

TIS RECORD

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

At TIS,

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

Contents

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Key Dates

- 22/4/25: All classes resume after the Easter break
- 29/4/25: First DP final exams at TIS
- 3/5/25: SAT

Thought for the Week

The only guarantee for failure is to stop trying.

- John C Maxwell



Lessons from COVID

I have noticed this year that some students have returned to school unwell after a break - semester or mid-semester. This becomes problematic for others, especially if the cause of their being unwell is contagious.

Importantly, some parents have contacted me and advised that their son or daughter would not be returning immediately because they were unwell. In each case, I appreciated their email and recommended that the student should not return until they had completely recovered.

The critical lessons from COVID were:

- wash your hands regularly;
- sanitise your hands often;



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

-Steve Bollar

Making Us Proud

- **Kekle Jayce Agyekum, a Kinder 2 student**, confidently communicates, warmly greets students and teachers by name, interacts openly with other members of the school community, and demonstrates an open-minded attitude.

Visiting: Must Do

1. **Do not bring too much food!** Take home what is not consumed.
2. **Park at the Main Entrance**, (not at the Hostel Gate entrance).
3. **Cancel your booking if you are not coming.**
4. **Only book once for a weekend.**

Reminders

- For visits this semester, parents must book their visits online. Please go to: <https://www.schoolinterviews.com.au/code/q8q3x>
- **Exeats are limited to a maximum of 8 per semester. Weekend exeats must be received by the preceding Wednesday.**

- wear a face mask if unwell.

Students are required to have a supply of face masks and sanitiser at the Main Campus. Students returning after Easter should do so, only if they are well.

Reminders

- Secondary students return to hostels by 5.00pm on 21 April.
- Classes resume on Tuesday, 22 April.
- Please read and take action with Bulletin and messages.
- Respect deadlines.
- Students must not return if they are unwell. If they have a health issue, check with their local doctor.

Wishing you all a happy Easter.

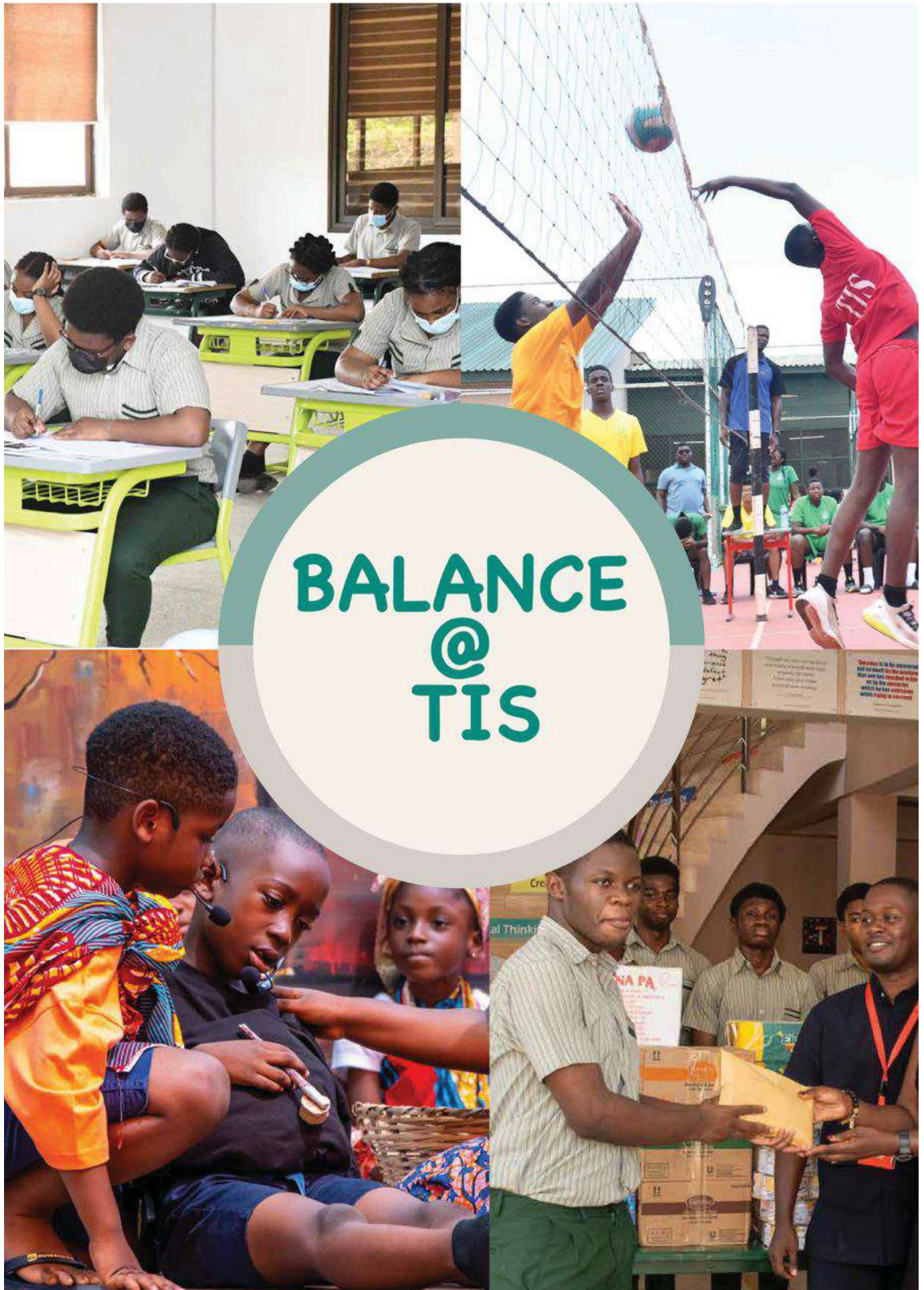
I appreciate your support. Enjoy each day as a blessing.

Dr Ken Darvall.

(Principal)

principal@tis.edu.gh





Main Campus Information



Exeats

Exeats for secondary school students cover passport and visa matters, family events, as well as medical, dental, optical and medical appointments.

Students are allowed a maximum of 8 days per semester. Note: A weekend exeat that commences on Friday and ends on Sunday counts as three days.

For a weekend exeat, students must return by 5.00pm on the Sunday.

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

The integrity of an exeat request is critical.

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

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

Parents/Drivers must show the approved exeat from their phone to security to enter.

(NO SHOW. NO GO.)

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

Families should plan their exeat requests carefully to avoid any disappointment.

Visiting

For visits until June 2025, parents will be required to book their visit online.

Please go to: <https://www.schoolinterviews.com.au/code/q8q3x>

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.

Only one booking per family per weekend.

There are restrictions on food and/or drink that may be consumed during a visit.
Book early to avoid disappointment.

6 - 12 - 2024

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 | | | | | | |
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| October 2024 | | | | | | |
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| November 2024 | | | | | | |
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| December 2024 | | | | | | |
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| January 2025 | | | | | | |
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| February 2025 | | | | | | |
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| March 2025 | | | | | | |
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| April 2025 | | | | | | |
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| May 2025 | | | | | | |
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| June 2025 | | | | | | |
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| July 2025 | | | | | | |
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| 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.

SECONDARY SCHOOL CAMPUS**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 |

S1 Internal Dates: Main Campus

| | |
|--------------|---|
| 1/8/24 | 2024 MYP Results Released; 2024 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 |
| 16/8/24 | Personal Project: Criterion B draft due |
| 18/8/24 | Continuing students resume |
| 19/8/24 | Secondary School classes commence; G9&11 Subject Selection |
| 23/8/24 | TIS Junior Soccer Championships |
| 24/8/24 | SAT |
| 25/8/24 | School Performance auditions |
| 30/8/24 | TIS Senior Soccer Championships |
| 1/9/24 | Thanksgiving Service (11.00am) NO EXEATS |
| 7/9/24 | TIS Tennis Championships/TIS Badminton Championships; HIBS Africa. |
| 13/9/24 | PP Criterion B final due |
| 14/9/24 | ACT; MYP & DP Parents Information sessions. NO EXEATS (Until after these sessions) |
| 20/9/24 | DP Geography Excursion |
| 21/9/24 | TIS Sporty Family. NO EXEATS (Until after midday) |
| 24-25/9/24 | DP Evaluation Visit |
| 28/9/24 | TIS 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 until after 1.00pm) |
| 6-8/10/24 | Dukies Camp (Bronze, Silver and Gold). Departs 7.00am |
| 7-11/10/24 | Mid-semester break |
| 10-12/10/24 | TIS MUN |
| 12/10/24 | ISSAG Football |
| 13/10/24 | Students return to hostels |
| 14/10/24 | G9/G11 Changes to Subject Selections close; DP Geography Data Excursion |
| 19/10/24 | ISSAG Football, Handball, Tennis and Badminton. |
| 20/10/24 | PP: Criterion C draft due |
| 21/10/24 | Student Council (SC) shadowing process commences; SEC Universities Fair (2.00-4.00pm) |
| 22/10/24 | G12 EE Café |
| 23/10/24 | Girls Volleyball Championships (during ASA) |
| 24/10/24 | Boys Volleyball Championships (during ASA) |
| 26/10/24 | ACT; PSAT |
| 27/10/24 | TIS swimming championships (3.00 – 5.00pm) |
| 2/11/24 | SAT |
| 4/11/24 | DP Business Management Excursion |
| 9/11/24 | Annual Production NO EXEATS |
| 12-13/11/24 | Collaborative Sciences Project – G12; |
| 16/11/24 | ISSAG Volleyball, Swimming and Table Tennis |
| 20-26/11/24 | G10 end of semester eAssessments (Reports due 9/12/24) No exeats for G10 |
| 20-29/11/24 | G11-12 end of semester exams (Reports due 10/12/24) No exeats for G11-12 |
| 29/11/24 | PP Criterion C completion; |
| 1/12/24 | SC applications open for 2024 elections |
| 2/12/24 | Christmas Lunch |
| 4/12/24 | Last day for the first semester: Students may depart after 3-Way interviews. |
| 10/12/24 | PP Final Report due: photo evidence & bibliography upload |
| 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 |
| 18/1/25 | TIS Athletics Championships. NO EXEATS BEFORE 1.00PM |
| 19/1/25 | Alumni Thanksgiving Service |
| 20/1/25 | SC Manifesto Readings |
| 22/1/25 | 2025 Student Council elections by voting (7.00am-4.00pm) |
| 25/1/25 | ISSAG Basketball and Hockey. |
| 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 ; ISSAG Basketball Day 2 |
| 2/2/25 | Student Leadership Induction Ceremony 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 Squash Championships; |
| 15/2/25 | Chocolate Friendship Day |
| 17-28/2/25 | DP Mocks. NO G12 EXEATS |
| 22/2/25 | ISSAG Athletics |
| 26/2/25 | PP standardisation and moderation (teachers) |
| 1/3/25 | MYP Projects (Personal & Community) NO EXEATS (until after this session) |
| 7/3/25 | PYP/MYP Info Day at Main Campus |
| 14/3/25 | Pi Day |
| 15/3/25 | Expression Day NO EXEATS (until after the event) |
| 19/3/25 | Three-way interviews: Students may depart for the break AFTER interviews |
| 20-21/3/25 | DP Geography Field Trip |
| 20-31/3/25 | Mid-semester break (Students return to hostels on 1/4/25) |
| 21/3/25 | PP:Academic Honesty First Record |
| 23-25/3/25 | Dukies Bronze & Silver expedition camp |
| 31/3/25 | PP Criterion A draft due; Draft 2025/2026 Calendar Overview Released |
| 2/4/25 | Classes recommence after mid-semester |
| 5/4/25 | ACT |
| 6/4/25 | Exam Candidates' Service NO EXEATS |
| 7/4/25 | G12 Grad photos (All day). NO G12 EXEATS |
| 12/4/25 | Peer Buddies Workshop |
| 17-21/4/25 | Easter break |
| 25/4-21/5/25 | DP Final Exams |
| 3/5/25 | SAT |
| 5/5/25 | PP Criterion A final due |
| 5 – 16/5/25 | MYP eAssessments |
| 16-27/5/25 | G11 semester exams |
| 17-31/5/25 | G10 Exam break (Students must return to hostels on 1/6/25) |
| 21-27/5/25 | G9 eAssessments |
| 24/5/25 | Leavers' Dinner |
| 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. |
| 14/6/25 | ACT |
| 20-29/6/25 | Harvard Youth Leadership Summer Camp |
| 21/6/25 | France/Spain trips commence |
| 12/7/25 | France/Spain trips end |
| 26/7/25 | PP: Final Product (Photo evidence upload) |

PRIMARY SCHOOL CAMPUS**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 |

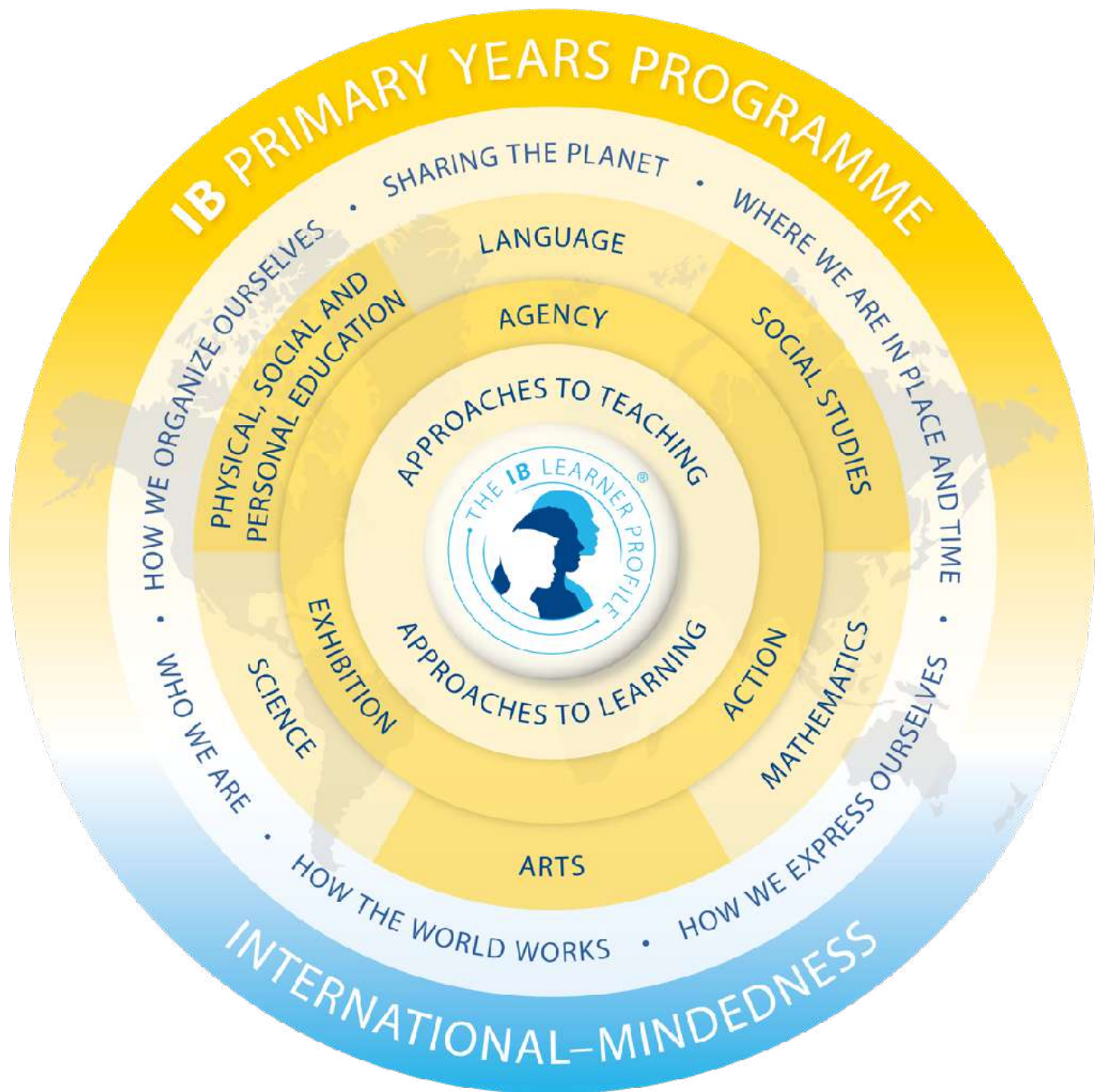
S1 Internal Dates (Primary School Campus)

| | |
|------------|------------------------------------|
| 7/8/24 | Staff prep commences |
| 16/8/24 | Meet the teacher session (1.30pm) |
| 19/8/24 | First semester commences |
| 7/9/24 | Parents Training Session |
| 20/9/24 | Sign Language Day |
| 20/9/24 | End of UOI #1 3WI |
| 7-11/10/24 | Mid-semester break |
| 1/11/24 | End of UOI #2 Celebrations |
| 11/11/24 | Book Day |
| 22/11/24 | G3&5 excursion |
| 29/11/24 | End of UOI #3 3WI |
| 3/12/24 | Last day for students and teachers |

S2

| | |
|-------------|---|
| 9-10/1/25 | Staff Training Days |
| 13/1/25 | Second semester commences. |
| 14/2/25 | End of UOI #4 3WI |
| 14/2/25 | Celebrating Additional Languages |
| 7/3/25 | PYP/MYP Info Day at Main Campus |
| 14/3/25 | Mother Tongue Day (Celebrating Culture) |
| 14/3/25 | End of UOI #5 Celebrations |
| 19/3-1/4/25 | Mid-semester break |
| 2/4/25 | Classes resume after mid-semester |
| 26/4/25 | Spelling Bee |
| 16/5/25 | PYP Exhibition (Sports Picnic) |
| 23/5/25 | End of UOI #6 3WI |
| 31/5/25 | 2024 Achievers and Graduation Ceremony/VAX |
| 6/6/25 | Last day for teachers; S2 reports published |

V160425



THE WORLD OF ARTS AT TIS PRIMARY SCHOOL CAMPUS



At Tema International School Primary School Campus, the Arts comprising both Visual Arts and Performing Arts are not seen as stand-alone disciplines but as powerful lenses through which learners make meaning of the world around them. Within the PYP framework, the Arts are deeply embedded into the learning process, supporting learners in exploring central ideas, constructing personal understanding, and taking action.

Visual and Performing Arts provide authentic opportunities for learners to express themselves, engage in critical thinking, and demonstrate conceptual understanding in diverse and creative ways. Regular engagement with the arts helps students become more reflective, open-minded, and confident communicators, aligning closely with the IB Learner Profile attributes. They learn to collaborate, take creative risks, and develop empathy as they explore global themes and personal experiences through artistic expression. The integration of the Arts fosters transdisciplinary connections, allowing students to draw links between subjects and the world beyond the classroom. In this way, the Arts enrich learning and nurture a sense of identity, agency, and belonging.

Visual Arts

Developing Thinking and Communication Through Imagery



In our classrooms at TIS Primary School Campus, Visual Arts allows students to express ideas that can be hard to put into words. They explore significant concepts and make connections across different subjects using materials like paint, clay, paper, and collage. Whether drawing the water cycle, designing cultural symbols, or creating artwork about their communities, students learn to see and think in new ways. They often share their art during unit celebrations, proudly explaining their work to the school community. This helps them take ownership of their learning, feel more confident, and appreciate the beauty and meaning behind what they create.

Art lessons become exciting spaces where students can take risks, try new things, and share their unique perspectives. They learn that art is not just about making something pretty. It's about thinking deeply, exploring ideas, and telling stories. Sometimes, they use recycled materials to discuss the environment or work together on big murals that reflect what matters to them. These experiences spark meaningful conversations and help students understand themselves and others better. The classroom becomes a creative studio where every piece of art tells a story. As they plan, create, and reflect, students also build essential life skills like empathy, confidence, and critical thinking.



Performing Arts

Embodying Understanding Through Drama, Dance, and Music

The Performing Arts at TIS Primary School Campus, encompassing Drama, Dance, and Music serve as dynamic tools for inquiry, encouraging learners to explore and respond to central ideas through movement, sound, and storytelling.

Drama provides opportunities for role-play and improvisation, enabling learners to explore real-world issues and historical contexts through embodied learning. Students investigate perspectives, develop empathy, and build confidence as they collaboratively devise scenes that reflect their inquiries.

Dance allows students to explore patterns, cultural practices, and emotional responses through physical expression. It nurtures balance, coordination, and creativity, offering a kinesthetic entry point into transdisciplinary learning. Music supports learners in making connections between rhythm, pattern, culture, and communication. Whether composing, performing, or responding to music, students engage with diverse forms of expression that reinforce their understanding of other disciplines, such as mathematics, languages, and social studies.

Unit celebrations at TIS Primary School Campus are vibrant showcases where the Performing Arts come alive. Students often create performances synthesising their inquiries, presenting them through original skits, dance choreographies, or musical interpretations.



At TIS Primary School Campus, the Arts are not taught in isolation but are thoughtfully integrated into the transdisciplinary learning experience. Through Visual and Performing Arts, learners inquire, reflect, and express their understanding in meaningful, personal, and globally connected ways. The Arts foster voice, choice, and ownership, key elements of learner agency and help nurture compassionate, creative, and internationally minded individuals. Artistic experiences support students in exploring identity, celebrating diversity, and communicating ideas across cultures. Performances and exhibitions reflect the depth of classroom inquiry, while collaboration in the Arts builds empathy, confidence, and critical thinking. Learners develop lifelong skills that inspire curiosity, creativity, and joy by using the Arts as a tool for exploration and expression.

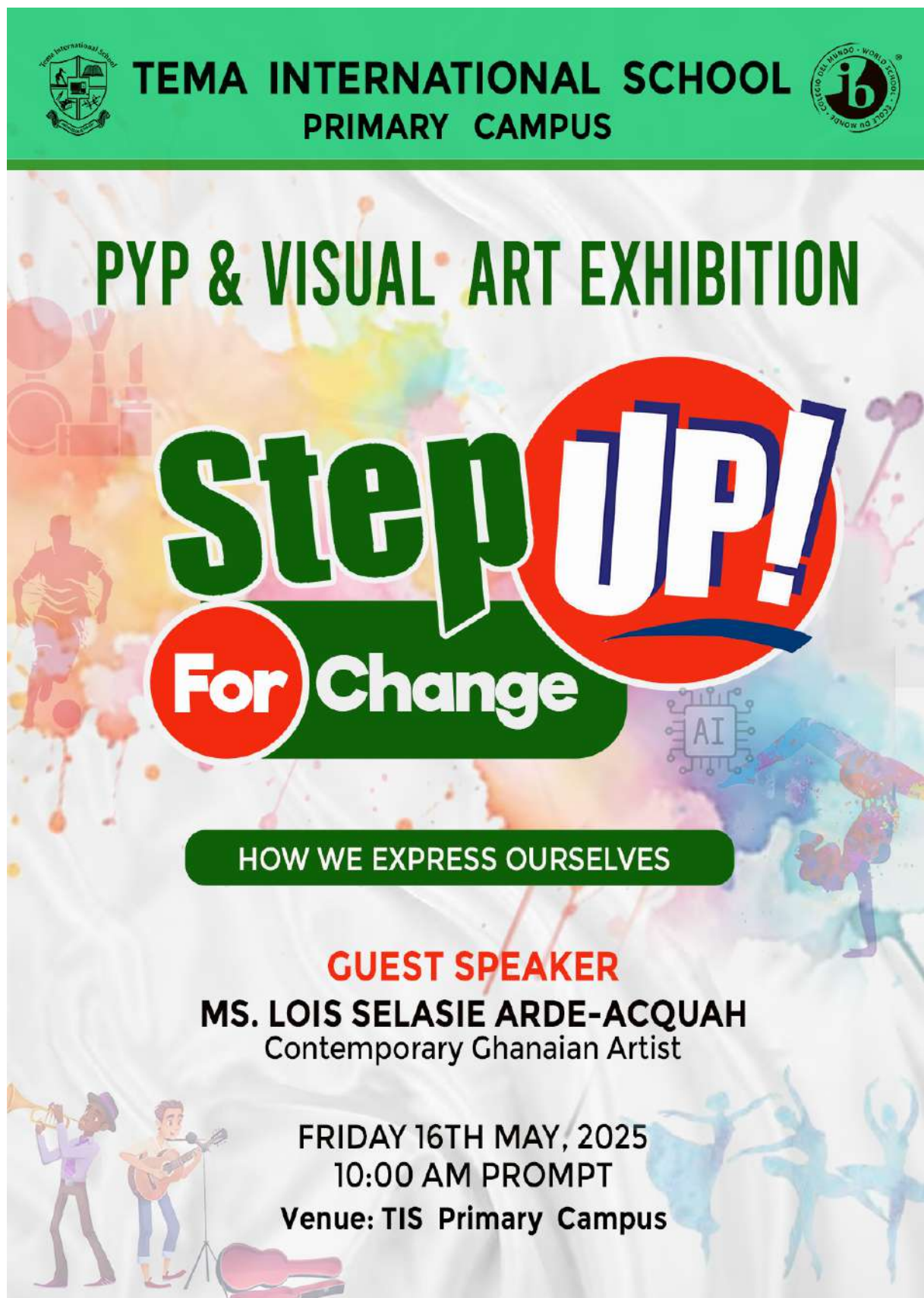
Creating art encourages learners to take ownership of their ideas, make decisions independently, and embrace experimentation. It also fosters resilience, as students learn from mistakes and refine their work through reflection and feedback. Engaging with various artistic forms such as music, dance, drama, and visual art broadens their perspectives and deepens their appreciation for different cultural traditions. Ultimately, the Arts serve as a universal language, empowering students to connect with others and make meaningful contributions to their communities.









As a culminating event, Grade 6 students will host the PYP Exhibition, using the arts to showcase their creativity and explore societal issues they are passionate about. Please see the event details below.

The poster features a green header with the school's name and logos. The main title 'PYP & VISUAL ART EXHIBITION' is in green. Below it, 'Step UP!' is written in large, stylized letters, with 'UP!' inside a red circle. 'For Change' is in a green box. A green button says 'HOW WE EXPRESS OURSELVES'. The guest speaker's name and title are in red and black. The date, time, and venue are at the bottom. The background has colorful splashes and silhouettes of people.

 **TEMA INTERNATIONAL SCHOOL**
PRIMARY CAMPUS 

PYP & VISUAL ART EXHIBITION

Step UP!

For Change

HOW WE EXPRESS OURSELVES

GUEST SPEAKER
MS. LOIS SELASIE ARDE-ACQUAH
Contemporary Ghanaian Artist

FRIDAY 16TH MAY, 2025
10:00 AM PROMPT
Venue: TIS Primary Campus



Change ^{the} World Through Creativity

#Make a Difference



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

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



TEMA INTERNATIONAL SCHOOL



Primary School Campus

Admissions Open For 2025/2026 Academic Year

Flexible admission screenings and interviews



Entry Points in 2025

Preschool

Nursery (1.9 years @ August 2025)
Kinder 1 (2.9 years @ August 2025)
Kinder 2 (3.9 years @ August 2025)
Kinder 3 (4.9 years @ August 2025)

Junior Primary

Grade 1 (5.9 years @ August 2025)
Grade 2 (6.9 years @ August 2025)
Grade 3 (7.9 years @ August 2025)

Senior Primary

Grade 4 (8.9 years @ August 2025)
Grade 5 (9.9 years @ August 2025)
Grade 6 (10.9 years @ August 2025)

All admission applications will be online via Open Apply:

<https://tis.openapply.com>

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

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

To learn more
scan this.



To enrol scan
this.





Tema International School



MAIN CAMPUS

**SECONDARY ADMISSIONS ARE OPEN FOR 2025/2026 ACADEMIC YEAR
FROM 3 OCTOBER 2024 UNTIL 31 MARCH 2025**

A family school, a unique experience.

Flexible online admission testing is available

ENTRY POINTS: Grade 7 (MYP 2) | Grade 8 (MYP 3) | Grade 9 (MYP 4) | Grade 11 (IB Diploma Programme)

Grade 7 (MYP 2)

Students should:

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

Grade 8 (MYP 3)

Students should:

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

Grade 9 (MYP 4)

Students should:

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

Grade 11 (IB Diploma Programme)

Students should:

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

To learn more
scan this.



To enrol scan
this.



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

For further information contact us on phone:

+233 303 305134, +233 303 308737, +233 249 637762 email: admissions@tis.edu.gh

Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)

www.tis.edu.gh

13 EFFECTIVE STUDY STRATEGIES TO HELP STUDENTS LEARN

Strategies for Avoiding Distractions

1. Change your space (make it distraction-free).
2. Don't choose distraction (don't multitask).
3. Ask: Do you want social media or Enjoy it? (There is a difference between wanting to go on social media and actually enjoying being online may be significant to the student.)
4. Plan breaks (if constantly distracted you may need a break. Planned breaks are more effective than spontaneous ones.)
5. It's still school. (Parents can help students structure their mindsets to tune out distractions.)

Why We Procrastinate & How to Fight it

6. Start work in class (simply beginning the work makes headway against procrastination.)
7. Use a Planner – and make it a habit. (When students don't plan or schedule, their work, they struggle. When planning, whatever time estimate you come up with, double it.)
8. Practise breaking down tasks. (Students need to learn how to break up large tasks into bite-size chunks.)

How to Know When to Stop Studying

9. Feeling that you know something is not reliable. (When students assess whether they know a topic, they should consider whether they're only familiar with it.)
10. Studying until you know is not enough. (To protect themselves against forgetting, students should plan their studying so that it includes time to study even after mastering a self-test.)
11. Creating study materials is studying. (Making their own study guides or flashcards not only allows students to review their notes but ensures the materials they use are on topic and accurate.)
12. 'Knowing' means being able to explain. (Knowledge means being able to explain it to oneself.)
13. Use in-class queries. (Quick tests that require students to produce knowledge allows them to check their understanding of a concept.)

Source;

https://www.kqed.org/mindshift/57644/13-effective-study-strategies-to-help-students-learn?utm_medium=Email&utm_source=ExactTarget&utm_campaign=MindShift

Caroline Smith
13 Effective Study Strategies To Help Students Learn
5 April 2021. Mind/Shift

CAS-SA Corner

A Farewell to the IB Class of 2025 – The Innovators



As the IB Class of 2025 begins their final steps toward graduation, our school community comes together to celebrate their journey and remarkable growth over the years. From the early days of August 2019, when some first walked through our gates, to the present moment, this class has shown resilience, creativity, and strength.

They faced the uncertainties of a changing world with courage and adapted with grace, emerging as confident, compassionate, and capable individuals. Whether in the classroom, on stage, on the field, or through service, they have left a lasting imprint on our school.

This space is dedicated to the voices of our community, staff, parents, friends, and fellow students, who have shared messages of encouragement, gratitude, and pride. Each message is a reminder of how deeply this class has touched our lives.

As they prepare to write their final IB exams and step into new beginnings, may these words remind them of the love and support surrounding them.

To Ekuba & Emily

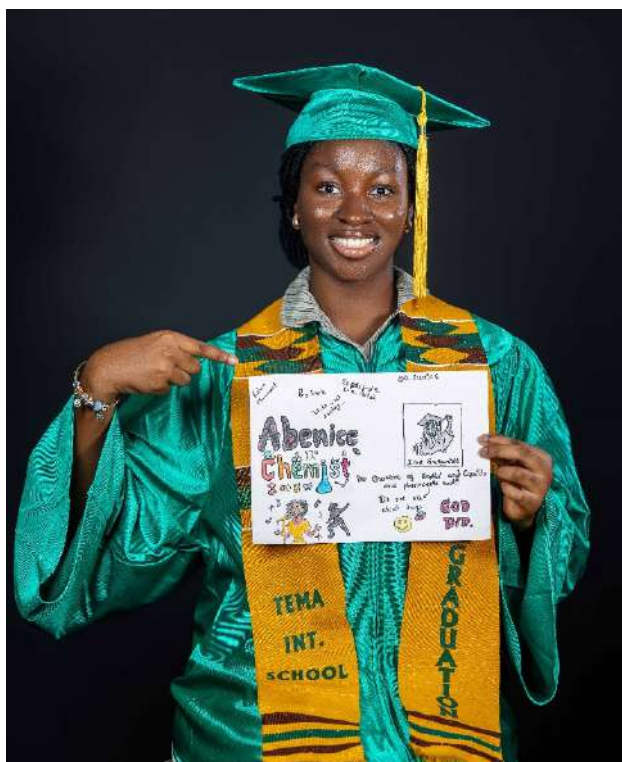
Thank you so much for being there for me and making me laugh when I needed it. You guys have been so inspirational and encouraging to me, and I really thank God for your lives. I won't forget the moments we shared, especially that late-night charger hunt in the Learning Centre, only to find it under my foodbox! 😂 I love you both and pray that you continue to shine your light wherever you go. All the best with your exams!

From LesleyAnn

To Dele Tinuoye

Dele, I love you more than you can imagine. I know it's been a long journey, and I am so proud. The run-up to your exams is the final leg of this adventure. Continue to push through. You have a great future ahead of you.

From Kunbi Tinuoye



To Eunice Abena Adubofour

Wishing you the best of luck for your exams. Trust in the Lord, trust in your preparation, and give it your best shot.

From Charles Kojo Adubofour

To Dentu Gyampo

It's kind of wild that you're graduating. I still remember sitting with you at the same table in Grade 9. You probably didn't know it, but you made things feel a little less scary. Even though we drifted a bit, I'll really miss seeing you around. Good luck with your exams and everything ahead—you've got this.

From Daniela Ndukaire (Grade 10)

To Ansong, Peter, Jerry and Jay

You guys, I will miss you so much. I know I tried to get close to you, but we didn't have time because of exams. I just want to say you were the best people I've ever met. No words can describe it, apart from 3 or 4, but I have a message to deliver: you guys were so faithful, respectful, and exceptional. Ansong was very nice to me, Peter and Jerry were my school

fathers, and Jay was my school brother. There won't be a day I'm not wishing the best for you. Oh yeah—and Ansong? KEEP SHINING.

From Bradley Owusu

To Vitus Jesse & Jeremy

You guys are the chilliest bros I've ever met. Jeremy would get angry with me at times and hold it in—that's what I like about him. And VJ, the viper himself, was like a brother to me. If I needed something, he was the first person I'd go to. He taught me confidence and self-esteem. He's done well in TIS. You both are my favourite seniors.

From Bradley

To Awura

Congratulations on surviving IB!!!! I'm so proud of youuu 🥳 I pray for nothing but the best in life for you and that you continue to do great things. I know it's not easy, but your persistence has brought you this far. You are such an amazing person with a beautiful soul, and I know you will carry that kindness and personality everywhere you go. You're on the path to many great things, and I'm truly lucky to have you in my life. I'll always be in your corner, cheering you on. I love you boo!!!

From Maxcinnie

To Obaa

Congratulations, baby girl! I love you so much. Words cannot express how proud I am of you and everything you've accomplished. Your infectious smile and personality have always resonated with me and many others. I admire how you push through even when things get tough. I pray for nothing but the best as you close this chapter and open a new one. You are one of a kind. In every lifetime, I want to be in your life—you shine and are everything people need. Keep thriving and being your unapologetic self. I love you!

From Maxcinnie



To Allyson

Allyy!!! You made it. Your relentless work ethic and sacrifice were worth it. CONGRATULATIONS!! I am so grateful to have met such a helpful, genuine person. You have gotten me through so much, and I couldn't have asked for a better person in my corner. You are beautiful inside and out, and your personality never fails to amaze me. I pray for your success and good fortune as you continue your journey. I miss you so much—you honestly deserve the best in life.

From Maxcinne

To Jeffrey Boahen

Jeffrey, all the best in your exams. We're all praying and hoping for 45s! I will miss you very, very much—even though sometimes your advice was really needed, I still appreciate you being a brother who actually helps me when I'm in need. Best wishes for your university life. Continue being the best. I'll miss you, big bro.

From Philip

To Nana Aisha Hussein, Victoria Su, Mekaila Offei, Tracy, and Obaa

I want to wish you the best of luck in your exams. I'm rooting for you! I'll miss you when you leave, because you were among the few seniors who made my time as a new student fun. You always took time to check in on me, and I just want to say a big thank you. Even as you leave TIS, I hope your transition into the world outside will be smooth and fulfilling.

May all good things come your way.

From Amy-Frances Gavor (Grade 8)

To Kelvin Kasami

As you're about to write your FINALLL exams, I just wanted to let you know that I'm proud of you for making it all the way to DP2. I'm just in Grade 9 and I can't wait to get to DP2—but I know the pressure will be a lot. I'm sure you worked hard and pushed through. You've come so far, I'm shocked. I'll miss seeing you with your gang—Faaiz, Kelvin, Ristus—and those guys walking around like you've already made it. You're going to pass this exam because I believe in you. But remember, this isn't the end—there's more ahead. All the best, Kasami!! 💖

From Karen Kasami



To Grade 10s and 12s

This is the final stretch for you, incredible Innovators. You've worked so hard to get here; now is your time to show what you're capable of. Take a deep breath and give it your best—you will succeed.

And to the Grade 10s, I know you're working hard, and it's easy to forget to be kind to yourself. Take a moment to reflect on all your progress and how much you've grown. These exams test your knowledge, yes—but more so, they're a testament to your strength and dedication.

From Elyna Aku (Staff)

To Amina Nasir-Deen

Amina, you've worked so hard for this moment. Stay calm, stay focused, believe in yourself and your capabilities, and give it your best shot. I am confident you will do great. Our prayers are with you.

From Faisal Nasir-Deen (Father)

To David Ebubechukwu Ndukaire

David, 12 years of moving countries and schools—and through it all, you've stayed true to yourself. A true champion. We are so proud of the bold, confident person you've become. You always stand out best, and your presence is felt wherever you go.

As the final exams approach, we are cheering you on and praying your hard work pays off and it ends in praise. You've got this!

Wishing you and the Class of 2025 God's favour in your exams and all the best as you head into college and everything the future holds.

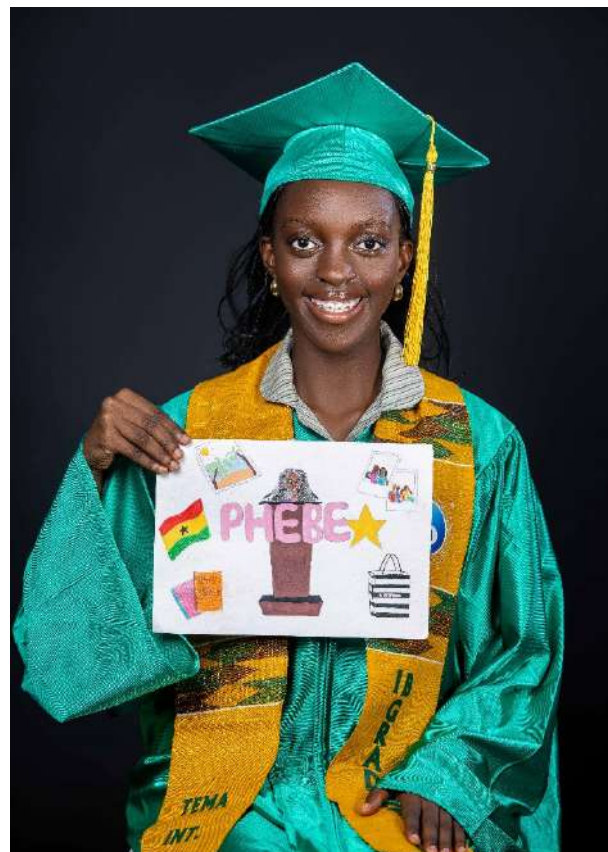
We love you.

From Mum and Dad (Amaka Christiana & Benedict Ndukaire)

To Kafui and Mekaila

I wish you all the best in your upcoming exams and I pray they go amazingly for you. I wish you the very best after TIS as well. I'll miss youu!

From Angel (Roommate)

**To Phebe Tweneboah**

Honestly, when you go, I'm sure it'll take me a little while to really realise that you've left. No more going to your room asking for clothes or you asking for snacks. I'll really miss you even though I know you'll come home from time to time. I also know you'll do well in your exams; you're actually really smart. Good luck!! ♡

From Pamela Tweneboah (Sister)

To Aseye

In August, I was scared to be your roommate, but you taught me a lot in the past 8 months (10 months by the time you're seeing this). I am very happy for you. You are the big sister I never had. You were always there for me when

I was sad, scared, and felt alone. You most likely don't know, but you were part of the reason I stayed in school. You showed me how to carry myself with confidence and how to stand my ground. I hope you achieve everything you desire and more. I know you are bound for the best in life. I will miss you, but I'm very happy for you. Love you loads ❤️

From Christine (Roommate)

To IB Class of 2025 – The Innovators

Dear Class of 2025 — The Innovators,
Today I honour a journey that began in August 2019, weathered a global pandemic, and transformed 66 unique voices into a single chorus of resilience and creativity. You've led with curiosity, turned challenges into breakthroughs, and inspired every corner of the school.

I've had the privilege to interact with many of you and work on several projects together. Your dedication, creativity, and innovation were clear for all to see—turning our little ideas into awesome masterpieces.

As you head into your final DP exams and beyond, carry this spirit of innovation with you. Trust your ideas, lift each other up, and remember that every problem holds the seed of a solution only you can design. I am immensely proud of all you've become—and even more excited for the leaders, artists, and changemakers you're destined to be.

Go forth boldly, dream without limits, and keep making the world more beautiful.

With admiration and gratitude,

Donald Offei Dodoo (Visual Arts & Product Design Educator)

To Jenevieve

Hiii Jenevieve! You've been a really nice senior, and I wanted you to know how much you will be missed! You are a talented artist, and I just know you'll make it far. Good luck on your exams!! <3

From Pamela Tweneboah (Friend – Junior)

To Mekaila

Can't believe we're already here—I remember the times I would come to your room and you would tell me you're leaving in 5 months. Now you're actually leaving. I wish you all the best as you head into exams. Wishing you success and a smooth journey ahead. Love youuuuuu!

From Nicole Davidson (Grade 9)

To Jenevieve

Awww, you're actually leaving me 😭 It's honestly so wild to think you're graduating already. Wasn't it just last week you told me you had five months left?? Time really flew, but I know without a doubt that whatever you do next, you're going to shine so bright. Keep being the amazing, beautiful soul that you are—and please don't forget me!!

Wishing you all the success, joy, and peace as you step into this new chapter. And best of luck in your exams—you've got this!

Love you to bitsss 🤗🤗🤗

From Nicole Davidson

To Mika Mensah

Dear Mika,

Your journey through TIS has been a masterpiece of growth, curiosity, and creativity. We've watched in awe as you've explored your passions—from the spotlight of performing arts to your vibrant expressions of visual art.

We admire your growth mindset, especially when you chose to take French HL. That showed us you're not afraid to take risks and pursue your passions, even when it means stepping out of your comfort zone. This kind of courage will serve you well in your future.

Your boldness has inspired us: from learning French, singing, animation, interior design, voiceover artistry, video editing, makeup artistry, hairstyling, perfumery, emceeing, cooking, playing piano and violin, to your graduation designs—you've shown that creativity is a way of being.

Your leadership and entrepreneurship have also shone through.

We wish you the best of luck in your exams. As you embark on this new chapter, we celebrate the artist, the innovator, and the individual you've become. May your path be lit with wonder, your heart filled with joy, and your spirit fuelled by the fire of creativity.

We believe in you.

*With love and admiration,
Mum, Dad, Myles and Darryl*

To Kelvin Kasami

Hello Kelvin, I wish you good luck in your upcoming exams. I'm so proud of you and all your accomplishments. You've worked so hard for this moment, and it's well-deserved.

Wishing you all the best for the next chapter of your journey. Keep working hard.

With love, your sister, Elisa Kasami

**To Senanu Mawutor Ahlidza**

Senanu, I wish you all the best in your final exams. As you prepare, I pray for good health, strength, understanding, and a retentive memory. I know you can do it. Believe in yourself. Go into the exam room with confidence, and the good Lord will grant you success. Remember our slogan: NEVER SAY NEVER. Keep soaring. Hard work pays. All the best, my dear.

Love, Mum (Mrs Sitso Ahlidza)

To Senanu Mawutor Ahlidza

Praying for you every day. Wish you all the best in the exams—hope you ace it with flying colours, or should I say flying stars, since you want to be an astronomer. Get it? Keep striving for excellence. I know you can. 🌟🌟

From Selikem Yao Ahlidza (Younger Brother)

To Senanu Mawutor Ahlidza

I'm praying for you day and night so you can absolutely ace it. Remember to study hard and always stay focused, because—like Mum

says—when it's over, you can walk on your head. Just keep going in the right direction, no matter what. I know you'll make it through.



From Sedokem Yao Ahlidza (Younger Brother)



To Ristus Nii Appiah Amarh

I wish you all the best in your upcoming exams. I pray for excellence, knowledge, understanding, and retentive memory for you and your peers. By the mercies and grace of God, you'll all come out with flying colours. I will miss you all—always smiling, always ready to give a hug. Very accommodating and loving. God bless you all.

From Belinda Amarh (Parent)

To Victoria Su

I remember walking through the TIS gates, unsure of how my life would turn out, scared for the future, but hoping for the best. I prayed to God for support and guidance, but never imagined He would send you. From the

beginning, you held me up, gave advice, made me laugh, and helped me move forward. You've made me a better person.

Though I've only known you a short time, it feels like forever. TIS won't be the same without you. I love you and wish you all the best.

Farewell, Nifemi Toriola

To Casey Quao

I really can't believe you're leaving. I remember when you first walked into the room, and everyone was sceptical—myself included. But I got to know the kind, amazing, and supportive friend you are.

You've helped me in so many ways—emotionally and even in fashion (though I didn't always listen). Who's going to dance randomly or insult my Y2K pants now?

I wish you the best. Love youuu. P.S. You better get into an amazing school, or I'll make you stay with me!

From Nifemi Toriola

To Senanu Ahlidza

Dear Senanu,

Watching you grow through the IB journey has been one of the greatest joys of my life. Your strength, determination, and creativity truly show what it means to be an Innovator. I've seen your growth—not just academically, but as a thoughtful, resilient, and inspiring young man.

As you step into the next chapter, know that I believe in you completely. Shine, lead, and make an impact. I'm so proud of you. Go forward with confidence. God and your team are cheering you on.

With love and admiration, Francis Ahlidza (Parent)

To Jenevieve

Good luck on your exam. I pray you pass with flying colours and your hard work pays off. Don't expect any emotional goodbye whatsoever. Even though we barely know each other, thank you for adopting me. Lowkey, I'll miss you yee. And they did you dirty in that video at assembly; you've got fine pictures, come on! Anyway, good luck with Uni.

From Maame Araba

To Allyson

You were one of the first people to talk to me. I thought we'd get closer, but that didn't happen—maybe that's on me. You're a really nice person, and I hope that quality stays with you at Uni. I saw you cry sometimes and wanted to comfort you, but I was too shy. I hope in Uni, you'll overcome tough moments and never feel alone. I pray your effort in exams pays off.

From Maame Araba

Celebrating the IB Class of 2025

TEMA INTERNATIONAL SCHOOL

**Annual Achievers
— & —
Graduation Ceremony**

IB Class of 2025

Loading...

DATE **TIME** **VENUE**


SAT. 7 JUNE 2025 10:00 AM MAIN CAMPUS

It's time to celebrate the IB Class of 2025! 🎓 ✨


It's been a long and meaningful journey, and now we get to honour and learn more about our graduates – *The Innovators*.

Click the link below to join the celebration on our social media platforms. Let's discover the stories behind each incredible member of this remarkable class.

https://web.facebook.com/TISGhana/?_rdc=1&_rdr#
https://www.instagram.com/tema_international_school/
 #IBClassof2025 #TISInnovators #TISProud



**TEMA
INTERNATIONAL
SCHOOL**



Celebrating the class of 2025


It is my greatest pleasure to introduce you to the IB Class of 2025 – The Innovators – over the coming weeks. From an initial intake of 23 students in 2019, with Ms Irene Koree as their Homeroom Teacher, this class has matured in its outlook and numbers each year.


This unique group has always set high standards in terms of organisation, calmness under pressure, completion of work, and support for each other to ensure they represented themselves as a unified cohort.

Thank you for all those special moments and for making TIS proud. May success be your constant companion.


Best wishes

Dr Ken Darvall
Principal
www.tis.edu.gh





**TEMA
INTERNATIONAL
SCHOOL**




Celebrating the class of 2025

I didn't come to TIS knowing who I'd become; I just knew I was curious. Each moment on stage, in class, and service activities shaped me.

I built unexpected bonds, met teachers who challenged me and stepped into roles I never imagined. From leading as HOC to directing and starring in school plays, creating meaningful art projects, to performing and collaborating in music, all while maintaining academic excellence. TIS didn't just prepare me for the future; it transformed me into someone ready to lead it.

Jeffrey Boahen
IB Class of 2025
www.tis.edu.gh





**TEMA
INTERNATIONAL
SCHOOL**



Celebrating the class of 2025

At TIS, this vibrant family, I have grown from a quiet student into someone who confidently embraces learning. This wouldn't have been possible without my teachers' guidance and my friends' support.

What I cherish most are the moments during the School Play 2024. Despite my self-doubt, there were always people who believed in me. Their encouragement gave me the strength to overcome challenges—even under pressure—managing sets and props and helping me boldly express myself. These experiences taught me how to face setbacks confidently. As TIS taught us, I'll keep striving forward.

Victoria Su
IB Class of 2025
www.tis.edu.gh





**TEMA
INTERNATIONAL
SCHOOL**



Celebrating the class of 2025

The past five years have been nothing short of extraordinary. I arrived as a naive boy—unfamiliar and uncertain—but warmly embraced and immersed in the Ghanaian culture.

The friendships I've forged are the treasures I cherish most. My proudest moments are playing a lead role in *The Prince of Egypt*, serving as Colour Leader of Blue Cedar, and leading our class CAS project. TIS has shaped me into the person I am today, and I am forever grateful for that. Now, I'm ready for whatever life brings next.

Joseph James
IB Class of 2025
www.tis.edu.gh



MYP – Service as Action Transitioning to Creativity, Activity, and Service (CAS)



Another MYP 5 cohort has successfully concluded their Service as Action journey this week. All students have completed the required reflections on their worksheets on ManageBac and uploaded their 13-page transition worksheet, showcasing the meaningful connections they made between their classroom learning and real-world actions to impact their communities positively. Some notable projects include *Project Bloom*, *Hygiene Essentials*, *Student-to-Student Peer Tutoring*, *Population Census Survey*, *Aqua Girls*, *Science Fact of the Week*, *Comfort in a Box*, etc.

On Thursday, 11 April, the CAS Coordinator, Mrs. Surama King, met with the cohort to formally usher them into the next stage—Creativity, Activity, and Service (CAS). During the session, she outlined the expectations, timelines, and essential requirements for CAS, setting the tone for the exciting journey ahead.

Read below for some inspiring CAS ideas shared by the cohort.

- Reconnecting with your roots project:** Promoting individuals to delve deeper into the roots and origins of their culture by making presentations at an assembly on various cultures and organising after-school club meetings where individuals can learn their native language. **News Flash:** It is important to be aware of what is happening around us. In light of this, I will gather and lead a team to produce fun and interactive videos that summarize news and information that we need to know. **Louisa Ayem, G10.**
- The SA project Aqua Girls would be elevated at the CAS Level by making fish food and raising funds to purchase a bigger Fish aquarium to promote SDG 14—Life below Water. **Nana Yaa Achiampong, G10.**
- Design a TIS Secondary School Campus Map for vantage points within the school for locations within the immediate environment. Design a website accessible to all, both prospective and MYP students, titled “**MYP Journey Simplified**”. **Joel Ahiakpor, G10.**
- Organising a CAS fair in TIS where the juniors can get inspiration for their future CAS projects. Every member of my Grade would have a CAS project to present. **Charis Kudiabor, G10.**
- I am planning to develop a digital system for our school security team to log items belonging to students at the gate. Once an item is logged, the respective student will receive an instant notification. This system is intended to improve communication between students and security personnel, as well as help track and manage student items more efficiently. **Emmanuel Egyei-Mensah, G10.**
- Sustainable Fashion Initiative:** Combining fashion with environmental consciousness by promoting upcycling and ethical clothing choices. **Arts for Hearts:** Making theatre pieces, visual artworks, and music that would provoke hope and restore faith in orphanage children. **Chidubem Akunyili, G10.**



Bridging the MYP and DP Core: Welcoming the MYP 5 Cohort into the CAS Journey



Last week during the SA period, I had the pleasure of meeting with our MYP 5 (Grade 10) students to begin the exciting transition from the MYP to the Diploma Programme, with a focus on the Core – particularly CAS (Creativity, Activity, Service). It was a truly energising session where students engaged deeply, asked intelligent and reflective questions, and made valuable contributions about what CAS is, what it is not, and its endless possibilities. Many were keen to explore how their experiences through ASA can align with and support the learning outcomes of the CAS strands.

This session was more than an orientation – it was a moment of connection, reflection, and anticipation. It allowed me to share how CAS supports personal growth, balance, and deeper meaning within the DP. Through CAS, students will not only learn about themselves and others but will also develop new perspectives on the world around them. I encouraged them to see CAS as a journey of purpose, one that nurtures empathy, resilience, and a desire to make a difference.

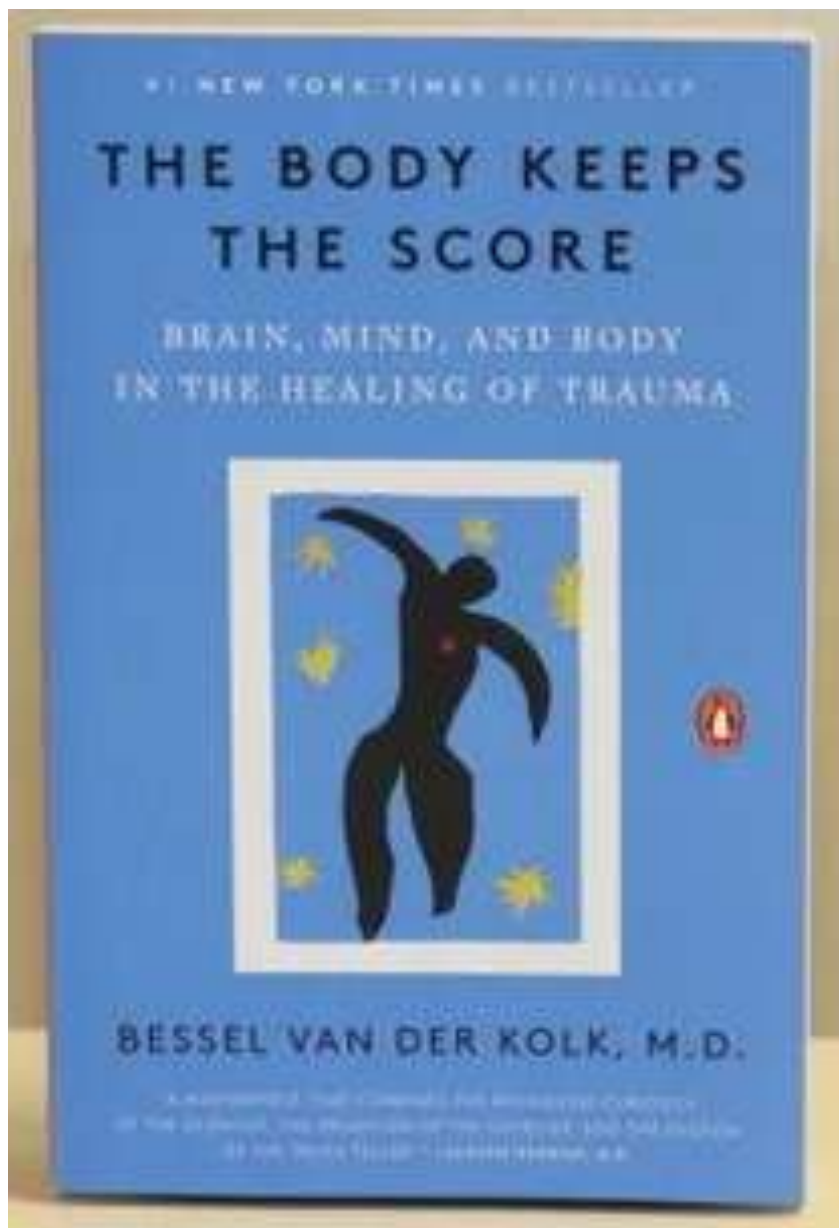
I am genuinely looking forward to walking alongside this dynamic cohort. They bring energy, creativity, zeal, and a clear love for learning. Their ideas and enthusiasm will greatly enrich our school community.

Importantly, I highlighted the natural progression from MYP Core components – Service as Action, the Community Project, and the Personal Project – into meaningful CAS experiences and projects. These earlier MYP endeavours lay a solid foundation for purposeful engagement in the DP.

As part of their preparation, the CAS Handbook will be shared with all MYP 5 students before the summer break. They are expected to read through it carefully and begin planning their CAS journey with thoughtfulness and intent. No CAS project or experience will begin without prior approval from the CAS Coordinator, ensuring that each step supports meaningful learning and growth.

I am hopeful and excited about what lies ahead with this cohort, and I am ready to support, guide, and grow with them in this new and inspiring chapter. *Surama King, CAS Coordinator.*



#MYP - Service as Action - Mildred's Corner

This column is dedicated to an initiative by Mildred Okyere-Darkwa, Grade 9, who reviews the books she reads in an effort to encourage or foster the culture of reading among peers. In this edition, she reviews a book titled *The Body Keeps the Score* by **Bessel Van Der Kolk**

Trauma Today

Throughout human society, people have been both the recipients and givers of traumatic events. These traumas have shaped the way society has evolved and the very values we live by. This review highlights trauma and what happens in the brain during a traumatic event.

What is Trauma?

In the book, *The Body Keeps the Score*, the author describes trauma as "*not the story of something that happened back then, but the current imprint of that pain, horror, and fear living inside [the individual].*" What is meant by this is that trauma is the effect of an adverse event on the way you organise your life. When you go through a traumatic event, you cease to move forward; you are still stuck

in that distressing moment, ever frozen in the emotions you experienced, never moving on from that situation, even if others move on without you.

The Science of Trauma

When people think of trauma, they think of damaged/broken people, inability to function well in society and other external views of trauma, but how about what happens on the inside? When someone experiences a traumatic experience, the amygdala becomes overactive and over-sensitive, which leads to heightened fear and stringer memory imprinting. The prefrontal cortex, which is responsible for rational thinking, is deactivated, which makes it hard for the person to think logically. Then the hippocampus (the memory centre) is disrupted, leading to fragmented and broken memories. Finally, you have an influx of stress hormones to the brain, such as cortisol and adrenaline, which increase heart rate and, in extreme cases, damage the hippocampus, leading to PTSD. These are the physical components that produce that fractured and frozen effect of trauma.

“Being traumatized means continuing to organize your life as if the trauma were still going on—unchanged and immutable—as every new encounter or event is contaminated by the past.”

Bessel van der Kolk, *The Body Keeps The Score*



Dealing with Trauma

Previously, trauma was thought to be only experienced by war veterans or people who lived in extremely unique situations, but it has become obvious that trauma is something that can be experienced by everyone everywhere. The absolute truth of the issue is that trauma is more common than people believe. In actuality, one out of five women in America has a history of sexual molestation. Even a lot of men have histories of sexual molestation. One out of four kids get beaten very hard by their parents. One out of eight kids see physical fights between their parents. Trauma is prevalent, and so we should learn to deal with it because it's a part of life. According to the book, there are four common steps to deal with trauma.

- First, acknowledge the experience; allow yourself to know that whatever happened, happened, then seek support.
- Speak to trusted people to help you navigate through that tough time.
- Practise self-care, leisure, hobbies, exercises and personal grooming.
- Seek professional attention, such as talk therapy.

Putting it into practice

Let's realise that life is a series of ups and downs. Sometimes, these downs may hit us so hard that we feel stuck and frozen, but these hits are not the end, and one can heal from the scars and bruises. Let's keep this in mind as we go through school and when we speak to people. Whatever we do, we may not be givers or receivers of traumatic experiences.

“Once you start approaching your body with curiosity rather than with fear, everything shifts.”

– Bessel A. van der Kolk

**Four
Minute
Books**

Tema International School

5 Simple Ways

TO REDUCE POLLUTION



1

Properly Dispose of Waste

Stop leaving plastic and other materials around, especially around water bodies.

Watch Your Water

Be mindful of how you use water. Conserving water means less waste runoff into the ocean.

2

3

STOP ILLEGAL MINING

Illegal mining (Galamsey) releases toxic materials and pollutes the water, air, and soil.

Collect pet waste

Pet waste, though it seems harmless, contaminates water bodies that fish live in.



4



5

Plant a Tree

Planting a tree helps reduce erosion that washes unwanted materials into the ocean.

COMMUNITY PROJECT
ERIN, MOHAMMED, AND DAVID





TEMA INTERNATIONAL SCHOOL



SERVICE AS ACTION OPPORTUNITIES

Classroom Unit

e.g., Calculating an Area within the school campus as studied in Maths



UN Sustainable Development Goals

SUSTAINABLE DEVELOPMENT GOALS

e.g., Zero Hunger, Quality Education, Good Health & Wellbeing, Gender Equality, No Poverty, Clean Water & Sanitation, Life below Water, Climate Action, Reduced Inequalities etc

NGOs & Organizations

e.g., Children Heart Foundation, Empower Playground, Plastic Punch, Infanta Malaria, UNCHR etc



Assembly Meeting

eg., Presentation about a Cause



ASA with Service Components

e.g., Interact Club, Peer Buddies, Insight TV & Photography Club



International Day

eg., World Autism Day, International Women's Day, Teachers Day



Student Leadership

Class Representatives



TIS Record

eg., Article writing for publishing in the school Bulletin



Peer Tutoring and Peer Buddy System

eg., Article writing for publishing in the School bulletin





6 BASIC FIRST AID TIPS

What first aiders must NOT do

First Aid is the immediate help or assistance given to someone who had been involved in an accident, or someone who falls ill suddenly. It requires using available resources before sending the person to the nearest hospital with a report about the situation and aid given

1

Do not rush into
action

2

Do not attempt
what you have not
been taught

3

Do not pour water
on a casualty

4

Do not prescribe
medicine

5

Do not give anything
by mouth to an
unconscious casualty

6

Do not pronounce
anybody dead

Tema International School Red Cross Club





PERSONAL HYGIENE

The importance of Handwashing and COVID-19's effect on handwashing



01



Why is handwashing important?

- Removes germs, bacteria, and viruses
- Prevents illnesses like flu, diarrhea, and food poisoning
- Protects you and others from spreading infections
- Reduces healthcare costs and hospital visits

02



When Should You Wash Your Hands?

- Before eating or preparing food
- After using the restroom
- After coughing, sneezing, or touching your face
- After being in public spaces (doors, transport, shopping carts)

How COVID-19 Changed Handwashing Habits

03



During COVID-19:

- Increased awareness of hand hygiene
- More access to hand sanitizers in public places
- Schools & workplaces encouraged frequent handwashing

04



Now, Post-COVID:

- Handwashing rates have dropped globally
- Many people have returned to old habits
- Studies show less frequent handwashing, despite ongoing well-being threats.

WE ADVISE YOU TO WASH YOUR HANDS REGULARLY AS THESE BAD HABITS CAN LEAD TO NUMEROUS HEALTH RISKS .

#CAS Project – Buddies for Change Club Initiative



TEMA INTERNATIONAL SCHOOL
SUPPORT
MANTE SCHOOL OF EXCELLENCE
 Donate towards renovating the IT laboratory in the Mante School of Excellence. You can support in cash or kind.

DONATE CASH
 MoMo: Abigail Ahiadorme
 0597621047
 Reference: Mante IT lab

KIND: Make a pledge to donate a PC, Tables, chairs or other IT equipment

AN INITIATIVE BY:
 TIS Buddies For Change Club

For more information, please contact the CAS Coordinator at surama.king@tis.edu.gh

At **Buddies for Change Club**, our mission is rooted in the theme “*Thinking Globally, Acting Locally.*” We believe that real change begins within our communities, and we can make a global impact through collective effort. Our current focus is on renovating and equipping the **IT Lab at Mante School of Excellence**, turning it into a space where students can unlock their potential and thrive in today’s technology-driven world.

The current state of the IT lab is far from ideal. Outdated equipment and limited resources make it difficult for students to access the tools and knowledge they need to keep up with the modern world. This initiative directly aligns with several **United Nations Sustainable Development Goals**

(SDGs), including **Quality Education (SDG 4)** and **Reduced Inequalities (SDG 10)**. By improving the lab, we’re not just providing resources—we’re opening doors to new opportunities for the students of Mante School.

To achieve this, we’re calling on you to support our efforts. In addition to financial donations, which can be sent to **0597621047** (with the reference **Mante IT Lab**), we also accept contributions of new or used but functioning IT equipment, such as computers, desks, and chairs. These items will make an immediate difference in the students’ learning experience. By supporting **Buddies for Change**, you’re not just helping renovate a lab; you’re empowering a generation, fostering innovation, and bridging the gap between potential and opportunity. Together, we can ensure these students have the tools they need to succeed and become the change-makers of tomorrow.

Join us today - donate, inspire, and be part of the change! Glorious Angel Ogyiri Asare – DP1



EduAid Mante Initiative Class of 2026 Project for Impact



Support the EduAid Mante Initiative – A Community Effort

The EduAid Mante Initiative is a CAS project led by the IB Class of 2026, dedicated to supporting the Mante School of Excellence in Afienya East. This school has been a vital educational pillar for underserved communities for over 25 years, but it currently faces challenges that affect the quality of education and student well-being.

The project is structured in phases to address key needs:

- **Phase 1: Sanitation Facilities – Raising GHC 150,000** to build safe and hygienic toilets, ensuring a healthier environment, especially for girls.
- **Phase 2: Classroom Renovation** – Refurbishing classrooms with better roofing, ventilation, and essential repairs.
- **Phase 3: Canteen and Additional Facilities** – Enhancing the school's canteen and other essential spaces for student well-being.

How You Can Help

✓ **Direct Donations** – Contributions can be made via MoMo to Ms. Abigail Ahiadorme (0597621047) with the reference "EduAid – Your Name or Ward's Name."

✓ **Spread the Word** – Share this initiative with friends and family to help raise awareness and support.

✓ **Purchase Dr. Ken's Book** – The Teaching Guarantee: Making a Difference



Purchase **Dr. Ken Darvall's** latest book, ***The Teaching Guarantee: Making a Difference***, to support the EducAid Mante Initiative. This inspiring book is a must-read for educators and anyone passionate about making a difference in schools.

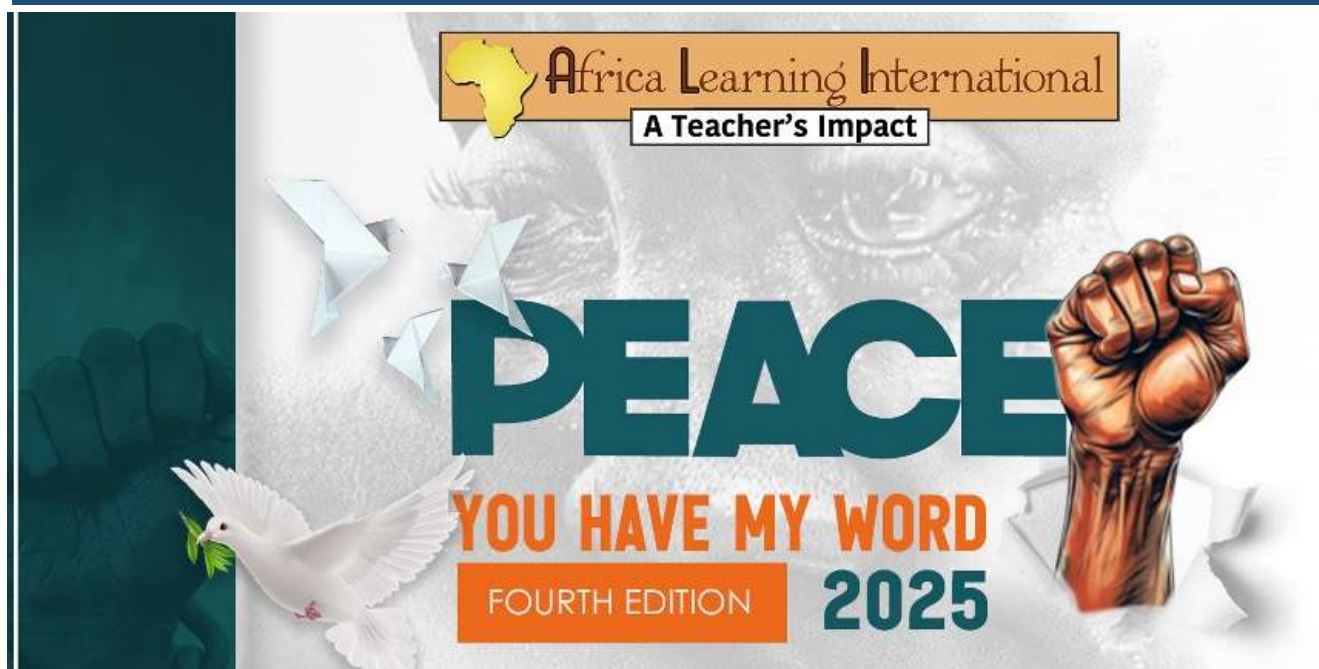
Every copy purchased directly contributes to the **EducAid Mante Initiative**. Books will be available from GHC 200 per copy, and you can buy one for yourself or as a meaningful gift for someone. Let's come together to support this cause and create a lasting impact!

Thank you for being part of this journey—buy a book, support a cause, and help transform education!



The poster features a central white rectangular area with a light blue background, set against a vibrant, colorful border with African-inspired patterns. At the top of the white area are five logos: a blue shield with a cross, a blue 'EG' monogram, a green shield with a cross, a red shield with a cross, and a circular logo for the International School of Dakar. Below these logos is a stylized black and white Sankofa bird. The main title 'SANKOFA' is in large, bold, yellow 3D letters, followed by '2025' in the same style, flanked by two diamond-shaped decorative elements. Below the title, the dates '18th-24th OCTOBER' are written in bold black text. The subtitle 'A CROSS CULTURAL ARTS FESTIVAL' is in bold orange text, with musical notes on either side. Below this, the word 'BY' is in a small, italicized font. The list of participating schools follows: 'SOS-HERMANN GMEINER INTERNATIONAL COLLEGE', 'ECOLINT: INTERNATIONAL SCHOOL, GENEVA', 'TEMA INTERNATIONAL SCHOOL', 'TEMA SENIOR HIGH SCHOOL', and 'INTERNATIONAL SCHOOL OF DAKAR'. At the bottom, the venue is listed: 'VENUE: SOS-HERMANN GMEINER INTERNATIONAL COLLEGE, TEMA-GHANA'. On the right side of the white area, there is a large, colorful illustration of an African mask with a red face, yellow and orange accents, and a green and yellow patterned body. The background of the white area shows a faint image of a large, ornate drum.

Peace You Have My Word 2025 – Let the Youth Speak!



It's time again to amplify the voices of our young people through the *Peace You Have My Word* writing competition, now in its fourth inspiring year. Organised by ALI, this powerful initiative encourages students to reflect deeply and write boldly about the topic of peace in today's world—especially in Africa.


This year's theme invites students to write in one of four thought-provoking categories:

- **Africa Unite**
- **Peace Starts Small**
- **No Justice, No Peace**
- **Ancestral Intelligence is the AI of Peace**

Students are invited to submit a short text (maximum 300 words) by **1 July 2025** through the official submission link. Winning entries will be celebrated on the International Day for Peace in September 2025 at a *Youth Peace Summit* and published in *The International Educator (TIE)* magazine.

This is a wonderful opportunity to give students a voice on issues that matter most—justice, unity, ancestral wisdom, and everyday peacebuilding. Let us continue to support initiatives that inspire reflection, critical thinking, and hope for a better future. The following link is for [Text Submission \(300 words, deadline July 1st\)](#)

<https://docs.google.com/forms/d/e/1FAIpQLSeVerfEkJXw72BVhNiZdL14ZTHPfh12fitDV-VatGIQo4KGMg/viewform>

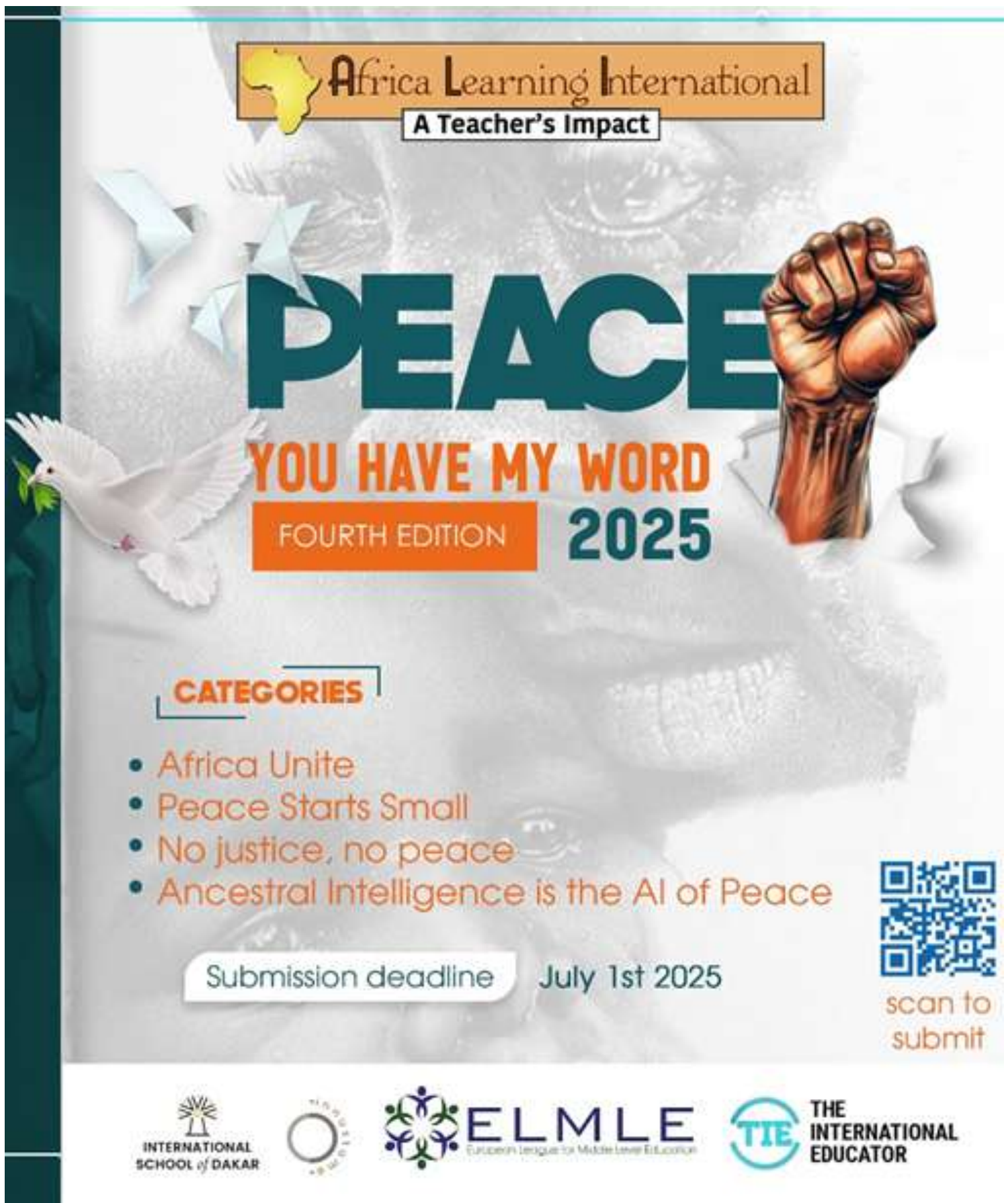
 *Suggested videos to spark student inspiration:*


Peace You Have My Word 2024 by Nuria Adam (Al-Rayan International School) -
https://www.youtube.com/watch?v=sjoxMUMjuBY&ab_channel=ARISCommunication

Mika Mensah's Peace Reflection (Tema International School)

https://www.youtube.com/watch?v=jE45SDXw0l8&ab_channel=TemaInternationalSchool

Together, let's champion peace—one word at a time.



 **Africa Learning International**
A Teacher's Impact

PEACE


YOU HAVE MY WORD

FOURTH EDITION 2025


CATEGORIES


- Africa Unite
- Peace Starts Small
- No justice, no peace
- Ancestral Intelligence is the AI of Peace


Submission deadline July 1st 2025




scan to submit

 **INTERNATIONAL SCHOOL of DAKAR**

 **TIE**

 **ELMLE**
European League for Middle Level Education

 **THE INTERNATIONAL EDUCATOR**

EducAid Mante Initiative Kicks Off with Community Engagement Visit



On **Monday, 15 April**, 18 students from the IB Class of 2026 officially launched the **EducAid Mante Initiative** with a powerful **Community Engagement Visit** to **Mante School of Excellence** in Afienya. And what an experience it was!

Divided into focused working groups, the students engaged with the Mante school community through classroom teaching, student discussions, canteen support, and an IT lab needs assessment. Each group had the opportunity to interact meaningfully with students, teachers, and staff, gaining deep insights into the school's challenges and hopes.

From outdated infrastructure and sanitation issues to the lack of resources in the IT lab and kitchen, the visit gave our students a clearer understanding of how the **EducAid Initiative** can bring about a real, lasting impact. Most importantly, it gave them a sense of **purpose** and **ownership** as they began to design practical ways to support their peers at Mante.

We were also honoured to be joined by **Mrs. Gloria Anim**, a parent and professional architect, who visited the site with her manager. She kindly offered us the **design drawings** and a **cost estimate** for the toilet facility. With her support, we are optimistic that construction will begin in the coming weeks.

While Phase 1 focuses on building **toilet facilities** and **refurbishing the IT lab**, we are still **raising funds** to bring this vision to life. We count on the continued **support of our school community** to make a meaningful difference at Mante School.

Stay tuned for more updates in next week's bulletin as we continue this inspiring journey of service, leadership, and learning in action.













Change ^{the} World Through Service

#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 exam candidates, we are confident in your abilities –
finish strong!**



- ✓ Start early, plan strategically and organise your study space.
- ✓ Use active learning techniques. Move beyond simply reading notes and engage actively with the material for better retention. You can make use of techniques like;
- ✓ Mind Mapping
- ✓ Flashcards
- ✓ Teach someone else to solidify your understanding.
- ✓ Practice past papers to manage time effectively and reduce anxiety.

Fuel your brain wisely Click here for more information:
<https://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips>



DP2 Parents' Google Meet Meeting -“Excelling at University: A Parent’s Guide to Student’s Success.”



Dear DP2 Parents, TIS Uniguides warmly invites you to attend a critical and one-time event that was intentionally put together with you in mind. As our cherished final-year students exit our walls to their university destinations, it has become critical to be well-informed about the new changes and emerging trends of higher education. Join us on **23 April 2025 at 2:00pm-3:00pm**. The Google Meet link will be sent to your private emails. Our notable speakers are:



Ntami Abraham- University of Toronto Office of Student Recruitment (University of Toronto Alumna and International Recruitment Specialist)



Jamie Hastings, Director of MYiO

At a Glance - Highlights and Pictures of Various University Related Visits and Events



UK Mini Fair-Aston University, Nottingham Trent University, Keele University, University of Dundee & Queens Belfast University



In one full house, the above-listed universities interacted with our students. Kindly see the scholarship links and more:



<https://www.aston.ac.uk/>

Scholarship link: <https://www.aston.ac.uk/international/scholarships>



Nottingham Trent
University

<https://www.ntu.ac.uk/>

Scholarship link: <https://www.ntu.ac.uk/international/scholarships-and-fees/scholarships>



EST 1949

<https://www.keele.ac.uk/>

Scholarship link:

<https://www.keele.ac.uk/study/undergraduate/tuitionfeesandfunding/undergraduatefunding/undergraduatebursariesandscholarshipsuk/>



University
of Dundee

<https://www.dundee.ac.uk/>

Scholarship Link: <https://www.dundee.ac.uk/scholarships/undergraduate-international>



<https://www.qub.ac.uk/>

Scholarship Link: <https://www.qub.ac.uk/Study/funding-scholarships/>

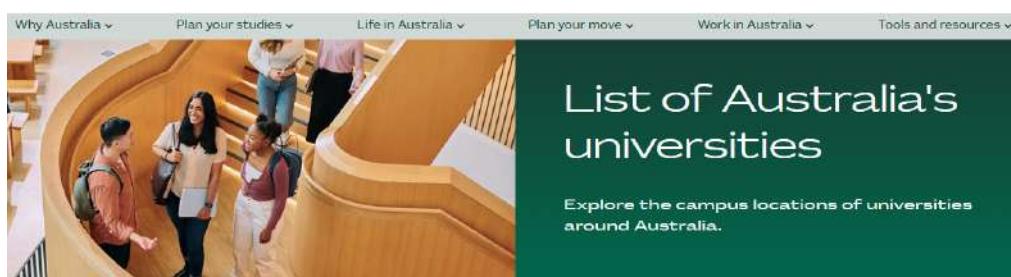


Meeting with Australian High Commissioner -Bernice Owen-Jones

The networking luncheon at the Australian High Commission for educational leaders discussed the benefits of studying in Australia and the Australian Awards scholarship programme, a prestigious opportunity for Africans to pursue higher education in Australia. Ms. Owen-Jones, on your right, the Australian High Commissioner to Ghana, is a career officer with the Department of Foreign Affairs and Trade (DFAT); she has previously served overseas as Australia's Ambassador to Morocco and has had postings in Paris. She also was a strategic analyst at the Office of National Intelligence. In attendance was our dearest Principal, Dr Ken Darvall, and University and Career Guidance Counsellor Eyram Mahoney.



Kindly click on the link below to learn more about Australian universities.



<https://www.studyaustralia.gov.au/en/plan-your-studies/list-of-australian-universities>



2025 TEST DATES



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

- ✓ <https://satsuite.collegeboard.org/sat/registration>
- ✓ SAT Registration Fee Beginning with **August 24, 2024, the SAT registration fee is \$68**, plus a \$43 international fee of \$ 111.
Click here: <https://satsuite.collegeboard.org/sat/registration/international-testing/>
- ✓ 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 2025

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE |
|-------------|-----------------------------------|
| Mar 8, 2025 | Feb 16, 2025 |
| May 3, 2025 | April 13, 2025 |



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),

<https://collegereadiness.collegeboard.org/sat/register/international/policies>

<https://satsuite.collegeboard.org/sat/dates-deadlines>



2025 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)**
- ✓ **Note: The cost of registration is subject to change.**
- ✓ **(TIS Test Centre Code: 870390, but inform counsellor first).**



TEST DATES 2025 (COMPUTER-BASED TESTING ONLY!)

| TEST DATE | REGISTRATION AND PAYMENT DEADLINE |
|---------------|-----------------------------------|
| April 5, 2025 | March 2 2025 |
| June 14 2025 | May 11 2025 |

Change ^{the} World Through International Mindedness

#Make a Difference



TEMA INTERNATIONAL SCHOOL



Congratulations
KIROS ESSILFIE

FOR OBTAINING THE HIGHEST **IB MYP POINTS**
OF 50 IN THE MAY 2024 EXAMINATION SESSION

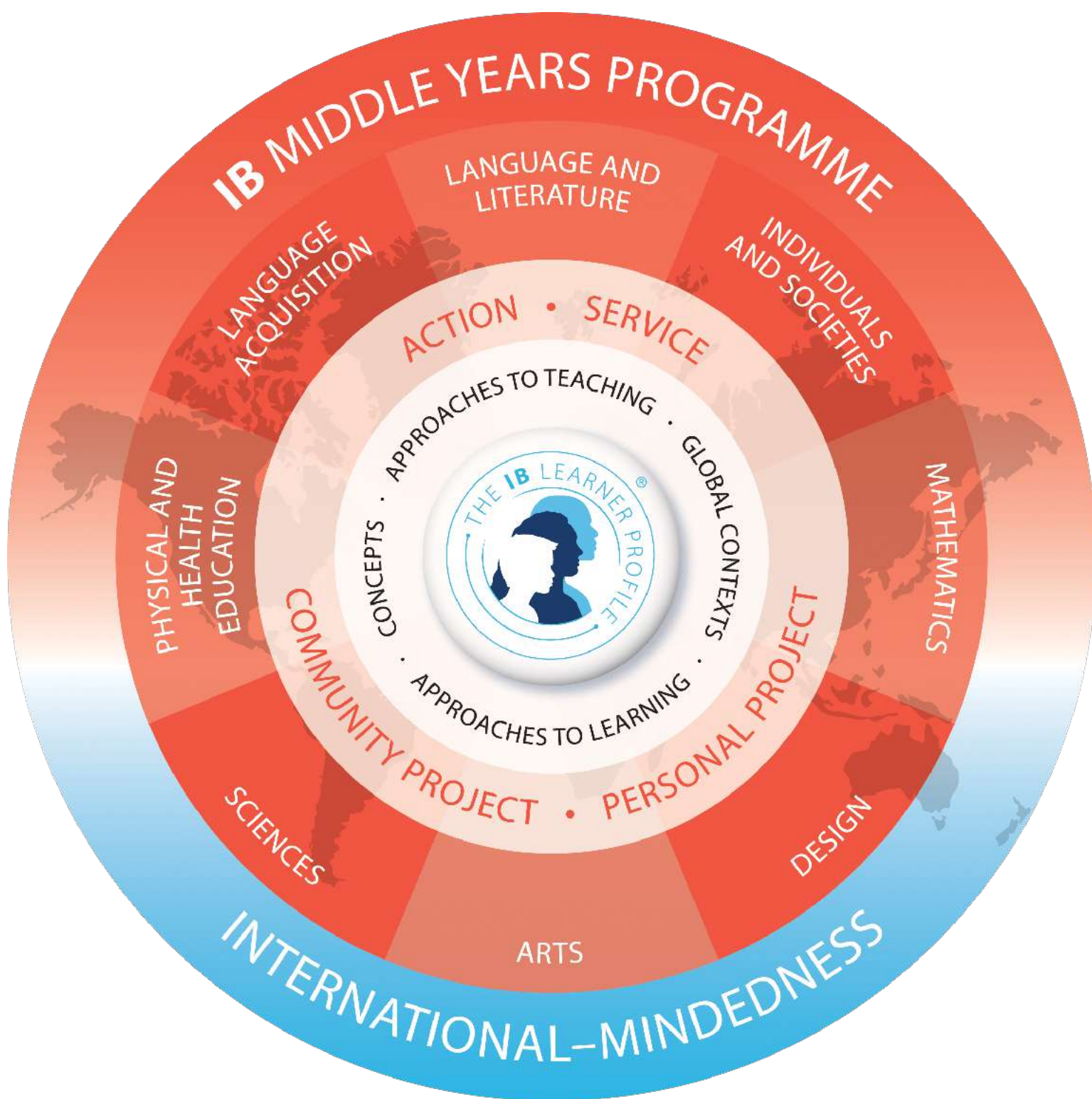
TEMA INTERNATIONAL SCHOOL

Congratulations



TIFFANY FORSON CLASS OF 2024

FOR OBTAINING THE HIGHEST **IB DP POINTS**
OF 42 IN THE MAY 2024 EXAMINATION SESSION



REFLECTIONS ON THE RECENT MYP DESIGN COMPETITION

Joel Ahiakpor: The Design the Experience AIS competition was an excellent experience for me. Honestly, I wasn't that interested initially, but I enjoyed it once we started. We reviewed the guidelines AIS sent and planned what we wanted to create. As a team, we decided to design a model of an inclusive learning hub for students in rural areas. My role was to make the 3D model, which wasn't too challenging because of my experience using Blender for my Personal Project.

After finishing the 3D model, we created the physical model. This part of the process opened my eyes and helped me better understand the process of creating physical architectural designs. There were some ups and downs, especially since we were short on time, but we pushed through and gave it our all. Ultimately, we were proud of what we created and achieved second place.

Overall, this competition helped me improve my 3D modelling skills and gave me a deeper understanding of design and architecture.

Nyameyie Arkaah-Otoo: For a while now, I have been saying that TIS is indeed top tier with this competition, and we have got to show why that is. We were informed of "Design The Experience" 13 days before the event. However, with our supervisor, Mr Doodoo and a big chunk of our participants taking part in the Duke of Edinburgh expedition, action was delayed. Eventually, we started preparing three days before the competition, having to meet on holiday to brainstorm ideas and share our tasks according to our strengths. Immediately after work began, I saw a clear demonstration of coordination, collaborative skills and creativity within the group. With this, we came out with a meticulous project model, which was well appreciated, and a well-structured and insightful presentation, well-executed in the end, eventually leading us to get second place. Throughout this, we challenged ourselves and set foundations to reach new heights.

Bruhan-Deen Hussein: Attending the Association International School's Design the Experience conference was a very enlightening experience. I was first apprehensive about enrolling since I was unsure of my preparedness, and the competition's size seemed intimidating. But with my facilitator's support, I decided to take a chance and dedicate myself to the task. Preparing for the competition over the Easter break was challenging because my team and I were dispersed across several sites with competing schedules and little funding. We adjusted, worked together online, and gave the job our best effort despite these challenges.

Our efforts were rewarded when we took second place, which felt satisfying considering the situation. The things I learned—the worth of moving outside of my comfort zone, the strength of resilience, and the significance of teamwork—stuck with me the most, even after the accolades. This event served as a reminder that uncertainty is frequently the starting point for progress and that, with enough willpower, even the most difficult obstacles may turn into turning points in life.

Change ^{the} World Through Teamwork

#Make a Difference





THE TIS DNA



www.tis.edu.gh

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.”**



