# TIS RECORD

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### 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.

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### Key Dates

- 25/4-21/5/25: DP final exams
- 3/5/25: SAT
- 5-16/5/25: MYP5 final eAssessments
- 19-30/11/25: G11 S2 exams

### Thought for the Week

Saints always have a past and sinners always have a future.

- Oscar Wilde



### The Time Cometh... 2

Grade 12 students got off to a great start to their final DP exams on Tuesday.

Next Monday, 5 May, our Grade 10 students commence their final MYP onscreen exams.

In contrast to the DP pen-and-paper exams, the MYP final exams are computer-based only.

As mentioned many times, our MYP students enjoy this onscreen experience and always remain focused for the full duration of the exam session. It is the perfect example of authentic 21st-century assessment.

Wishing our G10 students all the best during their final exams. Stay focused. Best effort only. No excuses.



BOL, G10, in your final exams

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

### Making Us Proud

 Jeremy Tackie (12), Obaapanin Tweneboah-Kodua (12) and Peyton Kidd (12) for their excellent work as TIS Ambassadors during school admission tours. Well done.

• Early Years students showcased their brilliance in the Spelling Bee Competition, with Raphael Abaidoo (K3) taking 1st place, Jamie Arthur-Mensah (K3) placing 2nd, and Michael Owusu-Addo (K2) securing 3rd place.

• Solomon Atseku (Grade 4), Paa Kow Oppan (Grade 3), and Heaven Mefful (Grade 4) PYP students, demonstrated confidence and excellent spelling skills in the Primary Spelling Bee, earning 1st, 2nd, and 3rd places, respectively.

• Lucille Annan and Dalma Yakubu, Grade 1 PYP students, were the youngest spellers remaining in the competition.

### Visiting: Must Do

- Do not bring too much food! Take home what is not consumed.
- 2. **Park at the Main Entrance**, (not at the Hostel Gate entrance).

### Draft 2025/2026 Calendar Overview

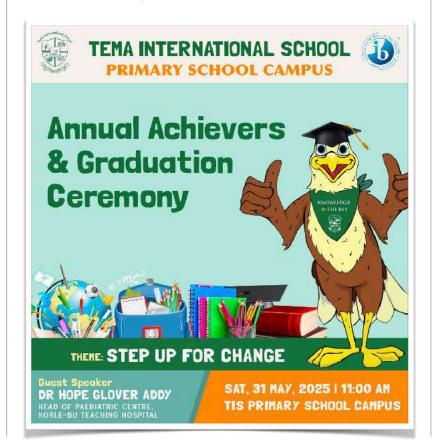
On pages 5-7 of this Bulletin, please find our draft 2025/2026 calendar overview.

Parents and students should note:

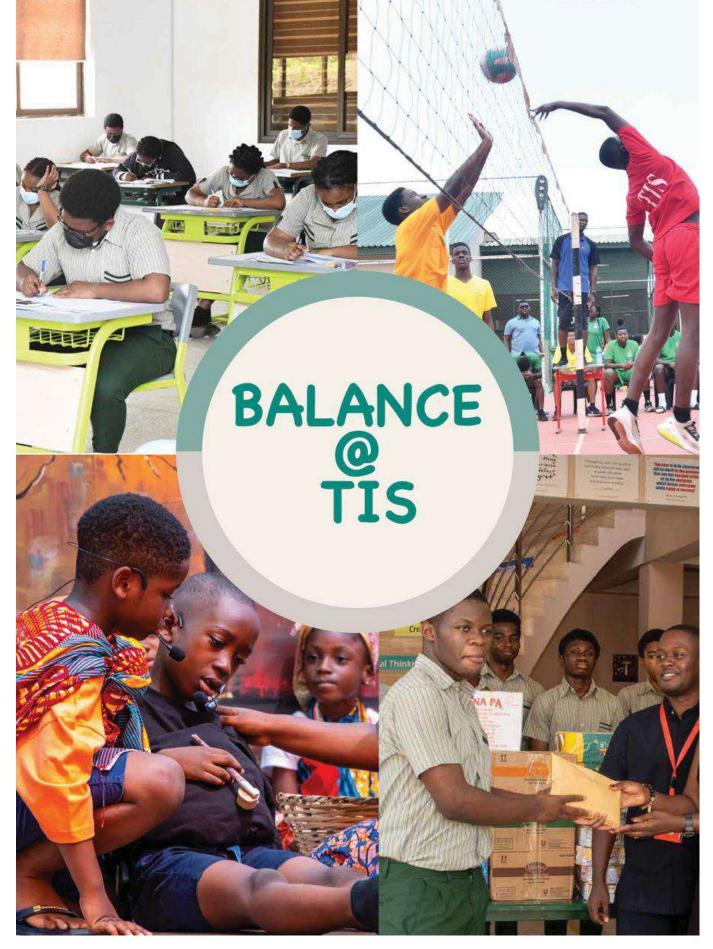
- The commencement dates for the start of the new year for Student Council executives; 2025 Newbies; continuing secondary students; and, the Primary School Campus students.
- Critical dates: mid-semester; Founders' Week; Annual Play; MYP Projects; PYP Exhibition; final exam dates for G10 and G12 students; and, Achievers and Graduation Day events.
- All school events are included in each semester, in contrast to previous calendars in which the Primary School Campus events were listed on a separate page.
- The dates and/or events are subject to change.
- I appreciate your support. Enjoy each day as a blessing.

Dr Ken Darvall (Principal)

### principal@tis.edu.gh



Weekly Bulletin



### 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 2025/26 School Calendar**

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### Public holidays 2025/26

4 Aug, 2025	Founders' Day
22 Sep, 2025	KN Memorial Day
5 Dec, 2025	Farmers' Day
Dec 25, 2025	Christmas Day
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Dates and/or events are subject to changes.

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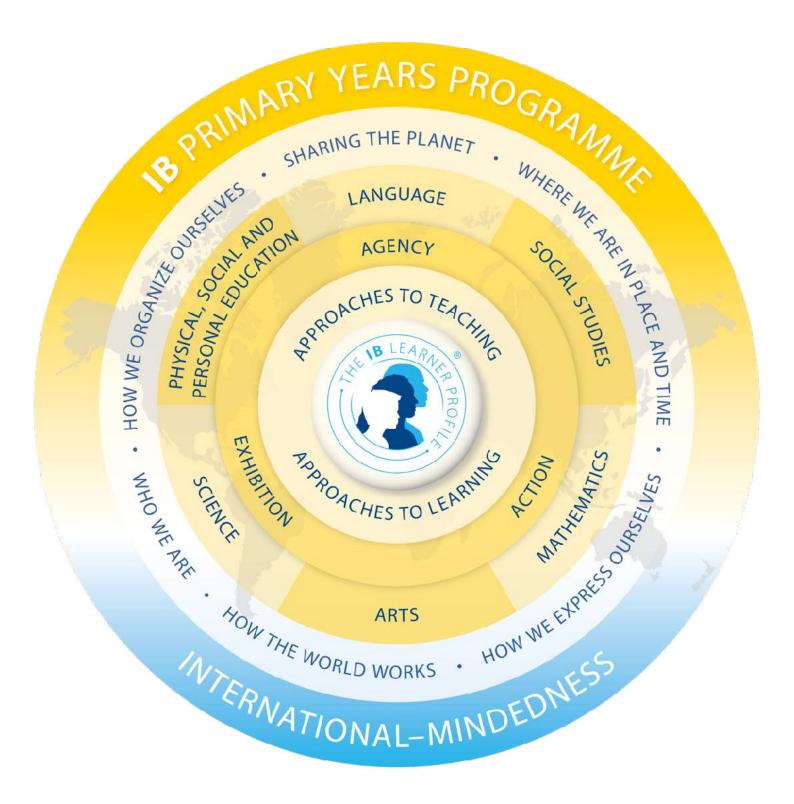
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Jan 1, 2026	New Year's Day	3 Apr, 2026	Good Friday	
7 Jan, 2026	Constitution Day	6 Apr, 2026	Easter Monday	
6 Mar, 2026	Independence Day	1 May, 2026	May Day	
20 Mar, 2026	Eid Al Fitr (TBC)	27 May, 2026	Eid Al-Adha (TBC)	
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FIRST SEM	IESTER
1/8/25	2025 MYP Results Released; 2025 MYP Enquiries Upon Results Open;
1/8/25	MYP PP: Final product (photo evidence upload)
4/8/25	All staff resume
11/8/25	Student Council executives return
13/8/25	Newbies arrive (Meeting @ 2.00pm)
15/8/25	PYP Meet the teacher session (1.30pm)
16/8/25	Personal Project: Criterion B draft due
17/8/25	Continuing secondary students resume
18/8/25	All P-12 classes commence
22/8/25 23/8/25	TIS Junior Soccer Championships SAT
24/8/25	School Performance auditions
29/8/25	TIS Senior Soccer Championships
30/8/25	Peer Buddies Workshop. NO EXEATS FOR NEWBIES.
31/8/25	Thanksgiving Service (11.00am) NO EXEATS
6/9/25	TIS Tennis Championships/TIS Badminton Championships;
6/9/25	PYP Parents training session (9.00am); ACT
10-11/9/25	PYP Evaluation Visit
11/9/25	G12 TOK Exhibition
12/9/25	MYP PP Criterion B final due
13/9/25	SAT; MYP & DP Parents Information sessions. NO EXEATS (Until after these sessions)
19/9/25	PYP End of Unit 1 #WI; DP Geography Excursion
20/9/25	TIS Sporty Family. NO EXEATS
26/9/25 27/9/25	MYP CP: Community tour TIS Handball Championships; High School Praise (Praise Night Fundraiser)
28/9-5/10/25	22 <sup>nd</sup> Anniversary TIS Spirit Week. Career Fair NO EXEATS
3/10/25	TIS Founders' Day. Main Campus admissions open for 2025/2027
4/10/25	SAT;
5/10/25	22 <sup>nd</sup> Anniversary Thanksgiving Service. NO EXEATS until after 1.00pm)
6-11/10/25	Mid-semester break
11/10/25	ISSAG Football
12/10/25	Students return to hostels
13/10/25	All classes resume after mid-semester
14/10/25	G9/G11 Changes to Subject Selections close; DP Geography Data Excursion
18/10/25	ISSAG Football, Handball, Tennis and Badminton; ACT
19-25/10/25	Sankofa 2025: Cross Cultural Arts Festival (G11 only)
20/10/25 20/10/25	MYP PP: Criterion C draft due Student Council (SC) shadowing process commences;
21/10/25	G12 EE Café
23/10/25	Girls Volleyball Championships (during ASA)
24/10/25	Boys Volleyball Championships (during ASA)
25/10/25	PSAT: ISSAG Football, Handball, Tennis and Badminton finals
26/10/25	TIS swimming championships (3.00 – 5.00pm)
28-29/10/25	I&S Celebration Days
31/10/25	PYP End of Unit 2 Celebrations; Submission of G12 TOK Draft Essay; Language competition (7-12)
3/11/25	DP Business Management Excursion
8/11/25	SAT; Annual Production NO EXEATS
11-12/11/25	Collaborative Sciences Project – G12;
14/11/25 17-21/11/25	PYP Book Day MYP5 On-screen examination (Reports due 5/12/25) No exeats for G10
19-28/11/25	G11-12 end of semester exams (Reports due 5/12/24) No exeats for G11-12
22/11/25	ISSAG Volleyball, Swimming and Table Tennis
24/11/25	MYP CP: Presentation of objectives
28/11/25	PYP End of Unit 3 3WI;
29/11/25	MYP PP Criterion C completion; Peer Buddies Workshop
30/11/25	Choral Night (Chaplaincy)
1/12/25	SC applications open for 2024 elections
6/12/25	SAT
8/12/25	Christmas Lunch
9/12/25	MYP PP Final Report due: photo evidence & bibliography upload
10/12/25	Last day for the first semester: Students may depart after 3-Way interviews or 1.00pm if no interview
12/12/25: 13/12/25	Last day for teachers ACT
13/12/23	

SECOND SEI	MESTER
6/1/26	Staff Wellbeing Retreat
8-9/1/26	Staff training days
11/1/26	Students return to hostels; applications for 2024 SC positions close
12/1/26	Second semester commences.
12-18/1/26	Alumni Homecoming Week
17/1/26	TIS Athletics Championships. NO EXEATS BEFORE 1.00PM
18/1/26	Alumni Thanksgiving Service
19/1/26	SC Manifesto Readings
20/1/26	2026 Student Council elections by voting (7.00am-4.00pm)
24/1/26	ISSAG Basketball and Hockey.
28-30/1/26	IDU Days; G12 EE; G11 EE, 11/12 CAS Reflection Day
31/1/26	SC Leadership Camp NO EXEATS FOR SCHOOL LEADERS ; ISSAG Basketball & Hockey Day 2
1/2/26	Student Leadership Induction Ceremony NO EXEATS
7/2/26	Creative Writing Workshop
9-13/2/26	MYP5 Mock On-screen examination NO G10 EXEATS
12/2/26	G11 TOK Exhibition. NO G11 EXEATS
13/2/26 PYP End	d of Unit 4 #WI; Early Years Family Day; TIS Squash Championships;
14/2/26	Peer Buddies Workshop; Chocolate Friendship Day
16-27/2/26	DP Mocks. NO G12 EXEATS
25/2/26	MYP PP standardisation and moderation (teachers)
27-28/2/26	ISSAG Athletics;
7/3/26	MYP Projects (Personal & Community) NO EXEATS (until after this session)
11/3/25	PYP – MYP Info Day at Main Campus
12/3/26	G11 TOK Exhibition. NO G11 EXEATS
14/3/26	SAT; Pi Day
20/3/26	MYP PP: Academic Honesty First Record
21/3/26	2026 STEAM Day NO EXEATS (until after the event)
27/3/26	PYP End of Unit 5 Unit Celebrations; Three-way interviews: Students depart AFTER interviews
28-30/3/26	DP Geography Field Trip
28/3-12/4/26	Mid-semester break
31/3/26	MYP PP Criterion A draft due; Draft 2026/2027 Calendar Overview Released
11/4/26	ACT
12/4/26	Students return to hostels
13/4/26	All classes resume after mid-semester;
17/4/26	G11 EE Cafe
18/4/26	G12 Grad photos (All day). NO G12 EXEATS; MYP5 Examprep workshop (NO G10 EXEATS)
19/4/26	Exam Candidates' Service NO EXEATS
21/4/26	MYP5->DP1info session; PP Criterion A draft due
24/4-22/5/26	DP Final Exams
24/4/26	PYP Spelling Bee
2/5/26	SAT
4/5/26	MYP PP Criterion A final due
4-15/5/26	MYP IBMYP On-screen examination
16-30/5/26	Break for MYP5 leavers (Leavers return to Hostels on 30/5/26 by 5.00 pm)
18-29/5/26	G11 semester exams; G10 classes resume (compulsory attendance). MYP4 On-screen examination
20-26/5/26	PYP End of Unit 6 3WI
21/5/26 22/5/26	PYPX & VAX
23/5/26	Leavers' Dinner
29/5/26	MYP4 (2025/2026) subject selections
30/5/26	2026 PYP Annual Achievers & Graduation Ceremony; Last day for PYP Students
	Peer Buddies Workshop
31/5/26 6/6/26	2026 MYP/DP Annual Achievers and Graduation Ceremony; Last day for MYP/DP Students
12/6/26	Last day for teachers; S2 reports published.
13/6/26	ACT
20/6/26	France/Spain trips commence
11/7/26	ACT; France/Spain trips end
25/7/26	MYP PP: Final Product (Photo evidence upload)
20/11/20	internet induct (i note evidence uploud)

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### **Spelling Bee** *ⓐ* **TIS Primary School**



The Spelling Bee is always a highly anticipated event at TIS Primary School. Students eagerly look forward to it, as it provides a valuable opportunity to learn new words and expand their vocabulary. More than just memorising word lists, the Spelling Bee encourages students to engage deeply with language, enhancing their ability to use newly learned vocabulary in meaningful ways in their everyday lives.

At TIS Primary School, our focus is not merely on learning a random collection of words but rather on exploring significant vocabulary that connects directly to our units of study. These words are carefully selected to ensure they are relevant to and enriching for our students' learning experiences. By doing this, we aim to make language learning purposeful and deeply integrated into their academic journey. Students often discover fascinating word origins, build confidence in public speaking, and develop a stronger command of English. The process fosters curiosity and helps cultivate a growth mindset. Parents, too, become active participants by encouraging practice at home and celebrating progress.

The Spelling Bee is not just a one-day event but the culmination of months of collaborative effort, dedication, and consistent practice throughout the academic year. It is a celebration of our students' commitment, their teachers' support, and our school community's collective spirit. Through this event, we celebrate linguistic achievement and reinforce the values of perseverance, collaboration, and a love of learning.

### **The Preliminary Stage (Early Years and Primary)**

What is a Spelling Bee without the excitement of the preliminary stage? At TIS Primary School, every student was allowed to participate in the Spelling Bee journey. During the initial rounds, students were introduced to the format of the competition and the essential rules that guide it. This stage served as preparation and an opportunity for students to build their confidence and gain a real sense of what to expect.

In the Early Years section, the preliminaries were designed to be activity-based. Students engaged in fun and interactive tasks such as unscrambling words and using letter sounds to spell them out. It was wonderful to see how engaged and focused the young learners were as they eagerly worked through each stage, developing both their spelling skills and their ability to think critically under pressure.

In the Primary, the atmosphere was charged with excitement and determination. Students were eager to qualify as finalists, putting in much hard work and perseverance to achieve their goals. Their enthusiasm was infectious, and it was inspiring to watch them challenge themselves and support one another throughout the process. The preliminary stage laid a strong foundation for the main event, highlighting the importance of preparation and resilience. It also helped teachers identify individual learning needs and provide timely support. Above all, it reminded us that learning can be joyful, dynamic, and inclusive.



Early years and Primary years preliminaries. A big congratulations to all those who made it to the final stage!

### The Modalities

At TIS Primary School, spelling is made fun through engaging, colour-themed activities like Word Chain, Spelling Relay, and Kahoot challenges. These events help students enjoy learning while building their spelling and vocabulary skills in a vibrant, collaborative environment. In addition to the fun activities, there was also a standardised spelling round that followed specific procedures to ensure fairness and consistency.

Students were expected to:

- 1. Say the word, spell the word, and then say the word again after spelling it.
- 2. Request the definition of the word if needed.
- 3. Ask for the word to be used in a sentence.
- 4. Request the word's origin.
- 5. Request an alternative pronunciation if necessary.

These rules helped students feel more confident and supported when tackling challenging words.

### **Day of Event**

The day was exciting as our school hosted its much-anticipated Spelling Bee event. Students came prepared to give their best and have fun, proudly representing their colour groups: **Red Kigelia**, **Yellow Outeniqua**, **Blue Cedar**, and **Green Wisteria** 

The day began at 9.00 a.m. with six thrilling colour group activities:

- Spelling Relay Race
- Word Construction Challenge
- Spelling Puzzle Pieces
- Spelling Detectives
- Word Chain Challenge
- Kahoot Spelling Quiz

After fierce competition in the group activities, we moved on to the much-awaited Spelling Bee Final, where the top spellers competed for the coveted "**Speller of the Year**" title. In a heart-racing finale, **Paa Kow Oppan** (Grade 3) and **Solomon Atseku** (Grade 4) battled it out, impressing everyone with their spelling skills until **Solomon Atseku** clinched the gold medal by correctly spelling the word "*trauma*."

The event was a true celebration of language, learning, and teamwork. Witnessing the students' enthusiasm, resilience, and sportsmanship was inspiring throughout the day. We extend our heartfelt appreciation to all participants, teachers, and parents for supporting the Spelling Bee a memorable and meaningful experience for our school community.

### **Colour activities**

The Spelling Bee event was filled with exciting and engaging activities that tested the students' spelling skills and teamwork. Throughout the day, each colour group—Red Kigelia, Yellow **Outeniqua, Blue Cedar, and Green Wisteria**—competed in a series of six fun challenges. These activities included fast-paced races, brain-teasing puzzles, and interactive quizzes, all designed to test their spelling abilities in different ways. Here's a breakdown of each activity.

**Spelling Relay Race**: In this high-energy race, students had to spell a word correctly by taking turns writing one letter at a time. Each student wrote a letter on the board and passed the marker to the next person, who then wrote the next letter. If any letter was placed incorrectly, the team could quickly correct it before continuing. The goal was to finish spelling the word correctly within the allocated time, with speed and accuracy being key.

**Word Construction Challenge**: In this activity, students were given a word and had to form as many new words as possible using the letters from that word. The challenge was to make sure the new words were spelled correctly and quickly. This task tested their ability to spot smaller words hidden within the larger word.

**Spelling Puzzle Pieces**: Students worked with puzzle pieces containing parts of a word or a letter. The challenge was to assemble the pieces correctly to form the word before their competitors. This activity tested both spelling skills and teamwork.

**Spelling Detectives**: Students were given a passage containing spelled words incorrectly. Their job was to find and rewrite those misspelled words correctly, thus recreating the passage with all the words spelled accurately. This activity challenged their proofreading and spelling skills.

**Word Chain Challenge**: In this fast-paced challenge, students took turns spelling a word and then passing the chain to the next person. The next student had to spell a word starting with the last letter of the previous word. Quick thinking and accuracy were essential to keep the chain going.

**Kahoot Spelling Quiz**: Students participated in a digital spelling quiz using the interactive Kahoot platform, answering questions on various words. The competitive aspect of Kahoot added excitement as they could see real-time scores and race to the top.

These dynamic activities sharpened students' spelling abilities and fostered important skills such as collaboration, critical thinking, and time management. The friendly competition among the colour groups created a lively and encouraging atmosphere, where every student felt motivated to participate and do their best. By the end of the event, it was clear that learning had taken place joyfully and memorably, reinforcing the idea that education can be both meaningful and fun.



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BOL, G10, in your final exams



**Green Wisteria** proudly emerged as the overall winning colour group, making the day a memorable one for all!

### **Reflections from Colour Patrons**



Reflecting on the Spelling Bee event, I feel very proud of the Yellow Outeniqua team. The selection process was thoughtful, choosing students who showed strong spelling abilities, commitment, and team spirit. In the lead-up to the event, they practiced with enthusiasm and supported one another every step of the way. Although we didn't win the overall trophy, the spirit and resilience of Yellow Outeniqua made me very proud. It was a wonderful experience to see their effort, and passion shine throughout the day.



This year's Spelling Bee competition, was both exciting and enriching. One of the highlights was the paragraph challenge, where participants had to identify and correct spelling errors; an activity that sparked critical thinking and engagement. It was wonderful to see the students' readiness, focus, and open-minded attitude as they tackled each word with confidence. The atmosphere was lively, and the collaboration among participants was inspiring. The event was a celebration of language and learning and also a proud moment for me to cheer on and support my amazing team; Blue Cedar.



The Red Team had a rewarding experience with active participation from members. Students showed they were principled and caring by supporting and helping each other. They used good communication and teamwork instead of placing blame. It was a fiercely competitive event, and we are proud to have finished in second place, just steps away from victory. As reflective learners, we have already identified areas to improve and are optimistic about coming back stronger and better prepared for the next spelling bee.

Still...Red, we are ready!

Mr. Dennis Green- Wisteria



From the very beginning, there was a lot of thought put into who would take part in each activity. It wasn't just about signing up volunteers; it was about knowing each learner's strength, drive, and what they could bring to the team. We chose learners because we believed in their abilities to push through challenges and give their best. Despite their differnces, they formed a strong and balanced group. That careful planning helped us stay focused and it pushed us to the front. It wasn't just about winning; it was about seeing the team trust each other and rise to the occasion. I am proud of my team for winning.

### Below is a reflection from our special guest.



I sort of gate-crashed the Spelling Bee, but I am glad I did. I thought it was great that the pupils were challenged through words from their units of work. It was amazing to hear how well they used phonetics, spelling techniques and mental word recognition to spell their given words. This is a testament to the excellent teaching the puplis have had at all levels. Well done, PYP! The quick off-the-mark responses required of a kahoot player are another testament to the mental agility of the TIS PYP pupils. The leaderboard kept us in suspense throughout. The hyphenated words, to be accepted or not? Did the contestant say "hyphen" or space" between two words? The ensuing debates between the adult spectators and judges show that maybe in future the panel of judges must agree or quickly resort to AI (who would have thought it) before ruling out a response by the contestant. In all, I think everyone had a great time. I know I did.

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Miss Irene Koree, a special guest, delivering her message.

**Alfred Anim** 

Grade 5

### Below are students' reflections for the Spelling Bee.

I was the winner of the spelling Bee last year, but this year, I felt nervous and scared. Still, I wish I could have defended my championship.



It was a good and competitive experience. Even though I got kicked out, I enjoyed watching the final round. The red team tried their best but lost to the green team by just two points.



I was sad because I got the spelling of the words wrong. I want to learn my spelling well so I can get it right next time.

I was happy, but I got the spelling of one word wrong, and that made me sad. I want to win next time by practicing more.

Ewuradjoa Duncan Kinder 3

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The spelling Bee was nice even though I got only one word correct. It was great to see how well my friends spelled the words and that made me happy too.

I was able to spell words like light, conserve and chemical. I did well and I am happy because I believe my parents will be proud of me.

I felt very nervous and was sad when I got the spelling of the word wrong, but felt great afterwards because my classmate got second place. I intend to take my time and learn the spelling of the words so that I can win next time.

I felt good because I thought I was going to get very far, but I didn't succeed and that was unexpected. I want to improve by practicing multiple times so I can remember the spelling of the words. I hope to emerge as the winner next time.

### **Reflections from Officiating Members**



It was a delight to see learners at different grade levels challenge each other in this epic spelling battle. The early years were most impressive, adhering to the phonic suggestions and giving off their very best. The final round was one that had all emotions; tears, laughter, disappointments and of course the joys of victory. To me, this has been a very fruitful experience. This year's Spelling Bee was exciting and full of fun. Students showed great effort and emotions—from joy to nervousness—while teachers enjoyed seeing them use their unit words.

Though there were challenges, we learned from them and look forward to doing even better next year. Ayekoo to us all!





Officiating the Spelling Bee was both thrilling and meaningful. Watching the learners spell with confidence, face nervous moments, and celebrate small victories brought a mix of pride, joy, and excitement. It reminded me how powerful words can be in building courage and connection.

### Winners of the Spelling Bee (Early years)



### Winners of the Spelling Bee (Primary Years)



A Big Congratulations to all the winners!!!

### Our amazing winners reflect on their performances.



I am very happy to be the winner. I was trying to spell out words correctly, and I got the spellings right. They gave me a gold medal for winning.

> Raphael Abaidoo Kinder 3

I am very excited about it because I did very well during the Spelling Bee. My parents were very happy with my position, and I want to try again because I want to be the winner and make myself even happier.

### Arthur-Mensah, Jamie-Rodrigue Kinder 3



I was the second runner-up, and I felt very happy. I aim to become the winner next time, and I want to learn how to spell many more words. My parents were very proud of me, and I want them to always be proud of me.

> Michael Owusu Addo Kinder 2

IP

I felt good winning because I had high hopes, but I was also sad about defeating my best friend. I had faith in myself because I learned and practiced very well to be able to win. I was the first runner-up last year and wanted to take the trophy by coming in first, and that gave me the momentum to work harder.





The Spelling Bee was fun, but I was a bit shaky because I thought I might get some of the spellings wrong. However, I was confident enough and got the words right. It came down to a sudden death between me and Solomon. It didn't go as planned, so I became the first runner-up but I still cherish him as my friend.

I felt very happy spelling the words because it challenged our brains. I'm also happy because I was the second runner-up.

> HEAVEN MEFFUL Second Runner-Up



# Change the World Through Excellence

## #Make a Difference







International Baccalaureate<sup>®</sup> Baccalauréat International Bachillerato Internacional



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Vol. 21, No. 36

BOL, G10, in your final exams



### THE 10 MOST POPULAR HAPPINESS BOOSTERS

**RESEARCH-BASED ACTIVITIES TO BOOST HAPPINESS** 



### Count your blessings

Reflect at the end of the day and write down 3 things that went well and why they went well. This helps overcome gratitude adaptation/habituation and increases the salience of good acts.

### Use your signature strengths in a new way

Complete the VIA Survey and identify your highest strengths. Choose one of your top strengths and use it in a new way each day for one week.



### Write a gratitude letter

Write a letter of gratitude to someone you have not previously thanked. If appropriate, meet the person and read the letter.



### Practice mindfulness

Take a few minutes each day to bring your full and complete attention to something you are doing: for example, walking, eating, listening, breathing.



6

### Set goals

Write down a goal you want to reach that is consistent with your life values. Write down your plan of action for reaching that goal. What are 2 specific steps you can do this week to make progress on your goal?

Imagine y	our best	possible	self
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Imagine a future in which you are bringing your best possible self forward. Visualize a "best possible self" that is very pleasing to you and that you are interested in. Make note of the character strengths that you'll need to deploy to make this best possible self a reality.



### You at your best

Think of a specific time, recently or a while back, when you were at your best — really feeling and behaving at a high level. You felt like you were your authentic self, being who you are. Share the "story" of this experience with someone important in your life.



### Practice loving-kindness

Loving-kindness meditation involves generating positive emotions of love in the present moment. Most common forms include the use of loving imagery and positive statements.



### Count your kind acts or pay kindness forward

Count the acts of kindness you perform each day and track them so that you can report the total by the end of the week. Or, take notice when someone does something deliberately kind for you; pay the kindness forward by being kind to 3 people that day.



### Savoring/Reminiscence exercise

Reflect each day for 2-3 minutes on two pleasurable experiences and allow/make the pleasure last as long as possible.

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### CAS-SA Corner Celebrating 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

TIS has shaped my character in ways I never expected. It pushed me beyond my comfort zone and taught me how to embrace challenges with resilience and openness. One of the most impactful moments was visiting Mante School through our Wardrobe Gift CAS project, which reminded me that even small acts can make a big difference and that we all have a part to play in creating change.

TIS has taught me that growth comes not just from academics but from serving others and embracing every part of the journey.

Zhengchuan (Peter) Hu IB Class of 2025 www.tis.edu.gh





TEMA INTERNATIONAL SCHOOL

# Wishing all Grade 12 Students best of luck in their Final DP Exams.

Exams are stepping stones on a much

66

greater journey. Stay steady, stay focused,

and remember: you are capable of

more than you know.

With love, from the TIS community

Theme: Embracing Growth: Building a Better World Together Date: Saturday, 7 June 2025 Time: 10:00 AM Venue: Sports Complex – Secondary Campus

We are thrilled to invite you to the Annual Achievers & Graduation Ceremony, a signature event celebrating the incredible journey of our IB Class of 2025 and honouring the outstanding contributions of students across various disciplines.

This year's theme, "*Embracing Growth: Building a Better World Together*", reflects the resilience, creativity, and collective spirit of our learners as they prepare to step into the world as changemakers. The **Achievers' Ceremony** is a proud tradition where we recognise and celebrate the dedication of students in the areas of **academics, sports, culture, leadership, and service**. Students are nominated

based on their effort, consistency, and commitment throughout the year, and this ceremony serves to honour those who have truly gone above and beyond.

We are deeply honoured to host the following **distinguished guests**:

- Guest of Honour: His Royal Majesty Nii Tackie Teiko Tsuru II, Ga Mantse
- Guest Speaker: Mr Samuel Amanor, Founder & CEO, BlueSPACE Financial Cloud
- Alumni Speaker: Dr Abdul Aziz Timbilla, IB Class of 2015
- Parent Advisor: Amb. Asmaa James

Guests can expect a day filled with **colour, culture, and inspiring messages**, a fitting tribute to a remarkable cohort and our values as a community.

Join us as we celebrate an ending and a beginning shaped by growth, purpose, and hope.



BOL, G10, in your final exams

### **#CAS Project – Buddies for Change Club Initiative**



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 technologydriven world.

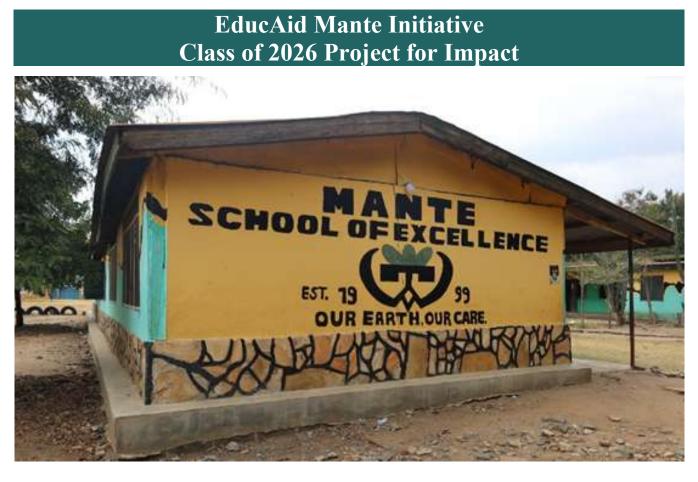
The current state of the IT lab is far from ideal. Outdated equipment and limited resources make it difficult for students to access the tools and knowledge they need to keep up with the modern world. This initiative directly aligns with several **United Nations Sustainable Development Goals** 

(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 are also accepting 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



### Support the EducAid Mante Initiative – A Community Effort

The EducAid 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.

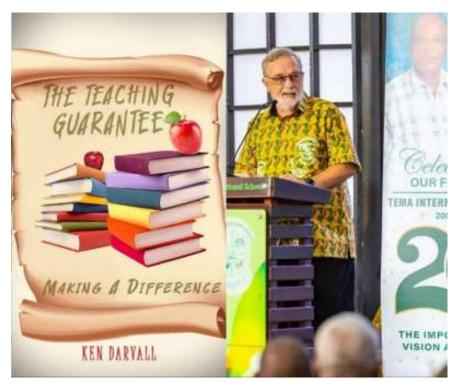
The project is structured in phases to address key needs:

- 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 "EducAid – 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 Making Guarantee: a support Difference, to 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!



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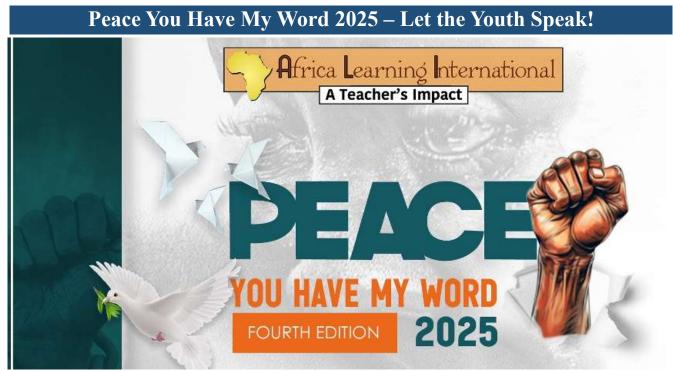
# 18th-24th OCTOBER A CROSS CULTURAL ARTS FESTIVAL

BY

SOS-HERMANN GMEINER INTERNATIONAL COLLEGE ECOLINT: INTERNATIONAL SCHOOL, GENEVA TEMA INTERNATIONAL SCHOOL TEMA SENIOR HIGH SCHOOL INTERNATIONAL SCHOOL OF DAKAR

VENUE: SOS-HERMANN GMEINER INTERNATIONAL COLLEGE,

TEMA-GHANA



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 <u>Text Submission</u> (300 words, deadline July 1st)

https://docs.google.com/forms/d/e/1FAIpQLSeVerfEkJXw72BVhNiZdL14ZTHPfhl2fitDV-VatGlQo4KGMg/viewform

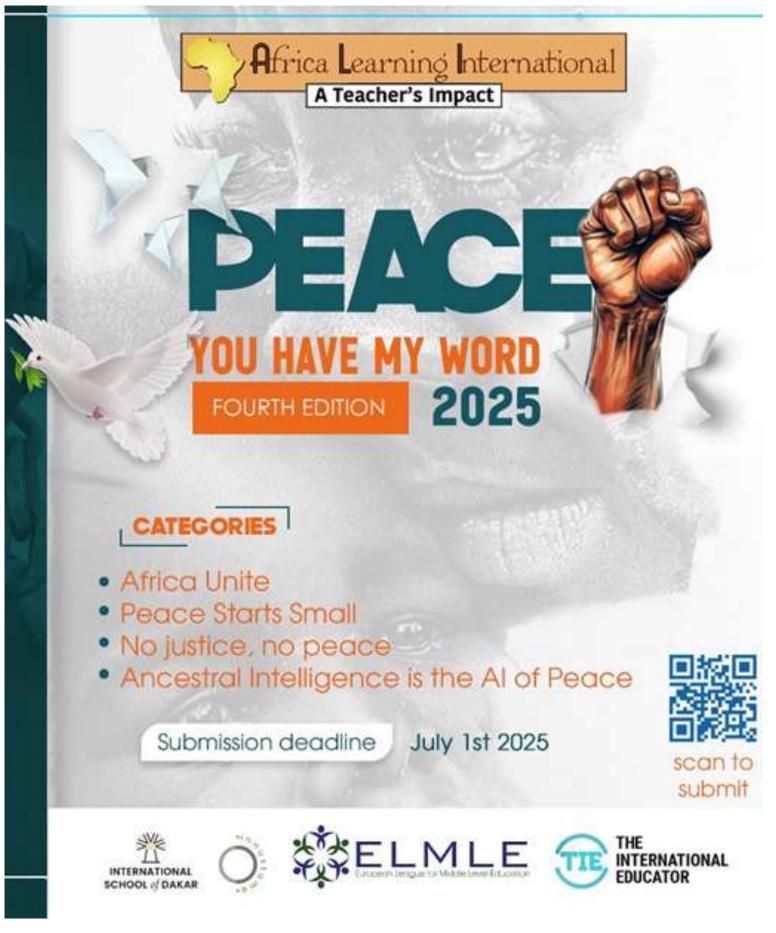
*Suggested videos to spark student inspiration:* 

*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.



#### #MYP - Service as Action Transition and Next Steps for Service as Action

As you draw the curtains on your Service as Action journey in your current grade, I encourage you to prepare for the exciting opportunities ahead. This is a time to get even more engaged, grow, and make a greater impact by becoming the best versions of yourselves. Keep in mind the various SA opportunities in TIS for taking action. These include *Classroom units, UNSDG goals, NGOs partnerships, Assembly meetings, International Days, ASA with Service components, Student Leadership, PeerBuddy/Peer Tutoring System* and *Contributions to the School Bulletins.* 

As you transition, let the seven learning outcomes continue to guide you:

- Become more aware of your own strengths and areas for growth
- Develop international-mindedness through global engagement, multilingualism, and intercultural understanding
- Consider the ethical implications of your actions
- Discuss, evaluate, and plan student-initiated activities
- Persevere in action
- Undertake challenges that develop new skills
- Work collaboratively with others.



Moving forward, **Ms. Setor Adih** and **Ms. Abigail** will be taking over the Service as Action classes until September 2025. Please extend the same support and cooperation to them to ensure a smooth transition and productive sessions.

I commend you all for your achievements so far and am confident that you will continue to excel.

Wishing you all the best on your journey ahead — be great!

#### **Project Empower** Featured in the Junior Graphic

Erin Boadi, Mohammed Hussein, and David Tamakloe have successfully had their article featured in the *Junior Graphic*!

As part of their campaign to raise awareness about **land degradation and pollution** for their Community Project, the team organized and submitted an insightful article aimed at reaching a wider audience within their age group.

We are proud to announce that their article was published on page 2 of the *April 9–15th edition* of the Junior Graphic.

This is a significant achievement as it highlights their dedication to advocacy and effective communication beyond the classroom.

Please extend your congratulations to the **Project Empower Team** for this remarkable milestone.

Well done to Erin, Mohammed, and David — continue to inspire and make an impact!

## Tema International School 5 Simple Ways

**TO REDUCE POLLUTION** 

#### **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.



## 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.



#### **Plant a Tree**

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

COMMUNITY PROJECT ERIN, MOHAMMED, AND DAVID

#### Weekly Bulletin

#### **Stop galamsey now! Our future is at risk**

n the past people engaged in small-scale mining as a business designed to meet personal or communal needs.

Currently it has taken a different turn due to the desire by people who are eager to get rich quickly and maximise wealth. They have, therefore, transformed it into a lucrative industry.

Over time, uncontrolled mining practices, coupled with increasing global demand, have led to the rise of illegal mining otherwise known as galamsey.

Galamsey activities of are devastating communities, ecosystems and economies.

Rivers, once teeming with life, are now poisoned with toxic chemicals, leading to outbreaks of cholera and typhoid, maiming newborn babies and shortening lifespans.

Galamsey has led to environmental destruction, including deforestation, soil

Mind Matters



Mohammed Hussein (left), Erin Boadi (middle), David Tamakloe, Tema International School.

erosion, land pollution, contamination of water sources and habitat destruction.

Exposure to toxic chemicals such as mercury can cause serious health conditions, including mercury poisoning and longterm illnesses such as cancer.

Stagnant water from abandoned mining sites creates breeding grounds for

mosquitoes, increasing the risk of malaria and other water-borne diseases. In addition, "galamsey"

contributes to climate change. Many miners use fossil fuel-powered machinery such as the

which emits carbon dioxide, a major contributor to global warming.

With the future of countless communities at risk, the question remains: What kind of world shall we as future leaders build?

**Generation alpha's appeal** Through this medium, we appeal for the promotion of responsible and sustainable mining practices.

As a generation immersed in technology and artificial intelligence, we still depend on a green environment for survival.

Teaching young people about sustainable alternatives Chinese-produced Chang Fa, will help foster positive

environmental values for the future. Ending galamsey requires raising awareness. enforcing stricter laws, and promoting sustainable alternatives.

Governments must strengthen regulations, impose harsher penalties, and enhance monitoring activities at mining sites

Countries where illegal mining is prevalent, such as Brazil, enforce more robust measures, with prison sentences ranging from six

months to a year and fines reaching thousands of dollars

0 with

in Boadi, Mohammed Husssein & David

Tamakloe

Ghana must adopt similar enforcement strategies to deter people who engage in galamsey, especially younger generations.

In order to curb this crisis, we need to take immediate steps since the future of our environment and economy is at stake.



By Pamela Tweneboah & Nicole Davidson-Amaning

Mental health is an essential aspect of overall well-being, yet it remains a topic often overlooked or stigmatised. Many individuals struggle with mental health challenges but feel compelled to suppress their emotions rather than seek help. Our Mental Health Awareness Campaign, Mind Matters, aims to shed light on the importance of expressing mental health struggles instead of bottling them up, as well as the severe consequences of emotional suppression.

Mental health encompasses emotional, psychological, and social well-being, influencing cognition, perception, and behaviour. Mental health plays a crucial role in an individual's daily life when managing stress, engaging with others, and contributing to life overall.

#### The Importance of Mental Health Awareness

Good mental health is vital for leading a balanced and fulfilling life. It affects how we think, feel, and act, influencing our relationships, decision-making, and productivity. However, due to the stigma surrounding mental health, many individuals hesitate to speak about their struggles. This silence often leads to worsening mental conditions, including anxiety, depression, and stress-related disorders. When mental health is openly discussed, it creates a supportive environment where individuals feel safe seeking help and guidance.

That being said, have you ever wondered what someone with repressed emotions looks like? You may even see signs in yourself.

#### Signs of Suppressed Emotional Baggage:

Emotions are an essential part of the human experience, yet many individuals struggle to acknowledge or process their feelings due to trauma, stress, or unresolved personal experiences. When these emotions are not addressed, they often become "emotional baggage"—deeply buried feelings that can influence a person's thoughts, behaviour, and well-being without them realising it. Suppressed emotional baggage can lead to various psychological, physical, and behavioural signs that, if left unattended, may interfere with one's quality of life. Recognising these signs is the first step toward healing and emotional freedom.

Behaviorally, people carrying emotional baggage may develop avoidance strategies to cope with internal discomfort. This can include distancing oneself from emotionally triggering situations, people, or conversations. Others may overwork, seek perfection, or turn to addictive behaviours such as substance abuse or excessive screen time to avoid confronting their emotions. Cognitive patterns may also shift, with individuals experiencing persistent overthinking, distrust in relationships, or negative self-talk. These patterns often become cyclical, reinforcing the emotional suppression over time and making the baggage harder to confront. Unaddressed emotional baggage usually affects how individuals interact with others. It may cause difficulty in forming or maintaining relationships, due to fear of vulnerability, lack of trust, or frequent conflict. Individuals may project past experiences onto new relationships, resulting in repetitive cycles of dysfunction. Furthermore, emotional baggage may prevent someone from fully engaging in social situations, leading to isolation, miscommunication, or emotional withdrawal from loved ones.

#### The Dangers of Suppression

Suppressing emotions can have devastating consequences on both mental and physical health. Studies have shown that individuals who bottle up their feelings are more prone to experiencing stress, heart-related diseases, and weakened immune systems. In extreme cases, suppression can lead to self-harm or suicidal thoughts. By encouraging open conversations about mental health, we can reduce these risks and create a culture where seeking help is viewed as a strength rather than a weakness.

#### **Steps For Overcoming Mental Health**

Overcoming mental health challenges starts with acknowledging that something is wrong. It's okay not to feel okay, and recognising your emotions is the first step toward healing.

The next step is to reach out for support. Talking to someone you trust—like a friend, family member, or school counsellor—can make a big difference. Professional help, like therapy, can also give you the tools to manage your emotions and thoughts.

Lastly, building healthy habits is key. Getting enough sleep, eating well, exercising, and doing things you enjoy—like journaling, drawing, or walking—can really improve your mental well-being.

Mental health is not a luxury—it is a necessity. Yet far too many people suffer in silence, weighed down by emotional burdens they've never been permitted to release. Through *Mind Matters*, we aim to challenge the stigma, educate others on emotional suppression's real and lasting dangers, and empower individuals to speak openly about their struggles. Recognising the signs of repressed emotions and fostering a culture of compassion can pave the way for healing, connection, and resilience. It's time to break the silence—because every mind truly matters.



#### "You don't have to control your thoughts. You just have to stop letting them control you"



It Affects How We
 Think, Feel, and Act

MENTAL HEALTH SHAPES OUR EVERYDAY EMOTIONS, THOUGHTS, AND BEHAVIORS. WHETHER WE'RE MAKING DECISIONS, HANDLING STRESS, OR INTERACTING WITH OTHERS, OUR MENTAL WELL-BEING INFLUENCES HOW WE SHOW UP IN LIFE. It Impacts
Relationships and Daily
Life

02

GOOD MENTAL HEALTH HELPS US BUILD HEALTHY RELATIONSHIPS AND MANAGE RESPONSIBILITIES – AT HOME, SCHOOL, OR WORK. WHEN WE'RE MENTALLY BALANCED, WE CAN CONNECT BETTER, COMMUNICATE CLEARLY, AND SET BOUNDARIES. b It Supports Overall Health and Resilience

03

Mental and physical health are deeply connected. Poor mental health can lead to chronic stress, fatigue, or illness, while strong mental health gives us the resilience to bounce back from challenges and adapt to change.

#### **#Service as Action - Chit Chat Chicks**



This is a service-as-action initiative by **Katie Louise Assan**, **Bryana Tamakloe**, and **Ewurama Fynn**— MYP 4. The aim is to bring the Grade 7 and 8 girls together in unity and guide them through their vulnerable junior years. Below is a reflection from the group after their last meeting on Saturday.

Enjoy!

We initiated this project by reflecting on the happenings of our boarding life in Grades 7 and 8. We

thought that if someone had shared with us what to expect about subjects, time management, friendships, and hostel life, we would have had a different experience. In view of this, we decided to gather grade 7 and 8 girls to share our stories and advise them.

We didn't want it to seem like a teaching class where we would tell them what to do and what not to, but to have a heart-to-heart conversation with them. We wanted it to be fun and engaging, where we would listen to their struggles in school and social life. Furthermore, we wanted to give them directions and recommendations based on what we wished we had known in Grades 7 and 8 and mistakes we made so that they would not repeat them and have a smoother experience moving on.

On Saturday, we got to talk to the Grade 7 and 8 girls. This meeting turned out way better than we expected. At first, some people were quiet. But as we spoke more, we got more comfortable and allowed each other to talk. We all relaxed and got more comfortable with each other. The grade 8s were very excited and wanted to know more. We liked how engaging they were and how they asked many questions and wanted to know more. They were interested in hearing about our experiences and, at some point, wanted to know what Grade 9 is and what it's like to move on. The Grade 7s were shy at first, but we got more relaxed and engaged as we continued.

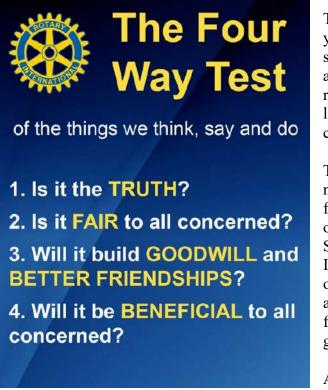
We asked questions about subjects they struggled with, gave them tips on them, and asked how close they are to a grade. I gave them advice on friendships based on our experiences, and we told them the importance of being close as a grade and how it reduces any tensions that might form. Lastly, we shared some experiences we had when we were in their grade, showed them a few pictures, and we shared lots of snacks, having fun eating together

Kudos to Maame Adusei, Maame Aba, Bethel, Humphrielle and Akua Kume and Michelle for being the most engaging.

At the end, it was a very successful meeting that's brought us closer together and more comfortable with each other. We also connected based on some shared experiences we had with them. We are looking forward to the next meeting.



#### The New Era of the TIS Interact Club



The Interact Club has evolved significantly over the years, continuing its mandate to foster leadership skills, community service, and global friendships among students. With each new tenure, the club renews its energy and commitment to making a lasting impact both within and beyond the school community.

The outgoing team made commendable strides, notably organising a successful soap-making fundraiser to raise awareness about the importance of handwashing. In collaboration with the Red Cross Society, the club also contributed to the EDUCAID Initiative, raising funds to support the Mante School of Excellence. In addition, they boosted membership among lower-grade students, ensuring a sustainable future for the club as senior members prepare to graduate.

A heartfelt appreciation goes to the leadership of the

2024/25 Interact Year — outgoing President Ninnette Eyram Addom and outgoing Vice President Tracy Adjei — for their remarkable dedication and contributions to the club's growth.

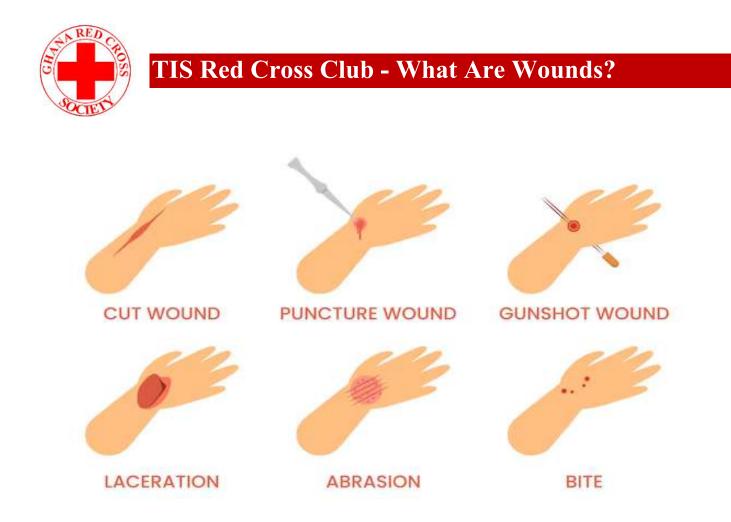
As the torch is passed, the newly elected executives for the 2025/26 Interact Year are set to lead with passion and purpose:

- **President** Joel Ahiakpor
- Vice President Samuella Adu-Baah
- Secretary Asher Gyasi
- Treasurer Nana Yaa Achiampong
- Director of Club Projects Mandy Quartey
- Director of Global Service Zoey Opare
- Club Publicist Sharon Quarcoo
- Director of Club Membership Zeruiah Yarquah

The new leadership team is enthusiastic and committed to taking the Interact Club to greater heights. Incoming President Joel Ahiakpor expressed his gratitude for the opportunity and outlined his vision for the club, which includes creating a **membership handbook**, **reviving the Interact Corner** on campus, **increasing collaboration** with other Interact Clubs, and **expanding membership** among MYP students.

The Interact Club warmly invites the entire school community to join in its activities. Being an Interact Member does not only count in ones participation in ASA but also fulfills the Service strand of CAS for DP students and the Service as Action requirements for MYP students.

Together, let's continue to build a better world through service and leadership!



A wound is a disruption to the skin barrier due to injury, surgery, burns, bites, etc. The body often provides an immediate response with a natural healing process which aims to restore the skin and prevent infection. They can be classified based on their cause, depth and level of contamination.

There are two main categories of wounds, which are open and closed wounds. An open wound is one where the internal tissues are exposed to foreign materials such as dirt and bacteria. These include abrasions, lacerations, and puncture wounds. A closed wound on the other hand, is a wound where the damage is caused beneath the skin. The degree of damage is based on the amount of force that caused it. Examples include bruises and hematomas where bleeding occurs under the skin.

Wound treatment depends on the type and severity of the injury. Open wounds need to be cleaned with sterile saline or clean water to remove debris and prevent infection. After cleaning, they are covered with a sterile dressing to protect the area and promote healing. Deep wounds may require stitches or adhesive strips. Closed wounds like bruises and hematomas are treated by resting the area, applying ice, using compression, and keeping it elevated. Pain relievers can help manage discomfort, and severe cases may need medical drainage.

Wounds interrupt the skin's barrier and can expose the body to infection. Proper treatment helps speed up healing and prevents complications. By cleaning, protecting, and monitoring wounds carefully, the skin can restore itself. When signs of infection or serious damage appear, seeking medical help is important to ensure full recovery.



## HOW TO TREAT A MINOR WOUND IN 5 SIMPLE STEPS



#### **1. WASH YOUR HANDS**

Before touching the wound, clean your hands with soap and water or hand sanitizer to prevent infection.

#### 2. STOP THE BLEEDING

Apply gentle pressure with a clean cloth, tissue, or gauze, Most minor wounds stop bleeding after a few minutes.

#### **3. CLEAN THE WOUND**

Rinse the area with clean water. Gently remove dirt with a clean coth or tweezers (sterilized with alcohol). **DO NOT** use hydrogen peroxide or idodine– these can irritate skin.

#### 4. APPLY ANTIBIOTIC OINTMENT (IF AVAILABLE)

This helps reduce infection risk. Then, cover with a sterile bandage or adhesive strip.

#### **5. CHANGE BANDAGE DAILY**

Or sooner if it gets wet or dirty. Watch for signs of infection' redness, swelling, warmth, pus, or increased pan

#### When to get help:

 Wound is deep, won't stop bleeding, or was caused by a dirty/rusty object



# **BURNWOUNDS**

**Common Causes of Burns:** Thermal Burns - caused by: Fire or flames Hot liquids (scalds) Hot objects (e.g., irons, stoves, pans) Chemical Burns - caused by: Strong acids or alkalis (e.g., bleach, drain cleaners) Industrial chemicals or household cleaning products Electrical Burns - caused by: Electric shocks Faulty appliances or exposed wires Lightning strikes





<u>Treatment for Burns:</u> Cool the burn under running water for at least 10 minutes. Do not apply ice, oils, or creams to a burn. Remove tight clothing/jewelry near the burn unless stuck to the skin. Cover the burn loosely with a clean, non-stick cloth or cling film. Do not burst blisters — it can cause infection. Seek medical help for deep, large, or facial burns.

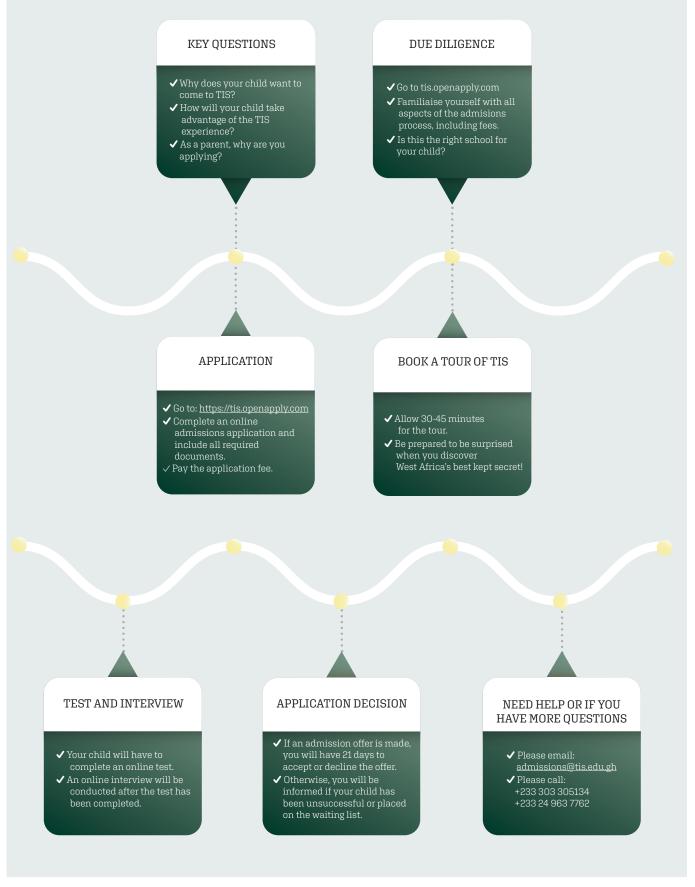
# Change the World Through

# #Make a Difference

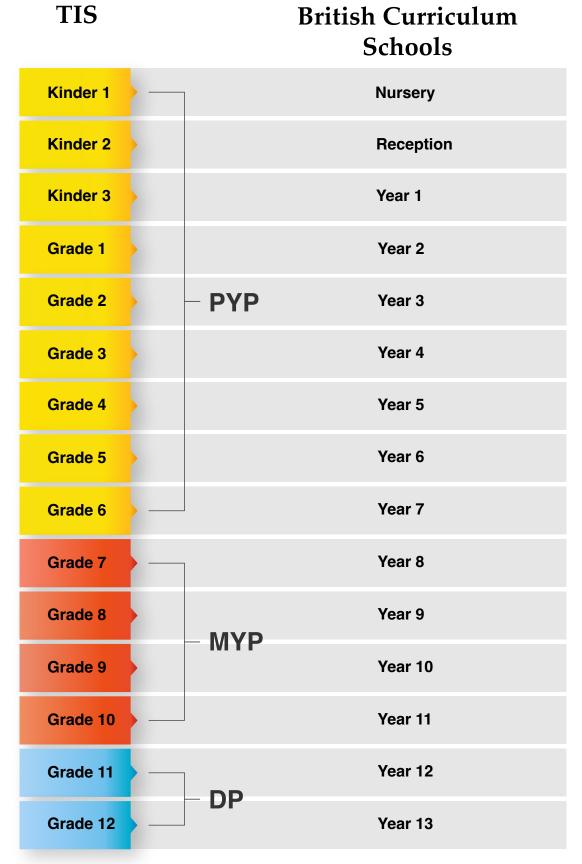




#### **TIS ADMISSION PROCESS**



#### **TIS Admissions Grade Chart**





#### **TEMA INTERNATIONAL SCHOOL Primary School Campus**

#### Admissions Open For 2025/2026 Academic Year



#### 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)

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

**Junior Primary** 

#### 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.



o learn mo









#### **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) Grade 8 (MYP 3) Students should: Students should: a) Have completed Primary 6. a) Have completed JHS 1 or in JHS 2. b) Be aged 11+(at the time of admission). b) Be aged 13+(at the time of admission). c) Complete a general aptitude c) Complete a general aptitude. test and interview. test and interview. Grade 9 (MYP 4) Grade 11 (IB Diploma Programme) Students should: Students should: a) Have completed Grade 8 or Basic a) Have successfully completed MYP 5, the Education Certificate Examination (BECE). IGCSE (Or its equivalent) or awaiting the b) Be aged 14+(at the time of admission). results of the IGCSE. c) Complete a general aptitude test and 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, AOA).





To enrol scan this.

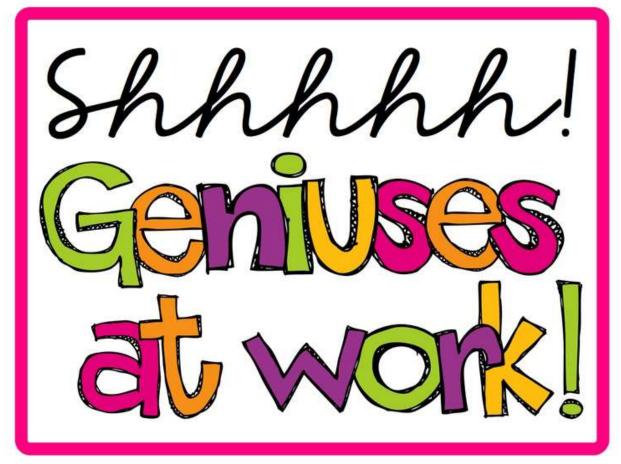


The online application process can be completed at: <u>https://tis.openapply.com</u> For further information contact us on phone: +233 303 305134, +233 303 308737, +233 249 63776<u>2 email: admissions@tis.edu.gh</u> Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road) www.tis.edu.gh

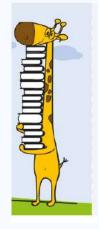
#### Vol. 21, No. 36

interview.

#### **COUNSELLORS' CORNER**



Dear exam candidates, you are bursting with brilliance! Wishing you the very best! 🚀



#### **Exam Tips**

**Read the instructions carefully** – Before looking at the actual questions, read the rubric (instructions). Are there compulsory questions?

**Work out the timing** – Divide your time according to the number of questions to be answered. Split it proportionately if you have some questions (or parts of questions) that attract more marks than others. Allow some time for planning.

**Read the questions carefully.** Read through the paper once before you choose your questions and then re-read each question. You might think a topic you've revised hasn't come up, when it is there, but the wording is unusual. Alternatively, you have revised the topic, but the question is obtuse, and you do not fully understand it.

**Choose your best questions** - Mark any questions you might answer, and then check that you fully understand it. Do you have some relevant knowledge, ideas, and evidence for the answers you choose? If you do not understand a question, it's best to leave it.

**Decide on question order**. Some people like to start with the topic they know best to give them a good start. Others prefer to do their best question second, because with one question completed, they can relax, expand on their best ideas, and gain extra marks. Click here <u>https://libguides.reading.ac.uk/exams/answering</u>

#### Winding Up University Visits for the Month of April





Date	Name of	Representative	Title of	Email Address
	Institution/Event		Representative	
6 April	Hult Business	Amaka Nsude	Associate Director of	amaka.nsude@hult.edu
2025	School Accepted		Enrollment-	
	Students' Dinner		Undergraduate  English	
			West Africa	
7 April	University of	Devjit Adhikari	International Recruiter	adevjit@bridgeport.edu
2025	Bridgeport	-		
10 April	University of	Bailey Fawcett	Africa Recruiter	africa.recruiter@ucalgary.ca
2025	Calgary			
29 April	Saint Louis	Michael	International	
2025	University (SLU),	Brobbey	Admissions Advisor	www.slu.edu
	Missouri, USA.			



Final Steps for University Enrollment & Visa Process



By now, depending on the country you are applying to, you should have completed the following as consistently published on ManageBac and the weekly Bulletin.. If not, please take action without further delay. **TAKE ACTION NOW!** 



**Leeland Denmark** Farce island Kindly, note that apart from US ,Canada and UK for other countries like China, Australia, Germany and Netherlands as we have advised, please check directly with the respective embassies as soon as possible for visa specific requirements.



US For U.S. Applicants:

Confirmed your university choice

- Versite Paid your enrollment deposit (Most schools have a May 1 deadline)
- Received your I-20 form
- Booked your U.S. visa appointment

Visa interview slots fill up quickly—any delay could affect your arrival.

Monitoring your university email for housing, course registration, and orientation details.



For Canadian Applicants:

- C Accepted your offer of admission
- Vertaid required deposit or fees in full
- Started your study permit application
- V Prepared all required documents (LOA, passport, proof of funds, etc.)



For UK Applicants:

Your final offer will be confirmed after your IB results are released in July.

CAS).

You can then proceed with your UK visa application (Student Route).







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

- ✓ <u>https://satsuite.collegeboard.org/sat/registration</u>
- ✓ SAT Registration Fee Beginning with August 24, 2024, the SAT registration fee is \$68, plus a \$43 international fee of \$ 111.
   Click here: <u>https://satsuite.collegeboard.org/sat/registration/international-testing/</u>
- ✓ Click here for more information <u>https://www.bestcolleges.com/test-prep/sat/registration/</u>.
- ✓ If having Troubles Registering contact Aunty Portia in person or by email at portia.atubiga@tis.edu.gh



# DIGITAL SAT TEST DATES 2025TEST DATEREGISTRATION AND PAYMENT DEADLINEMar 8, 2025Feb 16, 2025May 3, 2025April 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/policiess

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



- ✓ ACT Registration Fees (Online payments only: Visit <u>www.actstudent.org</u>): ACT Registration Fees \$171.50, with writing \$196.50 (Online payments only: Credit Card)
- ✓ Note: The cost of registration is subject to change.
- ✓ (TIS Test Centre Code: 870390, but inform counsellor first).

#### **ACT**<sup>\*</sup> 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 WOLD Through International Mindedness

# #Make a Difference





#### Weekly Bulletin

#### **IB: COLLEGE/UNIVERSITY ENROLMENT**



Australia Australian Catholic University

Barbados

American University of Barbados

Bulgaria Medical University of Pleven

#### Canada

Algoma University Brock University Carleton University Concordia University **Dalhousie University** Lakehead University Memorial University of Newfoundland McGill University McMaster University Ontario College of Art and Design Queen's University Redeemer University College **Ryerson University** Simon Fraser University St. Mary's University Trent University UOIT University of Alberta University of Arberta University of British Columbia University of Calgary University of Guelph University of Lethbridge University of Manitoba University of New Brunswick University of Northern British Columbia University of Ottawa University of Regina University Of Saskatchewan University of Toronto University of Victoria University of Waterloo University of Windsor Vancouver Institute of Art Western University Wilfrid Laurier University York University

China Dalian Medical University Shanghai Jiao Tong University (SJTU)

**Cyprus** University of Nicosia

Czech Republic Charles University

#### France

American University of Paris EPITA France Institut Culinaire de France Jean Moulin University Sciences Po Université Grenoble Alpes University of Lille University of Savoie Mont Blanc

#### Germany

Deggendorf Institute of Technology, Germany Jacobs University Bremen

#### Ghana

Academic City College Accra College of Medicine Ashesi University Central University College GIMPA Kwame Nkrumah University of Science & Technology University of Cape Coast University of Ghana Mountcrest University College Lancaster University, Ghana Webster University, Ghana Wisconsin International University College

Hungary

University of Debrecen University of Pecs Medical School

#### India

DR. M.G.R. University and Research Institute, Chennai Loyola College Institute of Fashion Designing

Ireland University College Cork University College of Dublin University of Limerick Royal College of Surgeons Ireland Technological University of Dublin

**Italy** John Cabot University

**Kenya** United States International University (USIU), East African branch

**Malaysia** Institute of Medical Sciences at Mantin

Mauritius African Leadership University Middlesex University

Qatar Northwestern University

**Rwanda** African Leadership University

Singapore Nanyang Technological University

**Slovakia** University of Safarik

**South Africa** University of the Witwatersrand

South Korea Incheon National University Sookmyung Women's University

#### Spain

IE University European University (EU) Business School

Switzerland Culinary Arts academy Switzerland École Polytechnique Fédérale de Lausanne(EPFL) European University (EU) Business School

#### The Netherlands

Hanze University of Applied Sciences, Netherlands Radboud University University at Twente University of Amsterdam University of Groningen Utrecht University Vrije Universiteit Amsterdam

#### **United Arab Emirates**

New York University- Abu Dhabi Herriot-Watt University Dubai University of Birmingham Dubai

#### UK

Abertay University Aberystwyth University Anglia Ruskin University Aston University Bangor University Bath Spa University Birmingham City University Brighton & Sussex Medical School Brunel University Buckinghamshire New University Cardiff University City University- London Coventry University De Montfort University Glasgow Caledonian University Heriot-Watt University Keele University Kings College- London Liverpool Hope University London Metropolitan University London South Bank University Loughborough University Manchester Metropolitan University Middlesex University Newcastle University Nottingham Trent University Oxford Brooks University Plymouth University Queen Mary University of London Queen's University Belfast Ravensbourne University London Robert Gordon University Royal Agricultural University Staffordshire University Swansea University Teesside University The University of Law Ulster University University College London University for the Creative Arts University of Aberdeen University of Birmingham University of Bolton University of Bournemouth University of Bradford University of Brighton University of Bristol University of Cambridge University of Central Lancashire University of Chester

University of Durham University of Dundee University of East Anglia University of East London University of Edinburgh University of Essex University of Exeter University of Glasgow University of Gloucestershire University of Greenwich University of Hertfordshire University of Hull University of Kent University of Kingston University of Lancaster University of Leeds University of Leicester University of Lincoln University of Liverpool University of London University of Manchester University of Newcastle University of Northampton University of Nottingham University of Portsmouth University of Reading University of Salford University of Southampton University of South Wales University of Stirling University of Sunderland University of Surrey University of Sussex University of Warwick University of West England, Bristol University of Westminster University of Winchester University of Wolverhampton University of York **UWE Bristol** York St. John University

#### USA

Adelphi University Agnes Scott College Albany College of Pharmacy and Albion College Health Sciences Albright College Allegheny College Arizona State University Augsburg University Augustana University Azusa Pacific University Babson College Baldwin-Wallace College Barnard College of Columbia University Barry University Beloit College Bennington College Berea College Bentley University **Binghamton University** Boston College Boston University Bowling Green State University Bradley University Bryant University Bryn Mawr College Bucknell University Buffalo State College Caldwell University California State University- Long Beach Calvin College

Carnegie Mellon University Castleton University Central Connecticut State University Champlain College Chapman University Chicago State University Clark Atlanta University Clarkson University Clark University Clemson University Cleveland State University College of Charleston College of Saint Elizabeth College of Wooster Colgate University Colorado School of Mines Columbia College- Chicago Columbia University Concordia College Connecticut College Cornell University Dartmouth College Denison University DePaul University DePauw University **DeSales** University Dickinson College Drake University Drew University Drexel University Duquesne University Earlham College East Stroudsburg University Elms University Embry-Riddle Aeronautical University Emerson College Emmanuel College Emory University Fashion Institute of Design and Merchandising Fisk University Florida Institute of Technology Florida Southern University Fordham University Franklin & Marshall Full Sail University Georgia State University Goucher College Guilford College Grinnell College Gustavus Adolphus College Hampshire College Hanover College Harrisburg University of Science& Technology Hartwick College Haverford College Hawaii Pacific University **High Point University** Hofstra University Hope College Houghton College Hult International Business School Illinois College Illinois Wesleyan University Iona College Iowa State University Indiana University Indiana University-Purdue University Indianapolis Ithaca College Jacksonville University James Madison University Juniata College Kalamazoo College Kennesaw State University Kent State University Kent State University

#### Weekly Bulletin

Knox College La Salle University Lafayette College Lake Forest College Lawrence Technological University Lehigh University Long Island University Loyola Marymount University Loyola University Loyola University Chicago Luther College Lycoming University Macalester College Manhattanville College Marietta College Marist College Marquette University Maryland Institute College of Art Massachusetts College of Pharmacy and Health Sciences Massachusetts Institute of Technology Mercer University Mercyhurst University Merrimack College Miami University, Oxford, Ohio Michigan State University Middlebury College Millersville University Milwaukee School of engineering Monmouth University Montclair University Mount Holyoke College New York Film Academy New York Institute of Technology New York School of Art and Design New York University Northeastern University Oberlin College Ohio Wesleyan College Old Dominion University Pace University Parsons, the New School of Design Pennsylvania State Pepperdine University Philadelphia University Pratt Institute Princeton University Purdue University Quinnipiac University Regis College Rider University Ringling College of Art and Design

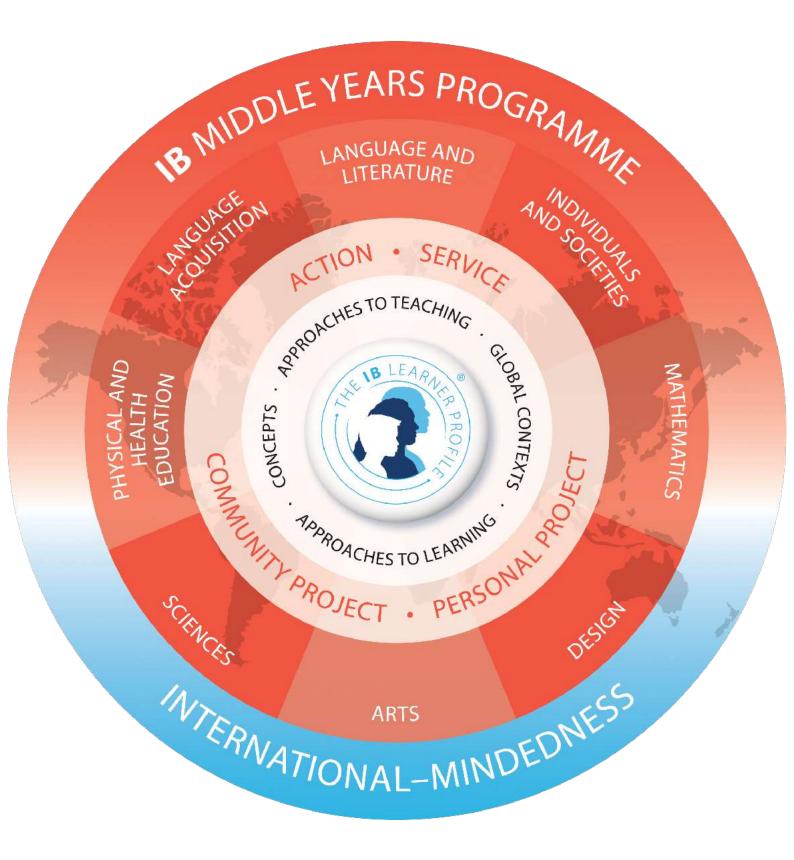
Rocky Mountain College of Art and Design Rollins College Roanoke College Rochester Institute of Technology Rowan University **Rutgers University** Santa Clara University SCAD School of Art Institute of Chicago Sci-Arc University Seattle University Seton Hall University Shippensburg University of Pennsylvania Skidmore College Spelman College Smith College Spelman College State University of New York, Plattsburgh, New York Stevens institute of Technology Stevenson University St. Joseph's University St. Lawrence University St. Leo University St. Louis University St. Olaf University Stony Brook University Suffolk University SUNY Buffalo SUNY Plattsburgh Syracuse University Temple University Texas Christian University The George Washington University The School of the Museum of Fine Arts The School of Visual Arts The University of the Arts Townson University Trinity University Truman University Truman State University Union College University at Albany University of Arizona University of California-San Diego University of Central Florida University of Cincinnati University of Colorado- Boulder University of Delaware University of Florida University of Hartford

University of Iowa University of Kentucky University of Lynchburg University of Maine University of Maine at Forte Kent University of Maryland Baltimore county University of Massachusetts- Amherst, Boston, Dartmouth University of Miami University of Michigan University of Minnesota University of New Haven University of Northern Iowa University of Oregon University of Pennsylvania University of Pittsburgh University of Rochester University of Rhode Island University of Richmond University of San Diego University of South Florida University of Tampa University of Toleda University of Tulsa University of Wisconsin Utica College Vassar College Villanova University Virginia Commonwealth University Virginia Polytechnic Institute & State University Walsh University Wartburg University Washington College Washington & Jefferson College Webster University Wellesley College Wells College Wentworth Institute of Technology Westchester University of Pennsylvania Whittier College Williams College Wilson College Woodbury University Worcester Polytechnic Institute Yale University

West Indies

St. George's University, Grenada





#### **IT'S FINALLY HERE: FINAL ON-SCREEN EXAMS**

On **Monday**, **5 May**, our candidates (and other students across the globe) will start their final IB On-screen examination. As mentioned in previous contributions in the Bulletin, the onscreen exam is a unique opportunity for our students to engage with meaningful assessments that leverage technology. It is an opportunity for our students to demonstrate what they know and can do in a multi-sensory platform. The rich media tools, such as videos, simulations, drawing tools, on-screen calculators, news reports or articles, etc., ensure that students are fully engaged and can make meaningful connections between concepts, knowledge, skills, and their application in real-life contexts.

For most of these students, it has been almost three to four years of preparation, and others, two years. Irrespective of the year they joined TIS, they have had three opportunities to experience the on-screen exams (End of Grade 9, first semester Grade 10, and the mock in second semester). There have been several opportunities at each stage for students to reflect on their performance and identify areas of strength and areas that need improving.

Like any form of evaluation in life, some level of anxiety is expected. Still, the Wellbeing team, led by Mr. Albright Banibensu, have been on hand to offer the needed support when necessary.

We continue to keep them in our thoughts and prayers.



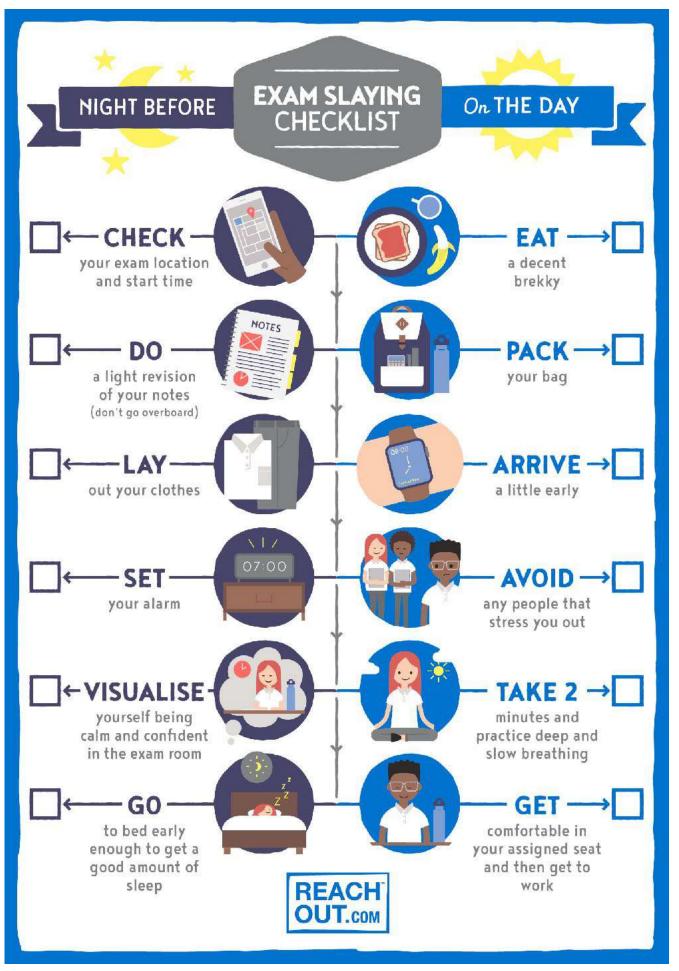
Adapted from KCB Bank, Uganda poster. (https://images.app.goo.gl/Qd3JiQEZY1t2KiES9)

# Change the WOOLD Through Through

# #Make a Difference









"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."





