

# TIS RECORD

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

## At TIS,

.....  
we believe that integrity, or the lack of it, defines the individual and their reputation. We strive to display it as our badge of honour.

## Contents

- PYP News: Page 8
- CASSA Corner: Page 22
- Guide Post: Page 63

## Key Dates

- 4/2/23: Leadership Camp
- 5/2/23: Thanksgiving & Leadership Induction Service
- 10/2/23: TIS Badminton Championships
- 11/2/23: TIS Science Fair
- 16/2/23: G11 TOK Exhibition

## Thought for the Week

.....  
Anyone can listen. All you have to do is stop talking. But to be a *good* listener, you have to stop talking and *be interested*. Genuine curiosity is the precursor to understanding, and a good listener helps the other person feel understood.

James Clear



## A Fast Track for Blue!

Friday, 27 January, witnessed the TIS Secondary School athletics championships. Blue House was the clear winner on this day with their members dominating many events.

After a few quiet COVID years, we finally had some new records set. These were:

- Malcolm Ashun: 17 years boys 100m (12.09.42);
- Claris Perdison: 17 years girls 100m (14.87.39);
- Annalisa Boahen, Open girls 100m (14.50.21); and
- Nana Akosua Acheampong, girls javelin (16.35m).

Emmanuel Essel also equalled the boys high jump record (1.80m) which he now shares with David Quartey.



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

-Steve Bollar

## Making Us Proud

Other top performers at the Secondary Athletics

Championships: Nhyira Owusu (1500m & High Jump); Dwayne Sarpong (1500m); Sybil Amekugee (12years 100m); Antonio and Amaris Osei-Agyeman (13 years 100m); Oforiwa Sakyi-Addo (14 years 100m); Jeffrey Boahen & Brianna Boateng (15 years 100m); Franklin Adu-Baah & Tiffany Forson (16 years 100m); Emmanuel Essel (Open 100m); Chidubem Akunyili (Junior 200m); Franklin Adu-Baah and Brianna Boateng (Intermediate 200m); Terrence Agbesan and Annalisa Boahen (senior 200m); Agormah Agambire and Dwayne Sarpong (800m); Franklin Adu-Baah and Claris Perdison (Champions of Champions); Kara Alhassan and Agormah Agambire (Discus); Kelvin Kofigah and Fareeda Nadir English (Shot Put); Malcolm Ashun (Javelin); Samuel Agyenim Boateng and Nylah Marfo (Long Jump); Blue House (Junior Boys & Girls and Senior Boys Relays); Green (Senior Girls relay).

Congratulations to the overall winning House: BLUE.

Franklin Adu-Baah was the outstanding male athlete at the athletic championships, while Claris Perdison was the outstanding female athlete.

Congratulations to all competitors on an exciting championships.

Registration for the 2023 Swimming Championships on 5 March opens today and students will be provided the details with this Bulletin. Interested competitors must sign up before the closing date.

## TIS Admissions

The Primary School Admissions process continues for this year and will remain ongoing until the end of February.

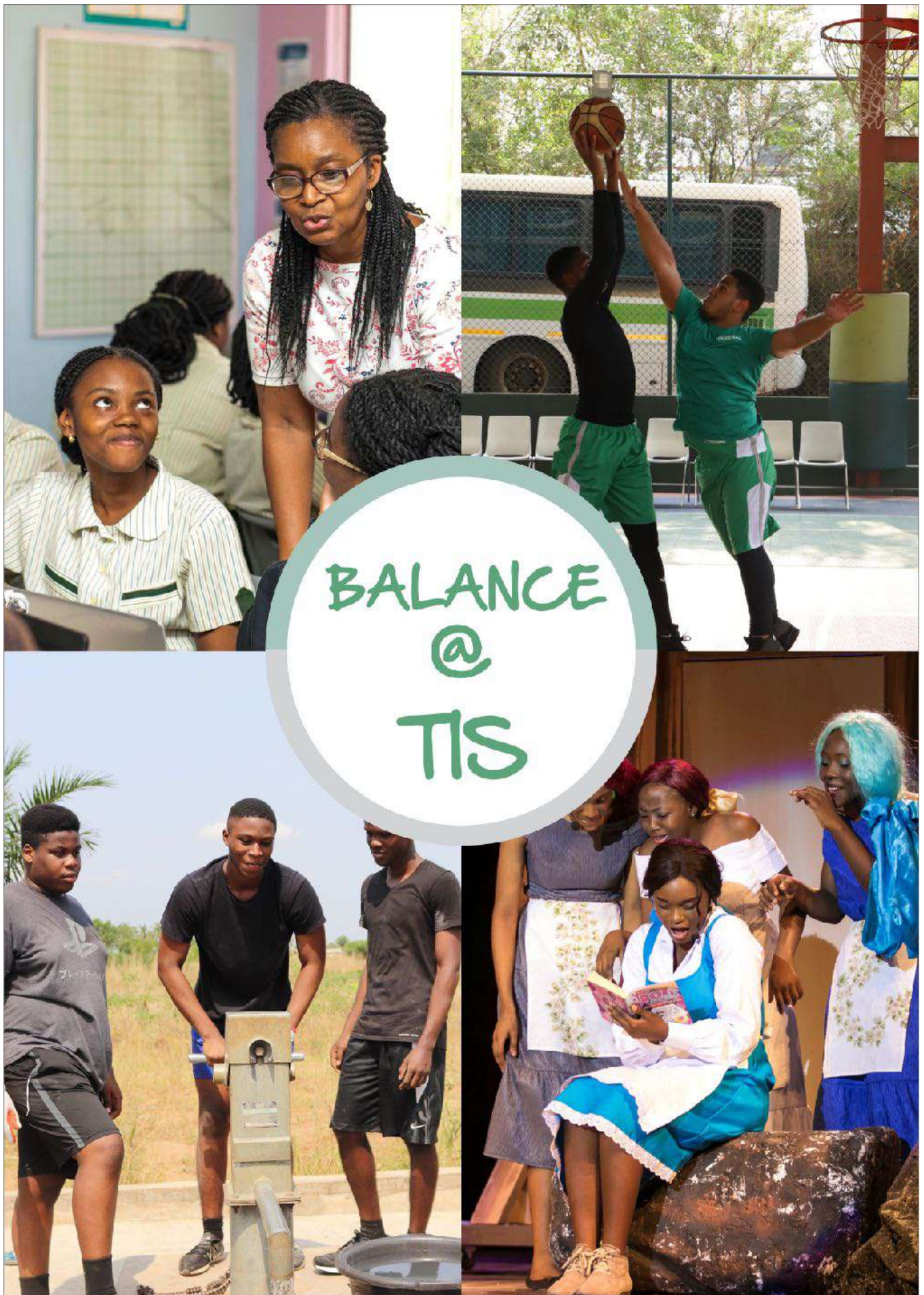
The 2023/2024 secondary school admissions are continuing and the second round will commence soon and conclude by early March.

The TIS admissions process is online and can be found at: <https://tis.openapply.com>

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)





BALANCE  
@  
TIS

# TIS

## MAIN CAMPUS



## Exeat

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

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

The integrity of an exeat request is critical.

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

No exeats 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 exeats).

### General Exeat

A general exeat will cover passport and visa matters, as well as family events. These must not exceed more than two per mid-semester.

Access the general exeat form from here: <https://www.tis.edu.gh/exeat-form/>

### Medical Exeat

A medical exeat will cover medical, dental, optical, and hospital appointments. When possible, appointments should be made for Saturdays, to minimise learning loss.

Access the medical exeat form from here: <https://www.tis.edu.gh/medical-exeat-form/>



## Visiting

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.

# TIS 2022/23 School Calendar

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

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

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

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

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

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

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

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









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

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

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

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

## COLOUR KEY

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

**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)
24-26/1/23	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
27/1/23	TIS Athletic Championships
4/2/23	SC Leadership Camp
5/2/23	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
20/2-3/3/23	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); TIS Silver and Bronze Dukies' Awards Ceremony (7.00pm)
14/3/23	Pi Day
25/3/23	Expression Day
26/3/23	Exam Candidates' Service
27/3/23	G12 Grad photos (All day)
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
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**

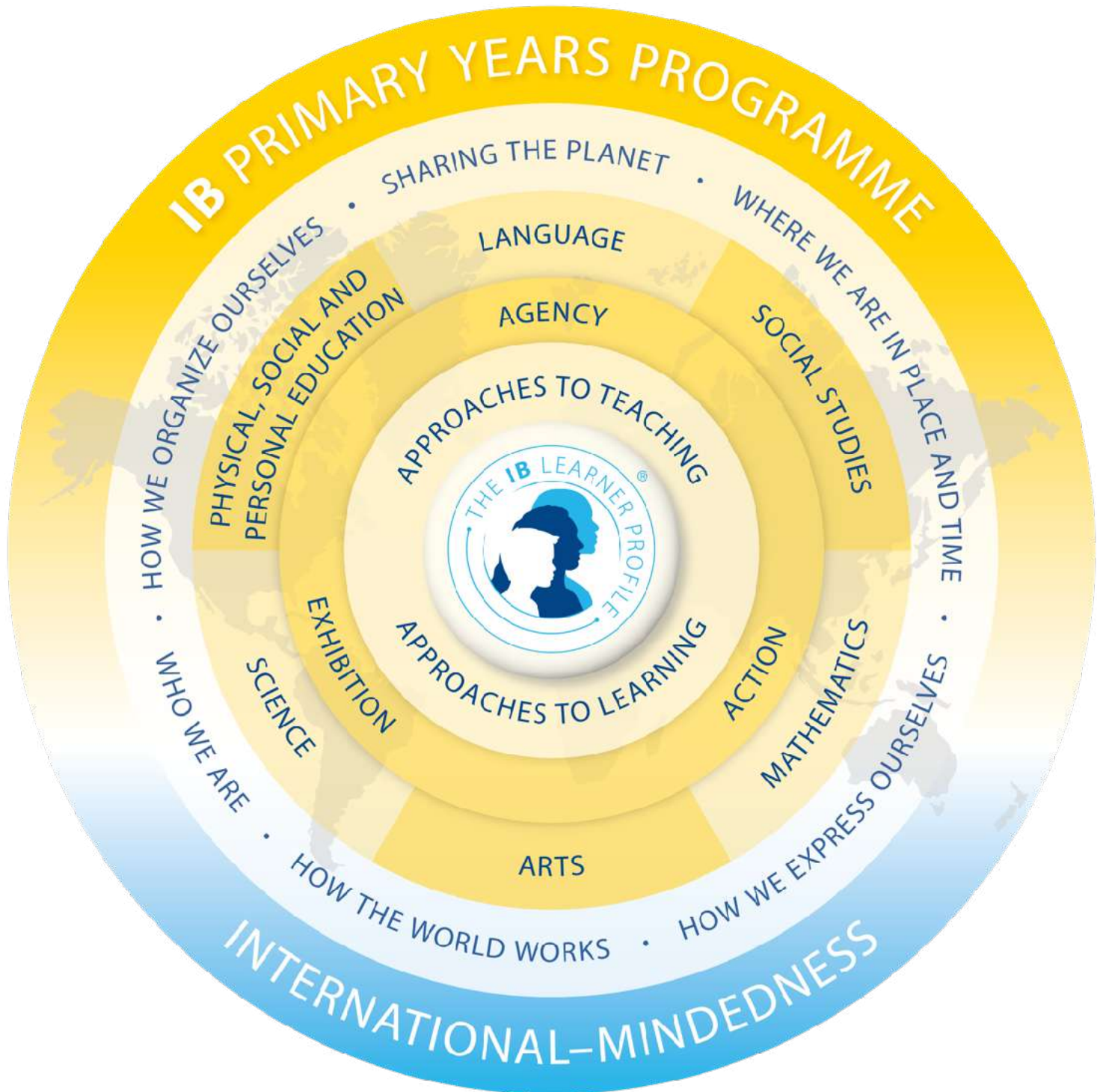
21/9/22	Kwame Nkrumah Memorial Day
2/12/22	Farmers' Day
9/1/23	Constitution Day
6/3/23	Independence Day
7/4/23	Good Friday
10/4/23	Easter Monday
24/4/23	Eid Al Fitr (TBC)
1/5/23	Labour Day

***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
10/2/23	G1-2 excursion to Shai Hills
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





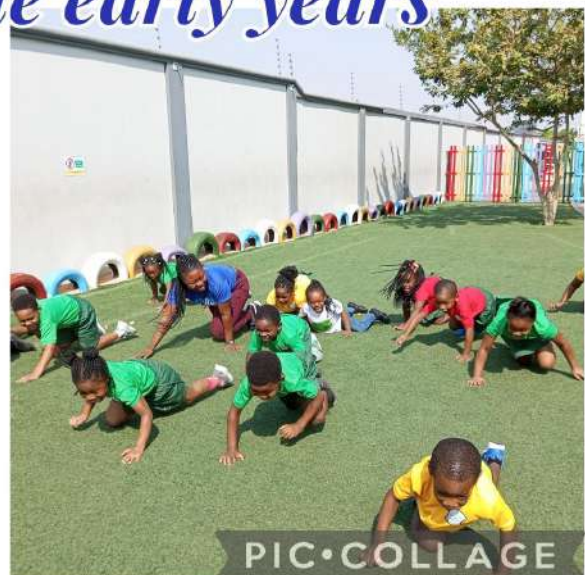
## LEARNING THROUGH PLAY IN TIS EARLY YEARS

*“Whoever wants to understand much must play much.” -Gottfried Benn*

Play is essential to development and growth, and contributes hugely to a child's social, emotional, cognitive and physical wellbeing and development. At TIS Primary School, play-based learning is integral to the Primary Years Programme (PYP). The curriculum is centred on the idea that children are partners in their learning process. Children learn best through first-hand experiences. Play motivates, stimulates and supports children in their development of skills, concepts, language acquisition, communication skills, and concentration. During play, children use all of their senses, they convey their thoughts and emotions, explore their environment, and connect what they already know with new knowledge, skills and attitudes. As they bring their language and culture into play, they also learn about their peers in the process.



*Playtime at the early years*





*Learners playing the freeze game*



*Learners in Early Years playing the freeze game*

This activity helps our learners to develop motor skills, listening skills and social-emotional skills. It also promotes development and learning by encouraging our learners to express, understand and regulate their emotions by using their muscles to move and balance their own bodies.



*We learn through play*

PIC•COLLAGE

*Learners in Kinder One threading beads to help develop their fine motor skills*



*Learners making patterns with manipulatives*



Learners trying to make patterns with manipulatives. These activities help our learners to make predictions because they begin to understand what comes next and also help them learn how to make logical connections and use reasoning skills.



*Learning Skip counting and prepositions through play*



Learners demonstrate some prepositions they have been learning about through play. Skip counting lessons was fun as learners skipped as they counted the numbers.



# *Roleplay in the early years*

PIC • COLLAGE

Students learn through play. They use play to explore their world and gain skills for their learning. At TIS Primary School, we have also seen that play is a natural impulse like getting hungry, or crying when upset. With this in mind, we plan our lessons in ways to increase the time spent on play in class. We create centers for dramatic play, we bring in costumes for role-play, and we explore problem-solving with games. These and more make learning and teaching fun in TIS Primary School. It is our Happy School.





# 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





## Tema International School



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

*A family school, a unique experience.*

**Flexible online admission testing is available**

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

### Grade 7 (MYP 2)

Students should:

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

### Grade 8 (MYP 3)

Students should:

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

### Grade 9 (MYP 4)

Students should:

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

### Grade 11 (IB Diploma Programme)

Students should:

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

To learn more scan this.



To enrol scan this.



The online application process can be completed at: <https://tis.openapply.com>  
 For further information contact us on phone:  
 +233 303 305134; +233 303 308737; email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)  
 Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)  
[www.tis.edu.gh](http://www.tis.edu.gh)

## **2023/2024 SECONDARY SCHOOL ADMISSIONS ARE NOW OPEN**

### *Main School Campus - Grades 7, 8, 9 and 11*

- Prospective students are required to complete application forms online via <https://tis.openapply.com>
- An application fee can be paid via [ExpressPay](#), at the school or into the school's account. The account details can be found on the Bank Details page.
- All prospective students will take an aptitude test that does not require special preparation. An interview would be conducted before a final decision is made. Parents will be informed of the outcome of the selection process.
- Only candidates who have fully completed the applications will be contacted for the aptitude test and subsequent interview.
- Prospective families are encouraged to arrange a tour of the school before or during the application process.

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

Applicants for Grades 7, 8 and 9 will be required to provide three current term or two semester reports.

Applicants for Grade 11 will be required to provide three current term or two semester reports, predicted grade and a recommendation letter. When final results are released, applicants are required to attach a scanned copy on OpenApply. The release of final results will confirm subject selection levels (Standard or Higher).

After the completion of Middle Years Programme (Grade 10), TIS students are expected to complete the IB Diploma Programme in Grades 11 and 12. They will make initial subject selection choices during the second semester of Grade 10. The release of examination results will confirm subject selection levels (Standard or Higher).

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

# TIS ADMISSION PROCESS

## KEY QUESTIONS

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

## DUE DILIGENCE

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

## APPLICATION

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

## BOOK A TOUR OF TIS

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

## TEST AND INTERVIEW

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

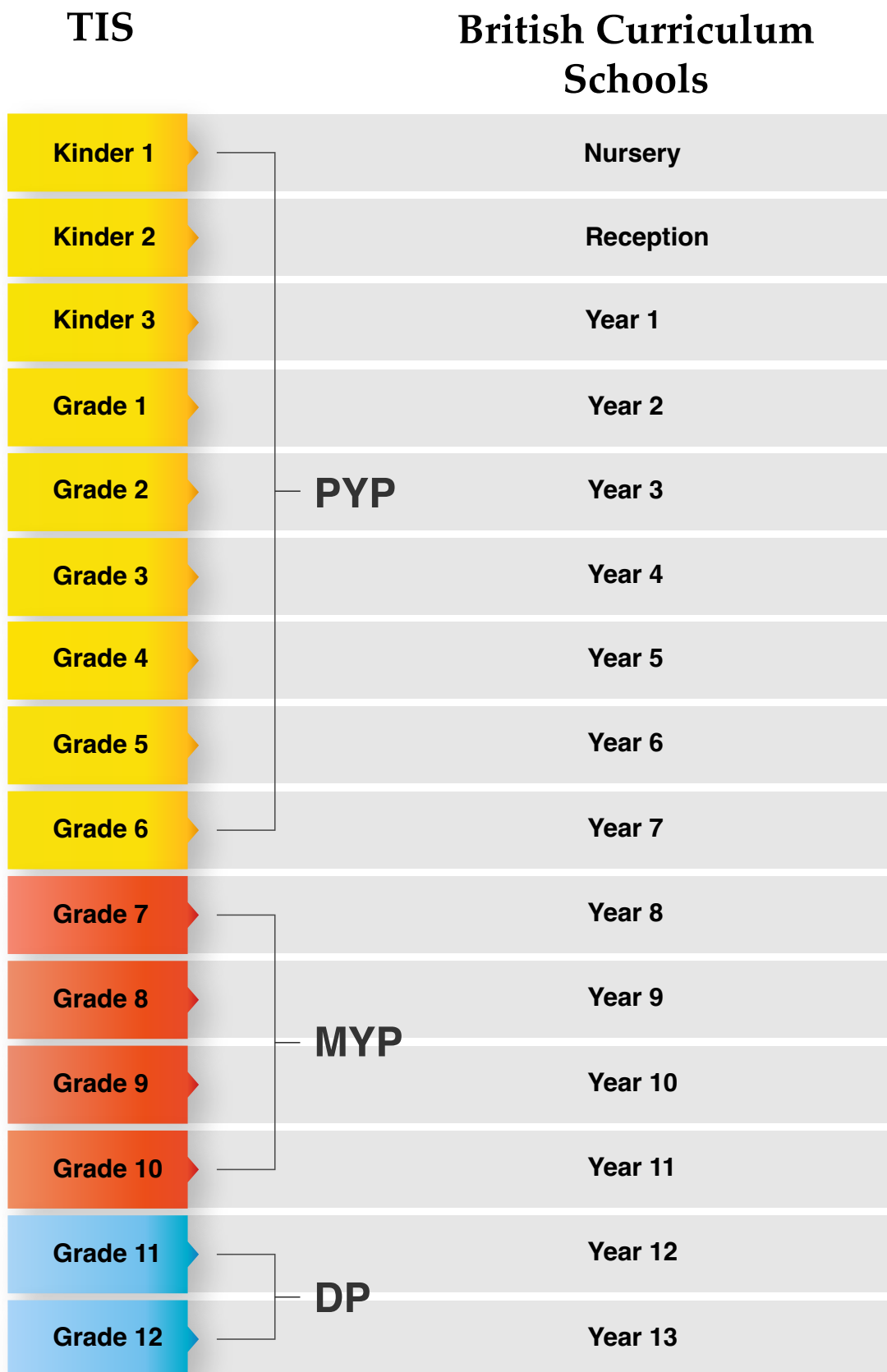
## APPLICATION DECISION

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

## NEED HELP OR IF YOU HAVE MORE QUESTIONS

- ✓ Please email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)
- ✓ Please call: +233 303 305134  
+233 24 963 7762

# TIS Admissions Grade Chart



EVENT	AGE	STUDENT	COLOUR	RECORD	YEAR
100 metres	Open Girls	Annalisa Boahen	Yellow	14.5	2023
100 metres	Open Boys	Sedo Sezan	Green	11.77	2018
100 metres	17 Years Girls	Claris Perdison	Red	14.87	2023
100 metres	17 Years Boys	Malcolm Ashun	Yellow	12.09	2023
100 metres	16 Years Girls	Natasha Tetteh	Green	14.88	2016
100 metres	16 Years Boys	Sedo Sezan	Green	12.19	2016
100 metres	15 Years Girls	Gabriella Manu	Green	14.54	2016
100 metres	15 Years Boys	Sedo Sezan	Green	12.44	2015
100 metres	14 Years Girls	Annalisa Boahen	Yellow	14.95	2019 J
100 metres	14 Years Boys	Josid Owusu-Akyaw	Green	13.15	2016
100 metres	13 Years Girls	Annalisa Boahen	Yellow	14.95	2018
100 metres	13 Years Boys	Ayeh Obeng	Blue	13.82	2015
100 metres	12 Years Girls	Lydia Boahen	Green	15.88	2015
100 metres	12 Years Boys	Andrew Akiwumi	Red	14.16	2016
100 metres	Girls Champion of	Gabriella Manu	Green	14.43	2018
100 metres	Boys Champion of	Ivan Katy Adjovu	Yellow	11.78	2019 J
200 metres	Junior Girls	Annalisa Boahen	Yellow	26.55	2019 J
200 metres	Junior Boys	Richard Tetteh Agbemador	Red	24.78	2019 J
200 metres	Intermediate Girls	Gabriella Manu	Green	26.52	2015
200 metres	Intermediate Boys	Joel Agbey	Blue	22.11	2015
200 metres	Open Girls	Oluwayanmife Fajemirokun	Red	28.83	2015
200 metres	Open Boys	Troy Amegashie	Blue	21.21	2015
400 metres	Open Girls	Eunice Ahashie	Green	58.11	2019 J
400 metres	Open Boys	Alhaji Dauda	Blue	45.93	2019 J
800 metres	Open Girls	Abena Okai	Green	2.47.16	2016
800 metres	Open Boys	David Quampah	Red	1.55.64	2015
1500 metres	Open Girls	Etornam Attiope	Yellow	6.55.82	2015
1500 metres	Open Boys	David Quampah	Red	4.13.55	2016
4x100 metres	12-15 Years Girls	Green	Green	54.59	2016
4x100 metres	12-15 Years Boys	Blue	Blue	46.02	2016
4x100 metres	Open Girls	Blue	Blue	50.44	2019 J
4x100 metres	Open Boys	Yellow	Yellow	40.99	2019 J
4x100 metres	Open Mixed	Blue	Blue	45.52	2019 J
Discus	Open Girls	Shanda Otchere	Blue	23.1m	2018
Discus	Open Boys	Hannibal Richter-Addo	Yellow	32.23m	2018
Shot Put	Open Girls	Phoebe Dadson	Green	7.5m	2016
Shot Put	Open Boys	Luke Ige	Green	11.8m	2016
Javelin	Open Girls	Nana Akosua Acheampong	Red	16.35m	2023
Javelin	Open Boys	Clement Owusu	Green	35.55m	2015
High Jump	Open Girls	Maame Benyarko/Mife Fajemiro	Red/Blue	140cm	2016
High Jump	Open Boys	David Quartey/Emmanuel Essel	Yellow/Red	180cm	2016/2023
Long Jump	Open Girls	Maame Ama Benyarko	Blue	3.92m	2018
Long Jump	Open Boys	Alhaji Dauda	Blue	5.8m	2019 J
	2019 J = 2019 Janu	2019 D = 2019 December			
As at 27/1/23					

## CAS-SA Corner

### The Art of Public Speaking: A Speaker Prepares



Develop your unique style, overcome stage fright, and exude confidence. Here is another opportunity for you to become a great communicator. The Sign up for the "**The Art of Public Speaking; A Speaker Prepares**" is **OPEN**. Click on the link below and SIGN-UP. - <https://forms.gle/EFfXWuuovanNBr1S6> - Kindly pay the workshop fee of GHC 450, latest by Tuesday, 21 February 2023 – Via Momo 0543936488 or pay cash at the CAS office to Ms Abigail Ahiadorme

#### WORKSHOP DETAILS

##### **The Art of Public Speaking; A Speaker Prepares**

Tuesday, 28 February – Friday, 3 March 2023

#### **Public Speaking**

From the mundane to the profound, nothing gets done without communicating clearly, persuasively, and convincingly. Public speaking, like any skill, can be taught, developed, and improved with the proper training, techniques, and guided practice. Arguably, ideas run the world, and the only way to give your ideas the power they need to garner all the requisite elements to make them thrive and “rule the world” is through communication.

There are three critical components of any form of communication; the communicator (speaker), the audience, and the material (or content). When these three come together harmoniously, magic is what happens. This four-day training session will delve into the nuts and bolts of public speaking to equip you with the tools you need to present your ideas to an audience of 1 or a billion and still achieve the desired effect.

As a skill, the only sure way to actually develop is practice. You will not only be introduced to profound concepts of communication but also get the opportunity to try your hands on and get constructive feedback that will shatter all the myths and fears about public speaking.

By the end of the session, you will:

## The Art of Public Speaking; A Speaker Prepares



- Exude confidence and deliver a TED-style talk.
- Develop your unique voice and presentation.
- Develop your unique preparation process that will enable you to deliver quality presentations at all times.
- Become familiar with various presentation forms and techniques you can adopt for all and any situation.
- Develop techniques to generate incredible ideas on the fly.
- Develop a sixth sense for collecting material for your presentations.

### Training sessions

#### DAY 1 | 28 FEB 2023

The Speaker - Confidence in the room

- The Speaker as a tool
- Developing confidence
- Overcoming stage fright
- Body language for impact
- Honing your voice
- Practice session I



#### DAY 2 | 1 March 2023

The Audience -

- Reading a Room
- The End from the Beginning
- Practice session II

#### DAY 3 | 2 March 2023

The Material - Crafting to bend/creating impactful content???

- Presentation techniques
- Elevator pitches
- Business presentations
- Engaging debates and advocacy
- Developing your process
- Mind mapping and ideation techniques

## The Art of Public Speaking; A Speaker Prepares

DAY 4 | 3 March 2023

### Practice leads to perfection

- Practice
- Practice
- Practice

### PARTICIPANT REQUIREMENTS

- A Journal and writing tools (for each participant)
- Laptop

### BONUS

- The top three participants will get three months of free one-on-one coaching.
- The participants will elect two.
- The trainer will select one.
- All participants will receive a certificate upon completion.

**Trainer Profile - Elorm Adjaho** is a software entrepreneur, a strategic management consultant, a project manager, a creative director, a public speaker, and a creative writer with over two decades of experience. **Elorm** has produced and directed several stage productions, from professional to amateur. He has worked with people from different backgrounds to help them unearth their potential for captivating a room and getting their ideas across in the most profound ways.



As an entrepreneur and management consultant, he founded three start-ups, helped craft many business plans and proposal documents, pitched at different software developers' conferences to investors and partners, and managed various projects. **Elorm** regularly delivers public speeches, especially to young adults at camps and conferences, inspiring them to live the best version of their lives.





## Science Fair 23!



After two academic years of not having a science fair and exhibition in TIS it is with great pleasure that the IB Class of 2024 presents to you, **TIS SCIENCE FAIR 2023**. The theme of the exhibition is “**Sustainable Development**” which aims at applying scientific knowledge acquired from our classrooms to help achieve the sustainable development goals that were adopted by the **United Nations in the year 2015**.

The TIS science fair and exhibition is an event that offers students a precious opportunity to showcase their understanding of scientific knowledge and their creativity in applying science in improving our lives. The TIS science fair and exhibition involves students from different grades either working collaboratively in groups or individually displaying their scientific knowledge.

The United Nations Department of Economic and Social Affairs stated that “science is likely our best bet to achieve the 17 SDGS”. With just 7 years left until 2030, the IB Class of 2024 is calling on brilliant young scientists like you to rise up to the challenge and make our earth a better place. On that note, we welcome you to the 2023 TIS Science Fair and exhibition happening on the 11th of February, 2023, hosted on the TIS Secondary Campus.



Students are expected to **sign up their project ideas** with any of the leaders as well as prepare the apparatus that would be needed for the projects as soon as possible. Kindly note that it’s compulsory for all Grades to participate in the upcoming Science Fair. The attire for the science fair and exhibition is the TIS 2023 Science fair Shirts or the TIS Polo. The TIS science department is looking forward to seeing your self-driven projects that inspire solutions to real-life problems!

### INVITATION TO PARENTS

*Hello parents!*

*The IB Class of 2024 is inviting you to the 2023 TIS Science Fair taking place on February 11, 2023 at 1pm on the TIS Secondary Campus. You are invited to witness the amazing, creative and academic abilities of our young brilliant scientists in the field of science. The theme for this year’s Science Fair is “Sustainable Development” and the young scientists have been tasked with developing projects that relate to any of 17 SDG Goals. Once again, you are all invited and we hope that you show up. See you soon!*

## Science Fair 23!



After two academic years of not having a science fair and exhibition in TIS it is with great pleasure that the IB Class of 2024 presents to you, **TIS SCIENCE FAIR 2023**. The theme of the exhibition is “**Sustainable Development**” which aims at applying scientific knowledge acquired from our classrooms to help achieve the sustainable development goals that were adopted by the **United Nations in the year 2015**.

The TIS science fair and exhibition is an event that offers students a precious opportunity to showcase their understanding of scientific knowledge and their creativity in applying science in improving our lives. The TIS science fair and exhibition involves students from different grades either working collaboratively in groups or individually displaying their scientific knowledge.

The United Nations Department of Economic and Social Affairs stated that “science is likely our best bet to achieve the 17 SDGS”. With just 7 years left until 2030, the IB Class of 2024 is calling on brilliant young scientists like you to rise up to the challenge and make our earth a better place. On that note, we welcome you to the 2023 TIS Science Fair and exhibition happening on the 11th of February, 2023, hosted on the TIS Secondary Campus.



Students are expected to **sign up their project ideas** with any of the leaders as well as prepare the apparatus that would be needed for the projects as soon as possible. Kindly note that it's compulsory for all Grades to participate in the upcoming Science Fair. The attire for the science fair and exhibition is the TIS 2023 Science fair Shirts or the TIS Polo. The TIS science department is looking forward to seeing your self-driven projects that inspire solutions to real-life problems!

### INVITATION TO PARENTS

*Hello parents!*

*The IB Class of 2024 is inviting you to the 2023 TIS Science Fair taking place on February 11, 2023 at 1pm on the TIS Secondary Campus. You are invited to witness the amazing, creative and academic abilities of our young brilliant scientists in the field of science. The theme for this year's Science Fair is “Sustainable Development” and the young scientists have been tasked with developing projects that relate to any of 17 SDG Goals. Once again, you are all invited and we hope that you show up. See you soon!*

## TEMA INTERNATIONAL SCHOOL



IB CLASS OF 2024 PRESENTS

# CHOCOLATE FRIENDSHIP DAY, 23

*'Love: a work  
of heart'*



**IN COLLABORATION WITH  
OPERATION SMILE TO RAISE  
FUNDS TO PAY FOR THE  
SURGERY OF CHILDREN WITH  
CLEFT LIP AND CLEFT PALATE**

A PHENOMENAL PARTY BY THE POOL,  
WITH FOOD, DRINKS, A LIVE BAND  
AND MUCH MORE ON  
**SATURDAY, 18 FEBRUARY AT 7 PM.**

TO LEARN MORE ABOUT OUR CAUSE,  
KINDLY CHECK THE  
BULLETIN CAS-SA CORNER.

**TOGETHER WE CAN CHANGE LIVES**



**Chocolate Friendship Day, 2023**  
**“Love: A Work of Heart”**  
**Help Us Funds to pay for the surgery of Children**  
**With Cleft Lip and Cleft Palate.**



The Creatives, the IB Class of 2024 (Grade 11s), are eagerly preparing the best-ever **Chocolate Friendship Day** event in TIS. The organizing committee has so much in store for you. Get your Chocolate form and make that special order for a friend or yourselves.

\*Kindly see below the **Chocolate Chart**. Choose your chocolate and who you will share it with, fill out the form (s) and submit it to the CFD rep.

There is also a **special gift fair**, grades are invited to the Design Lab, where the fair is happening after school, to choose from Eau de parfum, body splash, body scrub, and jewelry, all in order to **raise funds for children with Cleft Lip and Cleft Palate**.

Stay tuned for a phenomenal **party by the pool**, with food, drinks, a live band and much more on **Saturday, 18 February at 7 am!** The **Chocolate Friendship Day Committee** in collaboration with **Operation Smile** is raising funds to pay for the surgery of **children with Cleft Lip and Cleft Palate**. Each surgery costs **US\$ 1000 at Korle-bu Teaching Hospital**. Most families cannot afford to pay for the surgery and treatment needed for their children. We are appealing to you, **students, staff and parents** to support us.

**Dear Parents**, DONATE, via Momo, cash or contact our CAS Coordinator, Mrs Surama King - [surama.king@tis.edu.gh](mailto:surama.king@tis.edu.gh) we need your help! To our **teachers and staff**, a member of the committee will see you. **Your support is appreciated.**

**Mawulolo, Aseda and Dwayne – Leaders of CFD 2023 – ‘Love: A Work of Heart.’**

## Help Us Raise Funds to pay for the surgery of Children With Cleft Lip and Cleft Palate.



### Meet Mariam

Mariam was born with a bilateral cleft lip. But unlike many mothers, her mom, Ramatu, knew exactly what lied ahead for her daughter.

She herself was born with a cleft condition.

When she was a baby, Ramatu received surgery from a teaching hospital to repair her cleft lip. "I'm happy that I got the surgery when I was little," Ramatu said.

Ramatu is reserved and doesn't often make eye contact with strangers. She didn't share what her life had been like growing up or what she had been through, but her strength and dignity are undeniable.

"When I saw my daughter was also born with a cleft, I said to myself, 'God gave me this child for a reason. I know how to take care of her.'"

Ramatu began searching for a solution a few months after Mariam was born, hoping that her daughter would receive the same surgical care that she received many years ago.

Her hopes were realized once she heard about Operation Smile Ghana.

After seeing posters around town for the organization's upcoming medical mission in Ho and contacting patient coordinators, Ramatu was relieved to learn that her daughter's cleft lip could be healed for free.

"I would not have been able to afford to pay for surgery for Mariam," Ramatu said. "When Mariam was selected for surgery, I was very happy."

### References

Operation Smile Canada. (n.d.). *Ghana - Where we work*. [online] Available at: <https://operationsmile.ca/where-we-work/ghana/>.

Operation Smile. (2011). *Home*. [online] Available at: <https://www.operationsmile.org/>.

## Help Us Raise Funds to pay for the surgery of Children With Cleft Lip and Cleft Palate.



### Meet Constance

Victoria gave birth to her daughter, Constance, in a small health clinic located in her neighborhood.

She'd never seen anyone with a cleft condition before and didn't know how the condition would impact her daughter's future. So when doctors referred Victoria to a large hospital several hours away from her home, she didn't hesitate to make the journey.

After she arrived at the hospital, Victoria saw a flyer promoting an upcoming Operation Smile Ghana medical mission with a phone number to contact patient coordinator Clement Ofosuhemeng.

Talking to Clement reassured Victoria that the organization was the solution for which she'd been hoping to find.

"I was not worried about coming to Operation Smile," Victoria said. "Clement answered all my questions and was very accessible. I was certain what you're doing here is legitimate."

While Victoria had absolute confidence in the volunteer medical team, her nervousness was evident on the morning of Constance's surgery.

But when the time came for Constance to enter the operating room, Victoria bravely handed her daughter to the volunteer surgeon and did not shed a tear.

After an hour of waiting anxiously, Victoria reunited with Constance and held her daughter lovingly in her lap.

Looking at Constance's new smile for the first time, Victoria simply said, "I'm so happy. She's very beautiful now."

# TIS IB CLASS OF 2024



## Chocolate Friendship Day

*presents*

### Love: A Work Of Heart



Fairafric - GH¢30



Twix - GH¢20



Welch's - GH¢5



Chocomilo - 10 for GH¢5



Niche mini chocolate - 2 for GH¢5



Haribo - GH¢5



KitKat - GH¢15



Cocoa Crunchy - GH¢7



Niche - GH¢10



Maltesers - GH¢15



### SPECIAL PACKAGE - GH¢120

Stay tuned for a phenomenal party by the pool, with food, drinks, a live band and much more on Saturday, 18 February at 7pm!

The Chocolate Friendship Day Committee in collaboration with Operation Smile is raising funds to pay for the surgery of children with Cleft Lip.

## DP Students – CAS Reflection



I knew right away that the mind mapping and vision board workshop would be insightful. I discovered that I could use mind mapping for everything in our daily lives. My best moment was when we did our vision board. It was very interactive and eye-opening. The workshop was engaging and challenging because we were required to think outside the box. I learned that each person is distinctive in their ways. Mind mapping can be used for learning, and it is very effective. Students taking such workshops soon should make good use of them because they can take them far in life. **Farida Saani. (Grade 12) - Mind Mapping, Vision Board workshop**

Let's see what all this is about. These were my thoughts when I heard about the workshop. Mind maps are not limited to academia but can cut across other areas of my life. My best moment was listening to my friend Ohemaa speak about her vision board. A Latin quote she mentioned struck me and made me realize that life will and must come to an end "memento mori" (meaning remember you have to die). The workshop, I would say, was engaging but not challenging. I noticed I put too much pressure on myself, but so do others, especially when trying to achieve something. My takeaway from this experience is using mind mapping and vision board knowledge to plan my life. I will incorporate mind maps when studying and approaching life experiences. Students who will soon be attending such workshops should take this advice to heart: pay close attention because you'll pick up gold nuggets when you do. - **Ilona Ohene. (Grade 12) - Mind Mapping, Vision Board workshop**



It was fun and engaging. Mind maps can be both positive and negative. My best moment was when we were tasked with creating our vision boards. I enjoyed it because it gave me a chance to write down all the thoughts I had and to see the visions of some of my classmates. I learnt how to sell myself to a group of people who did not know me. Everything in the world can be mind mapped to make it easier to understand and do. I'll do my best to update the vision board I made with any fresh ideas I have. The advice I will give students is to engage with the facilitator. Do not shy away from questions and activities that will be done. - **Eliezer Anim-Somuah. (Grade 12) - Mind Mapping, Vision Board workshop**



## DP Students – CAS Reflection



I assumed the workshop would be straightforward, and mind mapping has nothing to do with me. I discovered that mind mapping is crucial and that it aids in the establishment of precise goals. My best moment was presenting the mind map created by my group with my partner because it allowed us to demonstrate the various types of mind maps and how to use them. Mind mapping has helped me set clear goals for myself and has allowed me to see what I want to do in the future more clearly. Mind mapping is essential when it comes to planning and things like that. I'll keep revising my mind map so that I can keep establishing specific objectives for myself. I advise students who will soon be attending such

workshops to take mind mapping very seriously because it will be very helpful to them in the future. - **Michael Kaleem. (Grade 12) - Mind Mapping, Vision Board workshop**

My initial thought about the workshop was that it was not important. I discovered how to express ideas on a blank sheet of paper during the workshop. My best moment was sharing our vision boards because it gave me a reason to look forward to the future. It was engaging but not challenging. I discovered that while my friends are very outspoken about their ideas, I tend to keep many of my own to myself. The future is bright as long as you take advantage of the present. I intend to use mind maps to condense my notes to help me better understand the lessons I'm learning in class. A bit of advice for students attending such a



workshop is to pay attention. You might learn something new about yourself or life. - **Albert Kufuor-Mensah (Grade 12) - Mind Mapping, Vision Board workshop**



I thought I would know most of the things that would be discussed on mind maps. Mind maps make complex ideas easier to understand. My best moment was when we had to create our vision boards because it let me ponder on the various things, I wanted for myself. It was engaging since we worked in groups to create mind maps. I learned that I have a lot of different ideas but lack structure and planning on how to achieve them.

Mind maps can help you make better career decisions, such as how you want to cultivate your relationships with people. I plan on using vision boards to give myself a sense of direction on how I want my life to be. I advise other students to keep an open mind when taking such workshops. - **Tamar Tejan-Cole (Grade 12) - Mind Mapping, Vision Board workshop**

## DP Students – CAS Reflection

Initially, I knew this was a workshop I would want to attend. I thought of how the workshop will involve many presentations, test our public speaking skills and provide feedback from the speaker. I considered how the workshop would change how I present in class and communicate daily. I learnt many lessons, like the different types of communication, the importance of effective communication and the attributes of an effective communicator. My best moment



was when we were creating our vision boards because it allowed me to reflect on my life to date and envision my future goals. The workshop was generally very engaging and challenging. As a result of this experience, I realized that my communication style wasn't always the best and discovered new ways to do so. I also learnt that active listening to others is a part of effective communication. My understanding of communication has grown as a result of this experience. To prevent conflicts resulting from misunderstandings or miscommunication, I want to communicate better in my daily activities. I also intend to communicate effectively when making classroom presentations! Any students planning to attend one of these workshops should keep an open mind to absorb the knowledge being shared. - **Afua Osei-Boakye (Grade 11) - Public Speaking Workshop**



Initially, I assumed we were going to improve on just public speaking skills. However, as the workshop progressed, we covered all aspects of communication, including visual, auditory, and tactical. Communication is what we make of it. My best moment was creating a vision board for the next six years. The workshop was more engaging than challenging. I learnt that I needed to be relaxed and communicate clearly to get my point across. I also learnt that others take constructive criticism differently. I've taken away all the characteristics of being a good and influential public speaker. Hopefully, if I make it to the assembly team, I will take away the lessons

learnt and use them to present them perfectly. Outside of school, I intend to be more inspiring through my use of voice. Grab this opportunity! You'll never know what you'll learn about yourself and others. - **Leslie Dake (Grade 11) - Public Speaking Workshop**

I thought the workshop might not be beneficial to me. I discovered that mind mapping could aid in navigating and preparing for specific scenarios. My best moment was when we created the vision board because I had a clear idea of my goals. The workshop was engaging and challenging. I realized that everyone has specific skills that need to be unlocked. The creation of mind maps can help you plan, and I intend on using mind maps to solve various questions and plan my life. - **William Enimil-Ashun (Grade 12) - Mind Mapping, Vision Board workshop**

## DP Students – CAS Reflection

My initial confusion about the workshop's purpose stemmed from my lack of prior knowledge. Anytime our mind is clustered on who we are or what we want to achieve, we should create a mind map. My best moment was when we did the presentation because it involved teamwork. The mind mapping and vision board workshops were very engaging. Creating a mind map helped me dig deep into who I was. Mind maps are essential for putting you and your life



together. Any time I am about to approach something, I will first create a mind map to have a clear view of what I am doing. Have a positive outlook on the experience because these workshops will shape your life inside and outside TIS. That is my advice to students who would enroll in such a workshop. - **Ryan Addo (Grade 12) - Mind Mapping, Vision Board workshop**

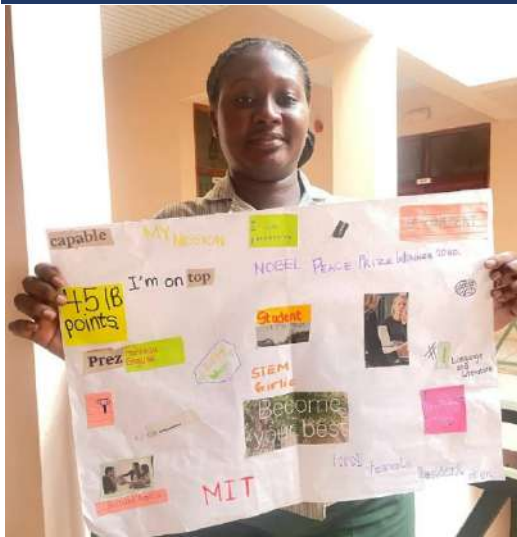
It may be a waste of time, which was my initial thought about the workshop, but Chichi (Chinenyenwa Okoro Onu) is fun. A quote to remember concerning planning and organizing for the future is: "Do not look at the output of a day but the progress made." I also learned to plan the easiest things first. My best moment was when people shared their experiences and knowledge. Through this experience, I realized I needed to work on myself. I need to improve my planning skills. I did not understand how to apply mind maps; however, I did learn that they are helpful for different kinds of people. - **Daniel Markin (Grade 12) - Mind Mapping, Vision Board workshop**



I thought we would learn about emergencies that happen outside of hospitals and how to handle them. And this can be done with the help of simulations and theory tests to help test our understanding. I was not there for the whole workshop, unfortunately, but I did learn about CPR, the history behind first aid, what burning means, and the history of first aid and how it came about. One moment I enjoyed was when we were electing our president and secretary. I also enjoyed practicing the physical stimulation in the garden. I had fun working with my peers, and I found it humorous. The workshop

was very engaging, but because of how simple they made it to understand and follow in class, I didn't find it to be that challenging. I learned that I care for people and want to be able to save them in any situation. However, I also learned that I need to work on how I communicate with others to effectively complete a task in a good manner. My takeaway is to do what I love and to do it well to achieve the best results possible. I intend to apply the lessons learned within the school and beyond by continually practicing them and giving myself different scenarios that include them. I advise students who are yet to attend these workshops to pay close attention, follow the flow, and enjoy the experience. - **Maadjo Kakra Obeng-Nkansah (Grade 11) - First Aid Training Workshop (Ghana Red Cross)**

## DP Students – CAS Reflection



My initial thoughts about the workshop were that it would be about the basic rules or guidelines for being a good communicator (public speaker). The workshop taught me the importance of body language and the need to develop my audience reading skills. I had two best moments. I volunteered to do an introduction with Chichi. It was one of my best because I put myself out there first. The next best moment was when everyone had to do an introduction, aside from learning what you have to do when introducing yourself to someone new. I know what to do when introducing myself to someone else and how to build a relationship with

someone. It was engaging, but I would not consider it challenging. Everyone was involved, and we all had fun. I learned that I am very confident. I need to work on my communication skills. I noticed that people do not like speaking in public but are very good at it. Don't judge a book by its cover. I intend to host school events and other social events. Be open to it and enjoy every minute. If you feel sleepy, get up and walk around. That is my advice to any student who intends to take a workshop. - **Fareeda Kadir English (Grade 11) - Public Speaking Workshop**

I had asked around and thought the session would be much longer and take place over several days, but that was not the case. I also eagerly anticipated this workshop and all the incredible things that would result from knowing that I could benefit both myself and others. I learned how to help a person who is bleeding. I learned about the various types of unconsciousness. There is drowsiness or dizziness, fainting, shock, stupor, and ultimately coma. I got some hands-on practice with the dummy practicing CPR. I've learned that taking care of someone unconscious should come first, but you shouldn't spend too much time on them; instead, move on to the others. It's all about looking at the signs and symptoms and responding as such based on each situation. My best moment was when I got to do CPR myself on the dummy. It was a good way for me to be sure that I had learned something and practiced it before using it on a human. I realized that, with the proper information, I could save lives. My takeaway lesson is to put my newly acquired knowledge to good use. I will always keep the things I have learned in mind, as I never know when they might come in handy. I plan to renew my Red Cross certificate every two years from henceforth. Don't be shy and say what's on your mind. It's better to be wrong than unheard. Never keep it in and have loads of fun. - **Nana Akosua Acheampong (Grade 11) - First Aid Training Workshop (Ghana Red Cross)**



## DP Students – CAS Reflection

I thought it would be hard to go out of my comfort zone and that I had a lot to learn. I learned that body language plays a significant role in communication and can help convey things like enthusiasm or discomfort. The ability to speak more confidently and clearly can be improved by mind mapping your thoughts. It leads to better conversations and presentations. My best moment was when we did our presentations at the end. From the time we first met until that point, I saw everyone's progress, including mine. I felt more confident and could see the improvements my peers and I had made. At that moment, I was proud of all of us. The workshop was very engaging and interactive. The facilitator asked us many challenging but intriguing questions. I learned that I was not the only one facing challenges in public speaking and general interactions, that getting anxious before talking to large crowds is normal, and that most of our difficulties with presentations and public speaking stem from our lack of preparation or planning. I learned that "Imposter Syndrome" is usually caused by a lack of familiarity with one's content or context. I intend to apply these lessons by practicing my body language and mind-mapping my points before my presentations. I would advise future students to fully participate and pay attention during the whole process and try their best to apply the knowledge on the topic in their daily lives. - **Oluwafikunayomi Ogunranti (Grade 11) - Public Speaking Workshop**



I initially thought the program would be a quick and easy learning experience. I learned the basics of saving lives, the dos and don'ts of saving lives, and some valuable information on some techniques. My best moment was when we were all doing our practical demonstration of lifesaving. It was one of my best moments because we used all the information, we had to act out a situation. I learned to work with a team and to be courageous. The ability to collaborate with others to aid others is another thing

I discovered. My takeaway from this experience is that life-saving pieces of information. I intend to continue to practice and advise others on what to do in similar life-threatening situations. I advise students who will take part in this workshop to have an open mind, be compassionate, and be prepared to use first aid to help others. - **Ayomi Asante (Grade 11) - First Aid Training Workshop (Ghana Red Cross)**

## DP Students – CAS Reflection

I signed up for the workshop to improve my public speaking skills. During the public speaking workshop, one major lesson I learned was that everything matters. From your body language to your hand placements to your tone and the way you convey your message. Everything matters. My favorite part was when we were divided into groups and given prompts to present on. I enjoyed the activity because the prompts were fun, engaging, and they gave us a reason to want to speak about and elaborate on the topic in detail. The workshop was fun for me, and we participated in several activities that helped us improve our communication skills and practice public speaking. The workshop was not too challenging, especially since I took drama back in MYP. I was already used to appearing in front of crowds. Through the experience,



I learned about ways in which I could truly improve my public speaking. I became aware that not everyone could talk confidently in front of large crowds. I have developed my public speaking skills beyond my prior knowledge and expertise thanks to this experience. I plan on using the lessons I have learned to join the school's weekly assembly team, and beyond the school, I hope to use my skills to communicate correctly and efficiently with others. My advice to students taking such workshops soon is to come with an open mind, ready to learn and discover new things. Be prepared for challenges and take them on to the best of your abilities. - **Tiffany Forson (Grade 11) - Public Speaking Workshop**



# TIS IB CLASS OF 2024 CHOCOLATE FRIENDSHIP DAY

PRESENTS

## LOVE: A WORK OF HEART

PARTY BY THE POOL

# MENU

### SWEET TREATS



ICE CREAM GH 15

MILKSHAKE GH 15

### SAVOURY TREATS



CHICKEN POPCORN (15) GH 30

SAMOSAS (3) GH 12

SPRING ROLL (3) GH 12

### TOPPINGS



CARAMEL SYRUP GH 6

CHOCOLATE SYRUP GH 6

CHOCOLATE CHIP GH 5

WHITE CHOCOLATE CHIP GH 5

MACHELLE RESTAURANT IN COLLABORATION WITH CHOCOLATE FRIENDSHIP DAY COMMITTEE RAISING FUNDS TO PAY FOR THE SURGERY OF CHILDREN WITH CLEFT LIP.



Proud to deliver



**TEMA INTERNATIONAL SCHOOL**

**Limited Registration!**  
**Registration Deadline:**  
**28 February 2023**

Duke of Edinburgh's International Award (DoEIA)

# EXPEDITION CAMP

For Bronze, Silver and Gold Award Levels

Challenging & Equipping Young People, Transforming Lives, Changing the World.

Adventurous journey, abseiling, hiking, life & survival skills, map reading & compass use, first aid, capsizing drills, radio communication, kayaking, creativity and leadership experiences & much more.

**30 March - 2 April 2023** 📍 **Akateng**

More details on ManageBac or email the DoEIA Coordinator [david.difie@tis.edu.gh](mailto:david.difie@tis.edu.gh)

The 8th edition of the Tema International School Duke of Edinburgh's International Award Expedition Camp (for Gold, Silver and Bronze) participants registration is open. We can assure you an experience of a lifetime while meeting the requirements for CAS (DP students) and the DofE. This is a unique opportunity to develop skills, open up to a new culture, challenge yourself, reflect, be in touch with nature and create long-lasting memories.

**Register now!** LIMITED space available. Only students who are DofE award participants can join the Expedition Camp.



**Activities:** Adventurous journey, abseiling, kayaking, hiking, map reading & compass use, trail navigation, radio communication reading, creativity and leadership experiences, life and survival skills, first aid, drills and much more.

**Benefits:** Students will apply and develop skills, with CAS (DP Students) and DoEIA requirements met.

**Safety:** All safety measures are being taken into consideration, and a risk assessment trip was completed by a TIS team. A wilderness medical officer and emergency nurse with work experience with the West African Rescue Association will be joining the team throughout the program.

**Equipment:** World Ready T-shirt, Cap, Kayak, camping gear, abseil gear, and all outdoor equipment is inclusive.

**Orientation and safety training**– Monday, 29 March, 3:00 pm at the Design Lab with all participants and Expedition Leaders.

**Departure:** TIS campus Tuesday, **30 March 2023, 7:00 am**

The team will **return to TIS Campus on Sunday, 2 April 2023** by 5 pm. Parents are reminded to pick up their wards for the Mid-semester break.

**Duration:** 4 days

**Comprehensive Outdoor Risk and Liability Insurance:** Inclusive

**Logistics:** Certificate, transport, food, water and fees to destinations all inclusive

**Venue:** Akatin, Upper Manya Krobo

**Register now! LIMITED space available.**

**Cost: GHC 3,500 - Registration deadline: 28 February 2023-** Kindly pay by the said deadline.

\*Click on the link below to register. **Payment receipt will be requested to complete the registration.** A kit list is also attached to the form, ensure you have all items on the kit list prior to the Camp.

[https://docs.google.com/forms/d/e/1FAIpQLSfK2av3mBi\\_YL9Ky7C6zl8Gfh\\_EQPXGqo4Vhom7PJzhSfOQRQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfK2av3mBi_YL9Ky7C6zl8Gfh_EQPXGqo4Vhom7PJzhSfOQRQ/viewform)

When making the payment in any of the accounts below kindly state the purpose: TIS DoEIA Expedition Camp, 8th Edition.

Expedition Camp Cost: **Ghc 3,500**

TEMA INTERNATIONAL SCHOOL ACCOUNT DETAILS

**BANK: ABSA BANK**

BRANCH: Tema Main

ACCOUNT #: 060-1798808 (GH¢)

**BANK: Ecobank Ghana Limited**

BRANCH: Tema Main

ACCOUNT #: 0020014471692201 (GH¢)



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](mailto:david.difie@tis.edu.gh)

FOR FREE REGISTRATION send an email to [david.difie@tis.edu.gh](mailto:david.difie@tis.edu.gh) explaining why the centre should sponsor you to do the DofE.



[www.tis.edu.gh](http://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.

# GLOBAL YOUTH MOBILIZATION

## ABOUT EVENT

On 15 February 2023 the Big Six Youth Organizations, supported by the World Health Organization and United Nations Foundation, invite you to join and participate in a virtual event and accompanying side events showcasing the impact of youth-led solutions, launching our impact report, and celebrating the achievements of the Global Youth Mobilization (GYM) over the last 2 years.

Join us at this key moment as we reflect on the impact from the young people leading youth-led solutions to the health and societal negative effects created by the COVID-19 pandemic, whilst taking stock of the challenges they continue to face in this work. Bringing together leaders and experts in conversations with young advocates and change-makers, we will be charting a roadmap for the future of global youth-led solutions and looking to hear your thoughts every step of the way!

Keep an eye out on this page for more information on the programme, our exciting guest speakers, and ways to engage with the upcoming events!

**REGISTER HERE:** <https://globalyouthmobilization.org/unstoppable-registration/>

Virtual Event

**UNSTOPPABLE TOGETHER**  
Celebrating 2 years of Youth-led Global Action

**YOUTH ROUNDTABLE**  
The Young Decision-Makers Driving Youth-Led Solutions  
11 February 2023  
08h00 (EDT) / 13h00 (UTC) / 21h00 (SGT)

**MAIN EVENT**  
Unstoppable Together: Celebrating 2 Years of Youth-led Global Action  
15 February 2023  
08h00 (EDT) / 13h00 (UTC) / 21h00 (SGT)

**PROJECT SHOWCASE**  
Youth-led Solutions Project Showcase  
15 February 2023  
09h45 (EDT) / 14h45 (UTC) / 22h45 (SGT)



Proud to deliver

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


# Bronze & Silver AWARD PRESENTATION *Ceremony*

**EQUIPPED FOR UNCERTAINTY**
**DATE: Sat. 11 March, 2023**
**VENUE: TIS MAIN CAMPUS MPH**
**TIME: 7:00 PM**

**#WORLD  
READY**
[www.tis.edu.gh](http://www.tis.edu.gh)

**All Bronze and Silver participants are advised to complete their requirements by 20 February 2023 to receive their award in March.**

The Bronze and Silver award presentation ceremony will be open to parents of awardees, Tema International School students, staff and Head of States Award scheme officials. Parents of awardees will receive an official invitation.

This is going to be Tema International School's third Duke of Edinburgh's International Award Bronze and Silver Award presentation ceremony but the first in-person, so it is promised to be prestigious.



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 Centre** - 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 Centre**. 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 a mastectomy 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>





## Inter-Disciplinary Unit



# First Aid Training – Ghana Red Cross Society



## Mind Mapping & Vision Board – DP2s



# Public Speaking Workshop – DP1

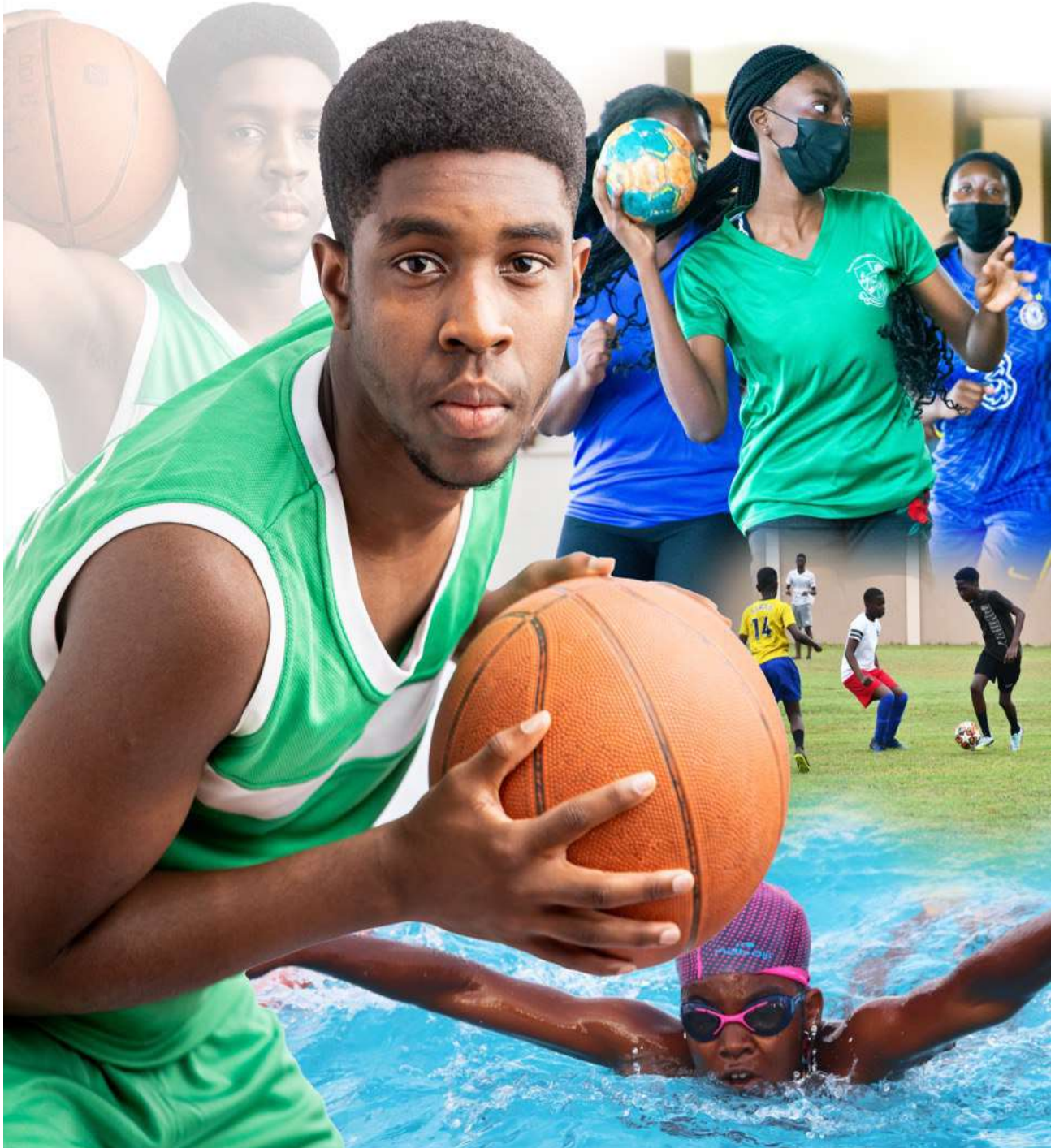




Proud to deliver



# PHYSICAL RECREATION







Proud to deliver

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



# ADVENTUROUS JOURNEY



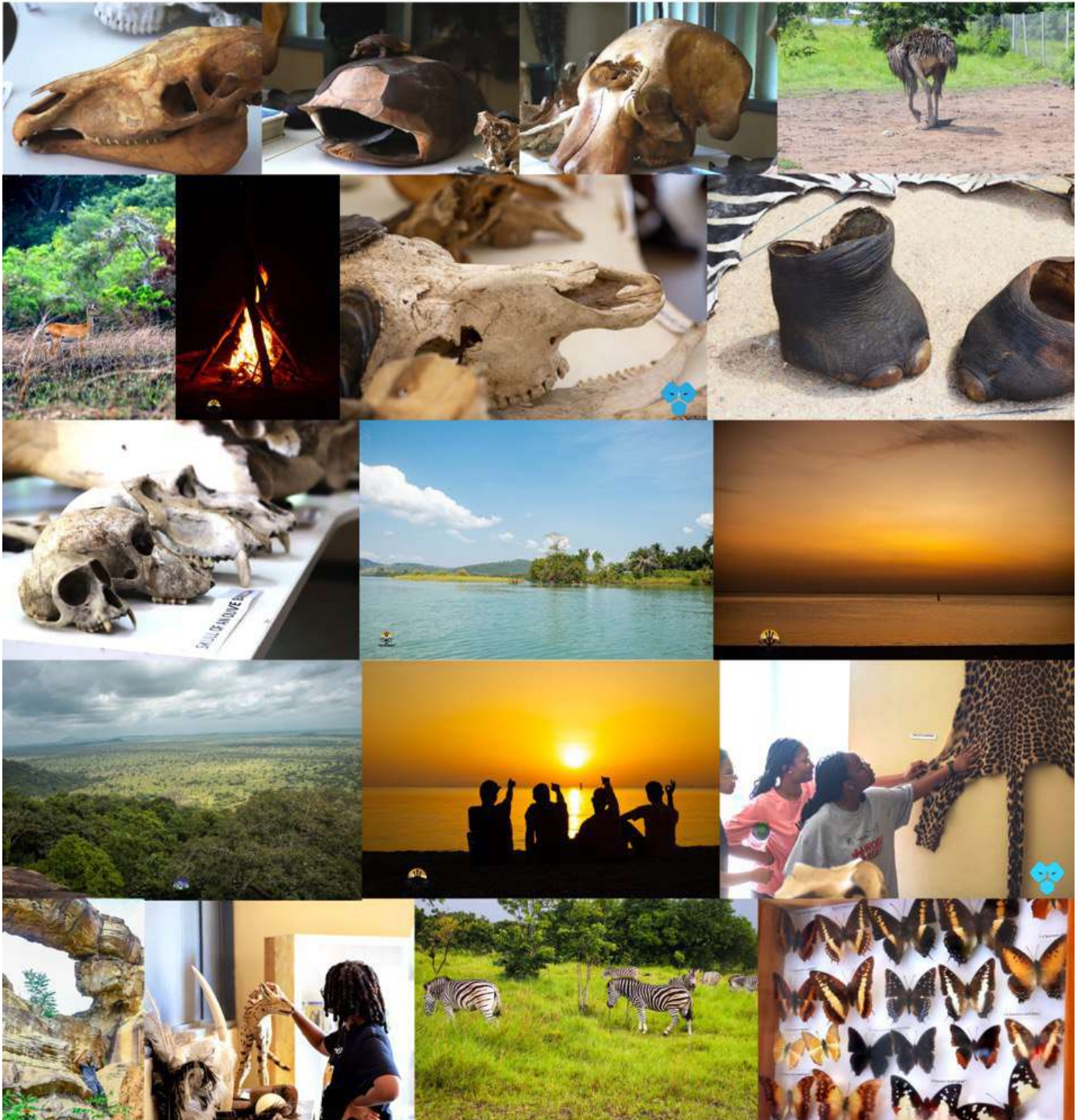


Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



# EXPLORE & DISCOVER





Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



# VOLUNTARY SERVICE





# TEMA INTERNATIONAL SCHOOL

# SERVICE



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



EDUCATION FOR A BETTER WORLD



# Ten tips for acting with integrity

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



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

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



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

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



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

**Take responsibility** for your own actions and their consequences.



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

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



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

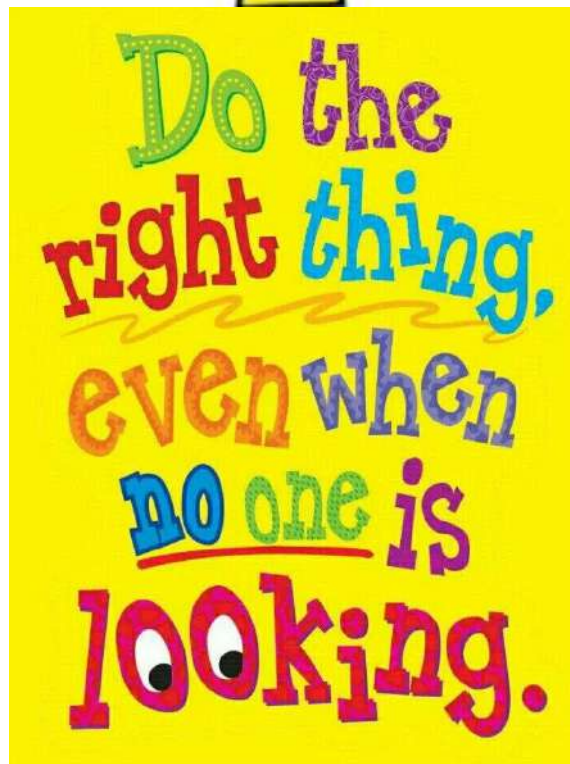


# Be a content creator, not a content imitator.

Academic integrity is a responsibility  
of the whole IB community

Visit our website to find out more: [ibo.org/academic-integrity](https://ibo.org/academic-integrity)

## COUNSELLORS' CORNER



**“One key attribute I took from TIS is INTEGRITY which Dr Ken says all the time. If you have it, you will be trusted as a person of value. Anytime an offer is made, choose integrity! It sets you apart from the rest”.**

***Christal Perdison TIS Alumna ~University of British Columbia, IB Class of 2019~***

## YOUR CHOICE



### Guidance Lesson MYP 4:



The beauty of life is having good friends. Good friends support and cheer each other to success. Students were introduced to this priceless gift of life. The lesson was an eye-opener.

- ✓ Who is a good friend?
- ✓ How to identify good and bad friends
- ✓ Attributes of good and bad friends
- ✓ The value of healthy friendships

### Enjoy Reading Students' Reflection:

*"The lesson today was quite fascinating. We discussed friendships, which wasn't what was expected. It caused me to pause and consider some of the relationships I have with individuals and whether they are useful to me. I also discovered some behaviours and attitudes that friends should adopt so that we are not distracted by them. Additionally, we worked in groups and discussed some of the personalities of our friends as well as the differences, either good or bad, kinds of friends we have. The class today was incredibly intriguing, and I hope to have more just like it in the future."* - **Rachael-Louise Assan, MYP 4**

*"I learnt that life is full of choices and some of the choices you make in life can impact what you can become in future eg: the friends you make. When choosing a friend, you have to study their character and check if they take academics seriously or not"* - **Sidney Deku, MYP 4**



### DP2s: Responding to University Admissions via Email



All set and done, applications have been submitted.

Please make it a necessity to check your university portals and respond accordingly to all emails sent to you from your universities. Here’s why?

- ✓ It is proof to the university that you are enthusiastic and have a keen interest in the university. This informs your prompt response to emails.
- ✓ It’s your surest bet for priority considerations because universities check the date and time you opened and responded to their emails.

**NB:** Unsure about how to respond to a particular request? Please see your Guidance Counsellor.



NAME OF UNIVERSITY	LOCATION	TIME AND DATE OF VISIT (To be Confirmed TBC )	VENUE
Savannah College Of Art & Design	USA	17 February 2023	Einstein Block
Trent University	Canada	TBC	TBC
Ghanaian Universities Visit	Ghana	TBC	TBC



This Year's Summer holds **A Lot of Opportunities** for You to Enroll in Educational, Fun Summer Programs. **Check out the list on ManageBac and discover more summer opportunities.** Please note that all essays and other supporting documents are ready and submitted to your assigned counsellor.

### **YYAS 2023 Program Dates:**

YYAS Online: 30 July- 5 August 2023

YYAS Zimbabwe: 11-18 August 2023

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

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

- **The University of Miami Summer Program**



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

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

- **York University Summer Programme:**



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

**An exciting three weeks' Summer Program @ York University, Canada**

<https://yorkinternational.yorku.ca/summer-programs/>

- **Oxford Scholastica Summer Programme**



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

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

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



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

### **Ghanaian University Applications**



<https://study.lancaster.edu.gh/postgraduate/#:~:text=Admissions%20now%20open%20for%202023,Start%20your%20application%20now.>



Click on this link to apply: <http://www.webster.edu.gh/>



**Ashesi University Undergraduate Applications Open on 14 February 2023. Check it Out!**



**new** dates

achieve more  
**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/>

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

**SAT TEST DATES 2023**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
11 March 2023 ( <a href="#">Digital</a> )**	3 Feb. 2023
6 May 2023 ( <a href="#">Digital</a> )**	31 March 2023



- ✓ SAT without essay \$103 – Online payment only with visa/credit card. **NEW; ACCEPTABLE IDs ARE THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS.**  
<https://collegereadiness.collegeboard.org/sat/register/international/policies>



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

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



- ✓ click: <https://global.act.org/content/global/en/products-and-services/the-act-non-us/registration.html>

**\*To complete registration, payment must be made online in full with a credit card. ACT April DEADLINE coming up. STEM students have an edge.**

**ACT TEST DATES 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

# 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

## 13 EFFECTIVE STUDY STRATEGIES TO HELP STUDENTS LEARN

### *Strategies for Avoiding Distractions*

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

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

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

### *How to Know When to Stop Studying*

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

*Source;*

[https://www.kqed.org/mindshift/57644/13-effective-study-strategies-to-help-students-learn?utm\\_medium=Email&utm\\_source=ExactTarget&utm\\_campaign=MindShift](https://www.kqed.org/mindshift/57644/13-effective-study-strategies-to-help-students-learn?utm_medium=Email&utm_source=ExactTarget&utm_campaign=MindShift)

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

# HOW TO APOLOGIZE

1	Say <u>what</u> you are sorry for	"I am sorry for..."
2	Say <u>why</u> it was wrong.	"It was wrong because..."
3	Accept full <u>responsibility</u> .	"I accept full responsibility for what I did/said."
4	Ask <u>how</u> to make amends.	"How can I make this better?"
5	<u>Commit</u> to not doing it again.	"Moving forward, I promise to..."
6	Ask for <u>forgiveness</u> .	"Will you accept my apology?"
7	<u>Thank</u> them.	"Thank you for bringing this to my attention."

@sylviaaduckworth

## THESE ARE NOT APOLOGIES: ☹️

- I'm sorry you feel that way.
- I'm sorry you misinterpreted what I said.
- You misunderstood what I meant.
- I'm sorry but...
- What about that time you...
- It was your fault that I...



“It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.”

Dale Carnegie

# TIS INTEGRITY Code

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

**As a TIS family member,**

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

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



# Tema International School

