

TIS RECORD

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At TIS,

At TIS, we believe balance, by maximising opportunities and experiences to enhance learning and challenge oneself, inside and outside the classroom, is the key to success.

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Key Dates

- 14/8/23: Student Council executives return
- 16/8/23: Newbies commence
- 20/8/23: Continuing secondary students return.
- 21/8/23: Primary Classes commence

Thought for the Week

Vacation won't make things better. Changing jobs won't make things better. Getting the recognition you deserve won't make things better. Drugs won't make things better. The only thing that will make things better is your relationship with yourself.

- Shane Parrish



Ready to Start/Return?

As the old adage goes, it's better to be prepared than to be sorry. So, with only 12 more days before our 2023 Secondary School Newbies commence (and 16 days for returning secondary students and 17 for Primary School students), it's time to start getting ready for the new academic year.

Main Campus (Secondary School)

Our new secondary school students will commence on Wednesday, 16 August. Newby families should arrive from 11.00am to set their child/ren up in their dorms and be ready for a 'Welcome' meeting at 2.00pm. Parents will be required to depart by 4.30pm.

Continuing students will return to campus on Sunday, 20 August by 5.00pm.

Student Council executives return on 14 August to prepare for the arrival of our Newbies.



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

-Steve Bollar

SAT & ACT

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

Offsite

Family circumstances have delayed my immediate return to TIS for the next few weeks. I will continue virtually during this time.

I look forward on my return to meeting all Newbies and continuing TIS family members.

During my absence, Yvonne Tagoe will relieve as Principal.

Let's ensure a great start to 2023/2024, our 20th Anniversary.

New Faces

A special welcome to new TIS staff: Nicholas Sevor (Business Management/Economics); David Quarshie (Physics); Eric Fosu (Biology/Integrated Science); Reginald Tackie (Mathematics); Solomon Addotey (Chemistry/ESS); Eric Amomah (Biology); Donald Dodoo (Art/Product Design); and Mawutor Tengey (Admin officer- Primary School).

*** Parents must advise by 11 August if a late start is required.**

Primary School Campus

Details will be provided in next week's Bulletin. However, please note that the Primary School classes will commence on Monday, 21 August. This will be preceded by a Meet the Teacher session on Friday, 18 August.

ManageBac (MB)

All new parents and students were sent a 'Welcome Email' from ManageBac (MB) to set their password and logon to MB. This is our main communication tool. You will receive an email each time about relevant notifications. Please email me if you have any issues accessing your MB account.

Accounts

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

Richard Domey

TIS stalwart, Richard Domey, has been appointed as our Diploma Programme Coordinator (DPC). Richard adds value to everything in which he is involved and we will all benefit from his deep experience with DP. Richard can be contacted at: dpc@tis.edu.gh

I appreciate your support.

Dr Ken Darvall (Principal)

principal@tis.edu.gh



BEING SCHOOL READY

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

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

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

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

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

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

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

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

Dr Ken Darvall



2023/24 TIS School Calendar Overview

August 2023						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 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			

February 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		

March 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						

April 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				

May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 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						

July 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			

COLOUR KEY

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

Public Holidays

4/8/23	Founders' Day
21/9/23	Kwame Nkrumah Memorial Day
1/12/23	Farmers' Day
9/1/24	Constitution Day
6/3/24	Independence Day
29/3/24	Good Friday
31/3/24	Easter Monday
9/4/24	Eid Al Fitr (TBC)
1/5/24	Labour Day

S1 Internal Dates: Main Campus

24-27/7/23	Dukies' Gold expedition camp
1/8/23	2023 MYP Results Released; 2023 MYP Enquiries Upon Results Open
1/8/23	Senior management staff resume
7/8/23	Teachers resume; review of school policies
14/8/23	Student Council executives return
16/8/23	Newbies arrive
20/8/23	Continuing students resume
21/8/23	Secondary School classes commence; G9 Subject Selection
22/8/23	PP Criterion B draft due
23-25/8/23	MYP IDU Days
24-25/8/23	G11 CAS & Dukies Orientation Camp
25/8/23	TIS Junior Soccer Championships
26/8/23	SAT; TIS Senior Soccer Championships
27/8/23	School Performance auditions
1/9/23	TIS Handball Championships;
2/9/23	MYP Parents Information session. (10.00am) NO EXEATS
3/9/23	Thanksgiving Service (11.00am: Students only) NO EXEATS
8/9/23	Legal Minds mooted competition
9/9/23	ACT ; TISSA Soccer Championships/TISSA Badminton Championships
16/9/23	TISSA Handball Championships/TISSA Tennis Championships
21/9/23	TIS@20 Sporty Family Day. NO EXEATS
22/9/23	G12 TOK Exhibition; PP Criterion B final due. NO EXEATS
23/9/23	TIS Volleyball Championships. NO EXEATS
30/9/23	TIS Education Forum: 2.00pm NO EXEATS
2-6/10/23	20 th Anniversary TIS Spirit Week. NO EXEATS
3/10/23	TIS Founders' Day - Special Assembly: Main Campus admissions open for 2024/2025
7/10/23	SAT; NO EXEATS
8/10/23	20 th anniversary Grand Durbar & Thanksgiving Service. NO EXEATS
9-14/10/23	Mid-semester break
14/10/23	PSAT
15/10/23	Students return to hostels
16-18/10/23	MYP Evaluation Visit
23/10/23	Student Council (SC) shadowing process commences; SEC Universities Fair (2.00-4.00pm)
24/10/23	G12 EE Café
28/10/23	ACT
30/10/23	PP Criterion C draft due
31/10/23	G9/G11 Changes to Subject Selections close
4/11/23	SAT
18/11/23	20 th Anniversary Musical Production (National Theatre). NO EXEATS
20-30/11/23	G10-12 end of semester exams
27/11/23	PP Criterion C completion
2/12/23	SAT
3/12/23	SC applications open for 2024 elections
4-5/12/23	Group 4 Project (G12)
7/12/23	Christmas Lunch
8/12/23	PP Final Report due
9/12/23	ACT;
10/12/23	20 th Anniversary Christmas Concert
12-14/12/23	Dukies' Bronze & Silver expedition camp
13/12/23	Last day for the first semester: Students may depart after 3-Way interviews.
15/12/23	Last day for teachers

S2

11-12/1/24	Staff training days
14/1/24	Students return to hostels; applications for 2024 SC positions close
15/1/24	Second semester commences.
15-21/1/24	Alumni Homecoming Week
21/1/24	Alumni Thanksgiving Service
22/1/24	SC Manifesto Readings
24/1/24	2023 Student Council elections by voting (7.00am-4.00pm)
27/1/24	TIS Athletic Championships
29-31/1/24	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
3/2/24	SC Leadership Camp
4/2/24	Student Leadership Induction Ceremony NO EXEATS
9/2/24	TIS Badminton Championships; TIS Junior Tennis Championships
10/2/24	TIS Science Fair. NO EXEATS
12-16/2/24	MYP Mock eAssessments
15/2/24	G11 TOK Exhibition
16-17/2/24	TIS Basketball Championships; TIS Senior Tennis Championships
17/2/24	Chocolate Friendship Day
19/2-2/3/24	DP Mocks
28/2/24	PP standardisation and moderation (teachers)
2/3/24	MYP Projects (Personal & Community) NO EXEATS
3/3/24	TIS swimming championships (3.00 – 5.00pm)
9/3/24	SAT (Digital); TIS Squash Championships; TISSA Basketball Championships
14/3/24	Pi Day
16/3/24	Expression Day NO EXEATS
25-27/3/24	Dukies Bronze & Silver expedition camp
25/3-6/4/24	Mid-semester break
8/4/24	G12 Grad photos (All day)
13/4/24	ACT
14/4/24	Exam Candidates' Service NO EXEATS
19/4-17/5/24	DP Final Exams
21/4/24	PP Criterion A draft due; G11 EE Cafe
4/5/24	SAT (Digital)
6 – 17/5/24	MYP eAssessments
8-17/5/24	G11 semester exams
19/5/24	Leavers' Dinner
24-29/5/24	G9 eAssessments
30/5/24	MYP4 (2024/2025) subject selections
1/6/24	2024 Annual Achievers and Graduation Ceremony; Last day for Secondary Classes
7/6/24	Last day for teachers; S2 reports published.
8/6/24	ACT
9-12/6/24	Dukies' Gold Level expedition camp
22-25/7/24	Dukies' Gold Level expedition camp

Entertainment Night Events

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

Primary School Campus**Public Holidays**

4/8/23	Founders' Day
21/9/23	Kwame Nkrumah Memorial Day
1/12/23	Farmers' Day
9/1/24	Constitution Day
6/3/24	Independence Day
29/3/24	Good Friday
31/3/24	Easter Monday
9/4/24	Eid Al Fitr (TBC)
1/5/24	Labour Day

S1 Internal Dates (Primary School Campus)

7/8/23	Staff prep commences
18/8/23	Meet the teacher session
21/8/23	First semester commences
22/9/23	Sign Language Day
29/9/23	End of UOI #1 Celebrations
20/10/23	Sports Festival/Wellbeing Day
23-27/10/23	Mid-semester break
10/11/23	End of UOI #2 Celebrations
24/11/23	Spelling Bee
13/12/23	End of UOI #3 Celebrations; Last day of semester
15/12/23	Last day for teachers

S2

11-12/1/24	Staff Training Days
16/2/24	End of UOI #4 Celebrations
15/2/24	Mother Tongue Day (Celebrating Culture)
15/3/24	Celebrating Additional Languages
22/3/24	End of UOI #5 Celebrations
25/3-6/4/24	Mid-semester break
19/4/24	Book Day
10/5/24	Environment Day/ Unit Celebrations (K1-G4) & Visual Arts Exhibition
17/5/24	PYP Exhibition/ (Sports Picnic K1-G4)
24/5/24	2024 Achievers and Graduation Ceremony
2/6/24	Last day for teachers; S2 reports published

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COUNSELLORS' CORNER



Welcome to the start of a brand-new school year! ***Enjoy the last few days you have left and buckle up for an exciting new year, celebrating TIS @20!*** Come prepared to learn, make the most of the wealth of resources available to you at TIS and contribute in meaningful ways to this beautiful community. SEE YOU SOON! 😊

College Visits



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



Professional Exams Centre

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



Contact Person: Roderick -0244167800

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

<https://linearghana.com/>

For all exams:

Primary ID	A currently valid passport containing the candidate's photograph and signature. An unsigned passport is only acceptable if it is a biometric passport and does not contain a location for a signature.
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Registration: <https://www.ucat.ac.uk/about-ucat/ucat-test-cycle/>

OPENS: 20 June to 21 September

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

Cost: £115

Test Day Deadline for UCAS Application: 15 October 2023



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

Candidates may only take the LNAT once per year (from September 1 to July 31.)

Cost: £70

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

REGISTRATION OPEN: 1 August to 20 January 2024

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

BMAT

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

Test Date: 18 October 2023

Cost: £104

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

BMAT CONTACT: SARAH BOATENG: +233-560027838



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

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

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



SAT

2023- 2024 TEST DATES

- ✓ **DP1s: don't wait until the eleventh hour to register.**



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

- ✓ <https://satsuite.collegeboard.org/sat/registration>

Click here for more information <https://www.bestcolleges.com/test-prep/sat/registration/>

If having Troubles Registering contact Aunty Portia in person or by email at portia.atubiga@tis.edu.gh

DIGITAL SAT TEST DATES 2023/24

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
26 August 2023	July 27, 2023
7 October 2023	September 6, 2023
4 November 2023	October 4, 2023
2 December 2023	November 1, 2023
9 March 2024	February 22, 2024
4 May 2024	April 18, 2024



- ✓ **SAT without essay \$103 – Online payment only with Visa/credit card. NEW; ACCEPTABLE IDs ARE THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS.**
<https://collegereadiness.collegeboard.org/sat/register/international/policies>



2023 TEST DATES (COMPUTER-BASED TESTING ONLY!)

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



click: <https://global.act.org/content/global/en/products-and-services/the-act-non-us/registration.html>

***To complete registration, payment must be made online in full with a credit card.**

ACT April DEADLINE coming up. STEM students have an edge.

ACT TEST DATES 2023/24 (COMPUTER-BASED TESTING ONLY!)

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
15 April 2023	17 March 2023
10 June 2023	12, May 2023
9 September 2023	28 July 2023
28 October 2023	15 September 2023
2 December 2023	20 October 2023
13 April 2024	2 February 2024
8 June 2024	26 April 2024



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

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

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

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

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

8. Payment: Make payment with a valid visa card/credit card, to complete registration online

9. Download your SAT Admission ticket and email it to portia.atubiga@tis.edu.gh

Click here for more information <https://www.bestcolleges.com/test-prep/sat/registration/>

Having Trouble Registering? Do not hesitate to contact Aunty Portia in person or email at portia.atubiga@tis.edu.gh

Welcome to MyACT, the new system to schedule your ACT test and access your scores!

MyACT has replaced the previous online registration system,
Student Web Services.

1. Create an Account on ACT.org. Before registering for the ACT, you must make a My ACT account. **Be SURE YOUR FIRST AND LAST NAME MATCH YOUR PASSPORT EXACTLY!** Click <https://my.act.org/account/signin?location=https://my.act.org>
2. Visit Your ACT Dashboard and Click "Register for the ACT"
3. Choose Your Test Center and Test Date-**TIS as the centre**
4. Review Your Selections. After confirming the testing location and date, review your selections to make sure everything looks correct.
5. Add Services and Practice Materials (Optional)
6. Add Your Photo ID and Additional Personal Information
7. Indicate Your College Choices and Score Preferences (Optional) this step so they can ensure their score is strong enough before sending score reports to prospective colleges.
8. Enter Your Parent or Guardian's Information (Optional)
9. Submit Payment using a valid credit card/visa card and Confirm Your ACT Registration

After reviewing payment information and terms, submit the form and receive confirmation details.

<https://www.bestcolleges.com/test-prep/act/registration/>

Having Trouble Registering?

Do not hesitate to contact Aunty Portia in person or email at portia.atubiga@tis.edu.gh



Exceed expectations.

Dr Ken Darvall



TEMA INTERNATIONAL SCHOOL



Primary School Campus Admissions Open For 2023/2024 Academic Year

Flexible admission screenings and interviews



Entry Points in 2023

Preschool

Kinder 1 (3-4 years)
Kinder 2 (4-5 years)
Kinder 3 (5-6 years)

Junior Primary

Grade 1 (5.5 - 7 years)
Grade 2 (6.5 - 8 years)
Grade 3 (7.5 - 9 years)

Senior Primary

Grade 4 (8.5 - 10 years)
Grade 5 (9.5 years-11 years)
Grade 6 (10.5 - 12 years)

All admission applications will be online via Open Apply:

<https://tis.openapply.com>

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

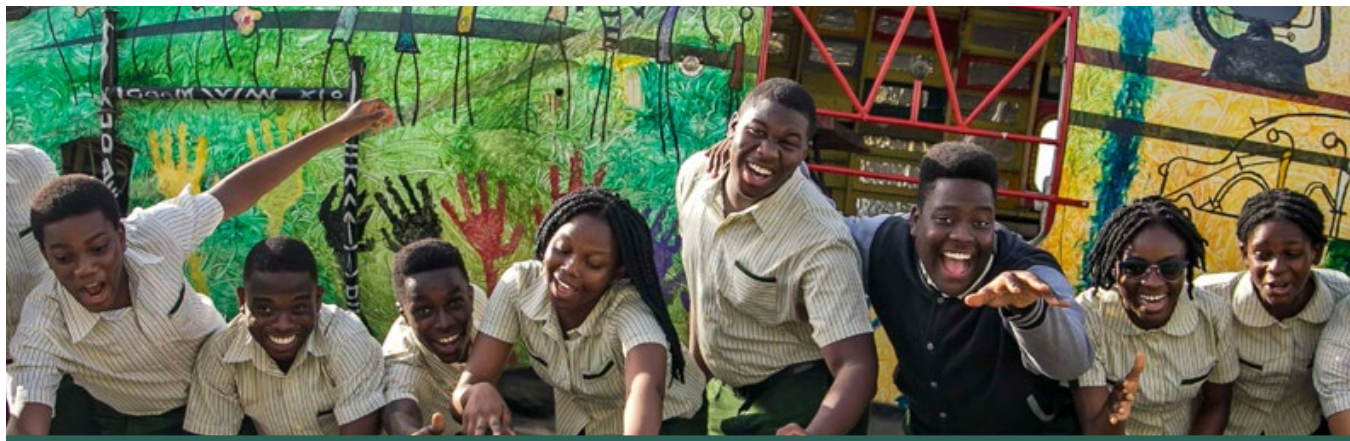
TIS is an IB World School, authorised to offer PYP, MYP and DP.

To learn more
scan this.



To enrol scan
this.





Tema International School



MAIN CAMPUS
SECONDARY ADMISSIONS ARE OPEN FOR 2023/2024 ACADEMIC YEAR
FROM 3 OCTOBER 2022 UNTIL 31 MARCH 2023

A family school, a unique experience.

Flexible online admission testing is available

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

Grade 7 (MYP 2)

Students should:

- 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; email: admissions@tis.edu.gh

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

www.tis.edu.gh



THE 10 MOST POPULAR HAPPINESS BOOSTERS

RESEARCH-BASED ACTIVITIES TO BOOST HAPPINESS

1

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.

2

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.

3

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.

4

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.

5

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?

6

Imagine your best possible self

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.

7

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.

8

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.

9

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.

10

Savoring/Reminiscence exercise

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

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.”**



