TIS RECORD

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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.

Contents

• PYP News: Page 10

• CASSA Corner: Page 24

• Guide Post: Page 55

Key Dates

 24/3/23: End of UOI #5 celebration (Primary School)

25/3/23: 2023 TIS
 Expression Day

- 26/3/23: Exam Candidates Service

Thought for the Week

Sometimes the questions are complicated and the answers are simple.

Dr Seuss



Changing Priorities

Perhaps the greatest challenge for most people of all ages is managing their distractions. In the 24/7 world in which we live, too many seem to be 'connected' 24/7.

However, connected does not imply engagement, or focus. It is often the reason for incomplete work or tasks.

Less time, if any, is given to reflection. Reflection is a powerful process to review outcomes and plan future actions. If distractions are an issue, then critical reflection should ensure the individual takes action to minimise their distractions to avoid future stress or anxiety.

I recommend reflection, as one of the IB's Learner Profile attributes, be the top priority for students to ensure better outcomes, including their wellbeing.



"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 timemanagement monster.
- Please follow instructions and details provided in the weekly Counsellors' Corner section of the TIS Bulletin.

Making Us Proud

- Congratulations to our swimming champions: Brianna Boateng (girls) and Franklin Adu-Baah (boys).
- Congratulations to new swimming record holders: Brianna Boateng, Jeffrey Adjagar, Agormah Agambire and Blue (for relays).
- Congratulations to the following place-getters in the TIS Squash Championships. *Open Girls*: Maadjoa Obeng-Nkansah (1), Agormah Agambire (2) and Aseye Torkornoo (3). *Open Boys*: Kevin Owusu-Afriyie (1), Emmenual Essex (2) and Malcolm Ashun (3). *Novice Girls*: Nanette Ativio (1) and Dayna Sarpong (2). *Novice Boys*: Nyameyie Arkaah-Otoo (1), Jayden Arthur (2) and John Opeku (3).

A Fast Pool!

The TIS Swimming Championships were held on Sunday, 5 March. For the first time since COVID became part of our daily vocabulary, six new swimming records were set.

For a change, Yellow was not setting the pace in 2023, after dominating the pool over the past decade. Instead, Blue excelled in most events and were easily crowned the champion swimming Colour House.

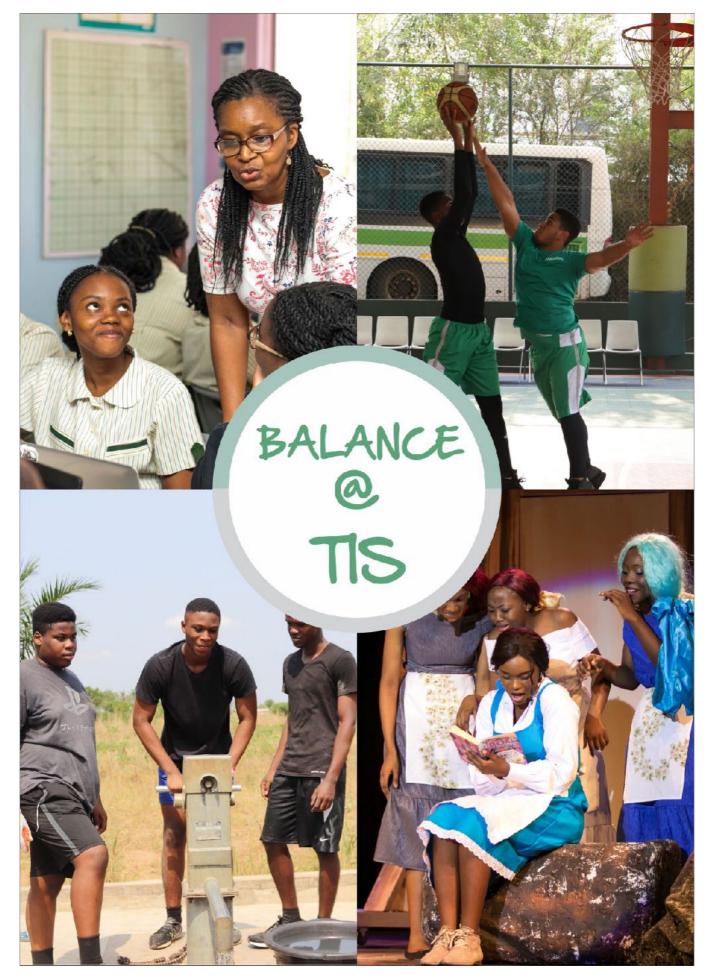
Congratulations to Brianna Boateng (9/Blue) who set new records in 25m Champion of Champions (16.44) and 25m backstroke (20.66). Both records were previously held by India Agyeman, our TIS female swimming champion over many years. Jeffrey Adjagar (11/Blue) also set a new record for 25m butterfly (14.32) by taking more than a second off Michael Kumi's previous record set in 2016 as a 13 year-old. Agormah Agambire (18/Red) set a new age 25m freestyle record (21.94). Blue also set new records in the 4x25m mixed medley relay (1.19.65) and the 4x25m mixed freestyle relay (1.05.68). Congratulations to Blue and all competitors on a successful championships.

I appreciate your support. Stay healthy.

Dr Ken Darvall (Principal)



2







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 disapointments.

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

The integrity of an exeat request is critical.

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

No exeats will be granted guring 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.

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).

Vol.19, No. 30 Save the date: 25 March 2023 5





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.

Students should:

a) Have completed Grade 8 or Basic Education Certificate Examination (BECE).

Grade 9 (MYP 4)

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

DUE DILIGENCE

- ✓ Go to tis.openapply.com
- ✓ Familiaise yourself with all aspects of the admisions
- ✓ 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.
- \checkmark 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
- An online interview will be conducted after the test has been completed.

APPLICATION DECISION

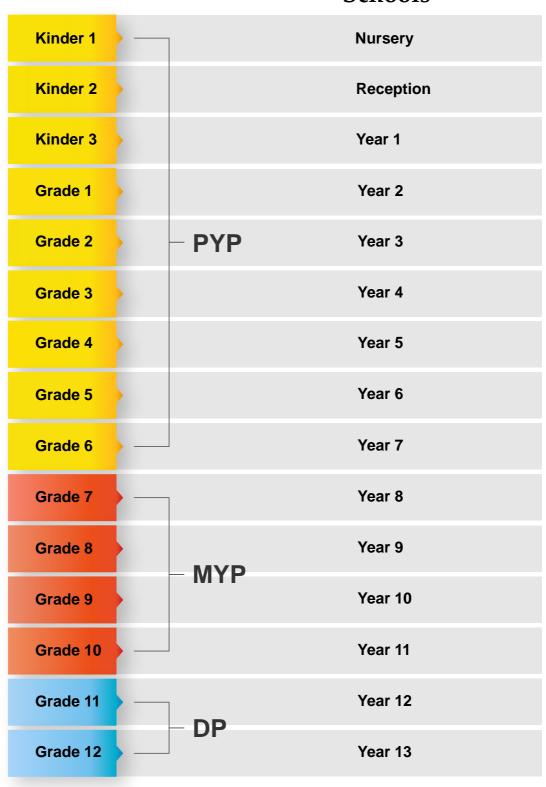
- ✓ If an admission offer is made, you will have 14 days to accept or decline the offer.
- ✓ Otherwise, you will be informed if your child has been unsuccessful or placed on the waiting list.

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

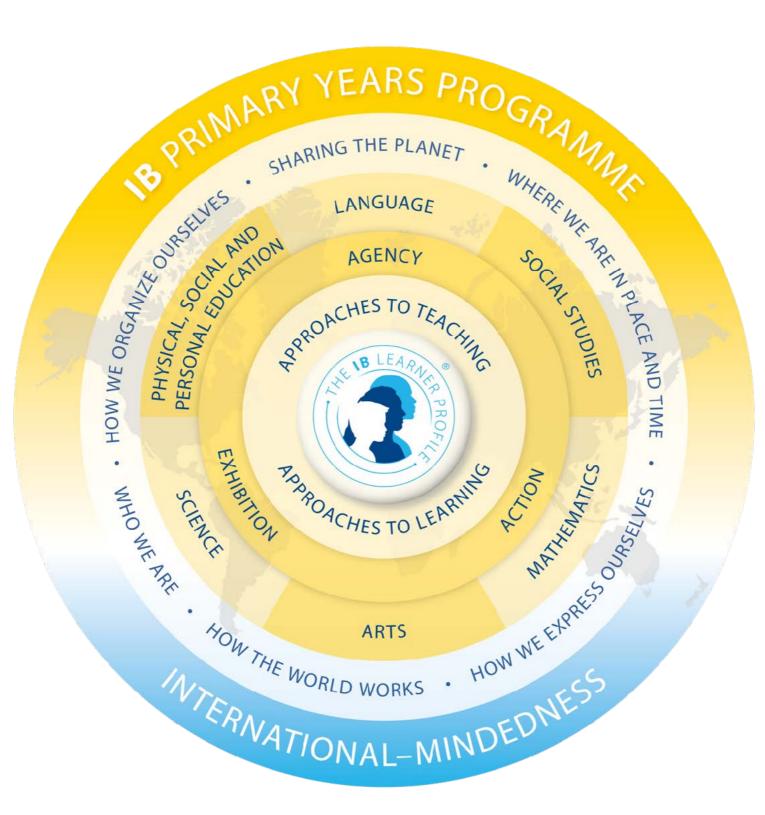
TIS British Curriculum Schools





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

Amewusika Tay



Additional Subjects Support Inquiry at TIS Primary School

Have you ever sought answers to questions that linger on your mind? Was it out of sheer curiosity? Or those answers were solutions to real world problems? Inquiry could be as simple as looking for the recipe to make that delicious cake you long for. You may inquire about the ingredients, ask others how they make theirs and finally discover how to make that cake independently and go on to learn different ways of baking various cakes, perhaps creating your own recipe. We all inquire. "Inquiry", Question, Query, Investigation, Examination, Exploration, Scrutiny, Study, Exploration, Investigation... We all do this all the time. Inquiry is an approach to learning that involves a process of exploring the natural or material world, and that leads to asking questions, making discoveries, and testing those discoveries in the search for new understanding. As one of the IB learner profile attributes, the IB defines an "inquirer" as: "We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life". IB



To this end, TIS Primary School has shown and demonstrated that "Inquiry" is a leading pedagogical approach of the IB PYP. At TIS Primary School, learners are encouraged to inquire and take ownership of their own learning by asking questions and searching for answers. This moves the students to explore different concepts in the units of inquiry through an open, astute, investigative lens and they understand how these concepts work in a real-life context. They engage in research using questioning and critical thinking and discover knowledge for themselves by experiencing and discussing, instead of sitting down and just listening to a teacher.

Additional subjects are taught at TIS Primary School within the six transdisciplinary themes of inquiry of the IB PYP curriculum. These subjects support and nurture inquiry in various ways. Learners at TIS Primary School are able to think and reflect on the concepts of the units through these additional subjects.

Visual Arts

The creative genius's mind is a peculiar and amazing thing. Great artists have influenced society and human experience for millennia, but the artists themselves also have fascinating insights on why they pursue their respective fields. We believe at TIS Primary School that anyone can learn to be a great artist. Yet, only a skilled art instructor and dedicated learners can make the imparting of the knowledge of art easier and effective and that's what we at TIS Primary School do. We make the inquiry into art very fun, educative and simple with tailor made teaching and learning strategies; tailor made and co-constructed by the teachers and the learners. Learners are engaged in a variety of art making techniques that helps them to openly

learn without barriers. Learners are exposed to non-restrictive tools and materials which give them the avenue to be create within the range of simple to complex art irrespective of their age and class. We don't just do art here in TIS Primary School; our art is directed to solving societal needs and problems. Our art making ranges from product designs, painting, ceramics, textiles, leather, furniture, digital arts and many others.







French

Learners at TIS Primary School learn French through the units of inquiry. They are primarily motivated and encouraged to think about the benefits of learning a new language. They are invited to choose the content of the learning, the evaluation criteria and the genres they would like to study or the genres that will suit a particular concept. Then are further motivated to relate what they learn in French to other subjects.



Grade 6 learners each chose a matter of their choice and wrote a short descriptive essay about, them in French in the unit 'How the world works', with an emphasis on matter. They reasoned that since matter everything around us, they feel confident to use knowledge the they acquired describe to everything in the world.



Grade 2, in their unit, 'How we organize ourselves', decided to describe their communities in French. They investigated on this, getting to the conclusion that they needed to build their vocabulary surrounding "communities", adjectives and other essential part of speech in French.



Learners created a poster on adjectives in French and used them to describe their communities.

Sign Language

Students at the Primary School learn Sign Language to enrich their learning and to support inquiry. They ask lots of questions to find out how words are signed, and this helps them to develop some memory techniques to memorize the meaning of words and their spelling, remember the words, and add more vocabulary to the ones they know. Research is greatly encouraged amongst students to find out more vocabulary signs from the Unit. Students also get the opportunity to use their thinking skills to inquire and relate other hand shapes to how other signs are made. This helps them develop some memory techniques to recall all that they learn in class.



Learners researched on the deaf culture. They learned to sign words in the units and took action to create posters. These were shared with other members of the learning community.



Collaboration is an important trait of inquiry. Learners often share their questions, discoveries and they work find together to sustainable solutions to existing problems.

Drama and Dance

Drama and Dance are meant to get learners to understand the units in an artistic way. They throw more light on the unit, get learners to dramatize the central idea of the unit and also dance the unit thereby creating fun and at the same time help learners get a deeper meaning of the unit.

Drama and Dance class



Our learners delve into the unit through dance and Drama. They often share in writing the plot of a drama through They think inquiry. through the unit and bring it to life through the various dance moves and styles they display. They often combine Drama and Dance in their presentations, reflecting on the best way to send the message they are representing across the entire learning community and beyond.





Music

"When music is needed, it is really there and it serves a purpose" said composer Johann Johansson. Music has the ability to heal and creating music through inquiry is certainly more healing. TIS primary students create their own music. They brainstorm and ask questions. They create music for a purpose, music that is designed to either address a problem or music that is carefully written to show the depth of what they are learning in class. These beautiful songs are written by learners and are results of their inquiries, research or investigations.



Early years' students learning to play various instruments.



Grade 3 and 4 creating a song. This song was carefully written by the students and was an advertisement for various products they sold to raise funds to support a charity cause.

Mandarin

Learning to read and write Chinese will give you a lifetime of intellectual stimulation. The real beauty of the language is revealed in the writing. There are thousands of Chinese characters, but they are not randomly constructed. There is a system to their design and understanding that system makes it much easier to learn new characters.

At TIS, the teaching of Mandarin supports inquiry in various ways; students search and learn to read and write new words that each unit of inquiry brings. They think beyond the subject.





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.



Vol.19, No. 30 Save the date: 25 March 2023 20

TIS 2022/23 School Calendar

	August 2022								
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COLOUR KEY

School Closed/ Holidays

Teacher in-Service Day (no school for students)

Main Campus Event

First and Last Day of School (Main Campus)

Primary Campus Event
SAT Test

First and Last Day of School (Primary Campus)

ACT Test

Public Holidays

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

S1 Internal Dates: Main Campus			
1/8/22	2022 MYP Results Released; 2021 MYP Enquiries Upon Results Open		
1/8/22	Senior management staff resume		
8/8/22	Teachers resume; review of school policies		
15/8/22	Student Council executive return		
17/8/22	Newbies arrive		
21/8/22	Continuing students resume		
22/8/22	Secondary School classes commence; G9 Subject Selection		
27/8/22	SAT; TIS Junior Soccer Championships		
28/8/22	School Performance auditions		
3/9/22	Health Walk (6.00am)		
4/9/22	Thanksgiving Service (11.00am: Students only)		
9/9/22	TIS Senior Soccer Championships		
10/9/22	ACT		
17/9/22	TIS Handball Championships		
21/9/22	Family Sporty Day		
23/9/22	G12 TOK Exhibition; PP Criterion B draft due		
24/9/22	TIS Volleyball Championships		
1/10/22	SAT		
3/10/22	TIS Founders' Day: Main Campus admissions open for 2023/2024		
7/10/22	Inter-Colour Language Comp		
8/10/22	Inter-Hostel Sports Carnival (9.00am-1.00pm)		
9/10/22	Founders' Day Thanksgiving Service (11.00am)		
15/10/22	PSAT		
17-21/10/22	Mid-semester break		
22/10/22	ACT		
25/10/22	G12 EE Café		
26/10/22	Special assembly: Ms Juls Mills Lutterodts (Surviving Breast Cancer) 8.30am		
28/10/22	G9/G11 Changes to Subject Selections close; Intercolour Maths/Science Comp (7.00pm)		
31/10/22	PP Criterion C draft due		
12-13/11/22	Annual School Play		
15-21/11/22	G10 end of semester exams		
21-29/11/22	DP end of semester exams		
25/11/22	PP Criterion C completion		
30/11-3/12/22	Dukies' Expedition		
3/12/22	SAT		
5-6/12/22	Group 4 Project (G12)		
7/12/22	Christmas Lunch; PP Final Report due		

8/12/22

9/12/22 10/12/22

7/12/22-5/1/23 PP moderation (supervisors)

ACT

General Inspection.

Last day for first semester: Students may depart from 9.00am.

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
<i>S</i> 2	
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	G5-6 Excursion
24/3/23	Additional Languages Day Activity
31/3/23	End of UOI #5 Celebrations
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

CAS-SA Corner

Expression, 2023 – Curating 2030: The World of Tomorrow



By Seffirina and Veronica – G11 (Committee Leaders)

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

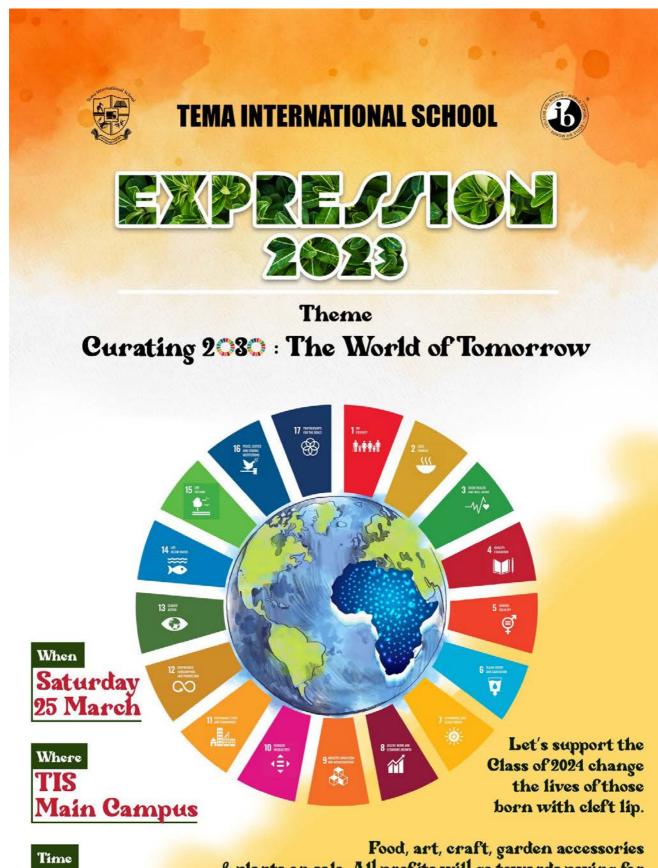
Expression, 23 – Curating 2030: The World of Tomorrow.

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?

All parents and friends of TIS are invited to experience TIS students' creativity. There will be amazing art and craft items, cakes, garden accessories, plant and art pieces all made by the students on sale. Also, an amazing array of music, dance, drama and poetry performances for those lovers of the arts. Delicious food and drinks will be on sale.



Vol.19, No. 30 Save the date: 25 March 2023 24













#MYP - My Personal Project -A bottle of light

By: Dentu Gyampo – MYP 5/G10



Picture of reference-B3

The learning goal was to comprehend the engineering procedures required to build a basic light bulb.

The product objective is to build a basic bulb from scratch.

Product

My product is a sustainable light bulb that employs daylighting principles. My product is a light bulb made from a plastic recycled bottle, the bottle itself would be filled with water and bleach, and when the sun shines on the top of the bottle, it begins to disperse light into the given area, providing the same effect as a small light bulb. My bottle needs to be changed every 3 months, which is very simple given that the bulb can be inserted and removed from a roof installation.

I created a model kiosk to present the light bulb



Picture of refrence-B4 & B5



#MYP - My Personal Project -A bottle of light

By: Dentu Gyampo - MYP 5/G10



My bulb is 100% percent clean and uses recycled materials and is cheaper than most conventional light bulbs. My project also follows the SDG goal 7 of clean energy.

Vision

During my research, I learnt that 760.8 million people In 2019 live without light, this is due to bad infrastructure and high energy prices, I believe that my bulb would be able to solve this problem by providing light during the day, and using the rest of a person's income to be used to find a night lighting solution, this would allow people to save energy and still be granted access to light.

Reflection – Limitations

I had many limitations due to the nature of my product, the process of designing to the creation

of my actual product took many hard and stressful hours, this was even more stressful since I needed to develop the actual product at home, this was also aided by the fact that I had no prior knowledge on the skills and techniques needed to design my light bulb and the model used to showcase it, but at the end I was able to overcome all these issues using my research and thinking skills, there were a lot of safety precautions I had taken, for example, the cutting of the roofing sheet.



Strengths

Due to the fact the actual product was to be completed at home, I had a way better environment to work with and focus, I was also lucky that all the materials were easily available, the mediums which I used for research being tutorials and articles were surprisingly common and helpful altogether, although I wasn't able to fully follow my schedules and timetables, the bit I was able to follow really helped me to stay on track.

Journey

It's been a long and challenging journey throughout my personal project, but I'm very proud of myself for being able to pull through and finally complete my project. I believe that the topic I have focused on and been able to bring to life is a very beneficial solution for the future, I was able to achieve this through the use of my ATL skills being critical thinking, research and self-management skills.

I would like to come back one day to re-use this creation for future purposes, all in all I'm grateful for having to participate in personal project, and I am grateful for all that I experience and learnt along the way.

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 buybreast prostheses for women in Ghana who have undergone amastectomyand 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 toraise 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



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 present the "Ignite" CAS (Creativity, Activity, Service) project to you, initiated by **Maadjoa** Obeng-Nkansah, Maame Serwah Dabo. Ewuradjoa Obeng-Nkansah, and 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

Tema Newtown.

The **St. Nicolas 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 refurnish 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.

CAS Completion – Daniel Markin - IB Class of 2023



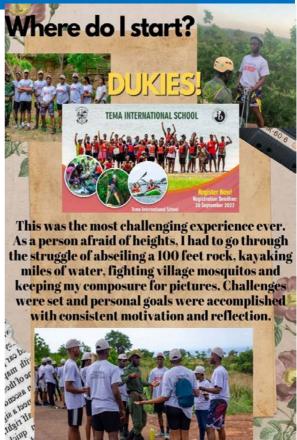


"IT'S EITHER YOU DO IT NOW OR WAIT TILL IT'S DUE"

Creativity • Activity • Service

CAS Completion – Daniel Markin - IB Class of 2023









CAS Completion – Daniel Markin - IB Class of 2023

Creativity • Service Assembly Team

Editing - the true reality we all seek

From what you see on instagram, to what you watch on Youtube. anything these days requires editing. I mean... Have you not used a filter before? DON'T even dare LIE! But I didn't understand this when I started editing, it was a random love encounter actually. It started from my TikTok days. Yeah i did that one too. Not proud of it though, but hey, 30K likes says otherwise. Anyway, editing requires a lot of time and practice picto actually get started. In way to serve people gan of fact, I developed my of the second se office sold budget software. oint: do no and quick



Editing also exposed the ethics of my choices, as the way information is presented can be damaging to someones image. I used editing as a in my community by on different SDG's and also teaching people how to edit.



shy kid from earlier?

Of course! I have just learnt to control it to serve a better purpose. I learnt this through the public speaking class. Hearnt how to communicate with the 7-38-55 rule.

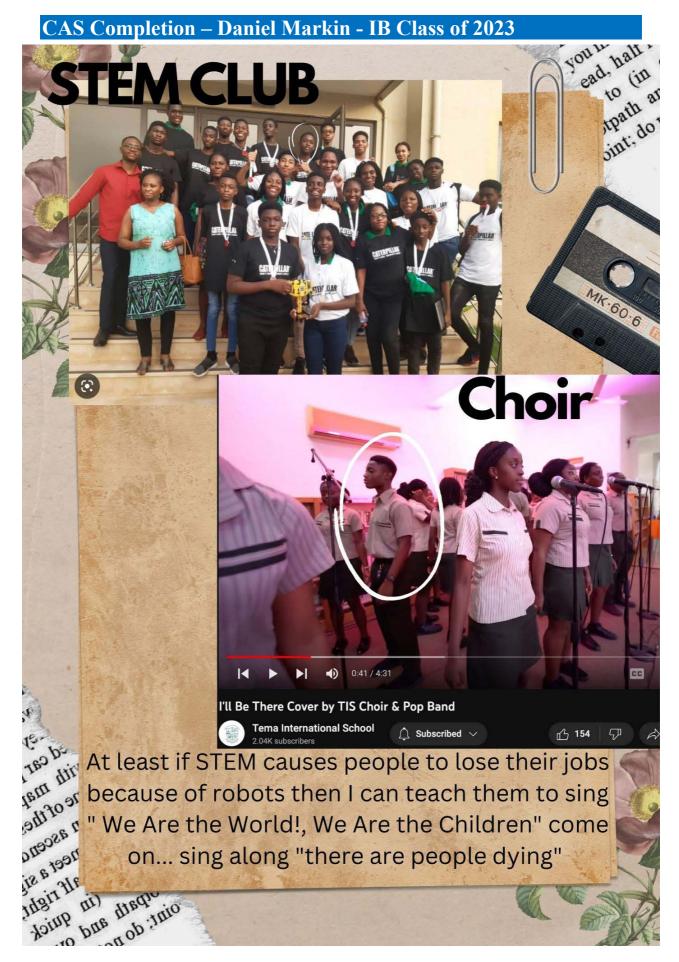
Through this team, I was able to exercise leadership skills that helped me become more principled. This was evident in my continuous assessment of the assembly team as well as seeking feedback from colleagues and staff colleagues and staff as what to improve, december to leave to leav thow to face set backs in life.





This activity made me realise working with people can be difficult. But I guess thats what happens in any other organisation. I had to train myself to work efficiently under pressure since and I was the only decent video editor for Insight. This experience shaped my current planning skills.

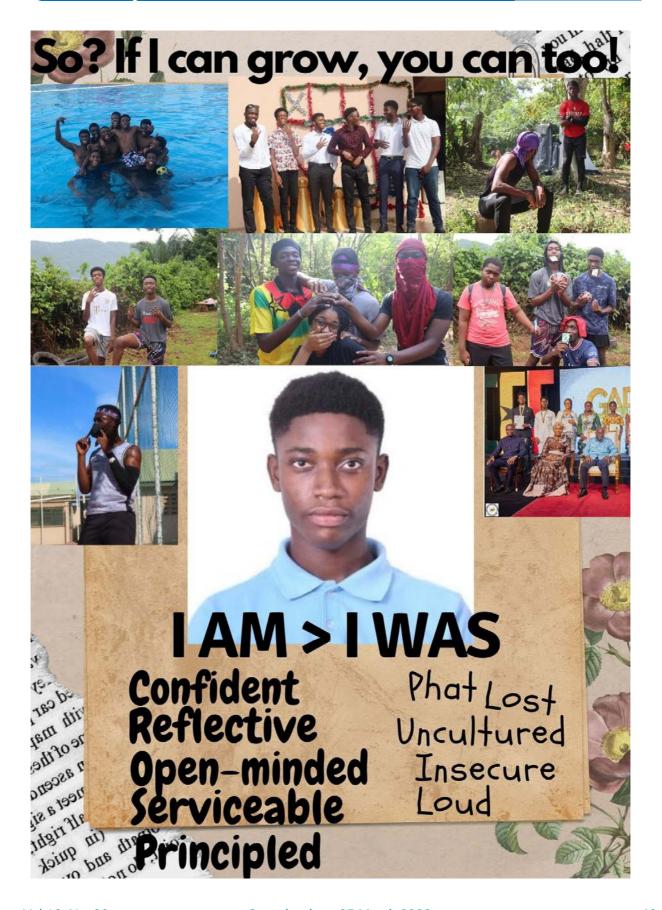
Creativity Activity Service



CAS Completion – Daniel Markin - IB Class of



CAS Completion – Daniel Markin - IB Class of 2023





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🖰 30 March - 2 April 2023 🙎 Akateng

More details on ManageBac or email the DoEIA Coordinator david.difie@tis.edu.gh





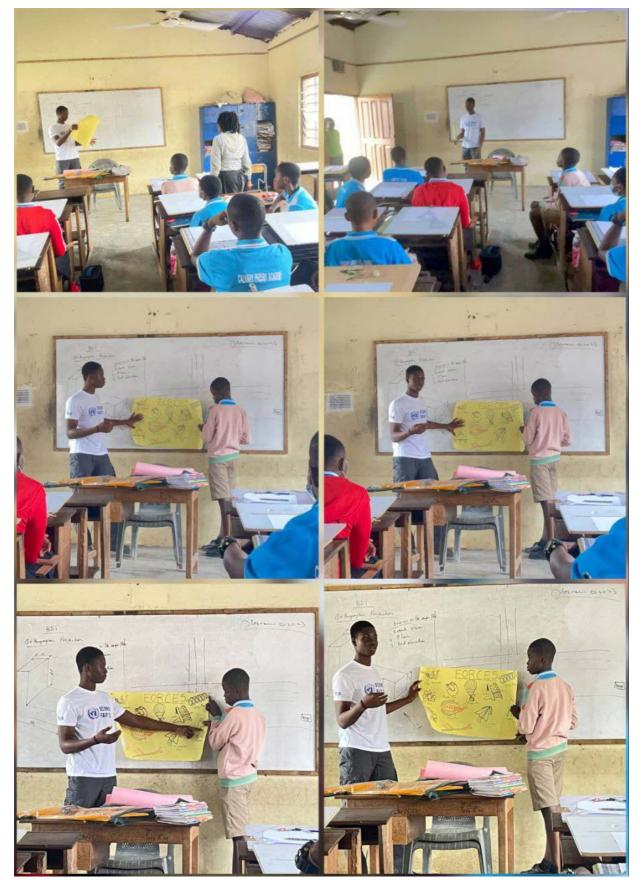
ASA – Mooting, Crocheting, EI Clubs, Music in action



ASA - Enterpreneurship and Innovation Club, Music and Cosmetology



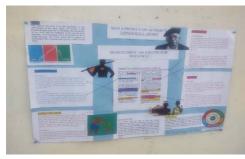
CAS Global Collaboration Odase (G11) at Calvary Presby presenting on Motion



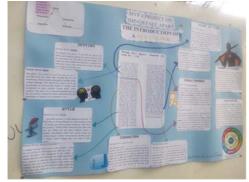
Cooking Club – The TIS Mini Chefs Served Special Indomie with the Help of their Chef Guest, Paa Kow, from PYP



MYP 4 (GRADE 9) LANGUAGE AND LITERATURE POSTER PROJECT EXHIBITION







The IB Middle Years Programme, like the other IB programmes, is among other things, inquiry-based and collaborative. Providing the opportunity for students to learn through personal inquiry and to learn through engagement with others and with their environment is thus a key requirement of the programme. Such avenues allow not only for students to demonstrate their knowledge and understanding of concepts and contents, but also to reflect on their learning on a more critical and personal level. In this regard, students, as part of the learning engagements to mark the end of the MYP unit Telling a Compelling Story undertook a poster project which was in two phases. In phase one, they were required to create a poster to demonstrate their knowledge and understanding of the various aspects of Chinua Achebe's legendary text, Things Fall Apart (which was at the heart of the unit). The focus of this was for students to engage on a more personal level the authorial choices made by the writer. Students (in groups) thus, had to analyze the various elements of Character/Characterization, Setting, Theme, Plot and Point of View in a chosen 40-line extract from the novel, showing how effectively these have been presented through various stylistic elements.

In phase two, students were obliged to reflect on the overall process of developing their final product. This included;

- i. how they applied Approaches to learning skills (ATLs) throughout the course of completing the project
- ii. what skills they developed going through the process
- iii. What individual contributions they made to the project
- iv. What new knowledge and realizations they came to going through the whole experience.

The following are excerpts of some students' reflections, which are followed by images of students interacting with staff and their own colleagues during the exhibition.

By thinking and engaging critically with my group's chosen extract, I was able to analyze the actions of characters, and I had a good understanding of Okonkwo and Ekwefi's characters. Thanks to my organizational skills, I was able to gather key points that assisted me in comprehending the extract. I was also able to focus on the creation of my project by using my communication skills to listen to and interpret the views of my teammates, while my research skills helped me to gather information from others and their extracts to completely understand my chosen extract.

I made significant contributions to the project's creation. I did so by: typing the extract, editing

and selecting images that matched the extract, analyzing the character and style SCASI elements, writing the summary and context of the extract, and finally pasting and decorating the card with the assistance of my co-teammate Samuella.

I was able to work well with my teammates, and even though we disagreed on some issues, I learned to consider the perspectives of others. I believed I made decisions and made suggestions that benefited myself and others. The writer's style in the extract we chose helped me understand all of the characters thoughts and feelings, which made me appreciate the importance of being deliberate in one's choice of point of view in writing a compelling story. I realized the importance of teamwork and importance of



thinking critically; without these, I would not have been able to complete the project. I had a fun experience. ~ Sharon Quarcoo

During the beginning my project, I critically read through various plausible extracts that I could use for the project for comprehension so that I will be conversant with the passage. During the process of my project, I had to critically read through the chosen passage so that I could identify all the literary elements in the text. I was able to create and establish a clear viewpoint and analyze the stylistic devices in the extract and create my project by imitating the work of Achebe and other students that have studied Things Fall Apart. I realized it is more effective to sometimes remind people to complete their portions of tasks instead of simply expecting them to do things on their own. In working with my group members and as group leader, I also realized the importance of being conscious of word choices when interacting with people. Being polite and respectful mostly got my group members to be cooperate with me.

I learnt that a project for exhibition is not all about the aesthetics but also about the speaker, their material and their understanding of the topic they are talking about. With this knowledge, I made sure to carefully read through my presentation before the exhibition. ~ Fernanda Kofigah

This project was one that really differentiated itself from the others to me. It really required complete knowledge and understanding of the element of a story; context, setting, etc. and of course, the African literature classic, Things Fall Apart. I initially felt overwhelmed because of the responsibility of being a group leader and the knowledge that my grade is the pioneers of the task, or, to put it another way, we were trusted enough to be the first to be given this task. However, after a bit I was able to come up with plans and ideas that my group members agreed with, and that led to the success of our product.

I played a major role in the making of my group's poster, mostly because I was group leader. I explained to my co-workers what was expected of us, and how we could work with each other. Some main things I did were; picking the extract, identifying and highlighting stylistic choices on setting and point of view, situating the chosen extract within the plot of the larger text with reasoning behind why. I also helped my group members edit their assigned portions of the task.

The project experience has taught me that, people are hard to work with and communication is actually key, because there were moments during which the work was looking like it was going to fail just because of a lack of communication. It has also taught me that a reader's personal views and experiences play a role in how they interpret and understand a text. ~ Eliana Essel

We employed were Information Literacy, Creative Thinking, Transfer (Thinking), Collaboration,

Reflection and Organization skills. The ATL skill that we used that I believe was most impactful was that of Information Literacy, as we had to learn, understand (and in my case, re-read) the entire text to be able to finally pick an extract. To be completely transparent, it was quite hard for us to pick an extract, as most of us did not particularly find the text that interesting and therefore did not pay that much attention to it outside of class.

I went back to the files section of our class on Managebac and downloaded all videos until I got to the one that narrated the events of Chapter 10. I found the general plot of that entire chapter quite interesting and decided that we should analyze an extract from that chapter. Aside from that, I went through it once again and decided on most of the literary devices that we should use (after discussing these with the rest of my project members). Finally, I colour-coded, designed and uploaded the information that would be used for our final poster.

I have come to know a lot more about the richness of the culture of the town of Umuofia, and the lack of knowledge of my own Ghanaian culture. As I noticed after a discussion with Mr Welagaamo during the exhibition, the clash of cultures that occurred was due to the fact that the host Nigerian culture was rich and the people, proud. The foreign culture hence, could not simply sweep aside the native culture and take over.

The statement of inquiry is "Style is the most effective vehicle of expressing the beauty of one's creativity." I do believe this is very true, not only



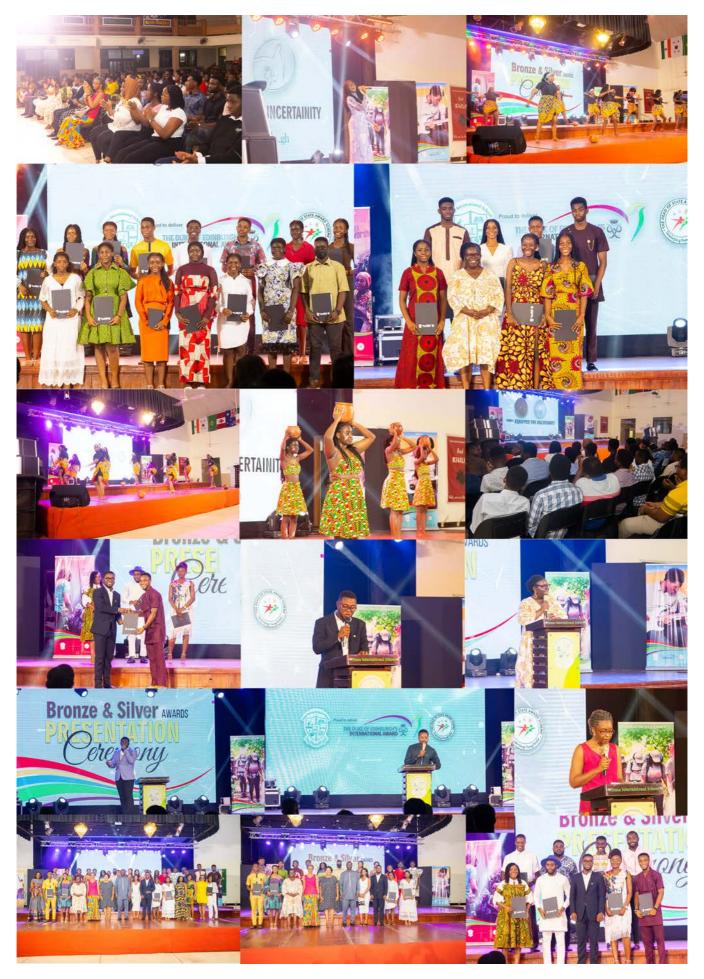




because of the diction and general language that Achebe employs throughout the passage but mostly because of the general atmosphere and culture that showed throughout the entire passage and how it affected the plot and characters. Achebe's style was thus effective in characterizing him as a literary genius.

Overall I would say that the project was quite stressful, but it was also extremely interesting and something I believe I would do again, and with greater attention to detail if I got the chance. ~ Briana Boateng







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.



Vol.19, No. 30 Save the date: 25 March 2023 51





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





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





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

Take responsibility for your own actions and





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

integrity during group work/projects and keep track of what each group member is





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

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Be a content creator, not a content imitator.

Academic integrity is a responsibility of the whole IB community

Visit our website to find out more: ibo.org/academic-integrity

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Energy Takers



- Sugar
- People pleasing
- Fear and doubt
- Sitting all day
- Overthinking
- Worrying
- Dehydration
- Living on autopilot
- Junk food
- The news
- Resentment
- Gossip
- Clutter
- Hate

Energy Givers



- Sunlight
- · Being authentic
- Positive self-talk
- Movement
- Living in the moment
- · Deep breathing
- Filtered water
- · Living mindfully
- Nutritious food
- Music
- Acceptance
- Friends
- Minimalism
- Love

COUNSELLORS' CORNER



Academic work can sometimes be a daunting task with less planning, practice, and poor time management. Dear students, stay **focused** on your **academics** and you will be amazed with the excellent results. You can do it. Yes You CAN!



Workloads and assignments take up a great chunk of school work. The best universities that change lives look out for creatively intelligent students, who have a resourceful attitude and zest. Want to excel academically to get into your dream school? Consider these;

- ✓ You have a great support system. From parents, management,hostel Parents, teachers,counsellors, academic support, the well-being team, etc... Ask for Help!
- ✓ Accept Responsibility. Remember that you alone are responsible for your academic achievements...
- ✓ Discipline Yourself by Managing Your Time. ...
- ✓ Be Mentally Present in class and sit in a place with fewer distractions.
- ✓ Don't Quit. ...
- ✓ Your teachers are your academic pilllars stay connected. They are SUPERB!

Click here https://www.atlm.edu/academics/keys-to-academic-success.aspx

Ghanaian University Applications 2023







Lancaster University Ghana - Apply Online Now

study.lancaster.edu.gh https://study.lancaster.edu.gh



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



Click on this link to apply: https://admissions.ashesi.edu.gh/



ADMISSIONS IN PROGRESS

INSTRUCTIONS FOR ALL STUDENTS

Fill out the online application form on this page.

Upload your high school transcript & a copy of your ID

Submit the form & you will hear back soon from our Admissions office

Note: Academic City only accepts applications that are submitted online. There are no fees or payments needed to submit an admissions application and to receive a decision from our admissions department. You can download a copy of the online application to prepare all the materials and information you will submit, and then return to this page to fill it out. Good Luck!

Click on this link to apply :https://acity.edu.gh/applyonline/



COST OF PROGRAMME

The entire programme costs is GHS3,000.

This fees covers:

- ✓ Accommodation on Ashesi's campus
- ✓ Transportation between Ashesi and selected programme activity locations
- ✓ Meals and refreshments, course material, and AIX merchandise.



Deadline for applying is 15 May.

Click here to apply https://www.ashesi.edu.gh/admissions/innovation-experience.html



Professional

DP1S'- 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.



- ✓ Registration: https://www.ucat.ac.uk/about-ucat/ucat-test-cycle/
- ✓ OPENS: 11TH July to 29th September
- ✓ <u>Deadline: 10 September 2022 (***Based on availability of slots, register now, slots get filled up quickly)</u>
- ✓ 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/

√ practice/ https://www.12minprep.com/knowledge-hub/free-ucat-test-

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/





Accra:

+233 (0)30 2610090

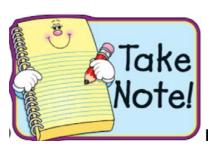
Kumasi:

+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 to schools that require BMAT. However, it is subject to change and is not on the comprehensive list. https://6med.co.uk/bmat/guides/how-universities-use-bmat/
- ✓ Helpful links to schools that require UCAT. However, it is subject to change and is not on the comprehensive list. https://www.themedicportal.com/application-guide/ucat-universities/
- ✓ Helpful links to schools that require LNAT. However, it is subject to change and this is not the comprehensive list: https://universitycompare.com/advice/student/lnat



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

Benefits of Taking a full-length digital SAT Practice Test

The Digital SAT is Much Easier and Simpler. It's your turn to take the Test!



Even if you're using other resources for SAT prep or aren't sure when you'll take the SAT, there are some advantages to using official practice tests created by us. Official practice tests help you:

- ✓ Get familiar with the length, format, and experience of the test.
- ✓ Understand the types of questions used on the test.
- ✓ Know your strengths and areas for improvement.
- ✓ Practice without pressure.
- ✓ Reduce stress and anxiety on test day.
- ✓ International (digital):
- ✓ Full-Length Digital Practice Tests—Bluebook™
- ✓ Official <u>Digital SAT Prep on Khan Academy</u>
- ✓ Quick Guide to the Digital SAT



Click And Start Practising Now!

https://blog.collegeboard.org/benefits-taking-sat-practice-test

https://www.khanacademy.org/test-prep/sat

https://www.khanacademy.org/test-prep/sat

https://www.bestcolleges.com/blog/free-sat-prep-resources/

https://www.bestcolleges.com/blog/free-sat-prep-resources/

https://blog.collegevine.com/your-guide-to-free-sat-prep-classes/

https://satsuite.collegeboard.org/sat/practice-preparation

https://www.khanacademy.org/digital-sat/confirmed

https://www.bestcolleges.com/test-prep/psat/practice-tests/

https://www.varsitytutors.com/psat-practice-tests https://www.engeniuslearning.com/top-3-psat-prep-strategies

SAT TEST DATES 2023

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
11 March 2023 (<u>Digital</u>)**	24 Feb. 2023
6 May 2023 (<u>Digital</u>)**	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/policiess

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

- ✓ ACT Registration Fees (Online payments only: Visit <u>www.actstudent.org</u>): 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	17 March 2023
10 June 2023	21, April 2023



TEMA INTERNATIONAL SCHOOL

CULTURE



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



Vol.19, No. 30 Save the date: 25 March 2023 64

21 Communication Skills Every High School Student Should Have

Below is the list of 21 Communication Skills that every high school student should have before beginning college or a career.

- 1. **COMPOSE** an email that elicits a clear response.
- 2. **UNDERSTAND** the difference between personal and professional communications and can **CRAFT** clear communications for a variety of audiences.
- 3. **TROUBLESHOOT** sending large attachments and a variety of file types.
- 4. **SET** norms and expectations within any group setting.
- 5. **ARTICULATE** their ideas comfortably and show empathy for other students' perspectives and points of view.
- 6. **DETERMINE** their own signature strengths and advocate for specific roles.
- 7. **ASSESS** the effectiveness of their own (and their peers') participation and involvement within the group.
- 8. **CREATE** an agenda and maintain a project timeline.
- 9. **ORGANIZE** content so it is interesting, informative, and memorable for their peers.
- 10. Effectively **SELECT**, **LOCATE**, and **INTEGRATE** images and icons as visual cues that complement their content.
- 11. **SELECT** the best application to deliver their content.
- 12. **PUBLISH** and provide purposeful content for a variety of authentic audiences.
- 13. **LOCATE** and **UTILIZE** appropriately licensed images.
- 14. **PROTECT** their own work and images using a variety of methods and tools.
- 15. **CREATE** and **MAINTAIN** a digital portfolio and resume.
- 16. **REFLECT** on individual learning artifacts as well as their process of learning.
- 17. **PROVIDE** effective formative feedback to their peers and their work.
- 18. **BE AWARE** that social media is only one aspect of a person's life and can oftentimes be distorted.
- 19. **LEVERAGE** social media to share authentic learning artifacts.
- 20. **UTILIZE** curation as a way to digest and distill information.
- 21. **SELECT** appropriate tools (both analogue and digital) and processes for curation and distillation of content.

Source: https://corwin-connect.com/2021/11/21-communication-skills-every-high-school-student-should-have/

Vol.19, No. 30 Save the date: 25 March 2023 65





The Academic Research & Writing Principles

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

1

Explore

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

2

Evaluate

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

3

Organise

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

4

Write

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

5

Paraphrase

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

6

Differentiate other's work from your

own original insights by referencing or paraphrasing. Avoid accidentally plagiarising someone else's work by using academic referencing. 7

Cite

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

8

Reference

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

g

Use

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

the relevant referencing

10

Ask

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

11

Double check

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

12

Submit your final piece through Turnitin

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

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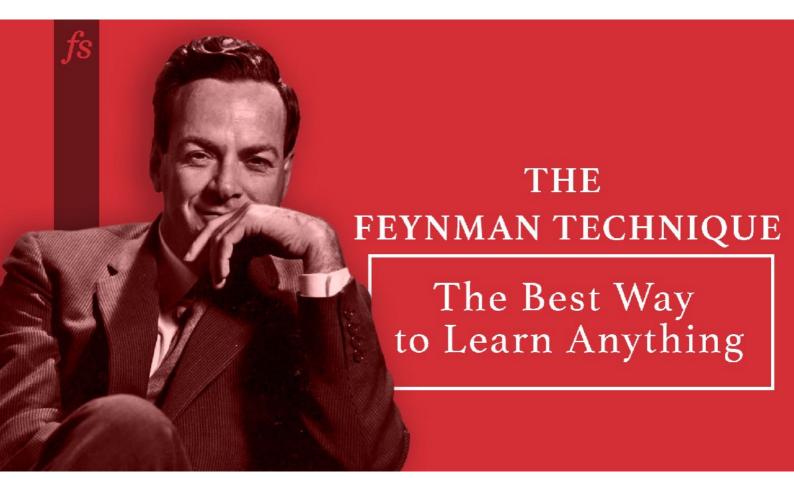
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TIPS FOR USING EACH CHARACTER STRENGTH IN A NEW WAY

☐ Creativity	☐ leamwork
Think of one of your problems and two possible solutions. Present the solutions non-verbally as an act or mime to someone.	Spot and express appreciation for the strengths expressed by your team members.
	☐ Fairness
☐ Curiosity	Look for beings (e.g., people, animals) that are cast aside
Try a new food for the first time, preferably from a culture different than your own.	or typically held in disgust and go out of your way to treat them right.
Judgment	☐ Leadership
_	Discuss with someone who reports to you about how they
Ask one or two clarifying questions of someone who has a different approach to life or different beliefs than you (e.g., a	can align their top character strength more in their work.
vegetarian).	☐ Forgiveness
	Let go of a minor irritant or a grudge.
Love of Learning	Let go of a millor initiant of a grudge.
Read some of the original works of Gandhi online.	☐ Humility
☐ Perspective	Ask someone you trust to give you feedback on your
For one of your interactions today: First, listen closely. Second,	struggles and growth areas.
share your ideas and thoughts.	Prudence
D-	Before you make a decision that is typically very easy, take
Bravery	one full minute to think about it before you take action.
Take on a new adventure or hobby that fits with one of your areas of interest.	
aleas of filterest.	☐ Self-Regulation
Perseverance	The next time you feel irritated or nervous today, pause
Complete a small project that you have been putting off.	and breathe with the experience for a count of 10 breaths.
	☐ Appreciation of Beauty and Excellence
Honesty	Go outside and stand still in a beautiful environment for
Write a poem that expresses an inner truth.	20 minutes.
□ Zest	
Exert your energy in a unique way – jump on a bed, run in	Gratitude
place, practice yoga or body stretching, or chase around a	Tell someone "thanks" who deserves it and is typically not recognized.
child or pet.	not recognized.
Love	☐ Hope
Surprise somebody with a small gift that shows you care (e.g.,	Consider a problem or struggle you are having. Write down
flowers, a Starbucks coffee).	two optimistic, realistic thoughts that bring comfort.
	Humor
☐ Kindness	Do something spontaneous and playful around another
Put coins in someone's parking meter that has run out	person (e.g., saying something silly, contorting your body in
of money.	a weird way, or telling a funny story or joke).
☐ Social Intelligence	Dermin
Start up a conversation with someone whom you normally	☐ Spirituality
would not say much more to than typical pleasantries. This	Read about a religion/spirituality different from your own and look for ways in which the core messages parallel
person might be the woman at the checkout counter, a	one another.
telemarketer, or a new employee.	

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"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."







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