

TIS RECORD

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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.

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Key Dates

- 10/3/23: G3-4 excursion
- 10/3/23: 11-12 geography excursion
- 10/3/23: TIS squash championships

Thought for the Week

You never really think much about breathing. Until it's all you ever think about.

Tim Winton



Congratulations, Dukies

The late Duke of Edinburgh established the awards we celebrate on Saturday in 1956 for boys aged 15-18 years in the United Kingdom so that they could become involved in a balanced program of self-development activities to take them through the potentially difficult period between adolescence and adulthood. Over the years, changes were made to the Duke of Edinburgh International Awards program to include girls and also lower the age to 14 years and increase the age to 25 years. Since 1956, the program has grown internationally and now reaches young people in more than 130 countries.

This prestigious award is a natural fit at Tema International School, a proud IB World School. At TIS, we expect:

- our students to demonstrate balance across academics, sport, culture and service;



"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.

Making Us Proud

Congratulations to the following students who will be presented with their Silver or Bronze Rule of Edinburgh International Awards tomorrow night 11 March, at the MPH.

Silver Award

Claris Perdison (12), Moyosola Fajemirokun (12), Emmanuel Essel (11), Mawulolo Agbeli (11), Frederica Ayitey and Adelaide Egbenya.

Bronze Award

Maadjoa Obeng-Nkansah (11), Ewuradjoa Obeng-Nkansah (11), Eugene Cobinnah (11), Franklin Adu-Baah (11), Imani Webb (11), Nanette Ativor (11), Ayomi Asante (11), Nana Yaa Owusu-Manu (11), Kiros Essilfie (10), Keona Martin-Lawson (10), Then Martin-Lawson (10), Ninette Addom (10), Nana Aisha Hussein (10), Mika Mensah (10), Mercedes Armah (10), Mathew Akafo (9), Paris Owusu (9), and Maame Osei-Amoako (9).

We are proud of you!

- each student to challenge themselves in a variety of after school activities; and
- each student will make the world a better place through their actions and service.

In the end, the individual awards within the Dukies program are icing on the cake, as students are fulfilling award requirements on a regular basis, as part of what they should normally do here at TIS.

Three key words within the Duke of Edinburgh International Awards program are: personal; challenge; and balance. Each award activity requires the individual to set their personal challenge for improvement in each category. The different award categories provide that balance for each individual.

This awards program impacts on each individual and the expedition is a highlight of the Dukies' experience. Each personal reflection is powerful reading as they share and conquer their fears to demonstrate how they grow stronger in their beliefs of what is possible and achievable.

Congratulations to our Silver and Bronze Awardees who will be presented their awards tomorrow night at a special event at the MPH.

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.



Tema International School



MAIN CAMPUS

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

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more scan this.



To enrol scan this.



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

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.

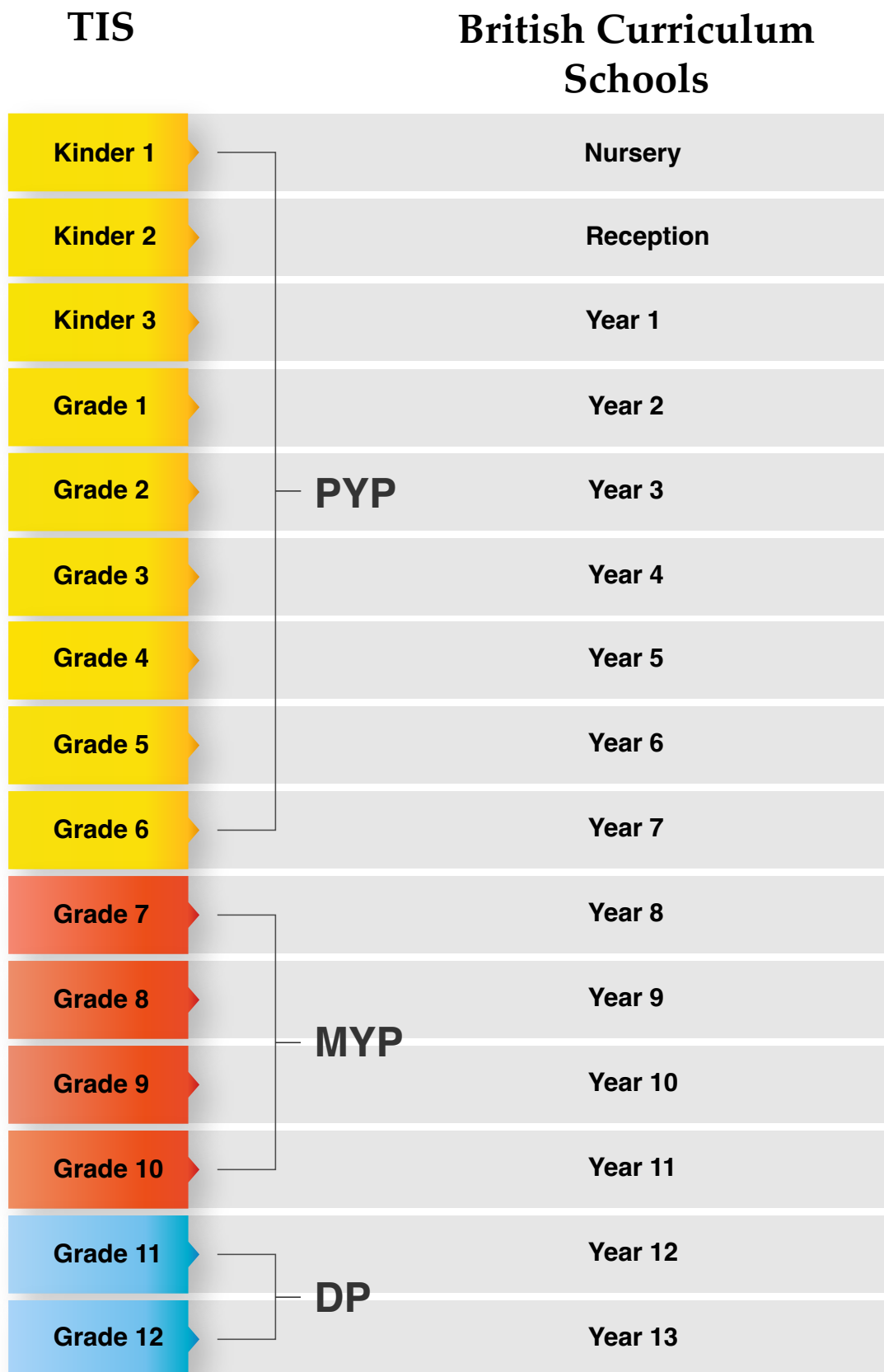
APPLICATION DECISION

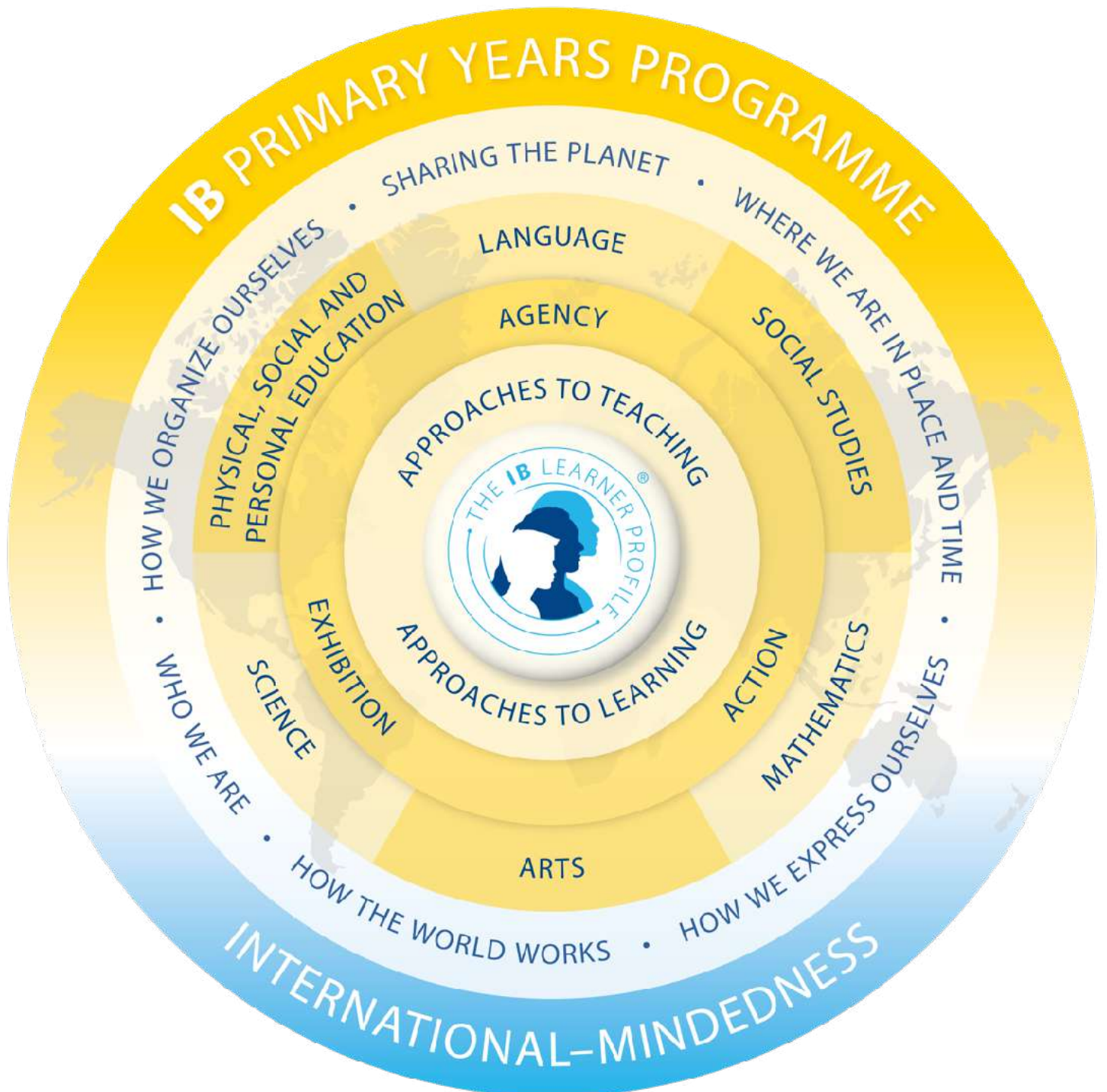
- ✓ If an admission offer is made, you will have 14 days to accept or decline the offer.
- ✓ Otherwise, you will be informed if your child has been unsuccessful or placed on the waiting list.

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





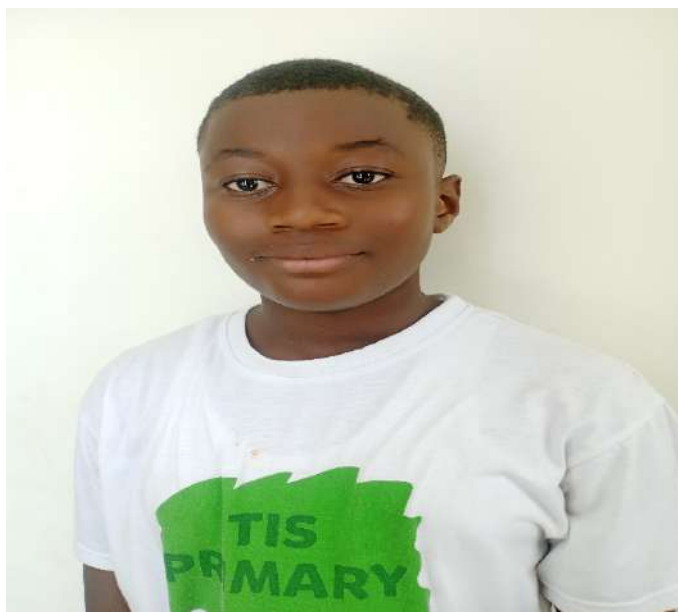
WELLBEING OF LEARNERS AT TIS PRIMARY SCHOOL

Wellbeing has been an issue of concern to people in our society because it helps people to perceive whether their lives are going well or not. Wellbeing includes mental and physical health, physical and emotional safety, achievement and success. The wellbeing of learners is essential at TIS Primary School because the school has an important role in supporting learners to make healthy lifestyle choices and understand the effects of their choices. Learners are supported to improve their wellbeing by engaging in a series of activities, which includes enrichment programs ,such as mother-tongue, PHE and Art, Library, free play and service from the cafeteria.

ENRICHMENT PROGRAM

At TIS Primary School, learners are encouraged to learn and speak their mother-tongue through an organised enrichment program by learning languages like Ewe, Twi, and Ga as a form of self-identity to them. Other skills like Art, dance, music, photography, and bead making are inculcated in learners during the enrichment program.

Children are naturally curious and the enrichment program at TIS Primary School caters for this need. The enrichment program is designed to assist students in developing and realising their full potential. It is a program designed to help students to develop their skills, talents, and abilities outside of the basic curriculum while enriching their learning. It assists students to discover new hobbies, interests, and activities outside of the classroom setting. They gain self-awareness as well as an understanding of the needs and opportunities around them, and they strive for the ultimate. – *Miss Priscilla- Enrichment Team (Grade 4 Teacher)*.



Enrichment is fun because it keeps me active when we close from school and it mostly helps me practice for unit celebrations, unit assemblies, and even the national holidays that we celebrate. I enjoy enrichment because it makes me relax especially when I do music and dance.

Kwaku, Grade 4.



Enrichment helps me to relax from the day's activities because it is mostly fun and I enjoy the Art class.

Caleb, Grade 5



Students engaging in a series of activities during their enrichment time.

The motive for enrichment is to help improve students' wellbeing yet it also produces good results during the PYP units and celebrations.



HOW LIBRARY ENRICHES THE WELLBEING OF STUDENTS AT TIS



There is a link between reading and wellbeing because it regulates emotions, stress, and helps students to connect with characters and find role models. The physical environment of the library is an enabling wellbeing factor as this provides flexible reading spaces and resources.

Students get the opportunity to nourish their spirit and regain emotional equilibrium, and this can be done by using the library as a shelter. The students' libraries are located in the classroom where students are given a safe space to either sit or lie down to relax and read for their own comfort. Teachers are always available to supervise learners when they are at the reading corner. Students have the choice of reading online books/ stories or physical books from the library selves.

Libraries at TIS Primary School are situated in the classrooms and we have reading areas where students normally go to read. We have an online platform where students normally get resources to read. This digital platform is called GET EPIC! Most of the books are either graded books or unit-related books – *Miss Perfecta (Grade 2 Teacher)*.

The students find books to read for relaxation and read beyond their academic levels. It also gives them the opportunity to listen to other opinions beyond the classroom. There are different kinds of books at the library. They expand their thinking and get to interact with people they will never have met and get the information they will never be able to get within their locality. They get to travel through a book to get the experience, and their imagination greatly improves. Imagination is part of wellbeing, if their imagination is in a typhoon they are locked like a popular person said, "You can imprison someone's personality but can never imprison his power of imagination". The library gives students the opportunity to fly. - *Mr. Owusu (Grade 3 Teacher)*.



Reading books gives us new information that we did not know and we want to read books for fun. We want some fun and exciting books. We can also read using Epic. Reading something difficult and continuing at other times, gives us more knowledge. – Kadmiel, Kudah, Kwabena (Grade 5).



PLAY AND PE



Physical Education classes allow students to be active and participate in enjoyable activities. When students are engaged in physical activity, they are more likely to continue being physically active throughout their lives. In addition, physical activity has been shown to affect academic performance positively. One study found that physically active students had better grades and were more likely to graduate from high school than students who were not physically active.

Physical Education and playtime are important factors in the schedule of TIS. Time has been allocated to the timetable to help learners relax and strengthen their bones. Students engage in Physical Education during specific days of the week and they enjoy their playtime immediately after lunch. Students engage in activities like swimming, basketball playing, trampoline running, and picking items to strengthen their wrists to pick items. Teachers are always on standby to supervise students to serve as protection for them when playing. All items that pose a threat to the wellbeing of students are immediately taken care of.



Students engage in sporting activities and play after lunch under the supervision of teachers.

Sometimes, Early Year learners engage in either structured or unstructured play. It is structured play when the teacher or facilitator has something in mind. We can have maybe a pick-and-drop game where learners have the opportunity to pick and drop for teachers to observe their eyes and hand coordination, in terms of how they are able to look and pick an object. Students are allowed to play around for their own wellbeing and it keeps them fit – *Miss Agartha – Kinder 2 (Early Years)*.



Swimming is fun and interesting because sometimes I always swim on the deep side and it helps my body to relax and keeps me fit. Now we are focusing on handball and have started playing in colours.

Ashanti (Grade 4).



I feel happy when I am at the playground with my friends and it keeps me active too.

Ellis, Kinder 3

CAFETERIA



Healthy students are better learners because healthy eating is associated with healthy behaviours which are connected to academic achievement thus leading to better grades and assessment scores, reduced absences and improved memory. Students in the TIS Primary School are provided with nutritional snacks in the morning and they have their lunch in the afternoon. The meals are well prepared under strict hygienic conditions.

Students are not the only ones catered for, teachers' wellbeing is put into consideration through the food provided for them. They enjoy the meals to energise them to supervise learners.



We make sure students are fed with good and healthy meals. The health of students is put into consideration and due to the fact that they are children, natural spices are used to prepare their meals. We make sure all food prepared is served neatly. They enjoy yummy snacks and drinks. Sometimes they are served with drinks like Kalyppo, Niche, and their favourite iced tea, Milo, and fresh yogurt. For the snack, they are served with pizza, doughnuts, shawarma, and kish.

We make sure the lunch is varied like banku with okro, kenkey with tilapia and red pepper, rice ball with groundnut soup, rice and stew, beef sauce, and jollof and vegetables. Concerning neatness, we make sure we clean all the tables neatly and the cleaners mop the floor as well. When your environment is clean, you will remain healthy. Early in the morning, we tidy up the kitchen and after cooking, cleaning follows.

Miss Ophelia (Cafeteria)

These are some comments from students concerning the meals served at the cafeteria.



I like the school's food because they give us different meals every day. The food is healthy and the meals served are either traditional or continental dishes.

Michelle Grade 6



The food served is nice because it is healthy due to the vegetables served. Though I don't take the vegetables, I enjoy eating the stew because it is healthy.

Paa Kow, Grade 1



Sometimes the meals are served with protein and healthy meals including salad. My favourite food is rice balls with groundnut soup and chicken.

Elsa, Grade 3



Students enjoy their healthy lunch and snack. They are advised to take their turns to take their snacks and lunch.

Teachers provide support and supervise students when eating. The wellbeing of teachers is considered by providing them with meals at the cafeteria.





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
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October 2022						
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23	24	25	26	27	28	29
30	31					

November 2022						
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December 2022						
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January 2023						
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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
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26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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April 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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30						

May 2023						
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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
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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
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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; 11/12 Geography excursion
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
10/3/23	G3-4 excursion
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

SCIENCE CORNER

It is always a delight to see students apply what they have learned in class outside the classroom to find solution to problems. On 1 March 2023, TIS was invited to take part in a science project competition at Brainy Bairn School. The TIS team came second and were awarded an amount of three thousand Cedis. Below are the reflections from two of the students who took part in the competition.

Senanu, Ninette, Paa Kwesi, and I worked together as a group to participate in a science fair competition. Taking part in the science fair competition at Brainy Bairn International School was an incredible experience that I will always cherish. It was an opportunity to showcase my knowledge and creativity and to learn from other students who were also passionate about science. I spent countless hours with my group members researching, designing experiments, and analysing data, but it was all worth it when we saw our project come to life.

The competition itself was nerve-wracking but also exciting. I had the chance to present my project to judges and explain my findings in detail. It was a great exercise in communication and public speaking, and I was able to answer questions confidently and share my enthusiasm for science, technology, engineering, and math.

What I appreciated most about the science fair competition was the sense of community and collaboration it fostered. I met students from different schools and backgrounds. We exchanged ideas, gave each other feedback, and learned from each other. It was inspiring to see so many young people passionate about the science fair and what they were trying to prove.

Overall, the science fair competition taught me the value of hard work, perseverance, and collaboration. It reminded me why I love science and motivated me to continue exploring new ideas and pursuing my interests. I am grateful for the experience and look forward to participating in more competitions in the future.

Kelvin Ansong

Kelvin, Ninette, Paa Kwesi and I were lucky enough to be picked by the science department as one of the two teams representing the school at Brainy Bairn's Science Fair. To the surprise of the three of us, we managed to placed second, winning 3000 Ghana cedis. It allowed us to showcase our scientific knowledge of concepts like electricity, energy sources, sustainability and decomposition reactions, as well as our creativity in order to inform about a relevant way to deal with this country's energy problems.

This was the heart of the passion for the project when we originally reasoned it up for the science fair which took place in the school. Placing second in a science fair competition can be both an exciting and disappointing experience. On the one hand, it's a great accomplishment to be recognised for your hard work and dedication to your project. On the other hand, it's natural that we felt disappointed that we didn't come first.

Regardless of this outcome, participating in this science fair competition was a rather exciting and rewarding experience and this without even considering the second-place prize we were awarded.

Senanu Ahlidza





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



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.



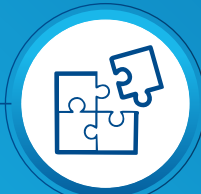
Learn to **accept** your strengths and weaknesses and do the best that you can.

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

CAS-SA Corner
Expression, 2023 – Curating 2030: The World of Tomorrow



By Seffirina and Veronica – G11 (Committee Leaders)

The counting down to a mind-blowing event in TIS has begun. **Expression 2023** is just around the corner. With a very intriguing theme:

Expression, 23 – Curating 2030: The World of Tomorrow.

This is the opportunity for students to express their ideas on how we can achieve the **Sustainable Development Goals by 2030**. How can we creatively overcome poverty, eradicate hunger, promote health, provide quality education, reduce inequalities, nurture gender equality, provide clean water and sanitation, adopt renewable energy, create good jobs and economic growth, be innovative in creating sustainable infrastructure, reduce inequalities, create sustainable cities and communities, be responsible consumers, initiate climate action, protect life below water and life on land, create a peaceful and just world for all and bring partnerships for the goals in our community?

Call for creatives – If you have a creative idea of how we can achieve the SDG’s, you are a lover of Art, Music, Art and Craft, Dance, Drama, Film, Photography, Ceramics and have a **CAS project** that you like to showcase, raise funds or get the community involved, this is your time. The event is open to students, from G7 to G12. Get involved, as there is no place for spectators.





Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



TEMA INTERNATIONAL SCHOOL

Registration Closed!

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

Registration Closed!

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THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

THE HEAD OF STATE AWARD SCHEME
Challenging Young People

Bronze & Silver AWARD PRESENTATION Ceremony

EQUIPPED FOR UNCERTAINTY

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

#WORLDREADY

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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.



Proud to deliver



ADVENTUROUS JOURNEY





Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



SKILLS



Meet the Bronze Awardees



Proud to deliver



“ My experience during the Duke of Edinburgh's International Award has been one like no other. The rigorous activities I have had to engage to meet the requirements of the award have been very beneficial to my physical and mental growth. Through the DoEIA, I have been able to challenge myself beyond what I thought I could achieve. The activities I engaged in have given me insight into how to handle real life problems.

”

Maame Osei-Amoako
Grade 10
BronzeAward Recipient



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#WORLD
READY



Proud to deliver



“ I never knew what to expect on camping trips, but I thoroughly enjoyed the Duke of Edinburgh's International Award expedition camp for a variety of reasons. It was these challenges that we faced that helped me gain greater insight into myself and the power of positivity. I wouldn't consider myself to be a particularly positive person, but it was my determination to enjoy the camp that really got me through.

”


Matthew Akafo
Grade 10
BronzeAward Recipient





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#WORLD
READY


Meet the Bronze Awardees





Proud to deliver




“ The DoEIA program has pushed me to limits I never thought I'd go to. Going to camps helped me overcome many fears and apply classroom lessons to our activities, as well as participating in more physical activities where I learned new sports such as tennis. I've learned to appreciate and respect my surroundings, as well as to seize every opportunity. DoEIA has instilled in me a love of the outdoors and a desire to face new challenges. ”



Mercedes Armah
Grade 11
Bronze Award Recipient




 www.tis.edu.gh **#WORLD READY**



Proud to deliver



“ After participating in the lineup of Duke of Edinburgh's International Award activities this past year, I realized that it's more than just a camping trip or something to add to your list of achievements. For me, being a participant has taught me skills that helped me improve myself, and I will carry this new set of skills with me for many years. I have loved the experience so far, and am planning to get my gold award next. ”



Mika Mensah
Grade 10
Bronze Award Recipient



 www.tis.edu.gh **#WORLD READY**

Meet the Bronze Awardees



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THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



“The Duke of Edinburgh’s International Award programme has been a fulfilling experience for me. I have been challenged into difficult situations and terrains beyond my comfort zone. Additionally, it has helped me improve my social skills and my overall ability to withstand whatever the world throws at me. It has been an extremely valuable and unforgettable experience for me. After partaking in this experience, I can confidently say that I am a risk-taker and definitely world ready!”

Nana Yaa Owusu-Manu
Grade 11
Bronze Award Recipient



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#WORLD
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INTERNATIONAL AWARD



“The Duke of Edinburgh’s International Award has been a lengthy but beneficial journey. Through the course of this journey, I have had the opportunity to grow in areas I have always wanted to by means of my extracurriculars and CAS experiences. I’ve had the opportunity to develop lifelong skills at the camps I went on. I enjoyed my time participating in this activity and I definitely recommend it for other students.”

Nanette Ativor
Grade 11
Bronze Award Recipient



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#WORLD
READY

Meet the Bronze Awardees



Proud to deliver

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



“ The Duke of Edinburgh's International Award programme has been a life-changing experience that has pushed me beyond my limits. Who would have thought I would find myself in the wild for 4 days/3 and nights trying to withstand the forces of nature all on my own? This experience really emphasized making participants world-ready and I can proudly say that the award scheme has been able to fulfil this. I can now proudly say that I am world-ready and I can thrive in any situation that I find myself in. I can't wait to advance to the next level to challenge myself even more. ”

Eugene Cobinnah
Grade 11
BronzeAward Recipient



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“ The Duke of Edinburgh's International Award expedition showed me that I could certainly achieve anything I wanted to if I put my mind to it. I learned about the importance of group collaboration and self-management in the survival of individuals in trying situations. In all, The Duke of Edinburgh's International Award programme was an incredibly insightful experience that pushed me beyond limits that I didn't know existed before. ”

Tiffany Forson
Grade 10
BronzeAward Recipient



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#WORLD
READY

Meet the Bronze Awardee and Award Leader



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INTERNATIONAL AWARD



“ I've developed into a risk-taker and a balanced individual thanks to the Duke of Edinburgh's International Award programme. I have found balance by engaging in activities other than academics, such as practicing my musical skill and playing volleyball. I developed my sense of adventure through the DoEIA expeditions by abseiling a 100ft Volcan rock, hiking ten kilometres, and camping on an island. I will carry these teamwork and collaboration techniques with me throughout the rest of my life. ”

Nana Aisha Hussein
Grade 10
Bronze Award Recipient



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#WORLD
READY



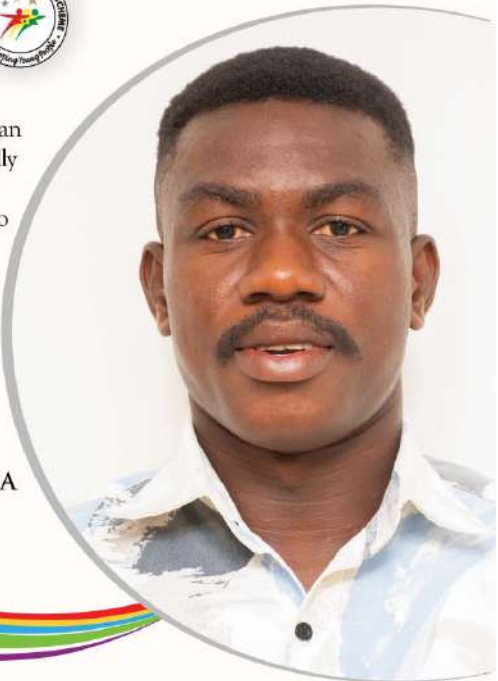
Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



“ The Duke of Edinburgh's International Award programme is an entire experience in its own. Being an award Assessor has really improved my social skills and has also made me release my capabilities as well. As a swimming coach I'm always happy to see students challenging themselves and improving their learning skills. I have also gained huge experience in guiding and leading young people to achieve their goal. Thank you DoEIA, for this great opportunity. ”

KINGSLEY DUVOR
SWIMMING INSTRUCTOR
AWARD ASSESSOR DOEIA /HOSA



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#WORLD
READY

Meet the Silver Awardees



Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



“ My Duke of Edinburgh's International Award programme experience has been excellent. It has shown me what it means to be persevering and how fortunate I am to have access to needs like restrooms, clean water for bathing, and the great meals I eat each day at Tema International School. This experience has extended my perspectives and shaped me into the person I am today. ”

Mawulolo Agbeli
Grade 11
Silver Award Recipient



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#WORLD
READY



Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



“ The Duke of Edinburgh's International Award programme has been entertaining because it has allowed me to push myself beyond limits. The programme has helped me learn more about myself and develop interests in many things such as squash, voluntary service and exploration. I would encourage any individual to join the award programme. ”

Emmanuel Essel
Grade 11
Bronze Award Recipient



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#WORLD
READY

The Art of Public Speaking; A Speaker Prepares Facilitator: Elorm Adjaho



I came into this workshop expecting to improve my communication skills, and thanks to the interactions I had, I was able to do just that. I discovered how important body language is to your audience when you're presenting. When I'm asked to address a sizable crowd, I'll apply the lessons I've learned by putting the techniques I was taught in my class presentations and my family gatherings. I had to push myself to learn to speak up when necessary, something I usually avoid, which made the workshop

valuable and challenging. I can work with others when I'm asked to. It was a good experience as it helped improve my confidence. My best moment was when Joel and I presented on AI Police and got feedback on how to improve. **Kwesi Kutu (Grade 11).**

Since it was my first-time taking part in a workshop, I wasn't sure what to expect. I learned that a speaker should be able to project their voice to their audience. I also learned that you should research your material well before presenting it. Your introduction should be a banger, and your outro should also be a banger. In school, I intend to give better presentations during classes. I will seize the chance to take on the role of the host during social gatherings outside of school, preferably ones with my family. The hardest part of this workshop was getting up in front of the group to speak, but it was also full of humorous situations and lots of laughs, which kept everyone's attention throughout. Although I might perceive myself as shy, my shyness disappears when I want to inform others about a significant issue. Do not fear feeling anxious because it will happen, and you will feel anxious.



Just breathe and speak. My unforgettable moment was when we watched a video about a man who gave a speech called, "I see." On the last day, when I presented, I got applause. **Ann Gavor (Grade 9)**

I anticipated an educational and informative workshop. I can confidently state that my expectations were met because I learned a lot of specifics and information about public speaking. I discovered that public speaking is a skill that comes with constant practice. I will incorporate and use the various types of presentations to do presentations based on the topics in school. Out of school, I will be able to deliver an elevator pitch. The constant practice and assignments that made up the workshop were, in my opinion, the most engaging and challenging elements. The workshop taught me that my lack of confidence during presentations may not be due to timidity but rather a possible lack of subject knowledge. My takeaway from the workshop was that public speaking comes with constant practice. An unforgettable moment for me was when my friend Ann delivered a splendid speech. **Fernanda Kofigah, (Grade 9)**

The Art of Public Speaking; A Speaker Prepares Facilitator: Elorm Adjaho



I was hoping that the workshop would help me gain more self-confidence. I believe that I have been given tools that will allow me to improve my intelligence. The core of every compelling speech needs a convincing pitch. I want to use what I've learned in school by altering the way I present slides. For instance, making a presentation in a literature class. The facilitator was very engaging with his questions. Concerning how difficult it was, I found it challenging to comprehend everything that was being taught. The workshop helped me realise that I could share a cause I truly believed in. My main takeaway from the workshop was the need for constant preparation on my part as a speaker. I got praised for my ability to project my voice, and it was an unforgettable moment. - **Felix Osei-Amoako (Grade 11)**

I expected to improve my presentation skills, and I was not disappointed. Do your research before a speech or presentation, and read the room. These were the lessons I took away from the workshop. In school, it would help me when presenting to the student body, and outside of school, it would aid when reading or assisting a family member during a presentation. It was challenging in some ways because the presentations had to have a selling point, and it was a new type of presentation for me. I discovered that I need to reduce the number of things on a slide during PowerPoint presentations so the audience can read and listen to me. My main takeaway from the workshop was that I could make a lot of money through public speaking. My best moment was watching a speech where the speaker used a prop, which was a flower, to tell a story. **Ezra Anim-Somuah (Grade 10)**





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 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>



Ignite CAS Project



Tema Newtown.

The **St. Nicholas School** is run entirely by voluntary donations and receives no state funding. Knowing the facilities at our disposal that aren't always used, makes it extremely heartbreaking that their playground is inaccessible.

Therefore, we would like to extend an earnest request to you for your assistance in raising **GHC 25,000.00** (Twenty-Five Thousand Ghana Cedis) to refurbish the **school playground**. There is no doubt that this generous act of yours will not go unnoticed by these students, and that the value of your gift will be returned to you in a much greater measure. It doesn't matter how small the contribution is, it makes a difference. Thank you.

Ignite team

Ignite CAS Project <https://makewehelp.com/donation/ignite-cas-project-2>

Kindly share the link and support our students CAS initiative to refurbish the **St Nicholas Charity School Playground**.

To **DONATE** click on the link and look for the yellow button ***DONATE NOW*** and follow the prompt.

Together we can do more.

Developing tomorrow's world begins with children, and we must help them make it better. Everything in this world has its time. A time for learning, and a time for playing. While every child deserves a moment of rest and relaxation, some children cannot enjoy such opportunities.

In reference to this, we would like to present the "**Ignite**" CAS (**Creativity, Activity, Service**) project to you, initiated by **Maadjoa Obeng-Nkansah, Maame Serwah Dabo, Ewuradjoa Obeng-Nkansah, and Nana Yaa Owusu-Manu, (G11)** from **Tema International School**.

There is no complex or lengthy story behind "**Ignite**", the CAS **project** simply seeks to introduce the importance of play and activities in children's lives by refurbishing the **St. Nicholas Charity School Playground** in

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 9, 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.



MYP Projects Exhibition



Last Saturday drew the curtains on the MYP projects period with an incredible Community & Personal Project exhibition by the MYP 3 and 5 students. In total, there were about 69 displays with a variety of learning experiences. There were proud parents and staff in attendance who visited each stand and being impressed with the various outcomes. Students from Association International School and Calvary Presby School were also present to witness the presentations. From 1pm – 4pm, the buzz in the atmosphere was excitement, proud and sense of fulfillment. Read below comments from the attendees.

It was good to see students demonstrate learning in such a manner that prepares them for TOK presentations and CAS in the DP. **Mr Ben Darko, DP Coordinator**

An impressive display of a learning process from scratch to completion. **Mr Samuel Dzongor, Staff**

A very nice and impressive exhibition. The kids have done extremely well. **Ms Sarah Kotei, Parent**

We are proud of our daughter Afi, for learning about the Autism community and advocating for them in such a creative manner. We video called members of the family to witness her presentation and they were all impressed. **Mr & Mrs Apreku, Parents.**



Impressive output, I enjoyed the presentation about Traffic Jams by Obaapanyin. A lot of creativity was shown well. **Mr. Ben Mensah, Parent.**



I am very proud of my PP and CP students. Tough process but it all worked out successfully in the end. **Ms. Fafa Wensley, Staff**

I am truly fascinated by the collaborative work done by the Grade 8s because I know how challenging it is to get teenagers to work together. **Mrs. Yakubu, Parent.**

Well put together to open the minds of the kids. It is also good that schools were invited to come and witness. Most learning environments must emulate this event. **Mrs. Eugenia Asafo-Boakye, Parent.**

It is quite obvious that students worked very well together, and the program was coordinated well. **Mrs Maritha Amey, Parent.**





TIS Mini Chefs – Grade 7 Cooking Club



TIS Mini Chefs – Grade 7 Cooking Club



TIS Chess Club



By Michael Kaleem – G12 – Club President and U-18 National Champion o Ghana

Hello, I am a current Grade 12 student, my name is **Michael Kaleem** and I am the current president of the **TIS Chess Club**. My chess club journey started when I was in Grade 9 and I would like to say a big thank you to the current patron, **Mr Sylvester** Wellington who took me under his wing and helped make me the player I am today. It has been nothing short of an honour building the name of and expanding the club with him. The club started out with a small group of intellectually curious students with a similar dream and that was to become the best chess players we could possibly be. The **National Tournament** came up and that was the perfect opportunity to showcase my ability and begin to work towards my dream, to one day become the world champion. With enough hard work and dedication, I was able to win the National Championships and become **the U-18 National Champion of Ghana**. This was an amazing experience that opened a lot of doors for me and it illuminated a whole new light on the club as a whole. After this there were a lot more members in the club, increased female participation, future inter colour competitions to come and TIS was even given the opportunity to host the next national championship in October 2023. As the clubs president and national champion it's my goal and duty to help others become better at chess whether they don't know anything about the game to those who are already advanced but just need that extra push to place well in

tournaments. To those who are interested regardless of your skill level, don't hesitate to join or ask me any questions, there are multiple capable individuals, who can take you through everything.

It is with great honour that I have officially accepted the invitation from the **Ghana Chess Association** to represent Ghana for both the **Continental Championship** that will be held in **Egypt** and the **World Championship** that will be held in **Italy**. I strongly encourage everyone to take part in an activity that they think they have a potential interest in because you never know where that activity will take you and what opportunities you will have. Once again I strongly encourage everyone to try chess out, and stop by the club meetings that are held every Wednesday as we prepare for various tournaments. Never give up, with the right amount of hard work and dedication you can achieve anything.





Inter Colour Swimming Championship, 2023





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

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.

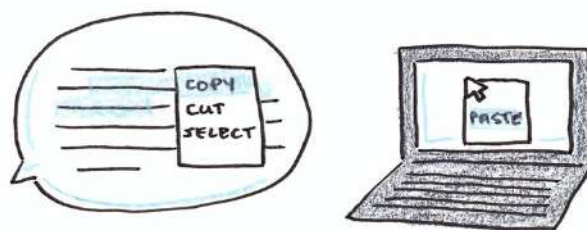
How Notes Help

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?

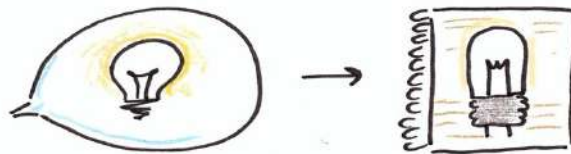


For starters, not a lot of thinking. Keeping up with the lecturer's speech while typing uses up most of your capacity. Since you're copying things mostly as they are said, you don't need to process the material for meaning, just copy it down. Handwritten note-takers perform better than those using computers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

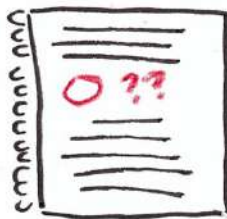
Here are a few simple rules for taking better notes:

1. Paraphrase, Don't Transcribe



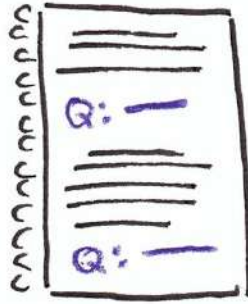
Strive to frame the lecturer's words in your own words. Avoid copying down whole sentences unless the explicit goal is to memorize them later. Paraphrasing forces you to focus on understanding the meaning of what is being said, which will be better for memory later.

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



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.

COUNSELLORS' CORNER



Kindness is the language of sharing, genuine care, and concern for all. Dear students, open a kindness account! Be intentional to spread little acts of kindness wherever you go! The world needs more of that. Be the Change!



Here's How....

- ✓ Be Kind to yourself first!
- ✓ Choose your words right? What if someone said those things to you how will you feel? Don't be mean and sarcastic.
- ✓ Show empathy. Give genuine compliments
- ✓ Practise gratitude and contentment
- ✓ Want to read more just click: <https://inspirekindness.com/blog/kindness-101>

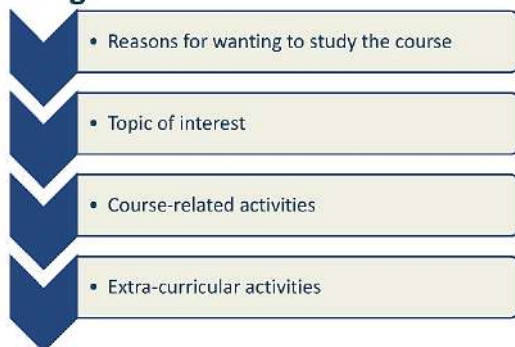


DP1s: THE UNIVERSITY APPLICATION PROCESS HAS TAKEN OFF!!

Helpful tips and links just for you!

- **Personal Statement UK Only**

Key findings



Click the links below for more information:

- ✓ <https://getadapt.co.uk/blog/university/exceptional-personal-statement-advice>
- ✓ <https://www.ucas.com/undergraduate/applying-university/writing-personal-statement/how-write-personal-statement>

- ✓ **College Essay US Only**

HOW TO **WRITE A**
COLLEGE ESSAY



Step 1: What's your story?



Step 2: Structure it



Step 3: Outline and expand

HOW TO PREPARE: A STEP-BY-STEP GUIDE

College essays are an essential element of most college applications; they are sometimes referred to as personal statements, college admissions essays, or common app essays. Typically, the school provides a prompt or question that your essay is supposed to answer, but there are also times when there are no prompts. College essays are supposed to tell the admissions committee why you are the best all-around candidate for admission.

Click the links below for more information:

- ✓ <https://writingcenter.fas.harvard.edu/pages/essay-structure>
- ✓ <https://www.collegeessayguy.com/blog/college-essay-format>
- ✓ <https://www.apguru.com/admissions-hub/anatomy-of-an-essay>

DP1s ARCHITECTURE STUDENTS: WHAT IS A PORTFOLIO DEVELOPMENT AND ITS IMPORTANCE TO UNIVERSITY APPLICATIONS?



A portfolio is a live dashboard of students' achievements, work arts, and displays in support of university applications. ~Hult Business School~

NB:

- ✓ **All Architecture students should put together their students' portfolios with the guidance of their teachers for a successful application.**
- ✓ **Please do not wait till the eleventh hour of the application to put your portfolio together. That means, you will be submitting less detailed and unstructured work. Time Starts Now!**

Other Things to be Worked ON...

Kindly go to managebac as discussed in class

- ✓ Download the school selection sheet and research thoroughly into the universities of your interest and fill in the required information on the sheets with consultation with your parents bearing in mind the factors to consider when choosing a university. Eg: cost, location safety, etc. **Deadline to submit is March 20,2023.**
- ✓ Download the brag sheet which gives background information about your biodata, personal interests, achievements accomplishments, and awards. Please note that this information will be verified with CAS so do not put any activity on the brag sheet which is not true. **Deadline to submit is March 20,2023.**

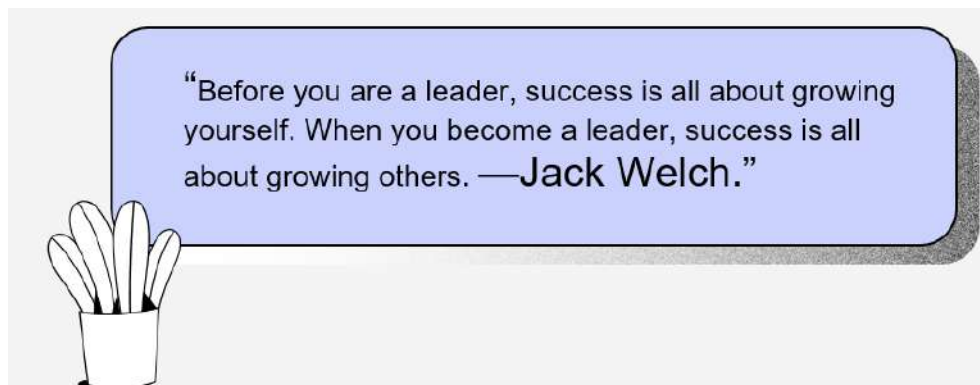
CommonApp Application

- ✓ On the common app portal, there is a great chance to upload videos and other activities undertaken by you. Put all that in a portfolio beautifully together and sell yourself to the world!

One – on - One Meetings with Counsellors.

- ✓ DP1s, kindly note that your session to see your counsellor is on a cycle basis and not a one-time visit. Do well to be regular!
- ✓ Late submission of application tasks are unacceptable.

Guidance Lesson: Leadership MYP3



LEADERSHIP SKILLS REQUIRED

Self –Motivation & Encouragement	Morality/Integrity	Respect for Self and Others	Empathy
Decision making	Communication	Team spirit	Recognition & Rewards
Control of emotions	Appreciation & Gratitude	Self-Discipline	Building achievers

In the heart of it all, the priceless gift of remarkable leadership is what sets the pace for productivity in all facets of our lives, organizational success and development, and an effective economy. Students were introduced to this important lesson on who a leader is, traits of a leader, how to become a leader of positive influence which begins right here at TIS.

Enjoy reading a reflection from Lois Entsua-Mensah, MYP3

“From our guidance lesson, I was able to pick a few things from it about leadership. In this lesson, I learnt that leadership is the act of guiding/leading a group of people to do the right thing, not only through instructions but through exemplary leadership. Which means helping the group of people achieve something together. I also learnt that you don’t need to be in a high position to be a leader. Also, good communication skills, self-awareness, positive influence, courage, and respect are some of the things that make a good leader. From this lesson I have been able to pick a lot as to what it means and what it takes to be a leader”.

DP1s, University of Debrecen, Hungary- Destination Hub for Medicine and other Science Related Programmes & More



Why University of Debrecen?

- University is one of Hungary's five elite-research universities, offering the widest choice of majors in the country for over 29,000 students, including 3,741 international students from over 80 countries
- The university offers complete English language studies in General Medicine, Pharmacy, Dentistry as well as Natural Sciences, Information Technology, Engineering, Arts, Economics and Business Administration
- University of Debrecen is a great start to study Medicine for 6 years.
- Application and interview fee \$500
- For Medicine it costs \$16 900 but cost differs with other programs. Kindly click on the link for a more comprehensive list of details.
- <https://studyabroadhungary.com/tuition-fees-of-university-of-debrecen/>
- <https://www.jeduka.com/hungary/universities/university-of-debrecen/medical-doctor-md>
- <https://www.topuniversities.com/universities/university-debrecen>
- Website: www.englishstudies.sci.unideb.hu
- To apply see your Guidance Counsellors for more details

Frequently Asked Medical Exams Questions



Just click: <https://www.themedicportal.com/application-guide/medical-school-interview/>
<https://www.sgu.edu/blog/medical/what-makes-a-good-doctor/>

<https://www.blackstonetutors.com/100-medical-school-mmi-interview-ethical-questions-scenarios/>

Application Opens: October 2023



Adeyemi :Tel / WhatsApp: +233{0}243353498,

P.O.Box AD232 Adabraka,
Accra – Ghana.

- **Email:** adeyemi@elyoneduconsult.com

Professional



DP15'- UK APPLICANTS ONLY

- ✓ To study Medicine, some universities will require UCAT/BMAT exams.
- ✓ To study Law, Some universities will require LNAT exams
- ✓ Kindly check directly with your schools via email to confirm
- ✓ Cost and dates for registration are for the year 2022 but subject to change.
- ✓ Kindly contact the registration centres DIRECTLY for updates as stated below.
- ✓ Click on the helpful links below and START PRACTICING NOW!!



Linear Assessment Centre. Contact Person: Roderick -0244167800

All students who want to take the professional examinations: UCAT, LNAT should please contact Linear Assessment Centre for assistance. Click here: <https://linearghana.com/>

For all exams:

Primary ID	A currently valid passport containing the candidate's photograph and signature. An unsigned passport is only acceptable if it is a biometric passport and does not contain a location for a signature.
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- ✓ Registration: <https://www.ucat.ac.uk/about-ucat/ucat-test-cycle/>
- ✓ OPENS: 11TH July to 29th September
- ✓ **Deadline:** 10 September 2022 (**Based on availability of slots, register now, slots get filled up quickly)
- ✓ Cost: £115
- ✓ Test Day Deadline for UCAS Application: 15 October 2022- Application deadline for all Medical, Veterinary and Dental Schools in the UK.
- ✓ **Practice Links:** <https://www.ucat.ac.uk/prepare/practice-tests/>

- ✓ <https://www.12minprep.com/knowledge-hub/free-ucat-test-practice/>
- ✓ <https://www.blackstonetutors.com/free-ukcat-practice-questions/>



<https://lnat.ac.uk/registration/dates-and-deadlines/>

- ✓ Candidates may only take the LNAT once per year (from September 01 to July 31.)
- ✓ Cost: £70
- ✓ Student must create accounts and have their username and passwords ready before time.
- ✓ **REGISTRATION OPEN:** 1ST August to 20 January 2022
- ✓ (**Deadlines: NOTE;** Oxford and Cambridge registration and testing deadline- before 15th October 2022, London School of Economics- registration and testing deadline- before 31st December 2022, all others, before 20th January 2023.
- ✓ **Practice links:** <https://lnat.ac.uk/how-to-prepare/practice-test/>
<https://www.thelawyerportal.com/lnat/lnat-prep/lnat-practice-questions-free-lnat-questions/>
- ✓ <https://psychometric-success.com/aptitude-tests/test-types/lnat>
- ✓ <https://thinkstudent.co.uk/what-is-a-lnat-test/>

BMAT



BRITISH
COUNCIL

Ghana

Accra:

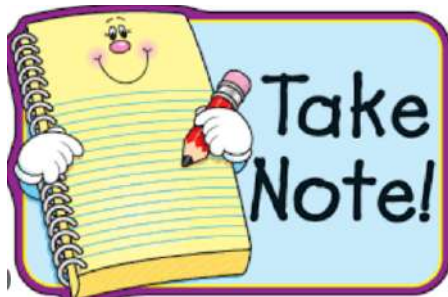
+233 (0)30 2610090

Kumasi:

+233 (0)30 2610090

- ✓ **OPENS:** 1st September, **Registration Deadline:** 30th September, **Don't wait, Register now!**
- ✓ Test Date: 18 October 2023
- ✓ Cost: £100/\$137
- ✓ Click here for more information: <https://www.admissionstesting.org/for-test-takers/bmat/bmat-october/dates-and-costs/>
- ✓ **Practice Links:** <https://www.admissionstesting.org/for-test-takers/bmat/preparing-for-bmat/practice-papers/>
- ✓ <https://www.themedicportal.com/application-guide/bmat/bmat-past-papers/>

- ✓ <https://thelowkeymedic.com/bmat-preparation-guide/?v=0f177369a3b7>



Kindly take note of the following;

- ✓ Check first with the schools of your choice if they require professional exams and the score points needed.
- ✓ Helpful links of schools that require BMAT. However it is subject to change and is not the comprehensive list. <https://6med.co.uk/bmat/guides/how-universities-use-bmat/>
- ✓ Helpful links of schools that require UCAT. However it is subject to change and is not the comprehensive list. <https://www.themedicportal.com/application-guide/ucat/ucat-universities/>
- ✓ Helpful links of schools that require LNAT. However it is subject to change and this is not the comprehensive list: <https://universitycompare.com/advice/student/lnat>



- ✓ **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

SAT TEST DATES 2023

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
11 March 2023 (Digital)**	24 Feb. 2023
6 May 2023 (Digital)**	31 March 2023

- ✓ Digital SAT is this Saturday 11 March 2023. Kindly see Aunty Portia to download the Blue Book Print, Print Admission Ticket etc.
- ✓ Submit your passport of Ghana Card the only form of identification to Aunty Portia .



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

**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 2023 (COMPUTER-BASED TESTING ONLY!)

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
15 April 2023	24 Feb. 2023
10 June 2023	21, April 2023

How can students prepare to summarize?

Strong summaries grow from careful reading. Your students can follow this close reading process to help them uncover the main points of written texts:

1. **Skim the reading.** Review the title, headings, pictures, graphics, and topic sentences.
2. **Read the full selection.** Don't rush!
3. **Take notes and annotate.** To *annotate* means to mark up a text while reading—highlighting, underlining, and writing notes in the margins.
 - Note headings and topic sentences, which often contain main points.
 - Note repeated words or ideas. Authors often say important things several times.
 - Ignore trivial details. Don't write down details that are of little importance. If they are not key to the meaning of the text, do not include them in your notes. Instead, focus on the “big ideas.”
4. **Answer the 5 W's and H questions** to make sure you understand the essential information. ([Complete this minilesson.](#))
5. **Review your notes** and answers.
6. **Reread** parts you still don't understand.

LOVE ALL OF IT!

LOVE THE STRUGGLE

because it makes you appreciate your accomplishments.

LOVE CHALLENGES

because they make you stronger.

LOVE COMPETITION

because it makes you better.

LOVE NEGATIVE PEOPLE

because they make you more positive.

LOVE THOSE WHO HAVE HURT YOU

because they teach you forgiveness.

LOVE FEAR

because it makes you courageous.

The
Carpenter | *A Story About the Greatest
Success Strategies of All*

Carpenter11.com

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


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.




Reports Sign In

MARCH 2023

This month, focus on building confidence through compassion, authenticity, and self-efficacy. Remember, character strengths such as **Honesty**, **Kindness**, and **Bravery** have the power to help you to reach your goals and be true to yourself. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice bravery by speaking up for what you believe in.	2 Ask someone how you can best show kindness to them.	3 Achieve your goals using these 5 steps .	4 Being authentic is about being honest with yourself and others.
5 Watch the movie Erin Brockovich to explore honesty through story	6  BRAVERY	7 When someone asks for your opinion, give it honestly (with a dose of kindness).	8 Use character strengths to strengthen your self-efficacy .	9 Learn how you can bounce forward , instead of bouncing back.	10 Show compassion by actively listening to others.	11 Take action towards facing one of your fears .
12 Prep for the upcoming week by writing down 3 short term goals.	13 Discover your courage by using strengths as superpowers .	14 Use these tools to turn self-loathing into self-love .	15 Learn about the power of RTI .	16 Take a mindful pause to respond with your best intentions.	17 Live today! Join us for a half-day Mindfulness Retreat .	18 Practice authenticity by accepting yourself and your feelings .
19 Strengthen your self-kindness with this short exercise.	20  KINDNESS	21 Watch the movie As Good as it Gets to explore kindness through story.	22 Learn how bravery can help in accomplishing your goals .	23 Research shows it can be beneficial to track your kind acts.	24 Use the language of strengths to notice your strengths .	25 Discover how kindness and bravery can build stronger communities.
26 Use your strengths as pathways for achieving goals .	27 Give yourself a break using the power of self-compassion .	28 Find a struggle you have avoided and face it with honesty.	29 Experience self-kindness by giving yourself a short break	30  HONESTY	31 Watch the movie Life As A House to explore bravery through story.	

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



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

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

