

TIS RECORD

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

At TIS,

we believe excellence is achieved by continuously improving your personal best in all endeavours through consistent effort, positive attitude, regular reflection, balance, persistence, a growth mindset and no excuses.

Key Dates

- 16/8/23: Newbies commence
- 20/8/23: Continuing secondary students return.
- 21/8/23: Primary Classes commence
- 26/8/23: SAT

Thought for the Week

We think the more information we consume the more signal we'll consume. Only the mind doesn't work like that. When the volume of information increases, our ability to comprehend the relevant from the irrelevant becomes compromised. We place too much emphasis on irrelevant data and lose sight of what's really important.

Nassim Taleb



The Countdown is On!

Parents, I don't want to be a spoil-sport, but it's time to find out how much your children have grown since June in terms of uniforms and footwear.

Students, it's now time to 'normalise' sleeping and eating patterns so you can ensure a great start to the new academic year.

Secondary Newbies will commence on Wednesday, 16 August, and all continuing secondary students will return to campus on Sunday, 20 August.

All Primary School Campus students will commence on Monday, 21 August. There will be a meet the teacher session on Friday, 18 August from 1:00pm to 2:30pm. The activities will include: a general information and introduction session; a tour of the school; and meet the teacher and curriculum overview session (in the different classes.)



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

-Steve Bollar

SAT & ACT

- Best advice: students who are required to complete SAT and/or ACT requirements should do so by the end of Grade 11. Leave it until G12 and you have created a personal time-management monster.
- Please follow instructions and details provided in the weekly Counsellors' Corner section of the TIS Bulletin.

ManageBac (MB)

• *ManageBac (MB)*

All new parents and students were sent a 'Welcome Email' from ManageBac (MB) to set their password and logon to MB over a week ago.

This is our main communication tool. You will receive an email each time about relevant notifications. Please email me if you have any issues accessing your MB account.

• *School Accounts*

Please ensure first semester fees are paid prior to commencing, unless you have an approved payment plan.

Did not receive your account? Check your email spam folder first. If not evident, then please contact Mr Quansah on +233 244657821

Students: Please bring with you.....

As 'boarders', our secondary students need to be organised and responsible for their belongings always, and especially away from home (as parents will not be there to tidy up after you.)

From observation, it is most important that students bring with them, and clearly identified:

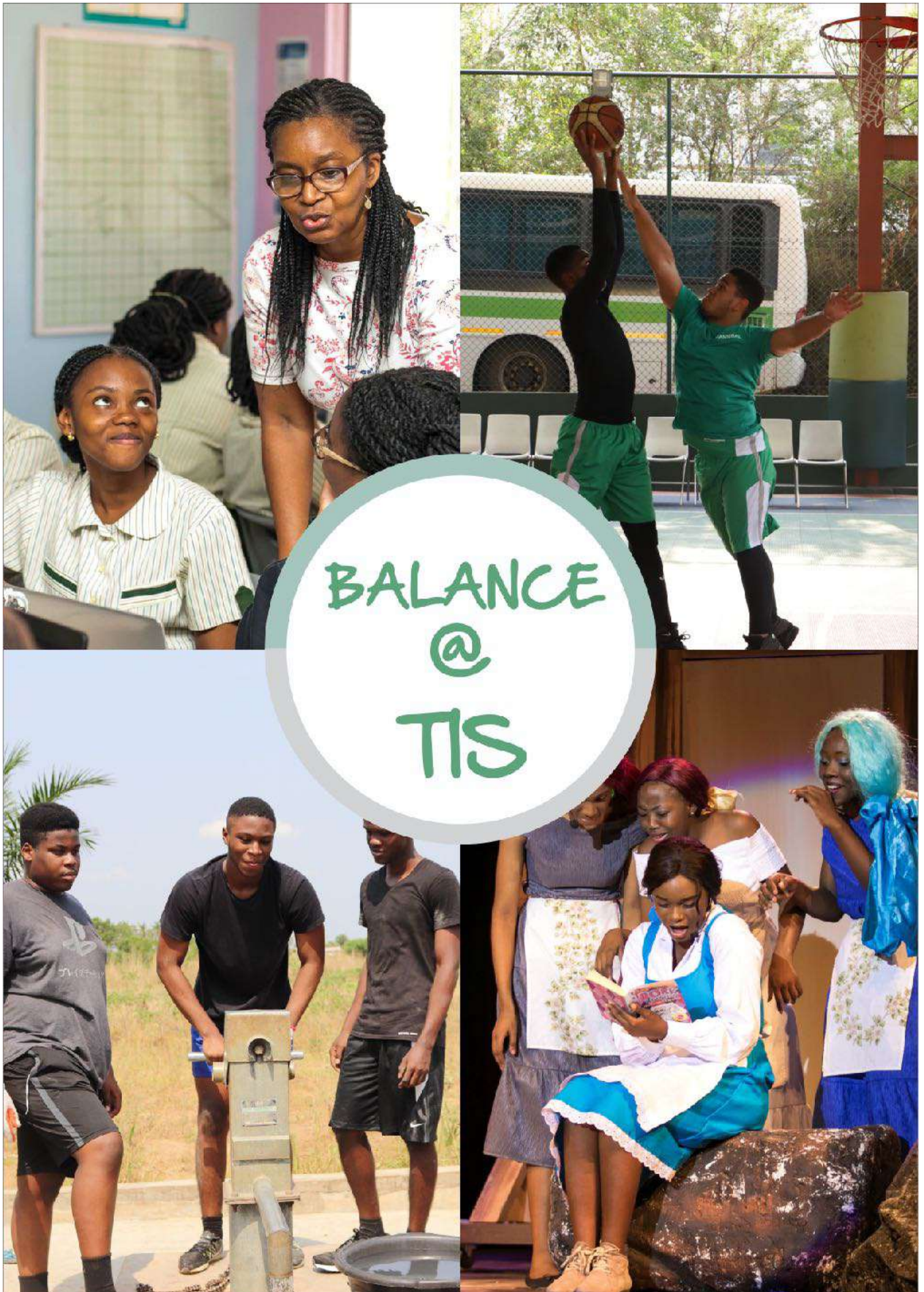
- a 'powerbank' for those times when devices go flat at the most inconvenient times;
- sports equipment (shin guards, if you expect to play football, and swimming goggles for aquatics);
- spare footwear for when your main pair is wet; and
- an appropriate plug adaptor if you are using US power supplies.

Please ensure your food locker box is in good order, have a couple of padlocks with you to secure your belongings, and remove all VPNs prior to your return.

I appreciate your support. Stay healthy..

Dr Ken Darvall (Principal)





2023/24 TIS School Calendar Overview

| August 2023 | | | | | | |
|-------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
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| 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 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| October 2023 | | | | | | |
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| November 2023 | | | | | | |
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| December 2023 | | | | | | |
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| January 2024 | | | | | | |
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| February 2024 | | | | | | |
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| March 2024 | | | | | | |
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| 31 | | | | | | |









| April 2024 | | | | | | |
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| May 2024 | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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| June 2024 | | | | | | |
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| July 2024 | | | | | | |
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| 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 |
| 7/1/24 | 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 |

SI Internal Dates: 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 |
| 23-25/8/23 | MYP IDU Days |
| 24-25/8/23 | G11 CAS & Dukies Orientation Camp |
| 25/8/23 | TIS Junior Soccer Championships |
| 26/8/23 | SAT; TIS Senior 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 | Legal Minds mooted competition |
| 9/9/23 | ACT ; TISSA Soccer Championships/TISSA Badminton Championships |
| 16/9/23 | TISSA Handball Championships/TISSA Tennis 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 |
| 30/9/23 | TIS Education Forum: 2.00pm NO EXEATS |
| 2-6/10/23 | 20 th Anniversary TIS Spirit Week. NO EXEATS |
| 3/10/23 | 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 |
| 15/10/23 | Students return to hostels |
| 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 | 20 th 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 | Group 4 Project (G12) |
| 7/12/23 | Christmas Lunch |
| 8/12/23 | 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 |

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. |
| 15-21/1/24 | 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; TISSA Basketball 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 |
| 7/1/24 | 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 |
| 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 |
| 2/6/24 | Last day for teachers; S2 reports published |



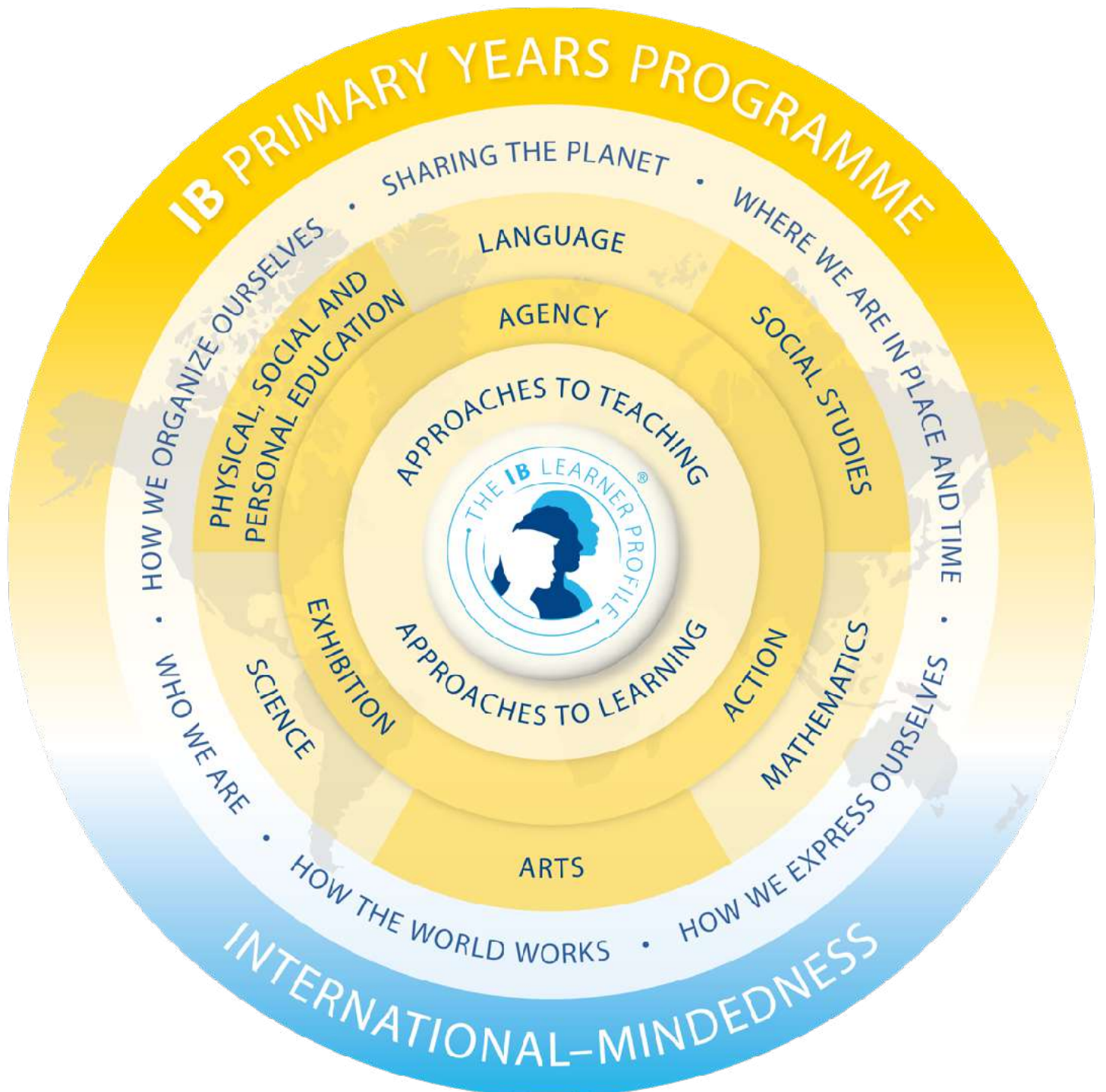
**YOU MUST ALWAYS
'BE IN THE MOMENT'
TO MAKE THE MOST
OF IT.
DR KEN DARVALL**

21 Communication Skills Every High School Student Should Have

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

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

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



Ready, Set, Go: We are Ready!



The summer break is over, and a brand-new chapter bursting with excitement, positivity, and many opportunities begins. Teachers at the TIS Primary Campus are ready to zoom into a new semester filled with new exploration. 🏠✨ This week, our teachers and dedicated staff have been buzzing with many activities such as orientation, workshops, planning and surprises that will make this semester a truly unforgettable journey. From crafting innovative teaching techniques to designing classrooms that are nothing short of captivating and planning engaging activities. They are geared up to make learning a thrilling experience for our young learners.



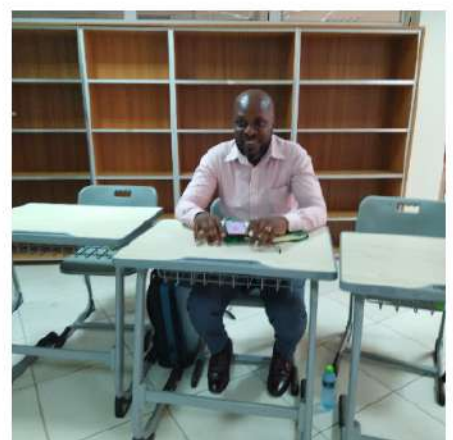
"Ice breaker" Collaboration, Music and Dance

📖 As we gear up for the upcoming school year at the TIS Primary School Campus, it's really important to highlight how crucial it is for our teachers to plan meticulously and get a solid orientation before the students arrive. These initial steps form the bedrock of a successful and enriching learning experience for our young learners. ✨ As the school year kicks off, our teachers come prepared with well-thought-out lesson plans and a clear grasp of the curriculum, all geared towards guiding our students in their journey of growth and achievement.



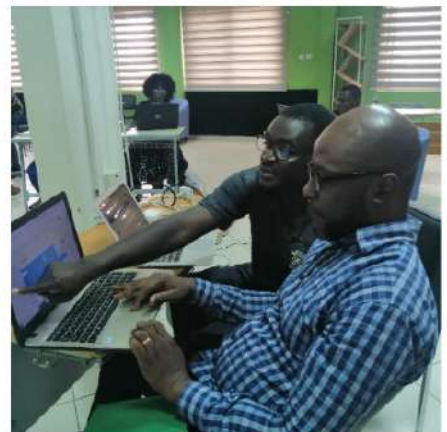
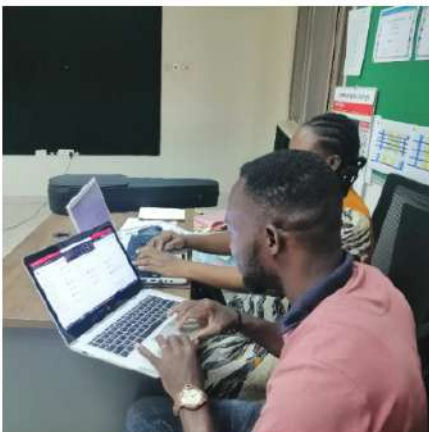
"Ready, Set, Focused!"

The TIS Primary School Campus has been buzzing with joy as teachers reunited after a long break with warm smiles and heartfelt greetings 🥰. Laughter and cheerful exchanges of pleasantries on the first day painted a vibrant picture of happiness. 🎈. The heartfelt reunions are a testament to the strong bond the teachers share, and the collective enthusiasm reflects a spirit of readiness to embark on a new learning and growth 📖🌱.



The excitement and euphoria around the teachers reflect a spirit of readiness.

With careful planning and comprehensive orientation, TIS Primary School underlines its dedication to nurturing an environment where students not only learn but also thrive and develop into well-rounded individuals. 🌱



"Uniting Minds, Igniting Knowledge through collaborative planning."

📖 Another integral part of the puzzle is our non-teaching staff, who might not be in the classroom but play a pivotal role in ensuring our students smoothly transition into the school environment. 🚀 Whether it's the administrative team fine-tuning schedules and resources or the support staff working to create a warm and inviting atmosphere, every member of the team contributes to setting the scene for a productive and inspiring academic adventure. 🌱



"🌟 Bringing Joy to Learning! Our dedicated support staff is here, ready to serve and make your experience at our Happy School truly amazing. 🌟"

Reflections

"Welcoming students again, ready to provide guidance and support!"

"Thrilled to be back, diving into planning with a renewed spirit!"



"It feels good to be back to school"

"Ready for the Happy School experience"



Its been a great experience collaborating as language teachers to bring the transdisciplinary connection .

"Artistic joy rekindled, planning sparks creative anticipation!"



"🚀 Exciting times ahead, poised for even more amazing learning moments! 💡"

Let's dive into this new chapter together: Ready, Set, Go: We are Ready! 🌈📚🌸





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:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more
scan this.



To enrol scan
this.



The online application process can be completed at: <https://tis.openapply.com>

For further information contact us on phone:

+233 303 305134; +233 303 308737; email: admissions@tis.edu.gh

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 |

CAS-SA Corner

TEMA INTERNATIONAL SCHOOL

**Registration Deadline
18 August 2023**

CAS & DoEIA ORIENTATION CAMP

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

Adventurous journey, hiking, life & survival skills, map reading & compass use, first aid, radio communication, boat cruise, creativity and leadership experiences & much more.

Thu. 24 - Fri. 25 August 2023 **Trident Island**

CAS Coordinator surama.king@tis.edu.gh
DoEIA Coordinator david.difie@tis.edu.gh

Proud to deliver
THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



The Council Corner



Greetings, fellow students,

As we step into the new semester of the 2023/24 academic year, it is my privilege to welcome you all back to campus. I hope you had a restful break and are ready for the fast and furious semester that lies ahead. I am Ethan Sunkwa-Mills, your secretary, and I am thrilled to introduce a new segment to our school bulletin – the "**Council Corner.**" This monthly feature will serve as a window into the operations of your council, keeping you informed about our activities and accomplishments.

But before we dive into the latest updates, I want to remind all of you to take a moment to read through the 2023/24 Survival Guide. Regardless of whether you are or are not a continuing student, the Survival Guide is a must-read before coming to campus as it lists.

Let's take a look at some of the remarkable initiatives that our dedicated student council members achieved during the last semester:

Your Hostel executives orchestrated fantastic Boys' and Girls' Hostel parties respectively. Executives from Catherine and Anthony hostels, led by Seffirina, Nissi, and Caleb, collaborated to bring us Cathony weekend – an event filled with excitement, including the highly anticipated, Mr. and Ms. Cathony, and a memorable hostel party. Cecilia and Francis hostel executives, Veronica, Nanette, Jeffrey, and Jason, masterminded the enthralling Francelia week, culminating in a grand Francelia hostel party. Our Academic executives, Franklyn and Nana Aba, installed maintenance forms in the school block to aid in creating a conducive learning environment while also working to bring us academic events, such as Pi Day.

Our chapel executive, Nana Yaa, delivered countless enriching church services and found innovative ways to create an inclusive environment for all, regardless of faith. Kevin, our entertainment executive, breathed life into our entertainment with an array of engaging events.

Our MPH executives, Odasey and Mercedes, came up with the indispensable mealtime menu, restored stage fans, and repaired flytraps, ensuring a comfortable and pleasant dining

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experience for us all. Last but not least, our sports executives, Agormah and Emmanuel, installed new basketball rims at the girls' court, giving us more choice in where we play.

As we venture into the current semester, be prepared for a whirlwind of activity from your student council. Our academic executives are diligently working to expand the range of online resources available to you, including a few tailored specifically for IB students. In the realm of sports, modifications to the ASA training schedule are underway, along with plans to introduce street soccer posts. Keep an eye out for informative posters around the sports complex, outlining equipment usage rules and updates on the complex's status. Our entertainment executive, Kevin, has exciting surprises in store for us, promising a semester filled with fun and memorable events. Our Chapel Executive is gearing up for more Power Nights, allowing us to express our spirituality as a community.

As a means to strengthen communication and engagement, I, your secretary, plan to introduce bi-semesterly grade Forums. These platforms will enable us to listen closely to your concerns and ideas, ensuring that your voice shapes the direction of our school community. I am also committed to bringing you more of these Council Corner segments, allowing you to stay well-informed about our council's endeavours and accomplishments.

Finally, your Heads of Council are more than busy. One of their main goals for the coming semester is posting informational posters around campus to help remind us of the rules and regulations that keep our system running smoothly. Last, they also wish to send out feedback forms, collecting valuable, constructive criticism from the student body about matters concerning all aspects of our school.

Here's to a semester brimming with opportunities, growth, and unforgettable moments. Let's work together to make this a remarkable chapter in our academic journey.

Stay curious, stay engaged, and let's make this semester extraordinary!

Warm regards,

Ethan Sunkwa-Mills - Secretary, Student Council



DoEIA Award Leaders & Assessors Expedition Camp, 2023

Going on an expedition had always been on my wish list, especially with the beautiful pictures shown by the CAS team. I could picture myself on the hills or mountains hiking with the team. I was always looking up their trip videos uploaded on YouTube by the CAS team. Immediately the opportunity knocked, I quickly jumped and grabbed it knowing that this will give me a sense of accomplishment. As the day of the trip drew closer, I saw a picture of a student abseiling and fear of water told me to throw in my towel but I reassured myself that since all survived on that trip so will I. I then decided to take Dr Ken's advice and quickly went for a day's swimming lesson held by Kingsley Duvor to kick out my fear of swimming.



The journey started from TIS secondary campus on Monday around 8 am to Trident.

Upon arrival at Trident, we were grouped into teams and played the paintballing game where my team won. This was thrilling, exciting and also taught us how to strategise, plan and win with your team. I was looking up to more exciting moments like this throughout the trip.

We then continued the journey to Anum where we were left in the blazing sun to start our hiking to the Survival Island. We hiked for about 3 hours covering about 5 kilometers in a hilly forest. The hilly part was more difficult to climb as the heart raced. The site of the river gave us some joy after hiking in the bushes, trees and knowing that we were close to our destination.

After arriving at the riverside, the site of the boat/kayak sent chills down my spine but I stayed calm and listened carefully to the instructions as I knew this was the only way to survive in the river.

One of the kayaks was passed to me and my team member and we started sailing to the Lake Volta using the instructions given. Initially, the little waves stirred some fear and after a few seconds, I realized that was normal behaviour of the Lake. I then decided to focus on kayaking to the island and enjoy the breeze and the beautiful site around the river. At some point, I couldn't believe I was easily kayaking with no more fear. When we were close to the Island, we were taken through the capsizing of the kayak which I could do with little fear this time. We sailed to the island where we had our meal, played some games with a bonfire blazing and slept with the cold air from the trees and river.

The second day of activities was more difficult as we kayaked for about 2 hours over a river that is over 150 feet deep. The strong waves which increased my anxiety meant more energy was needed to paddle and propel the kayak. After sailing for some time, the anxiety faded away since I discovered how to sail through the strong waves. Upon reaching the land we took some rest and hiked for over 5 hours covering over 12 kilometres. This was the most difficult activity hiking over three mountains and hills that are over 400 metres above sea level. We adopted a strategy of taking intermittent rests to reenergise and continue the journey to the second island.

DoEIA Award Leaders & Assessors Expedition Camp, 2023



The third day was packed with resting, bonding, playing games and dancing with the team. The hiking to Anum for the last day lasted only 2 hours (7.5 kilometres) which was easy to conquer after the 5-hour hiking experience the previous day. It was all joy and a feeling of fulfilment written on our faces when the hiking was over.

A lot of lessons were learnt from the entire trip which includes the importance of working and being effective in teams as this made the trip and activities a bit easier, helping and reassuring team members that found it a bit difficult to cope for the team to reach its goal. It also taught us the need to strategise and plan since this had to be applied right from before and during the journey. Fear is no longer part of me since I now know that humans are made to survive no matter what comes at them and the way to handle fear is to confront it. This has also taught us to start ideas that we have and leave fear behind since we can deal with issues that come along that journey. The entire body also benefited from the journey as this has given me extra fitness and kicked out stress from the body making it feel much better and fitter than before. This expedition was an eye-opening experience and also gave us lessons of perseverance as the key to the achievement of success. – **Takasi Nyande – Head of IT, Award Assessor.**

A beautiful expedition with beautiful people on a beautiful trip. It was quite a journey, talking of 24km hiking and 8km kayaking on the Lake wasn't a joke. All I can say is I survived, I challenged myself, I made it to my final destination and I bonded.

After the 5km walk, I then realised why David Difie never included the 12km and the 7km hiking in the itinerary. The journey was tough but my teammates and Ranger Solomon were extremely helpful and awesome. It got to a point when I thought I wouldn't be able to make it to my final destination but when I looked back, I realised I had covered about 5km and that's what motivated me to continue the journey.



I felt my heart beating very fast and I was sweating (I have never seen myself sweating like I did on this expedition). I also had the opportunity of rescuing some members when their boats capsized in the middle of the lake.

Climbing those steep mountains with my backpack was the toughest, but in all, I did challenge myself once more. The three most essential things needed on this journey were my God, water to keep me going and snacks which did magic for me. In a nutshell, I would like to thank Management, BraveHearts, my teammates and the entire group, but I know I can recover in six months. - **Georgina Anaafi-Mensah – Admin Department – Award Assessor.**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



The expedition camp started so well for me, in that I did something new, which was paintballing. Initially, I got confused as the instructions were being rolled out. Upon seeing the first groups play, I was convinced I could also participate in the game since I got the concept. After arriving at Asikuma, where we began the hike, the Rangers informed us that the hike for the day was a "cool chop," like only walking on low lands. Eiii, I had mixed feelings when at a point I could see that I had to ascend and descend hills just like that. The last ascending got my legs shaking but I managed to get to our end-of-hike destination. It was joyous but as if that was all.

The next activity was to kayak 4km to Survival Island where we were to camp. I was a bit

terrified because I heard some people talk of capsizing drills and others were exhibiting their fears, so when JayJay said it was not compulsory, I sighed deeply. Ahhh, what a great relief. We got to the beach, and no one had docked. Problem (asem aba). We were taken through both capsizing and rescuing techniques against the subsequent day since we were going to kayak 8km long. Due to the distance and other factors like the tidal waves, etc, we had to prepare adequately. Everyone was capsizing and rescuing with the partner, I had to psyche myself before I partook in that. Prosper and I rescued Mr Welagamo and Mr Takasi. Now it was our turn to capsize. After the third count, I failed to support my partner to capsize, but we eventually did that after the fourth count. I drank some lake water, which was normal anyway. I felt my legs right beneath the capsized kayak, which I learnt was a normal occurrence since humans are buoyant. We were rescued, and I wished we capsized the second time. It was all fun.

The second day's journey was a tiring one I kayaked 8km, the longest I've ever done, and hiked 12km in a 20km journey it was. The journey and the goal are the reward. This is super applicable to life since life has its ups and downs. You don't always get things coming to you easily. The road might be muddy, thorny, and rough, but focusing on the reward gives you energy to pursue. There's always light at the end of the tunnel. The camp was a good one I'm happy it ended well! Gracias – Priscilla Owusu – School Nurse, Award Assessor.

DoEIA Award Leaders & Assessors Expedition Camp, 2023

I will categorise my experiences of this expedition under the following attributes.

Preparation and Planning

During the entire expedition, I really appreciated the need for proper preparation and planning. Though I was not part of the preparation and planning, I could see that the entire expedition had been properly planned, including the paths we would hike. The rangers had to trail the same route and access them before us. To the extent that the distance was already determined.

Teamwork and Collaboration.

I know teamwork and its importance in achieving our goals, but I had a new understanding of this and its importance in our expedition. We had to collaborate with ourselves and the rangers guiding us. During the kayaking, since it was two persons per kayak, there was a need for synergy because the kayak would go nowhere if there is no teamwork, collaboration, and synergy.



With the rangers, they know the way or know how to find the way. Therefore, we needed to work together with them. This leads to the very important aspect of the expedition, which will be TRUST. **Trust**

Amidst all the adventure and lessons, I would summarize the expedition to this one attribute - Trust. I think it was the anchor of the whole expedition to me. We need to trust ourselves, the rangers, and the expedition. 8km had to be 8km, 5km had to be 5km, 3km had to be 3km and not otherwise.

I recall our last boat and water experience where we were full on board a boat. As the boat director was controlling the boat, the boat kept sliding to the point of perceived capsizing. Fear and panic could be felt, but I think in our minds, the boat rider knew what he was doing and we were reassured that when he was making a turn, the boat would behave that way.

That experience made me reflect that amid trouble, one needs to be focused and trust that things will be all right, especially when your facts and figures are right and most importantly, you trust the one in control. - **Albert Nii Nortey Dowuona**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



At this juncture, I do believe when they say the mindset one has is a determinate factor to the kind of life one will live.

This expedition has challenged my mental fortitude, exposed a capacity of determination I didn't know I had, and proved to me that I need not rely on external endorsement for advancement. I have also realised that taking little steps matter more than the big perfect picture. I have learned to particularly appreciate people in my life because you can't do life alone.

It's been a great expedition and an eye-opener to what's important in life: friendship and proper mindsets. – **Esther Asroh – Primary School**

Campus Teacher.

I started this expedition excitedly and couldn't wait to experience all the activities. Honestly, I was a little apprehensive as I was terrified of kayaking (I have this terrible fear of open-air water, like rivers, lakes, and seas, and I cannot imagine myself being on a small boat like a kayak).

Finally, the first-day hike started well but ended terribly since I did not eat enough and started feeling dizzy. I learned my lesson and promised to eat enough for the next day's hike.

Then came what I dreaded most: the kayak and paddling on the lake (my nerves were up just by thinking of being on that vast expanse of water) and capsizing our boat in the lake. However, this experience became my most memorable one as I not only enjoyed the paddling but I felt so good by falling in the water and holding our kayak so firm and waiting to be rescued. My fear of water disappeared that very moment.



The following day, I enjoyed paddling on the lake, and though the wind was against us, it felt so good, and I was so relaxed and happy. I really struggled with the 12km hike as climbing the hills was a strenuous workout for me. I nearly quit after the first hill. However, I am happy I didn't and I finished it. The boat ride back to the other island was quite peaceful as I could not wait to be on the lake again.

DoEIA Award Leaders & Assessors Expedition Camp, 2023

The last day's hike was easier as my body was getting used to it, and when we finally got closer to town, I shouted joy. Then came from nowhere, a reaction on my skin from some trees in the forest. Perhaps...What to say? This adventure has been exciting. It's life-changing.

I did not dread the hike, which was my greatest challenge. What I thought I could do easily was the most challenging for me. This is a big lesson for me. I made peace with open-air water. My fear of large water bodies just disappeared. I conquered them.

What I feared the most was what I enjoyed the most. Life is meant to be explored, and if you don't, you may regret it. I learned to conquer my fears, and I discovered some of my weaknesses along.

What you think is your greatest challenge can be conquered. Just face it. But be prepared! What you underestimate could be your next biggest challenge, like my case with the hike. I underestimated it, and I learned it the hard way. My skin will also need to be taught to befriend the trees in the forest.

Next time, I will prepare better and live it fully and embrace whatever may come from the experience. Enjoy it all, prepare for all, and never underestimate any of the activities. – **Ruth Lawson, Primary Campus Teacher.**

TIS Staff expedition camp with BraveHearts. A journey from TIS to the promised land. We moved from TIS to Trident to engage in our first activity. We divided ourselves into groups



where we learnt how to use the paintball guns, and I had fun paintballing and winning with my group. The bus moved to Asikuma we alighted there, divided ourselves into three groups, and then started hiking from Asikuma to Survival Beach, which was 5 km. From there, we kayak to Survival Island. We did kayaking and capsizing it was 4km kayaking, and then came back to Survival Island to prepare our campsite and took our dinner, bath and sleep while some were at the bonfire. The next day we prepared for our journey by kayaking across

waves on the lake to the mountains, which was 8 km. We then start our 12 km mountain hiking by ascending and descending through rocks 428ft high on the mountain with valleys to another mountain to the lakeside. We were picked in a boat to cross the lake to camp at our last campsite (Labolabo). We got there, took our dinner, bath and slept. We woke up the next morning and prepared ourselves for the day's activity, had fun by singing and dancing, took our breakfast and then set off. From Labolabo to Anum, hiking for 7km through hills, and valleys to Anum Rural Bank to join the bus back to TIS. A journey from TIS to the promised land. I name a journey of no return because when you return, where are you going to, you have to continue until you reach the destination. It was full of fun at some point very challenging at some point that we started murmuring. But in all, it brought us together as one family back to the promised land which is TIS. We thank God for a safe journey. – **Martha Hoenyadzi, Main Campus Security.**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



This year's staff camp was my first camp with staff members and the experience was worth every minute.

Upon arrival at the Trident, our first activity was paintball which was a very competitive one. The connection I made with real life is that good communication is very key to the progress of every venture. Also, working together towards achieving a goal makes it easier and doable. Our second activity was a 5km hike to one section of the Volta Lake. This didn't come easily since some Alpha members were exhausted and couldn't carry

on. We had to carry some backpacks and pull them along the way because that was the only way they would move. The lesson learnt is never to leave team members behind because we are a unit and must end together.

Our third activity was to kayak 3km from the shore to Survival Island. I had no fear since it was my second time doing this activity. Close to the end of this drill came my worst nightmare which is the capsizing drill. I wasn't mentally prepared for this activity but had to come to terms with the fact that it would happen. I stayed calm as we all received instructions from our leader Mr JayJay.

Upon watching other people capsize and climb aboard their kayaks with JayJay's reassuring words. I gained some hope that I was going to do it. A lesson I picked from this activity is that amid fear, one needs to stay calm and focus on how best to navigate your way through rather than panicking, which might cause unwanted problems.

We started day 2 by kayaking for 8km within a space of 2hrs. It wasn't an easy task as my partner was a female. There were times that she wasn't paddling to my rhythm, which slowed us down at some points. Nonetheless, I kept giving instructions to her and once we found our rhythm, we made it to the finish line.

This continued shortly after with a 12km hike on some steep Rocky Mountains. This was the most challenging part of the camp (i.e., hiking through 3 mountains). The mountains were so high and steep that it made me appreciate the need for a rest or a break. This is because I thought I could go on and on for a long time but that was not to be the case. The lesson learnt is that rest is important in achieving your goals. This is because resting gives you the energy to move on and achieve your target.



DoEIA Award Leaders & Assessors Expedition Camp, 2023

The final activity was a 7km hike to Anum township to meet the bus. The most exciting part throughout the three days was the joy on the faces of the alpha members when we got to the Presby church, which marked the end of the hiking activity. Also, I got to meet one of my music students in SHS being a member of the Rangers that embarked on this journey with us. The lesson learnt is that we must try to keep hope alive until the very last minute because we know victory is fully assured. – **Prosper Fiebor, Main Campus Music Teacher.**



We had a fantastic three-day hiking trip that I will never forget. During these 3 Days, I relished the splendour of nature: how beautiful it can be when we take the time to see what is around us, the difficulty of the hike, and the companionship of our company, how everyone was willing to share, even water, to the last drop.

I gained much knowledge about myself, and others. Of which the most important will be that, I need to figure out how to swim and keep calm even with a life jacket strapped on me! Again, I plan to take some dance lessons As soon as possible after realising I am a terrible dancer. I am appreciative of this opportunity, and I am eager for many

hikes to come. – **Joshua Tettey Nartey, Designer, Main Campus.**

Deliberately capsizing the kayak was a big challenge because open water like the lake is no friend of mine. I didn't think I could do it initially, but seeing others who looked more scared than I was made me feel like, at least, I wasn't alone. All I had to do was to stay calm and follow instructions.



My second challenge was climbing the Rocky Mountains. Apart from the muscle ache, which I felt was normal considering they were the ones doing all the work, my left knee hurt like hell, and I couldn't figure out why until others also complained. I guess it was because of climbing the steep and rocky mountain. I had to persevere through the pain, and in the end, it paid off. The lessons learnt from all this; perseverance always pays off; where there's a will, there's a way, and keep calm when you are afraid. – **David Bayiste, IT, Main Campus.**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



When the team arrived at Asikuma after the first activity, which was paintballing, we engaged in a 5km walk to the twin islands, and I thought the rest of the expedition was going to be easy, “hmmm” Why hmmm? Because I heard someone saying we are going to do three times of that the next day.

The next day we were paired and tasked to kayak to Survive Island. During kayaking, we were tasked to do the capsized drill and I thought to myself, how will I do this? The thought

of it alone is crazy and scary, but in that instance, all I had to do was to keep calm and listen to the instructions from the Ranger.

On the second day, we kayaked from Survival Island to the mountain. So, we hiked over 12.84km to our destination, where we boarded a boat to Labolabo where we camped for the last night. The sailing on the boat to Labolabo wasn't a smooth one, it was my greatest challenge during the expedition. The speed boat was loaded and it was moving from left to right, so I asked the one beside me, “Are you afraid?” and he said, "No I'm not afraid", but looking at his reaction, he was afraid. Then I heard someone behind me saying, "Please relax," and I was calm. – **Richard Ofori, Kitchen, Main Campus.**

The whole orientation for the expedition got my nerves shaking. Well, I thought it was all talks to get my mind made up to meet a tough journey. However, the journey was indeed just as it was told. My body, soul and mind were pushed. Activities like kayaking and capsizing drill got my intestines drooling down my body. I saw how important the drill was until I got my water-filled kayak and had to rescue myself from sinking. The hiking, however, was refreshing and challenging at some points but I think it was good for my well-being. The food we ate was awesome.



The boat ride was the scary part of the trip, and I won't wish to have a boat ride again. – **Dennis Dzah, Primary Campus, Drama and Dance Teacher.**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



Reflecting on the expedition where we hiked and kayaked, I recall a particular moment that stands out - the moment my kayak capsized. It was a challenging and memorable experience that taught me valuable lessons about perseverance, teamwork, and adapting to unexpected circumstances. As we set off on our expedition, the anticipation of a thrilling adventure filled the air. Combining hiking and kayaking promises a unique and exciting journey through nature's wonders. My Alpha group had only newcomers, all eager to explore the great outdoors.

The hiking portion of the expedition allowed me to immerse myself in the beauty of untouched landscapes. We trekked through forests, and conquered steep inclines, bonding along the way. The hiking served as a warm-up for the main event - kayaking. Equipped with our kayaks, we paddled into the Volta Lake, known for its rapids and unpredictable currents. My colleague Dennis and I maneuvered through the rushing water, enjoying the thrill of overcoming each rapid. The adrenaline rush was unmatched. However, nature had a surprise in store for us. Our kayak suddenly capsized as we approached a particularly challenging section of the river. The shock and disorientation we experienced were intense, and for a moment, fear gripped us but I managed to keep calm. I wish I could speak the same for Dennis but amidst the chaos, the importance of our team's unity became evident. My fellow expedition members came to our aid. Their support and encouragement instilled a sense of resilience within me. While the experience was daunting, it also reminded me of the strength that lies in camaraderie and the significance of relying on others during difficult times. This unexpected turn of events also

highlighted the need for flexibility and adaptability. The expedition taught us the importance of planning and preparation, but sometimes, despite our best efforts, things don't go according to plan. The capsizing incident reminded us that the path



to success is often riddled with obstacles, and our ability to adjust and remain calm in the face of adversity sets us apart. Ultimately, this expedition taught me that the true beauty of outdoor adventures lies not only in the breathtaking landscapes or thrilling moments but in the personal growth that arises from overcoming challenges. The experience of my kayak capsizing served as a humbling reminder of our human vulnerability and a testament to the strength we find within ourselves and our companions. Looking back, I am grateful for the opportunity to have embarked on such an incredible adventure. The memories created and the lessons learned during this expedition will forever shape my perspective on outdoor exploration and life. – **Mawuli Zonyrah, CAS Advisor, Assistant Teacher Product and Design, Main Campus.**

DoEIA Award Leaders & Assessors Expedition Camp, 2023



Our exciting expedition took off well with my workmates, and it's already been an unforgettable experience. We embarked on a thrilling 12 km water kayaking adventure, navigating through the pristine river surrounded by stunning natural landscapes. Gliding through the water, with the sun shining above and the cool breeze against my face, was incredibly refreshing.

Kayaking with my colleagues fostered a sense of teamwork and allowed us to appreciate the beauty of nature together. We encouraged and supported each other, sharing laughs and occasional splashes as we maneuvered through the twists and turns of the river.

It was a wonderful opportunity to bond with my coworkers outside the office, strengthening our relationships and building trust.

Upon reaching our destination, we set up camp by the riverfront. As the sun set, we gathered around the crackling campfire, enjoying delicious meals and engaging in lively conversations. The tranquil ambience and the soothing sound of the flowing river created the perfect backdrop for relaxation and reflection.

Today was all about challenging ourselves physically and mentally as we embarked on a 22km mountain hike. The trail tested our endurance, but the breathtaking vistas and sense of accomplishment made it all worthwhile. The mountainous terrain offered diverse landscapes, from dense forests to rocky peaks, which kept us engaged and motivated throughout the journey.



The hike demanded teamwork and perseverance, as we supported each other during the steep ascents and tricky descents. We pushed our limits, encouraging one another to keep going, and celebrated small victories. The camaraderie that developed during the trek was truly remarkable, as we shared laughter, snacks, and stories, forging deeper connections as colleagues and friends.

We were rewarded with a panoramic view of the surrounding mountains and valleys as we reached the summit. The feeling of accomplishment and the beauty of nature's grandeur left us in awe. It was a humbling reminder of the importance of embracing challenges and pushing beyond our comfort zones.

The final day of our expedition arrived, and it was a day to cherish and savor the memories we had created together.

DoEIA Award Leaders & Assessors Expedition Camp, 2023

After breakfast, we had some leisure time to explore the area and engage in activities like sightseeing and swimming in the river. The peacefulness of the surroundings allowed us to unwind and appreciate the serenity. The expedition had ended, but the memories and experiences would stay with us forever. The sense of accomplishment, the laughter shared, and the bonds formed during these three days would undoubtedly strengthen our working relationships and foster a more positive and collaborative work environment.

This expedition taught us the importance of stepping outside our comfort zones, embracing challenges, and working together towards a common goal. It provided a much-needed break from our daily routines, allowing us to recharge and reconnect with nature. The kayaking, mountain hiking, and camping experiences pushed our boundaries and helped us discover our untapped potential.

Reflecting on these past three days, I am immensely grateful for the opportunity to embark on this expedition with my workmates. It has deepened our friendships and reminded us of the importance of teamwork, resilience, and appreciating the wonders of the natural world. I return to everyday life feeling rejuvenated, inspired, and eager to carry the lessons learned from this adventure into both my personal and professional spheres – **Hagan Ntimah, Art Teacher, Primary Campus.**

The expedition gave me the opportunity in the following areas: bonding and collaboration: I got the chance to mingle, associate and make decisions with were very useful to my team and me.

It allowed me to relate with different people with different backgrounds ethnicity, religion, culture etc., and accept individual differences.

I built up my confidence and risk-taking potential as I ventured into different environments, such as engaging with large masses of water bodies, and mountains, sleeping outside the



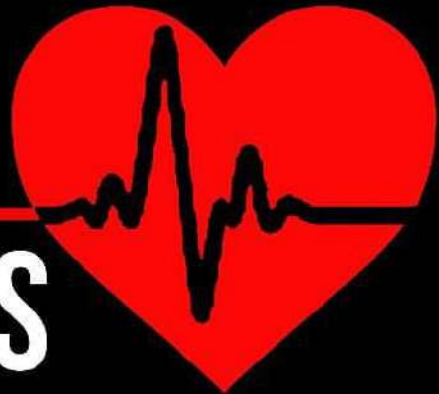
comfort of my home etc. this greatly built my confidence and the fact that one can do whatever you set your mind to do with ease. – **Charles Teye, Primary Campus Teacher.**





Healthy Heart: Healthy Life CAS Project Fund Raiser

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



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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 changing 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 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 CAS PROJECT – WE NEED YOUR HELP.

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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 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 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 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 – <https://makewehelp.com/donation/saniflush-cas-project-we-need-your-help-2>**

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



Therefore, we would like to extend an earnest request to you for your assistance in raising **GHC 25,000.00** (Twenty-Five Thousand Ghana Cedis) to 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



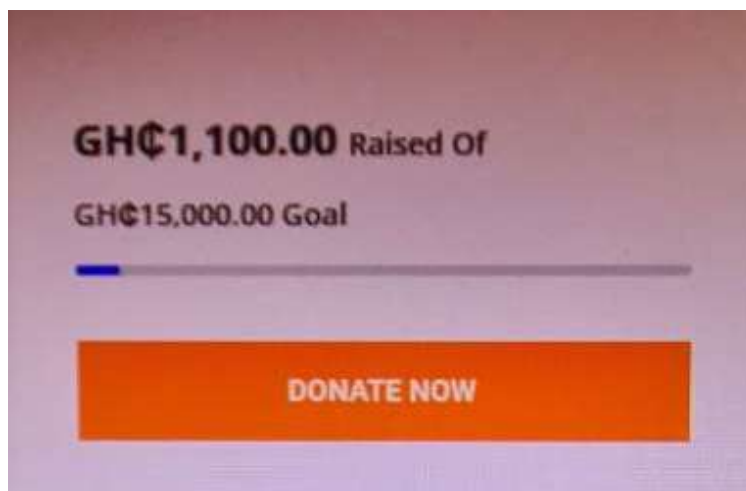
SUSTAINABLE DEVELOPMENT GOALS

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 the high cost of living in Ghana, 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**. We aim 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>

The Fast and Furious TIS – Staff Development Week



The Fast and Furious TIS – Staff Development Week



The Fast and Furious TIS – Staff Development Week



HOSTEL NEWS

DRESS CODE

Dear Students and Parents,

Kindly be reminded of required dress code for our students:

DRESS CODE FOR BOYS

- Wristwatches are mandatory during school hours.
- Jewellery is allowed during prep and weekends except on visiting days and school functions
- Excluding Fridays, prescribed footwear during school hours is Black shoes only.
- Any footwear is acceptable on Fridays, excluding crocs, slides or flip flops.
- Slides and crocs are prohibited during church services and any other formal school functions.
- Appropriate School Attire on Fridays includes official school activity t-shirts, TIS polo, African wear or school uniform.
- Pyjamas and Tank Tops are only allowed in the hostel.
- Shorts must not be more than 2 inches above the knee.
- Durags and hats can be worn on weekends except during visiting days and school functions.
- Ripped jeans are prohibited
- School uniform should not be altered except by the school tailor.
- Uniform Trousers should not be skin tight and the length should not be above the ankle.
- Uniform shirt must not be skin tight
- Hair must be neatly combed or brushed at all times.
- Hair length should not exceed one inch (2.5cm).
- Carrying pocket tissues is mandatory during school hours.
- Strapped sandals or half shoe should go with Kaftan and African Print shirts

DRESS CODE FOR GIRLS

- Biker shorts aren't allowed.
- Shorts' length must be just above your knee.
- Crop tops and short tops must be worn with an under-top.
- Tanks tops and spaghetti strap tops aren't allowed. If worn, something must be worn over it.
- When wearing leggings, the top must be long enough to cover the buttocks.
- Sweatpants, leggings, shorts, slippers, slides, and shorts aren't allowed on Friday to school.
- Only jeans are allowed on Friday with activity shirts
- Only black shoes are allowed on weekdays. No other footwear is allowed during school hours (excluding Friday).

- PHE shorts must only be worn when going to partake in sporting activities.
- Bodycon dresses are not allowed.
- Shorts are not allowed during prep. They are only allowed from Friday Dinner to Sunday dinner (on weekends).
- Jewelry (necklaces, rings, etc.) is only allowed to prep and during the weekends— **not during the school week.**
- Wearing more than one pair of earrings is only permitted during non-school hours.
- It must be no longer than mid-back. During the school day, your hair must be in a bun.
- Nothing apart from your watch must be on your wrist (no rubber bands, ribbons, wrist bands, etc.)
- Long/oversized tops must be worn with long shorts.
- Slippers are not allowed in church. All sandals must have straps behind the ankle.
- Blue jeans are not allowed for church.
- Uniforms are not allowed for dinner.

LAUNDRY SERVICE

There are two laundry service providers available for students' patronage.

They are

Laundry people (+233202967326)

Klinwash Services (+233502433397)



COUNSELLORS' CORNER



“It’s never too late to become who you want to be. I hope you live a life that you’re proud of, and if you find that you’re not, I hope you have the strength to start over.”

F. Scott Fitzgerald

All things new! Take another bold step of positive action to make things better. To our student body, come prepared in your hearts and minds to start on a fresh note. The TIS family is solidly behind you!



The possibilities of a fresh start are right at your fingertips. Here’s how:

- ✓ Allow yourself to learn to unlearn old habits which did not help you succeed.
- ✓ Always be in good company with friends that encourage you to do better!
- ✓ Picture yourself. In some years to come, what do you want to achieve?
- ✓ Open your hearts and minds to listen to management, parents, teachers, counsellors and all staff when guided to choose the right path. Don’t fight it!
- ✓ Take one step at a time as you enjoy the TIS learning experience. The right balance of academics and social skills for your holistic development!

DP2s - Game Over : University Application Season is On!



At TIS, the one-on-one university and career guidance support is an enriched system embedded in the educational curriculum, and it's **free of charge**. With seasoned and committed counsellors, all students are required to work up to speed and get ready with the following;

- ✓ Commonapp Applications opened on the 1 August 2023. Students applying to the US, as discussed in class, must fill in the online forms while at home with mum and dad.
- ✓ Applying Early Decision or Early Action as an early bird requires that, right about now, essay supplements and all other pertinent information be ready to be checked and submitted when school resumes.
- ✓ Regular applicants must also complete essay supplements, portfolios and other requirements as discussed extensively.
- ✓ Want to apply through QuestBridge? (Highly Competitive Full scholarship opportunity for American citizens only). Kindly get all the names and requirements of the universities of your interest, and let's begin once you return from the break.



- ✓ **Be assured that the University Guides are going to assist you at every step of the way. Avail yourself to be helped and take your guidance lessons and advice seriously which works to your advantage!**

College Visits



WE HAVE SEVERAL UNIVERSITY VISITS LINED UP AND A FEW FAIRS WITH REPUTABLE SCHOOLS FROM AROUND THE WORLD, VISITING US RIGHT HERE AT TIS! WE'LL KEEP YOU POSTED. DON'T MISS OUT!



DP2s:

INTERESTED IN MEDICINE OR LAW IN THE UK?

- ✓ PLEASE REGISTER NOW FOR THE LNAT, UCAT, AND BMAT BEFORE RETURNING TO SCHOOL! CONTACT THE COUNSELLORS FOR THE UCAS BUZZWORD OR IF YOU NEED HELP. SEE DETAILS BELOW:



Professional Exams Centre

- ✓ DP2s, PLEASE REGISTER NOW FOR THE LNAT, UCAT, BMAT BEFORE RETURNING TO SCHOOL! CONTACT THE COUNSELLORS FOR THE UCAS BUZZWORD OR IF YOU NEED HELP.



Contact Person: Roderick -0244167800

All students who want to take the professional examinations: UCAT, LNAT and BMAT should please contact Linear Assessment Centre for assistance. Click here:

<https://linearghana.com/>

For all exams:

| | |
|-------------------|--|
| Primary ID | A currently valid passport containing the candidate's photograph and signature. An unsigned passport is only acceptable if it is a biometric passport and does not contain a location for a signature. |
|-------------------|--|



Registration: <https://www.ucat.ac.uk/about-ucat/ucat-test-cycle/>

OPENS: 20TH June to 21ST September

Deadline: 2nd September 2023 (***)Based on availability of slots, register now, slots get filled up quickly)

Cost: £115

Test Day Deadline for UCAS Application: 15 October 2023



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

Candidates may only take the LNAT once per year (from September 01 to July 31.)

Cost: £70

Student must create accounts and have their username and passwords ready before time.

REGISTRATION OPEN: 1ST August to 20 January 2024

(**Deadlines: NOTE;** Oxford and Cambridge registration and testing deadline- before 15th October 2023, London School of Economics- registration and testing deadline- before 31st December 2023, all others, before 20th January 2024.

BMAT

OPENS: 1ST September 2023, **Registration Deadline:** 29TH September 2023, **don't wait, Register now! Exam registration takes place at the British Council**

Test Date: 18 October 2023

Cost: £104

Click here for more information: <https://www.admissionstesting.org/for-test-takers/bmat/bmat-october/dates-and-costs/>

BMAT CONTACT: SARAH BOATENG: +233-560027838



Dear DP1s and DP2s, you have 4 competent, experienced and dedicated University Guides to help you navigate the complicated, confusing and competitive university application process.

Take advantage of this opportunity! We will share the DP1, DP2 Application Timelines on ManageBac, keep track of all your deadlines, and work closely with your Counsellor.

DP2s must give your Counsellor minimum 2 weeks' notice of all your university deadlines & requests!



2023- 2024 TEST DATES

✓ **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 2023/24

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE |
|-----------------|-----------------------------------|
| 26 August 2023 | August 11, 2023 |
| 7 October 2023 | September 20, 2023 |
| 4 November 2023 | October 18, 2023 |
| 2 December 2023 | November 15, 2023 |
| 9 March 2024 | February 2024 TBD |
| 4 May 2024 | April 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!)

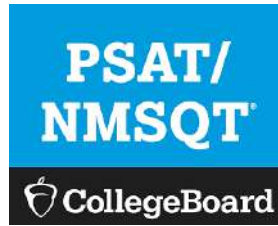
- ✓ ACT Registration Fees (Online payments only: Visit www.actstudent.org): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only: Credit Card)
- ✓ (TIS Test Centre Code: 870390, but inform counsellor first).



- ✓ 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 2023/24 (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 |



2023 Preliminary SAT (PSAT) EXAM DATE AND REGISTRATION DEADLINE:

| PSAT EXAM DATE | REGISTRATION DEADLINE | GLOBAL ORDERING DEADLINE |
|-----------------|-----------------------|--------------------------|
| 14 October 2023 | 25 August 2023 | 28 August 2023 |

Please email the University Guides right if interested (**Open mainly to grade 10 Students and DP1s only**): Eunice.aryee@tis.edu.gh Registration fee to be confirmed soon on Managebac.

Want to Register for SAT But Don't Know How? Follow these Steps!

1. Create a College Board Account. Make sure you save your user name (email) and password; **your first and last names should be exactly as it appears in your passport.**
2. Visit the SAT Registration Page, and Click "Register Now" Log in, go to the SAT suite, and then navigate to the College Board's SAT registration page. Click the "Register Now" button. Here's the link <https://satsuite.collegeboard.org/sat/registration>
3. Enter Your Personal Information
4. Select Your Test Date and Test Center- **TIS** as your test centre
5. Upload Your Photo
6. Add Optional Services and Practice Materials if you need to
7. Review Your Order and Confirm Your SAT Registration
8. Payment: Make payment with a valid visa card/credit card, to complete registration online
9. Download your SAT Admission ticket and email it to portia.atubiga@tis.edu.gh

Click here for more information <https://www.bestcolleges.com/test-prep/sat/registration/>
 Having Troubles Registering do not hesitate to contact Aunty Portia in person or email at portia.atubiga@tis.edu.gh

BEING SCHOOL READY

Getting ready for a new school year after a long vacation can be exciting. Here are a few critical things students can do to prepare:

1. **Get organised:** Start by organising your study materials, textbooks, and stationery. Having everything in place will help you stay focused and save time.

2. **Set goals:** Think about what you want to achieve in the upcoming year. Set realistic goals for your academics, extracurricular activities, and personal growth. It'll give you something to work towards.

3. **Review previous material:** Take some time to review the subjects you learned in the previous year. It'll help you refresh your memory and be better prepared for the new material.

4. **Establish a routine:** Start gradually adjusting your sleep schedule to match your school routine. Getting enough rest is crucial for staying alert and focused during classes.

5. **Plan your schedule:** Take a look at your class schedule and extracurricular activities. Plan out your day, including study time, breaks, and leisure activities. Having a schedule will help you manage your time effectively.

Remember, it's important to ease back into the school routine gradually. But, be ready to go from 21 August.

Importantly, start reducing screen time so that FOMO and twitchy fingers are not a major distraction when school starts.

Dr Ken Darvall

ReachOut

Checklist for DISTURBING CONTENT

| | | | |
|---|---|--|---|
| <p>Work out whether the content is right for your child. It might be around their age or just their personality, but trust your gut and put boundaries in place.</p> |  | <p>Read up on the issues it explores. If you show that you are comfortable and knowledgeable with the issues it explores your kids are more likely to open up to you during a tough time.</p> |  |
| <p>Stay up to date with pop culture. You may not care about the Bieber's or Beyonce's of this world but following sites like Pedestrian.tv and news.com.au will help you stay ahead of the game.</p> |  | <p>Make sure they know that not everything they see is how it appears. Have a frank conversation about not taking everything on the internet at face value.</p> |  |
| <p>Tell them that they don't have to watch something if they don't want to. <i>Brainstorm ways they can say no to their peers</i> and feel confident making their own decisions.</p> |  | <p>Encourage them to practice self-care. If they are going to watch something make sure they've got an arsenal of things to pick them back up afterwards.</p> |  |
| <p>Offer to watch it with them. That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.</p> |  | <p>Let them know where to go for help. Ask them who they would feel comfortable talking to and connect them with services like ReachOut or Kids Helpline.</p> |  |

TIS INTEGRITY Code

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

As a TIS family member,

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

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



Tema International School

