

TIS RECORD

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

At TIS,

we believe adequate sleep each night will enable students to feel rested in the morning and ready to function at their best to tackle their challenges for the day and tick off plenty of boxes along the way. Without adequate rest, we know it will affect their performance, health, appetite, attitude and behaviour.

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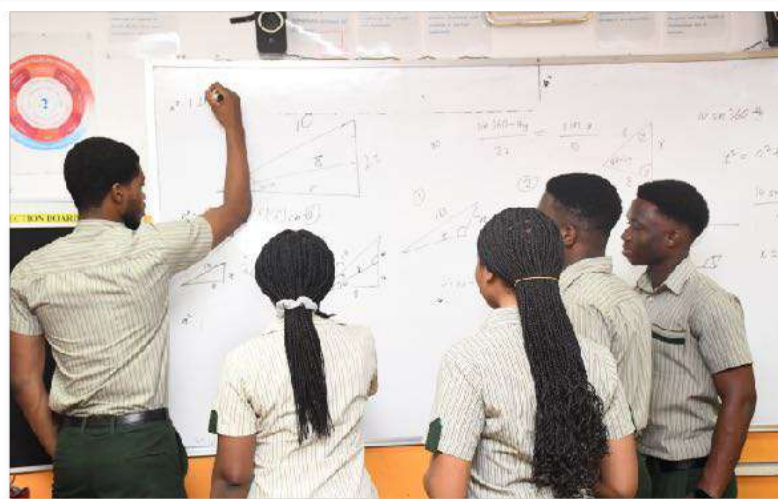
Key Dates

- 28/4-19/5/23: G12 Final Exams Session
- 8-21/5/23: MYP eAssessments (G10)
- 9-18/5/23: G11 semester exams
- 22-26/5/23: G9 eAssessments
- 26/5/23: PYP Exhibition

Thought for the Week

The trouble with not having a goal is that you can spend your life running up and down the field and never score.

- Anon



The MYP Factor

This year's IB Class of 2023 has been demonstrating a focus and commitment that I have not witnessed during DP exams in previous years. There's purpose, calmness and confidence.

This cohort was Class of the Year for three consecutive years which distinguishes them as a special group. However, they are also a group who has experienced MYP and DP from G7-12.

I believe what I am witnessing is the MYP factor. Why? We already know that final MYP results are generally reproduced in their final DP results.

However, the MYP eAssessment experience is powerful to observe. Students focused for every second of each eAssessment session (up to 2 hours!). Sorry, this is a rare occurrence in today's modern society that is full of



Do the right thing,
even when no one
is watching.

It's called integrity.

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

- Charlene Akwei, Katari Alhassan, Joel Adjei, Amanima Owusu, Agormah Agambire, Papa Fynn, Sedinam Ahlidza, Seffirina Masoperh and Gergory Fokou Kotang for their reflections on the recent Dukies expedition.
- Maame Osei-Amoako, Fikayo Ogunranti, Nana Akosua Acheampong and Nancy Mbavaya for their reflections on the Cathony event.
- Derek Tenge, Paa Kwesi Oppan, Enam Gborglah, John Opeku, Brianna Boateng and Afua Osei-Boakye for their reflections on the Francelia event.
- Michal Annan, Elijah Adjetey Adjei, Zainab Ibrahim, Nana Akua Addae, Elikem Amoo, Raymond Tettey-Amlalo, Obaa Sarfo, Ama Darko, Ellie Sevor, Isaiah Brown-Glover, Imani Brown-Glover and Israel Borlabie for their Learner Profile Awards they received at this week's Primary School Assembly. Well done.

distractions. It is this focus from the MYP eAssessment experience that I am witnessing with the IB Class of 2023.

10 years ago, IB was planning to introduce eAssessments as a replacement for the traditional DP exam experience that continues today. What a pity the original schedule of 2020/2021 was not maintained!

BTW: our G10 students commenced their final eAssessments this week. BOL, our IB Class of 2025.

Thinking Subject Selection

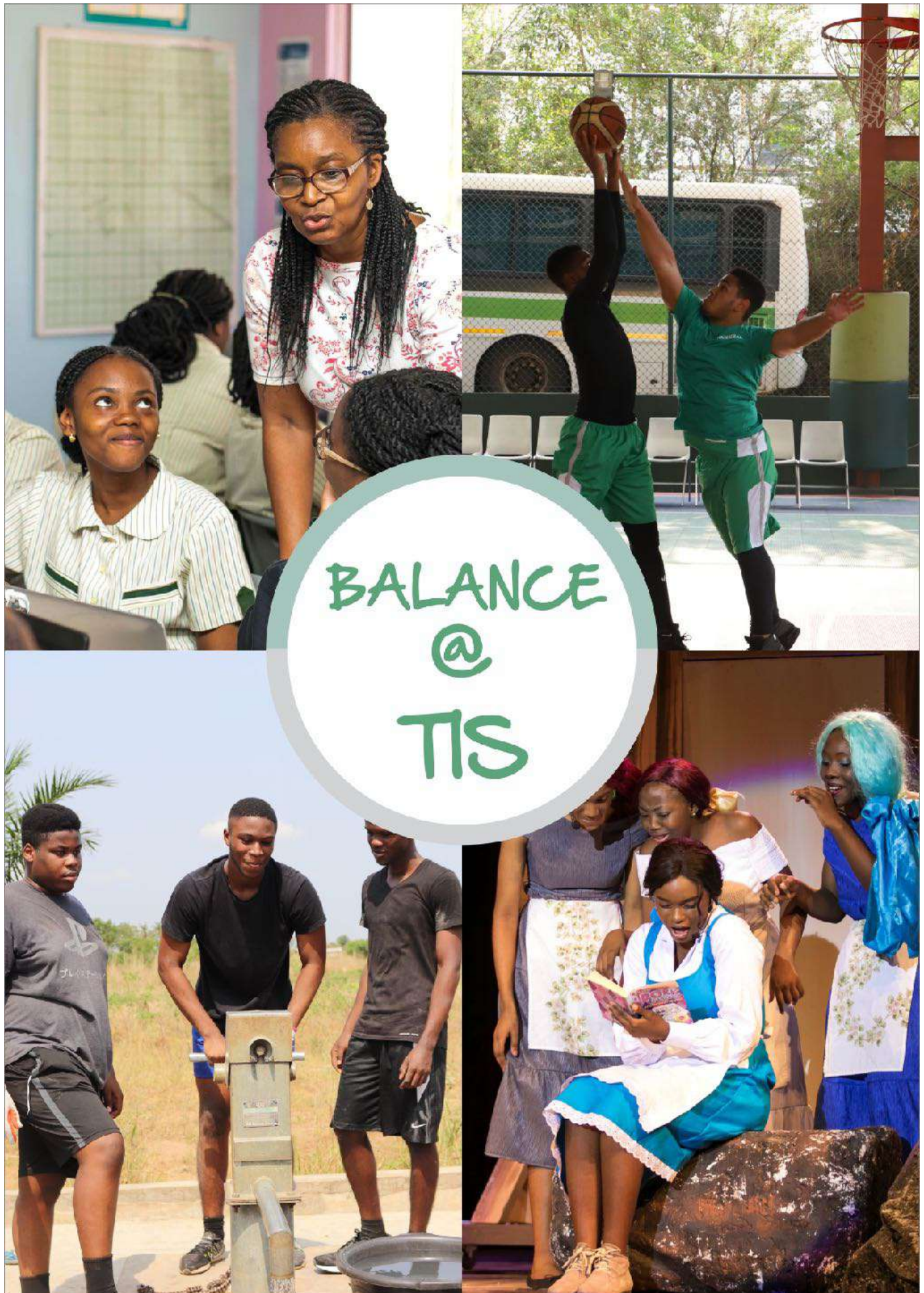
It's time for our Grade 8 and 10 students to start thinking about their subject selections for next year.

From 22 May, Grade 8, 10 and 11 students will be commencing G9, 11 and 12 coursework respectively. This will be an opportunity for G8 and 10 students to consider their elective options for next year and to try some of the subjects for which they may be unsure about. For each cohort, it is important to keep the end in mind. That is, what are you wanting to pursue at university?

I appreciate your support. Enjoy each day.

Dr Ken Darvall (Principal)







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 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 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.

2023/24 TIS School Calendar Overview

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

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

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

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

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

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
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		

March 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						









April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
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	

June 2024						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

COLOUR KEY

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

Public Holidays

4/8/23	Founders' Day
21/9/23	Kwame Nkrumah Memorial Day
1/12/23	Farmers' Day
9/1/24	Constitution Day
6/3/24	Independence Day
29/3/24	Good Friday
31/3/24	Easter Monday
9/4/24	Eid Al Fitr (TBC)
1/5/24	Labour Day

S1 Internal Dates: Main Campus

24-27/7/23	Gold expedition camp
1/8/23	2023 MYP Results Released; 2023 MYP Enquiries Upon Results Open
1/8/23	Senior management staff resume
7/8/23	Teachers resume; review of school policies
14/8/23	Student Council executive return
16/8/23	Newbies arrive
20/8/23	Continuing students resume
21/8/23	Secondary School classes commence; G9 Subject Selection
22/8/23	PP Criterion B draft due
26/8/23	SAT; TIS Junior Soccer Championships
27/8/23	School Performance auditions
2/9/23	Health Walk (6.00am). MYP Parents Information session. (10.00am) NO EXEATS
3/9/23	Thanksgiving Service (11.00am: Students only) NO EXEATS
8/9/23	TIS Senior Soccer Championships; Legal minds mooted competition
9/9/23	ACT
16/9/23	TIS Handball Championships
20/9/23	TIS Speaker of the Year
21/9/23	Family Sporty Day. NO EXEATS
22/9/23	G12 TOK Exhibition; PP Criterion B final due. NO EXEATS
23/9/23	TIS Volleyball Championships. NO EXEATS
30/9/23	MYP Parent Information Session; TIS Education Forum. NO EXEATS
3/10/23	TIS Founders' Day - Special Assembly: Main Campus admissions open for 2024/2025
7/10/23	SAT; Inter-Colour Language Comp. NO EXEATS
8/10/23	Founders' Day Thanksgiving Service (11.00am); 20 th anniversary Grand Durbar. NO EXEATS
13-15/10/23	Bronze & Silver expedition camp
14/10/23	PSAT
14-21/10/23	Mid-semester break
23/10/23	Student Council (SC) shadowing process commences; SEC Universities Fair (2.00-4.00pm)
24/10/23	G12 EE Café
28/10/23	ACT
23/10/23	G9/G11 Changes to Subject Selections close
27/10/23	Literary Night
30/10/23	PP Criterion C draft due
4/11/23	SAT
17-18/11/23	Annual School Play. NO EXEATS
20-24/11/23	G10 end of semester exams
20-30/11/23	DP end of semester exams
27/11/23	PP Criterion C completion
2/12/23	SAT
3/12/23	SC applications open for 2024 elections
4-5/12/23	Group 4 Project (G12)
7/12/23	Christmas Lunch
8/12/23	PP Final Report due
9/12/23	ACT; Anniversary Carols Night
13/12/23	Last day for first semester: Students may depart after 3-Way interviews.

S2

11-12/1/24	Staff training days
14/1/24	Students return to hostels; applications for 2024 SC positions close
15/1/24	Second semester commences.
15-18/1/24	Gold expedition camp.
15-21/1/24	Alumni Week
21/1/24	Alumni Thanksgiving Service
22/1/24	SC Manifesto Readings
24/1/24	2023 Student Council elections by voting (7.00am-4.00pm)
27/1/24	TIS Athletic Championships
29-31/1/24	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
3/2/24	SC Leadership Camp
4/2/24	Thanksgiving Service and Student Leadership Induction Ceremony NO EXEATS
9/2/24	TIS Badminton Championships; TIS Junior Tennis Championships
10/2/24	TIS Science Fair. NO EXEATS
12-16/2/24	MYP Mock eAssessments
15/2/24	G11 TOK Exhibition
16-17/2/24	TIS Basketball Championships; TIS Senior Tennis Championships
17/2/24	Chocolate Friendship Day
19/2-2/3/24	DP Mocks
28/2/24	PP standardisation and moderation (teachers)
3/3/24	TIS swimming championships (3.00 – 5.00pm)
7/3/24	MYP Projects (Personal & Community)
9/3/24	SAT (Digital); TIS Squash Championships; TIS Silver and Bronze Dukies' Awards Ceremony
14/3/24	Pi Day
23/3/24	Expression Day NO EXEATS
25/3/24	G12 Grad photos (All day)
25-27/3/24	Bronze& Silver expedition camp
28/3-13/4/24	Mid-semester break
13/4/24	ACT
20/4/24	Exam Candidates' Service NO EXEATS
21/4/24	PP Criterion A draft due; G11 EE Cafe
26/4-17/5/24	DP Final Exams
4/5/24	SAT (Digital)
6 – 17/5/24	MYP eAssessments
8-17/5/24	G11 semester exams
24-29/5/24	G9 eAssessments
30/5/24	MYP4 (2024/2025) subject selections
31/5/24	Leavers' Dinner
1/6/24	2024 Graduation and Achievers' Day; Last day for Secondary Classes
3-7/6/24	Dukies Award Expedition
7/6/24	Last day for teachers; S2 reports published.
8/6/24	ACT
8-10/6/24	Award Leaders/Staff expedition camp
22-25/7/24	Gold expedition camp

Primary School Campus**Public Holidays**

4/8/23	Founders' Day
21/9/23	Kwame Nkrumah Memorial Day
1/12/23	Farmers' Day
9/1/24	Constitution Day
6/3/24	Independence Day
29/3/24	Good Friday
31/3/24	Easter Monday
9/4/24	Eid Al Fitr (TBC)
1/5/24	Labour Day

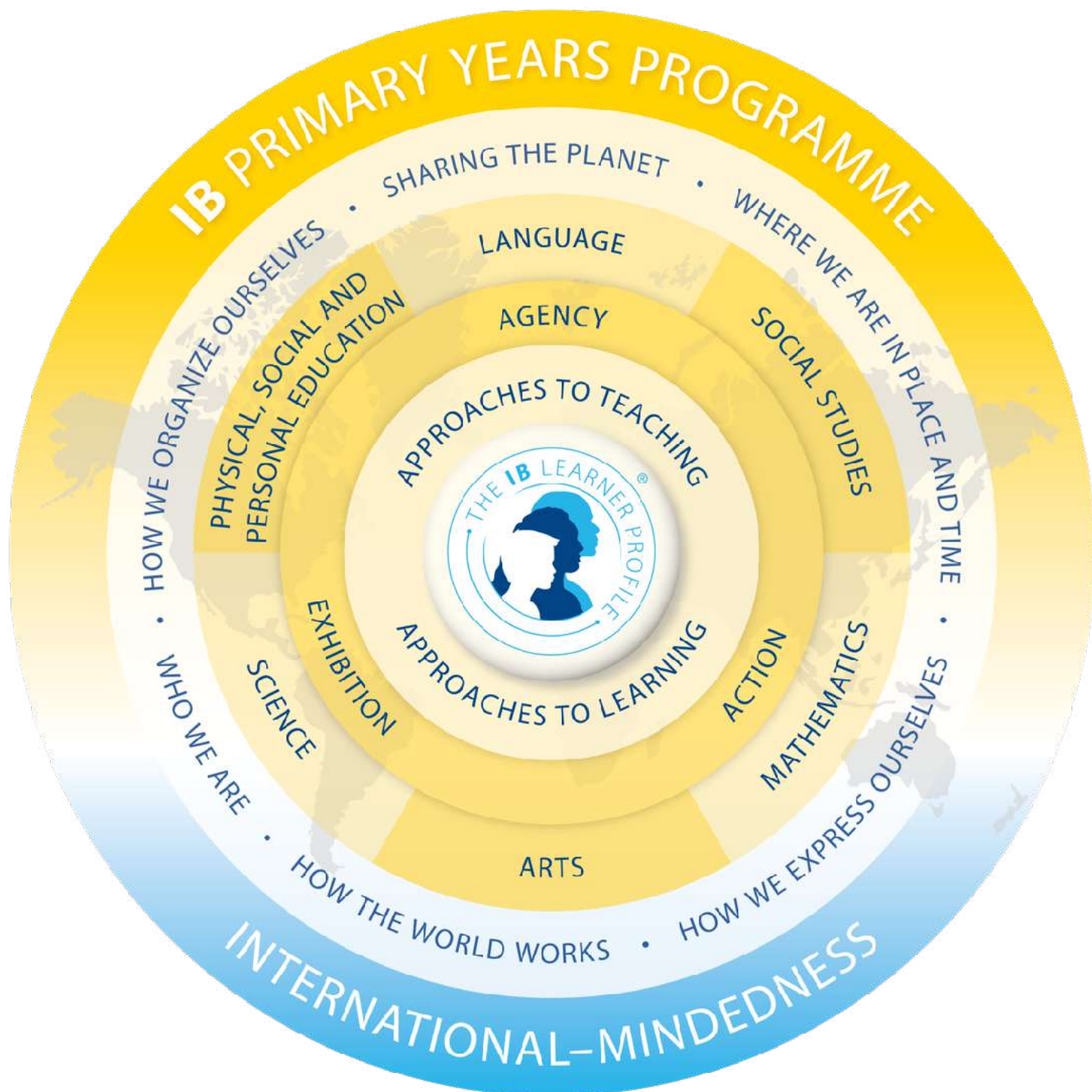
S1 Internal Dates (Primary School Campus)

7/8/23	Staff prep commences
28/8/23	First semester commences
1/9/23	Meet the teacher session
22/9/23	Sign Language Day
29/9/23	End of UOI #1 Celebrations
13/10/23	Sports Festival/Wellbeing Day
10/11/23	End of UOI #2 Celebrations
17/11/23	Spelling Bee
13/12/23	End of UOI #3 Celebrations; Last day of semester

S2

11-12/1/24	Staff Training Days
16/2/24	End of UOI #4 Celebrations
23/2/24	Mother Tongue Day (Celebrating Culture)
22/3/24	Celebrating Additional Languages
27/3/24	End of UOI #5 Celebrations
28/3-13/4/24	Mid-semester break
19/4/24	Book Day
17/5/24	Environment Day
24/5/24	PYP Exhibition
24/5/24	End of UOI #6 Celebrations (Grade K1-4)
31/5/24	Graduation & Achievers' Day
7/6/24	Last day for teachers; S2 reports published

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LEARNING LANGUAGES

From a TIS Transdisciplinary Perspective

Language is a structured communication system governed by rules, including patterns for words, sounds, and sentences. While people learn languages in many ways, applying a transdisciplinary approach can be effective. At TIS Primary School, language learning supports students' conceptual development and critical thinking through diverse approaches catering to their needs and interests. The school follows the IB Primary Years Programme (PYP) and believes that language teaching should be responsive to students' previous experiences. Collaborative brainstorming among teachers helps plan adequate learning experiences that follow the school's language scopes and sequences.

This article explores TIS Primary School's transdisciplinary approach to language learning, covering languages such as English, Mandarin, French, Sign Language, and Mother Tongue.

Teaching Mandarin through Music

Language and music share many similarities in their acoustics, structure, and frequent use in social contexts. Learning language through music can be effective, as it simplifies grammar rules, pronunciation, and vocabulary through the excitement of singing songs. This is particularly evident in how we teach children foreign languages, where we often use songs to teach them letters, numbers, colours, and other basic concepts, which they remember even after many years.

Teaching Mandarin Chinese to children has been enjoyable due to its tonal nature. For example, learning to read Nǐ hǎo 你好 creates a singing-like atmosphere for mastering word pronunciation using pinyin. We have employed multiple approaches, including music, to support effective and efficient learning in our classrooms. At TIS Primary School, learners engage in class collaboration and inquiry-based learning experiences to create Mandarin songs. They translate English words into Mandarin using resources such as Google Translate, Reverso, and teacher support. Students learn, inquire, reflect, and develop their language knowledge through this process. Below are pictures of the Mandarin song creation process.



Grade 1 students singing their created Mandarin song about the unit.

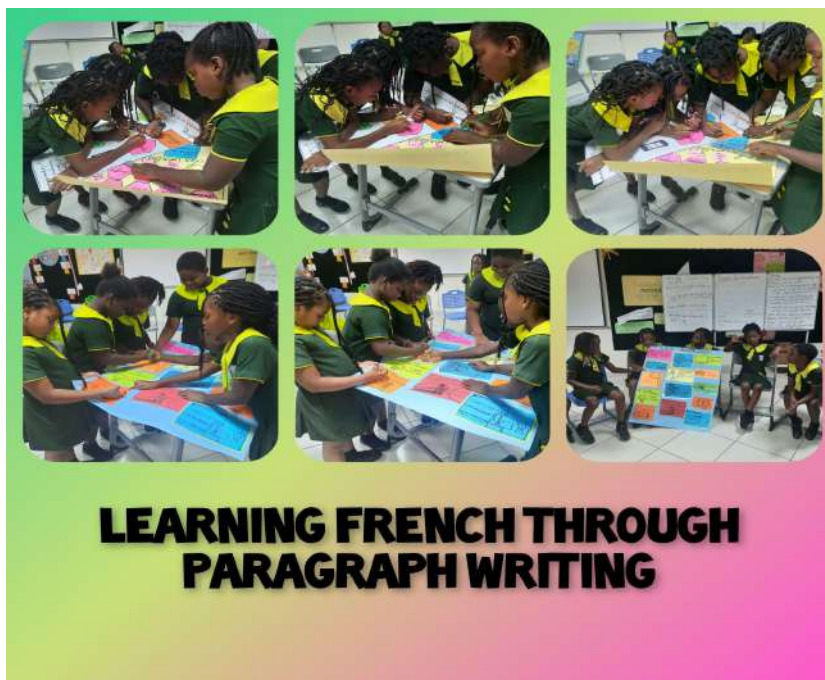


Grade 2 students inquiring and creating lyrics for their own Mandarin song on the unit.

Learning French

Bonjour! At TIS Primary School, learning French is an enjoyable experience. Students engage in various activities, such as writing poems, paragraphs, and plays in French and learning through songs. With the guidance of their teacher, learners even strive to write their lyrics. The teaching and learning of French are approached through a transdisciplinary lens, allowing students to connect what they learn in French with other subjects. This helps them connect the units of inquiry, other subjects, and French, resulting in a more holistic understanding of the language.

Grade 3 students are exploring machines as part of their inquiry, and their French vocabulary is being expanded. By learning the names of common household appliances in French, the students can describe them accurately in the language. Not only does this exercise help them to develop their French language skills, but it also contributes to their understanding of the topic. The students can



LEARNING FRENCH THROUGH PARAGRAPH WRITING

now compose paragraphs in French that demonstrate their knowledge of both the language and the subject matter. Through these connections between disciplines, they can engage with the material more deeply, gaining a greater appreciation for what they are learning.

Following their inquiry into machines, the students expanded their French language skills by learning frequently used verbs related to the topic. They worked collaboratively to compose a poem titled, “Ma machine préférée”, which translates to "My favourite machine" in English. This exercise allowed the students to creatively express their knowledge of the French language and the subject matter they had been studying.



In Grade 2, students are studying the unit, "How the world works", focusing on water and air. To enhance their French language skills, they were assigned to find adjectives that could be used to describe these elements. The adjectives were then used as lyrics for their unit song, which they created collaboratively. This exercise not only helped the students learn new French vocabulary but also helped them to understand the characteristics of air and water more comprehensively.



Students rapping their own written lyrics for the unit song

In Grade 1, students studied the characteristics of light and sound. Drawing on their knowledge of the unit, they composed a French poem. This exercise helped them learn how to structure sentences accurately and present their work effectively by creating a visually appealing poster. The use of illustrations allowed the students to express their ideas more clearly and develop their language skills more engagingly and imaginatively.



Learning Sign Language

Learning sign language at TIS Primary School helps learners develop a bank of vocabulary in addition to what they have already acquired. This enables learners to apply their knowledge when learning other languages by recalling the signs and relating them to the new vocabulary learned. They can translate words and sign sentences through role-play and easily recall sentences. Learners also work with their teachers to create music using sign language, and sign poems, use gestures in drama, and apply their vocabulary when learning other languages, encouraging transdisciplinary learning across all subjects.



Students learning to sign unit-related words



Students designing Sign Language posters for the Hearing Impaired

Learning English

At TIS Primary School, a unique approach to teaching English has been implemented through transdisciplinary learning, which integrates various subject areas such as science, math, and social studies to enhance students' learning experience. By incorporating English into these subjects, students can better understand the language and its real-life applications. The transdisciplinary approach to teaching English at TIS Primary School emphasises making language learning a fun and engaging experience for students. Through hands-on activities, group discussions, and role-playing exercises, students actively participate in the learning process and express themselves using English.



Learning Mother Tongue

Learning a mother tongue is about more than just mastering the grammar and vocabulary. It is about connecting with one's culture, traditions, and identity. TIS Primary School's transdisciplinary teaching of the mother tongue goes beyond the traditional classroom setting. By integrating various subject areas like music, English, and drama, students are encouraged to express themselves in their mother tongue creatively. Students showcase their language proficiency and cultural knowledge through dance performances, poetry recitations, and storytelling. Teaching and learning the mother tongue at TIS Primary School has also helped to create a more inclusive and diverse community. This approach enhances students' learning experience and fosters a sense of pride and appreciation for their mother tongue and cultural heritage.



The transdisciplinary language learning approach is a unique and effective way to enhance students' language skills while integrating other subjects. By incorporating language learning into various subjects, students can develop a deeper understanding of the language and its practical applications, making the learning experience both engaging and fun.





TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD



TEMA INTERNATIONAL SCHOOL



Primary School Campus Admissions Open For 2023/2024 Academic Year

Flexible admission screenings and interviews



Entry Points in 2023

Preschool

Kinder 1 (3-4 years)
Kinder 2 (4-5 years)
Kinder 3 (5-6 years)

Junior Primary

Grade 1 (5.5 - 7 years)
Grade 2 (6.5 - 8 years)
Grade 3 (7.5 - 9 years)

Senior Primary

Grade 4 (8.5 - 10 years)
Grade 5 (9.5 years-11 years)
Grade 6 (10.5 - 12 years)

All admission applications will be online via Open Apply:
<https://tis.openapply.com>

A social readiness screening will be required, as part of the admission process, along with a compulsory interview with parents.

TIS is an IB World School, authorised to offer PYP, MYP and DP.

To learn more
scan this.



To enrol scan
this.





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

TIS		British Curriculum Schools
Kinder 1	PYP	Nursery
Kinder 2		Reception
Kinder 3		Year 1
Grade 1		Year 2
Grade 2		Year 3
Grade 3		Year 4
Grade 4	MYP	Year 5
Grade 5		Year 6
Grade 6		Year 7
Grade 7		Year 8
Grade 8	DP	Year 9
Grade 9		Year 10
Grade 10		Year 11
Grade 11		Year 12
Grade 12		Year 13



**Respect time.
Ignore distractions.
Control your interruptions.**

Dr Ken Darvall



TEMA INTERNATIONAL SCHOOL
PRIMARY SCHOOL CAMPUS



ANNUAL ACHIEVERS AND GRADUATION

CEREMONY

class of 2023

2nd June 2023 at 11:00 am prompt

CAS-SA Corner

Celebrating the IB Class of 2023

The countdown has begun, so let's celebrate the **Class of 2023**. Check our social media for daily posts where you get to know the amazing individuals of the **IB Class of 2023**. We will learn about their achievements since they joined the TIS family, their fond memories and the lessons learnt through it all.

Save the date – Saturday, 3 June, 2023

@tis_Ghana – Twitter - @TISGhana – Facebook - @tema_international_school – Instagram



TEMA INTERNATIONAL SCHOOL

Annual Achievers & Graduation Ceremony

IB Class of 2023

Theme: Celebrating our Achievers:
The Importance of Vision and Values.

Date: Saturday, 3 June 2023 | **11:00 am**
Venue: Sports Complex (TIS Main Campus)

Guest Speaker
Engr. Fajemirokun Oluwafemi
Head Information & Telecommunications,
West African Power Pool/ECOWAS.

Celebrating the IB Class of 2023

<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>Tema International School has seen my 6-year maturation. One in which I became resilient, passionate, serviceable, and determined. Through the Deputy Sports Executive position, a total of three Annual School Play character/director roles, CAS project initiatives, sporting competitions, etc. I have collaborated with many different personalities with whom I shared life-changing memories. My high school journey has served as a dynamic ground, preparing me for any rollercoaster life offers. Thus, the greatest psychologist of tomorrow was just birthed by TIS and will never stop until she changes the world. Her name is Claris Perdisen.</p> <p>Claris Perdisen IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>	<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>It's been a journey filled with ups and downs, but I've learned so much about myself and the world around me. I'm very proud of all of my accomplishments, from leading the Buddies for Change Club to taking part in the Peace Talks writing competition to simply making new friends who have become lifelong partners in pursuit of my passions. This school has been a transformative period in my life, and I'm excited to see what the future holds, but I'll always cherish the memories and lessons I've gained during my time here.</p> <p>Diego-Cristiano Nwokolo IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>
<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>Let us go down memory lane from 9th grade to the present. I will miss the Friday night music in the MPH, the sporadic parties in the boys' dorm, the late-night discussions about pointless topics, the sporadic arguments with Mr Akortah, and many other aspects of TIS. One of my top achievements was raising money to buy a hoop and ball for an underprivileged school, as I have a passion for sports. But in the end, the main thing that TIS taught me was, "If it belongs to you, it will come to you."</p> <p>William Enimil-Ashun IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>	<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>During my years in TIS, I faced moments that, as painful as they were, allowed me to grow both emotionally and mentally, and those experiences are ones for which I am most grateful. In addition, I will miss the supportive people I was surrounded by. I stepped into the walls of TIS four years ago as a shy and naive girl oblivious to the world around her, and now I leave as a self-confident young lady with a bubbly spirit, a passion for helping others, and on her journey to receive the title, Dr Davis.</p> <p>Chelsea S. Davis IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>
<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>If I were to describe my time in TIS with three words, they would be "short but impactful." Even though I was only a part of this community for two years, I made my presence known, from leading IBforme, a platform designed to provide academic assistance to IB students worldwide, to becoming one of the Academics Executives and organising the first-ever Inter-colour Spelling Bee. I am grateful to all my friends and teachers who have helped me complete this journey, and with the quality education TIS has provided me.</p> <p>Terrence Adegbesan IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>	<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>TIS has allowed me to explore and broaden my horizons. TIS has also helped me take control of my learning and adapt to unforeseen circumstances. An example of this would be when we had to go home for online classes due to the COVID-19 pandemic. With the knowledge I have gained from my time at TIS and what I will learn as I move on to the next stage of my journey, I plan to work as a game designer and support other young Ghanaians who aspire to that profession.</p> <p>Eliezer Anim-Somuah IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>

Celebrating the IB Class of 2023

<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>Looking back, I can confidently say that my TIS journey has been worthwhile, and the relationships and moments I developed within the TIS family have tremendously enhanced my experience. These two years have allowed me to grow into a knowledgeable and open-minded risk-taker through participation in MUN, the Dining Hall Committee, Interact and Rhythms and Blues CAS Project. Time does not equal experience! Though it is difficult to say farewell to this chapter, I am grateful that I served my time and am confident that the world has much more in store for me.</p> <p>Karen Adwoa Apietu IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>	<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>I am proud to say that this haven of excellence has changed me from the reserved person I was in Grade 9 to someone who radiates confidence and believes she can take on the world. I am genuinely grateful for the opportunities TIS has given me, from being the Cecilia Hostel Executive, Leader of the Annual Chocolate Friendship Day, and a member of The Guide Project. I think I am prepared to handle any challenges that come my way now that I've made my mark at TIS because the values I've gained during my time here will be of use.</p> <p>Maame Ama Osei IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>
<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>I started my TIS journey in 2019, my first year of boarding school, and I've come a long way from the boy who didn't know how to accomplish many things by himself. My greatest accomplishment and one of many memorable memories from my time at TIS was being crowned the National Chess Champion in October 2022. I can say with certainty that TIS helped to mould me into the person I am today, and I will always be appreciative to all of the Teachers, Staff members and friends who have supported me along the way.</p> <p>Michael Kaleem IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>	<p>TEMA INTERNATIONAL SCHOOL <i>Celebrating the Class of 2023</i></p> <p>Wow, four years have passed since I first entered TIS feeling lost. TIS has opened my eyes to the many obstacles life can throw at you, yet I have been built and transformed to overcome these challenges. TIS gave me a platform to challenge myself to do things I never expected, such as being president of the Red Cross. I will be forever grateful to my friends and teachers, who helped make this experience worthwhile. With the foundation I have built, I hope to contribute to the fight for health equity significantly.</p> <p>Nana Achiaa Mansa Bonsu IB Class of 2023 www.tis.edu.gh</p> <p><i>Class of 2023</i></p>



Africa Learning International's competition 'Peace You Have My Word' is back



AFRICA LEARNING INTERNATIONAL

Presents

**DEADLINE
FOR SUBMISSIONS
1ST JULY 2023**

**Write on any of the
CATEGORIES: 300 words**


1. African Peace-Makers
2. Peace in African Cultures
3. Peace and Anti-Racism

**PEACE
YOU HAVE MY WORD
2023 EDITION**

PRIZES INCLUDE:
 A micro library of important books on peace
 Interview by an international educational newspaper
 Participation in a Pan-African conference on Youth and Peace

For more information:
info@africalearninginternational.com

This competition is open to all secondary school students who love Africa







The Hummingbird Collective



Peace, You Have My Word 2023 ([participation form](#))

'Peace, you have my word' is a writing competition that amplifies the voices of African teens, and of all the young people around the world who love Africa and yearn for more Peace, justice and sustainability. The secondary students participants have 300 words to share their own definition of peace or write on the following topics:

- African Peace Makers
- Peace in African Cultures
- Peace and Anti-Racism

The competition runs until July 1st 2023, the results are shared mid-August. The prize ceremony is an online youth summit on Peace on September 21st, International Day of Peace. [Africa Learning International](#) the organiser of this Peace competition and our partners [Les Afriques](#), [innustame](#) and [the Hummingbird Collective](#) hope many youngsters will participate via this [participation form](#) because education for Peace is the promise of a better tomorrow in Africa and everywhere.



Proud to deliver

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


TEMA INTERNATIONAL SCHOOL

Registration Deadline
29 May 2023
or when maximum numbers have been registered.

Duke of Edinburgh's International Award (DoEIA)

EXPEDITION CAMP

For Gold Award Level only.

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.

24 - 27 July 2023

Survival Island

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

The 9th edition of the Tema International School Duke of Edinburgh's International Award Expedition Camp (**for Gold Award Level only**) participants registration is open. We can assure you an experience of a lifetime while meeting the requirements for CAS (DP students) and the DofE. This is a unique opportunity to develop skills, open up to a new culture, challenge yourself, reflect, be in touch with nature and create long-lasting memories.

Register now! LIMITED places are available. Only students who are DofE award participants can join the Expedition Camp. Last-minute will result in disappointment.

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

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

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

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

Orientation and safety training: Sunday, 23 July, 3:00 pm at the Design Lab with all participants and Expedition Leaders.

Departure: TIS campus Monday, 24 July 2023, 7:00 am. The team will return to TIS Campus on Thursday, 27 July 2023 by 5 pm. Parents are reminded to pick up their wards on their return

Duration: 4 days

Comprehensive Outdoor Risk and Liability Insurance: Inclusive

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

Venue: Survival Island, Anum.

Register now! Strictly LIMITED places are available. Cost: GHC 4000 - Registration deadline: 29 May 2023- Kindly pay by the stated deadline. *Click on the link below to register. **Payment receipt will be requested to complete the registration.** A kit list is also attached to the form, ensure you have all items on the kit list prior to the Camp. When making the payment in any of the accounts below kindly state the purpose: TIS DoEIA Expedition Camp, 8th Edition. Expedition Camp Cost: **Ghc 4000**

https://docs.google.com/forms/d/e/1FAIpQLSfK2av3mBi_YL9Ky7C6zI8Gfh_EQPXGqo4Vhom7PJzhSfOQRQ/viewform

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

Expedition Camp Cost: **Ghc 4000**

TEMA INTERNATIONAL SCHOOL ACCOUNT DETAILS

BANK: ABSA BANK

BRANCH: Tema Main

ACCOUNT #: 060-1798808 (GH¢)

BANK: Ecobank Ghana Limited

BRANCH: Tema Main

ACCOUNT #: 0020014471692201 (GH¢)



Registration Deadline
29 May 2023
or when maximum numbers have been registered.

Duke of Edinburgh's International Award (DoEIA)

EXPEDITION CAMP
For Gold Award Level only.



Proud to deliver

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


REGISTER

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



**QUALIFYING AGE:
14 - 24YRS**

AWARD LEVELS



BRONZE
14yrs



SILVER
15yrs



GOLD
16 - 24yrs

READY FOR CHANGE. READY FOR OUR NEW WORLD.

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

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

APPLY NOW

Email: david.difie@tis.edu.gh

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



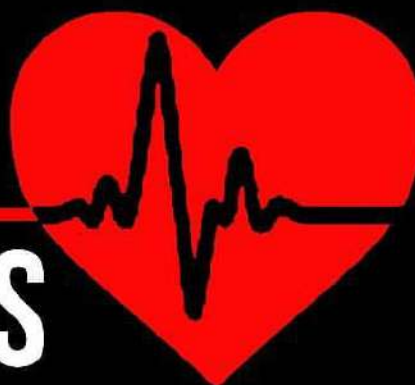
CHALLENGE ∞



www.tis.edu.gh

Healthy Heart: Healthy Life CAS Project Fund Raiser

IT'S A BEAUTIFUL DAY
TO SAVE LIVES



DONATE NOW: <https://makewehelp.com/donation/healthy-heart-healthy-life-2>

We are excited to introduce our **CAS Project, Healthy Heart: Healthy Life**. Our team, led by **Nana Aba Egyei-Mensah, Seffirina Masoperh, Kwadwo Adubofour, and Mawulolo Agbeli**, is passionate about making a change in our community. This initiative was started in 2021 by Tema International School (TIS) Alumni **Jano Attionu, Madiba Gondoe, David Safo and Caleb Hammond (IB Class of 2022)**. However, due to the effects of the Covid-19 pandemic, they could not raise sufficient funds for **Benjamin**.

Benjamin has been waiting for his surgery for about 2 years, and each day that goes by, his condition becomes more regressive. He was diagnosed with Tetralogy of Fallot, a congenital heart defect that affects the structure of the heart and the flow of blood through it.

Tetralogy of Fallot can cause oxygen-poor blood to be pumped from the heart to the rest of the body, leading to many other life-threatening effects.

This project aims to raise funds for Benjamin, who desperately needs life-saving surgery. His mother, a single parent, cannot afford the surgery and has reached out to **The Children's Heart Foundation Ghana** for help. We believe that everyone deserves a chance at a healthy life, and we want to do our part to help Benjamin receive the medical care he needs. That's why we have re-launched **Healthy Heart: Healthy Life**, a fundraising campaign to help cover the cost of his surgery.

In collaboration with **The Children's Heart Foundation Ghana**, we aim to raise awareness about congenital heart disorders and encourage our school community to donate towards this cause.

There are many ways to support **Healthy Heart: Healthy Life**. You can directly donate to our campaign by clicking on the **DONATE** button, purchasing our T.Shirt, sharing our message on social media, or hosting a fundraising event to help us reach our goal. Every contribution can make a difference in his life, no matter how big or small.

DONATE NOW - Have a heart, save a life. <https://makewehelp.com/donation/healthy-heart-healthy-life-2>

**IT'S A BEAUTIFUL DAY
TO SAVE LIVES**



CAS PROJECT

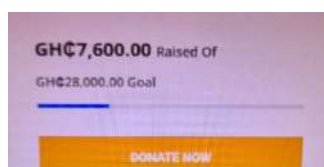
Healthy Heart: Healthy Life
The clock is ticking
Benjamin needs our help

CAS Project – SaniFlush



SaniFlush is a CAS project initiated to aid the Ashaiman No. 2 JHS with a modernised, functioning washroom system, and the members are a group of DP1/G11 students of Tema International School: **Gregory Fokou Kotang, Papa Duodu Fynn, Bradley Hoedoafia, Kow Yarney, Nadeem Yakubu, Odasey Tetteh, and Malcolm Enimil Ashun.**

We are determined to solve a pressing problem in our community and found an opportunity to make a difference at Ashaiman No.2 JHS. After interviewing the headmistress, we learned that the school needed a larger student-to-washroom ratio. The deteriorating condition of the washrooms had health implications for the students and hurt their overall learning experience. The lack of clean and safe washroom facilities made it difficult for students to attend school regularly, as they were more prone to falling ill and required time off to recover. This interrupted their academic progress and could lead to poorer academic performance. Additionally, the lack of adequate washroom facilities created a sense of discomfort and unease among the students, which affected their concentration and focus during class. This could ultimately lead to a decline in their academic performance and achievement. The poor condition of the washrooms had far-reaching consequences on the health and well-being of the students, as well as their academic success, highlighting the urgent need for renovation and improvement. Also, most children lacked appropriate toilet facilities at home, causing them to defecate outside the school. Due to the poor toilet facilities, even though we wore masks during the interview, the smell from the washrooms lingered about a kilometer away, showing the severity of the situation.



After surveying the area, a professional plumber presented a budget. We needed to raise approximately GHC 28,000 to cover the cost of renovating the washrooms. So far through Expression sales we manage to raise GHC 7, 600

Our project aims to address several UN SDG Goals, including **Good Health and Well-Being, Clean Water and Sanitation, Industry, Innovation, and Infrastructure, and Life on Land.** We believe that by undertaking this project, we can make a meaningful contribution towards creating a sustainable future for the community, improving people's lives, and protecting the environment around us. By aligning with the UN SDG goals, we hope to inspire others to join us in our efforts and help create a more equitable and sustainable world for future generations.

To support our cause, we need your donations to reach our target amount. Any amount donated will be most gratefully and heavily appreciated. **DONATE NOW, by clicking on the following link – <https://makewehelp.com/donation/saniflush-cas-project-we-need-your-help-2>**

Spectrum Connect CAS Initiative

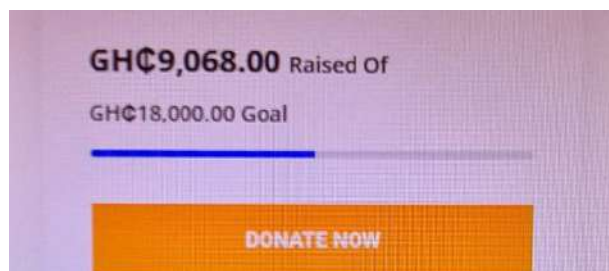


Spectrum Connect is a CAS (Creativity, Activity, Service) Initiative of **Nissi Arday and Ethan Sunkwa-Mills**, Grade 11 students at **Tema International School**.

Our goal is motivated by our desire for inclusivity and integration of autistic and neurodiverse children in Ghana. **Spectrum Connect** aims to raise awareness and dispel stigmas about the autistic and neurodiverse community. We started this initiative because we have personal interests and connections to the subject of **autism spectrum disorder (ASD)**

We hope to highlight our goal during Autism Awareness Month (April 2023) by publishing articles, having talks on televised and broadcasted platforms to help disseminate our message, and most importantly, raising funds. Our goal in spreading awareness is straightforward: we think that information has power. We wish to break the stigma and barriers surrounding autism and ASD in Ghana, establishing a space for dialogue, connection, and development. When there is a high level of public awareness, persons will be more educated about symptoms, the earliest age of diagnosis, treatments, or therapies that will be beneficial in increasing the possibility of early interventions.

To create awareness and support the **HopeSetters Autism Centre**, we intend to raise a grand total of **GHC18,000**. With the funds, we can organise a play day in collaboration with Autism Centres, such as HopeSetters Autism Centre and bring together autistic kids in a sensory-



appropriate environment. We are starting with HopeSetters as we both have a long history of collaboration with them and they are in the vicinity of our school. Gradually, as the initiative grows, we will expand our efforts to the Greater Accra region and eventually Ghana as a whole.

DONATE NOW by clicking on the link below.

<https://makewehelp.com/donation/spectrum-conect-cas-project-2>

NO amount is too small. With your donations and support, we can erase preconceptions and misunderstandings of ASD via educating the general public through various print and audiovisual media. Your support will also help us to set up methods of supporting and delivering financial and emotional support to parents and carers. Together, we can break down existing barriers in ASD awareness and build bridges towards acceptance and inclusion.

For further information you can contact our CAS Coordinator, Mrs King via email surama.king@tis.edu.gh

Ignite CAS Project



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

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



Therefore, we would like to extend an earnest request for your assistance in raising **GH¢ 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, look for the yellow button ***DONATE NOW***, and follow the prompt.

Together we can do more.

Eradicating Hunger and Poverty Initiative



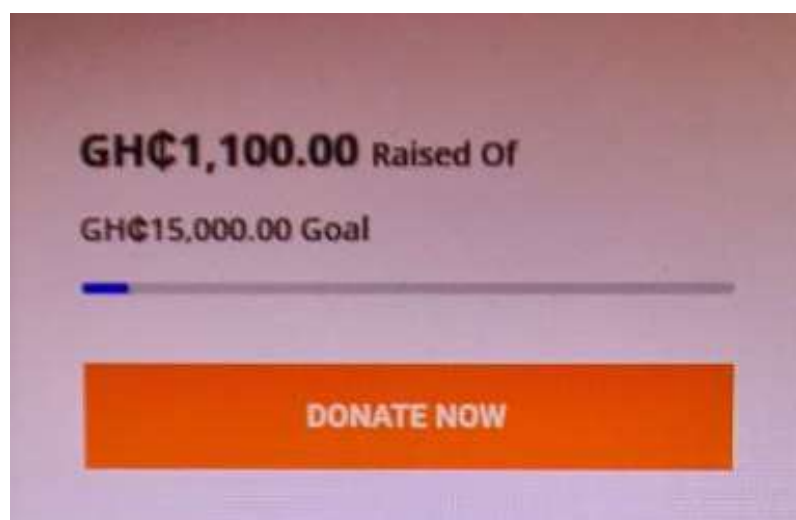
SUSTAINABLE DEVELOPMENT GOALS

Eradicating Hunger & Poverty is a CAS (Creativity, Activity, Service) Initiative of **Ayomi Asante, Samuel Tagoe and Nhyiraba Arkaah-Otoo, (G11)**. In line with the Sustainable Development Goals, **No Poverty and No Hunger**.

Through this **CAS project** we hope to raise funds to purchase food provisions and clothes for children who lack them in our community.

After investigation, we identify a home for children that call **Maa Paulina Children Foundation**, located at Ashaiman Lebanon Zone 2. **Maa Paulina** is a home for many children in the Ashaiman community who run from home because their families cannot handle their basic needs. According to the Caretaker and founder, Madame Maa Paulina, she struggles to feed them once daily. Food provisions and clothes are something she prays we can assist her with.

With Ghana's high cost of living, she can barely meet the children's needs as they come. She also mentioned that she has some brilliant children who come to her place to get support to go to school. Some are doing so well in school despite their challenges. She also hopes they can be sponsored to go through education and maybe even go to University and have better opportunities in life.

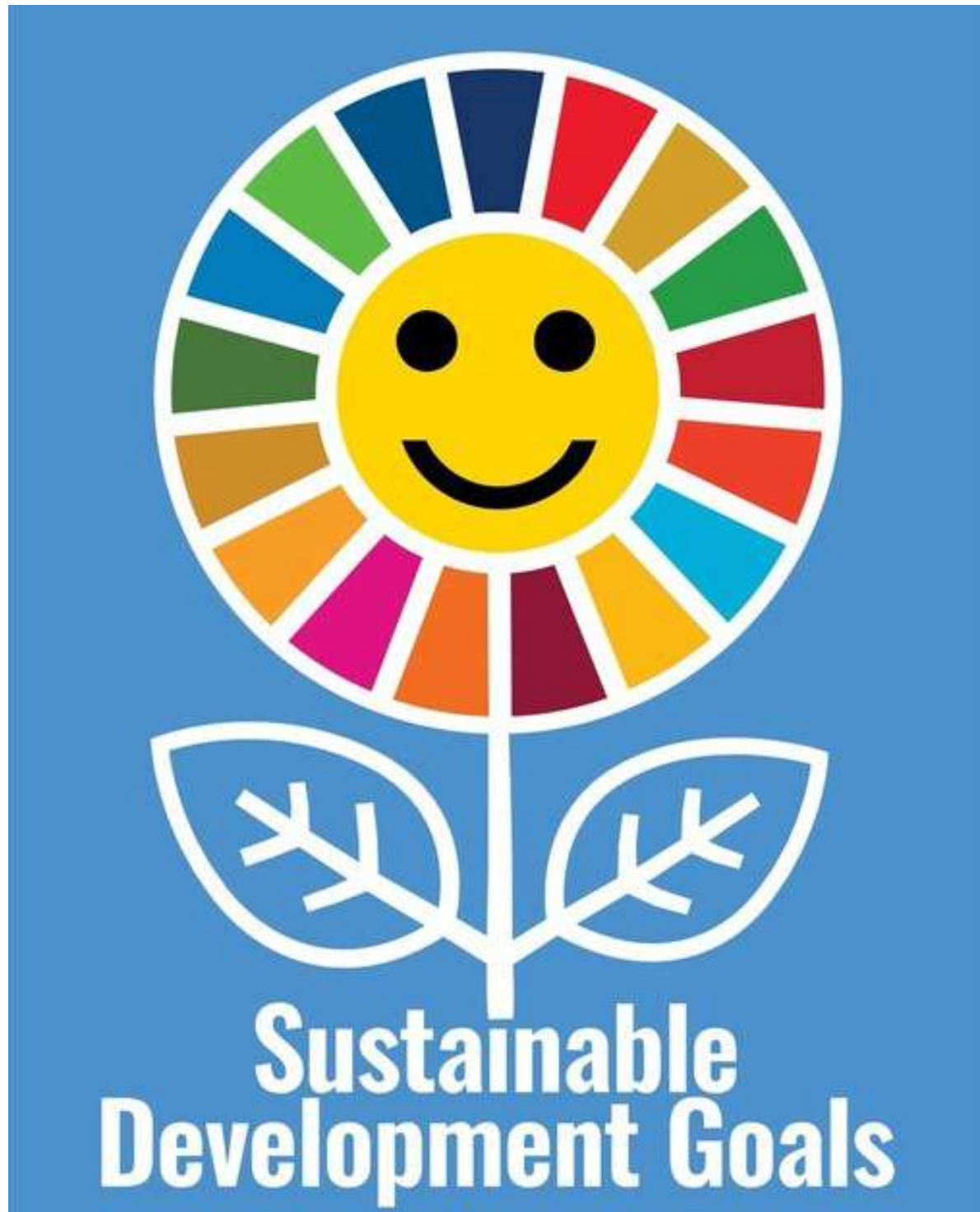


We like to appeal for your support to the **Maa Paulina Children Foundation**. Our aim is to raise GH¢ 15,000 to support the home with food items and school fees for some children.

For further details, you can reach out to our CAS Coordinator, Mama Su, Surama.king@tis.edu.gh

To **DONATE**, click on the link below. No amount is too small or too big, we need your help.

<https://makewehelp.com/donation/eradicating-hunger-and-poverty-initiative-2>



At **TIS**, we believe that through actions and service that demonstrate our commitment to the **UN Sustainable Development Goals**, we can make the world a better place.

But, we must be active and committed participants and not just vocal spectators'.

Ken Darvall

ASA – Art & Craft and Chess Club





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



Open Book Exam pilot

DP Economics

Your school has been chosen to participate in a study looking into the impact of offering different types of open book exams on the whole school community. In this case your school will be piloting an OBE in the DP Economics paper 1 exam.

We would like to inform you on what this will mean for the students taking this exam at your school.

1. Students will be sitting the exact same paper but will be allowed to prepare and bring in a maximum of 2 A4 pages summarizing real-world examples that students may use in the exam.
2. Student summaries will be allowed to be either in the format of mind maps or short written summaries for each real-world example up to a maximum of 60 words per example and approximately 1200 words in total.
3. Students may use a combination of both mind-maps and written summaries.
4. Written or digital versions of their resources are allowed but written is recommended.
5. If students choose to write their resource, this must be legible.
6. Students must not include definitions of terminology, explanations of concepts and theories, nor any analysis or evaluation.
7. Students will not be allowed to include visuals including tables, figures, or diagrams.
8. Different colours will be allowed, as well as bullet points and acronyms.
9. Students will be allowed to include details of real-world examples not in their resource should they wish.
10. Student resources will need to be checked at least 1 month before the exam.

Teachers have received further clarifications and details regarding these expectations. If you have any questions or concerns, please contact us at obepilots@ibo.org.



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Open Book Exam pilot

What to expect

Your school has been chosen to participate in a study looking into the impact of offering different types of open book exams on the whole school community. The intention of these OBE formats is to relieve students of the need to recall specific details and to focus on the application of knowledge.

We would like to inform you on what this will mean for the students taking the open book exam format as part of the study.

1. Normal exam procedures will apply. Students cannot bring in digital devices and other unpermitted materials.
2. Students must maintain academic integrity as normal.
3. Inclusive access arrangements will still apply as normal.
4. All students in the subject will sit the exam in the format assigned to the school.
5. Students will sit the same exam as all other students, the only difference to the exam is that students can bring in the permitted resource as outlined in the guidance.
6. The allowed resources are designed to maintain consistency of standards across participating schools.
7. IB will ensure that the grades for students doing open book and the standard exam are aligned, and that there is equity across groups.
8. Students with consent will be invited to complete surveys throughout the DP course. Completing surveys is voluntary but encouraged because it contributes greatly to the success of this study.
9. The outcomes of the study will contribute to IB decisions on future offerings of OBE format.

If you have any questions or concerns, please contact us at obepilots@ibo.org.






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MAY 2023

This month, focus on the Virtue of Wisdom, and how the strengths of **Judgment**, **Curiosity**, and **Creativity** can be used alongside mindfulness to give your life added meaning.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Understand what judgment is all about so you can begin recognizing it. 1	Discover the two key components of what makes a curious person. 2	Show creativity every day through originality and adaptability. 3	Plan ahead! 4 Register for our Mindfulness Nature Retreat on May 19.	Watch the movie 5 The Straight Story to explore judgement through story.	Read about how positive psychology can make any job more meaningful. 6
 7	Work on your strength of curiosity by asking "why?" more often. 8	Take some time to read about Mental Health Awareness Month . 9	Exercise your creativity by practicing these 10 habits . 10	Discover what science says about your true self with the Total 24 Report . 11	Try a curiosity strength mantra to improve your day. 12	Who do you admire for their ability to find new ways of thinking? 13
Show appreciation to a mother-figure in your life this Mother's Day. 14	Learn the meaning of strengths like Judgment and Curiosity here . 15	 16	Read about 3 science-based strategies to increase creativity. 17	Consider how you express your judgment/critical thinking to others. 18	Live Today! 19 Join us for a full-day Mindfulness and Nature Retreat .	Find out how curiosity can help you to find meaning everyday . 20
Learn how creativity and the arts can improve your mental health . 21	Use mindful living to improve your mental health, well-being and happiness. 22	Try to understand what others are thinking and feeling. 23	Use creativity to help break bad habits . 24	Discover how judgment can show up throughout your career . 25	Create something original and share it with others. 26	Tap into your curiosity by listening to this guided meditation . 27
 28	Try a new food or restaurant today. 29	Learn how strengths can be used to fuel purpose . 30	Use your judgement to evaluate one of your personality traits. 31			



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.

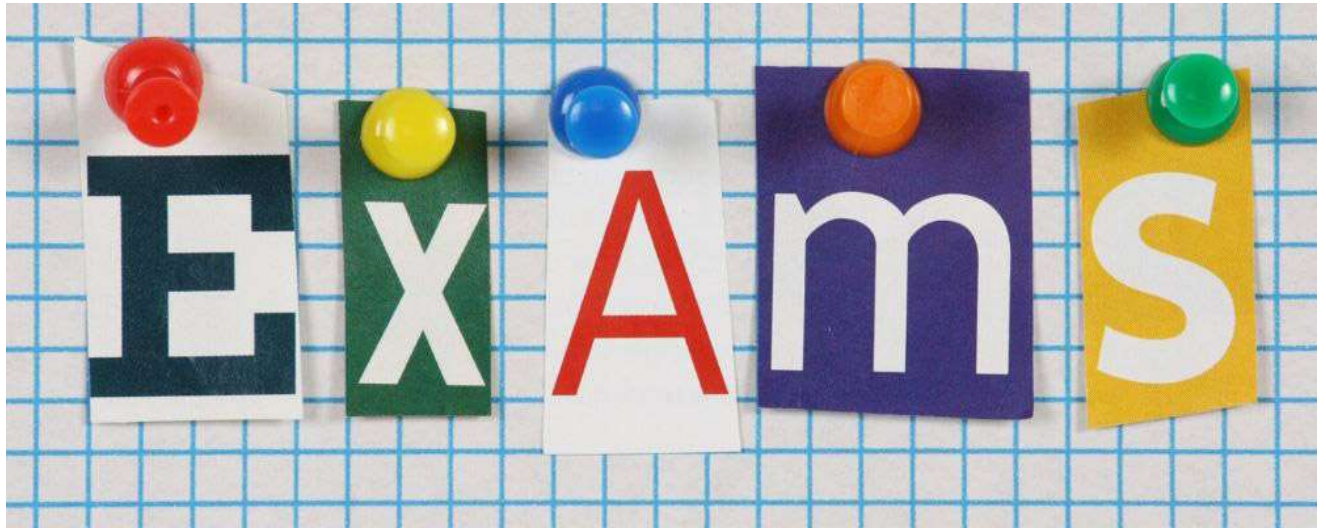
☐ Humor

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



Dearest examinees MYP5, DP1s and DP2s, exams are meant to test your knowledge. Prove on paper that you are the best and the smartest! Congratulations in advance!!

Helpful Exams Points to Note:



DP2 Parents and Students - Visa Application Processes for the following Countries



With the high numbers of students applying for visas to study abroad it is important to consider these pointers and apply early to avoid dissapointments:



UK Visa Application Process

- ✓ You can apply for a Tier 4 (General) student visa to study in the UK if you're 16 or over & you:
- ✓ Have been offered a place on a course, can speak, read, write and understand English
- ✓ Have enough money to support yourself and pay for your course - the amount will vary

- **Confirmation of Acceptance for Studies (CAS letter)**

Your chosen university will send you a reference number called a '**Confirmation of Acceptance**' for Studies (CAS) once they've offered you a place on a course. **You'll need to enter this on your visa application.**

You must apply for your visa at most 6 months after you receive the CAS.

>> You can apply for the visa no earlier than 3 months before start of your course

>> You can arrive in the UK up to 1 month before your course starts if your course lasts more than 6 months:

- ✓ >> **You can apply for accommodation while you wait for your IB results. Without results you cannot apply for UK visa Documents you must provide when you apply for the visa include:**
 - ✓ A current passport or other valid travel documentation
 - ✓ Proof that you can support yourself and pay for your course (bank statements)- this will vary depending on your circumstances
 - ✓ Proof of parental or other legal guardian consent if you're under 18
 - ✓ Proof of your relationship with your parent or guardian
 - ✓ Your tuberculosis test results if you're from a country where you have to take the test (Right after exams. There is only one centre that does the test)
<https://www.gov.uk/government/publications/tuberculosis-test-for-a-uk-visa-clinics-in-ghana/tuberculosis-testing-in-ghana>
- ✓ You need a page in your passport that's blank on both sides for your visa.
- ✓ **You may also need to provide additional documents depending on your circumstance

Join Webinar- May 13,2023

Episode 3

Preparing for the UK Student Visa

A guide to the process

Understand University requirements for the issuance of the Confirmation of Acceptance for Studies

Understand the documents needed by UK Visas & Immigration for a successful visa application

Brought to you by the Graduate Guidance Group. We provide free UK Student Visa counselling for students to our partner universities. Please contact us for more information:

info@g3africa.com / +233249895328 / @g3africa

Webinar - join via Teams
Saturday 13 May 2023
9am- 10.30 am GMT

Register: bit.ly/uon2023



CANADA Visa Application Process

- ✓ **Best time to apply is NOW!** Canadian visa application process is lengthy and cumbersome.
- ✓ The Process can take 4-5 months! You may have to take have some medical screening/tests done, check with your university!
- ✓ Make sure that if you are applying on OUAC portal submit and accept the decision from the school.
- ✓ Immediately you receive your offer or admission letter from the school use the letter to start the application process as soon as possible.
- ✓ It would be best if you had a valid passport, and other documents such as proof of sufficient funds et cetera.
- ✓ **Note that Admission Offer Acceptance Deadline!**



Click here:

<https://www.ricc.ca/>

<https://www.canada.ca/en/immigration-refugees-citizenship/corporate/contact-ircc/offices/international-visa-offices/accra.html>



US Visa Application Process

- ✓ You must book a visa interview appointment right after your IB DP exams, for an interview date in June or early July.
- ✓ Pay visa fee at any Ecobank branch
- ✓ Fill out your visa application form DS-160 Form
- ✓ Pay **SEVIS of \$350 for F-1** student visa go to www.fmjfee.com, follow instructions, download and complete the form I-901.
- ✓ All documents must be original copies
- ✓ You will need a valid I-20, an acceptance letter which says congratulations, and receipt of payment of the SEVIS Fee. Request for an I-20 from your U.S. University, and sign the student portion.
- ✓ Academic documents to show you are a bonafide student- transcript, MYP results, SAT/ACT score report
- ✓ Show that you have adequate funds for the entire duration of your years of study. Your parents/sponsors must show evidence of sufficient funds, enough money in account to cover full 1st year plus extra- bank statement, sources of income, sponsorship letter- cover at least 6 months and no more than a month old
- ✓ Ties: Consular requires evidence that you have a home abroad (i.e., in Ghana) to which you will return following your temporary stay in the U.S.: evidence of social, economic, & family ties in your home country, plus evidence of viable career plans that will bring you home.



AIX '23

23RD JULY
TO
6TH AUGUST

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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.



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Deadline for applying is 15 May 2023

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



- ✓ **DP1s don't wait until the eleventh hour to register.**



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

DIGITAL SAT TEST DATES 2023

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
11 March 2023 (Digital)**	24 Feb. 2023
6 May 2023 (Digital)**	31 March 2023
26 August 2023	TBD
7 October 2023	TBD
4 November 2023	TBD
2 December 2023	TBD
9 March 2024	TBD
4 May 2024	TBD



- ✓ **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	17 March 2023
10 June 2023	12, May 2023
9 September 2023	28 July 2023
28 October 2023	15 September 2023
2 December 2023	20 October 2023
13 April 2024	2 February 2024
8 June 2024	26 April 2024

MYP5: PSAT EXAMS TEST DATE: OCTOBER 14, 2023

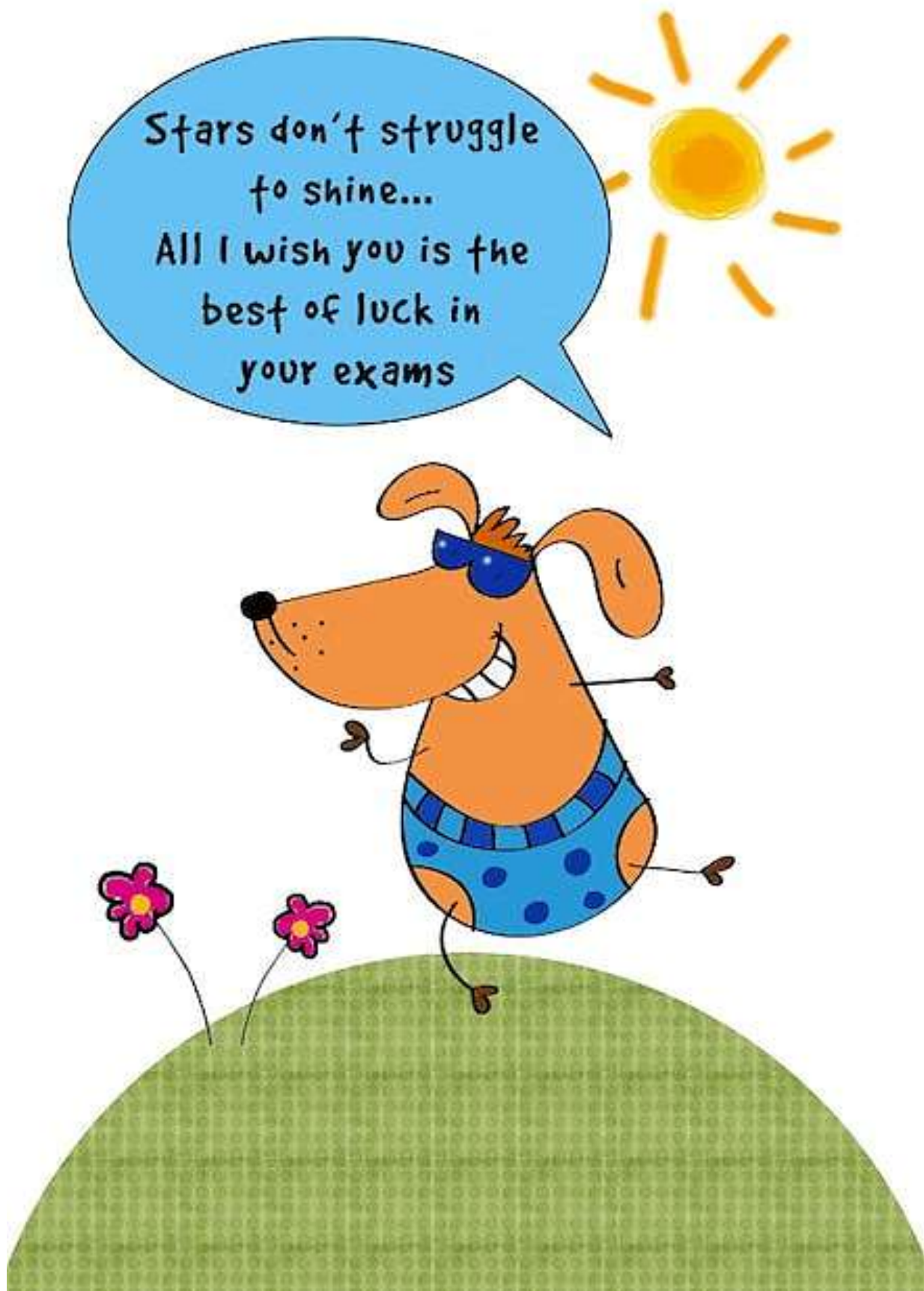
Cost and payment mode will be communicated soon.

STUDY MATERIALS



HELPFUL LINKS TO CONSIDER

- ✓ <https://www.kaptest.com/study/psat/>
- ✓ <https://www.kaptest.com/study/psat/psat-free-practice-quizzes/>
- ✓ <https://www.varsitytutors.com/psat-practice-tests>
- ✓ <https://www.khanacademy.org/test-prep/sat/full-length-sat-1/paper-sat-tests/a/full-length-psat-nmsqt>
- ✓ <https://satsuite.collegeboard.org/psat-nmsqt/preparing/practice-tests>
- ✓ <https://study.com/academy/course/psat.html>
- ✓ <https://uniontestprep.com/psat-nmsqt-exam/study-guide>





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

IB: COLLEGE/UNIVERSITY ENROLMENT

**Australia**

Australian Catholic University

Barbados

American University of Barbados

Bulgaria

Medical University of Pleven

Canada

Algoma University
 Brock University
 Carleton University
 Concordia University
 Dalhousie University
 Lakehead University
 Memorial University of Newfoundland
 McGill University
 McMaster University
 Queen's University
 Redeemer University College
 Ryerson University
 Simon Fraser University
 St. Mary's University
 Trent University
 UOIT
 University of Alberta
 University of British Columbia
 University of Calgary
 University of Guelph
 University of Lethbridge
 University of Manitoba
 University of New Brunswick
 University of Northern British Columbia
 University of Ottawa
 University of Regina
 University of Saskatchewan
 University of Toronto
 University of Victoria
 University of Waterloo
 University of Windsor
 Vancouver Institute of Art
 Western University
 Wilfrid Laurier University
 York University

China

Dalian Medical University
 Shanghai Jiao Tong University (SJTU)

Cyprus

University of Nicosia

Czech Republic

Charles University

France

American University of Paris
 EPITA France
 Jean Moulin University
 Sciences Po
 Université Grenoble Alpes
 University of Lille
 University of Savoie Mont Blanc

Germany

Jacobs University Bremen

Ghana

Academic City College
 Accra College of Medicine
 Ashesi University
 Central University College
 GIMPA
 Kwame Nkrumah University of Science & Technology
 University of Cape Coast
 University of Ghana
 Lancaster University, Ghana
 Webster University, Ghana
 Wisconsin International University College

Hungary

University of Debrecen
 University of Pecs Medical School

India

DR. M.G.R. University and Research Institute, Chennai
 Loyola College
 Institute of Fashion Designing

Ireland

University College Cork
 University College of Dublin
 University of Limerick
 Royal College of Surgeons Ireland

Italy

John Cabot University

Kenya

United States International University (USIU), East African branch

Malaysia

Institute of Medical Sciences at Mantin

Mauritius

African Leadership University
 Middlesex University

Qatar

Northwestern University

Rwanda

African Leadership University

Singapore

Nanyang Technological University

Slovakia

University of Safarik

South Africa

University of the Witwatersrand

South Korea

Incheon National University
 Sookmyung Women's University

Spain

IE University
 European University (EU) Business School

The Netherlands

Radboud University
 University at Twente
 University of Amsterdam
 University of Groningen
 Utrecht University
 Vrije Universiteit Amsterdam

Switzerland

European University (EU) Business School

United Arab Emirates

New York University- Abu Dhabi
 Herriot-Watt University Dubai
 University of Birmingham Dubai

UK

Abertay University
 Aberystwyth University
 Anglia Ruskin University
 Aston University
 Bath Spa University
 Birmingham City University
 Brighton & Sussex Medical School
 Brunel University
 Buckinghamshire New University
 Cardiff University
 City University- London
 Coventry University
 De Montfort University
 Glasgow Caledonian University
 Heriot-Watt University
 Keele University
 Kings College- London
 Liverpool Hope University
 London Metropolitan University
 London South Bank University
 Loughborough University
 Manchester Metropolitan University
 Middlesex University
 Newcastle University
 Nottingham Trent University
 Oxford Brookes University
 Plymouth University
 Queen Mary University of London
 Queen's University Belfast
 Ravensbourne University London
 Robert Gordon University
 Royal Agricultural University
 Staffordshire University
 Swansea University
 Teesside University
 The University of Law
 Ulster University
 University College London
 University for the Creative Arts
 University of Aberdeen
 University of Birmingham
 University of Bolton
 University of Bournemouth
 University of Bradford
 University of Brighton
 University of Bristol
 University of Cambridge
 University of Central Lancashire
 University of Chester
 University of Durham
 University of Dundee

University of East Anglia
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University of Edinburgh
University of Essex
University of Exeter
University of Glasgow
University of Gloucestershire
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University of Leeds
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University of Stirling
University of Sunderland
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University of West England, Bristol
University of Westminster
University of Wolverhampton
University of York
UWE Bristol

USA

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Agnes Scott College
Albright College
Allegheny College
Augsburg University
Augustana University
Azusa Pacific University
Babson College
Baldwin-Wallace College
Barnard College of Columbia University
Barry University
Beloit College
Bennington College
Berea College
Bentley University
Binghamton University
Boston College
Boston University
Bowling Green State University
Bradley University
Bryant University
Bryn Mawr College
Bucknell University
Buffalo State College
Caldwell University
California State University- Long Beach
Calvin College
Carnegie Mellon University
Castleton University
Champlain College
Chapman University
Clark Atlanta University
Clarkson University

Clark University
Cleveland State University
College of Charleston
College of Saint Elizabeth
College of Wooster
Colgate University
Columbia College- Chicago
Columbia University
Concordia College
Connecticut College
Cornell University
Dartmouth College
Denison University
DePaul University
DePauw University
DeSales University
Dickinson College
Drake University
Drew University
Drexel University
Duquesne University
Earlham College
East Stroudsburg University
Elms University
Embry-Riddle Aeronautical University
Emerson College
Emory University
Fashion Institute of Design and Merchandising
Fisk University
Florida Institute of Technology
Florida Southern University
Fordham University
Franklin & Marshall
Full Sail University
Georgia State University
Goucher College
Guilford College
Grinnell College
Gustavus Adolphus College
Hampshire College
Hanover College
Harrisburg University of Science & Technology
Hartwick College
Haverford College
Hawaii Pacific University
High Point University
Hofstra University
Hope College
Houghton College
Hult International Business School
Illinois College
Illinois Wesleyan University
Iona College
Iowa State University
Indiana University
Indiana University- Purdue University Indianapolis
Ithaca College
Jacksonville University
James Madison University
Juniata College
Kalamazoo College
Kennesaw State University
Kent State University
Knox College
La Salle University
Lafayette College
Lake Forest College
Lawrence Technological University
Lehigh University
Loyola Marymount University

Loyola University
Luther College
Lycoming University
Macalester College
Manhattanville College
Marietta College
Marist College
Marquette University
Maryland Institute College of Art
Massachusetts College of Pharmacy and Health Sciences
Massachusetts Institute of Technology
Mercer University
Mercyhurst University
Merrimack College
Miami University, Oxford, Ohio
Michigan State University
Middlebury College
Millersville University
Milwaukee School of Engineering
Monmouth University
Montclair University
Mount Holyoke College
New York Film Academy
New York Institute of Technology
New York School of Art and Design
New York University
Northeastern University
Oberlin College
Ohio Wesleyan College
Old Dominion University
Pace University
Parsons, the New School of Design
Pennsylvania State
Pepperdine University
Philadelphia University
Pratt Institute
Princeton University
Purdue University
Quinnipiac University
Regis College
Rider University
Ringling College of Art and Design
Rocky Mountain College of Art and Design
Rollins College
Roanoke College
Rochester Institute of Technology
Rowan University
Rutgers University
Santa Clara University
SCAD
School of Art Institute of Chicago
Seattle University
Seton Hall University
Shippensburg University of Pennsylvania
Skidmore College
Spelman College
Smith College
Spelman College
State University of New York, Plattsburgh, New York
St. Lawrence University
St. Leo University
St. Louis University
St. Olaf University
Stony Brook University
Suffolk University
SUNY Buffalo
SUNY Plattsburgh
Syracuse University
Temple University

Texas Christian University
The George Washington University
The School of the Museum of Fine Arts
The School of Visual Arts
The University of the Arts
Trinity University
Truman University
Truman State University
Union College
University at Albany
University of Arizona
University of California-San Diego
University of Central Florida
University of Cincinnati
University of Colorado- Boulder
University of Delaware
University of Florida
University of Hartford
University of Iowa
University of Kentucky
University of Lynchburg
University of Maine
University of Maine at Fort Kent
University of Maryland Baltimore county
University of Massachusetts- Amherst, Boston, Dartmouth
University of Miami
University of Michigan
University of Minnesota
University of New Haven
University of Northern Iowa
University of Pennsylvania
University of Pittsburgh
University of Rochester
University of Rhode Island
University of Richmond
University of San Diego
University of South Florida
University of Tampa
University of Toledo
University of Tulsa
University of Wisconsin
Utica College
Vassar College
Villanova University
Virginia Commonwealth University
Virginia Polytechnic Institute & State University
Walsh University
Wartburg University
Washington College
Washington & Jefferson College
Webster University
Wellesley College
Wells College
Wentworth Institute of Technology
Westchester University of Pennsylvania
Whittier College
Williams College
Wilson College
Woodbury University
Worcester Polytechnic Institute
Yale University

West Indies

Saint George's University School of Medicine, Grenada

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.

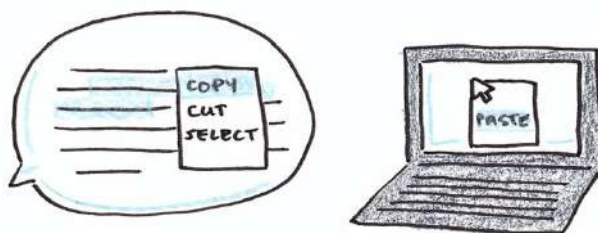
How Notes Help

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?

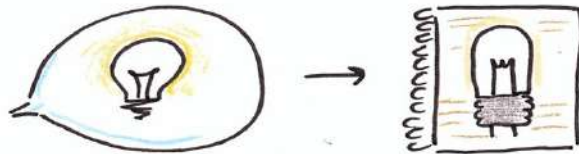


For starters, not a lot of thinking. Keeping up with the lecturer's speech while typing uses up most of your capacity. Since you're copying things mostly as they are said, you don't need to process the material for meaning, just copy it down. Handwritten note-takers perform better than those using computers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

Well-being Assembly: “Preparing for Exams”

The wellbeing department organised a group session facilitated by an alumnus of Tema International School (T.I.S), Dr. Brown. Dr. Brown graduated from TIS in 2016 to pursue Medicine at the University of Ghana Medical School.

He shared his experiences and insights from his time as a student of the institution. Dr. Brown touched on various learning strategies and techniques to improve efficiency in learning.

Dr. Brown provided a comprehensive overview of techniques to adopt in revisions prior to exams (group discussions, identifying varying questions in past papers) and also techniques during the exams (reading through questions carefully to identify command terms, elimination strategies in multiple-choice questions, and principles of educated guesses).

Dr. Brown finally touched on having adequate sleep and food to keep their bodies replenished before and during the course of examinations.

The students were engaged throughout the session, testing out their knowledge in tackling IB-style questions and receiving instant feedback and advice from Dr. Brown.

During the Q and A session, students asked diverse on exam preparations. These included:

1. Can we come for help to deal with stress?

Dr. Brown: Yes, the wellness department is ready to help you deal with stress.

2. How am I supposed to learn if I keep falling asleep?

Dr. Brown: If you keep falling asleep, it could suggest that you're not resting enough, in which case I suggest you rest some more.

If you are resting enough but happen to find yourself still falling asleep, you can consider some of these strategies:

A. Drinking Coffee/Caffeinated Drinks (Long-term dependence on coffee/caffeinated drinks can have adverse effects on health, so I would encourage caution with the intake of coffee)

B. Taking very minty/peppery snacks. This stimulates your sense of taste and can and increases your alertness. It can help increase your attentiveness when you're sleepy.

3. How can I handle high expectations and pressure from my parents when I feel like I can't meet them or am not good enough?

Dr. Brown: Most parents do have very high expectations of their children. Sometimes this puts undue pressure on children and adversely affects their productivity. Pointers to handling high expectations from parents:

A. Understand that expectations are coming from a place of love and goodwill. Your parents love you and want you to excel. Their expectations are not backed by malice or hatred; they are an outworking of the love and goodwill they have toward you.

B. Your best response to high expectations is to do your absolute best. Understanding parents will always give their children a pat of encouragement on their backs if they realize that their children did their absolute best yet still did not meet their expectations.

Below are the reflections of some students:

Today's assembly was very informative. I learned how to study for an exam properly and how to set my mind before an exam. -**Sybil, Grade 7**

This assembly was very interesting and engaging. For once, there was an assembly I could pay attention to and find useful. Before the assembly started, I wondered what one could teach me about exam preparation. However, when the presentation started, I realised that there was a lot I didn't know. I learned about the different study techniques and how to solve past questions. I didn't know how my mentality affected how well I would perform in an exam. Finally, I realised the true importance of sleep when writing exams. I plan to use all these techniques when preparing for my exams in grades 9, 10, 11, and 12. This was an amazing experience, and I would never trade it for anything. - **Lois Entsua-Mensah, Grade 8**

Today's assembly was very insightful. One thing Dr. Brown said that stood out to me was reading over past test questions. I will implement this in preparation for my E-Assessment, as I have much to read over by looking at and solving past summatives. - **Ebenezer Agyeman, Grade 9**

This assembly was very different from others because the speaker advised us on balancing our time while preparing for exams. The speaker, Dr. Nana Kwame Brown, talked to us about possible difficulties we might have encountered while preparing for exams, and I was shocked to see that I could relate to them. This was quite helpful, mainly because our end-of-MYP exams are coming up. He advised us on handling each exam, particularly if it differs from what we had anticipated during revision. One thing I took away from the presentation is that I need to interpret the command terms well, which I needed help with before. - **Obaapanin Tweneboah-Koduah, Grade 10**





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.”**



