Theophilus Owusu in a car accident last week has shocked and saddened the TIS community and has cast a dark cloud at a time when we came prepared to start a new exciting, productive and busy semester.

We all see people in a different light due to our own perspectives. For me, Mr Theo was a passionate visual arts teacher, a philosopher (who valued his TOK classes) and exuded a positive and caring approach to everything he did. He always wore a ready and wide smile.

His impact at TIS was huge. This is evident by the huge numbers studying and enjoying visual arts in DP. 18 students this year.

Incredible and unheard of in my time here at TIS and this is a



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

-Steve Bollar

SAT & ACT

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

Visiting Protocols

For visits during second semester at the Main Campus, parents will be required to book their visit online. Please go to:

<https://www.schoolinterviews.com.au/code/a9uu7>

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.

No food or drink may be consumed during a visit.

Book early to avoid disappointment.

tribute to Mr Theo who enabled students to follow their dreams and achieve them.

I am grateful that Mr Theo chose to teach at TIS. I am grateful of his impact on the lives of the young artists who benefitted from his wisdom, guidance and expertise. I am grateful that he demonstrated patience and the importance of ensuring your best product requires planning and research, consistent effort, reflection, creativity and commitment. Most of all, I am grateful I enjoyed Mr Theo as a friend and colleague. May Mr Theo rest in peace. We are blessed to have known him.

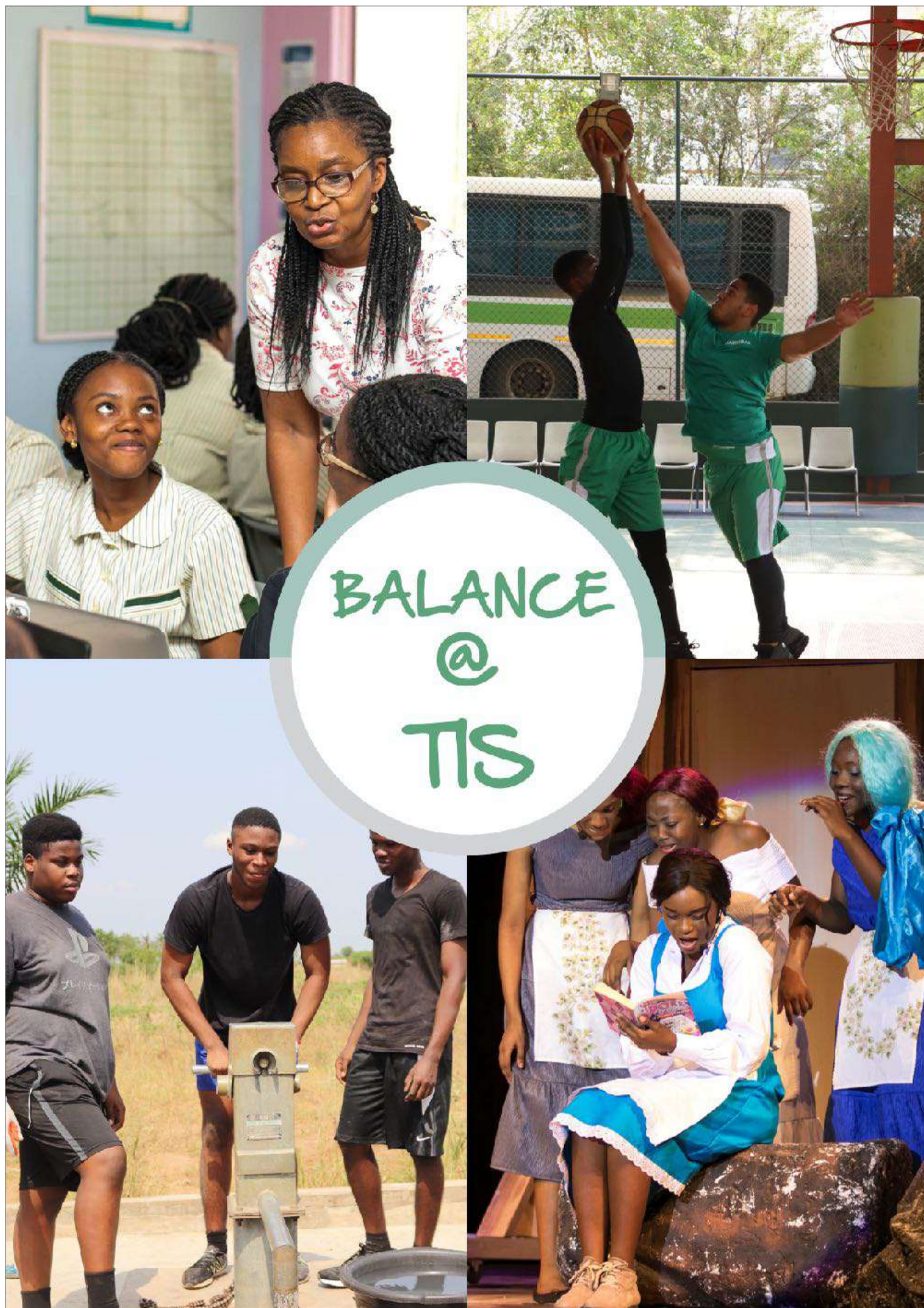
Ticking Boxes

It was wonderful to see our students return after the semester break, hopefully, prepared and ready for what Fast and Furious holds for us. It be be a very focused semester for our exam candidates in Grades 10 and 12. Grade 11 students intending to complete ACT and/or SAT requirements should do so this semester so they are not distracted next year. We look forward to viewing G8 and 10 Projects in March, as well as the preparation go our G6 students for their Exhibition and readiness for boarding school.

I appreciate your support. Stay healthy.

Dr Ken Darvall (principal@tis.edu.gh)





BALANCE
@
TIS

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).



Tema International School



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

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more scan this.



To enrol scan this.



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

For further information contact us on phone:

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

Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)

www.tis.edu.gh

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.

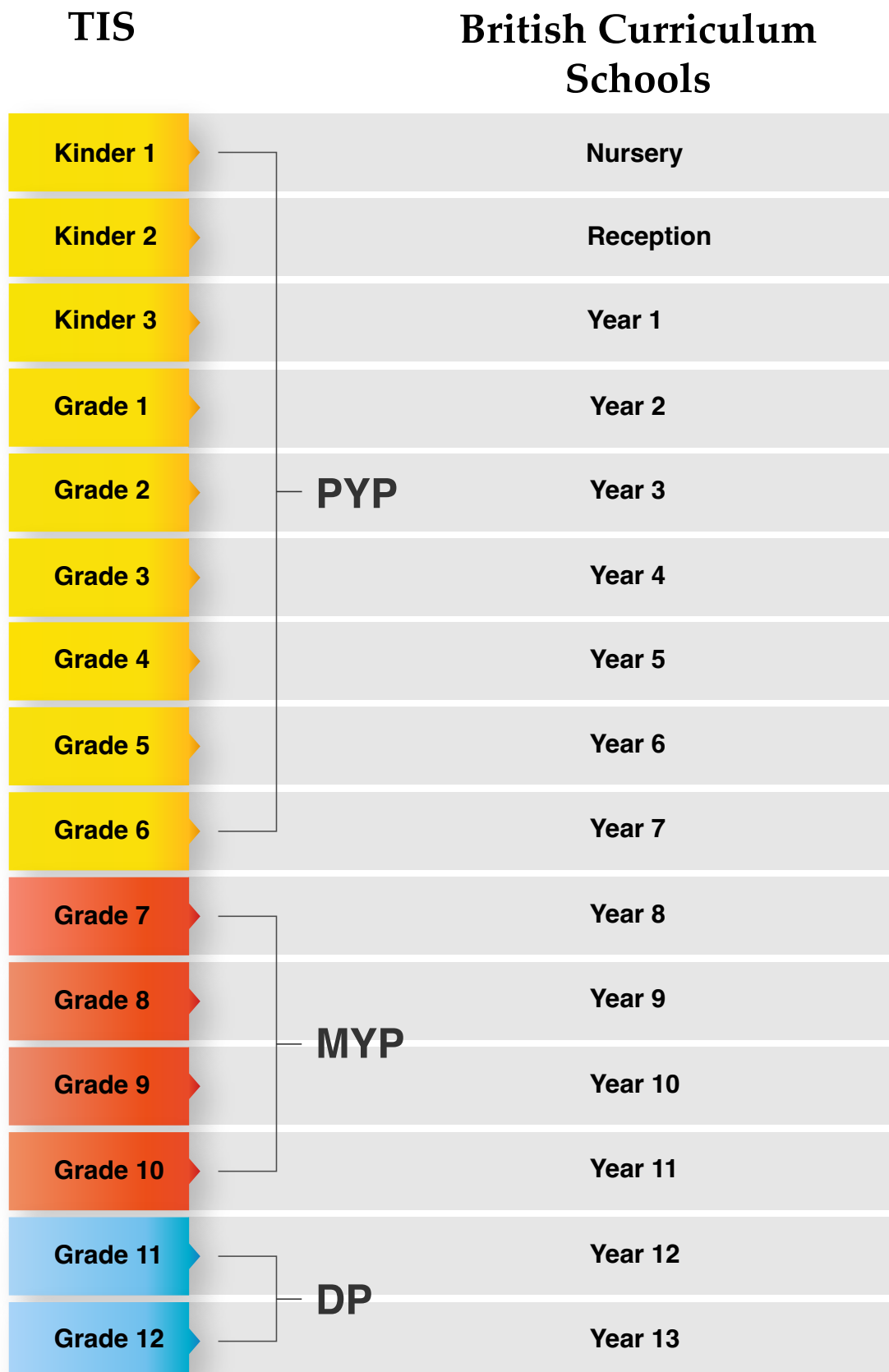
APPLICATION DECISION

- ✓ 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.

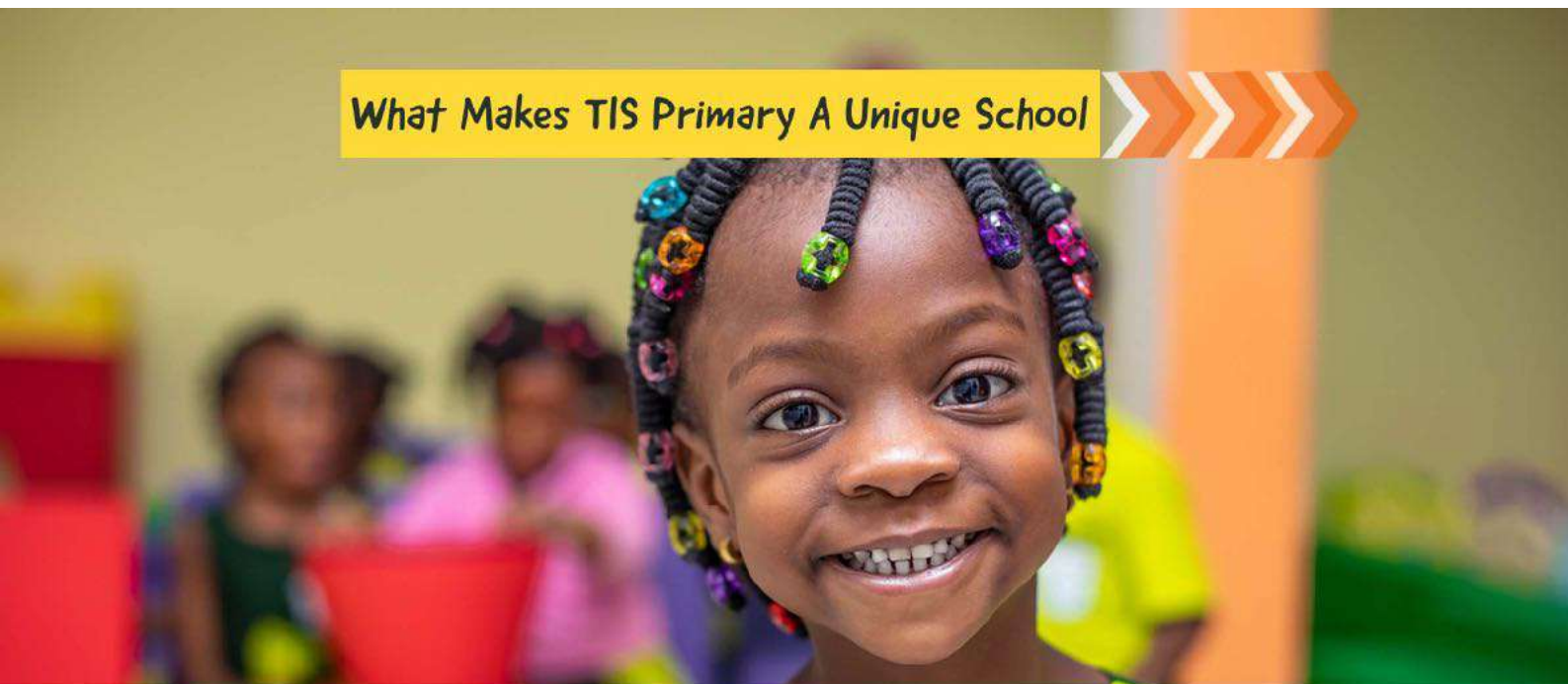
NEED HELP OR IF YOU HAVE MORE QUESTIONS

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

TIS Admissions Grade Chart

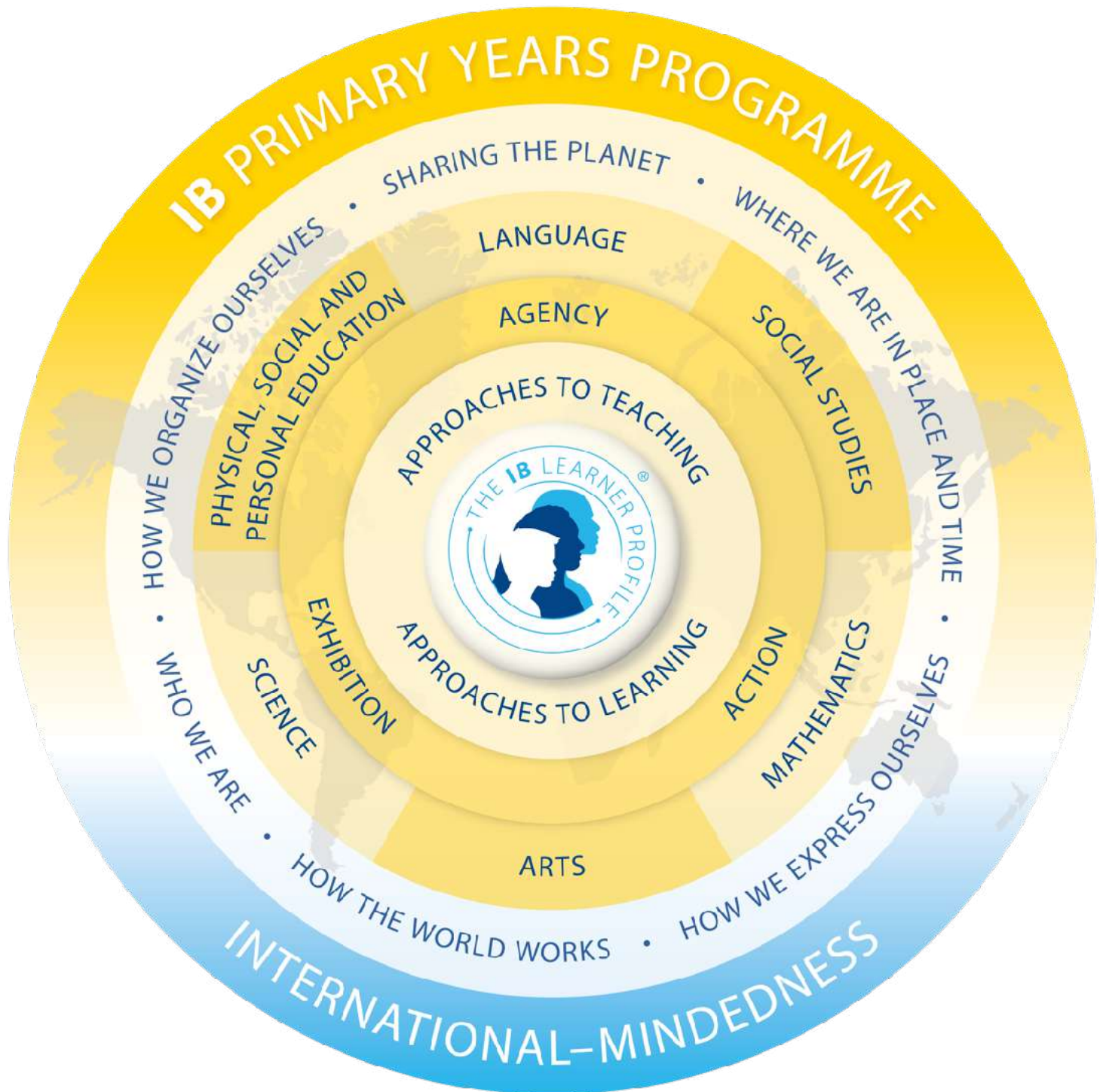


What Makes TIS Primary A Unique School



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

Amewusika Tay



THE START

For all your days prepare
And meet them ever alike
When you are the anvil bear
When you are the hammer strike.

Edwin Markham

At TIS Primary School the phrase ‘back to school’ is not just ordinary. It opens up new energy, enthusiasm and readiness to embark on another learning journey for the members of the school community.



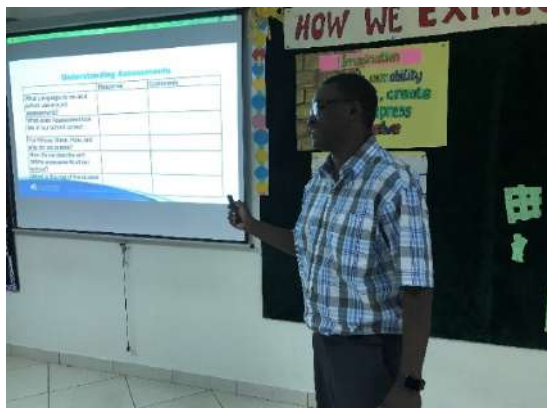
Tema International School places a high importance on the interests of both the facilitator and the learner. The institution is committed to training their facilitators for success in all aspects of life (physically, mentally and psychologically).

As a result, the school hosted all facilitators for a daylong workshop on facilitator and learner wellbeing, a submission on stressors and how to manage them as facilitators and how to support learners during this time, and finally instruction on how to practise deep breathing to train the cardiovascular system when stressed. It was a great time to unwind and get ready for the ‘fast and furious’ semester ahead of us.



Raising awareness regarding the wellbeing of students and facilitators was an excellent way to begin the semester.

TIS (PYP) believes in providing facilitators with the necessary skills to make learning engaging, exciting, loving, and informative, while also encouraging authenticity of learning by learners. Jacob Lumumba, an .B consultant and the PYP coordinator, hosted a training on “EVIDENCING LEARNING”, focusing on how to assess learners in the PYP prior to the resumption of our learners.



The link below contains a video and images of workshop activities prior to our beloved learners return

https://drive.google.com/drive/folders/1C--twNYfyOMuC0pFvfp0RAL0A4A8lpiA?usp=share_link





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

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	9	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

SI Internal Dates: Main Campus

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

21 TIPS FOR A POSITIVE NEW YEAR

2023

1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3 EAT HEALTHIER FOODS

that grow on trees and plants and less foods manufactured in plants.

4 TALK TO YOURSELF

instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."

6 BE A POSITIVE TEAM MEMBER

Being positive doesn't just make you better, it makes everyone around you better.

7 DON'T CHASE SUCCESS

Decide to make a difference and success will find you.

8 GET MORE SLEEP

You can't replace sleep with a double latte.

9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10 LOVE, SERVE AND CARE

You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.

11 REMEMBER YOUR WHY

Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12 LOVE THE PROCESS

Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.

13 HAVE TRUST

Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14 NO COMPLAINING RULE

Implement the No Complaining Rule. If you're complaining you're not leading.

15 READ MORE

Read more books than you did in 2022. I happen to know of a few good ones. :)

16 DON'T SEEK HAPPINESS

Instead live with love, passion and purpose and happiness will find you.

17 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18 GET BACK UP

The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19 SMILE & LAUGH MORE

They are natural anti-depressants.

20 MAKE TIME FOR RELATIONSHIPS

We are better together and the more we connect with great friends the more enjoyable life becomes.

21 ENJOY THE RIDE

You only have one ride through life so make the most of it and enjoy it!

Download these tips at jongordon.com/21tips



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.



International Baccalaureate®
Baccalauréat International
Bachillerato Internacional



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

© International Baccalaureate Organization 2022

International Baccalaureate® | Baccalauréat International® | Bachillerato Internacional®

CAS-SA Corner

MYP Core

Welcome back to the second half of the academic year! May this New Year be filled with meaningful learning experiences for both staff and students.



The core of the MYP gives students the opportunity to connect their learning to real life situations, students learn by doing as they become actors in the real world. As we approach our **five-year review for the MYP** since its inception in 2018, we will reflect on the journey so far to improve and guide students to make authentic connections between their classroom learning and the outside world. The current MYP 3 students are the 6th Cohort for Community Project and students have engaged in varied commitments to fulfill the requirements of Service as Action by identifying

opportunities through their classroom units, ASA with service components, UN Sustainable Development goals, UN International Days and collaborations with Social Centres, NGOs, and Service Organizations.

Working closely with teachers this semester, students will be guided to develop Service as Action ideas focusing intentionally on classroom units to make learning more visible around campus. This will take the form of learning boards, murals, installations, signages, etc. Together with teachers we will use the last period that ends a unit to discuss possible connections to give students a deeper meaning and understanding to what have been taught.

Furthermore, the handbook is being updated for proof reading. It will be shared for students on MB and copies will be available at the library. Some portions of the handbook will also be discussed during SA classes across MYP years.

As we commence our 20th Anniversary year, students will be guided to undertake symbolic engagements to fulfill their learning requirements. In view of this, we look forward to varied expressions, ideas, perspectives and IB connections to create lasting memories through our celebration. All significant happenings during this period and semester will be published in subsequent bulletins.



MYP Core



Christmas Service as Action Experiences



Students are constantly encouraged to share and give back. The IB learner profile attributes guide students to be **Caring, Knowledgeable & Inquirers**. Students are expected to embody these attributes and allow them to manifest in all areas and periods of their life whether in or out of school.

In view of this, a few students were engaged in random acts of kindness during festive season to put a smile on a face or make all persons feel part of the celebrations. Read below some reflections from the students.

Donation to a Village by Phebe Tweneboah, MYP 5

This Christmas, together with my father and sister, I gave a helping hand to a village near my home. We passed around a few dozen bags packed with spaghetti, pads, bottled water, canned beans, bread and peanut butter. We handed them out to people who were in need and/or had to provide for their families. It was extremely fulfilling to do some good and make someone's Christmas a little better. We hope to make this an annual tradition.

Donation at *Medie Orphanage* by Ezra Anim-Somuah, MYP 5



I visited "Haven of Hope Home for Children" in Medie and it was a valuable and meaningful one. During my visit, I had the opportunity to spend a few hours with approximately 40 children at the orphanage, ranging from ages 6 to 17. Despite the challenges they have faced in their lives, these children radiated joy and positivity, and it was clear that they were well cared for and loved by the staff at the orphanage.

The **Haven of Hope Home for Children** not only provides a home and care for the children, but it also serves as a school. I was

impressed by the high quality of education being provided to the children, and it was heartening to see that, despite the many challenges they have faced, these children are given the opportunity to succeed and thrive through the education and support provided at the orphanage. In fact, when the children at Haven of Hope complete their education, they are often sent off to continue their studies at universities across Ghana. It is a testament to the dedication and hard work of the staff at the orphanage that these children are able to pursue higher education and achieve their goals.

Although I did not have the opportunity to engage in activities with the children during my visit, I was able to observe their interactions with the staff and each other. It was evident that the children at Haven of Hope have a strong sense of community and support each other in their daily lives.

Overall, my experience at the Haven of Hope Home for Children was a rewarding and eye-opening one. I am grateful for the opportunity to learn more about the incredible work being done at the orphanage and to contribute in a small way to the well-being and happiness of the children. I believe I achieved LO 3 as I planned and initiated this activity.



Community Project Updates

Community Project (CP) is the demonstration of Service as Action within a chosen community. Students address the need within a group, area, place or organization through **Investigation, Planning, Taking Action & Reflection**. As previously mentioned, our 6th Cohorts is poised for action as they all work collaboratively to achieve respective group goals. Per the CP timeline, students will be *Taking Action* in January through to February and have their presentations by 6 March. The entire process will be documented on MB. Nevertheless, one group, “*Multi-Coloured Ribbon*”, took action during the break see below pictures of their work and a table that outlines the various projects for this year.

Groups	Project Name	Description	Location	Supervisor
Lois Entsua - Mensah Deen Bur-Han Chidubem Akunyili	Operation Fix Play	Refurbishing the playground at the Tetteh Ocloo school of the Deaf in collaboration with Empower Playground	Tetteh Ocloo School	Ms. Grace
Aseye Torkornoo Adylnn Mate	The Multicolored Ribbon	Designing a mural with the Children to showcase autism as a special ability not a disability	HopeSetters Autism Centre	Ms. Fafa
Navil Yakubu Elikem Gborglah Afi Mawuena Apreku	Puzzle Piece	Creating awareness about AUTISM through print media	Graphic	Mr. Welagaamoo
Antnio Osei - Agyeman Fidel Pangasur John Opeku	Ready to Play	Provision of sports equipment for Calvary Presby School	Calvary Presby	Mr. Tay
Crissy Amey Rose Armah Curtis Aliga	Vertical Gardens	Vertical flower garden using plastic bottles to reduce plastic waste	TIS	Mr. John/A. Grace
Moses Kanneh Nyameyie Arkaah – Otoo Oforiwaa Okoampah	Vandal Arrest	To spread awareness of vandalism and the negative impact on the school through education on its prevention in our school	TIS	Madam Janet
Victor Quinoo Hubert Efreem Donkor Kwame Oyotey	Crystal Pieces	Learning chess to teach the children at Crystal kids school the basics in chess	Crystal Kids school	Micheal G12/ Mr. Sly
Amaris Osei Agyeman Vania Stephens	Fingers and Gestures	Teaching or organizing a sign language club in a local school – Calvary Presby	Calvary Presby School	Auntie Diana
Emmaunel Mefful Ewen Sevor Nathan Zedomi	Maths is Fun	Collaborating with Grade 7 to calculate the area of various spaces in TIS - Garden	TIS	Mr. Abass
Eleazer Mantey Emmanuel Egyei – Mensah Raymond Asare	Signage	To design signage posters in French and Spanish showing the various locations in our school – Int Mindedness	TIS	Ms. Gilda

Multicoloured Ribbon

This is a CP project initiated by Aseye Torkornoo and Adylinn Mate. The aim of their project is to create awareness for the public to view autism as a special ability and not a disability. During the Christmas break the duo visited the **Hope Setters Autism Centre** and designed a mural at the entrance of the organization in the view of all passerby's.



Operation Re-Play – Community & CAS Project

This is a joint project by DP 1 and MYP 3 Students as part of Community Project and CAS (Creativity, Activity, Service) requirements at TIS. **Bruhan-Deen Hussein, Lois Entsua Mensah, Akunyili Chidubem (Grade 8) and Maa Abena Afriyie, Annette Adjavon (G11)** have initiated Operation Re-play with the intent to raise funds and to refurbish the playground. The target amount is to GHC 28.000 (Twenty-Eight Thousand Ghana Cedis).

During the break, the team solicited for funds through the *makewehelp* portal. With about GHC 14, 000 more to raise, the team is determined to complete this project by February in collaboration with **Empower Playgrounds**. Stay tuned for more updates, kindly support this course by visiting the portal https://makewehelp.fund/home/single_fundraiser/6816764b-baac-4f82-bca4-6b68f02801a3 and donate under Operation **Re-play fundraiser**. No amount is too small.

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





Proud to deliver

**THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD**


It's been an incredible four years of taking part in the Duke of Edinburgh's International Award Programme at Tema International School. From the beginning of the bronze award to this final stage of the gold award, I have seen tremendous growth in myself. Furthermore, the award has given me the opportunity to explore and learn new skills, which has taught me many valuable lessons.

For my silver and gold awards, for example, I took on the challenge of learning Korean and French. Aside from learning the language, I trained myself to be focused and disciplined enough to follow through on my lesson plans and motivate myself to study. Similarly, the program's physical recreation component has pushed me as a student to be balanced. In my spare time, I also played tennis to maintain a good work-life balance, allowing me to balance academic work with physical recreation. Furthermore, my commitment to service was evident in my volunteer work. I was determined to lend a helping hand at every opportunity.

I held positions of leadership such as Academics executive, Interact Vice President, HR personnel for a CAS project known as Mabelle, and color leader for my color group, GREEN WISTERIA. These positions have provided me with the opportunity to have an impact on my immediate community while also assisting me in developing my self-confidence in working with others. I was challenged and guided to acquire essential life skills such as leadership and team building, collaboration, communication, innovator, critical thinking, open-mindedness, and mental resilience after actively participating in 5 Adventurous Journey. I envision myself as a universal piece that can fit into any puzzle life throws at me, which is what it means to be WORLD READY.



In a nutshell, the award program has been an eye-opening learning experience for me. I believe it has prepared me for a better life, and if given the opportunity to restart the program, I would not hesitate to do so. **-Karen Magna Quarshie (Bronze, Silver & Gold Award Holder, Tema International School)**



Congratulations to all 20 Tema International School gold awardees who have allowed the Duke of Edinburgh's International Awards program to lead, challenge, and transform them. For the first time, a participant from a school other than Tema International School received the gold award.

This year's prestigious Gold Award Presentation Ceremony at the Jubilee House gathered many significant personalities such as H.E Nana Addo Dankwa Akufo-Addo (the Chief Patron and President of the Republic of Ghana), H.E Mrs Samira Bawumia, Hon. Mustapha Ussif (Minister for Youth and Sports), Hon. (Dr. Yaw Adu Twum (Minister of Education), Nana Br. Samuel Kwadwo Boaten Asante Tutu and many more. I encourage every young person at Tema International School to participate in the Duke of Edinburgh's International Awards program, as the positive impact is enormous. The Award supplements formal curriculum by assisting young people in developing outside of the classroom, and it is recognized in over 130 countries and territories. Business leaders, universities, and governments all over the world recognize award winners.







Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



REGISTER

TO DO THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD AT TEMA INTERNATIONAL SCHOOL AWARD CENTRE



QUALIFYING AGE: 14 - 24YRS

AWARD LEVELS



BRONZE
14yrs



SILVER
15yrs



GOLD
16 - 24yrs

READY FOR CHANGE. READY FOR OUR NEW WORLD.

Right now, more than a million 14 - 24 year olds around the world are stepping outside their comfort zone. They're learning to lead. They're safely supporting their communities, getting active and gaining new skills. They're learning through adventure and having fun. They're participating in The Duke of Edinburgh's International Award.

Through the Award, young people can develop the crucial skills they need to navigate change and build positive habits, now and in the future. All while gaining an internationally recognized accreditation which is valued by governments, businesses and universities around the world.

APPLY NOW

Email: david.difie@tis.edu.gh

FOR FREE REGISTRATION send an email to david.difie@tis.edu.gh explaining why the centre should sponsor you to do the DofE.



www.tis.edu.gh







Registration for Tema International School students to enroll for the Duke of Edinburgh's International Award programme is open. Sign up with this link <https://docs.google.com/forms/d/e/1FAIpQLSe3xhDk2nESjSjUR4SGZBTlrXOGgXjQc1A39jXtFzSt5Ncz4A/viewform> for your preferred award level. **Registration deadline is 20 January, 2023.**

Registration for young people in the community to enroll for the Duke of Edinburgh's International Award programme is open. Sign up with this link <https://docs.google.com/forms/d/e/1FAIpQLSenns3fgjUWJhXg6j1j4i-qoUlqcoKJOO3A-dlDou45oAl67w/viewform> for your preferred award level. **Registration deadline is 10 February, 2023.**

WORLD-CLASS LEARNING, OUTSIDE THE CLASSROOM

By encouraging your child to get involved with the Award, you can ensure that they benefit from great non-formal education and learning and they are ready for the world, at a time when the world needs them more than ever.

GET INVOLVED

-  **Encourage** your child to unplug and expand their horizons, by taking part in the Award.
-  **Embrace** the Award and learn more about the benefits and impacts it can have. Many of the extra-curricular activities your child is already doing can contribute to their Award.
-  **Support** young people to do the Award: consider offering to help your child's local Award unit by offering your time and talents to support other young people.
-  **Refer** people to the Award; encourage others to consider delivering, volunteering, or participating, to ensure more young people can benefit.
-  **Pay it forward:** By making a donation to the Award, you can help another young person to benefit from the impact of non-formal education and learning and become world ready.

Young people face exceptional challenge and change. There has never been a more important time to ensure that they are equipped to be resilient and adaptable to that change. To be ready to take on the world of today and tomorrow. The Award is here to help.

7th DoEIA Expedition Camp



I learned about hiking procedures and how to follow them effectively. I also learned about the different types of leadership and which type of leader I am or can be. My best moment was on the second day when we went swimming in the river after reaching our destination from the hike. I had a great time diving into the river with my friends while the cameras and drone captured the incredible moments. The greatest challenge I faced was hiking up the mountain. It was tiring and hot, especially with our bags on, but through focus and willpower, I managed to press on with my group and made it to the destination with no problems. The skills that came in handy were my communication skills. I would not have been able to complete my tasks or make friends with the other participants if it hadn't been for them. The activities were exceptionally engaging and challenging,

requiring participants to push past their limits and complete the tasks. The exercises needed us to learn about and strengthen our strengths and weaknesses, work together, and commit to our duties. I discovered that I could push past my limits in critical situations. Staying fit is extremely important for life situations, as well as knowing yourself and communicating with others. On the last night, there was a storm that forced everybody to take shelter in our tents for the entire night. Several boys broke into songs and chants that lasted an hour during this storm to keep morale high and keep everyone entertained. Advice to Dukies yet to go camping, pack as lightly as possible and exercise beforehand if you know you are not in shape. **Brendon Christian - Gold Award Level (Grade 11).**

I gained knowledge about leadership, including the various forms of leadership, how to "leave no traits" when you go to the camp, and the justifications for doing so. My best moment was when we were swimming in the river, and we jumped into it. It was refreshing and enjoyable to be with my friends and laugh with them. I did not face any challenges during the camp since it was not my first time, so I was used to everything I experienced. I enjoy training my legs, which I haven't been able to do recently due to school and exams; however, going to camp challenged it and brought back memories of the times I would go to the gym and train my legs. I was able to help many of my grade mates who needed help, and it also helped me build my resistance and stamina as I climbed the mountain. I learned about the kind of leader I am and what makes me that kind of leader, but I also learned the importance of communicating, listening to my peers, and putting myself in other people's shoes. Regardless of how I feel or the circumstance I find myself in, I have learned that it is necessary to prepare my mind and keep a positive outlook throughout my experience. My tent mate and some other friends sang school play songs in our tents while it was raining. It was my unforgettable moment at the camp. I have some advice for Dukies: take your time, breathe, and always keep the positive side of things in mind. **Maadjoa Obeng-Nkansah - Gold Award Level (Grade 11)**



7th DoEIA Expedition Camp



Do not let the actions of others affect you. No matter what circumstances you find yourself in, you need to remain focused and keep in mind the objectives you have set for yourself. At the same time, one must not overlook the necessity of having fun; otherwise, the activities would be meaningless to you. My best moment was kayaking with my ranger. He kept me motivated the entire time and would push me when I got tired. My phobia of being around snakes was the most challenging obstacle I had to overcome. It made my journey more difficult at several places, especially as we got further into the forest. Since the only thought running through my mind was the thing, I was most afraid of, I couldn't focus and fully appreciate the experience. I had to talk to people to take my mind off of it. My experience at the camp taught me the importance of working together. It is crucial to cultivate relationships and connections

with others who may be able to assist you, support you, and inspire you. Because of my ability to do this, I was able to help other people. Cooperation was a skill that came in handy. The activities were all quite interesting to participate in, and they called for teamwork, clear communication, and a few other essential elements. My time at the camp has taught me many things about myself, but one of the most important is that if I set my mind to doing anything, nothing can stop me from achieving it. I have also acquired the trait of open-mindedness since I can look at circumstances from multiple angles and evaluate myself and the situations to determine what would most likely work best for me. Being persistent is essential for success. In addition to that, life is hard, and you must be able to react to the challenging conditions and circumstances in which you find yourself.



My unforgettable moment was having the confidence to abseil without fear. One of the most critical abilities you'll need to have while at camp is the ability to motivate oneself. It is necessary to motivate yourself, to push yourself to work harder and reach the objectives set for you, even if there will be people along the way who will advise and support you. However, it is also vital to be able to motivate others. - **Charlene Akwei - Silver Award Level (Grade 10).**

7th DoEIA Expedition Camp



I learned that you should take advantage of any opportunity given to you. After we finished our hike, there was a swimming session. I was hesitant to participate, but once I did, I had a great time and didn't regret it. My best moment was when I was abseiling. I was terrified, but finishing it was a huge accomplishment because it became my favourite moment. On the last night, it started to rain, and we all had to stay in our tents. Mine began to leak water, and I was concerned because I thought it was torn. I called Mr. David for assistance, and it turned out that I didn't put the tent raincoat on right. Next time, I will ensure I do everything right before I settle into my tent. I believe that my communication skills have developed as I had to alert my group members when there is an obstacle in our way when hiking and say motivational

phrases to give us the vim and energy to move forward. I learned I'm stronger than I look because I didn't have to dig a poop hole, even though I have a very active digestive system. One thing I took away from this experience was that I should be grateful to have a proper bed and access to air conditioning. During the night, we would send goodnight texts through iMessage (Mr. David) to each other. That was my unforgettable moment. I advise Dukies to pack only what they need and not what they want. Ensure your allergies are communicated to the respective coordinator, and please don't forget the sunscreen! -**Annalisa Boahen - Gold Award Level (Grade 12)**

I discovered that how far you can go depends on those around you. My favourite moment was when my Alpha group finished all the activities and we had the chance to swim in the river. The greatest challenge I faced was hiking long distances with a heavy bag. I was able to overcome it by encouraging myself. In subsequent camps, I would pack less to make hiking with a bag easier. I persevered in challenging situations to get a good end product. I learned that everyone has their strengths and weaknesses and that I can help others strengthen their weaknesses, using my strengths, and vice versa. I have learned to tolerate others' behaviors, likes, and dislikes. I think, overall, the camp helps develop your strengths and helps you overcome your fears. My unforgettable moment was when I abseiled 100 feet and walked through bushes to watch Ghana's match against Uruguay. Ghana ended up losing the match. When we went swimming, and I jumped in the river, that was another unforgettable time for me. Listening to what the rangers or teachers tell you is what keeps you alive. Don't pack your entire closet. I'd suggest doing this to other



Dukies. -**Maame Osei-Amoako - Bronze Award Level (Grade 11)**

7th DoEIA Expedition Camp



One lesson I learned during the camp was to persevere even when you wanted to give up and sleep. I learned this when hiking to the campsite. My best moment was abseiling because of how fun it was, but I think I mostly enjoyed it because I had done it the previous camp. My greatest challenge was getting over my fear of deep water. I overcame it by listening to my partner and not panicking too much when we looked like we were going to fall. The camp taught me to appreciate the beauty in things that most people would overlook. I learned that I am not comfortable in places I've never been before, especially nature, which I didn't know before, so I have learned to cope. My takeaway is that I need to learn how to be comfortable in places I wouldn't normally be and how to be mature in handling how I achieve this. When we swam in the river, we were all diving in and having the best time. I would like to tell all Dukies that no matter what anyone tells you, especially if it's a bad

thing about the camp, don't believe a word they say. Come with an open mind. - **Paris Owusu - Bronze Award Level (Grade 10)**

Appreciation of nature is something I learned. The camp made me see more aspects of nature and taught me to appreciate it more. My best moment was when I was abseiling. I was scared before I started, but when I was doing it, I trusted the rope and became less scared, so I did it and enjoyed it. The hiking was my greatest challenge because we walked a lot with our bags on our backs. I got tired quite frequently because of this. I overcame it by telling myself I could do it. Also, my group members kept on encouraging me. Never give up. At the camp, there were many times I felt like giving up, especially when we were kayaking and abseiling, but I was able to push through. This will always help me, no matter where I go. From this camp, I developed the values of perseverance, teamwork, and collaboration. My takeaway from this experience was to value nature and everything it brings. An unforgettable moment



was swimming in the lake with everyone. It was fun and refreshing, especially because we had just finished the hike. We all laughed and had fun and enjoyed each other's company. My advice for Dukies going to such camps is always pack as lightly as possible and only pack necessities. **Frederica Ayitey - Silver Award Level (Grade 10)**.

7th DoEIA Expedition Camp



wear my shoes everywhere. **Felvin Kwofie - Gold Award Level (Grade 11).**

Persistence is key. Kayaking was fun because I could control where I went. The toughest obstacle I had to overcome was carrying my heavy bag down the mountain. I overcame it by doing my best not to give up. If I were to go on another expedition, I would try to bring less gear. In the real world, you have to make do with what you have at any given time. At the camp, I ate the food provided, regardless of whether I preferred or liked it. With persistence, I was able to power through the challenging stuff throughout the camp and realize that giving up is not an option. There are always more difficult situations, so we need to appreciate what we have. Having to intentionally capsize and wait for other Dukies to rescue me was an unforgettable moment. What I would do differently is pack slippers or slides that I could have used instead of having to

I discovered during the camp that tenacity is crucial in everything we as people do. During the camp, and especially during the hiking, I had to be very persistent and committed to finishing the activities we were presented with. My best moment was during the capsizing drill. I was scared of participating in this drill because of the fear of drowning, even though I knew I wouldn't due to the life jackets we had on. Fortunately, the other pair that my partner and I had to rescue capsized first, and as soon as I saw them, I felt less scared. When it was my turn, my partner assured me that we would be fine, and we were able to do it successfully, and it ended up being fun. The greatest challenge I faced was the hike on the second day. We climbed upwards for a short while, and at a point, we began to descend, afterwards, when we reached a road, we walked to the reception of Trident Island. It was quite a long journey, and my bag was heavy. I had a relatively hard time. I overcame this through my surroundings. The people in my alpha helped me a lot by making sure that I was okay and urging me to continue and finish well. I think what I would do differently is pack lighter and prepare beforehand for the camp by engaging in more physical activities. A skill I took away from the camp experience was perseverance. It is a valuable skill needed in academics because we need to be consistent and committed to studying to keep up our grades. The activities were very engaging and challenging. They required our full attention and focus, for example, when abseiling. To successfully descend the cliff, you must actively participate and maintain your attention. I learned that I am very patient and self-aware. Although I knew it would take me longer to reach my destination, I had to be patient and trust myself enough to rest when I realized I needed to stop for breaks because I was tired. Everyone is capable of enduring a challenging event or experience given the right conditions. An unforgettable moment was when I finally got to the Trident Island reception, and all the students present, including me, jumped off a ledge into the water. Fellow Dukies, please ensure to pack light. **Dzidzor Mac-Deh - Gold Award Level (Grade 11).**



7th DoEIA Expedition Camp



Perseverance is a necessary skill. Hiking down Rock City was my best moment. It was a redeeming experience for me after struggling and lagging when initially coming up the mountain. It was also a chance for me to achieve good communication with my alpha and finally break the ice with people in the school I had been existing with, but never really interacting with. Hiking up the mountain with my bag was a challenge for me. I'll pack less next time and be

more open to talking to people and participating in team activities. I'll also make an effort to stay in the lead so I don't get discouraged or fall behind. Like hiking up a mountain, these situations are unavoidable and can only be solved by doing them, and after going through the worst, the accomplishment you feel is all worth it. I learned that I'm the kind of person who has to prepare for these kinds of situations with constant practice to keep in shape. Things may start difficult, but if you pull through, everything is worth it. My unforgettable moment was on the third day after we finished all our activities and got to bond with our alpha members. Dukies, please pack intelligently and come in better spirits. **Kendall Naakowa Codjoe - Gold Award Level (Grade 11).**

I improved my ability to persevere and not give up when I face obstacles. I also learned to be a team player and work well with my team. My best moment was when I was getting better from my allergic reaction and the emotional breakdown. On the third day, I was able to do all the activities and had the best time kayaking and abseiling. My greatest challenge was pushing through my allergies and ignoring the rashes all over my body. I was so emotionally and physically distressed. I was ready to give up. However, I received immense support from one of the patrons on board and tried breathing exercises when I was alone to motivate myself to keep pushing forward. What I would do differently is avoid using products I have never used before. For instance, the sunscreen of others, and I would pack my own medicine so I don't depend too much on first aid. The camp has helped me manage the bare essentials, such as water and food, and has helped me realize what I need and don't need in my daily life. The skills that came in handy on the trip were my teambuilding skills and my openness to helping people around me. The hiking was very challenging, though. It never gets easy. I learned I am not as driven as I thought I was because I was ready to give up when I got allergies. However, I also discovered that the people in my school or those who joined the trip are incredibly caring because everyone, regardless of whether I spoke to them or not, was so kind to me and willing to assist me. I have become more driven and stronger from this experience and have learned to never give up. If I did, I may not be viable for the Dukies award anymore. Be a positive person who is determined and open to trying new things. My most memorable experience was navigating through bushes to watch the Ghana match. My fellow Dukies, be very upbeat, stop whining, don't expect too much, and don't let fear get in the way of your dreams. - **Claris Perdison - Silver Award Level (Grade 12).**



7th DoEIA Expedition Camp



I learned to communicate effectively with total strangers. My best moment was when we were swimming in the lake after hiking. I genuinely love swimming. It brought this state of Zen, which was magical. It also made me feel refreshed, relaxed, and ready for another adventure. My greatest challenge was abseiling. I overcame this fear while abseiling by trying not to look down, or else I would freak out even more. Next time, I would try and listen to the instructor and set a positive mindset. I would also have some faith in the rope. The skills that came in handy during the camp were: communication and inquiry. Camp also required a lot of perseverance, especially during hiking, because I kept getting tired after every 5 minutes, but I had hope that I would finish.

All the activities were engaging, and most of the activities were challenging, except paintball, because I think it requires more critical thinking than anything. Through this camp, I have learned to be persistent. I've improved my ability to communicate and take risks in uncertain situations. The lesson I learned from this experience is that even if you don't have access to everything you need, like water and restrooms, you can still live comfortably. I will never forget the day it rained so much. Advice for Dukies attending camps is to always have a good attitude, as most activities require a lot of guts, and to ask for assistance when necessary. Before going to camp, I would have worked out and practiced a lot in school to develop my muscles. **Aisha Hussein - Bronze Award Level (Grade 10).**

I learned from the camp to persevere and be aware of my surroundings. Treading through the ruts and bushes on the mountainous terrain was no easy work, and being absent-minded on the path could lead to severe injuries, so one can appreciate the importance of being aware and observant. To reach the mountain's peak and descend with the least amount of wasted energy, my alpha and I had to maintain a steady pace with fewer stops. My greatest challenge was abseiling. The mountain was very uneven, and it was challenging to go down. But from my experience, I have been able to have the opportunity to do it a couple of times, which has improved my skills in abseiling. Slowly but steadily, wins the race. Just do it. I learned that I was more of a peer leader as well as a self-leader because I was able to control myself in an unfamiliar environment and be able to motivate and help my mates in my alpha group complete activities. The takeaway was to have fun while being observant and attentive to my environment. An unforgettable moment was getting stuck under my kayak and almost losing all the air in my lungs. But keeping calm and assessing the situation helped me save myself from the challenging ordeal. My advice to future Dukies is to always come to camp mentally prepared, with a positive attitude and an open mind. And to take it easy with every single challenge they face. **Bradley Hoedoafia - Gold Award Level.**







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>



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

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>











TEMA INTERNATIONAL SCHOOL



The IB Class of 2024 presents...

SCIENCE FAIR 23!

THEME: SUSTAINABLE DEVELOPMENT

Saturday 11 February, 2023

TIS Main Campus







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



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

The wellbeing team organised a one-day workshop dubbed, “TIS staff Holistic wellbeing workshop” which was hosted at Aqua Safari Resort, Ada. The aim of the session was to equip all staff members; teaching and non-teaching staff with useful knowledge and skills required in managing psychosocial problems in the lives of students and of course, their own lives.

The CASSA department led the icebreaker session to initiate the program, while the PHE department taught some basic exercises that target the sympathetic nervous system to induce therapeutic effects during stressful periods.

The workshop was facilitated by wellness professionals, working at reputable institutions within and outside Ghana. Our experts brought their knowledge and rich experiences to illustrate the points shared, while guiding us to discover insights from our own experiences.

Topics treated delved into the challenges associated with early childhood through to adolescent developmental stage, identifying stressors and appropriate strategies to cope. The sessions concluded with useful self-care practices and self-appraisal techniques to account for one’s values, progress and ideals.

Below are reflections from some workshop participants:

Gina Anaafi Mensah (Admin)

This workshop was quite unique as we had excellent facilitators educating us while enjoying the serene and conducive atmosphere of Aqua Safari.

Facilitators were also knowledgeable and shared with us, helpful tips on managing our stress and living healthier lifestyles. This program was eye opening because we could relate to the explanations and identify common causes of stress in our own lives. We learnt simple cardio and breathing exercises and how useful it can be in managing our anxiety and stress after long hours of work.

Emmanuel Hygienus (English Teacher)

After yesterday's Wellbeing sessions, the least we can say is a "thank you" to Nathaniel, Dr. Thompson, and to the rest of the Wellbeing team. More importantly, management, for pampering us a little! There is no better way to start a semester that promises to be “fast and furious” other than what yesterday offered all of us.

The sessions were breathtaking, expository and informative to the core thanks to the in-depth knowledge shared on the topic of mental health and general wellbeing by our erudite

facilitators. The lessons learnt on holistic wellbeing, especially our mental health and that of our students, shall remain timelessly invaluable, not only in our daily business with our students, but also, in our individual self-management, relationships, family and in our daily social interactions outside the walls of TIS.

Going into the new semester, we can only bask and bank on the knowledge that we are ready and better prepared mentally for a challenging second semester.

Ebenezer Kwame Asime (Drama teacher)

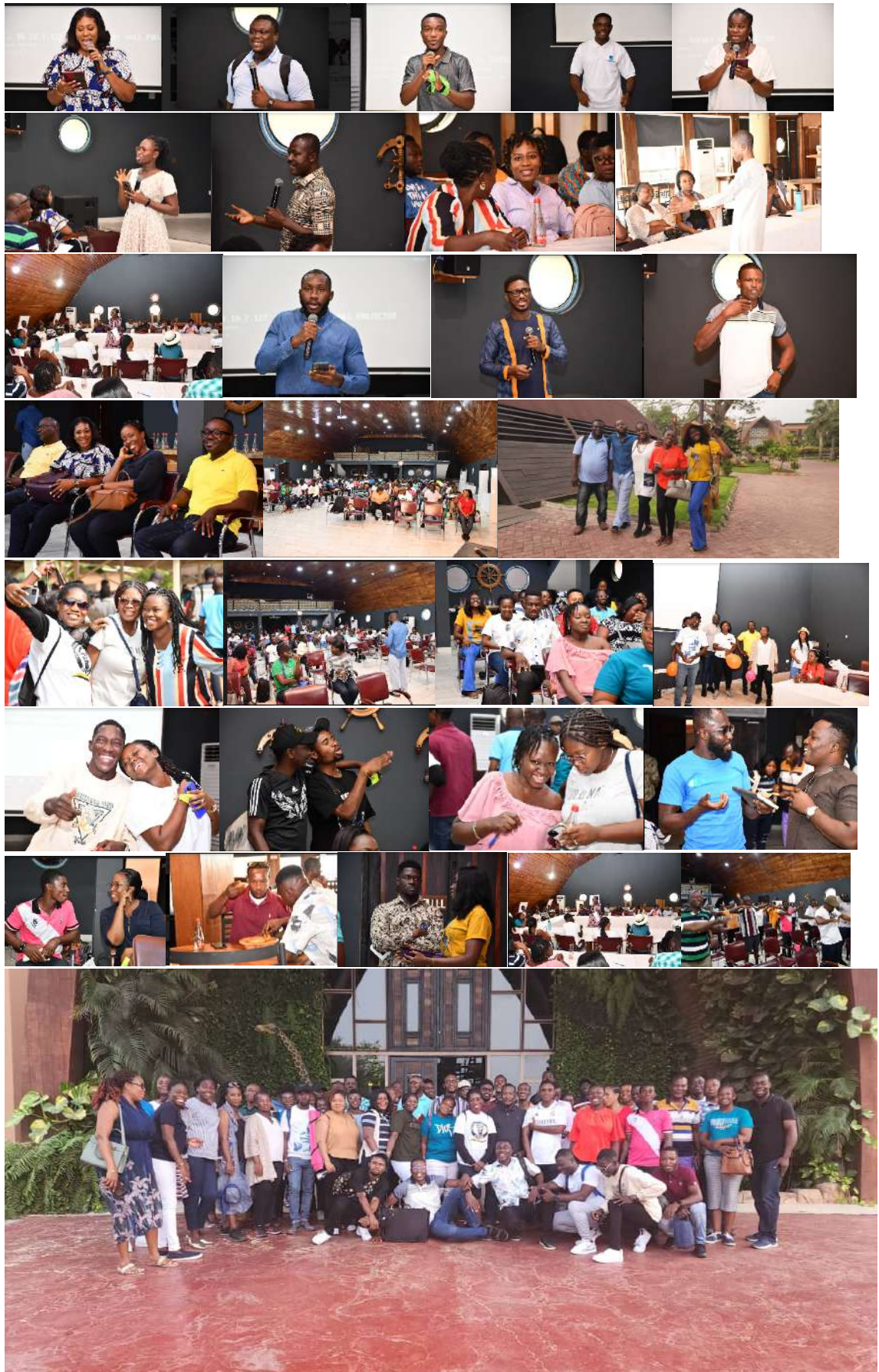
One key takeaway from the well-being workshop was being made conscious of the need to constantly practice self-reflection to have a good appreciation of myself. Practising self-reflection increases awareness of the self, which is key, and a first step to self-development and self-care. This understanding was emphasized in almost all the sessions. Self-reflection requires self-honesty.

There were a lot of insightful understandings on proper self-development that were offered, and I was particularly struck by the balloon analogy for understanding stress and how to properly manage it.

Balloons need air to float, but too much air in a balloon can burst it. In the same way, we need some pressure to perform well, but too much pressure can also lead to distress.

David Difie (DoEIA Coordinator)

The staff well-being retreat at Aqua Safari was an amazing experience. I had the chance to bond and also engage in different information sessions. I was not able to fully participate in all the sessions because I was on photography duty. I could however, tell from all the moments I captured with my camera that the retreat was really impactful and the change of environment put lots of smiles on everyone's face. I suggest more events like this, as it will help in effective productivity. As this is a long semester, I am looking forward to implement every knowledge I acquired on managing stressors. One thing I learnt is, "to attend to the wellbeing of others, you first need to attend your health needs".





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

Take Smarter Notes

What's the best way to take notes? This, I'd argue, is the wrong question to ask.

A focus on note-taking assumes that the goal is creating a document. But having a nice piece of paper is useless if it doesn't contribute to the learning that goes on in your head.

Any learning strategy should aim to increase the amount of knowledge absorbed in the learning process. Here notes can help, and they can hurt.

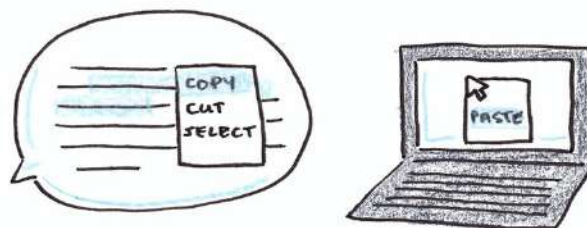
How Notes Help

Good note-taking forces you to pay attention. It's easy to have your attention wander and not realize it. However, when you're taking physical notes, the writing activity encourages you to pay attention.

This, and not the document the notes produce, is the primary benefit. Having nicely written notes is of secondary importance in assisting you in reviewing and studying the material later. This document should only be your primary concern in classes where you expect to spend many multiples of the lecture time actively studying the material.

How Notes Hurt

Note-taking can become a distraction, however. Consider verbatim note-taking, where students seek to transcribe nearly everything a lecturer says. What's going on when you do this?

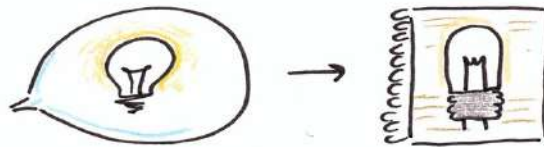


For starters, not a lot of thinking. Keeping up with the lecturer's speech while typing uses up most of your capacity. Since you're copying things mostly as they are said, you don't need to process the material for meaning, just copy it down. Handwritten note-takers perform better than those using computers partly because the former can't keep up with verbatim copying and have to process the material as they go.

How to Take Better Notes

Here are a few simple rules for taking better notes:

1. Paraphrase, Don't Transcribe



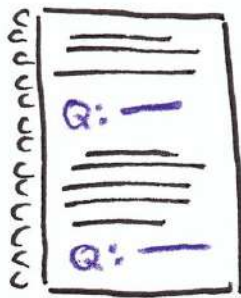
Strive to frame the lecturer's words in your own words. Avoid copying down whole sentences unless the explicit goal is to memorize them later. Paraphrasing forces you to focus on understanding the meaning of what is being said, which will be better for memory later.

2. Note Misunderstandings



In difficult classes, there will be tons that you don't grok immediately. Note these moments and questions as they arise. For videos, I tend to jot down the timestamp of my confusion to follow up on later. In live classes, make a note about questions so you can ask a peer or professor.

3. Ask Questions



Another good strategy is to reframe content presented in terms of the questions that might be asked about it. This is particularly effective for identifying the main principles being discussed rather than just the details.

For instance, a good question for this lesson would be, “Why can note-taking hurt your learning?” Asking, “What was point #2 that Scott made in this lesson?” may be easy to write now. But it is not a good question because it’s tough to answer later and doesn’t force you to think about the main points when framing the question.

The value of writing questions is twofold. First, it allows you to think in terms of the main message. It’s easy to get stuck on details and ignore the main points in a lecture. Yet the questions you’re likely to be asked will be about the main topics—not random factoids. Even when facts are important, they are easier to remember when you’ve mastered the central theme.

Second, questions can serve as recall practice prompts later. Some note-taking methods, such as the [Cornell Method](#), make this tool explicit by keeping separate a third of the page for questions. This lets you cover the actual notes, but not the prompting questions, during retrieval practice.

Scott Young

22/4/22

www.scotthyoung.com

COUNSELLORS' CORNER



This year promises to be another year of God's goodness. Whatever you do, "give it your personal best as a person of integrity.~ Dr. Ken Darvall~

Dear students, want to have a great school year? Consider the pointers above!



- ✓ Explore the unknown by participating in positive life changing adventurous trips like Duke of Edinburgh etc...
- ✓ **R-E-S-P-E-C-T** for self and others can never be overemphasized. Respect the other person because he/she is a human being just like YOU. ~Eyram Mahoney, TIS University Guides~
- ✓ Always be thankful. Show gratitude and appreciation. It opens doors of limitless opportunities.



The Alumni spirit of giving back to TIS gives the University Guides the opportunity to collaborate with the TIS community to successfully organize Alumni Week annually. This year's program was highly pitched on an enthusiastic note to kick start the year 2023!!

Students were ecstatic to listen and inspired to take cues from alumni who shared relatable stories because they were once in their shoes. Primarily, the conversations centred on the main theme. Through this, each person's presentation was in cognizance with the 3 significant **Es'** ~ *education, experiences and exposure*~, as well as the 4 pillars of TIS- excelling in "Academics, Sports, Culture, & Service. Our heartfelt thanks to all alumni who came in person and joined us virtually for our various sessions.

Program Outline: TIS Alumni Week, January 10– 16, 2023.

Theme: TIS Vision and Values: a Solid Foundation for Alumni Success beyond Borders!

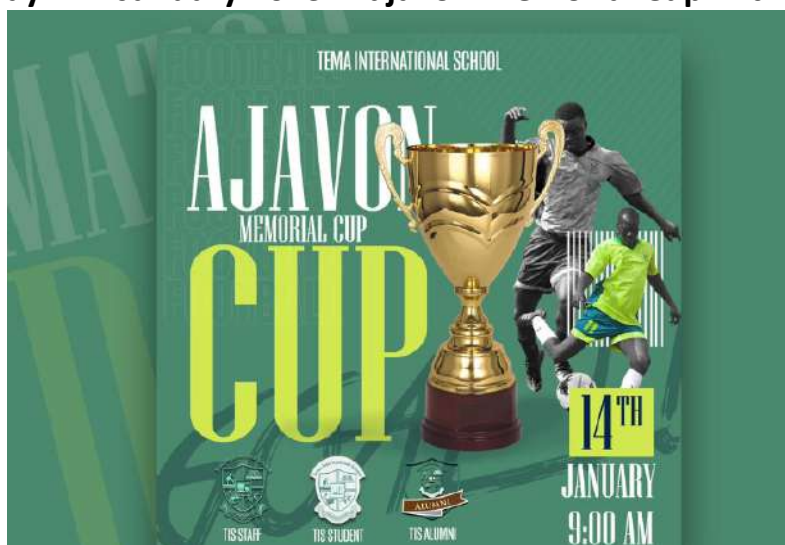
DATE	TIME	VENUE	ACTIVITY	ORGANIZING TEAM
Tues. Jan 10., 2023 Day 1	8:00am	MPH	Official launching of the Week Celebration by Alumni @morning assembly	University Guides, Morning Assembly TEAM, IT, Alumni- Seyram Nutsukpui , Alistair Kirk , Kendric Effah , Kofi Sakyi-Addo , John Abbeo , Kwadwo Ohemeng , Delase Apreku (all in person), Hostel Parents CASSA Team.
Wed. 11 Jan., 2023 Day 2	11:00 am-12:00pm 15:00pm-16:00pm		<p>G8 Guidance lesson with Alumni: Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders! CASSA Magic Character Building: RESPECT,INTEGRITY,COMMUNICATION,TEAMWORK,ADAPTABILITY TIS Culture and where it takes you!</p> <p>G9 Guidance lesson with Alumni: Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders! CASSA Magic Character Building: RESPECT,INTEGRITY,COMMUNICATION,TEAMWORK,ADAPTABILITY TIS Culture and where it takes you!</p> <p style="text-align: center;">AFTER SCHOOL WITH CASSA- TBD</p>	<p>TIS Alumni- Adeline Adjei (virtual) & University Guides</p> <p style="text-align: center;">& CASSA Team</p> <p>Alumna- Christal Perdison, Delase Apreku</p>
Thurs., 12 Jan., 2023 Day 3	15:00pm-16:00pm		<p>G10 Guidance lesson with Alumni: Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders! CASSA Magic Character Building: RESPECT,INTEGRITY, COMMUNICATION,TEAMWORK,ADAPTABILITY TIS Culture and where it takes you!</p> <p style="text-align: center;">AFTER SCHOOL WITH CASSA: CASSA Magic- TBD</p>	<p>TIS Alumni- Mamle Kwao (Virtual), Liz (in person) & University Guides</p> <p>& CASSA Team</p> <p>TIS Alumni & University Guides</p> <p style="text-align: center;">& CASSA Team</p>
Fri.,13 Jan. 2023 Day 4	2:00pm-3:00pm 3:00pm-4:00pm		<p>DP1 Guidance lesson with Alumni: Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders. Friends & Academics Getting there from here- Navigating the University Application Process.</p> <p>DP2 Guidance lesson with Alumni: Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders. Friends & Academics Getting there from here- Navigating the University Application Process. Transitioning successfully to university? What you need to know?</p>	<p>University Guides & Alumni Padikuar Nartey- (virtual DP1), Raphaela Agarko</p> <p>Seyram and Senam Nutsukpui</p> <p>Andrew Nartey and David Masoperh, Kwadwo Ohemeng- (in person DP2), Akua Okyere, Raphaela Agarko *Tiffany Agarko Seyram and Senam Nutsukpui</p>

Program Outline: TIS Alumni Week, January 10– 16, 2023.

Theme: TIS Vision and Values: a Solid Foundation for Alumni Success beyond Borders!

	6:00pm	Night Talk Hostel (Boys and Girls)	<p>Friday Night Life</p> <p>Getting along with others- Buddies for life, Hygiene & Good Grooming, Taking Care of Belongings, Academics & Emotional Balance-Time Management -Self –Management. Managing one’s self is very important in terms of grooming, speech and behaviour. Students should be well informed about this as a key attribute for life, now and beyond.</p> <p>Collaboration. Not looking down on others. Seeing yourself so highly. In life the table can turn. Be humble, accommodating and kind.</p> <ul style="list-style-type: none"> - Challenges in between the journey from here and there and how best they can manage it successfully in order to excel. - Subject Selection for university programmes, selecting best fit programmes, etc... - Issues such as runaway from school matters. Example being present in school and not attending classes and its impact. - Being present in class and not being active or attentive and its impact. 	<p>HOSTEL PARENTS, Alumni, Andrew Nartey and David Masoperh, (in person DP2), Akua Okyere, Raphaella Agyarko, Tiffany Agyarko, Jackie Tetteh</p>
3	8:30am 7pm-9pm		<p>Adjavon Cup</p> <p>Alumni Performances & Talk Show (night event)</p>	<p>Hostel Parents, Sports Dept. , Mr. Atseku, Students, Alumni</p> <p>Hostel Parents, Entertainment Committee, Music Teacher-Mr. Prosper Fiebor,</p>
Sun., 15 Jan. 2023	11:00am 1:00pm		<p>Sunday Alumni Thanksgiving Service (All White)</p> <p>Genesis Alumni meeting Genesis Members</p>	<p>Alumni- Dede Coffie, Dennis Donkor, Herman Suede and Friends, (in person) University Guides, Chaplaincy Committee, Staff, Genesis, Students. ALUMNI – Nana Kwame Brown, Jackie Tetteh, Abdul-Bawumia (in-person) & *Genesis Alumni, Jackie Tetteh</p>
Mon. 16 Jan. 2023 Day 5	11:00am-12:00pm		<p>G7 Guidance lesson with Alumni:</p> <p>Touching on the 4 PILLARS of TIS (academics, sports, culture and service) as a key component for student success beyond borders!</p> <p>CASSA Magic Character Building: RESPECT, INTEGRITY, COMMUNICATION, TEAMWORK, ADAPTABILITY TIS Culture and where it takes you!</p> <p>AFTER SCHOOL WITH CASSA- TBD</p>	<p>University Guides & Alumni TBD</p>

Saturday 14th January 2023: Adjavon Memorial Cup with Alumni



Alumni Live Entertainment Saturday 14 January 2023. Venue MPH. Time 7:00pm – Featuring Alumni- Herman Suede, Dennis Donkor, Edem Coffie & others



SUNDAY- 15 JANUARY 2023- TIS ALUMNI THANKSGIVING CHURCH SERVICE- MPH, 11AM PROMPT



Photo Gallery



For the official launch of the Alumni Week the following alumni graced the occasion with their presence. From left:

- ✓ Alistair Kirk - IB Class of 2019-University of Toronto, Canada
- ✓ John Abbeo -IB Class of 2019- Lehigh University, USA
- ✓ Kwadwo Ohemeng- IB Class of 2019- Lehigh University, USA
- ✓ Seyram Nutsukpui- IB Class of 2011- Lawyer with Kuenyehia and Nutsukpui Legal Practitioners and Notaries, Lead Planner and Coordinator at Seyram's Events Brand Strategist for Turbans and Scarfs Ghana
- ✓ Kendric Effah- Gyan-IB Class of 2019 Lehigh University, USA
- ✓ Delase Apreku-IB Class of 2019 Bucknell University, USA
- ✓ Kofi Sakyi-Addo- IB Class of 2019, Incheon National University, South Korea

Major Highlights from our Notable Speakers.

Seyram Nutsukpui

- ✓ Treat people well because you never know where you will meet them tomorrow. Don't be mean. Be kind!
- ✓ Have a positive mindset and be open to learn from failures and move ahead. Always try again until you get it RIGHT! It doesn't hurt trying!!
- ✓ Procrastination never helps you to get to your destination. Time Management is Key!
- ✓ It best to stay focused on your academics, cultivate the habit of being disciplined. At the university no one is going to chase you to turn in your work .Learn that now!
- ✓ TIS is a beautiful bubble of life time learning experiences that will enhance your life after university.
- ✓ Take opportunities be intentional about CASSA in order to develop a plethora of skills that will help you gain extra income .E.g. you can become an Events Planner like myself I learnt that from CASSA, bead making, cooking creative writing, public speaking and many more.
- ✓ University Applications is a key part of the process. Take guidance seriously!!
- ✓ Accept corrections and criticisms. Don't be offended. You learn! You grow!

Alistair Kirk

- ✓ Your destiny can be delayed but it can never be denied.
- ✓ Step out there and do something good. Being noticed for the right reason no matter how many times you have failed.
- ✓ Above all the faith factor. Your faith in God strongly affects the outcome of your life.
- ✓ Be mindful of whatever you do. Always put your best foot forward!
- ✓ Take up leadership roles. It grows you, it challenges you and there you become better!
- ✓ The power of good friends. Always be surrounded by good friends to motivate you as you cheer each other towards success.
- ✓ Listen to your teachers, it helps you in the long run and learn to manage and balance your time!

IB Class OF 2022 representatives Abdul Bawumia- Ithaca College USA, King Cyrus University of Plymouth UK.

Abdul and King Cyrus shared their unique experiences at the university. A few pointers worth mentioning.

King Cyrus

- ✓ Your safest bet is to be in the right crowd.
- ✓ Submitting assignments on time is very important

- ✓ For friends, is important to choose good friends.
- ✓ Great to manage your emotions.
- ✓ If possible stay away from fights!

Abdul Bawumia

- ✓ University life is good. Lots of work and assignments to submit.
- ✓ It is great to have good friends to hang out with. This is very important
- ✓ Always stay connected with family! Learn to work in teams.



THE TIS DNA IS FAMILY SPIRIT!!

The Perdison Sisters (Christal and Claris! 😊). Creatively Gifted, Intellectually Curious. Christal Perdison IB Class of 2020 is currently at University of British Columbia, Canada.



Time with Alumna: Christal Perdison with Grade 9 Class



It was a great pleasure having Christal Perdison to share her unique experiences and nuggets of wisdom with her siblings.

Major Highlights from her Presentation:

- ✓ Integrity is what the TIS culture is all about. Integrity is the main compass to life channels. A vivid example was when life went virtual due to COVID-19. Some of my classmates were caught cheating online and were sent to the Dean's office. I learnt this key trait and cultivated it right here at TIS as a prefect. Integrity is every thing! Do what is right when no one is watching. Thank you Dr. Ken who always talked about it.
- ✓ Take all your summatives and IA's seriously. It all adds up to your final grade .
- ✓ Extra curriculums are powerful engagements. They grow you. You develop leadership skills and lifeskills.
- ✓ TIS University Guides and the Well Being Team are amazing always ready to help. Make yourselves available and seek help!
- ✓ When you feel overwhelmed and exhausted take a break and go back to work!
- ✓ Stick to your values. Don't feel pressured. Do the right thing when no one is watching.



SAT 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
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/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
15 April, 2023	24 Feb., 2023
10 June, 2023	21, April 2023



TEMA INTERNATIONAL SCHOOL

CULTURE



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




EDUCATION FOR A BETTER WORLD


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 and news.com.au will help you stay ahead of the game.



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




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



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



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



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



TIS

MAIN CAMPUS

INFORMATION



Exeat

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

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

The integrity of an exeat request is critical.

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

No exeat will be granted during the last week before a semester break.

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 exeat).

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

For visits during semester 2, parents will be required to book their visit online.

Please go to: <https://www.schoolinterviews.com.au/code/a9uu7>

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.

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



The Academic Research & Writing Principles

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

1

Explore

a wide range of research.

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

2

Evaluate

the reliability of your sources.

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

3

Organise

your research notes.

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

4

Write

an original paper.

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

5

Paraphrase

other people's ideas.

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

6

Differentiate

other's work from your own original insights

by referencing or paraphrasing. Avoid accidentally plagiarising someone else's work by using academic referencing.

7

Cite

all of your sources.

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

8

Reference

all of your citations correctly.

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

9

Use

the relevant referencing system consistently throughout your assignment.

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

10

Ask

your teacher or instructor for their feedback

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

11

Double check

your work including citations.

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

12

Submit your final piece through Turnitin

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

6 Principles Shaping the Future of Work



Be Open to Understanding New Technologies and Concepts



Use Mobile Phones for Interactions with Teams



Use Expressive Communication



Integrating Team Softwares for Ease of Collaboration



Create Prioritized and Personalized Messaging Between Teams



Connect Workplaces

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.”**



