TIS RECORD

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At TIS,

we believe that personal success is best judged by one's proficiency in demonstrating daily the ten IB Learner Profile attributes: thinker, inquirer, reflective, caring, open-minded, communicator, knowledgeable, risk-taker, balanced and principled.

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Key Dates

- 10/6/23: ACT
- 16/8/23: Newbies commence
- 20/8/23: Continuing secondary students return.
- 21/8/23: Primary Classes commence

Thought for the Week

Students get studying wrong because they don't assess whether a method works in the long run. Instead, they pay attention to whether the method is easy to do and feels like it's working while they're doing it.

- Daniel Willingham



A Spectacular Finish

Last Friday (Primary School) and Saturday (Secondary School) witnessed TIS Achievers and Graduation Ceremonies that closed the school year for our students. Each was a great event that showcased what TIS is all about. I am grateful for our supporting parents, our focused students and inspiring teachers who strive to bring out the best in each student.

Saturday's event went longer than anticipated and I apologise if any delays caused any hassles for some families. Apart from celebrating our achievers and graduating students, everyone enjoyed attending a live event since COVID restictions commenced in 2020. And, it was worth it!

I thank everyone who joined us at either, or both, occasions and I congratulate the students on this year's achievements.



See you in August. Stay healthy.

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

Making Us Proud

I pay tribute to departing families. For 22 families, last Saturday's graduation ends their role as current parents as they move to Alumni parents. These parents have ensured that at least two of their children have had the opportunity to graduate from Tema International School and, in doing so, have demonstrated a commitment to the shared vision and values of TIS.

The first group is families who have had four children graduate from TIS.

- Bellina and Brenda Antonio;
- Ewuraba Benyarko;
- Maame Ama Osei; and
- Nhyira Owusu.

The second group is families who have had three children graduate from TIS.

- Ramatu Ibrahim; and
- Diego-Christiano Nwokolo.

The third group is families who have had two children graduate from TIS.

- Jefferson Agbesi;
- Seyram Akpatsa;
- Ohemaa Asibuo;
- Thomas Awumee;
- Chelsea Davis;
- Selorm Essey;
- Moyosola Fajemirokun;
- George-Houtman Hagan;
- Albert Kufuor-Mensah;
- Chesney Noye;
- Andrew Opuni;
- Phoebe Osei;
- Claris Perdison;
- Godfred Tekpor; and
- Jason Van-Tay.

9 June 2023

Three Things

- Appreciation and Gratitude: Thank you parents, students and staff for everything that has been achieved at each campus during Fast & Furious 19. Enjoy the break and return ready and fitter for the TIS 20th Anniversary.
- 2023/2024 Calendar Overview: Please note some significant changes to next year's overview that appears on Pages 4-7 of this edition. The key changes are:
- The Primary School classes commence on 21 August (and not 28 August).
- The mid-semester breaks have changed for first and second semester which have caused a shuffle of some other internal dates.
- Accounts: Please finalise your accounts early. Semester reports will be blocked for families with outstanding accounts. Final external results (DP and MYP) will be blocked for the same reason. Remember, delays match delays.

I appreciate your support. Enjoy each day.

Dr Ken Darvall (Principal)





Weekly Bulletin

9 June 2023



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
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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
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22	23	24	25	26	27	28
29	30	31				

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

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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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		

	May 2024					
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	31	



	March 2024					
Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Teacher in-Service Day (no school for students)

First and Last Day of School (Main Campus)

First and Last Day of School (Primary Campus)

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
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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				

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



Main Campus Event

School Closed/ Holidays



Primary Campus Event



SAT Test

ACT Test

Public Holiday	
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
C1 Intornal D	ates: Main Campus
24-27/7/23	Dukies' 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 executives 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
24-25/8/23	G11 CAS & Dukies Orientation Camp
25/8/23	TIS Senior Soccer Championships;
26/8/23	SAT; TIS Junior Soccer Championships
27/8/23	School Performance auditions
1/9/23	TIS Handball Championships;
2/9/23	MYP Parents Information session. (10.00am) NO EXEATS
3/9/23	Thanksgiving Service (11.00am: Students only) NO EXEATS
8/9/23 9/9/23	Legal Minds mooting competition ACT ; TISSA Soccer Championships
16/9/23	TISSA Handball Championships
21/9/23	TIS@20 Sporty Family Day. NO EXEATS
22/9/23	G12 TOK Exhibition; PP Criterion B final due. NO EXEATS
23/9/23	TIS Volleyball Championships. NO EXEATS
<mark>30/9/23</mark>	TIS Education Forum: 2.00pm NO EXEATS
<mark>2-6/10/23</mark>	20 th Anniversary TIS Spirit Week. NO EXEATS
<mark>3/10/23</mark>	TIS Founders' Day - Special Assembly: Main Campus admissions open for 2024/2025
7/10/23	SAT; NO EXEATS
8/10/23	20 th anniversary Grand Durbar & Thanksgiving Service. NO EXEATS
9-14/10.23	Mid-semester break
14/10/23	PSAT Students return to hostels
15/10/23 16-18/10/23	MYP Evaluation Visit
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
30/10/23	PP Criterion C draft due
31/10/23	G9/G11 Changes to Subject Selections close
4/11/23	SAT
18/11/23	20th Anniversary Musical Production (National Theatre). NO EXEATS
20-30/11/23	G10-12 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 7/12/23 Christi	Group 4 Project (G12)
8/12/23 Chiristi	PP Final Report due
9/12/23	ACT;
10/12/23	20 th Anniversary Christmas Concert
12-14/12/23	Dukies' Bronze & Silver expedition camp
13/12/23	Last day for the first semester: Students may depart after 3-Way interviews.
15/12/23	Last day for teachers

See you in August. Stay healthy.

<i>S2</i>	
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.
15-21/1/24	Alumni Homecoming 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	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)
2/3/24	MYP Projects (Personal & Community) NO EXEATS
3/3/24	TIS swimming championships (3.00 – 5.00pm)
9/3/24	SAT (Digital); TIS Squash Championships.
14/3/24	Pi Day
16/3/24	Expression Day NO EXEATS
25-27/3/24	Dukies Bronze & Silver expedition camp
25/3-6/4/24	Mid-semester break
8/4/24	G12 Grad photos (All day)
13/4/24	ACT
14/4/24	Exam Candidates' Service NO EXEATS
19/4-17/5/24	DP Final Exams
21/4/24	PP Criterion A draft due; G11 EE Cafe
4/5/24	SAT (Digital)
6 - 17/5/24	MYP eAssessments
8-17/5/24	G11 semester exams
19/5/24	Leavers' Dinner
24-29/5/24	G9 eAssessments
30/5/24	MYP4 (2024/2025) subject selections
1/6/24	2024 Annual Achievers and Graduation Ceremony; Last day for Secondary Classes
7/6/24	Last day for teachers; S2 reports published.
8/6/24	ACT
9-12/6/24	Dukies' Gold Level expedition camp

22-25/7/24 Dukies' Gold Level expedition camp

Entertainment Night Events

- TIS Speaker of the Year
- Inter-Colour Language Competition

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

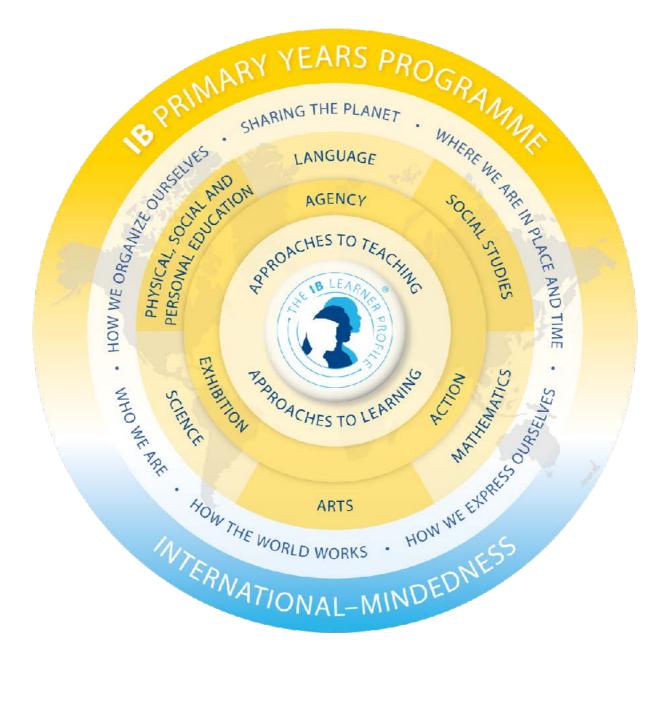
S1 Internal Dates (Primary School Campus)

SI Internat Da	acs (1 rinary School Campus)
7/8/23	Staff prep commences
18/8/23	Meet the teacher session
21/8/23	First semester commences
22/9/23	Sign Language Day
29/9/23	End of UOI #1 Celebrations
20/10/23	Sports Festival/Wellbeing Day
23-27/10/23	Mid-semester break
10/11/23	End of UOI #2 Celebrations
24/11/23	Spelling Bee
13/12/23	End of UOI #3 Celebrations; Last day of semester
15/12/23	Last day for teachers

S2

11-12/1/24	Staff Training Days
16/2/24	End of UOI #4 Celebrations
15/2/24	Mother Tongue Day (Celebrating Culture)
15/3/24	Celebrating Additional Languages
22/3/24	End of UOI #5 Celebrations
25/3-6/4/24	Mid-semester break
19/4/24	Book Day
10/5/24	Environment Day/ Unit Celebrations (K1-G4) & Visual Arts Exhibition
17/5/24	PYP Exhibition/ (Sports Picnic K1-G4)
24/5/24	2024 Achievers and Graduation Ceremony
2/6/21	Last day for teachers: S2 reports published

2/6/24 Last day for teachers; S2 reports published



Graduation and Achievers Day

Primary School Edition



The Primary School Campus recently hosted a remarkable event, 2023 Graduation and Achievers Day, where students, parents, and the entire school community came together to commemorate the accomplishments and hard work of the students. The event was an unforgettable experience filled with award presentations, captivating dance performances, inspiring poetry recitals, and heartfelt farewells to the graduates focusing on the theme:



'Visibility is a Virtue'.



Let us have a glimpse into the highlights of this momentous occasion.

Celebrating Academic Excellence:

The event was filled with a well-deserved recognition of academic excellence. Award winners from various grade levels were honoured for their outstanding Mathematics, Science, Language and the Arts. There were also special awards for specific students to appreciate their hard work. The proud parents and teachers applauded the diligent efforts and dedication these exceptional students showed throughout the year.



Captivating Performances:

The Graduation and Achievers Day at TIS Primary School Campus was also a platform to showcase the artistic talents of the students. The audience was left in awe by a series of captivating performances that reflected the school community's vibrant diversity and cultural richness, creating an internationally-minded environment.





Inspiring Poetry Recitals:

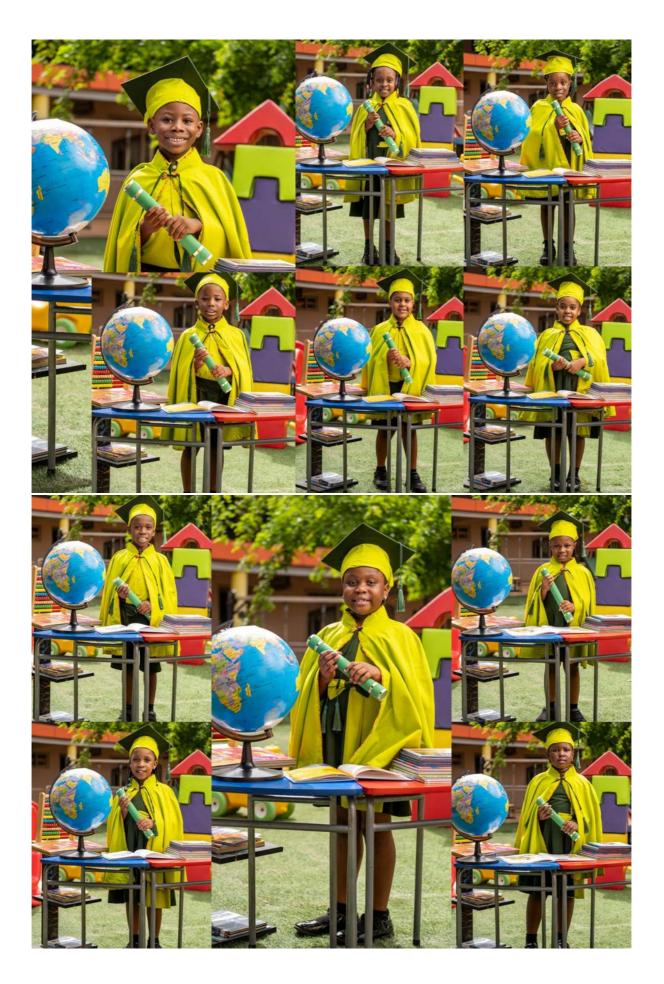
The power of words took centre-stage during the event as the early years recited their poem. The young poets' words resonated with the audience, evoking emotions and inspiring everyone to embrace their individuality and chase their dreams fearlessly, bringing out the theme, *"Visibility is a Virtue"*.

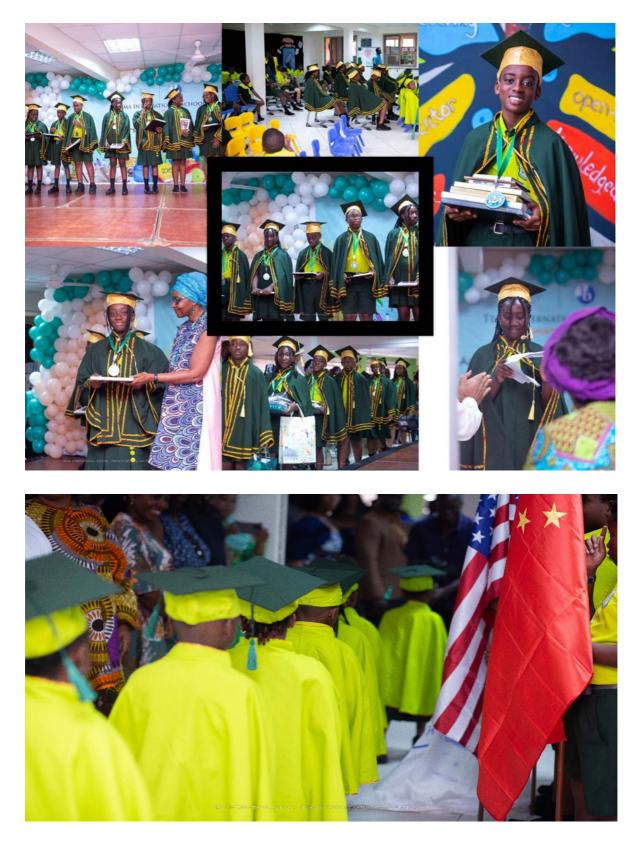


The Graduates:

As the event reached its pinnacle, it was time to bid farewell to the graduating class. The atmosphere was filled with a bittersweet mix of pride and nostalgia. Teachers, parents, and fellow students delivered touching speeches, reminiscing about cherished memories and offering words of encouragement to the graduates as they embarked on a new chapter in their lives.







The ceremony concluded with heartfelt applause, warm hugs, and best wishes for a bright future. As the grade 6 graduates bid farewell to their primary school years, they left with a sense of pride, gratitude, and determination to excel in the exciting journey ahead.



9 June 2023



TEMA INTERNATIONAL SCHOOL



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



Know the difference between an influencer and a role model. An influencer does stupid in so many ways to be noticed or harm others. A role model demonstrates their values and beliefs so others can do the same. Always be yourself. Remember, our actions as role models will make this world a better place.

Dr Ken Darvall



International Baccalaureate Baccalauréat International Bachillerato Internacional



Ten tips for acting with integrity

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. Learn to accept your strengths and weaknesses and do the best that you can.
of staff at your school if you suspect that	
Fake responsibility for your own actions and heir consequences.	Know how to safely collaborate and share work when using social media and digita collaborative platforms
Be mindful of maintaining academic ntegrity during group work/projects and teep track of what each group member is contributing.	Try to overcome procrastination . Managing your time wisely will reduce stress-induced last-minute work which increases the likelihood of cheating

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Vol.19, No. 41

Introducing OpenApply's New Mobile App

Product Updates, Admissions Practices | June 1, 2023



OpenApply's new mobile app for parents is available for download!

We understand the importance of a seamless parent experience, free from delays and cumbersome processes. Our app empowers parents to conveniently apply on-the-go, experiencing unparalleled accessibility and a superior user journey. It ensures that the process of applying to a school is fluid and sustains momentum, with notifications and reminders prompting action so that documentation, payments and other checklist items are completed swiftly.

Embrace the future of admissions technology and set your school apart from the competition. With OpenApply's mobile app, schools can streamline admissions, deliver an exceptional parent experience that makes a lasting impression, and enhance their brand image to stand apart from the competition!

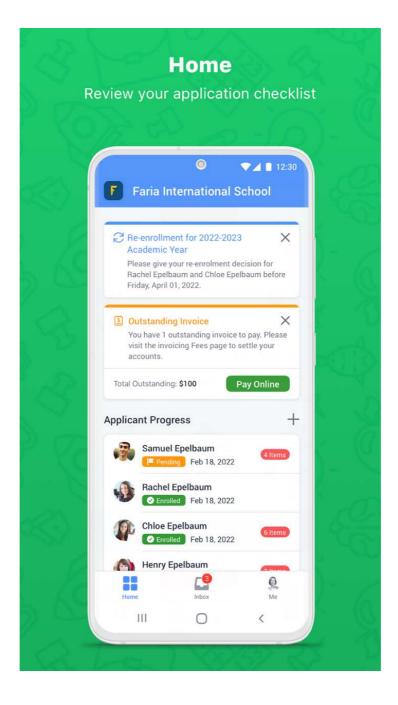




As they juggle priorities and the demands of a busy schedule, families are often on the go and cannot be tied down to a computer. The OpenApply app, created exclusively for parents and families, will provide total flexibility and accessibility as well as an enhanced user experience. From an independent or international school's perspective, delayed applications caused by unforeseen administrative and logistical hurdles, may further hinder their efforts to stand out from the competition.

Our new mobile app addresses all of these concerns and contributes to the long-term advancement of your school. Your parents can access the new OpenApply app from the Apple App Store (iOS) or Google Play (Android), and experience smooth performance, offline functionality, and a personalised and engaging experience via the streamlined interface, including the ability to:

- Quickly enquire and apply to schools using OpenApply without needing a laptop or desktop
- See upcoming tours and open days, and keep these important dates organised
- Manage documentation, payments and other checklist items via their applicant profile
- Review their application checklist in the palm of their hand from anywhere, at any time
- Pay invoices and fees easily, directly from their phone
- Keep up to date with instant notifications on each applicant's progress, for a quicker, uninterrupted application process



CAS-SA Corner



Don't miss the **premiere** of the **Annual Achievers** & Graduation Ceremony. Tuned on TIS YouTube Channel or Facebook on Saturday, 17 June 2023, 7:00 PM

https://www.youtube.com/channel/UCV3eQTrhBfgQvoya36HZeKw



Annual Achievers & Graduation Ceremony 2023 Alumni Speech



Dr Ken Darvall, the board of governors, honourable guest speaker Mr. Fajemirokun, educators, parents, staff, students, my fellow TIS alumni and our incoming alumni, the graduating class of 2023.

Let me begin by conveying my heartfelt congratulations to all our achievers and the graduating class of 2023. Well done. Every single one of you should be proud of this accomplishment. This day is a testament to your hard work and resilience.

Please permit me to say hello to some teachers who shaped me and are still teaching here today. Mrs. King, Miss Koree, Monsieur Mensah and Mr. Darko. It's lovely to see you all once again.

I am honoured and humbled to have been selected to give this year's alumni speech. I am still in disbelief that it has been 10 years since I graduated from TIS and 16 years since I trepidatiously walked through these gates. I vividly remember my graduation ceremony and standing, possibly behind a different podium, 10 years ago, giving the graduating class speech on behalf of the prefect body.

Values and Principles

To truly benefit from the TIS experience, it is first of all necessary to recognise the values and principles you have learnt and picked up in the 6, 4 or 2 years you have spent here at TIS. These principles will shape your journey and experiences from here on out.

So, it was very encouraging to see words like internationally minded, world ready and lifelong learner in Annalisa's farewell message or that Brendon has met incredible people and engaged

Alumni Speech



in meaningful projects and experiences in TIS. There is a recurring theme of being unable to make it without God's grace in your farewell messages. Albert recognises that the friends he has made here at TIS are the ones he will keep close and cherish till the end. Claris speaks of changing the world and how the six years at TIS have prepared her for the rollercoaster that life is. George says he leaves TIS equipped to be disciplined and control his life's choices. Chelsea speaks of

emotional and mental growth. Terrence organised the first-ever inter-colour spelling bee and Vanessa wants to be a cyberlawyer. These are just a few of the lessons and ambitions that you have identified on your own.

You need these values and characteristics to thrive in the world beyond TIS. Discipline, passion, a support system, being internationally minded, knowing what you want and going for it. Some of the friends I made here at TIS are still my very good friends today.

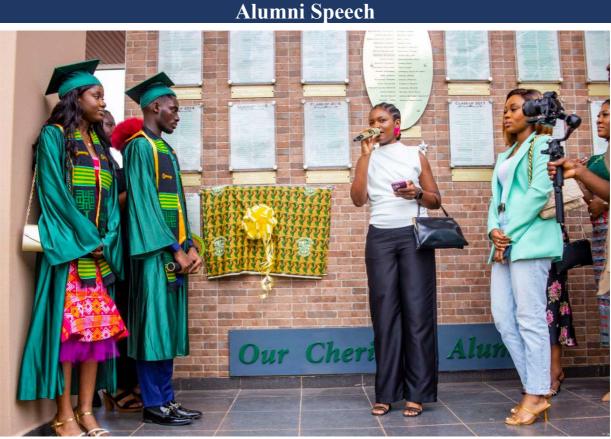
Experience after TIS

I was given two tasks: to paint the clearest picture of the immediate world you would face after you leave the four walls of TIS and to share my experience with you. Being an alumni of TIS means having access to a wealth of knowledge. So, even after I had put down my thoughts and the lessons I would like to share with you, I reached out to my fellow class of 2013 TIS alumni for their lessons and experiences so I could share these with you as well and give you a complete picture of what the world out there looks like.

Life after TIS has been as life tends to be. It has been a mix of incredible highs and challenging lows. I have experienced moments of triumph, achieving personal goals and celebrating milestones. At the same time, there have been periods of heartache and disappointment, which have tested my resilience. These highs and lows are interconnected and have shaped my journey and taught me valuable lessons along the way.

The core values I developed at TIS have remained relevant throughout my life after TIS. The primary lesson is holding on to who you are and remembering where you come from wherever you go next.

TIS taught me how to plan. They weren't kidding when they said IB was a rigorous programme. It took much planning to achieve good grades, complete our IAs and dissertations and combine that with community service. But what that does for you in the real world, when no sirens are waking you up or seniors and hostel guardians pointing you in the right direction, is that now you take charge and can plan your life. As you plan, however, it is important to leave room for eventualities. Sometimes life happens... you plan, but things happen anyway. In those moments, you need to remind yourself about your motivations for taking that path in the first place and let that keep you going.



Picture of the world beyond the walls of TIS

As you step out into the world beyond these familiar walls. I want to share with you twelve key things to carry with you.

- 1. It is important to know that the world isn't going to spoon-feed you. You have to figure out how to create opportunities for yourself or maximise whichever ones you have at the moment for the best outcome. You need to work hard and act right because, going forward, the world isn't forgiving and whatever you do has consequences, and your output and productivity count a lot. Although I excelled academically at TIS, my first year of university proved to be a humbling experience. Give yourself the grace to stumble and fail, but always remember to pick yourself back up and keep moving forward.
- 2. The path isn't always going to be smooth and rosy. It is important to develop grit as you navigate life's journey. The mere fact that you went to TIS doesn't guarantee success. You will definitely face challenges along the way. What is most important is your drive & determination and giving yourself time. Life is not easy. There are so many words to describe life, but easy doesn't quite roll off the tongue, especially not in these years. It requires a lot of adjusting and readjusting, learning and unlearning.
- 3. Get to know yourselves, take the time to learn about the things you like and don't like. Embrace your interests and passions and strive to become the most authentic version of yourself. This is a period of self-discovery and exploration, so don't be afraid to step outside your comfort zone. Make friends, go to parties, and remember, your parents won't be watching over your shoulder anymore. Enjoy the social aspects of university life, but always prioritise your academic and personal growth.

Alumni Speech



4. As you step out of TIS, remember to be openminded, not just about the obvious things like politics or identity, but also about discovering yourselves. This will be your first time being 'truly' independent for most of you. Authenticity is liberating.

5. Embrace internships! Whether they are paid or unpaid, take the opportunity to immerse

yourself in different experiences. You never know what you may discover or develop a passion for. Internships provide a glimpse into life after university and can help you make informed career choices. It may also be the door that leads to your first job or an important opportunity.

- 6. This is the perfect time to learn to be good with your money. Read up on investing. Find a balance between enjoying the present and saving for the future. Develop healthy financial habits that will serve you well throughout your life.
- 7. Choose your modules and courses wisely. Think about your future and what you want to pursue. Don't be afraid to pivot and change directions, if your interests evolve. University is a time for exploration and finding your true calling.
- 8. Seek mentorship and guidance from those who have walked the path before you. Tap into the wisdom and experience of professionals and mentors who can provide valuable insights and support as you navigate your chosen field.
- 9. Be open to business avenues and entrepreneurial opportunities. The world is full of possibilities, and your unique skills and talents can lead to exciting ventures. Keep an entrepreneurial mindset and seize the right opportunities when they come your way.
- 10. Critical thinking is more than just a fancy word thrown around during your time at TIS. TIS gives you the right foundation to be critical thinkers but learn how to apply it in your life, your university essays and your conversations with others.
- 11. Be confident in who you are. Stand tall, keep your head up. University will introduce you to a diverse range of people from different backgrounds and cultures. Embrace your uniqueness and don't shy away from connecting with others. Immerse yourself in other cultures, learn from different perspectives, and celebrate the richness of human diversity.
- 12. And finally, be kind.



Alumni Speech

Conclusion

Before I take my seat, I would like to reiterate the importance of staying true to yourself and tightly holding on to your values. Beyond the walls of TIS, everything is permissible, partying till 4am when you have lectures at 9am that very same morning, drinking, smoking, drugs, and having multiple sexual partners. But with all these also comes the risk of contracting diseases, falling GPAs, failed courses, unwanted and untimely pregnancies, and depression. Everything is permissible, but not everything is beneficial. Hold on to your values like your life depends on it, because it just might.

For some who by virtue of one experience or another may have not so fond memories of TIS, this is your chance at a fresh start. Leave those weighty bags of regret, anger or pain behind and take advantage of the next phase of your life to do things differently and be a better person. This is your chance to reinvent yourself. Seize it.

I may be biased here, but for my introverts, the truth is you don't need to feel shame and guilt for not being outgoing in a society that praises those who are. Just because you're not naturally assertive, outgoing, or the life of the party does not mean that you can't thrive in your own right. Unfortunately, for us, the world is skewed towards the extrovert, and I don't see it changing anytime soon. So, my dear introverts, challenge yourselves, step out of your comfort zone, get involved, put yourself out there and leave your mark.

As you embark on this exciting chapter, remember that success is not defined by a straight path but by your ability to adapt, learn, and grow. Embrace the challenges, celebrate your achievements no matter how small they may seem, and always believe in your capacity to make a difference. The world awaits you, Class of 2023, and I have no doubt that each and every one of you will thrive in your own remarkable way.

Congratulations once again, and may your journey be filled with joy, resilience, and endless possibilities. **Dilys Ewuraesi Mbiah (IB Class of 2013)**



Guest Speaker Speech - Engr. Oluwafemi Fajemirokun



Good morning distinguished board members, parents, teachers and students,

We stand here today to celebrate the academic accomplishments of not just the students but of the parents, teachers and Tema International School! We have made it! It is a day of rejoicing and celebration.

On behalf of my fellow parents, I would like to thank the management of the Tema International School, the teachers, and all staff for guiding, teaching, and mentoring our children, reinforcing positive values, honing academic rigour and joy for learning, and preparing them for their futures. The phrase, "it takes a village to raise a child", is an African proverb that clearly conveys the message that it takes many people to provide a safe, healthy environment for children, where children are given the security they need to develop and flourish, and to be able to realise their hopes and dreams. We are indeed indebted to TIS for creating such an environment that has made the

institution a family for everyone connected to the school. It is therefore important to establish a platform for parents of the school Alumni to keep them informed and engaged in further developing/promoting the school. These parents are part of the TIS family and cannot be dropped off with their children's graduation. The love for TIS will always remain with them and can be harnessed for the benefit of the school.

To my fellow parents, today is as much our celebration as it is that of our children. Let's applaud ourselves for our commitment to our children's education, including all the prayers, advice, financial and other sacrifices made to allow them to excel academically and strive as individuals. It was not always easy, but it is certainly worthwhile! For this reason, let's continue to encourage, advise, and support our children as they embark on a new journey and prepare to take on the world with these academic accomplishments, strong values, vision, passion, and determination.

To all students, today is a day to reflect on the past few years and prepare for a new journey, one that your collective and individual values and visions will guide. Nelson Mandela once said: "Everyone can rise above their circumstances and achieve success if they are dedicated and passionate about what they do." Your dedication, discipline, and passion, anchored in strong values and visions, have led you to today's achievements and will guide you onward.

To this year's Achievers, I say well done for the hard work that has enabled you to distinguish yourselves in various disciplines and subjects. Continue to apply yourself in your academics; be role models and mentors for your fellow students; and contribute your new ideas and enthusiasm to further shaping this excellent academic institution.

Guest Speaker Speech - Engr. Oluwafemi Fajemirokun



To this year's Graduates (Class of 2023), congratulations on this monumental achievement! You enrolled at Tema International School as

International School as children and are leaving today as young adults, armed with a stellar education that will serve as a platform for your future. Some of you will head on to college, others will enter the workforce, while others will take time off to

travel or pursue other interests. Whatever the case, hold on to the values you came with and further developed these last few years: integrity, honesty, respect, grace, empathy, discipline, and hard work. The leadership problems witnessed in our society originated from people in positions who had once held onto these values but got eroded and lost to circumstances, pressure, and lack of discipline. All see the consequences of this. For several decades, we have consistently referred to visionary leaders of values like Julius Nyerere, Kwame Nkrumah, Nelson Mandela, and others. Right now, you are the leaders, the champions the world is waiting for with the belief that you will HOLD FORTH to guide and guard these values of yours jealously. They are the guiding principles that will allow your success and fulfilment in your future personal, academic, and professional endeavours.

There is no question that many of you will face some challenging decisions and obstacles in the years to come. The world you are entering is both fascinating and incredibly complex. As you step out into this world, the goals, and values that you have learned during your time here in high school will provide the foundation you need to make wise choices and navigate the many challenges that await you. Having a clear sense of purpose and direction will help you stay focused when the path ahead is unclear. Always remember that with any challenge, there is always an opportunity to grow and learn. The bible says: Wisdom is the principal thing; therefore, get wisdom: and with all thy getting get understanding. This is through experience, mentorship, and study. Seek advice from credible people when you require it. Learn from pacesetters.

During the 2022 Youth Forum in Ghana, Kelechi Victor Ofoegbu, Co-Founder of Impact Hub-Accra stated that "there is absolutely no doubt that young people have the capacity to contribute to national development. Let's continue to create more opportunities to make that possible at the highest levels." Indeed, you can make a difference at the national, regional, and global levels. I am particularly impressed with the IB CAS projects that provided you with the foundation and experience to impact your community. Continue to be guided by passion and a clear vision of the positive impact you want to make in this world.

Guest Speaker Speech - Engr. Oluwafemi Fajemirokun



A clear vision will help focus your energy and efforts towards achieving your goals. It will give you a sense of purpose and direction and motivate you to act towards making your dream a reality; thereby living up to your potential. Although it may not always be easy, the same way your high school years were not always easy, please know that you are well prepared for the road ahead and that every

accomplishment you achieve is added to the world's accomplishments, making it a better place for us all.

So, as you set out from here, be true to yourselves and the values you hold dear. Do not be swayed by those who might urge you to compromise your principles or settle for less than you deserve. Work tirelessly towards your goals, be passionate about what you do, and never settle for mediocrity. There is nothing like shortcuts in a life of discipline and true success. Avoid sure path!

Be armed with honour, courage, integrity; be fueled with passion, strong values, and a compelling vision; be flexible and adaptive to an ever-evolving world and life's circumstances. Above all, let the word of God be your guide. You can never be wrong with that.

As you leave this ceremony and walk out into the world, remember to stay curious, creative, and hungry. Life is a never-ending journey, and your successes and disappointments will serve as your guideposts, helping you learn, grow, and thrive. I wish you all tremendous success in the years ahead, and I hope you will always remember that the sky is the limit. Congratulations again, and all the best on what will be a wonderful, blessed and fulfilling journey!







Peace, You Have My Word 2023 (participation form)

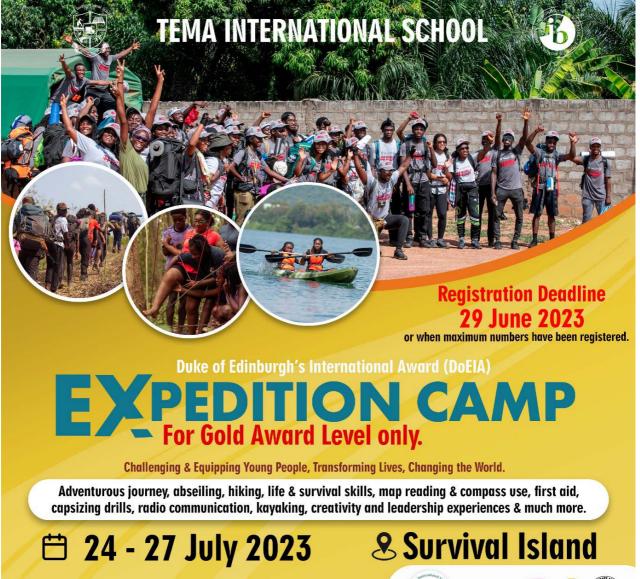
'*Peace, you have my word*' is a writing competition that amplifies the voices of African teens, and of all the young people around the world who love Africa and yearn for more Peace, justice and sustainability. The secondary students' participants have <u>300 words</u> to share their own definition 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 taking place on September 21st, International Day of Peace.

<u>Africa Learning International</u> the organizer of this Peace competition and our partners <u>Les</u> <u>Afriques</u>, <u>innustame</u> and <u>the Hummingbird Collective</u> hope many youngsters will participate via this <u>participation form</u> because education for Peace is the promise of a better tomorrow in Africa and everywhere.





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 of an experience of a lifetime while meeting the requirements for CAS (DP students) and the DofE. This is a unique opportunity to develop skills, open up to a new culture, challenge yourself, reflect, be in touch with nature and create long-lasting memories.

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

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

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

Safety: All safety measures are being 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, and 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 for the

Mid-semester break. Duration: 4 days

Comprehensive Outdoor Risk and Liability Insurance: Inclusive

Logistics: Certificate, transport, food, water and fees to destinations all-inclusive **Venue:** Survival Island, Anum.

Register now! LIMITED space available. Cost: GHC 4,000 - Registration deadline: 29 May 2023- Kindly pay by the said deadline. *Click on the link below to register. **Payment receipt will be requested to complete the registration.** A kit list is also attached to the form, ensure you have all items on the kit list prior to the Camp. When making the payment in any of the accounts below kindly state the purpose: TIS DoEIA Expedition Camp, 8th Edition. Expedition Camp Cost: **Ghc 4,000**

https://docs.google.com/forms/d/e/1FAIpQLSfK2av3mBi_YL9Ky7C6zI8Gfh_EQPXGqo4V hom7PJzhSfOQRQ/viewform

When paying in any of the accounts below, kindly state the purpose: TIS DoEIA Expedition Camp, 9th Edition.

Expedition Camp Cost: **Ghc 4,000** 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¢)





Healthy Heart: Healthy Life CAS Project Fund Raiser



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

We are excited to introduce our CAS Project, Healthy Heart: Healthy Live. Our team, led by Nana Aba Egyei-Mensah, Seffirina Marsopeh, Kwadwo Adubofuor, 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 Live**, 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 Live**. You can make a direct donation 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, no matter how big or small, can make a difference in his life.

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

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 CAS PROJECT – WE NEED YOUR HELP.

POYS DIALS

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, Odassey 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 not only had health implications for the students but also had a negative impact on 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 overall academic performance and achievement. It is clear that 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 kilometre 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. Through Expression sales, we manage to raise GHC 7, 600. We have raised so far GHC 22,300. To meet our target we need GHC5,700.

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 the lives of people, 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 – <u>https://makewehelp.com/donation/saniflush-cas-project-we-need-your-help-2</u>

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

There is no complex or lengthy story behind "**Ignite**", **the CAS project** simply seeks to introduce the importance of play

and activities in children's lives by refurbishing the **St. Nicholas Charity School** Playground in 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.

GH¢28,0	00.00 Goal	
	DONATE NOW	

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.

Eradicating Hunger and Poverty Initiative



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 take care of their basic needs. According to the Caretaker and founder Madame Maa Paulina, she is struggling to feed them once a day. Food provisions and clothes are something she prays we can assist her with.

With the high cost of living in Ghana at the moment, 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



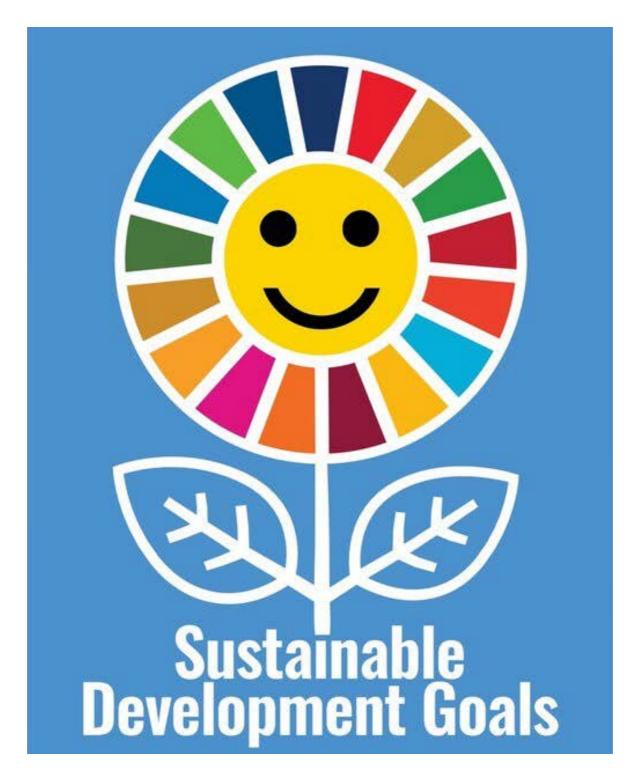
to get support to go to school. Some are doing so well in school despite their challenges. She also hopes they can be sponsored to go through education and maybe even go to University and have better opportunities in life.

We like to appeal for your support to the Maa Paulina Children Foundation. Our aim is to raise GHC 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, <u>Surama.king@tis.edu.gh</u>

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





Sport is one of the four pillars at TIS. This is at the core of our students' life. The essence of this is to develop a long-life interest in sports participation in our students. The structure of sports participation at TIS starts from our practical PHE lessons, where we set the tone by teaching the skills and techniques necessary for participation in various sports disciplines. Progressing from the practical PHE lessons, students consolidate the skills and techniques they learn by participating in our After School Activities (ASA) sessions. This is after school daily, where students are assisted by their coaches to develop and demonstrate further the skills and techniques they needed challenge and experience for competitive sports participation.

The overreaching benefits are for improving students' health, developing their leadership skills, building teamwork, enhancing their social development, and building self-confidence and discipline.

At TIS, our students compete in the following sports events: athletics, football, volleyball, basketball, handball, squash, badminton, swimming and tennis. These are competed for on a colour and age basis.

Football

This is competed for on a Hostel basis in two categories - junior and senior teams. Each Hotel (male and female) presents a team for the competition. This year, the competition witnessed an increase in the number of players registered for participation -from 82% to 95% for boys and 75% to 79% for girls. The Junior Soccer Championships took place on 26 August, while the Senior Soccer Championships took place on 28 August last year. In both cases, Francis Hostel Boys emerged as the



winners. In girls' soccer, Cecilia Hostel won the junior event, while Catherine Hostel won the senior one.

Badminton - This competition was competed on a colour and age basis. Three age groups competed in this year's Championships; 11-14yrs, 15-16yrs, and 17+ (for both boys and girls). This was to ensure that students compete in the right age brackets to progress in sports participation. Winners are declared in these age categories. The TIS Badminton Championships took place on 10 January 2023. The competition was on an age basis. In the 11-14 years category for boys, John Opeku (Red) was placed first, with Jayden Arthur (Blue) placed second and Curtis Aliga (Blue) placed third. In the 15-16 years category for boys, Joseph James (Yellow) was placed first with Elidjah Cisse (Red) placed second and Jerry Huang (Yellow) placed third. The 17 years category Fokou (Green) was placed first, Malick Cisse (Blue) was placed second and Gregory Fokou (Green) was placed third. In the girls' division (15-16yrs), Mercedes Armah (Yellow) came first, Nanette Ativor (Green) came second with Alberta Aduaa-Owusu (Red) placing third. The senior age category for girls (17yrs) saw Claris Perdison (Red) placing first, Fareeda Kadir English (Red) placing second and Agormah Agambire (Red) placing third.

Swimming

Swimming is one of our areas of specialty in sports participation. The 25m pool we have serves this purpose best. Our students have the opportunity to practise every day after school in the various strokes. To complement this, there is the Swimming Club practice session on Sundays from 4-5:00pm. Here, students engage in minicompetition drills to prepare them for upcoming competitions. Our Principal, Dr Ken Darvall, leads the Club.



The annual swimming championships took place as usual on an age basis on the 5 March, 2023. Some of our students were outstanding in their performances. A few were Agormah Agambire in the 25m freestyle for seniors, Brianna Boateng in the 25m backstroke, Jeffrey Adjagar in the 25m butterfly and once again Brianna Boateng in the Girls' Champion of Champions. For the team events, Blue Cedar broke the records for the 4x25m freestyle relay and 4x25m mixed medley relay.



Volleyball and handball are some of our favourite sporting disciplines. These events are competed every academic year. Our students demonstrate their superiority over each other on a colour basis (male and female). The stakes were high this year as many experienced players were in the various colour groups. The competition lasted close to 5 hours at our elegant Sports Complex. The Volleyball Championships took place on the 23 September 2023. In the Boys category, Blue came

first, Green came second, Yellow came third and Red placed fourth. However, Red placed first in the Girls' category, Yellow was second, Green third and Blue placed fourth.



Handball - For handball, Yellow placed first, Blue was second, Red placed third and Green



placed fourth in the Boys' category, while Red placed first, Yellow second, Blue third and Green placed fourth in the Girls' division.

Tennis and squash are some of the growing sporting disciplines at TIS. Every year, the number of participants increases in the various age categories. Compared to last year, there was a growth of about 20% in registration/participation. This year's competition occurred on an age basis

(senior and junior) for both sexes. This year, the competition was much more successful as it took long hours of play to determine winners in the senior age categories. This was on the 10 January, 2023. The sport was competed for on a colour (junior and senior) basis. In the boys' junior category, John Opeku (Red) was placed first while Mark Boadi(Green) was placed second. In the senior category for boys, Brendon Christian (Red) placed first while Nana Masere Frimpong (Red) was placed second. The Red team's dominance in this sport also continued in the girls' division. As a result, Agormah Agambire (Red) came first while Charlene Akwei (Red) was placed second.

Athletics



Athletics is one of our flagship events. It attracts interest and participation from students across all grades (7-12) at TIS. That way, students represent their colour groups as they compete in their respective age groups. The system for this form of participation allows younger students to develop their competence and experience in athletics gradually. This year, our athletics competition attracted over 157 individual entries across all disciplines. few students distinguished А themselves in their respective disciplines. The TIS Athletics

Championships took place on the 27 January, 2023 at our Sports Field. A few records fell during the one-day event. Nana Akosua Acheampong broke the existing javelin record, Annalisa Boahen broke the 100m open record, Claris Perdison broke the 100m record for 17 years, while Malcolm Ashun broke the 100m record for 17years. Blue Cedar emerged the eventual winner of the Athletics Carnival—a deserved team victory.



Squash - Squash is in its third year of competition at TIS. This year saw an increase in participants by about 20%. The competition occurred on 10 March at our elegant Squash Court inside the main Sports Complex. The one-day event was competed in Junior and Senior categories. In the boys' division (junior), Nyameyie Arkaah-Otoo (Green) came first with Jayden Arthur (Blue) and John Opeku placing second and third, respectively. In the senior boys' category, Kevin Owusu-Afriyie (Red) placed first, Emmanuel Essel (Red) placed second and Malcolm Ashun (Yellow) placed third. The girls' division(junior) saw Nanette Ativor of Green placing first, with Dayna Sarpong of Red placing second. It is hoped that next year's edition will attract more participants than this year's.

Reflections from Students Reflecting on my experience with squash, it has been a



thrilling and challenging journey. Squash is a fast-paced racquet sport that demands agility, precision, and strategic thinking. Playing the game has provided me with numerous physical and mental benefits. One of the aspects I appreciate most about squash is its physicality. The game requires constant movement, agility, and endurance. Playing squash regularly helped me improve my cardiovascular fitness, speed, and overall athleticism. The repeated lunges, sprints, and rapid

direction changes worked my muscles, improving my strength and flexibility. Beyond the physical benefits, squash also provided me with valuable mental stimulation. As I engaged in intense rallies, I had to stay focused and maintain a sharp mental acuity. Squash taught me the importance of concentration, as even a slight lapse in attention could result in losing a crucial point. The mental challenge of analyzing my opponent's game, strategizing my shots, and adapting to different playing styles added depth to the sport and kept me engaged. Additionally, squash introduced me to the concept of sportsmanship and fair play. Respect for my opponent, following the rules, and displaying good sportsmanship were fundamental aspects of the game. It taught me to appreciate the competitive spirit while maintaining a sense of camaraderie and respect for others. While squash has been an incredibly rewarding experience, it hasn't been without its challenges. The technical skills required, such as mastering various shots and improving my racket control, took time and practice. I faced setbacks and experienced frustration, but those instances only fueled my determination to improve. Winning the squash competition was a very big accomplishment for me. It showcases my improved skills and highlights the progress I made throughout my journey. It's a testament to my resilience and the rewards of consistent effort and dedication. This experience served as a powerful reminder of the potential for growth and improvement within us all. It's a testament to the transformative power of consistent practice and a reminder that even when we face difficulties, we can overcome them through persistence and a positive mindset. squash is also a sport that promotes physical fitness and fosters important values such as integrity and creativity. These values align closely with our core principles at TIS (Tema International School). The sport demands that participants maintain high honesty and truthfulness throughout the game. This means adhering to the rules, acknowledging fair play, and taking responsibility for one's actions. By consistently practicing integrity on the squash court, players develop a strong sense of sportsmanship that carries over into other aspects of their lives. Furthermore, squash

encourages creativity in strategic thinking. Each match presents unique challenges, as opponents possess varying playing styles and game plans. To succeed, players must adapt quickly, analyze their opponent's tactics, and develop innovative strategies to overcome them. This ability to think creatively and make on-the-spot decisions enhances performance in squash and cultivates valuable problem-solving skills that can be applied to real-life situations. At TIS, we place great emphasis on character development and the integration of core values into our educational approach. Integrity and creativity are among the values we actively promote, as they contribute to our students' holistic growth and success. We believe that engaging in squash can be an excellent complement to our efforts in fostering these values.

Overall, my experience with the game of squash has been immensely gratifying. It has pushed me to improve my physical fitness, sharpen my mental acuity, and develop essential character traits like sportsmanship and perseverance. Squash has become more than just a sport to me; it has become a passion that has enriched my life both on and off the court. Maadjoa Obeng-Nkansah - G11



Handball is known for its high-scoring nature, quick transitions, and physicality. The sport requires a combination of speed, agility, coordination, teamwork, and strategic thinking. Players must possess good ball-handling skills, accurate passing, and the ability to make split-second decisions. One aspect that sets handball apart is the emphasis on team play. It is a highly cooperative sport, with players constantly passing and moving to create scoring opportunities. This team-oriented approach fosters a sense of camaraderie and relies on effective communication and synchronisation between players. From a spectator's perspective, handball offers thrilling moments, intense action, and spectacular goals. The fast tempo of the game keeps fans engaged, while the physical battles and strategic plays add excitement and drama. The sport has gained popularity worldwide, particularly in Europe, where it enjoys a strong following and competitive leagues. Malick Cisse – G11



The badminton tournament was an incredible experience. The tournament taught me a lot. First and foremost, I recognised the value of practice. I practised consistently prior to the tournament, but it was during the competition that I realised I needed to practice more and enhance my abilities.

Second, I discovered that attention and concentration are critical during the game. During the tournament, I was occasionally distracted by spectator noise, which had a detrimental influence on my

performance. To increase my performance, I recognised I needed to be more focused and concentrated on the game.

Finally, I discovered that physical fitness is required for playing badminton. During the tournament, I found myself fast tiring and unable to perform at my best.

I intend to practice more frequently and focus on physical fitness to improve my talents. I also intend to enhance my focus and concentration throughout the game to improve in future events.

Competing in the badminton tournament was a terrific learning experience for me, and I look forward to implementing what I have learned in future games. Eliana Owusu-Afriyie – G10

The TIS badminton championships were a great tournament all in all. The competition was great and was a great way for me to test my skills against other skilled players my age in our school community. This was my second-ever badminton tournament and in the end, I was happy with the outcome as I placed first overall for my age group 15-16. The competition was fun but also nerve-racking as I faced skilful players. I cannot wait for future tournaments as championships like these help to boost skill levels amongst young badminton players in our school. **Joseph James – G10**

This was the first time I've played Badminton competitively in my life. It was a very unique experience as I got the chance to demonstrate my newly developed badminton skills in a competitive environment. Although my opponents were tough to beat, I reached the final of the tournament which I unfortunately lost to my opponent. That final match opened my eyes and made me realize that I still had many things to improve within my skill set. Overall, the tournament was a fun experience that showed me my strengths and weaknesses while also allowing me to bond with my opponents. **Malick Cisse – G11**I am fortunate to be working in a school where the Founding Family devoted many resources to the teaching and development of sports. The many experiences and opportunities we provide for staff and students go a long way in helping them enjoy physical activity and sports as a lifetime pursuit. That way, they can appreciate the many benefits at TIS through sports. As a member of the Sports Team, I am happy to support and coach students so they can reach their sporting potential. **Gabriel Atseku**

- Teacher of PHE & Hostel Coordinator

TIS 4 Pillars – Sports



TIS 4 Pillars - Academic



TIS 4 Pillars – Academics



TIS 4 Pillars – Culture



TIS 4 Pillars – Culture



<u>TIS 4 Pillars – Service</u>



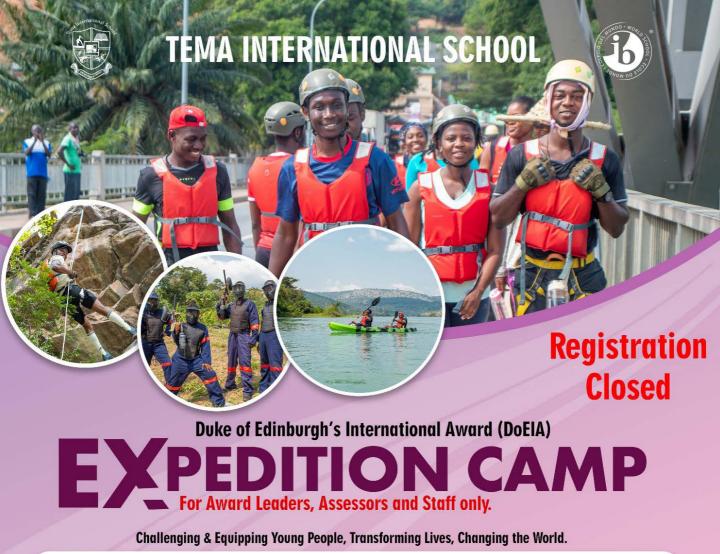
Leadership Incubator



Expedition Camps



Award Leaders and Assessors - Expedition Camp



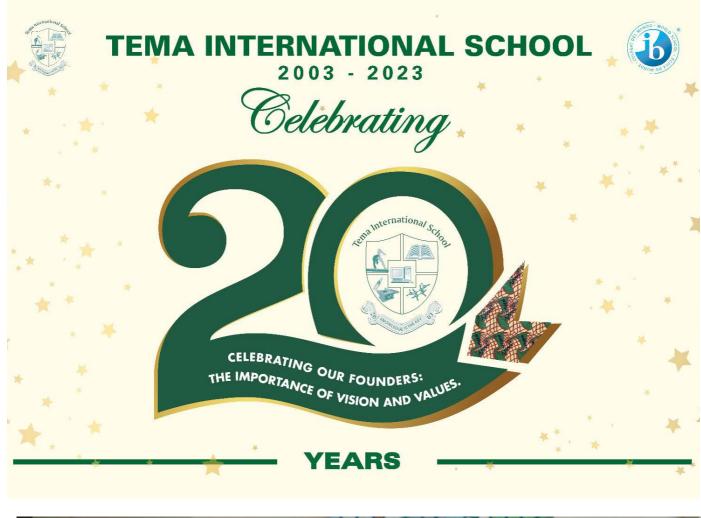
Adventurous journey, abseiling, hiking, life & survival skills, map reading & compass use, first aid, capsizing drills, radio communication, kayaking, creativity and leadership experiences & much more.

12 - 14 June 2023 & Survival Island

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



THE DUKE OF EDINBURGH'S







TEMA INTERNATIONAL SCHOOL



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



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 - 7years) 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.



o learn more









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).



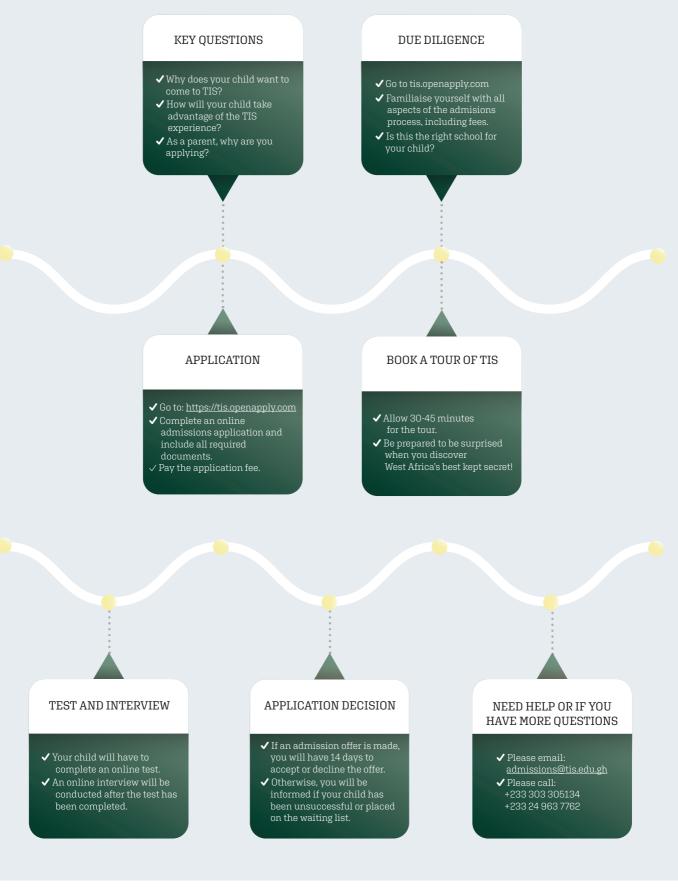


To enrol scan this.



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

TIS ADMISSION PROCESS



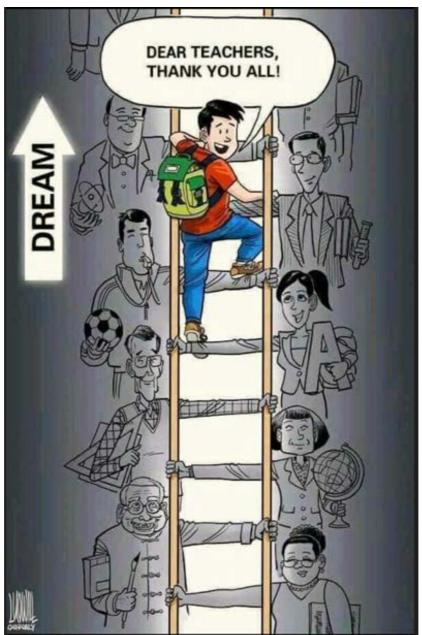
TIS Admissions Grade Chart

Kinder 1 Nursery Kinder 2 Reception Kinder 3 Year 1 Grade 1 Year 2 **PYP** Year 3 Grade 2 Year 4 Grade 3 Year 5 Grade 4 Year 6 Grade 5 Year 7 Grade 6 Year 8 Grade 7 Year 9 Grade 8 MYP Year 10 Grade 9 Year 11 Grade 10 Year 12 Grade 11 - DP Year 13 Grade 12

TIS

British Curriculum Schools

COUNSELLORS' CORNER



The ultimate success of the IB Class of 2023 was attainable by the efforts of each one of you. To all our wonderful teachers, hostel parents, administrative staff and non-teaching staff, we say Ayekooo! With great anticipation in our hearts, to start another cycle of university applications for the class of 2024, we are enthusiastic for another incredible year. Thank you once again!! Akpe !!!

Congratulations IB class of 2023 for a beautiful ceremony. You are officially welcome to the TIS Alumni Family!! Walk into your new world with greater doors of beaming opportunities!!



DP2s Visa Booking Reminders Detailed Information on Managebac:



All students applying to the US, UK, and Canada should kindly check on managebac for the detailed steps as already published in the bulletin.



- ✓ Gather all original financial documents and all required documents.
- ✓ Know the name and general information about the university you are applying to.
 Eg: cost of attendance, school fees, the scholarship awarded, etc.
- ✓ Look neat and smart during the interview
- ✓ Speak clearly and audibly!
- ✓ Be confident!
- ✓ Demonstrate strong ties of returning to your home country
- ✓ For Canada applications should have started earlier as indicated.
- ✓ Arrive 30 minutes ahead of time
- ✓ Ties to Your Home Country and Residence Abroad
- ✓ Know the Program and How It Fits Your Career Plans
- ✓ Be Brief and Maintain a Positive Attitude
- ✓ Different Requirements for Different Countries
- ✓ Supporting Documentation (Know Your Specific Situation or History)

For more information just click: <u>https://www.nafsa.org/professional-</u> resources/browse-by-interest/10-points-remember-when-applying-student-visa

Summer to Do-List Students



MYP 2-5

- ✓ Catch up time with family, especially Mum and Dad
- ✓ Enjoy doing chores around the house
- ✓ Going out with friends? Kindly inform Mum and Dad
- ✓ Spend time reading storybooks and studying as well
- ✓ Rest as much as you can to renew and rejuvenate

DP1

- ✓ Catch up time with family, especially Mum and Dad
- ✓ Enjoy doing chores around the house
- ✓ Going out with friends? Kindly inform Mum and Dad
- ✓ Spend time reading storybooks and studying as well
- ✓ Rest as much as you can to renew and rejuvenate
- ✓ Have an overall idea of universities of your interest
- ✓ Read wide about universities of your interest

DP2

- \checkmark Catch up time with family, especially Mum and Dad
- ✓ Enjoy doing chores around the house
- ✓ Going out with friends? Kindly inform Mum and Dad
- ✓ Work on IAs, Extended Essays and make time to study
- ✓ Have the final list of universities discussed with Mum and Dad with scholarship options available to you!

We Welcome You To:





TIS UK MINI FAIR: The UK mini-fair was a well-attended event.

The tete-a-tete session with The University Admissions Team was incredibly helpful to students as they inquired about career paths, scholarship availability student life, and more. This event would have never been successful without management's unflinching support, especially our fondest principa, I Dr Ken Darvall, a passionate educationist interested in the holistic development of each student. Special thanks to Mrs. Martin-Lawson for her participation. Below are pictures from the event. Enjoy!



Welcome Address by Dr Ken Darvall

TIS UK MINI FAIR: Address by University of Wolverhampton



Students in a Tete-a-Tete Session with Admissions Team:





Group picture with University Representatives and Students

UCLAN Next Visit: University of Central Lancashire (UCLAN, UK): Angeline Ward, Regional Manager, Sub-Saharan Africa, and Yewande Adewale, International Officer, West Africa



- $\checkmark\,$ It was a great and engaging session with team UCLAN. A hub for international education.
- ✓ Great opportunity with 200 slots for international students who want to study Medicine<u>https://www.uclan.ac.uk/undergraduate/courses/medicine-</u> <u>mbbs?gclid=EAIaIQobChMIiqOOu8mz_wIVyqXVCh2rBQ9vEAAYASAAEgKDZfD_BwE&</u> <u>gclsrc=aw.ds</u>

University of **Central Lancashire** ICI an

Study in the l

Join our global community of students from over 120 countries

WE'RE IN THE TOP 7% **OF WORLDWIDE** UNIVERSITIES CWUR 2022-23

We've been ranked first for the money we've invested in our student wellbeing services

2020 Student Welfare League Table



Our research changes lives. In all 19 academic areas we submitted to the latest Research Excellence Framework assessment we were praised for demonstrating elements of world-leading and internationally excellent research.

REF is a national assessment by the government of the quality of our research, which takes place every seven years.



Subject areas:

- Accounting and finance
- Biological sciences
- Business, marketing and management
- Computing
- Construction and surveying
- Creative arts and design
- Dentistry
- Education and humanities

- Engineering
- Health and therapeutic professions
- Journalism and media
- Languages and global studies
- Law and criminology
- Medicine
- Nursing and midwifery
- Performing arts and music
- Pharmacy

- Physical sciences and mathematics
- Policing and forensic science
- Psychology
- Social work, care and community
- Sport and wellbeing
- Tourism, hospitality and events management
- Veterinary medicine

UCLanUni

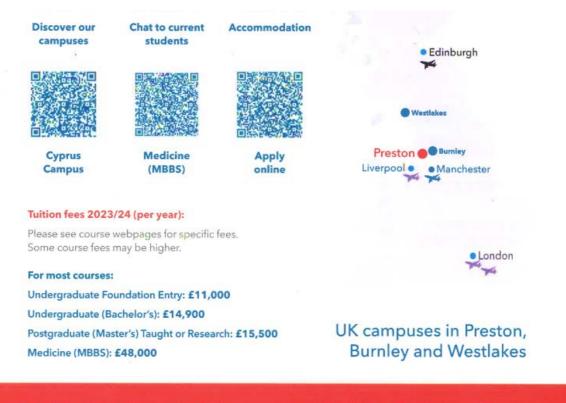
Over 400 undergraduate and over 200 postgraduate courses

Where opportunity creates success uclan.ac.uk/international-students

(f) UCLanInternational

💓 UCLan





Scholarships: Up to £5,000 per year available for eligible students See our website for details uclan.ac.uk/scholarships

University of the Free State Visits TIS



https://www.ufs.ac.za/



The University of the Free State (UFS) has a proud history as one of the oldest, most respected institutions of higher education in South Africa. It

opened its doors in Bloemfontein in **1904** as the Grey University College, with six students in the Humanities. Today it is a **multi-campus institution**, with two diverse campuses in Bloemfontein and one in Qwaqwa in the scenic Eastern Free State, accommodating more than 40 000 students in its **seven faculties**, with an increasing number of international students and associates, and an ever-widening scope of active involvement in and contribution to its surrounding communities. Please see below a group picture with the Admissions Team.



It has been a buzzing season of university visits this semester. We were excited to have the University of The FreeState South Africa climax the semester. They interacted with TIS University Guides sharing the plethora of learning opportunities for students with programmes spanning from Business and the Sciences. Mr. Tshidiso Masakala and Ms. Alzena Brink International Recruitment Officers for UFS. Thank you for coming!

Scholarships.

https://www.ufs.ac.za/kovsielife/unlisted-

pages/bursaries/financial-aid

Ghanaian University Applications Open- UG, KNUST Etc..



OUR DP2 GRADUATES: YOU ARE WELCOME TO PASS BY NEXT WEEK 5-8 JUNE FOR ASSISTANCE IN COMPLETING ALL GHANAIAN UNIVERSITY APPLICATIONS SUCH AS ASHESI, ACADEMIC CITY, AND UNIV. OF GHANA, KNUST, FAMILY HEALTH MEDICAL SCHOOL, ACCRA COLLEGE OF MEDICINE, LANCASTER UNIVERSITY GHANA, ETCETERA. Please purchase the application forms before coming in and let us know what day and time.

✓ University Of Ghana:

1. GHANAIAN APPLICANTS

University of Ghana online application E-VOUCHERS can be obtained by Ghanaian applicants for GH¢220.00 at the following banks: Access Bank, Ecobank, Republic Bank, Agricultural Development Bank, Ghana Commercial Bank, Zenith Bank, Universal Merchant Bank, Consolidated Bank Ghana (CBG), Prudential Bank and Fidelity Bank.

The E-VOUCHERS can also be purchased through the **USSD code *887*9#** on all mobile telecommunication networks. *Click here for more information on the USSD Payment*

Ghanaian applicants in the following categories are expected to apply using the E-VOUCHER:

WASSSCE/SSSCE Applicants and Ghanaians with Foreign Background

WASSCE/SSSCE applicants and Ghanaians who apply with foreign qualifications from schools which write the International Baccalaureate (IB) and the IGCSE such as Alpha Beta, Faith Montessori International School, Ghana International School, New Nation International School, SOS – Hermann GMEINER International College and **Tema International School, etc.**, should do the following:

At any of the Banks listed above, applicants will be required to indicate their names, mobile phone numbers, and e-mail addresses on the bank voucher before they are served. Those without e-mail addresses will however not be disadvantaged. A confirmation of their Pin will be sent to their mobile phones. After purchasing the e-voucher, applicants should CAREFULLY follow the instructions given. After the application has been submitted online, the e-voucher should be kept in a safe place as it may be required by applicants when accessing their admission status at a later date.

2. INTERNATIONAL STUDENTS AND GHANAIANS APPLYING FROM ABROAD

International applicants and Ghanaians applying from abroad **should NOT buy the e-voucher**. They should use the following link to access the online application form for completion and submission.

Online Application for International & Ghanaians Abroad Undergraduate Applicants:

All applicants are expected to pay the University a non-refundable application processing fee of US\$110.00.This fee can be paid directly or wire transferred into the University of Ghana ECOBANK Account.

Details of the Account are:

Account Name:	University of Ghana Foreign Students Fees
Account Number:	2441000716652
Bank Details:	Ecobank Ghana Limited, Legon Branch
Swift:	ECOCGHAC

or International Transfer through Ecobank (2441000716652 or 1441000716647)

or Payment with a Credit Card on the GT payment platform.

The pay-in-slips together with applicants' certificates/result slips should be scanned and attached to the application form before submission online. The certificates/ results slips should be scanned into one PDF or Word document and attached to the application form.

Note that no application will be processed without proof of payment of the fee.

✓ Kwame Nkrumah University of Science and Technology:

Points of Sale:

ALL GHANA POST REGIONAL AND DESIGNATED OFFICES

Application Processing Fee:

- GHANAIAN APPLICANTS GH¢ 250.00.
- FOREIGN APPLICANTS USD 150.00.

GHANAIAN APPLICANTS ARE REQUIRED TO PURCHASE THE E-VOUCHER FROM THE GHANA POST OFFICES or dial *447*160# on ALL NETWORKS and follow the prompts.

APPLICANTS ARE REQUIRED TO SUBMIT TWO (2) COPIES OF THE ONLINE APPLICATION AND OTHER RELEVANT DOCUMENTS.

https://www.knust.edu.gh/announcements/undergraduate-admissions/admission-candidatesundergraduate-degree-programmes-20232024-academic-year

Check ManageBac for Detailed Information

✓ For Family Health Medical School:

The undergraduate admissions application for 2023/2024 is open for awaiting results applicants. The admissions office will contact applicants to upload their results for processing as soon as the results are released.

The application fee is GHC400

Applicants can dial *800*2789# on any mobile network to purchase the admission form. An SMS code containing the serial and pin will be sent to the applicants for further instructions.

Thank you



Accra College of Medicine

✓ Because of the WASSCE schedule, the undergraduate class will begin in January 2024.

There is no application fee. The form is Ghc20 for locals and 10 dollars for internationals. If you qualify for the entrance exam and interview, you will be required to pay a fee of GHC 300 as a local and 200 dollars as an international student.

You would have to visit our website to purchase the form and have access to it

To purchase the form, please follow these steps

Kindly visit the website <u>www.acm.edu.gh</u>

- ✓ Underneath the red banner, pictures are scrolling. Click on the one that states the 2022/2023 academic year is now open (**same link for 2023/2024 applicants)
- ✓ You will be directed to How to Apply page
- ✓ Read the information provided and scroll down to the bottom of the page
- ✓ Click on the Apply Online button
- \checkmark Click on the title of the form you want to purchase, then click on Add to Cart
- ✓ Click on View Cart to see your purchase summary

Click on Proceed to Checkout if the details are correct. fill in the billing details.

✓ Ensure to write the password and username somewhere or memorize it.



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



Want to Register for SAT But Don't Know How? Follow the Links!

<u>https://satsuite.collegeboard.org/sat/registration</u>

Click here for more information <u>https://www.bestcolleges.com/test-prep/sat/registration/</u> If having Troubles Registering contact Aunty Portia in person or by email at <u>portia.atubiga@tis.edu.gh</u>

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
26 August 2023	TBD
7 October 2023	TBD
4 November 2023	TBD
2 December 2023	TBD
9 March 2024	TBD
4 May 2024	TBD

DIGITAL SAT TEST DATES 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/poli ciess

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: <u>https://global.act.org/content/global/en/products-and-</u> 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



HAPPY SUMMER VACATION TIS COMMUNITY: RELAX, CHILL, AND REJUVENATE FOR ANOTHER FANTASTIC YEAR!

9 June 2023



TEMA INTERNATIONAL SCHOOL



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





Open Book Exam pilot

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.



Vol.19, No. 41

See you in August. Stay healthy.



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).

General Kindness

Put coins in someone's parking meter that has run out of money.

Gale 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.

Gairness

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.

General 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.

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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."





