

TIS RECORD

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

At TIS,

.....

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

Contents

- PYP News: Page 5
- CASSA Corner: Page 22
- Guide Post: Page 50

Medical Exeats

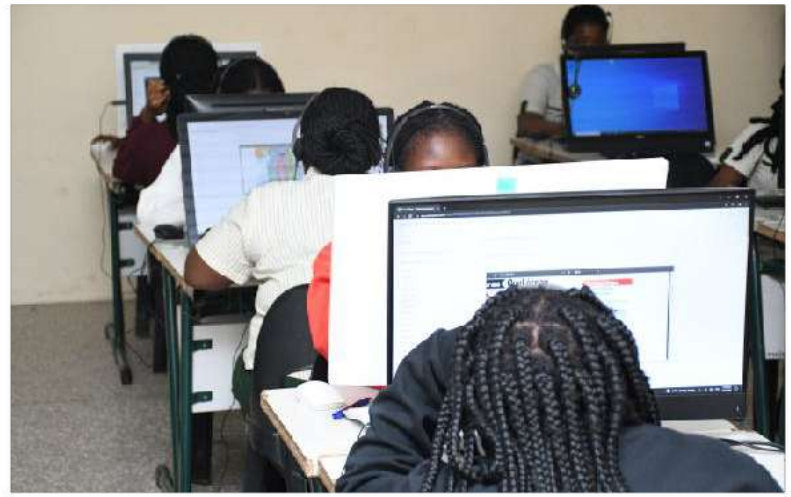
- Requests for routine appointments must be received by COB on the Monday prior to the Saturday appointment. Late requests will be held over.
- Students are transported to the appointment venue by TIS and accompanied by a TIS staff member to minimise general public interactions and to avoid COVID testing, etc.

Thought for the Week

.....

Each person must live their life as a model for others.

- Rosa Parks



Mid-Semester

The mid-semester break was planned from 28 March to 1 April. An Easter long weekend was also listed from 14-18 April. However, parents and staff are concerned about the inherent risks of students returning from home under current COVID conditions, especially when DP final exams commence at the end of April and MYP final exams in May.

To minimise the risk of further lost learning time, TIS intends to remove the planned mid-semester break and continue with our teaching/learning programmes, while observing the public holidays (Good Friday and Easter Monday). Consequently, the end of semester at each campus will be 27 May, with secondary students departing hostels on 28 May.

Cancelling the mid-semester break is a Catch-22 situation from an educational perspective. Wellbeing is most important in terms of a break for students and staff. Countering this is the medical (physical) risks of COVID infection. At the start of each semester



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

-Steve Bollar

SAT & ACT

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

Visiting Protocols

For visits during second semester, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/9w76c>

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 1.30 - 4.30pm on Saturdays and Sundays. On public holidays, visits will be allowed between 11.00am and 4.30pm (with no visits scheduled between 12.30 - 1.30pm.)

Book early to avoid disappointment.

Thank you for your cooperation.

over the past 18 months, a significant minority of students have tested positive at the end of the break which has then delayed their return to school by up to one month or longer. This impacts on a student's learning and their wellbeing, especially as a student is required to isolate until cleared by the school doctor (about 5 days) on return to school. No student enjoys this quarantine period.

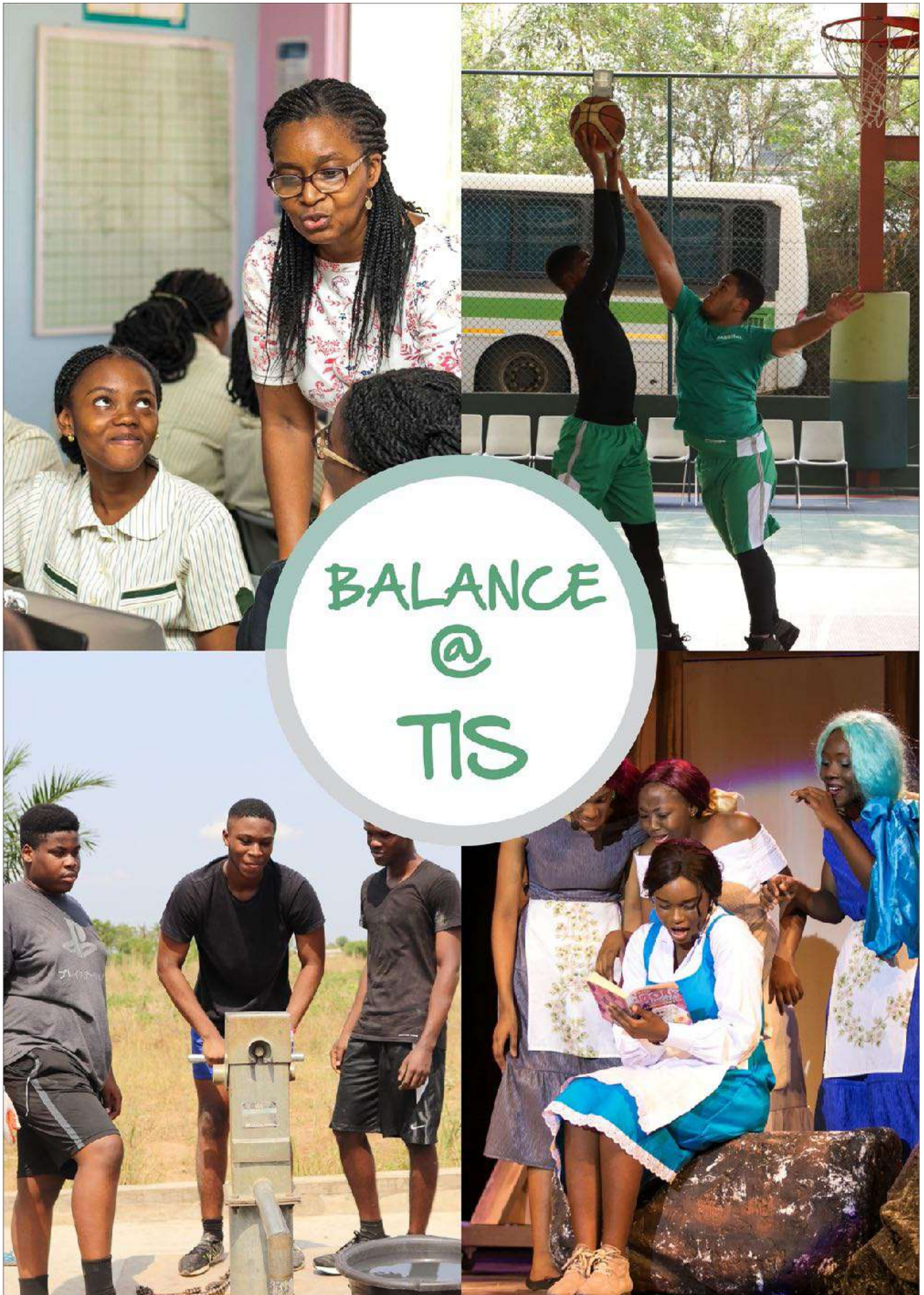
To address the wellbeing aspect, *our plan is to have all secondary students remain on campus for what was planned as the mid-semester break. There will be no timetabled classes on 28-29 March and the weekend prior (26-27 March) will be activity-free, so that students can rest (and chill). Parents will be able to visit on these 'wellbeing days'.*

COVID has brought about so many changes over the past 30 months. However, we consider this action will reduce the risk of infection, especially for secondary students. Previous experience supports this action. Hopefully, this will not disrupt too many family plans, but provide some certainty. If parents are concerned that certain issues have not been considered, I invite you to email your thoughts or concerns to: info@tis.edu.gh for consideration by COB Tuesday, 1 March. A final decision on this proposed change will be confirmed by Friday, 4 March.

I appreciate your support. Stay healthy.

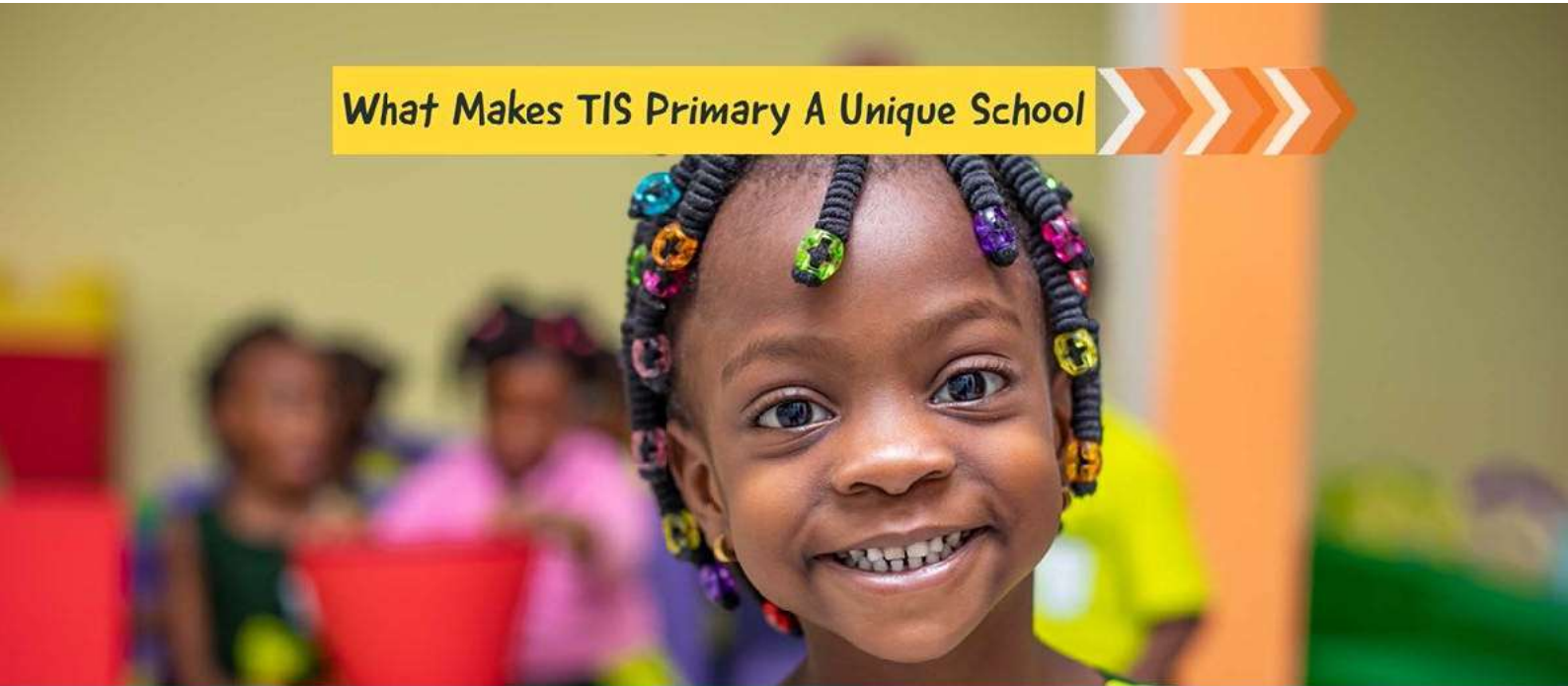
Dr Ken Darvall (Principal)





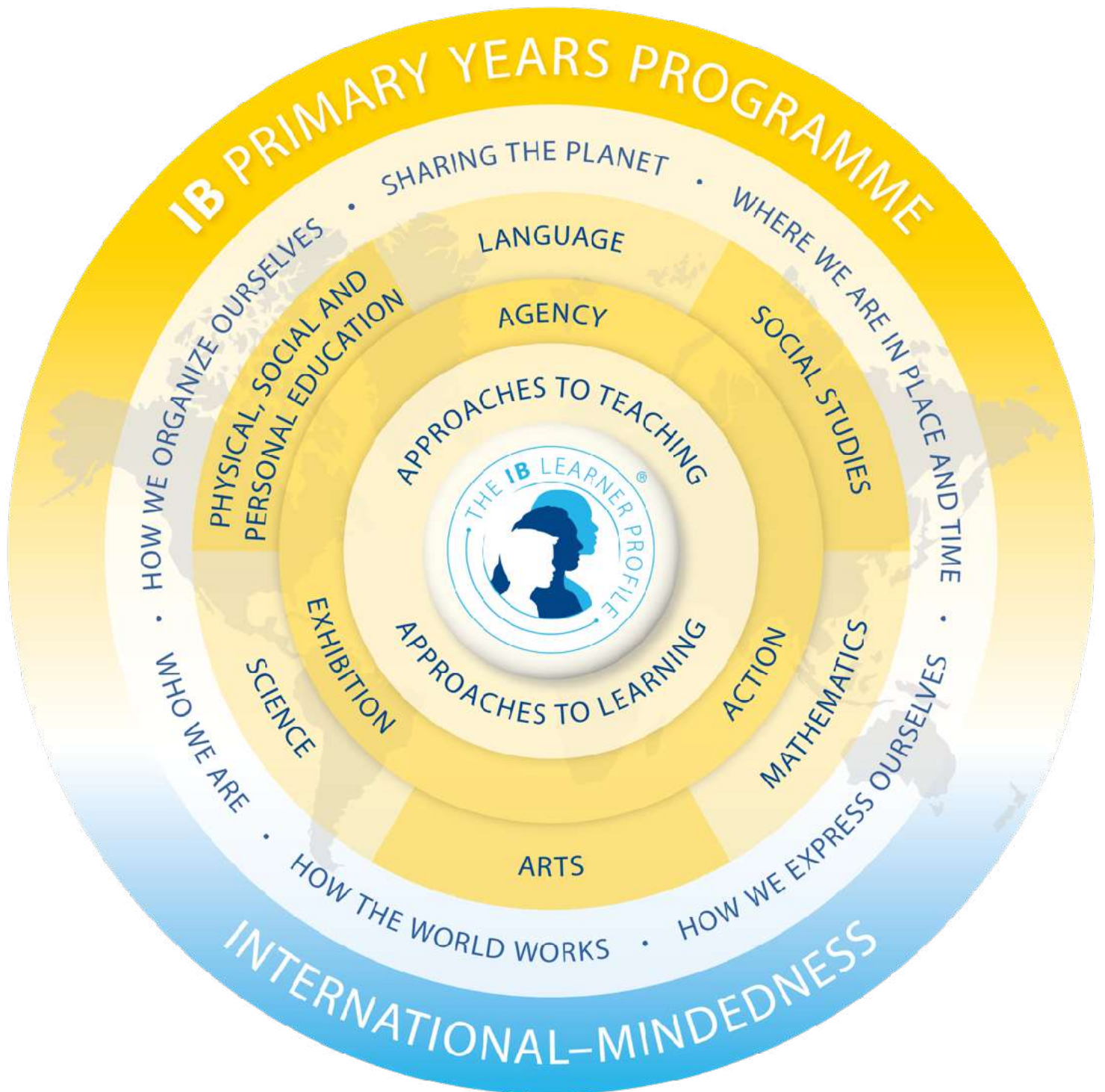
BALANCE
@
TIS

What Makes TIS Primary A Unique School













TIS Primary is a unique school because: it is a family school; we have qualified teachers; I have good friends, we have great facilities; we are good communicators; and we are open-minded.

Amewusika Tay



THE IB LEARNER PROFILE

The ultimate goal of an IB education is to develop internationally minded learners. This is seen to be exemplified within the attributes of the IB Learner Profile. It is from this premise that we at TIS Primary School find authentic ways of building these within our rigorous curriculum.

<h2>The IB Learner Profile</h2>		<h3>risk-taker</h3>  <p>I like to try new things. I stand up for the things I believe in.</p>	<h3>well balanced</h3>  <p>I look after my mind and body. I try to stay healthy and happy.</p>
<h3>caring</h3>  <p>I care about people, plants, animals, and the earth. I help others and look after the environment.</p>	<h3>communicator</h3>  <p>I can share my ideas with others in many ways. I am an active listener and I listen well to others.</p>	<h3>thinker</h3>  <p>I think carefully and show initiative. I make good decisions. I can solve problems on my own.</p>	<h3>open minded</h3>  <p>I listen to other people and respect their ideas.</p>
<h3>principled</h3>  <p>I tell the truth and I am fair. I share and play well with others.</p>	<h3>reflective</h3>  <p>I know when I've done well and when I could have done better. I think about my own work.</p>	<h3>inquirer</h3>  <p>I am curious and enjoy learning. I try to find out new things.</p>	<h3>knowledgeable</h3>  <p>I know about many things. I remember what I have learned.</p>

At TIS Primary School, learners are encouraged to exemplify these attributes in their daily activities formally and informally. Learners are encouraged and motivated through an award system where learners who have exemplified these attributes are rewarded openly before the

whole school fortnightly as a way of appreciating them. Teachers have built ways of entrenching reflective time where learners interact with these attributes
Below are pictures of the Learner Profile Assembly.



Learner profile assembly

PIC•COLLAGE



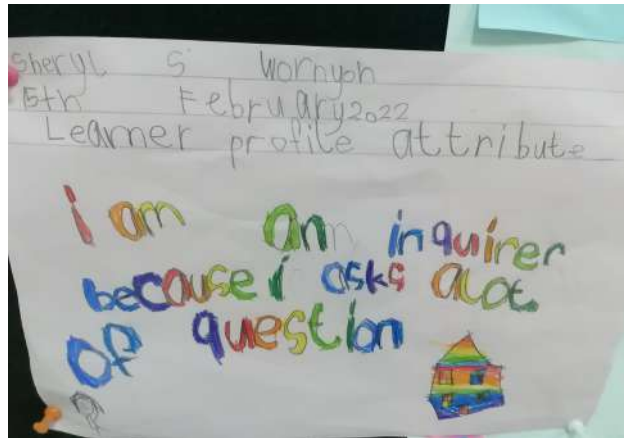
Learners' expectations and reflection



Paa Kow: I am excited anytime I get an award. I didn't get an award this week and I'm not feeling that bad. I am looking forward to getting one next time. I am happy for those who got it.



Elias Webb: I am looking forward to receiving an award for being a thinker.



Sheryl Senyo Worniyoh: I want to get an award for being an inquirer.



Ellie Sevor: I was sad I didn't get an award but I am hoping to show how caring I am to enable me receive the caring award next two weeks.



Christabel Quao: I get excited when I get a learner profile award. I want to work well and stay focused to earn me the Principled award.



Shawn Nii Armar; I want to be a risk-taker.

The class of the day award was difficult to get but we just had to do the right moves and follow the rules. **Ruby class.**



Ama Konadu Darko

I have learned that to get an award you have to work hard and also you have to put effort to get an award.



Sybil Amekugee: When it was LP awards day, I was excited when I got the balanced award for the second time in TIS. I think I deserve it because I always eat my vegetables and also encourage my friends to eat them.

Eliel Amekugee

I feel so happy and relieved when I get an award during the LP assembly.



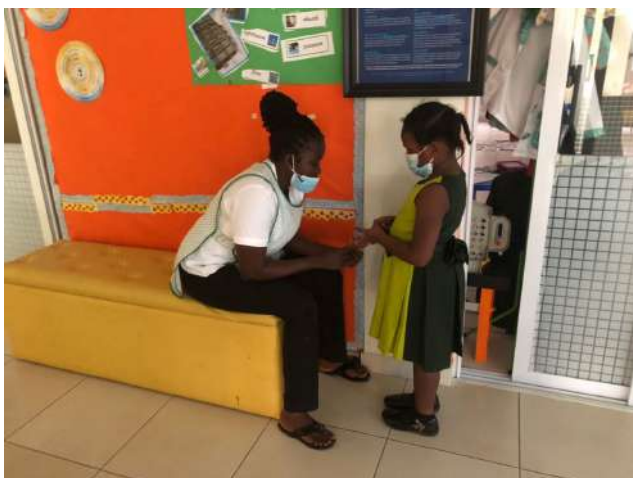
Stephen Agyemang

I am a thinker. I learned how to think before I do anything, help others with their questions, and make TIS a happy school. I want to put more effort into what I do.



Kwame Amoo I am working towards the reflective award. I am working on my behavior and my handwriting.

Below are some parent activities that can help learners in exemplifying the learner profile attribute.



INQUIRERS

- You can visit a library to borrow books about their interests and hobbies.
- You can research on the net about a subject that you together decide on to develop your child's internet intellection.
- As a good role model for your child, when there is a subject that you also don't have an idea about, admit your lack of knowledge and offer to search for the solutions together.

THINKERS

- You can encourage your child to think of different solutions to any problems.
- You can make your child think about different and real-life issues
- While you are studying an issue, it would be beneficial to ask such kinds of questions to your child:
 - 1- Do you have an idea about how to start?
 - 2- How can we do that differently?
 - 3- I have never thought in that way before. Can you explain it more?
 - 4- What other ways can be to solve that problem?



KNOWLEDGEABLE

- Encourage your child to read books about school subjects.- You can make your child get the lowdown about a local or global subject that is interesting and appropriate to their age
- You can ask about what they have learned in the school and make such conversations:
 - 1- Why do you think this is important to know?
 - 2- Do you think there are such kinds of things in the World? Could it have happened

in the past?



COMMUNICATORS

- You can motivate your child to get in touch with other people in the World or some relatives or friends via writing letters, emails, or telephones.
- You can encourage your child to communicate with different people when you go out together.
- It plays an important role in communication to be a good listener. While your child is telling you something, you can listen to them very carefully and ask them to perform the same behavior.



OPEN-MINDED

- You can eat different kinds of traditional, cultural foods and play different games.
- You can present different global festivals, celebrations, and traditions without criticism.
- You can tell with real examples from the environment that there can be different solutions or ways to solve a problem, so it is required to be an open-minded person.



RISK TAKERS

- You can encourage your child to dare a distressing activity that you have decided before, and then you can talk about the effects of the activity, how it makes them feel to try a new thing or whether s/he loves it. Trying new dishes and drinks can offer excellent opportunities for this
- You can set a friend up so that s/he doesn't have time to play for a long time and make them play together.
- You can constitute unusual conditions (different breakfast menu, not watching television for a week, e.t.c.) and ask them to adopt this new situation.



CARING

- You can be a role model by displaying caring behavior. You can show that you care about other people all the time by using kind words, helping people, e.t.c.
- You can engage in real-life activities for the environment and all creatures such as troughs for the street animals, animal shelters, planting, environmental cleaning, e.t.c.
- You can make your child understand and empathize with disadvantaged groups and problems in their context by researching a civil society together. After that, You can encourage them to donate to charity by collecting their allowances.

REFLECTIVE

- It would provide an opening to encourage your child to write a diary. After a while, they consider the past and turn to account for their progress.
- You can determine strengths and weaknesses by evaluating the results of the school assessments. You can together decide on the things s/he can do on their own.
- You can videotape any activities during the learning process and then make your child evaluate the ups and downs on their own.



BALANCED

- You can discuss the food groups (i.e. carbohydrate, protein, vitamin e.t.c.) bounce ideas off each other about the balance of the foods and meals at mealtime.
- It is useful for your children to see how you balance your various daily activities such as reading books,

working, resting, and watching television, doing sports, e.t.c.

-You can encourage your child to do different sorts of structured activities.

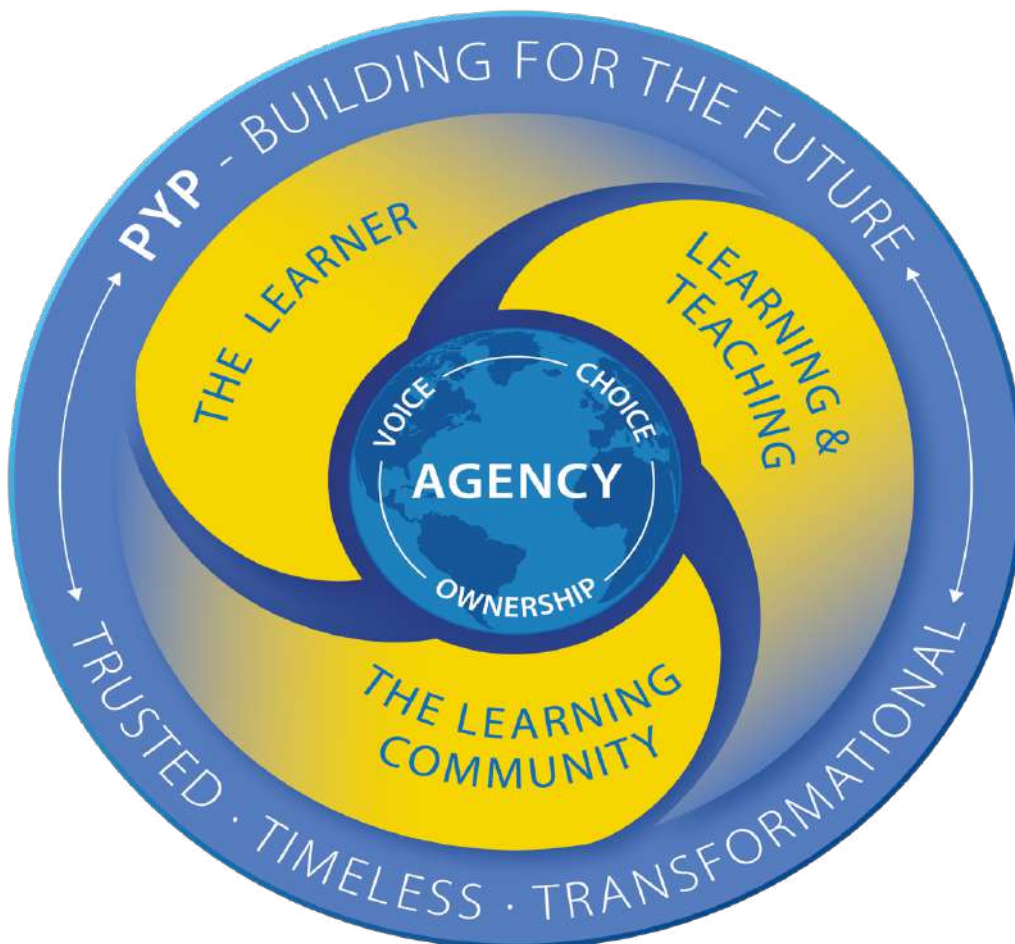


PRINCIPLED

- You can make your child decide on their own choices based on family rules/routines/schedules and make a conversation about the results of these decisions.

- You can encourage your child to play team games. You can discuss the qualities of a good player and talk about what kind of a team player they want to play/partner with.

-You can talk about the importance of saying thank you, please; I am sorry, e.t.c. and handshaking with rivals as a well-mannered player in case of winning or losing a game.





TEMA INTERNATIONAL SCHOOL

ACADEMICS



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



EDUCATION FOR A BETTER WORLD



Drawing on our years of experience running world-class summer schools, our online courses combine Oxford's spirit of excellence with the very best in future-focused learning.

At Oxford Scholastica Academy, our two-week online courses are for **bright, motivated students aged 12-18 from across the globe who are keen to get a head start on their futures** - all while experiencing the inspiring and rigorous teaching for which Oxford is famed.

Whether you dream of becoming a doctor, would like to explore Computer Science & Coding or want to learn more about Psychology, we'll have the perfect course for you.

In small classes and under the guidance of your expert tutor, you'll get **a taste of university-style learning, make friends from all over the world, and leave us ready to take charge of your future.**

“

"This week was the best. **It was truly a one of a kind experience.** I've never been more excited for a class! Thank you Oxford Scholastica Online!"

- Inchara, Politics & Debate, May 2020

94%

of students said they had greater certainty over their future academic and career choices

Get ahead in your future

Book your place today on one of our online courses and get **15% off** using your school's bespoke discount code:

TEMAINTERNATIONALSCHOOL-15

Visit oxfordscholastica.com to book and find out more, and follow us on [@oxford.scholastica](https://twitter.com/oxford.scholastica)



+44 (0) 1865 522 166

www.oxfordscholastica.com

info@oxfordscholastica.com

Tema International School Partners with the Oxford Scholastica Academy

Tema International School is very pleased to announce it has become one of the first schools to become an Oxford Scholastica Partner School. Dr Darvall has arranged for the school to join a growing number of schools around the world.

[Oxford Scholastica](#)'s mission is to inspire students to discover, explore and prepare for their futures at an earlier stage, giving them the edge to enable them to succeed, have purpose and make a difference, and they partner with leading schools who share those values.

As an Oxford Scholastica Partner School, Tema International School students get priority access to Oxford Scholastica's popular online:

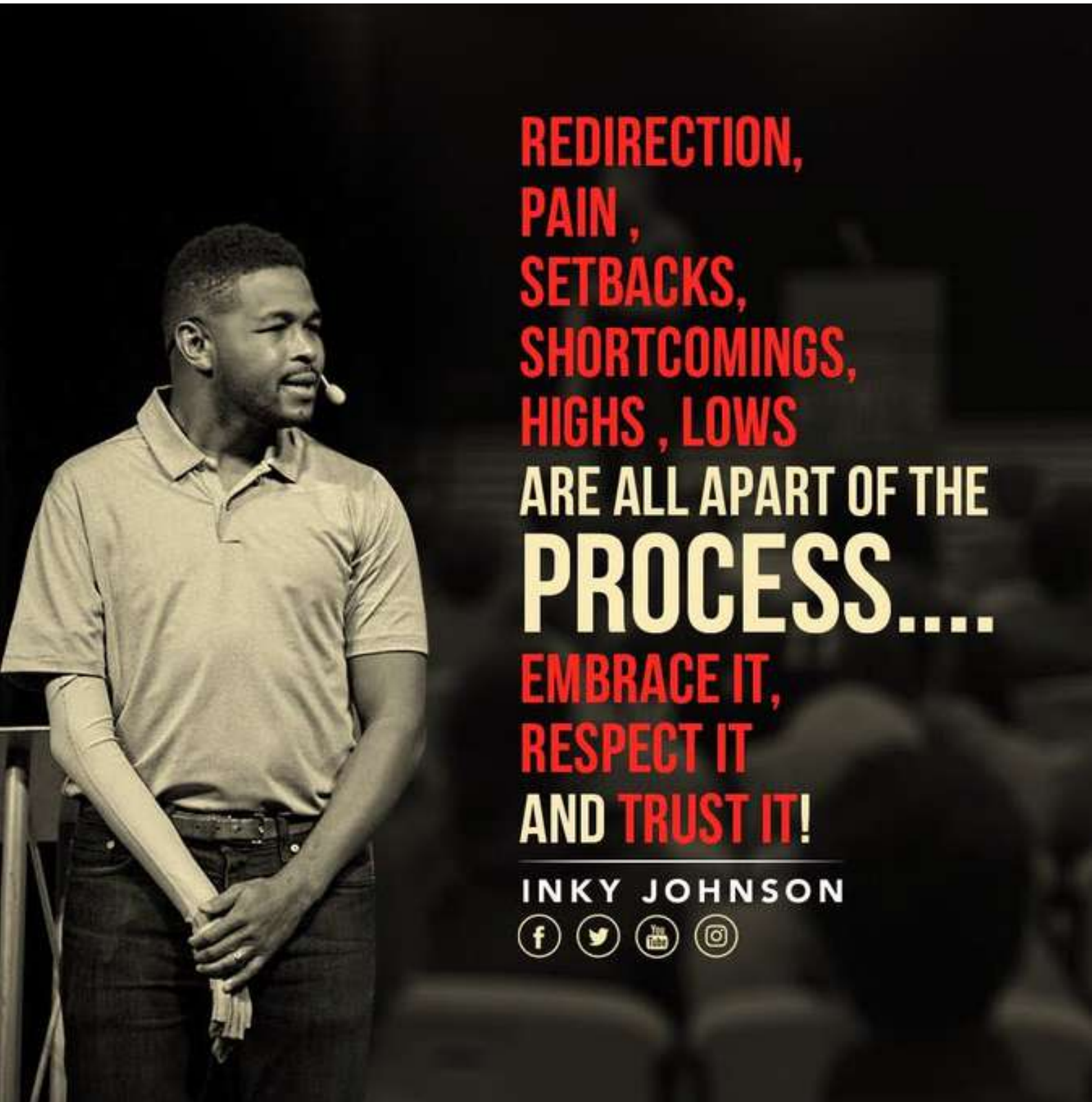
- **Courses** - offering a taste of university learning, stretching students beyond the curriculum and giving them the edge with their university applications
- **Internships** - work experience with real organisations
- **Conferences** - giving real-life insight into careers and courses such as Medicine, Business, Engineering etc.

Tema International School's commitment to providing an excellent and diverse education for all makes this partnership a natural fit, and Oxford Scholastica looks forward to welcoming Tema International School students.

Tema International School students are entitled to a **15% discount** on Oxford Scholastica's online programmes with the code TEMAINTERNATIONALSCHOOL-15 - please note, this is just for Tema International School students. There are also some bursaries available for students who meet certain criteria - please contact Dr Darvall for more information.

You can read more about the opportunities on offer on the Oxford Scholastica website at www.oxfordscholastica.com, or speak with Dr Darvall.





**REDIRECTION,
PAIN ,
SETBACKS,
SHORTCOMINGS,
HIGHS , LOWS
ARE ALL APART OF THE
PROCESS....
EMBRACE IT,
RESPECT IT
AND TRUST IT!**

INKY JOHNSON



VACCINATION EXERCISE -

COMPLETION OF FIRST DOSE

The TIS Health Team and Management would like to extend their gratitude to the entire TIS Community, parents, students and the Public Health Team for contributing to a successful vaccination exercise.

The date for the second doses will be communicated in due season. All students who have been vaccinated prior to this exercise would need to update the school with their vaccination records. The cards physically can be brought to the infirmary.

Parents/guardians who have the cards at home with them are entreated to send in soft copies or pictures of the cards in the interim to regina.owusu@tis.edu.gh.

The physical cards would however subsequently need to be brought in for holographic verification.

Parents/ guardians whose wards are yet to receive the second dose can also send an email to regina.owusu@tis.edu.gh to liaise and plan accordingly.





TEMA INTERNATIONAL SCHOOL

SPORTS



At TIS, we believe that sport, as one of the four pillars for student balance and ensuing success, promotes teamwork, challenges personal best and emphasizes the importance of appreciating how to lose before knowing how to win.



EDUCATION FOR A BETTER WORLD

21 Communication Skills Every High School Student Should Have

Below is the list of 21 Communication Skills that every high school student should have before beginning college or a career.

1. **COMPOSE** an email that elicits a clear response.
2. **UNDERSTAND** the difference between personal and professional communications and can **CRAFT** clear communications for a variety of audiences.
3. **TROUBLESHOOT** sending large attachments and a variety of file types.
4. **SET** norms and expectations within any group setting.
5. **ARTICULATE** their ideas comfortably and show empathy for other students' perspectives and points of view.
6. **DETERMINE** their own signature strengths and advocate for specific roles.
7. **ASSESS** the effectiveness of their own (and their peers') participation and involvement within the group.
8. **CREATE** an agenda and maintain a project timeline.
9. **ORGANIZE** content so it is interesting, informative, and memorable for their peers.
10. Effectively **SELECT, LOCATE, and INTEGRATE** images and icons as visual cues that complement their content.
11. **SELECT** the best application to deliver their content.
12. **PUBLISH** and provide purposeful content for a variety of authentic audiences.
13. **LOCATE** and **UTILIZE** appropriately licensed images.
14. **PROTECT** their own work and images using a variety of methods and tools.
15. **CREATE** and **MAINTAIN** a digital portfolio and resume.
16. **REFLECT** on individual learning artifacts as well as their process of learning.
17. **PROVIDE** effective formative feedback to their peers and their work.
18. **BE AWARE** that social media is only one aspect of a person's life and can oftentimes be distorted.
19. **LEVERAGE** social media to share authentic learning artifacts.
20. **UTILIZE** curation as a way to digest and distill information.
21. **SELECT** appropriate tools (both analogue and digital) and processes for curation and distillation of content.

Source: <https://corwin-connect.com/2021/11/21-communication-skills-every-high-school-student-should-have/>

CAS-SA Corner

Code Red Donation in Pictures



Last week the EWEF Foundation undertook their iMENSTRUATE project in two towns at the Ashanti Region, as stated in the previous Bulletin. Due to the collective efforts by the Erudite Women’s Foundation Empowerment EWEF, Girl Child Unit of the Ghana Education Service (Asante Akim Central) and Code Red of Tema International School, 82 girls received period health education and mentoring session exercise along with free sanitary towels.

Additionally, **Code Red donated GHC 500 to loc’d in Red Community Project**, who is raising funds to supply sanitary

towels to the female inmates at the Akuse Female Prisons.



Community Project - Star Departments



This Community Project is by **Kiros Essilfie, Ebenezer Agyemang, Eliana Essel and Maame Osei-Amoako (G8)**. *Do you know how many members make up the maintenance department? How about the kitchen staff? Can you mention 5 members of that fabulous team? What do you think Uncle AB, head of transport, loves to do on weekends? Have you wondered who Ben Atter is in TIS? Who bakes the TIS bread? What is the favourite food of our school doctor? Is our school nurse married? Has Mr. Tetteh, our head of maintenance, always loved to fix things? How long have the gardeners been working with TIS?*

The Star Departments Community Project brings you exciting insights about our hardworking non-teaching staff as they highlight and throw the spotlight on their important roles and contributions to the day-to-day running of our school.

In collaboration with *Insight TV*, the team will organize random interviews with non-teaching staff. The video will serve as a medium to introduce our non-teaching staff to the entire community about who they are and show appreciation for their efforts and

dedication. As part of their community project, the video will be uploaded on all social media handles. Join us in celebrating those who make TIS a home away from home. TIS, indeed a family school!

Community Project and Personal Project

It's a year already! Due to the pandemic, the MYP projects exhibition was virtual. With the current Covid climate, this years' exhibition will take the same form this year. Students will send in a 2-minute video about their projects and it will be uploaded on Instagram under the handle **@tismyp_projects_exhibition**. There are about 78 personal projects by MYP 5 (Grade 10) and 7 Community Projects by MYP 3 (Grade 8). The entire TIS community is encouraged to show their support by liking, commenting, and sharing the various projects.

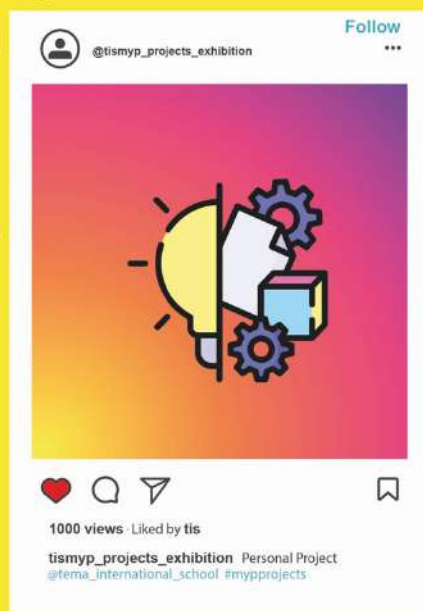


TEMA INTERNATIONAL SCHOOL



Virtual Community & Personal Projects Exhibition

Support the students by liking and commenting on their projects.



MYP Projects Exhibition will remain virtual this year. All works/projects by MYP Year 5/3 would be celebrated on the Instagram page titled **@tismyp_projects_exhibition**. Entries are being uploaded until 7 March.

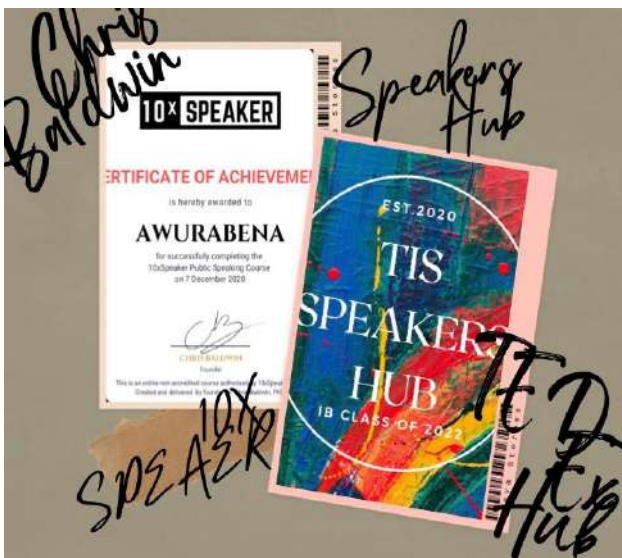


CAS Final Essays, Questionnaires and Collages – IB Class of 2022



My CAS journey as a member of the IB Class of 2022 began the same as any high school junior during my time: **online**

The TIS at 17 celebration was my very first CAS experience as a DP student and we had to do the entire Spirit Week online! I was an organizer on the committee and this saw me and many students work together to try and normalize a significantly important in-school event online. It was hard because we had no example to follow for a guide but we made it through and gave the taste of nostalgia as well as new experiences to many students.



Designer in TIS Magazine 14th Issue: This experience was a challenge for me as my design skills were limited to Canva. Thankfully, I was able to pass and join the editorial board. Being on the editorial board was an amazing and rewarding experience. This was the CAS experience with the heaviest use of the collaboration skill as I relied on the aid of others for my products. I am still proud of my achievements.



Cheerleading Club Although we couldn't do anything, I loved this experience. My favorite aspect was the collaboration between me and my grademates to plan the whole thing. The uniform below was supposed to be ours.



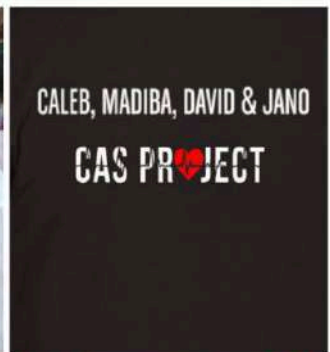
From the Weekly Assembly Team, I gained skills in public speaking, collaborating, and coordinating. I learned how to organize and write scripts as well as processes such as video processing and editing and I was able to develop more self-confidence.



CAS Final Essays, Questionnaires and Collages – IB Class of 2022



My CAS Journey was memorable because of the types of experiences I chose to participate in. Limiting yourself restricts your true capabilities. Always aim to try new things!



CAS Final Essays, Questionnaires and Collages – IB Class of 2022

My CAS Journey at TIS/Ghana



Hi, I am Naa Adjeley Anang-la. I am going to be telling you about my CAS experiences and projects. I will discuss The lessons i' ve learnt and how much CAS has impacted and transformed me.
P.S, CAS IS AMAZING!! Thanks so muchh!



Naa Adjeley

Wow, that is certainly nice to hear. You said CAS has transformed you. Can you elaborate further on how CAS has given you a better understanding of your abilities and potential? I think many of us can learn from you.



INTERNATIONAL BACCALAURETE

CAS has made me a better leader. I have had to make many leadership roles and initiated several CAS projects. CAS taught me about sharing the burden as a leader and the importance of listening to varying perspectives. By taking up roles like TISMUN'21, I made history.



Naa Adjeley

Fantastic! Which other leadership roles have you taken and how did that transform you creatively? Also seeing that you mentioned MUN, I would love to hear about your engagement with global issues?



INTERNATIONAL BACCALAURETE

CAS Final Essay, Questionnaires and Collages – IB Class of 2022

My CAS Journey



VOCAL



A Book A Week Challenge +Pages

CAS has brought out the best in me, in terms of creativity. I am always seeking ways to stand out so by undertaking several creative projects from TISTEDx to VOCAL, I used my voice and poetry skills as an outlet to reach people.



Naa Adjeley

I also became conversant with many editing apps and came up with new ideas for assembly. CAS challenged me from the beginning when it came to creative pursuits during spirit week for TIS@17, I was completely amazed by how creative we were even during the pandemic



Naa Adjeley

From buddies without borders to MUN, my engagement with these activities have really opened my eyes to the rampant inequality that exists in our society and how COVID-19 has exposed them. I hope to one day start a foundation to be part of the process of reducing inequality



Naa Adjeley

I can't help but be proud of how far you've come as a learner! It is nice to know your journey with CAS would continue for a lifetime. Which CAS experience did you enjoy the most, has been the most rewarding and also challenging? I'd love to hear from you!



INTERNATIONAL
BACCALAURETE

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

My CAS Journey



This is certainly a hard one but the most enjoyable CAS experience would be my camping trip as part of the Duke of Edinburgh Gold Award. My most rewarding CAS project was Christmas for Charity; Dear Santa and the most challenging would be TISMUN'21



Naa Adjeley

My camping trip was enjoyable because I got the chance to leave school and its pressures and challenge myself to try new activities like hiking, kayaking and abseiling. I loved Christmas for Charity because I was able to make a difference in someone's life. I would never forget the smiles of the children when he found a book he needed for school.



Naa Adjeley



CAS Final Essays, Questionnaires and Collages – IB Class of 2022

Do you look at certain things in a different light or reflect on things in a different way as a result of experiences you have had in CAS? Explain.



INTERNATIONAL
BACCALAURETE

I have grown more understanding on the impact of making a change in the world, and promoting African voices and talents. CAS has opened me up to the vast differences between cultures and how the divide has made ignored opinions from one group and highlighted the voices of other. CAS has shown me the importance of diversity and inclusivity

Have you been involved in any projects where you have made a positive difference to the life of another individual, group or community? If so, how?



Naa Adjeley



INTERNATIONAL
BACCALAURETE

I have ben involved with several projects actually which have made a positive impact. VOCAL events taught people the importance of their voice, Christmas for Charity, provided the needs of the Chosen Children's Orphanage and TISMUN'21 brought widespread understanding to global issues of inequality.

It seems you have truly learnt a lot! I love your experience and I hope from henceforth, you have a desire in your heart to make yourself and community a better place.



Naa Adjeley



INTERNATIONAL
BACCALAURETE

CAS Final Essays, Questionnaires and Collages – IB Class of 2022



A 17-year-old girl started her Diploma journey at home, behind her desk on a typical August day. Pen in hand, laptop on 100%, this girl felt ready to conquer the entire program from the comfort of her sofa. Then, it hit her, CAS would not be the typical electrifying fundraiser events on campus or the Akorlikope trips. No contact, no school visits, nothing. Flashbacks of moments when this girl would walk through the TIS garden and see her seniors play CAS orientation games flooded her mind, and she said to herself, ‘It must’ve been nice’. The pandemic robbed her of a fulfilling CAS

experience, or did it?

This girl was me. Two years down the line, I now know that, pandemic or not, CAS, being at the core of the Diploma Programme, had to be engaged in at all costs. In all honesty, I perceived CAS to be a pastime, an extra-curricular activity that students had to engage in to climax their DP journey and gain their diploma. I’ve grown to learn that CAS is worth so much more. Engaging in various CAS experiences has ushered me into a new realm of my being. I currently live as Marge 2.0 because of the invaluable lessons I have gained from CAS.

CAS unleashed **CREATIVITY** in me I never knew I harbored previously. Prior to CAS, I had explored a similar concept, ‘Service as Action’, where most of our projects involved some level of ingenuity. I recall participating in art workshops which helped me develop a good eye for art in general. I also explored my creative side minutely during the TIS Annual Expression Fair, where I painted a piece that was auctioned for over 600 cedis. All these experiences felt exhilarating, but looking back at the creative projects I have been able to partake in from DP1 to DP2, I noticed I was only scratching the surface. One project that I take much pride in was being the **Costume and Makeup Director for the TIS school play**. It was such an overwhelming accomplishment of mine as I was fulfilling a 3-year-old dream from Grade 9. Back then, I was a helping hand in the committee, a novice in costuming and makeup if you would ask me. Seeing myself grow in that light to becoming the lady in charge of making sure that the characters in ‘**The Legend of Aku Sika**’ spoke their role through their costume placed such a huge but honourable responsibility on my shoulders. Conducting meetings with creative minds and spending countless hours putting costumes together to create the right costume ensemble did not wear me out, but rather drew me closer to understanding the depths of my ingenuity.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

Creativity flows through different media and one of them is through singing. I have been a singer for as long as I can recall. However, this remained an open secret for far too long. I joined the TIS Choir in Grade 10 and ascended to the role of **Assistant Musical Director** in Grade 11. Still, I had never had a solo moment where I could explore the texture of my voice. This was until I sang, ‘I’ll Be There’ by The Jackson 5 for TIS’ 18th Anniversary and Awards ceremony. Singing that piece, in the presence of hundreds of people, in front of dozens of cameras and lights did not frighten me as much as I thought. I enjoyed it so much I consider it my most enjoyable experience to date. I believe a lot more people enjoyed it too, seeing as it surpassed 1000 views on YouTube.

Most people concur that physical **ACTIVITY** is an essential component of a healthy person’s life. I discredited this notion until I began to reap the benefits of engaging in **Activity** as a part of my CAS journey. My most significant activity during my 2-year CAS journey would be my long-term participation in all forms of **Inter-Colour Sporting festivities**, specifically **Athletics Carnival** and being a member of **Girl’s Fitness**, which was targeted towards improving body positivity through weight loss and a healthy nutritional lifestyle. The most challenging aspect of my participation in the above relates to the CAS outcome, ‘Showing perseverance and commitment’. Prior to my participation, I had a number of far-fetched goals that hindered me from appreciating the small but continuous progress that I was making. In view of this, it was painfully difficult to persist in the midst of self-imposed obstacles like laziness and my previous terrible time management skills. However, persisting through sports activities like Girl’s Fitness introduced me to a new perspective and helped me to understand the essence of physical activity. I noticed significant differences spanning from my eating habits becoming healthier to building stamina which was greatly needed considering TIS is a ‘Fast and Furious’ institution and requires a lot of energy to navigate successfully. Now, I can confidently say I am a more principled individual who works towards my goals regardless of hurdles thrown at me.



I have grown to become a young woman of action. I have always been a firm believer of ‘Service beyond the self’ and this has been apparent throughout my time as a TIS student. So, the **SERVICE** component of CAS was my most preferred strand as I found myself gravitating towards engaging in activities that benefitted my community.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

An exciting project that passes as both a creative and service project was initiating ‘**Hairology 101**’. This was my premier project and although it was initiated online, this did not deter me from exploring online media to create awareness about proper hair care and embracing natural looks. It was evident that most teenagers in school became vulnerable about embracing their natural hair in and out of school. Other individuals struggled to care for their hair and as such could not see hair growth. We decided that encouraging individuals to look good would translate in their general mood and would not hinder them from being open and present and engaging in this project built my confidence in Afrocentrism in general and my natural hair more specifically. Using media like Snapchat, Instagram and Twitter to promote these ideals were very helpful as we reached a wider audience and spread our message across.

Engaging in service projects like ‘**Black Lives Matter**’ gave me an international consciousness of the state of racial inequality and prejudice against People of Colour and more specifically, Black People. Initiating this project with my grade mates was influenced by the worldwide outrage towards the unfair murder of George Floyd. We realised that TIS, a school that continually strives to diversity its community and be more open-minded, had never had a project that celebrated the achievements and highlighted the struggles of African-Americans prior to this project. Thus, creating this project helped to give the TIS community a holistic understanding of what racism has been and what modern racism looks like.



After a thorough evaluation of all the service projects I have undertaken in my time in TIS, my most challenging yet rewarding project was being the **Deputy Cecilia Hostel Executive**. When I joined the TIS community in Grade 9, I gravitated greatly towards the then Hostel Executives who made my stay comfortable and conducive enough for me. In the same vein, it had been a dream to one day give individuals that opportunity to feel at home in their hostel,

to be comfortable enough to be themselves and develop a bond with their fellow sisters in a healthy way that was mutually beneficial. I consider it the most challenging as it engaged every leadership instinct I had ever developed and pushed the bounds of my patience and resilience. Interacting with different minds and different perspectives on a daily basis sometimes bred conflicts of interest and it required that I exhibited a higher level of open-mindedness and being caring. Through the entire process, from the day I was inducted to this very point as I type this essay, I have realised that no project I engaged in prepared me for life outside of TIS as extensively. I was both a leader and a member, I was both at the forefront of Hostel decisions and the receiving end of these very decisions. In all that, I learnt the power of teamwork, the importance of having a listening ear and ultimately, the value of being an impactful leader.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

To me, these lessons are most rewarding as I see that these will play out in my future endeavours and having developed these skills would make me ready to conquer bigger challenges.



A 19-year-old young woman now concludes her essay on her CAS journey. A memoir of her accomplishments in her two short but eventful years being an IB Diploma student. This young woman, through reflecting on her growth as a CAS student, has seen the growth that she has undergone in the midst of a pandemic. This young woman reads through the essay and smiles profusely, proud of all she has achieved and all that she has become. She is proud of how she was able to navigate through the restrictions of the COVID-19 pandemic to actively participate in a plethora of CAS projects that were meaningful to her and benefitted many around her. This young woman is me, and I thoroughly enjoyed CAS and would highly encourage all incoming and continuing IB DP students to see CAS as not

just a requirement to obtain their diploma, but as what it truly is at its core in my opinion: A learning and growing initiative.

**Lady Margaret Hagan
Class of 2022**



CAS Final Essays, Questionnaires and Collages – IB Class of 2022



1. Explain how your CAS experiences have helped you to have a better understanding of your own abilities and potential.

CAS has helped me gain a better understanding of my abilities such as editing videos to post on Instagram for my TEEN MTH project and it has also helped me learn new abilities I never knew would have the chance to learn. Experiences such as cooking for fundraiser projects, I participated in fundraiser event for Show the Girls. There I learned a number of Ghanaian dishes. This is a skill I love to develop further.

2. In which ways have you developed your own creative and physical skills?

CAS contributed for my growth in physical abilities like the activities I carried out during The Duke of Edinburgh Expedition Camp. During the camp we jogged, we hiked to the top of a mountain and back. We also had to kayak in the Volta Lake, then we learned capsizing drills. We also learned about life in the jungle. These experiences kept pushing me beyond my limits.



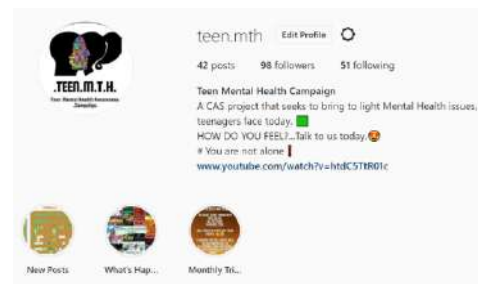
3. Have you developed a deeper understanding of global and international issues?

*Participating in Buddies Without Border helped me to better understand the global and international issues happening in our world currently. The theme for this Buddy Without Border was **Happiness And Immigration**. Researching this theme with my group helped me realize the immigration status in my country and also my assigned country, Israel as well as other countries people were assigned to. In Israel, immigration is an easy process of people of Jewish origin due to the Law of Return in 1950.*

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

4. Which of the learning outcomes do you feel that you have addressed most successfully throughout the course? Which projects and/or experiences aided this?

The learning outcomes I think I addressed the most was demonstrate the skills and recognize the benefits of working collaboratively. When together with my class mates, we initiated a project called Teen MTH. Through this project, I was able to improve my collaborative skills, planning, perseverance and commitment.



5. Have your experiences led to you being more aware of the needs of your local and the wider community and do you feel a greater personal commitment to serving the wider community?

Yes. The Teen MTH CAS Project made me aware of the need to improve the Mental Health understanding in Ghana. People are stigmatize for having mental issues. That should not be the case. Lack of knowledge lead to so much abuse and misconceptions. This project opened my eyes.

6. Which projects or experiences did you enjoy most and why?

I found Making AMV's (Anime music videos) to be my most enjoyable experience because it is a hobby of mine that I love. Another experience I enjoyed was Project Show the Girls. It was a nice experience learning how to cook and it also made me appreciate the cooking done at home.

7. Which projects and experiences did you find most rewarding and why?

I found the Buddies Without Border (BWB) program to be the most rewarding because I was able to learn new things like about immigration around the world. I was also able to make new friends and improve my collaborative skills.

8. Which projects and experiences did you find most challenging and why?

While I found BWB to be the most rewarding, I also found it to be the most challenging because I had to do a lot of research about our assigned topic as well as reply to others by stating our own opinions and also asking questions on the Facebook page, that happen while we had so much to do in school and sometimes our internet had issues. But despite it all, I had a great experience.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

9. Do you feel that your CAS experiences and projects have helped you to become more inquisitive, knowledgeable, a thinker, a better communicator, principled, open-minded, caring, well balanced and reflective? If so are there particular experiences that stand out?

My CAS experiences and project has made me more knowledgeable, a better communicator, open-minded, caring and inquisitive. BWB made me more knowledgeable, a better communicator and inquisitive. The Virtual Educational Exchange - Ghana – Brazil also made me a better communicator as well as open-minded due to the discussions we had, like one about politics. The activities (kayaking and hiking) we did during the Duke of Edinburgh made me more caring for my colleagues and a risk taker.



10. Do you look at certain things in a different light or reflect on things in a different way as a result of experiences you have had in CAS? Explain.

I look at certain issues in a different light like mental health issues and how they affect teenagers because of my Teen MTH project. I never really thought much about mental health until this experience.

11. Have you been involved in any projects where you have made a positive difference to the life of another individual, group or community? If so, how?

Health issues; I knew it was a serious issue, but after extensive research I felt the urge to learn more about it and do more. Initiating Teen MTH with my colleagues made me realize how the types of mental health issues there are, how serious it is and how it affects teenagers today.

12. Are you proud of what you have achieved throughout the CAS programme at TIS despite the challenges the Covid-19 presented to you and the world for the past years? What is your take away from this pandemic?

Overall, I am proud of the experiences I participated in during the CAS program despite the challenges Covid-19 brought. My take on the pandemic is that it is a serious issue that needs to be solved. Part of the destruction caused by the pandemic is the consequence of our own actions such as people refusing to go into lockdown, wearing masks and getting the vaccines. I hope each individual collaborate to the end of this pandemic.

**Alvin Appiah
IB Class of 2022**

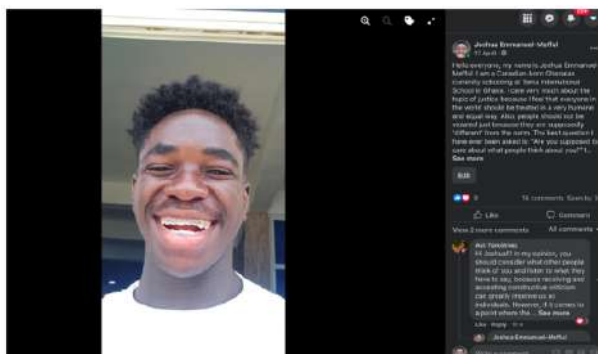
CAS Final Essays, Questionnaires and Collages – IB Class of 2022

1. Explain how your CAS experiences have helped you to have a better understanding of your own abilities and potential.

*This CAS journey so far has been a very enjoyable and very productive one. I have learnt so much about myself, my abilities, my innate passions and skills. I have learnt the activities which get me motivated, ones that make my blood boil in sheer excitement and I am happy about that. I have had many CAS experiences, some of which are; **Buddies Without Borders, Femicare, DOEIA, Blue Colour Leader, Mastermind with Grace Krobo-Edusei, Peer Buddy, Pop Band, and TIS MUN.** These are just some of my CAS experiences and each of these experiences has played a very crucial role in shaping me into the person I am today. From building my confidence, to bettering my leadership skills, improving my communication skills, to enhancing my love for collaborating with others. All these activities have made me understand the things I can do, and also find out and learn the things I can't do.*

2. Have you developed a deeper understanding of global and international issues?

Yes I have. Most of my CAS experiences and projects have the learning outcome; "Demonstrate engagement with issues of global significance." This learning outcome really pushes that motion so I have developed a deeper understanding of global and international issues. The CAS experience that really championed this was the Buddies Without Borders Online Forum - Access to Justice & Rule of Law: World Peace Starts with Local Harmony. I say this because this experience involved me coming together with people from different places of the world who have different international cultures in order to work on a group project. I was the only black, African male in my group, the rest were all females from Spain, India, America, Turkey, and Dubai. This group of different cultures enhanced my understanding of those global and international cultures.



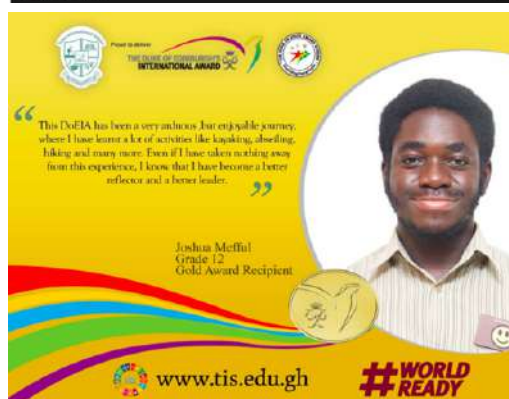
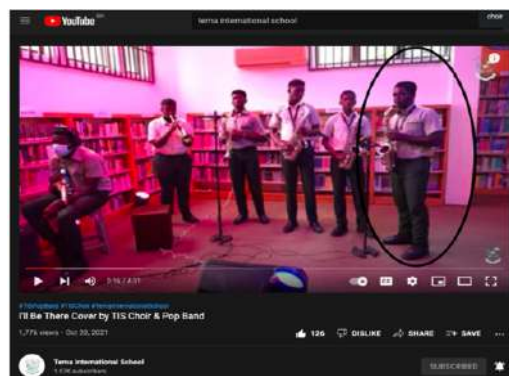
3. Which of the learning outcomes do you feel that you have addressed most successfully throughout the course? Which projects and/or experiences aided this?

I have addressed all of the learning outcomes successfully throughout the course and all the projects and experiences have aided this equally.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

4. Have your experiences led to you being more aware of the needs of your local and the wider community and do you feel a greater personal commitment to serving the wider community?

Yes, my experiences have led me to being much more aware of the needs of my local community and I feel a greater commitment to serving my wider community. I say this because one of my CAS experiences involved me donating a truckload of furniture, clothes and food to an orphanage named; Save Them Young Orphanage. While I was there I saw that children were very sad and poor and had many health issues. This immediately woke me up to how unfair this world is and how as a fellow human I should feel the awareness and a burden to serve the needs of the community around me. So, with this train of thought, when I was donating, I realized that their painted walls were fading away, so, I decided to take the liberty to paint their rooms for them, transforming those locations into suitable, beautiful learning and resting environments.



6. Which projects or experiences did you enjoy most and why?

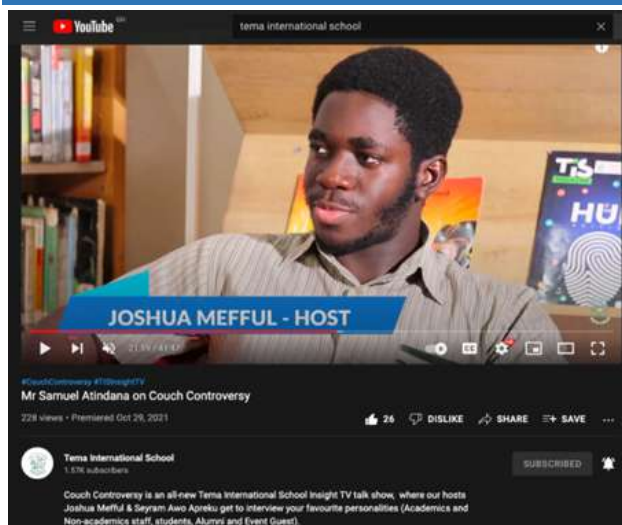
The award for the experience I enjoyed the most would undoubtedly have to go to Insight TV. With Insight TV, I have been able to make videos, interviews and skits with all the team. It's also a very enjoyable stress relieving experience, especially in these times as I have exams coming up. Even though I am writing exams, I still am able to partake in the interviews and it's not a waste of time to me, to me, it's a stress reliever and it's very relaxing for me. That is why I enjoyed it so much.



7. Which projects and experiences did you find most rewarding and why?

The award for the project I found the most rewarding would have to go to the Protect the Guides CAS Initiative and the activity created for it which was called Cheat Day. I found it very rewarding because the money was gathered via the fundraiser and we were able to complete our objective. There was a large sum of money (GHc 1500 +) gathered from the TIS students by the selling of some Mac and Cheese, Sausages kebab and some drinks. That's why it was rewarding for me.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022



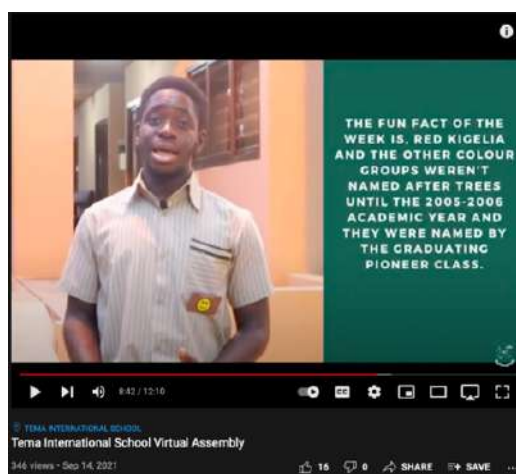
8. Which projects and experiences did you find most challenging and why?

The project I found the most challenging was the Weekly Assembly Organizers - 2021. I found this a bit challenging because of all the work it involved, and for all of my groups I've been in, I was the cameraman and also at times, the news anchor. I mostly had to think about Assembly Team ideas, and new segments we could have in the assembly to make it more lively. I also had to walk around the school getting the camera and the microphone from Mr. David in order to

make recording smooth and the sound clear. As a cameraman, I also had to pick good locations for the videos to be take

9. Do you feel that your CAS experiences and projects have helped you to become more inquisitive, knowledgeable, a thinker, a better communicator, principled, open-minded, caring, well balanced and reflective? If so, are there particular experiences that stand out?

All my CAS experiences and projects have helped me become more inquisitive, knowledgeable, a thinker, and a better communicator, principled, open-minded, caring, well balanced and reflective. Though there are no experiences that stand out in this regard, all of them contribute to this. From the



Pop Band, to the sports experiences, to the Cheat Day, to the DOEIA.

10. Do you look at certain things in a different light or reflect on things in a different way as a result of experiences you have had in CAS? Explain.



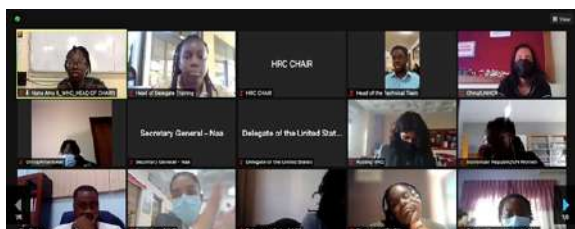
I don't necessarily look at certain things in a different light as a result of some experiences, rather, the way I looked at things before has been enhanced due to CAS. For example, I knew that orphanages were not doing so well and children were suffering and needed help, but CAS is the thing that has given me the ability to help those children in my own special way.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022



11. Have you been involved in any projects where you have made a positive difference to the life of another individual, group or community? If so, how?

I have been involved in projects like that, an example is the Cheat Day project we did to support the Ghana Girl's Guide Association. We directly made a positive impact on the lives of that whole group of girls by supporting them and providing Covid kids and hand wash stations.



12. Are you proud of what you have achieved throughout the CAS programme at TIS despite the challenges the Covid-19 presented to you and the world for the past years? What is your take away from this pandemic?

I am very proud of what I have achieved



throughout ever since I started CAS. Though the pandemic hit us, I was still able to persevere in my activities and complete them all successfully. What I have taken away is that, even though life may go awry, or things may not go according to expectations, if we persevere and stay committed, we'll be able to overcome the troubles and complete whatever we set out to do.

Joshua Metful: IB Class of 2022

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

The next chapter...



Something new, something nobody had heard before appeared right in front of our eyes. Never in a million years did I think the whole world would be on lockdown. The era of COVID-19. Being an IBMYP student for 4 years I waited so long to experience CAS. I was ready to grasp any opportunity that came my way, I was ready to face my fears. Then a pandemic occurred. In person school was closed and we were home for several months. I thought to myself “what happens to CAS?” “How can we do CAS online?” This was a nightmare for me but soon turned into a beautiful reality. We weren’t going to let the pandemic stop us from experiencing CAS, so we made the best with what we had. Even though covid-19 limited us during our CAS journey, as all outreaches were on hold and we could no longer have Service Learning trips, we made the best out of the opportunities presented to us.

I learnt many things from CAS and I realized that nothing can ever stop CAS from happening at my school, TIS.

Peace day was coming up and my grade mates and I decided to record a virtual Candlelight Virgil, in order to create awareness about peace and celebrate the day. This was my first CAS experience, it was quite challenging for me because I’m shy and I don’t feel comfortable standing in front of a camera to record a video for many people to see. It was nerve wrecking for me but I told myself “I have to come out of my shell and take that risk.” This experience was the first step for me to shed away my shyness and fear. I’m proud of myself for taking this opportunity.

We could not interact with the physical world so we did our interaction online. I’m very passionate about mental health and I decided to carry out a project concerning that. The initiation of the project, **Mind Your Health**, by two of my grade mates and I about mental health awareness, was a fulfilling and insightful project for me. We put up an Instagram page where we could engage and interact with people online. My favorite part was spreading awareness about mental health. Many people have different perspectives on mental health where majority thought, MH was a bad thing.



Our aim was to dissolve the myths surrounding mental health and to educate people about it. From this project I learnt, patience, I improved upon my collaboration skill and I exhibited open-mindedness. This project revealed to me the importance of educating people and how education can change mind set.

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

An experience which helped me to come out of my comfort zone was the Mastermind Coaching Webinar. This was held on zoom and I learnt how to set goals for myself, I was able to recognize my



strengths, interests, opportunities and weaknesses. I learnt that we must always step out of our comfort zone in order to grow otherwise if we don't, we will be stuck at the same place. This webinar led me to take new risks and explore my potential and encouraged me to always try and say **I Can Do**, instead of saying **I Can't Do it**.

CAS gave me an opportunity to learn public speaking skills. I had always wanted to join the assembly team when I got to my first year of DP. Of course, everything had to be online so I did not get to feel the experience of speaking in front of many people at the MPH. Before we transitioned into becoming assembly team members, we had to undergo training. The 10X speaker course was very insightful and I learnt new things about public speaking. One of the things I learnt was, when speaking to an audience make eye contact with them which makes them more engaged with what you're speaking about. I'll carry this lesson with me for a very long time. I completed the course which I was awarded a certificate. This course helped me to be more confident in myself which encouraged me to take the next step of signing up for the assembly team. I used the lessons and skills I acquired to record a video which would determine whether I made it into the assembly team or not. I did it! I made it in. It was a memorable day for me because the old me would have never taken this risk and CAS helped me to take on this risk and be brave. Finally, we were able to return to school and we continued recording the assembly team videos, due to Covid protocols we could not have a physical assembly with the whole school. From this project, I acquired public speaking skill, I improved upon my organization, communication and collaboration skill. This project has encouraged me to take on more risks and become confident.

Being a part of the creative chocolate friendship day was an awesome experience. The DP1s are in charge of the planning of this event for the school. It is a fun experience. We packaged chocolates for everyone in the school and the purpose of this task was to spread peace, love and kindness. It is to show appreciation for one another. I learnt patience from this experience, I was able to put my collaboration and organization skill to use to work with my fellow grade mates and through this I learnt commitment and perseverance. At times I would get tired but I always reminded myself that I'm doing this task to put smiles on people's faces. With this experience I learnt to be more interactive and engaging with my fellow grade mates.



Being part of this initiative, we provided glasses for children who do not have the opportunity to obtain one for themselves. Being in this project has taught me a lot and has made me to be very appreciative about everything whether little or big. It was quite challenging as we had to raise funds in order to buy

CAS Final Essays, Questionnaires and Collages – IB Class of 2022

glasses and provide the children with eye screening. But by fundraisers and sponsors we were able to raise the money and that was the biggest achievement for the group. I learnt patience, commitment, perseverance and gratitude through this project. This project helped me to see another side of the world.



CAS challenged me to participate in activities which would improve my healthy lifestyle. I did not want to do the ordinary, I wanted to try something different, and something I know I would like and never get tired of, something which would improve my health lifestyle. This led me to try yoga for the very first time. I never thought I would be doing yoga, I always see people doing it on television. I tried yoga for the first time and I enjoyed it. I became less stressed, I was calmer, I felt more relaxed than before. I realized I was able to control my emotions better than before. Of course, there were days when I didn't want to do yoga but I reminded myself how much peace and relaxed I felt after doing this. I did not only participate in yoga but dance fitness. I like to dance. Dance fitness is different, exercising is much more enjoyable than the regular exercise. Dedication was very important, at times I wouldn't want to do dance fitness or yoga but I always reminded myself of the joy, strength, calmness and the relaxation I got from these activities.

CAS experiences have helped me to have a better understand of my own abilities and potential through the tasks which were carried out under each CAS experiences which required me to use my skills and made me realize the abilities and potential I have.

Through the CAS experiences and the projects, I was involved in, helped me to develop my creative and physical skills. For example, the Mental Health Awareness Project called Mind Your Health, I created posters for the Instagram page and through this I was able to exhibit my creative skills. Developing on my physical skills through dance fitness and yoga. CAS has helped me to have a deeper understanding of global and international issues. I have addressed strengths and growth, challenge and skills, commitment and perseverance and collaborative skills successfully and I would say all the projects and experiences I engaged in helped to successfully address the learning outcomes mentioned above. The Save An Eye Project led me to be more aware of the needs of the local community and the wider community and I feel a personal commitment to serve the wider community, I enjoyed the Speaker's Hub, Save An Eye Initiative, Mind Your Health and Chocolate Friendship day because I was able to be interactive with other people and learnt new things. The projects I found most rewarding were the Save An Eye Project and the Mind Your Health project because I learnt new skills and I was able to educate people on mental health and we were able to achieve our money target to provide children with glasses.



CAS Final Essays, Questionnaires and Collages – IB Class of 2022

Through CAS I have been able to become more inquisitive, knowledgeable, a thinker, a better communicator, open-minded, balanced, caring and reflective. Mind Your Health and The Save an Eye Initiative gave me the opportunity to make a positive difference to the life of another individual.

Through my CAS journey during a pandemic year, I learnt to always cherish the people around me and spend time with family and friends. I learn that technology is a great tool that can never replace people and real life experiences. You never know what could happen tomorrow so cherish every moment.

I am happy of what I've been able to achieve through the CAS program at Tema International School.

Janelle Owusu
IB Class of 2022





TEMA INTERNATIONAL SCHOOL

SERVICE



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



EDUCATION FOR A BETTER WORLD

GOT SENIORITIS?



Tips for Battling Senioritis in High School

- Got accepted into your dream university? Kudos! Be consistent in your academics to secure your slot.
- With a fall in grades, you can lose your slot into that dream university.
- Be balanced, challenged and stimulated....
- Remember, your high school transcript & final grades will be on your CV/resume for life- make sure you put in your best!
- Need help? Always talk to your College Guidance Counsellor for assistance and support.
- It is a great feeling to finish well. Be committed to excellence!
- Don't stress. Take it a day at a time but don't forget to have fun!

To Do List

FOCUS

WORK HARD

BE CREATIVE

OPEN YOUR MIND

SPREAD POSITIVITY

STAY AWAY FROM DRAMA

ENJOY THE LITTLE THINGS

PUT IN 100% EFFORT

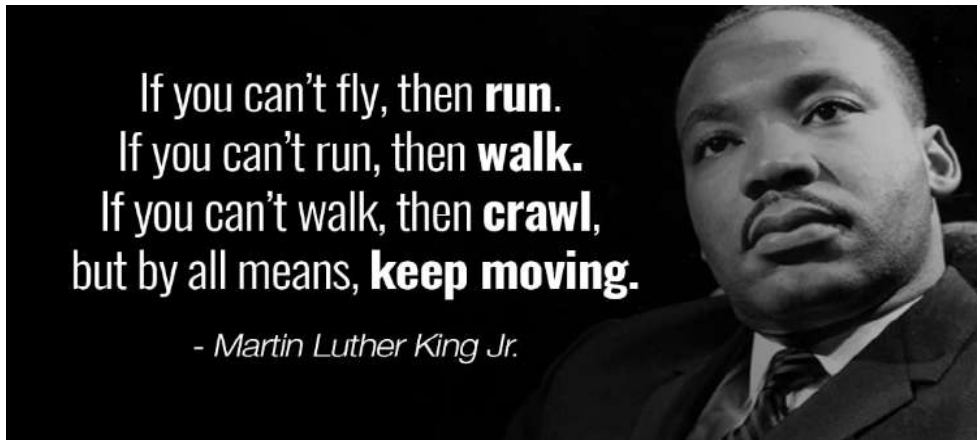
TAKE CHANCES

SMILE MORE

BREATHE

FLIPANDSTYLE

COUNSELLORS' CORNER



It's important to keep working persistently and consistently towards our goals. Hard work pays. Dear Students, stay focused, keep putting in your best efforts and you'll be glad you did! Best wishes to our Grade 10 and 12 students who are writing or will be writing their mock exams!



Congratulations to all students who managed to complete the 3 major stages of the RISE Scholarship competition! This reveals your grit and diligent effort and we pray that you are rewarded with success! Please note that hopefully you will part of the 500 finalists who advance to the final interview stage of the application process. Stay tuned and keep us posted. See information below on next steps.



DEADLINE: JUNE - JULY 2022

FINALIST DAYS

Up to 500 Finalists will advance to the final interview stage of the application process to demonstrate their motivations, problem-solving abilities, and teamwork skills.



LATE 2022

LOOK OUT FOR GLOBAL WINNERS

We will select and announce 100 Global Winners to join the 2022 cohort!

DP1, DP2 VIRTUAL UNIVERSITY VISIT SUMMARIES

Within the past couple of weeks, we've been fortunate to have some reputable universities visiting our DP1 and DP2 Students virtually! It's been an exciting time of discovering new learning opportunities and to ask all the questions on our minds.

A big thank you to the admissions officers/admissions managers/admissions directors for presenting their universities to us!

- ✓ Rosalin Abigail Kyere-Nartey (Country Director: Ghana-Liberia-Sierra Leone- Swiss Education Group, Switzerland). Rosalin walked us through some of the unique opportunities for quality education in Switzerland within the Hospitality and Culinary Arts Industry. She noted that Summer programme opportunities are available. For more detailed information and a copy of the brochure, see the University Guides or check the files folder on Managebac for a copy. Here's information on the 4 schools she presented;

CÉSAR RITZ COLLEGES SWITZERLAND

A leading business school with entrepreneurship and hospitality at its heart



- Bachelor of Arts in Hospitality Business Management
- Master of Arts in Hospitality and Tourism Entrepreneurship
- Certificate in Wine Business Management

CULINARY ARTS ACADEMY SWITZERLAND

Passion for food, career for life



- Diploma in Vegetarian Culinary Arts
- Swiss Grand Diploma in Culinary Arts
- Swiss Grand Diploma in Pastry and Chocolate Arts
- Bachelor of Arts (Honours) in Culinary Arts
- Master of Arts in Culinary Business Management

SWISS HOTEL MANAGEMENT SCHOOL

The contemporary Swiss hospitality management school



- Bachelor of Arts in
 - International Hospitality Management
 - International Hospitality and Events Management
 - International Hospitality and Design Management
- Postgraduate Diploma with pathways in
 - International Hotel Operations Management
 - International Hotel and Events Management
- Master of International Business in Hotel, Resort, and Wellness Management (Onsite or Online)
- Master of Arts in International Hotel Business Management
- Master of Science with pathways in
 - International Hospitality Management
 - International Hospitality Management: Digital Value Creation
 - International Hospitality: Design Management

HOTEL INSTITUTE MONTREUX

Hospitality and business education in dynamic Montreux



- Bachelor of Business Administration in Hospitality Management
- Master of International Business in Hospitality Management (last intake April 2021)

Both degree programs offer specializations in:

- Luxury Brand Management
- Human Capital and Development
- Financial Analysis and Wealth Management
- Management for the Senior Living Industry
- Franchise Business Management
- Master of Business Administration



- ✓ Lorna Quartey (Admissions Manager, Academic City University College, Ghana) [You Are Welcome | Academic City University College \(acity.edu.gh\)](http://acity.edu.gh)
Quality hands-on experiential learning, great academic support, problem solvers.

Areas of Study

 Engineering	 Business	 Informatics	 Communication Arts
--	---	--	---



The image shows the top section of the Academic City University College website. It features the college's logo on the left, the name "Academic City University College" in the center, and a navigation menu on the right with options like "About", "Academics", "Admissions", "Digital Campus", "Student Life", "Billing", and "Contact". Below the navigation is a large banner image of students wearing face masks, with the word "Academics" overlaid in large white text. A red geometric shape is on the left side of the banner. Below the banner is a paragraph of text describing the college's focus on engineering, technology, and entrepreneurship.

Academic City University College Inquire

About ▾ Academics ▾ Admissions ▾ Digital Campus ▾ Student Life ▾ Billing Contact

Academics

If you're driven by discovery and innovation, Academic City offers world-class programs in engineering, technology, and entrepreneurship. These programs have been designed to prepare students to think critically, diagnose rationally and solve creatively - the fundamental components to help students understand and develop their potential to become more practical and productive.

✓ Cynthia Gutsa (Student Recruitment Team Officer, University of Calgary, Canada)



The image is a flyer for "INTERNATIONAL STUDENT SERVICES". It features a list of services on the left and a photograph of a woman in a yellow sweater talking to another person on the right. Two circular inset photos show students in a meeting and a group of students. The flyer has a white background with a colorful abstract graphic on the right side.

INTERNATIONAL STUDENT SERVICES

- Immigration advising (including study permits, work permits and visas)
- International Student Mentorship Program
- International student orientation
- Social events like trips to popular sightseeing destinations, ice skating, and museum tours
- USpeak Global, a language sharing program
- Global Families events that provide opportunities for you and your family to experience Calgary culture and meet other student families

✓ Sarah Rennie- Representing University of Guelph and Carleton University, Canada

Why Carleton:

- Ranked in the Top 5 Comprehensive universities in Canada
- Broad array of subjects across the fields of Engineering and Design, Science, Social Science / Arts and Commerce
- Professional and paid internships through our coop program – gain experience and get paid while completing your degree
- Beautiful campus in a G8 capital city – exceptional resources in a beautiful city
- International context – approx. 15% (4,500+) students from outside of Canada (150+ different nationalities)

Carleton UNIVERSITY

University of Guelph:

Financing Your Education

Scholarships & Other Awards-
uoguelph.ca/registrar/calendar/undergraduate

Merit-based Visa Students

- \$5,500 - \$8,500 Canadian dollars in Year 1 with \$4,000 renewable option if all criteria are met
- Overall 4 years total: \$17,500- \$20,500
- Awarded on a competitive basis to new semester-one students
- No scholarship application required

President's Scholarship

- \$42,000 (\$8,250 annually for four years of study)
- Plus one \$9000 stipend for summer research assistantship after first year
- Apply by January 25th, 2021

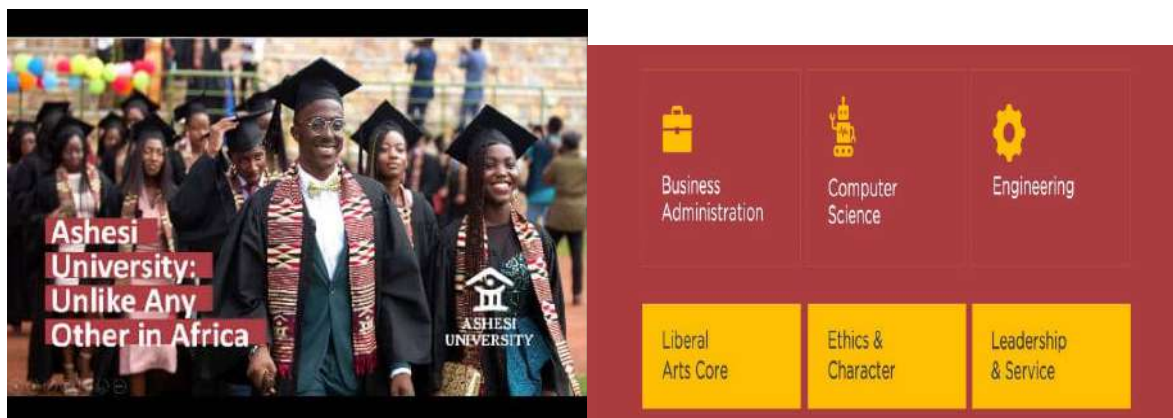
Part- time jobs

- 4000+ campus jobs

Work Study Programs/ Co-op Opportunities

Estimated Expenses (Per Year)	
Tuition (varies by program)	\$26,730 - \$36,906*
Compulsory Fees*	\$1432
Optional Fees	\$62 - \$160
Residence (Double & Single Rooms)	\$5686 - \$8,632
Full Meal Plan	\$4250 - \$6,350
Textbooks	\$1,350
Personal Expenses	\$2,250
Health Insurance (mandatory)	\$720
Total	\$42,418 - \$57,640 CAD

- ✓ Mr. Okyere, Queenett and Mrs. Mavis Jamena, Admissions Officers, Ashesi University, Ghana



DP1 STUDENT REFLECTIONS ON VIRTUAL VISIT:

“Wednesday’s virtual university presentation by Ashesi was a very insightful one. Before the presentation, I thought the school was one of the best ones in Ghana; little did I know it is one of the best in the whole of Africa. During the tour, I learned that of all the students who graduate from Ashesi, 8% of them manage their own businesses, 90% start their careers within six months after graduating and over 300 companies employ from Ashesi. A female graduate is a manager of one of the departments at Kempinski, an alumna contributed in digitizing voting and another male is taking his master’s degree at the University of British Columbia. Not only is the school nurturing students to be the best they can be, Ashesi also has facilities to help students unwind and keep fit physically. The school has a football field and two areas in the school where students are free to play games, watch TV and even plan and perform during their own events. I feel very inspired, having attended this university visit.” ~ Brenda Anthonio


“Ashesi University has been recognized as one of the finest and most prestigious universities based in Africa. The university is located in Accra, Ghana. In 2018, the university was granted the top honor by H.E. President Nana Akuffo Addo. Ashesi University offers courses such as Business Administration, Liberal Arts Core, Computer Science and many more business-related courses. The atmosphere of the school provides a unique and excellent learning experience. The school employs the “learn-by-doing” strategy. Most of the teachers also offer one-on-one learning support for students in need of extra guidance and clarification. Students who attend this university have the opportunity to learn from industry professionals. Ashesi University was the first university to begin the honor code in Africa. By implementing this, the school decided to adhere to a strict honor code and requires that every student pledges not to cheat or engage in any other malpractices, especially during examinations. It has been recorded that 90% of Ashesi graduates start a career within six months. In addition to this, 8% manage their own businesses. There is also a chance of getting a decent job after Ashesi due to the fact that 300 + companies employ from Ashesi University.” ~ Mishael Sakyi

“The University of Guelph is situated in one of the top ten highest ranking areas in all of Canada. Its quite the sightseeing place and is known for many popular musical events. The maximum cost for attending the college including non-essentials is 58,000 CAD. Ashesi School is the top college in Ghana. In 2018 they received an award from the president appraising their achievements. The

graduate success is extremely high and it interesting to note that during exams there are no staff present. It is also nice to know that the area is stunning.” ~ Brendon Christian



DATES AND INFORMATION

 **THE DIGITAL SAT PILOT EXAM TAKES PLACE NEXT SATURDAY 5 MARCH 2022.** SELECTED STUDENTS WILL RECEIVE CONFIRMATION THIS WEEK. PRACTICE A LITTLE EVERY DAY! Free practice tests available here: www.collegeboard.org
The valid unexpired passport or Ghana Card is the only acceptable form of ID.



See current and New SAT dates and Deadlines for Registration below:

TEST DATE	REGISTRATION AND PAYMENT DEADLINE	GLOBAL DEADLINE
12 Marc.2022	29 Jan. 2022	11 Feb. 2022
7 May 2022	22 Marc. 2022	7 April 2022

- ✓ **DP1’s don’t wait until the eleventh hour to register. Register now to avoid any disappointments!** <https://collegereadiness.collegeboard.org/sat/register/international>
- ✓ **SAT Registration Fees (To complete registration online full payment with credit card only. Visit www.collegeboard.org)**



- ✓ **SAT without essay \$98 – Online payment only with visa/credit card.**
- ✓ **NEW; ACCEPTABLE IDs ARE NOW THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA’S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS.** <https://collegereadiness.collegeboard.org/sat/register/international/policies>



- ✓ **ACT Registration Fees (Online payments only: Visit www.actstudent.org):**
- ✓ **ACT plus writing – TBD, without writing- U.S.\$168.50 (TIS Test Centre Code: 870390, but inform counsellor first).**

***To complete registration, payment must be made online in full with a credit card.**
ACT April DEADLINE coming up. STEM students have an edge when they take the ACT.



CURRENT & NEW TEST DATES FOR ACT 2021-2022

TEST DATE	REGISTRATION AND PAYMENT DEADLINE	GLOBAL DEADLINE
2 April. 2022	18 Feb. 2022	4 March 2022
11 June 2022	29 April 2022	13 May 2022



TEMA INTERNATIONAL SCHOOL

CULTURE



At TIS, we believe that culture as one of the four pillars for student balance and ensuing success, develops and enhances the creative, artistic and performing skills and talents in each student.



EDUCATION FOR A BETTER WORLD

THINGS OUTSIDE MY CONTROL

COVID-19

Global Pandemics

OTHER PEOPLE'S ACTIONS

OTHER PEOPLE'S OPINIONS

THINGS I CAN CONTROL
MY ATTITUDE
MY BEHAVIOUR
MY ACTIONS
MY EFFORT

Logging onto ManageBac

OTHER PEOPLE'S FEELINGS

OTHER PEOPLE'S MISTAKES

ADVERSITY



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.”



