

TIS RECORD

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

At TIS,

.....

we believe that success is the result of: taking on new challenges by moving out of your comfort zone; ensuring consistency by avoiding complacency; understanding that performance requires balance; and reflecting on outcomes to set new personal best targets. After all, success is personal.

Contents

- PYP News: Page 9
- CASSA Corner: Page 25
- Dukes Expedition Reflections: Page 60
- Counsellors' Corner: Page 70

Key Dates

- 25/4-17/5/24: DP Final Exams
- 4/5/24: SAT Exam
- 6-17/5/24: MYP Final e-Assessments

Thought for the Week

.....

The beginner chases the right answers. The master chases the right questions.
- James Clear



Looking Ahead

1 June 2024 no longer looks that far away. There are probably a few more blinks since we have passed the middle of April!

Five key events occur during this time:

- DP final exams for G12 students.
- MYP eAssessments for G10 students.
- The PYP Exhibition.
- The Primary School Achievement and Graduation Ceremony.
- The Secondary School Achievement and Graduation Ceremony.



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

-Steve Bollar

Making Us Proud

- **Adalyn**, Grade 3 PYP student, demonstrated exemplary responsibility by tidying the cafeteria without being prompted and ensuring that chairs are rearranged neatly after meals.
- **Kadmiel Annan**, Grade 6 PYP student, extends his reading to other classes, meticulously reviewing newspaper reports written by peers and pointing out errors for correction, showcasing a commitment to excellence in written work.

Visiting Link

- 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.

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.

For G11 students who require SAT or ACT scores for their university applications next year, they must complete these test requirements by the end of June. Carrying them over into G12 is an unnecessary distraction when focusing on completing your coursework, IAs and university applications. You do not have the time to complete something you were required to do by the end of G11.

Secondary School parents are reminded that G7-11 students may depart after their Achievement and Graduation Ceremony on 1 June. Exeats will not be approved for early departures.

A draft calendar for the next academic year is attached for your information (on pages 5-8). Please note the usual rider that all dates and activities are current at the time of publication. Updates will be made monthly until August.

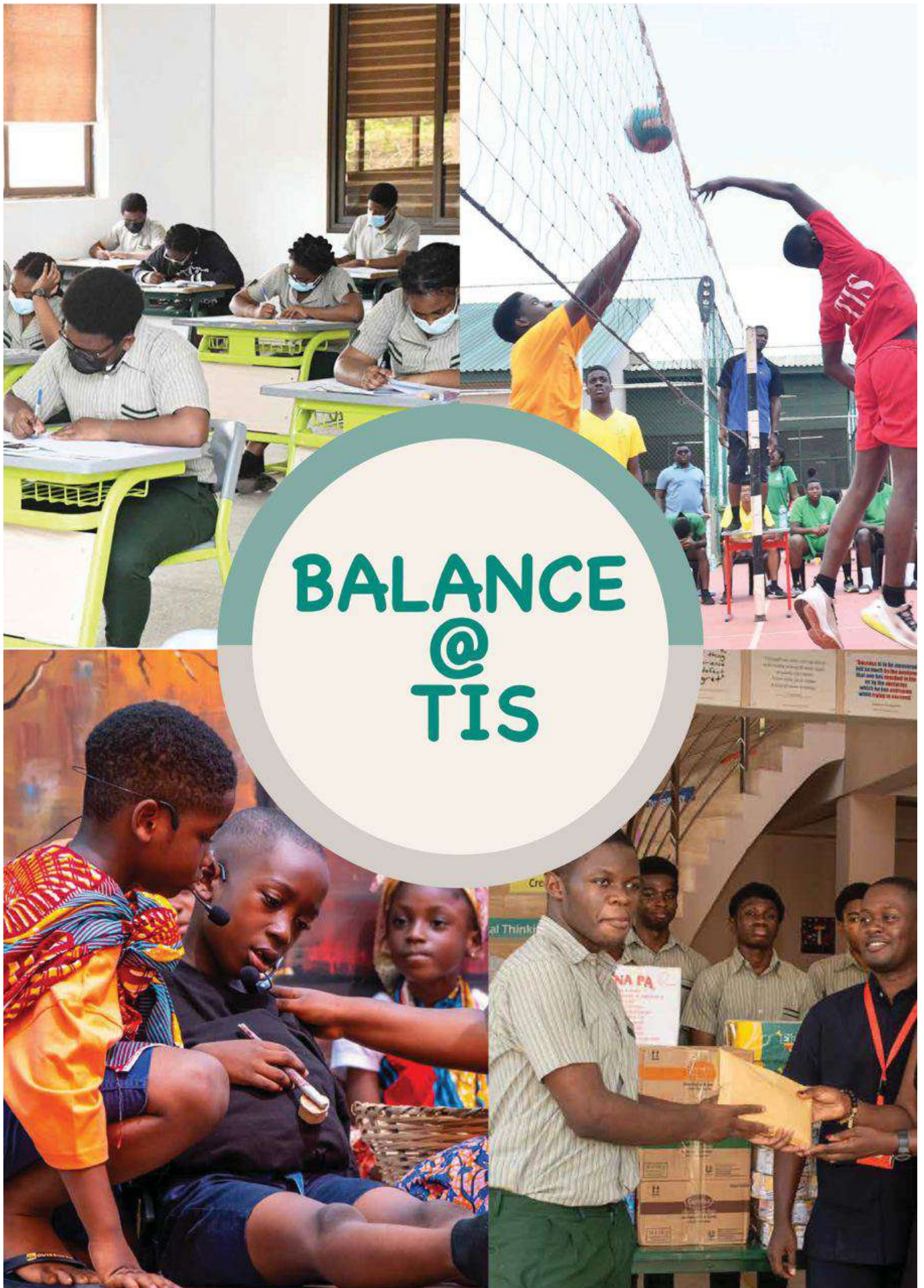
Admissions for 2024/2025

Admissions remain open for 2024/2025. To commence the process, please visit: <https://tis.openapply.com>

I appreciate your support. Enjoy each day.

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







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.

TIS 2024/25 School Calendar

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

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

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

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

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

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
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	

March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					







April 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

COLOUR KEY

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

NOTE: All dates/activities are current as of the date of publication and may be subject to change.

Public Holidays

4/8/24	Founders' Day
21/9/24	Kwame Nkrumah Memorial Day
6/12/24	Farmers' Day
7/1/25	Constitution Day
6/3/25	Independence Day
31/3/25	Eid Al Fitr (TBC)
18/4/25	Good Friday
20/4/25	Easter Monday
1/5/25	Labour Day

SI Internal Dates: Main Campus

1/8/24	2023 MYP Results Released; 2023 MYP Enquiries Upon Results Open
1/8/24	Senior management staff resume
6/8/24	Teachers resume; review of school policies
12/8/24	Student Council executives return
14/8/24	Newbies arrive
18/8/24	Continuing students resume
19/8/24	Secondary School classes commence; G9 Subject Selection
20/8/24	PP Criterion B draft due
22-24/8/24	G11 CAS & Dukies Orientation Camp
25/8/24	School Performance auditions
31/8/24	TIS Senior & Junior Soccer Championships
1/9/24	Thanksgiving Service (11.00am) NO EXEATS
7/9/24	ACT ; TISSA Soccer Championships/TISSA Badminton Championships
13-14/9/24	TIS Handball Championships (PM only);
14/9/24	MYP Parents Information session. (10.00am) NO EXEATS
21/9/24	TIS Sporty Family. NO EXEATS
22/9/24	PP Criterion B final due
23/9/24	TIS Volleyball Championships
28/9/24	TISSA Handball Championships
29/9-6/10/24	21 st Anniversary TIS Spirit Week. NO EXEATS
3/10/24	TIS Founders' Day. Main Campus admissions open for 2025/2026
5/10/24	SAT;
6/10/24	21 st anniversary Thanksgiving Service. NO EXEATS
7-9/10/24	Dukies Camp (Bronze, Silver and Gold)
7-12/10/24	Mid-semester break
12/10/24	PSAT
13/10/24	Students return to hostels
14/10/24	G9/G11 Changes to Subject Selections close
21/10/24	Student Council (SC) shadowing process commences; SEC Universities Fair (2.00-4.00pm)
22/10/24	G12 EE Café
26/10/24	ACT
30/10/24	PP Criterion C draft due
2/11/24	SAT
9/11/24	Annual Production NO EXEATS
11-12/11/24	Group 4 Project
20-26/11/24	G10 end of semester eAssessments (Reports due 9/12/23)
20-29/11/24	G11-12 end of semester exams (Reports due 10/12/23)
1/12/24	SC applications open for 2024 elections
2/12/24	PP Criterion C completion; Christmas Lunch
10/12/24	PP Final Report due
4/12/24	Last day for the first semester: Students may depart after 3-Way interviews.
11/12/24	Last day for teachers

S2

9-10/1/25	Staff training days
12/1/25	Students return to hostels; applications for 2024 SC positions close
13/1/25	Second semester commences.
13-19/1/25	Alumni Homecoming Week
19/1/25	Alumni Thanksgiving Service
20/1/25	SC Manifesto Readings
22/1/25	2023 Student Council elections by voting (7.00am-4.00pm)
25/1/25	TIS Athletic Championships. NO EXEATS BEFORE 1.00PM
29-31/1/25	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
1/2/25	SC Leadership Camp NO EXEATS FOR SCHOOL LEADERS
2/2/25	Student Leadership Induction Ceremony NO EXEATS
7/2/25	TIS Badminton Championships; TIS Tennis Championships
8/2/25	TIS STEM Fair. NO EXEATS
10-14/2/25	MYP Mock eAssessments NO G10 EXEATS
13/2/25	G11 TOK Exhibition. NO G11 EXEATS
14-15/2/25	TIS Basketball Championships; TIS Squash Championships;
15/2/25	Chocolate Friendship Day
17-28/2/25	DP Mocks. NO G12 EXEATS
26/2/25	PP standardisation and moderation (teachers)
1/3/25	MYP Projects (Personal & Community) NO EXEATS
2/3/25	TIS swimming championships (3.00 – 5.00pm)
7/3/25	SAT (Digital); TISSA Basketball Championships; TISSA Tennis & Squash Championships
14/3/25	Pi Day; PYP/MYP Info Day at Main Campus
15/3/25	Expression Day NO EXEATS
20-30/3/25	Mid-semester break
23-25/3/25	Dukies Bronze & Silver expedition camp
31/3/25	Draft 2025/2026 Calendar Overview Released
7/4/25	G12 Grad photos (All day). NO G12 EXEATS
13/4/25	ACT
13/4/25	Exam Candidates' Service NO EXEATS
17-21/4/25	Easter break
23/4-16/5/25	DP Final Exams
21/4/25	MYP5->DP1 info session
21/4/25	PP Criterion A draft due; G11 EE Cafe
3/5/25	SAT (Digital)
5 – 16/5/25	MYP eAssessments
17/5/25	Leavers' Dinner
19-30/5/25	G11 semester exams
24-29/5/25	G9 eAssessments
30/5/25	MYP4 (2025/2026) subject selections
7/6/25	2025 Annual Achievement and Graduation Ceremony; Last day for Secondary Classes
13/6/25	Last day for teachers; S2 reports published.
9-12/6/25	Dukies' (Bronze, Silver and Gold Levels) Expedition Camp
16/6/25	France/Spain trips commence
6/7/25	France/Spain trips end

TBD

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

Public Holidays

4/8/24	Founders' Day
21/9/24	Kwame Nkrumah Memorial Day
7/12/24	Farmers' Day
7/1/25	Constitution Day
6/3/25	Independence Day
31/3/25	Eid Al Fitr (TBC)
18/4/25	Good Friday
20/4/25	Easter Monday
1/5/25	Labour Day

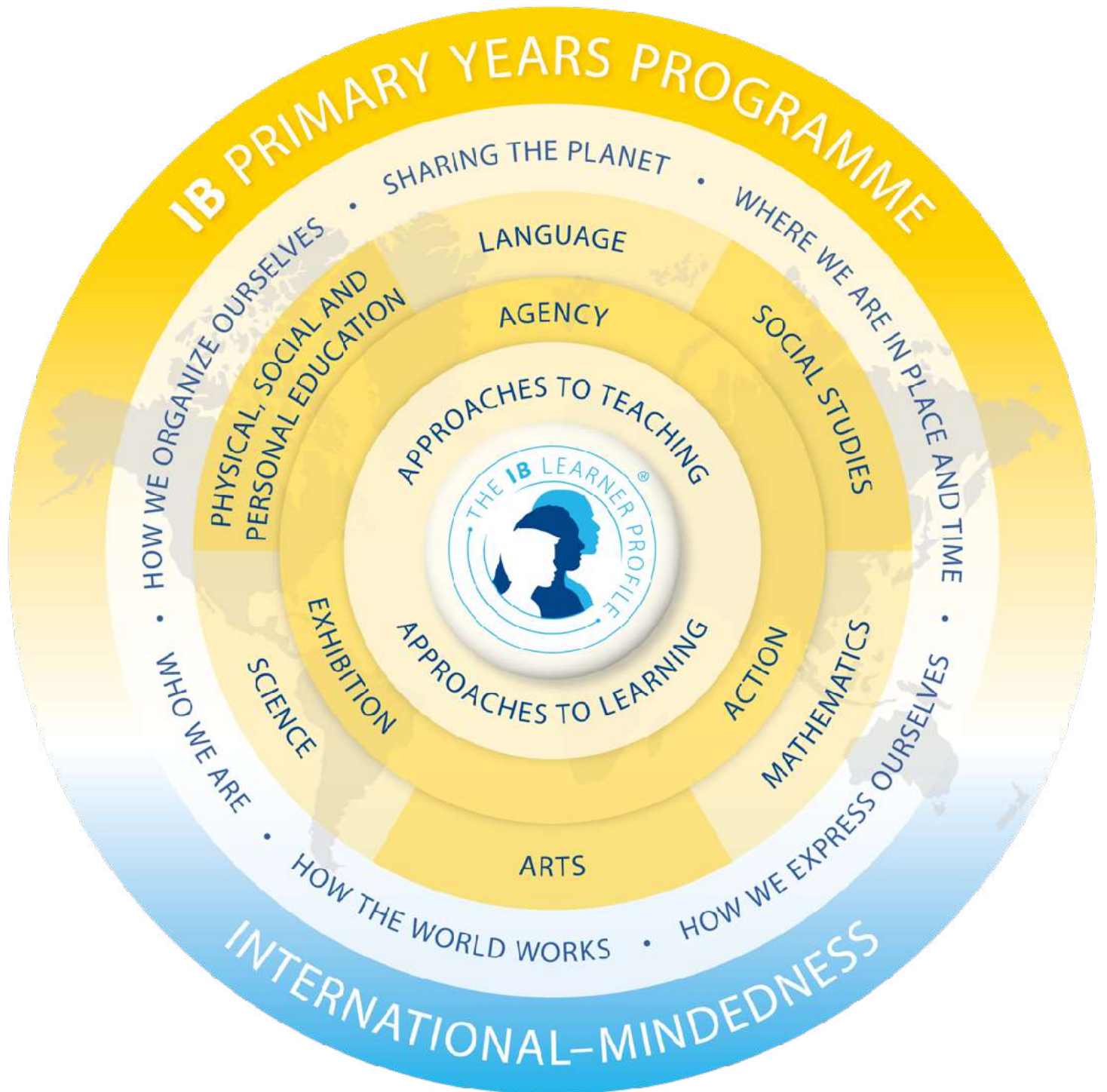
S1 Internal Dates (Primary School Campus)

7/8/24	Staff prep commences
16/8/24	Meet the teacher session
19/8/24	First semester commences
20/9/24	Sign Language Day
20/9/24	End of UOI #1 Celebrations
7-12/10/24	Mid-semester break
1/11/24	End of UOI #2 Celebrations
11/12/24	Book Day
11/12/24	End of UOI #3 Celebrations; Last day of semester
13/12/24	Last day for teachers

S2

9-10/1/25	Staff Training Days
14/2/25	End of UOI #4 Celebrations
14/2/25	Celebrating Additional Languages
14/3/25	PYP/MYP Info Day at Main Campus
21/3/25	Mother Tongue Day (Celebrating Culture)
21/3/25	End of UOI #5 Celebrations
23/3-2/4/25	Mid-semester break
19/4/25	Spelling Bee
16/5/25	Environment Day/ Unit Celebrations (K1-G4) & Visual Arts Exhibition
23/5/25	PYP Exhibition/ (Sports Picnic K1-G4)
30/5/25	2024 Achievers and Graduation Ceremony
6/6/25	Last day for teachers; S2 reports published

v. 130424



EVIDENCING LEARNING THROUGH CELEBRATIONS

The unit celebration at Tema International Primary School is a vibrant and inclusive event that celebrates diversity, learning, and community. It serves as a platform for students, teachers, and parents to come together to commemorate the completion of a unit of study. Students utilise performing arts such as drama, music, and dance to showcase their understanding of the unit's concepts. They enact skits, perform musical compositions, and choreograph dances that reflect the knowledge they have gained during the unit of study, allowing them to demonstrate their creativity, critical thinking, and collaborative skills. Through engaging activities and interactive displays, students celebrate their achievements and deepen their understanding of the unit's key concepts. The celebration fosters a sense of pride, belonging, and camaraderie within the school community, promoting a love for learning and a spirit of cooperation among all stakeholders.



Students performing an acrobatic and ballet activity



Students demonstrate their traditional dance skills.



Drama and dance session



Musical, dance and drama performances



Poetry recitals



Students actively engaged in a performance.



Students perform a traditional game and play.



Poetry recital and musical performances



Students actively engaged in melodrama performances.



Traditional music and dance performances.



International dance performances with a focus on international mindedness.



Captivating market scene performance by students

As the curtain falls on Tema International Primary School's unit celebration, it's not just the applause that fills the air—it's the feeling of learning, creativity, and togetherness. This event isn't just about showing off talents but showing how much students have learned. With each performance, they don't just entertain; they also show how well they understand what they've been studying.

They bring their lessons to life through drama, music, and dance in a way that textbooks can't. Everyone in the school community is involved, not just watching but taking part, feeling proud of what they've achieved together. It's not just a party; it's a journey of discovery, growth, and shared experiences. Even after the celebration ends, what stays is not just the memory of the celebration but the feeling of working together and loving to learn. Tema International Primary

School's unit celebration isn't just an ending; it's a beginning—a start of many more exciting adventures fuelled by everyone's shared excitement for learning and understanding.



The Musical Dialogue





TEMA INTERNATIONAL SCHOOL ACADEMICS



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



EDUCATION FOR A BETTER WORLD

Change ^{the} World Through Excellence

#Make a Difference





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.

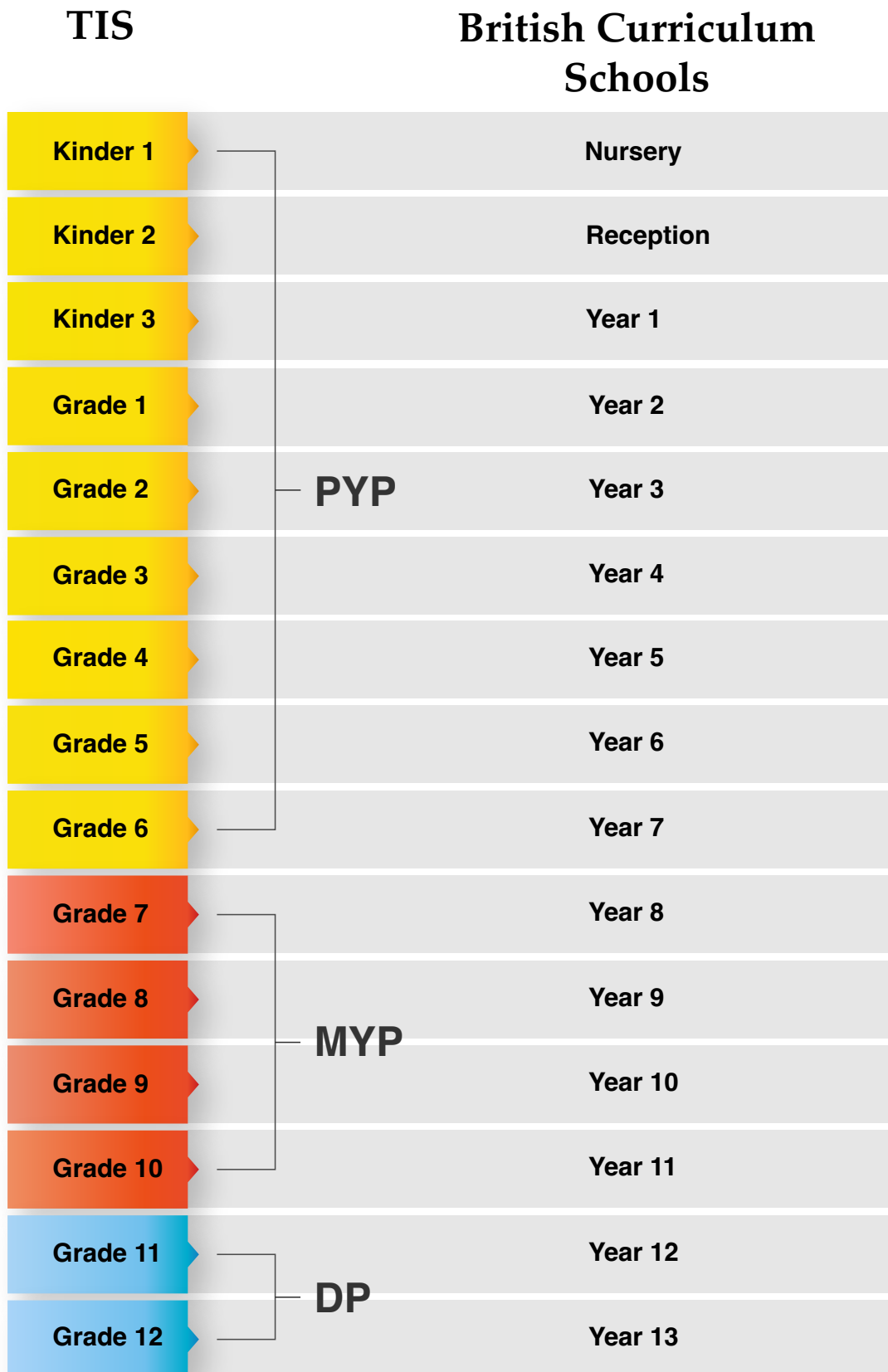
APPLICATION DECISION

- ✓ 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





Ten tips for acting with integrity

Always act with honesty and in a responsible and ethical manner—being conscious of the influence that you have on those around you can set a great example to others.



Familiarise yourself with the school's rules and ensure that you understand what academic integrity means and consists of.

Don't try to gain an **unfair** advantage in coursework, mock examinations, or assessments by copying someone else's answers or using a mobile phone during an exam, for example.



Always reference and cite other people's work that you have used in your essays—**be proud** of explaining that you understood someone else's ideas and thought that they were good. **Seek help** if you are struggling or are not sure of expectations.

Stand up for what is **right**—alert a member of staff at your school if you suspect that someone has cheated.



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

Take responsibility for your own actions and their consequences.



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

Be mindful of maintaining academic integrity during group work/projects and keep track of what each group member is contributing.



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

CAS-SA Corner

Entrepreneurship and Innovation Club



Educational Trip to Blue Skies Company

The TIS Entrepreneurship and Innovation Club embarked on an educational trip to the Blue Skies company in Doboro, Eastern Region, on 15 April, 2024. The trip's purpose was to provide students with insights into the practical aspects of entrepreneurship and innovation in a real-world business setting. This report summarises the key events and takeaways from the trip, including the pep talk in the boardroom, factory tour, hospitality, and inspiration for students to become entrepreneurs.

1. Pep Talk in the Boardroom

The visit began with a warm welcome from the Blue Skies management team, who hosted the club members in the boardroom for an informative pep talk. Mr. Alistair Djimatey, Blue Skies Foundation & Corporate Affairs Manager, delivered a compelling presentation on the company's history, vision, and business model. He highlighted the company's commitment to ethical practices, sustainability, and quality in all aspects of their operations.

Key points covered in the presentation included:

- The importance of building solid relationships with local farmers and suppliers.
- The company's emphasis is on fresh, natural products and environmental stewardship.
- Insights into the challenges and opportunities in the agro-processing industry.
- Encourage students to embrace innovation, resilience, and a strong work ethic.

The students had the opportunity to ask questions, which led to engaging discussions on topics such as market trends, the role of technology in production, and strategies for scaling a business.



2. Factory Tour

Following the boardroom session, the students were taken on a guided tour of the Blue Skies factory. The tour provided a firsthand look at the company's production processes, from sourcing raw materials to packaging finished products.

Highlights of the factory tour included:

- Observing the quality control measures in place to ensure top-notch products.
- Learning about the different stages of production, including sorting, cutting, and packaging.
- Seeing the use of modern technology and innovative techniques in the manufacturing process.

The tour offered valuable insights into the importance of efficiency, hygiene, and consistency in maintaining a successful business.

3. Hospitality

Throughout the visit, the Blue Skies team demonstrated exceptional hospitality. The students were provided refreshments, and the staff were friendly and accommodating. The welcoming atmosphere fostered an environment conducive to learning and networking.

4. Inspiration to Become Entrepreneurs



The trip profoundly impacted the students, inspiring them to consider entrepreneurship a viable career path. Observing the operations at Blue Skies and hearing from successful industry professionals reinforced key lessons about perseverance, creativity, and ethical business practices.

The students appreciated the opportunity to witness a successful company in action. Many left the visit motivated to apply the knowledge they gained to their entrepreneurial ventures

or future careers.

In conclusion, the TIS Entrepreneurship and Innovation Club's educational trip to Blue Skies was a resounding success. The students gained invaluable insights into entrepreneurship and were inspired by the company's dedication to excellence. The experience will undoubtedly have a lasting impact on their educational and professional journeys. **Nicholas Sevor (Club Patron)**

Participants Reflect on the Experience



I find myself awash with a mix of excitement and insights. From the moment I stepped foot into the company's premises, I was enveloped by an atmosphere of innovation and community engagement. Learning about the origin of Blue Skies was a revelation in itself. Hearing about how the company began as a small-scale endeavour and blossomed into a global market player in the fruit processing industry was truly inspiring. It highlighted the power of patience,

perseverance and commitment to quality.

Learning about the operations of Blue Skies offered a fascinating glimpse into the intricacies of food processing and supply chain management. Witnessing the employees' dedication and the rigorous quality control measures reaffirmed my belief in the importance of attention to detail in business. Moreover, learning about the company's effort towards sustainability left a profound impact on me. Blue Skies is setting a commendable example for businesses worldwide, from their eco-friendly way of water recycling processes to their commitment to fair trade practices. The progress made by Blue Skies is so far nothing short of remarkable. Seeing firsthand the positive impact the company has had on the local community, from job creation to educational initiatives, filled me with a sense of hope and optimism for the future. My trip to Blues Skies was not just a journey of learning but also a journey of personal growth, encouragement and joy. It reinforces my passion for business and sustainability while broadening my perspective on the interconnectedness of the global economy. I return home with a renewed sense of purpose and a deep appreciation for the power of entrepreneurship to drive positive change. **Kelvin Ansong, G11.**

The Business Innovation trip to the Blue Skies factory gave me an insight into how Blue Skies formed, the culture, and the factory's activity. I could see where the fruits I buy back home in supermarkets like Sainsbury's and Coop came from. In the presentation, we were told how Blue Skies acts ethically towards the environment, its workers, and its overall objectives as a brand. The unique selling point of Blue Skies, which produces fresh fruits when imported, made it stand out compared to other competitors. The trip impacted me and made me learn that you should always believe in your ideas no matter what anyone says. The owner of Blue Skies was fired and laughed at when he suggested the idea of freshly importing fruits from Ghana as it tasted better. Ultimately, he created Blue Skies and successfully showed that you should always trust and believe in yourself and your ideas. **Benjamin Tuffuor, G11.**



The trip impacted me and made me learn that you should always believe in your ideas no matter what anyone says. The owner of Blue Skies was fired and laughed at when he suggested the idea of freshly importing fruits from Ghana as it tasted better. Ultimately, he created Blue Skies and successfully showed that you should always trust and believe in yourself and your ideas. **Benjamin Tuffuor, G11.**

Participants Reflect on the Experience



Business club members had the opportunity to visit the Blue Skies factory in Dobro in the Eastern Region. The trip was undoubtedly one to remember. We had the chance to talk to a representative of Blue Skies who gave insight into the history of Blue Skies and how they came about. We then had a factory tour, and he later gave us two products as a token of appreciation. Many lessons were learnt during the trip, and the representative, Mr. Alister, certainly liked to talk about various matters concerning business and the roles we as youth should be getting ready to play in the world. One thing he said that echoed in my head was that we are the next Elon Musk, Bill Gates, or any other person you can think of. You have to be dedicated and not allow “Yaanum” to judge the steps we make in life. This came about when he spoke on the history of the Blue Skies factory and how the owner refused to give up his idea even though he was fired from his previous company for pitching this idea. He says, “No idea is a bad idea; Ideas can be

modified to be better and implemented to impact our society greatly”. The experience was insightful, and a lot was learnt during the trip. **Ezra Anim-Somuah, G11.**

Last Friday, the Business and Innovators Club had an educational trip to the Blue Skies company in Dobro, Eastern Region. When we arrived at the company, we were given a fascinating insight into the history of Blue Skies, their vision, mission and how they run the company by one of the directors, Mr Alister. After that, we were sent around the factory and given a tour of each of the different blocks in their company. The trip as a whole was a very purposeful one because most of us aspire to be business and firm owners. The lesson that we were given on the challenges and hardships that entrepreneurs go through and how they never give up was a lesson that I would keep to myself and apply in my life later, both right now and later in the future. The part I enjoyed was the fruit tasting. Later on in the day, we were sent to Saint. Georges Heights, where we ate and rode horses to close up the day. The trip was very fun and educational and I plan to go on more trips such as this one. **Evaristus Armah, G11.**

I have been a member of the entrepreneurship club for less than a year, and last Friday, we had the opportunity to go on an educational trip. I had the privilege of gaining entrepreneurship skills on this trip. I learnt a lot from our conversations, but one thing that mainly stuck with me was the idea that youths and students like us had a big role in advancing the nation. I went there to gain business knowledge and met kind people as well. Every student should take advantage of this opportunity to go on business trips since it is essential. The question is, which would you prefer? Learning along the way, having adventures, or going on insightful business trips to advance your career paths? Whatever it was, I had a great time going on this trip. **Alberta Aduaa-Owusu, G11.**

Participants Reflect on the Experience



The visit to Blue Skies on Friday was an exciting and insightful trip. Before the trip, I only knew little about Blue Skies and that they made ice cream and drinks, but further down the line I understood that they supplied fruits in many European stores like Tesco, M&S and Coop. Mr Alister explained that Ghanaian fruit was different from the fruit sourced in Europe because of our tropical weather conditions, which explains our juicy pineapples and mangoes. We got some insights into the company's history and some

advice on becoming leaders and entrepreneurs of tomorrow. On our visit to Blue Skies, we toured the factory and met some employees. We also got to understand all the technicalities and specialties of the company. The advice given to us during this trip is something that I could take with me in the prospects. **Ann-Joelle Amey, G11.**

My experience at Blue Skies has greatly influenced me and expanded my business expertise. A company. This company from Ghana supplies fresh fruit and ice cream to several places in Ghana, other African countries, Europe, and a small portion of North America. I became very knowledgeable about Blue Skies operations and history because of this visit, which gave me a clearer picture of what we learn in the classroom. The good thing I took away from this experience was that since the next generation of leaders will be composed of young people, we need to prepare them for leadership roles in entrepreneurship and educate them on the many advantages of being environmentally conscious. I had a great time on the trip and hope to travel more to increase my business knowledge. **Kevin Asante, G11.**







Service as Action

“**Taking Action**” is an important learning component, enabling students to deepen their understanding of concepts. As students transition from the Primary Years Programme (PYP) to the Middle Years Programme (MYP), they can further develop the foundations laid more explicitly. Action, a fundamental aspect of the PYP Core, progresses or evolves into Community Projects and Service as Action within the MYP framework.

Accordingly, the current MYP 2 (Grade 7s) cohort has embarked on various *Actions* stemming from their classroom units, which may lead to meaningful service. Below are the groupings, their respective actions, and the associated learning outcomes.



Project Title: Slushies and Stationary

Team: Enoch Koroma, Nadia Yakubu and Kwesi Ayisi

Aim: Raise funds through the sale of Slushies and Spring Rolls to purchase stationery for the nursery department at Calvary Presby School

Subject: Service as Action

Learning Outcomes: Work Collaboratively with others

Persevere in Action

Consider the ethical implication of one's action

Project Title: Skeleton Mural

Team: Michelle Tiekou, Joseph Paintsil, Humphrielle Narh, Erin Boadi, Janet Gadzekpo

Aim: Create a Skeleton mural at the sports complex depicting the various bones or structures used in daily activities like walking, running and picking items

Subject/Unit: PHE - The Human Body

Learning Outcomes: Work Collaboratively with others

Persevere in Action

Challenging oneself to learn a new skill

Service as Action

Project Title: Colour Matters

Team: Bethelle Baiden, Emmanuella Anim, Maame Akua Adusei, Pamela Mickson Quarshie

Aim: Painting an artwork of the IB Learner Profile in bright and bold colours for the General Office at administration.

Subject: Visual Arts: Colour Matters

Learning Outcomes: Work Collaboratively with others

Persevere in Action

Become aware of one's strengths and areas of growth

Project Title: Atom Structure

Team: NanaYaw Prempeh, Fahad M. Hussein, Jayden Opoku-Mensah, Stephen Agyeman, Delali Ayivi

Aim: Deliver a presentation at Assembly about the Structure and nature of Atom.

Subject: Sciences - Building Blocks

Learning Outcomes: Work Collaboratively with others

Persevere in Action

Project Title: The Bulb

Team: David Tamakloe, Israel Borlabie, Elikem Amoo, Gabriel Duncun,

Aim: An art piece of a bulb representing the ideas of a writer

Subject: LangLit - Creating to Achieve

Learning Outcomes: Work Collaboratively with others

Persevere in Action

Project Title: Plastic Skeleton

Team: Akua Frempong and Janice Marfo

Aim: Collect used plastic disposable cutlery to design a skeletal structure

Subject: Design and PHE

Learning Outcomes: Work Collaboratively with others

Persevere in Action



After-School Activities: Meet Your ASA Patrons Meet Ms Gilda



My name is **Gilda Afegbedzi**. I am the Co-patron of the **Interact Club of TIS** and the **MUN Club**.

My decision to co-patron both **the Interact Club and MUN Club** perfectly aligns with my passion for societal betterment and learning. As a Rotaract alumnus, I understand the value of empowering youngsters. The Interact Club's focus on helping the community and developing well-rounded individuals resonates with my desire to cultivate leadership, responsibility, and respect in the next generation. My love for diplomacy and international affairs also draws me to the MUN Club. It is an opportunity to mentor young minds who share my vision for tackling global issues through effective communication, policy crafting, and fostering international understanding. By being a co-patron in both clubs, I can leverage my

experience to guide young people in positively impacting society.

A fun fact about me is that I am a language enthusiast, and I feel excited about greeting people in a new tongue.

Reading, cooking, and watching investigative shows are my hobbies.

You can always find me at the **Language Acquisition Office** and at **C11** for club meetings.



After-School Activities: Meet Your ASA Patrons Meet Mr. David



I am **David Difie**, the patron of **Insight TV**.

Why the patron of that activity? As a media and creative enthusiast, I knew being the patron of the Insight TV club would be a great way to collaborate with young creatives and nurture them to develop their skills and talents. My excitement mostly comes from seeing curious minds/students who challenge themselves to learn new skills at Insight TV and then produce quality content with them. I also decided to be a patron of the Insight TV club so that I could learn more.

Fun facts about me: My graphic designing, videography, photography, editing, animation, motion graphics, and illustration skills were self-taught, even though I am talented. This motivates someone to explore the world of possibilities.

Here's a fun fact about Insight TV: We won the **Best Film Award at the International Schools Film Festival in Austria** in 2020. After competing with 16 countries worldwide, Tema International School Insight TV was the only representative from Ghana and Africa.

Hobbies: In my free time, I like to watch documentaries, listen to music, create, and explore my imagination.

Where can they locate your office? I prefer to call it a creative space; you can find my creative space at the Project Centre—**Media Room**.



ASA – After School Activities – Cosmetology Club



ASA – After School Activities – Sewing Club



ASA – After School Activities – Sewing Club



ASA – Buddies For Change Club – Pancake Sales Fundraiser



CAS Project Demonstration and Investigation



Farewell Messages to the IB class of 2024



I am confident in your ability to make the highest grade. Go for it, BALMA. I wish you good luck. – **Niece to Bilqis Balma Nasir-Deen.**

Your journey through TIS is coming to an end. There has been much laughter and maybe a few tears, but most of all, there has been much growing up. As you prepare for your final examinations, remember that your time here is only part of your journey through life, and it is up to you to make it matter. I wish you all the best; you deserve to do well. - **MISTY** (MYP Coordinator & Acting Principal)

Hadi, All the best for the future! - **Isabella** (Parent).

Jason Chigabatia, You've come so far, and the finish line is in sight! Keep calm and give it your all. Cherish the memories you've made and the friendships you've formed. Remember, it's not about being the best, it's about doing your best. You've got this. - **Vivian Chigabatia** (Parent).

Kevin Owusu Afriyie and all the young men, Future leaders, my prayers are with you. Do your best and the good Lord will do the rest. Make yourselves proud, your parents and your school. My best wishes to all. - **Dr. Lynda Abrokwa** (Mother).

Dear Grade 12, The time you have been looking forward to (or dreading) is now upon you. Remain focused and distraction-free. Be balanced so you can produce your best without being weary. You've got this! BOL. - **Dr Ken** (Principal)

Nana Yaa, I wish you all the best with your exams and university journey. May God continue to bless you. You have been such a blessing to me since I first came to school, and I will never forget that. All the best! - **LesleyAnn** (TIS student).

Balma, Veronica, Lolo, Dzidor, Maaadjoa, Ewura Adjoa, Dyna, and Claire, I wish you luck on your final exams. Remember that God is with you and will not let you down, so put your trust in him, do your most challenging, and know you will succeed. Please know that I will never forget you and appreciate all of the laughs, good times, guidance, and support you gave me when you were a student at TIS. - **TIS student.**

Farewell Messages to the IB class of 2024

Nadeem Yakubu, you've been studying hard, so I'm sure you'll do great. I also wanted to say that you'll be missed at school. Your friends and teachers will feel your absence, and I will too. It won't be the same without your jokes and energy around. Just remember, no matter what happens in those exams, we're all proud of you. - **Nadia Yakubu** (sister).

Dear IB Class of 2024, as your CAS Coordinator, I've had the privilege of witnessing your growth and development throughout your TIS journey. As you prepare for your final exams, I want to take a moment to wish you all the best. Remember to stay focused and disciplined in your studies, but also take the time to enjoy these final days with us. Don't rush through them; instead, embrace each day, each person, and each opportunity to give your very best. You've worked incredibly hard to reach this point, and I have full confidence in your abilities. Trust in yourselves, stay calm under pressure and believe in the knowledge and skills you've acquired. I'm proud of each and every one of you, and I'm excited to see the great things you'll achieve in the future. Wishing you all the success in your exams and beyond. - **Surama King** (CAS Coordinator).

Dayna and Dwayne Sarpong, Wishing you all the Best for your exams! Remember to stay calm and focused. – **Vincentia Sarpong** (Parent).

Imani, Thank you for always being there for me, offering your support, and being a guiding light like a big sister. As you prepare for your exams, I wish you nothing but the best. You've got this. After all you've done for me, it's only fair to let the rest of the world get their turn. Best of luck! - **Mark Boadi** (Student).

Anthony Mayilamene, as you embark on this exciting journey towards your future, know that we are incredibly proud of your accomplishments. Your determination and hard work have brought you to this moment, and we do not doubt that you will excel in everything you do. Wishing you the best of luck in your exams and beyond. Remember, the sky is the limit, and we'll always be here cheering you on every step of the way. Go confidently in the direction of your dreams! With love and support. - **Yves Mayilamene** (Parent).

Papa Fynn and Gregory, Good luck both on your final exams. I pray you guys pass with flying colours and get 40 and above in your exams. I will miss you guys very much. Good luck. - **Ewurama Fynn** (sister).

Kow Yarney, Mum and Dad have witnessed your superb development throughout school. Your remarkable courage, resilience, calmness, and determination have impressed us. We have seen you blossom in TIS. We have acknowledged the friendships you have made that will go through life with you. Life is lived one battle at a time. With what you have become, we have no worries about you but only pray for life to witness you soaring with the good Lord on your side. To you and to all your mates, friends, teachers, and school staff, we say well done, good luck, and Godspeed. - **Nathan Parker Yarney** (Parent).

Your hard work will pay off. Wishing you the very best. Love, Dad. - **Anthony Kutu Acheampong** (Parent), to **Kwesi Kutu Acheampong**

Farewell Messages to the IB class of 2024

You have made it so far and only have a little way to go now. As you begin your exams, keep your momentum, finish strong, and keep God by your side during this period. Trust in him and put in the work and I am sure you will do excellent and exceed expectations. May God bless you with boundless success. Let me leave you with this quote so that you can ponder over it throughout the exam period "if you hear a voice within you say, you cannot paint, then by all means, paint, and that voice will be silenced" - Vincent Van Gogh Much love! - **Andrew Nartey** (Alumni), to **Ayorkor Ajavon, Bradley Hoedoafia, Mawunyo Anatsui, Agormah Agambire and the entire DP2 class**

Hi Caleb, I wish you all the best for your final DP exams, but I wanted to say you'll be missed at school by your "sisto" here. We will feel your absence. You've got what it takes to do well on your exams. Good luck. - **Nadia Yakubu** (Friend), to **Caleb Offei**

My own Paa Kow, you've been amazing since childhood until now. As you proceed to the next phase, I wish you good health, long life, great success, love, unity, happiness and the best of everything with God's guidance. You're great. Continue to lead. - **Augustine Harrington-Nunoo** (Uncle), to **Emmanuel Essel**

We believe in your capabilities, we trust your instincts, and we ask you to believe in yourself and commit to your books so that your unique light will shine brighter. Remember, Excellence is synonymous with Excellence. Live it, Emmanuel Essel. - **Eric Nunoo** (uncle), to **Emmanuel Essel**

Nanette Ativor. You've worked hard, and I'm confident you'll do great. Best wishes for your exam! - **Sakinatu Atchulo** (Parent)

I am proud of how far you have come and your giant strides. I never doubted your commitment and discipline. It is now time for your final exams...you have worked hard and stayed up nights to prepare for this. I know your hard work will definitely be rewarded. I wish you the very best in the exams. Go on to conquer the Goliath!! Go on to make us proud as you have always done. - **Nana Dabo** (Father), to **Maame Serwah Dabo**

My prayer is that you continue to chase your dreams and don't ever give up. God said, "fear not, for I am with you." Just believe that it's done, and never doubt. We are all supporting you in our prayers. Just concentrate. Love you! - **Mrs Carolyn Oye Yakubu** (Parent), to **Nadeem Yakubu**

Son, you have come this far by grace. You are no more the little boy I used to carry in my hands; you are now a man and I will forever carry you in my heart. As you are about to chase after your dreams and aspirations of life. Note that it's not easy, but when you trust God, be dedicated to your dreams, work hard and be passionate about your call as a student. Success will always be your portion. 45 points is all yours. We are so proud of you. Stay blessed success is at the end of the tunnel. - **Mother**, to **Emmanuel Essel**

Just believe in yourselves, stay focused, and be determined; your efforts will definitely pay off in the exams. To all DP2, make us proud! - **Ewurama Kwegyirba Arkaah-Otoo** (Parent) to **Nhyiraba, Nathan, Joel, Jason, Chris and Mercedes**

Farewell Messages to the IB class of 2024

May the good Lord grant you and your colleagues wisdom and in-depth knowledge as you sit for your final exams. We wish you the best of luck and success in exams. - **Peter & Sandra** (Parents), to **Felix Osei-Amoako**

Dear Seffi, my dear little sister, I am delighted to see the incredible woman you've become. Your journey has been inspiring from dreaming of joining TIS to now on the verge of your final exams. Breathe, trust the process, and show the world what you're made of. I have no doubt you'll make us all proud. See you at graduation, shining bright as ever. - **Sarah King** (Alumni) to **Seffirina**

As your CAS Advisor, it has been a privilege to witness your growth, passion, and commitment throughout your CAS journey. Your dedication to CAS has enriched your own lives and positively impacted the community around you. You are a remarkable group of individuals, and I do not doubt you will continue to make a difference in the world. As you bid farewell to this chapter of your IB experience, remember that the lessons learned, the challenges overcome, and the friendships made during CAS activities will stay with you forever. Wishing you all the best in your future pursuits, and may your endeavours be filled with purpose, fulfilment, and joy. Best of Luck – **Mawuli K. Zonyrah** (CAS Advisor), to **the Creatives**.



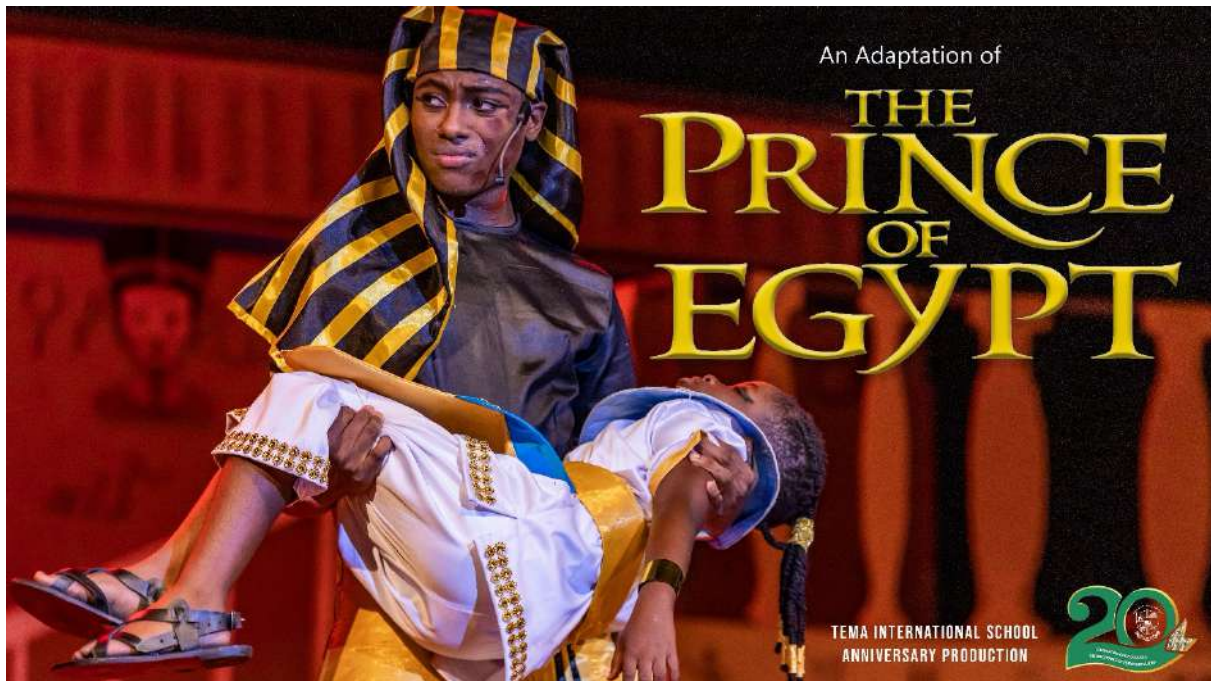








Have you watch The TIS Adaptation of The Prince of Egypt?



Dear Parents,

We're thrilled to announce that the premiere of our anniversary production by TIS students has concluded successfully! 🎉 Now, the play is available for viewing on Selar.

In our ongoing mission to fund corrective surgeries for babies with Anorectal Malformation at the Korle Bu Teaching Hospital, we extend our heartfelt gratitude for our generous donations. If you still need to contribute, any amount from GHc 50 will significantly support the Transforming Life CAS Project.

To experience the magic from the comfort of your home, visit Selar.co. Click on the link to access the TIS Anniversary Production, an adaptation of The Prince of Egypt:

<https://selar.co/the-prince-of-egypt>

The viewing link is open from 24th February to 30th March 2024. Take advantage of this extraordinary event and the opportunity to contribute to a great cause!

📺 Enjoy the trailer here: https://youtu.be/ybaYVnqE1_g

To secure your virtual seat and continue supporting corrective surgery for babies with anorectal malformation, grab your tickets at <https://selar.co/the-prince-of-egypt>. Share the link <https://selar.co/the-prince-of-egypt> with your family and friends, and let's make this a night to remember!

Thank you for joining us in positively impacting these young lives. We look forward to seeing you at the limited-time premiere!

For any support or inquiries, please contact david.difie@tis.edu.gh or call +233272232889.

Transforming Lives: "The Teaching Guarantee"



📣 Exciting News! "The Teaching Guarantee" by Dr. Ken Darvall will be available at the Expression! All proceeds from this empowering book will contribute to the 'Transforming Lives' Project, aiding babies with Anorectal Malformation needing corrective surgery. 🚚

🌍 How Can You Make a Difference?

- 📖 **For Yourself:** Dive into the world of dynamic teaching with Dr. Ken Darvall's insights. Purchase a copy for your personal growth!
- 📦 **For Ghana's Educators:** Extend your impact! Buy an extra copy to donate to passionate educators in Ghana who may lack access to valuable resources like "The Teaching Guarantee."

Why "The Teaching Guarantee"?

- A must-read for educators, parents, and students.
- Practical strategies for a dynamic and engaging school community.
- Real-world scenarios making learning relevant and impactful.

🌟 How to Get Your Copy?

✉️ Contact Mrs. Surama King, CAS Coordinator, email surama.king@tis.edu.gh to secure your limited-edition copy.

🎉 **Act Now - Transform Lives!** Don't miss out on this opportunity to enrich your knowledge and make a positive impact. Grab your copy of "The Teaching Guarantee" today and join us in the journey of transforming lives through education.

Thank you for your support! Together, let's create a brighter future through the power of learning! 🌟

The Teaching Guarantee: Each Day is Different. Dr Ken Darvall

Transform Lives Through Education! <https://www.youtube.com/watch?v=Lq1m1NSU6Ps>

The Teaching Guarantee

Dear TIS Community,

Within these cherished pages of "The Teaching Guarantee: Each Day is Different," you now possess more than just a book – it is a living chronicle of my 50-year odyssey in school leadership across three continents.

This book serves as a guiding light for aspiring school leaders, educators, and enthusiasts, imparting best practices and profound insights that can shape the success of future generations. As you delve into the wisdom in these pages, I extend a heartfelt invitation for you to join me in translating these words into impactful actions. Our shared passion resonates with the Tema International School, IB Class of 2025 Transforming Lives CAS Project, a noble endeavour dedicated to funding corrective surgery for babies with Anorectal Malformation at the Korle Bu Teaching Hospital in Accra, Ghana.

Together, let's make a difference each day. I request your support through a donation to this transformative initiative. Your contribution, regardless of its size, carries the immense power to change the lives of these precious little ones.

For your convenience, find the bank account details for the Transforming Lives CAS Project below:

Ecobank Ghana Limited Account details:

- Tema International School*

USD: 0022014471692201

Cedi: 0020014471692201

Swift Code: ECOCGHAC

Ref: The Teaching Guarantee – Transforming Lives

MTN Momo:

- Abigail Abiadorme*

+233597621047 – Abigail Abiadorme

Ref: The Teaching Guarantee – Transforming Lives

I sincerely thank you for being an integral part of this impactful journey. Let us unite to ensure that each day is different, paving the way for a brighter, more compassionate future.



Ken Darvall


Ken Darvall



Website: www.tis.edu.gb

Email: principal@tis.edu.gb

 **TEMA INTERNATIONAL SCHOOL** 



Making a difference results from caring about what you do to ensure you achieve the intended outcome for improvement.
- Ken Darvall -

www.tis.edu.gh info@tis.edu.gh



TEMA INTERNATIONAL SCHOOL SERVICE



At TIS, we believe that service, as one of the four pillars for student balance and ensuing success, provides a hands-on experience to demonstrate how we can make the world a better place through action and an understanding that success comes from helping others grow and becoming empowered.



EDUCATION FOR A BETTER WORLD

Change ^{the} World Through Teamwork

#Make a Difference





International Baccalaureate®
Baccalauréat International
Bachillerato Internacional



Be a content creator, not a content imitator.

Academic integrity is a responsibility
of the whole IB community

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

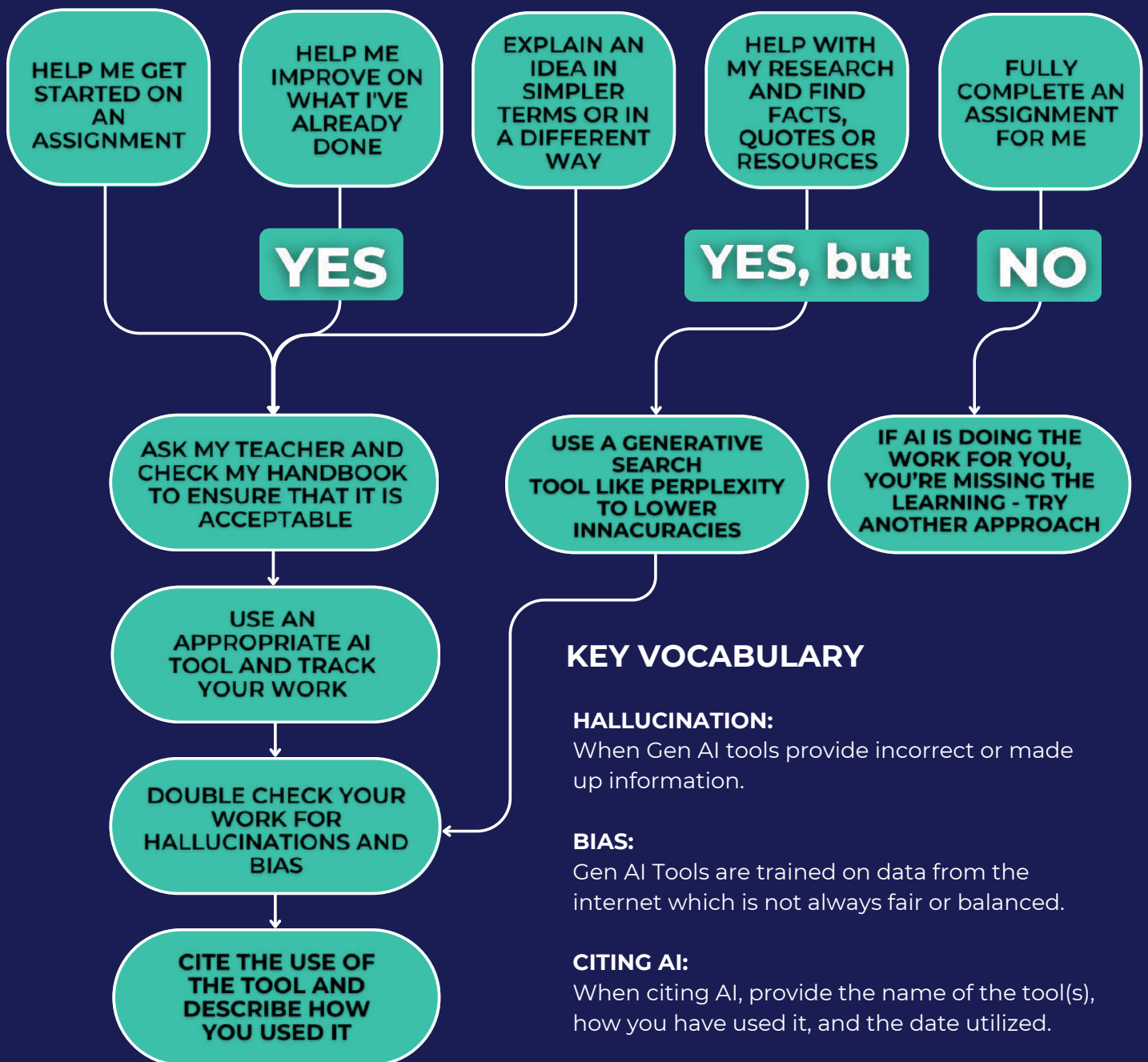
© International Baccalaureate Organization 2022

International Baccalaureate® | Baccalauréat International® | Bachillerato Internacional®

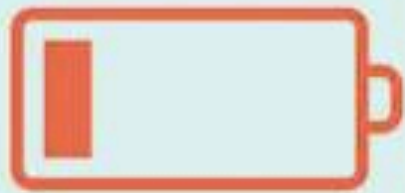
AI for Education

A GUIDE FOR STUDENTS: SHOULD I USE AI?

Why do you want to use an AI Chatbot? I want it to...



Energy Takers



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

Energy Givers



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

@derricchew

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

Dukies Expedition Camp



The 10th Tema International School expedition camp experience was a resounding success. It provided participants a holistic outdoor adventure while fostering personal growth and skill development. Through physical challenges, teamwork, and immersive learning opportunities, individuals emerged better equipped to navigate wilderness environments and everyday life.

The invaluable lessons learned and memories created during this expedition will undoubtedly leave a lasting impact on participants, inspiring future adventures and personal growth. Participants demonstrated commendable physical endurance throughout the expedition. The initial 13km hike demanded stamina and perseverance, especially traversing varied terrain. Despite the challenges, participants displayed resilience and determination, completing the journey to Survival Island.

Effective teamwork was a cornerstone of this expedition camp experience. Participants actively supported one another during the hike, offering encouragement and assistance. Throughout the camp, individuals demonstrated a strong camaraderie, fostering a supportive and cohesive team environment. The expedition provided ample opportunities for participants to develop and hone their outdoor skills. From navigation techniques during the hike to learning kayaking fundamentals, participants acquired practical knowledge for wilderness survival. The capsizing drills enhanced their confidence and proficiency in water-based activities, emphasising safety protocols and rescue procedures. Outdoor leadership sessions further equipped participants with valuable decision-making skills and group management skills in challenging environments. This 10th Duke of Edinburgh's International Award expedition facilitated significant personal growth and reflection among participants.



Overcoming physical and mental obstacles fostered a sense of accomplishment and self-discovery. Through experiential learning and group discussions, individuals gained insights into their strengths, weaknesses, and areas for improvement. The wilderness setting provided a conducive environment for

introspection, fostering a deeper appreciation for nature and individual resilience. - **David Difie (DoEIA Coordinator)**

Dukies Expedition Camp

A lesson I learnt during the expedition camp is the value of perseverance and teamwork. Having gone to the camp before, I knew the distances and terrains we were to walk on. This motivated me to keep walking. One area I can improve on as a Dukie is my perseverance. We encouraged each other to keep moving forward, which was one way we collaborated as a group. I kept resting because I was tired, and my teammates were getting fed up with me. But they encouraged me to keep going, and we all moved together. My challenge was not being able to keep going, but I tackled that by asking the team to take breaks at reasonable times. I learnt that motivation goes a long way to help me perform at my best, a skill I would like to focus on in future camps. I will suggest we do stretches and warm-up exercises before the hike. My best moment was sharing a tent with my friend. We got to know each other better and became closer friends. What is the overall impact of this camp on your personal growth? I've learnt about self-motivation and can push myself to achieve more. - **Charis Kudiabor, G9. (Bronze Participant)**



The lesson learnt during the camp is about leadership and the different types. I think my adaptability is my strength in this camp. An area I can improve on as a Dukie is my communication skills. Our group was Bravo 3, the last group of all the group members; when we were tired, we shared snacks, and when someone was in trouble, we helped them, which also helped our group. That was how we collaborated. I think the challenge for me was my physical strength. I just took rest time to get more energy. My major challenge was sleeping in the tent because it was too hot inside, and I still couldn't tackle it. I want to focus on communication skills and resilience in future camps. Kayaking was my best moment because it was the most challenging activity for me, but I could do it, and I'm proud of myself. This is my first time going to an expedition camp, and I have learned a lot of things. - **Rui (Jerry) Huang, G11. (Gold Participant)**

Dukies Expedition Camp

I learnt that teamwork is needed to achieve a goal and to get there quickly. My strength was perseverance, I was able to push myself even when I was tired and wanted to rest. I collaborated with my Bravo group by sharing snacks to boost our energy levels, and we also collectively decided on the best times to take breaks so that we would all benefit from them. Some of my teammates were a bit slow when we were hiking, so we pushed them out of their comfort zone so that we would avoid lagging. I learnt that I can do anything as long as I put my mind to it, and there is nothing I can't do.



My best moment was kayaking with one of the rangers on the journey back home because I enjoy kayaking. The camp made me realise I can do anything and still have strength, no matter how tired. I am glad I got to experience the camp for the second time; it has helped me as an individual. - **Kayla Searyoh, G11, (Silver Participant)**



The most impactful lesson I learnt was "No matter how tired you are, you cannot leave yourself stranded, so you must push on and finish". This was something I had to tell myself repeatedly during the hike on the first day; it showed me I had more strength than I thought. Another important lesson I learnt was that no matter how difficult you think a change will be, you will adapt as long as you are willing. My strengths during the camp were resilience and the ability to encourage others. During the hike, despite some of my bravo members being unable to handle their exhaustion, with words of encouragement, we all pushed through and collectively decided on times to rest. While kayaking from our campsite to the hiking trail on the last day, I was exhausted and felt little to no strength to carry on. My partner, however, was not ready to let me quit. With his motivation and my

realisation that I could not leave myself stranded on the lake, I could push through and finish the task. Through this experience, I realised I am stronger than I think I am and that the mind can easily limit the extent to which your body can push itself, but it can just as easily extend that limit. So, as a Dukie, I learnt that with a positive mind and a mind that is ready and willing to endure, you can power through almost anything. My most memorable moment during this

Dukies Expedition Camp

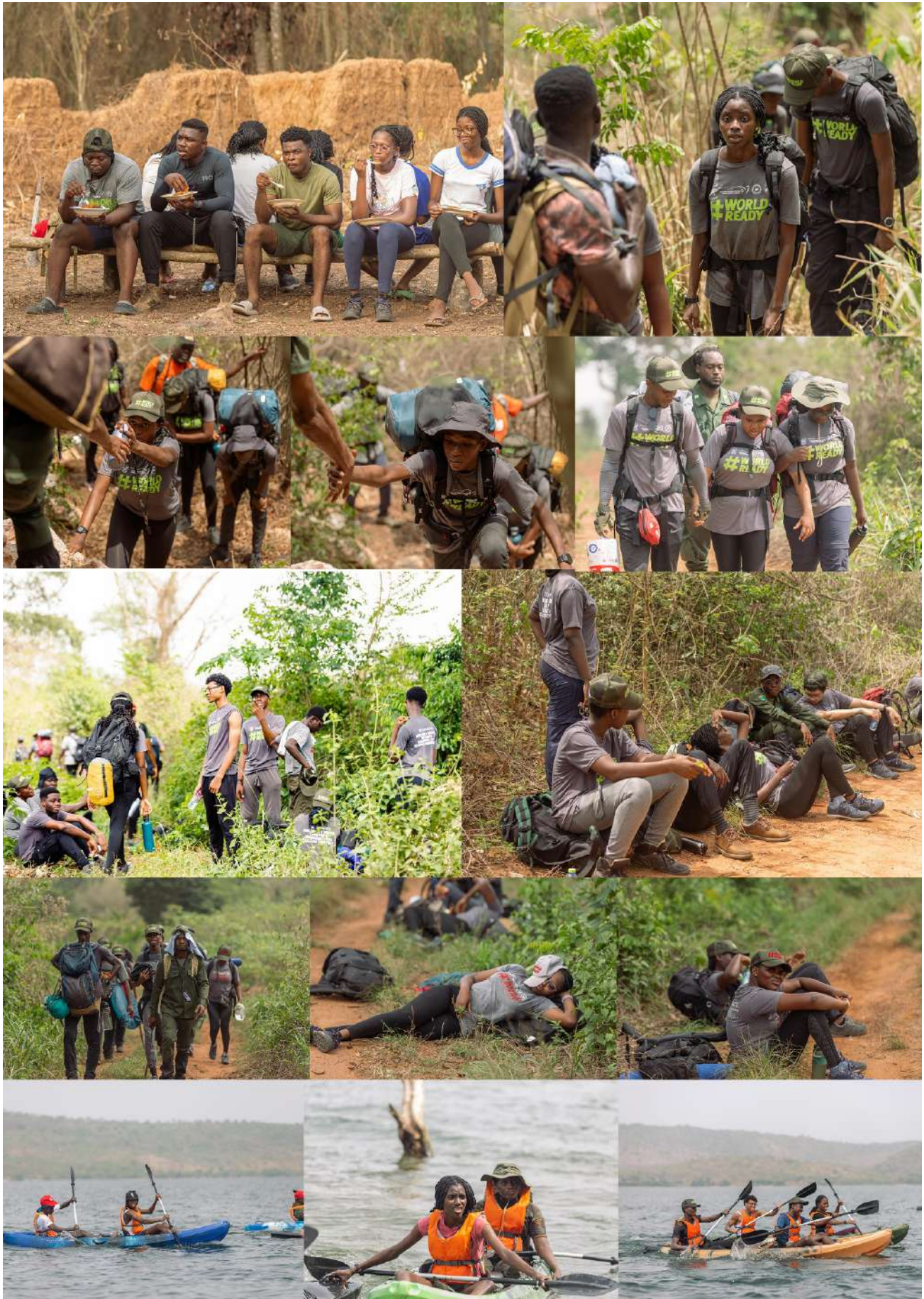
expedition was the capsizing drill. At the beginning of the expedition, this drill was what I dreaded most, but once I drifted into the water with that kayak, I knew I was going to love it. It was just something about falling into the cool water a day after a demanding hike that relaxed me. This expedition has been one of the most impactful journeys I have been on. Before the trip, I had convinced myself it would be the hardest thing I have ever participated in. This was an idea I held onto until the last hours of the first hike after realising my mind was holding me back and a big part of my exhaustion. After this idea had departed from my mind, I was instantly energised. Throughout the 3-day expedition, using a positive and encouraging mindset carried me through and allowed me to cruise through the days with ease. Regarding my personal growth, the most significant impact of the expedition camp was showing me the importance of a positive mindset in everything you do. - **Breindelle Kusi Boateng, G11. (Gold Participant)**

Some lessons I learnt during this camp were the power of teamwork and how working in teams can help achieve so much more. I also learned more about my group members and how we could work together to accomplish a lot. Since this was my second Dukies expedition camp, I felt somewhat used to the activities we would engage in. Compared to the last camp, during this camp, I developed self-confidence and determination, which helped me in various activities. As a Dukie, I feel like I can improve my confidence and know my capabilities because this motivates me to push forward more, which can highly impact my progress as a Dukie. I was able to engage in more group activities and learn more about each other, which helped me overcome some challenges. We played games which helped strengthen teamwork and asked questions about each other. When hiking especially, there were times when we had to wait for a team member when they were exhausted or needed help;. However, it felt frustrating sometimes, as a group, to finish the hike fast and better, we would sing songs or just have conversations with each other to kill the time. A challenge I faced was kayaking with my partner. There were instances when our coordination wasn't the best, affecting our movement. With better communication and coordination, we were able to improve our kayaking. Through this experience, I've learnt that I can achieve anything I want with determination and focus, no matter how hard it may seem. I want to focus more on my attitude towards various activities in future camps since they affect my overall performance. My best moment during this camp was bonding with my group members when we asked each other questions. It made me know about my group members, and I found it entertaining. I was able to talk to people I barely spoke to in school. This expedition camp helped me in terms of my confidence and teamwork. Although I had experience from the previous camp, I was able to push further and learn more about my capabilities. I learnt the importance of teamwork and how bonds within the group helped me overcome challenges. This confidence I've discovered will help me in future expeditions as a Dukie. - **Rachael-Louise Assan, G10 (Silver Participant)**











TEMA INTERNATIONAL SCHOOL THE LEADERSHIP INCUBATOR



At TIS, we believe the four pillars for student balance and ensuing success - Academics, Service, Sport and Culture - provide a theoretical lens for inquiry, critical thinking, conceptual understanding in a real-world context, through action.

Across all four pillars, TIS prides itself on the opportunities and experiences that enable all graduates to develop and enhance leadership attributes and skills to make a difference and the world a better place. As leaders, we create our footprints to ensure authenticity.



EDUCATION FOR A BETTER WORLD

Change ^{the} World Through Critical Thinking

#Make a Difference





Open Book Exam pilot

DP Economics

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

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

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

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



COUNSELLORS' CORNER



Dear DP2s and MYP candidates, believe and have confidence in your intellectual capabilities.

You are destined for greatness!!

Make these last days towards the exams count! Study Better !!



How to Successfully Prepare for Your EXAMS

- ✓ Stop comparing yourself to others. Self-competition is the best competition!
- ✓ Focus on strengthening your academic muscles.
- ✓ Your teachers and studious friends are your greatest learning resources ask for HELP!
- ✓ Embrace your failures and view them as learning opportunities to get better.
- ✓ Stay on track!
- ✓ Change your negative mindset. Don't label any subject as difficult. The more you read, the more you know → Dr. Suess.
- ✓ Have positive self-talk or affirmation sessions.

Study Tips!

Keep Your Notes Clean

It's hard to focus if your notes are messy and covered in scribbled out words. Rewrite your notes to keep them neat or type them out to make sure you can actually understand what you're reading.

Color Code Your Notes

Try taking notes and doing homework assignments with colored pens, markers, and highlighters. The colorful notes could improve your visual memory and allow you to access information from your brain during an exam more efficiently. Plus, having organized, color-coded notes makes reading through them so much easier!

Teach A Friend

What happens if you have difficulty finding a way to explain your answers or put your thoughts into words? This can be difficult, even if you're familiar with the material. Lecture to a friend, as this allows you to train and prepare your mind to explain complex topics. It's especially useful if your final consists of a speech or presentation.

Listen to Recorded Lectures

Listening to recorded lectures is helpful, especially if you're reviewing the notes you took along with it. This is a great way to refresh some topics you may have studied months ago and forgotten about.

Study Old Exams

Save your old tests if possible - they're great for studying! You can either retake old tests to review the material or just focus on the questions you previously got wrong.

You can do it!



Exam Tips!

Read the questions & instructions carefully

It seems obvious, but I've seen too many of my tutlings lose points in exams because they didn't read the exam instructions properly. Focus. Make sure you understand exactly what the exam is asking you to do. The smartest answer in the world isn't going to score you any points if it answers a question that's not being asked.

Past exam papers to better your exam writing skills

Do it. Go in there and scramble your way through past exam papers. It will give you a very good idea of the exam structure and the types of questions and instructions you may be confronted with. Take a look at our selection of past papers! Also, make sure you inform yourself about past exam papers available in your own institution's archives. Last but not least, talk to those friends of yours who have written similar exams before... and lived to tell the tale!

Time management - During the exam:

Have a glance at the whole exam paper before starting to viciously scribble your pen to shreds. Start with the parts you know and feel most confident about – it's an easy way to guarantee those first points. Keep an eye on the clock, and determine at what point time's up for the rough drafts and scribbles, and when to start molding your final answers

Re-read it all

Another avocado. It seems that people either re-read their exams ferociously or don't re-read at all, suppressing the potential consequences thereof. It's very important to re-read your exams... check your spelling, check whether that "3" won't be mistaken for an "8", and verify that you didn't forget one of the multiple choice questions. It's an important tactic for you to spot mistakes and correct them in time.

Just do your best

If you studied and prepared to the best of your capabilities, and give it your all during the actual exam, what more can you do? You can't do more than your best, can you? Whatever the outcome, what matters most is that you go out there and give those exams all the voooma you've got!

Good luck!



FINANCIAL AID MEETING WITH DP1 PARENTS



Dear parents, kindly be on standby for confirmation of your availability for financial aid meetings scheduled for the coming weeks. Stay tuned for more details. **Book a slot by replying to the email from your ward's University Counselor right away!** Virtual sessions via Google Teams, begin next week. You should have received an email about choosing a slot for the meeting by now. **Please sign up no later than Monday, 22 April 2024.** Thank you.

DP2 FILLING

Completion of the IBIS form is a key component of the application process. Here is why.....

- ✓ A complete information record of the list of schools you want your results to be sent to for free.
- ✓ Summary of the list of schools applied to, application status i.e. denied, accepted, waitlisted.
- ✓ Breakdown of Scholarships received from the universities.

Deadline for submission is Friday, 19 April 2024

DP2s,



all about
GhanaColleges

Ghana, our beautiful country, has excellent and reliable universities nationwide. Remember, it is highly recommended that you DP2s have at least 1 Ghanaian university. African Leadership University (Rwanda/Mauritius) is also a great option. See below; **DP2s should pay for these forms by Monday, 15 April and complete them next week with the help of their counselor.**



UNIVERSITY OF GHANA

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

The E-VOUCHERS can also be purchased through the **USSD code *887*9#** on all mobile telecommunication networks. *Click here for more information on the USSD Payment.*
Application fee: GHC220

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

<https://admission.ug.edu.gh/applying/content/how-apply-ghanaian-applicants>

<https://legoncourses.com/legon-admission-forms-apply/>



KNUST

KWAME NKURUMAH UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Application Processing Fee

Ghanaian Applicants – GH¢180.00.

Foreign Applicants – USD\$150.00.

Ghanaian Applicants Are Required To Purchase The E-Voucher From The Ghana Post Offices. Applicants Are Required To Submit Two (2) Copies Of The Online Application And Other Relevant Documents. Foreign Applicants Are to Generate an E-Voucher from The University's Website At <https://Apps.Knust.Edu.Gh/Admissions/> And Follow The Instructions.



You can start your application online, or download a PDF.

Pay Application Fees Open or Close

Application fees are now GHs150 for Ghanaian nationals and \$25 for international applicants.

a. MTN Mobile Money

- Transfer application fee to merchant mobile number: 024 526 4831
- Name of recipient should be Ashesi University College
- Applicants should quote the following information on their application form or in the task box in the online application portal:
 - a. Mobile number used for transaction by applicant
 - b. Transaction ID
- Reference Number (Applicant's Name should be used as the reference)

b. Pay Online

- For Applicants who would like to pay via Visa, Mastercard, Amex or Discover, please click here: <https://expresspaygh.com/ashesi>.
Applicants should quote the expressPay generated transaction reference number on their application form (paper applications) or in the task box on the online application portal.

**** Attach a copy of your payment receipt to your complete application. Failure to follow instructions stated above will result in the delay of processing your application***

<https://www.ashesi.edu.gh/admissions/undergrad-admissions/how-to-apply.html>



<https://acity.edu.gh/>

SUBMIT ONLINE

Fill out the online application on this page.

ONLINE APPLICATION FORM

DOWNLOAD & PREPARE OFFLINE

AND

DOWNLOAD APPLICATION FORM

ADMISSIONS IN PROGRESS

INSTRUCTIONS FOR ALL STUDENTS

- 1 Fill out the online application form on this page.
- 2 Upload your high school transcript & a copy of your ID
- 3 Submit the form & you will hear back soon from our Admissions office

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



APPLY HERE: <https://lancaster.edu.gh/applying-to-lancaster-university/>

Application is free! Find out more here:

<https://lancaster.edu.gh/>



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
9 March 2024	February 23 2024
4 May 2024	April 17 2024



- ✓ 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

Change ^{the}
World
Through
International
Mindedness

#Make a Difference



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.”



