

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

- 14/1/24: Secondary students return to hostels.
- 15/1/24: Second semester P-12 classes commence.
- 15-21/1/24: Alumni Homecoming Week.
- 24/1/24: Secondary Student Council Elections by voting.

Thought for the Week

Success is something you attract by the person you become.

Jim Rohn



Welcome to Semester 2

And then....it was time to start the second semester! I hope everyone enjoyed the break and recharged themselves and prepared themselves for S2. Secondary students return to hostels on Sunday, 14 January, with all classes P-12 commencing on Monday, 15 January.

And a few other things....

• **Health and wellness:** please ensure your son/daughter is well when returning to school. There are plenty of infectious 'bugs' about, so please take responsibility for everyone's health by observing good practice. Sanitise your hands often and wear a facemask if unwell.

• **Admissions:** second round admissions will be conducted in February. If seeking a place for your son or daughter in August 2024, then apply now, to avoid missing out. Please visit: <https://tis.openapply.com>



"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.

Visiting Protocols

For visits until 26 May 2024, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/hn8s8>

Complete your details and click *next* to select your day and time. Then click next to receive a confirmation of your booking.

If you do not receive confirmation of the date and time, then you have not completed your booking.

Weekend times will usually go from 2.00 - 5.00pm on Saturdays, Sundays and public holidays Sessions are 60 minutes.

There are restrictions on food and/or drink may be consumed during a visit.

Book early to avoid disappointment.

- **Accounts:** Hopefully, all parents resolved any account issues with Mr Quansah by today. Account issues are frustrating, especially if you do not receive them. Please remember that our accounts (and other communication from TIS) often hit your spam/junk folder. So, please check your spam regularly. Please ensure we have your current email address. Make sure your inbox is not full. I hope we can make these hassles a thing of the past in 2024! Please always remember to email a copy of your bank payment receipt to our finance team to assist tracking payments.
- **Athletics Championships:** The secondary school athletics championships will be held on 27 January. Entries are now open for students. Please visit: <https://www.schoolinterviews.com.au/code/d4k3d>
- **Visiting Protocols:** As mentioned in the adjacent side column, the online booking system for second semester is now open for secondary school parents. Please follow the instructions to ensure a hassle-free booking process.
- **Secondary School Exeats Process:** Please see the instructions on page 4 of this Bulletin. Please note the requirements for a medical exeat (same-day only) Otherwise a general exeat application needs to be completed.

I appreciate your support. Enjoy each day.

Dr Ken Darvall (Principal). principal@tis.edu.gh





BALANCE
@
TIS



TEMA INTERNATIONAL SCHOOL

MAIN CAMPUS INFORMATION



Exeat

There are two types of exeats: general and medical.

All students will be allowed two exeats each mid-semester. Please plan accordingly to avoid disappointments.

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

The integrity of an exeat request is critical.

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

No exeats will be granted during the last week before a semester break.

Parents/Drivers must show the approval exeat from their phone to enter (NO SHOW. NO GO!).

Students must return by 5.00pm on Sundays (weekend exeats).



General Exeat

A general exeat will cover passport and visa matters, as well as family events. These must not exceed more than two per mid-semester.

Access the general exeat form from here: <https://www.tis.edu.gh/exeat-form/>



Medical Exeat

A medical exeat will cover medical, dental, optical, and hospital appointments. When possible, appointments should be made for Saturdays, to minimise learning loss.

Access the medical exeat form from here: <https://www.tis.edu.gh/medical-exeat-form/>

A medical exeat is for the same day departure and return. Otherwise, it is a general exeat. Requesting a medical exeat with a departure on Friday and a return on Sunday is a weekend (general) exeat.



TEMA INTERNATIONAL SCHOOL



LANGUAGE & CULTURE IMMERSION PROGRAM

FRANCE-SPAIN TRIP 2024



WED 15 JUNE - FRI 7 JULY 2024

📍 FRANCE: ANTIBES, PARIS 📍 SPAIN: BARCELONA, MADRID

Registration Deadline: Wed. 15 January 2024



Join this educational language Immersion Program and embark on a transformative journey to fluency and cultural discovery.

For more information, contact:

Gina - 0246492051

Mr. Agbeko - 024 321 9784 / kagbeko@tis.edu.gh

Phoebe Fafa Wensley- 0571892375/ phoebe.wensley@tis.edu.gh

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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24	25	26	27	28	29	30

October 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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29	30	31				

November 2023						
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December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	30
31						

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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28	29	30	31			

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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March 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	30
31						









April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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June 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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30						

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

COLOUR KEY

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

Public Holidays

4/8/23	Founders' Day
21/9/23	Kwame Nkrumah Memorial Day
1/12/23	Farmers' Day
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 mooting 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	No classes; G12 TOK Exhibition; PP Criterion B final due
23/9/23	TIS Volleyball Championships. NO EXEATS
2-6/10/23	20 th Anniversary TIS Spirit Week. NO EXEATS
2/10/23	TIS Education Forum: 2.00pm NO EXEATS
3/10/23	TIS Founders' Day - Special Assembly: Main Campus admissions open for 2024/2025
7/10/23	SAT; Anniversary Durbar. NO EXEATS
8/10/23	20 th anniversary 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
26-28/10/23	Ghana MUN (GIS)
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
21-22/11/23	Group 4 Project
24-30/11/23	G10 end of semester eAssessments (Reports due 10/12/23)
27/11-8/12/23	G11-12 end of semester exams (Reports due 15/12/23)
27/11/23	PP Criterion C completion
2/12/23	SAT
3/12/23	SC applications open for 2024 elections
7/12/23	Christmas Lunch
8/12/23	PP Final Report due
9/12/23	ACT;
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. NO EXEATS BEFORE 1.00PM
29-31/1/24	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
3/2/24	SC Leadership Camp NO EXEATS FOR SCHOOL LEADERS
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 NO G10 EXEATS
15/2/24	G11 TOK Exhibition. NO G11 EXEATS
16-17/2/24	TIS Basketball Championships; TIS Senior Tennis Championships
17/2/24	Chocolate Friendship Day
19/2-2/3/24	DP Mocks. NO G12 EXEATS
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). NO G12 EXEATS
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
15-23/5/24	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
15/6/24	France/Spain trips commence
5/7/24	France/Spain trips end
22-25/7/24	Dukies' Gold Level expedition camp

TBD

- Group 4 Project (G12)
- 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	No classes. Sign Language Day
29/9/23	End of UOI #1 Celebrations
9-14/10/23	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

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Change ^{the} World Through Excellence

#Make a Difference



Admissions 2024/2025

Admissions for the next academic year are now open for the secondary school, Grades 7-12.

Priority for TIS family members ended on 1 December 2023.

The first round of admissions has been completed. The second round will commence in February.

Prospective students are required to complete application forms online via <https://tis.openapply.com>

An application fee can be paid via [ExpressPay](#), at the school or into the school's account. The account details can be found on the Bank Details page.

All prospective students will take an aptitude test that does not require special preparation. An interview would be conducted before a final decision is made. Parents will be informed of the outcome of the selection process.

Only candidates who have fully completed the application form will be contacted for the aptitude test and subsequent interview.

Prospective families must ***arrange a school tour before the admission test and interview.***

Early applications and admissions are encouraged. Late applications will be considered if vacancies exist.

Grades 7, 8 and 9 applicants will be required to provide three current term or two semester reports.

Applicants for Grade 11 will be required to provide three current term or two semester reports, predicted grades and a recommendation letter. When final results are released, applicants must attach a scanned copy on OpenApply. The release of final results will confirm subject selection levels (Standard or Higher).

After the completion of the Middle Years Programme (Grade 10), TIS students are expected to complete the IB Diploma Programme in Grades 11 and 12. They will make initial subject selection choices during the second semester of Grade 10. The release of examination results will confirm subject selection levels (Standard or Higher). Please note that students are generally not accepted into (Grades 10 and 12,



Tema International School



MAIN CAMPUS
SECONDARY ADMISSIONS ARE OPEN FOR 2024/2025 ACADEMIC YEAR
FROM 3 OCTOBER 2023 UNTIL 31 MARCH 2024

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



TEMA INTERNATIONAL SCHOOL



Primary School Campus Admissions Open For 2024/2025 Academic Year

Flexible admission screenings and interviews



Entry Points in 2024

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.



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.

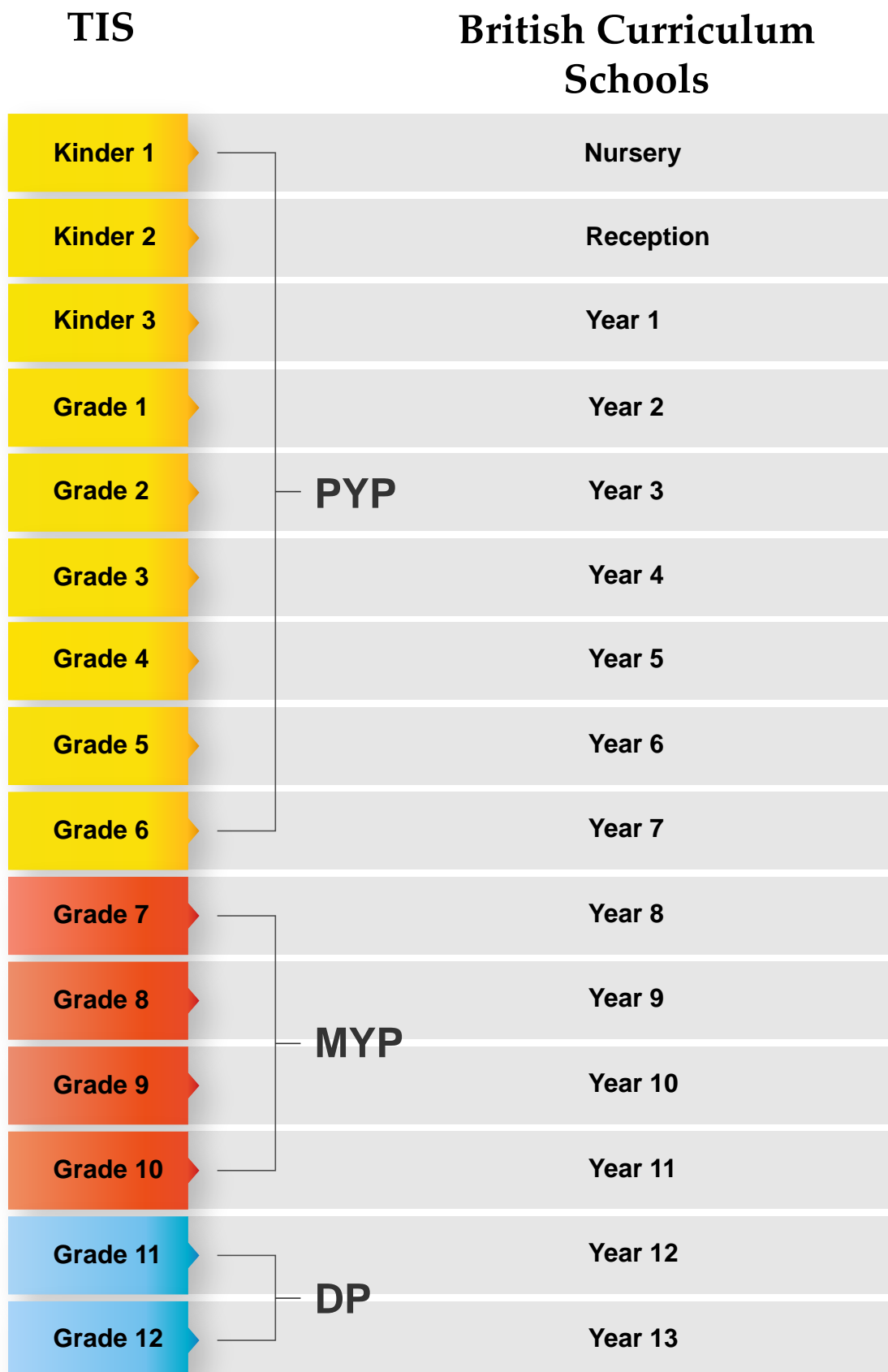
APPLICATION DECISION

- ✓ If an admission offer is made, you will have 21 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



HOSTEL CORNER

Health, Dress Code & Appearance Guidelines - A Gentle Reminder



Dear Parents,

Happy New Year. May this year be a fulfilling one for you and your family. Preparations are underway to receive yours as they return to the boarding house on Sunday, 14 January. Please take note of the following announcements.

Nose Masks

Our medical team has advised that all students wear nose masks for the first two weeks of the semester. This forms part of measures to reduce the spread of respiratory infections that may be brought from home.

We kindly request parents get their wards enough nose

marks to cover the period. Students would be encouraged to wash their hands regularly and avoid touching their faces when they return to school.

Labelling for Easy Identification

We encourage students to label their belongings for easy identification. This small yet significant step prevents mix-ups and ensures that your child's items are readily distinguishable from others.

African Print Outfits for Church: Every first Sunday of the month, we celebrate our African heritage by encouraging students to wear African print outfits for the church service. We kindly remind all students and parents to prepare these special outfits for these occasions.

Enforcement and Compliance: Our dedicated school administration and staff, work diligently to consistently and impartially enforce our dress code requirements. These guidelines serve as the foundation for a respectful and appropriate atmosphere within our school. It is important for students to understand the significance of adhering to these guidelines, as non-compliance may result in warnings, parental notifications, and, if necessary, disciplinary action.

Exact Dress Code: When students are leaving or returning to the school premises, it is imperative that they abide by our exact dress code. This requires wearing the TIS polo shirt and school uniform, paired with sneakers or sandals. We want to emphasise that slide-style shoes, crocs, and slippers are not permissible.

Girl's Dress Code Guidelines

- **General Appearance:** During the school day, students must maintain a tidy, clean, and decent appearance. For our female students, this includes neatly tied back and arranged hair.
- **Hair Length:** Girls should aim for hair at mid-back or shoulder length. Hair extensions should match their natural hair colour. Girls must adhere to these requirements to be asked to return home to make the necessary adjustments.
- **Clothing Guidelines:** Appropriate clothing should cover the torso, back, and belly adequately. Tank tops with wide straps are acceptable, while spaghetti straps are not. Crop tops are permitted when worn with appropriate undergarments.

- **Skirt and Shorts Length:** Skirts and shorts should extend no more than 2 inches above the knee. We encourage students to exercise good judgment and select clothing that reflects modesty.
- **Footwear:** All students should wear all-black shoes and socks to school. On Fridays, when the TIS Green Polo is donned, the footwear of choice should be full shoes and sneakers.
- **Accessories:** The use of excessive or distracting accessories is discouraged. Students are requested to refrain from wearing accessories such as sunglasses, jewellery, and hats while in school uniform. One pair of earrings is allowed when wearing school uniforms, and multiple pairs at the same time are not permitted.
- **Head Coverings:** Except for religious or medical reasons, students should avoid wearing hats, caps, or other head coverings within school premises. The exception to this rule is during sports events, and that is only for sporty hats.

Dress Code Guidelines for Boys

- **Clothing Guidelines:** Boys are encouraged to wear casual clothes for various activities, including hostel duties, physical activities, beach outings, games, ASA, and school trips. For after-school activities, we recommend simple plain trousers or shorts in blue, brown, black, grey, khaki, paired with matching shirts. Special occasions call for smart outfits such dress shirts and trousers and appropriate footwear.
- **Shoes:** Boys are expected to have appropriate footwear (dress shoes, sandals, sports shoes and slippers) for various occasions, including formal, casual, and sports activities. Black shoes are required for school. In the event where students have to wear sandals for school and formal events, they must have straps.
- **Hair Length:** Boys must maintain a hair length of one inch (2.5cm) and ensure that their hair is neatly combed or brushed at all times. Boys are encouraged to come school with their own combs and hairbrushes. Boys with facial hair are advised to come to school with shaving cream and after-shave to reduce bumps after shaving.

We sincerely appreciate your cooperation in helping your child adhere to these guidelines. Together, we can maintain an environment that promotes respect, discipline, and our students' overall growth and development.

If you have any inquiries or require further clarification on any aspect of the dress code and appearance guidelines, please feel free to contact **Setor Adih and Dennis Akortah, Hostel Coordinators**. Your participation is instrumental in preserving a learning environment that benefits everyone.

Kind regards,

Setor Adih
Girls' Hostel Coordinator

How Your Teenager Can Manage Distractions

It's entirely normal for teens to get distracted from studying from time to time, especially during stressful exam periods or when they're struggling to understand the work. Plus, the transition to digital school work and having the internet right at our fingertips means that it's never been easier to be distracted.

Avoiding doing work or study is a widespread response to feeling overwhelmed and stressed, but while leaning into a bit of self-care to get through high-stress study periods is one thing, you don't want your teen perfecting the art of procrastination because it'll come back to bite them during exam time.

If your teenager is struggling to balance study with school work, social media and other daily distractions, there are ways you can help them help themselves.

Set time aside for fun

After spending hours studying and working, it's to be expected that your teen might be feeling exhausted or stressed. While they may already have a study plan, please encourage them to have a fun plan, too. If they have a specific time set aside for relaxing, social media or gaming, they'll have less desire to distract themselves while working.

Take regular minibreaks

Suggest that they work in chunks of time – say, 20 minutes – then take a few minutes to get a drink, stretch and walk around. This will keep their energy, maintain their concentration and make their study more manageable. You might watch how they're going by having a cup of tea and a quick chat with them during one of these scheduled mini-breaks.

Block screen alerts

Encourage them to block the alerts if they're working on a tablet or computer linked to their messages or social media. When they're concentrating, a message alert pinging up will distract them and break their train of thought. They can go for it in their non-study time and catch up on social media.

Agree on 'phone free' zones

Talk about areas of the house that can become temporary phone-free zones, such as where they study and where everyone eats together. Encourage the whole family to play a role in making it happen.

Create a space they can concentrate in

This is especially important if your teen has to study in a common area with plenty of distractions, like the living room or kitchen. Being around a lot of noise and activity can significantly disrupt their study routine. Creating a space primarily dedicated to their study hours will help them focus and concentrate.

If you're unable to create a dedicated space, try to create a quiet environment where they're studying. Keep the TV turned down or off and avoid having lengthy conversations around them. If you have other kids, ask them to keep the noise down, so their sibling doesn't get distracted. Some people work best with silence, others with a hum of background noise or music. See what works for them.

Minimise interruptions

While they're studying, don't let anyone disturb them; leave it until they're having a break. Did you know that it takes most people around 20 minutes to get back on track with study after an interruption?

Monitor their sleep

Lack of sleep makes you lose focus, so it's easier to procrastinate or get distracted when you're tired. [Here's how you can help them get better sleep](#). On the flip side, if your teen is studying from home, there may be a temptation to hit snooze on the alarm and lay around all day. Explain the importance of maintaining a routine like this, including when they wake up and go to bed. [They can learn more sleep routine tips here](#).

Eat healthy, regular meals and snacks

Being hungry causes energy levels to drop and makes it hard to concentrate, so encourage your teen to eat proper meals and healthy energy snacks such as nuts. [Help them out by using these handy tips when cooking them food](#). Sharing a meal with your teen is a good chance to check in on how their study is going. Even a break for a quick lunch before heading back to the books gives you a chance to ask how they're feeling and support their wellbeing.

Cut the caffeine

Encourage them to drink lots of tap water; being hydrated will help them concentrate. Long days at the desk may make them keen for coffee (and lots of it!). Remind them that [too much of a good thing can be bad](#), and suggest alternatives: Herbal teas are an excellent calming substitute.

Exams, expectations and study loads can make your teenager stressed and easily distracted. Trying even a few of these tips can help you support them to manage teenage distractions, keep calm during exam periods and [study more efficiently](#), which reduces their overall stress and improves their wellbeing.

Source: https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-exam-stress/how-your-teen-can-manage-distractions?utm_medium=email&utm_campaign=MKTG%20231004_Schools_Exams_MZ&utm_content=MKTG%20231004_Schools_Exams_MZ+CID_6298b5ffa7f6c0adf6f60f87fe36a51&utm_source=ROemailCM&utm_term=Share%20with%20parents

COUNSELLORS' CORNER



Happy New Year TIS Family! We are thankful for life and for a fresh new year! Exciting times ahead! We look forward to welcoming our students and our alumni as we celebrate our ALUMNI HOMECOMING WEEK next week (20th Anniversary edition)! 😊

Get ready to be inspired, and for a heartwarming series of events and interactions with our incredible TIS Alumni!

Please see Alumni Homecoming flyer below and a table with the programme line up for the week-long celebration!



TEMA INTERNATIONAL SCHOOL



HOMECOMING

Monday 15 - Sunday 21 Jan 2024

Venue: TIS Main Campus

Theme: Celebrating our Founders' vision and values:
the bedrock for alumni success!



TIS Alumni Week, January 15– 21, 2024.

Theme: Celebrating our Founders' vision and values: the bedrock for alumni success!

DATE	TIME	VENUE	ACTIVITY	ORGANIZING TEAM
Mon. 15 January , 2024	8:20am	MPH	Official launching of the Week's Celebration by Alumni @morning assembly	University Guides, Morning Assembly Team, IT, Alumna Lawyer Seyram Nutsukupui, other Alumni, Hostel Parents CASSA Team.
Tues. 16 Jan., 2024	11:00 am- 12:00pm		<p>G8 Guidance lesson with Alumni: TIS VISION &VALUES how fundamental it is to students' holistic development in all spheres of their lives. Alumni share their experiences touching on the 3E effect : Education Experience Exposure The significance of allowing the TIS values and visions to be ingrained in you! TIS Culture and where it takes you!</p>	TIS Alumni- & University Guides
	3:00pm- 4:00pm		<p>G9 Guidance lesson with Alumni: TIS VISION &VALUES how fundamental it is to students' holistic development in all spheres of their lives. Alumni share their experiences touching on the 3E effect : Education Experience Exposure TIS Culture and where it takes you!</p> <p>AFTER SCHOOL WITH CASSA-TBD</p>	
Wed., 17 Jan., 2024	3:00pm- 4:00pm		<p>G10 Guidance lesson with Alumni: TIS VISION &VALUES how fundamental it is to students' holistic development in all spheres of their lives. Alumni share their experiences touching on the 3E effect : Education Experience Exposure TIS Culture and where it takes you!</p>	TIS Alumni- & University Guides

<p>Thurs.18. Jan. 2024</p>	<p>2:00pm- 3:00pm</p> <p>3:00pm- 4:00pm</p>		<p style="text-align: center;">AFTER SCHOOL WITH CASSA: CASSA Magic- TBD</p> <p>G11 Guidance lesson with Alumni: TIS VISION &VALUES how fundamental it is to students' holistic development in all spheres of their lives. Alumni share their experiences touching on the 3E effect : Education Experience Exposure TIS Culture and where it takes you!</p> <p>Getting there from here- Navigating the University Application Process. Transitioning successfully to university? What you need to know?</p> <p>G12 Guidance lesson with Alumni: TIS VISION &VALUES how fundamental it is to students' holistic development in all spheres of their lives. Alumni share their experiences touching on the 3E effect : Education Experience Exposure TIS Culture and where it takes you!</p> <p>A taste of university life. How it is like and how it feels like. Winning strategies</p> <p style="text-align: center;">AFTER SCHOOL WITH CASSA: CASSA Magic- TBD</p>	<p style="text-align: center;">CASSA Team</p> <p>TIS Alumni & University Guides</p> <p>TIS Alumni & University Guides</p> <p style="text-align: center;">CASSA Team</p>
<p>Fri.,19 Jan. 2024</p>	<p>3:00pm- 5:30pm</p>		<p style="text-align: center;">ADJAVON MEMORIAL CUP</p>	<p>Sports Dept., Alumni, Students, Staff</p>

	6:00pm	Night Talk Hostel (Boys and Girls)	<p>Friday Night Life: Twist and Turns</p> <p>Getting along with others- Buddies for life, Hygiene & Good Grooming, Taking Care of Belongings, Academics & Emotional Balance-Time Management -Self – Management.</p> <p>Managing one’s self is very important in terms of grooming, speech and behaviour. Students should be well informed about this as a key attribute for life, now and beyond.</p> <p>Collaboration. Not looking down on others. Seeing yourself so highly. In life the table can turn. Be humble, accommodating and kind.</p> <ul style="list-style-type: none"> - Challenges in between the journey from here and there and how best they can manage it successfully in order to excel. - Subject Selection for university programmes, selecting best fit programmes etc... - Issues such as absence from school matters. Example being present in school and not attending classes and its impact. - Being present in class and not being active or attentive and its impact. 	HOSTEL PARENTS, Alumni, University Guides
Sat. 20 Jan. 2023	9am		<p>"Literary Day" Series of workshops for all students</p>	Louis, Alumna Diana Adu-Gyimah and other alumni
	7pm-9pm		<p>Alumni Hangout- Night Life, Music and Dance</p>	Hostel Parents, Entertainment Committee, Grace (CASSA TEAM)
Sun., 21 Jan. 2024	11:00am		<p>Sunday Alumni Thanksgiving Service (All White)</p>	Chaplaincy Committee, Staff, Genesis, Students, Alumnus Gerald Kusi and other ALUMNI



DP2s: FAFSA Online Financial Aid Form is Opened
For US Citizens Only. OPENED ON 31 December 2023, Complete it right away!



Click here: <https://studentaid.gov/h/apply-for-aid/fafsa>

DP2s who are American citizens and a parent must create FAFSA accounts & apply for Federal aid right away. Don't be late for free money!



✓ **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
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>

ACT[®] 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
13 April 2024	2 February 2024
8 June 2024	26 April 2024

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.”**



