

WEEKLY BULLETIN

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At TIS,

.....

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

Calendar

January

- 9-10 Staff training days
- 11-12 Secondary students return to hostels
- 13 Semester 2 commences
- 13-19 Alumni Week
- 18 Adjavon Memorial Cup

Thought for the Week

.....

On your journey through life, make sure your biography has at least one extraordinary chapter.

- Anon



Happy New Year

Happy New Year to all members of the TIS family and supporters. May all targets and goals be fulfilled in 2020, especially for our G10 and 12 students.

We look forward to the safe return of secondary students to hostels on Saturday and Sunday.

Primary and secondary classes commence on Monday, 13 January.

School Accounts

A reminder that outstanding fees must be paid before students return to hostels, unless arrangements have been made with Kobina Quansah, Financial Controller.

Identification Labelling

Students are required to have their belongings appropriately labelled for identification purposes. Too many students are careless about



Do the right thing,
even when no one
is watching.

It's called integrity.

Making Us Proud

- Our TIS Alumni whom we will celebrate over the coming week.
- Our CAS G11 students who were busy over the break with various service initiatives.
- Our 22 Golden Dukies.

Reminders

- Please read the weekly TIS Bulletin and take action as required.
- Exeats: All exeat requests must be completed and submitted online. To access the online exeat form, please go to: <https://www.tis.edu.gh/exeat-form>
- A separate exeat has been created for urgent medical reasons. Please complete the online version at:
<https://www.tis.edu.gh/medical-exeat-form/>
- Student Medications: Any student medication must be sent to the Infirmary, along with medication instructions.
- Devices: Students are allowed only one device which must be a laptop. Mobile phones are banned.

leaving their belongings in the wrong place (not their lockers) and then not remembering where they left them. Often, items left around the school, especially power cables and chargers, are claimed by students who think an item belongs to them.

To assist students in the identification of lost and found items, parents are requested to ensure all items are clearly labelled when school resumes for second semester.

Anti-Virus Software

Students must have a working Anti-Virus before they can access the TIS domain.

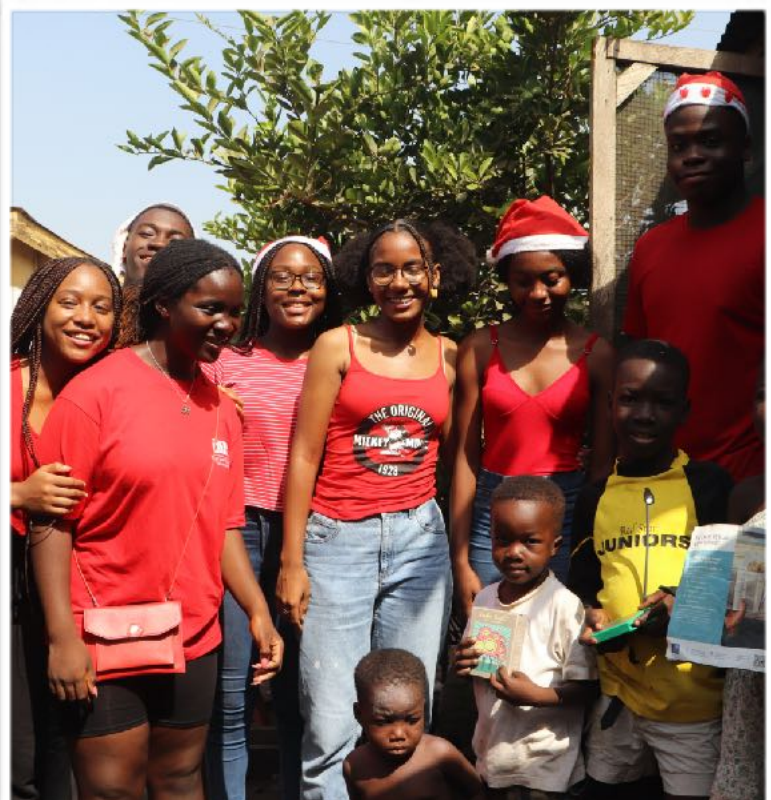
Alumni Week Celebrations

We are looking forward to many Alumni joining us throughout the coming week, especially before many return overseas to commence their new semester. A list of activities is included in this Bulletin.

Student Medications

Any student medication must be sent to the Infirmary, along with medication instructions. Please note that any time a student is kept at the infirmary for observation, a record is maintained on MB and parents will receive an email alerting them about this record.

Dr Ken Darvall
Principal



Taking Action

G11 students caring and sharing





Tema International School

(Primary School Campus)

A modern Primary School in the TIS tradition.

Admissions opens 1 December 2019
for 2020/2021 Academic Year
primaryschool@tis.edu.gh - www.tis.edu.gh





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.



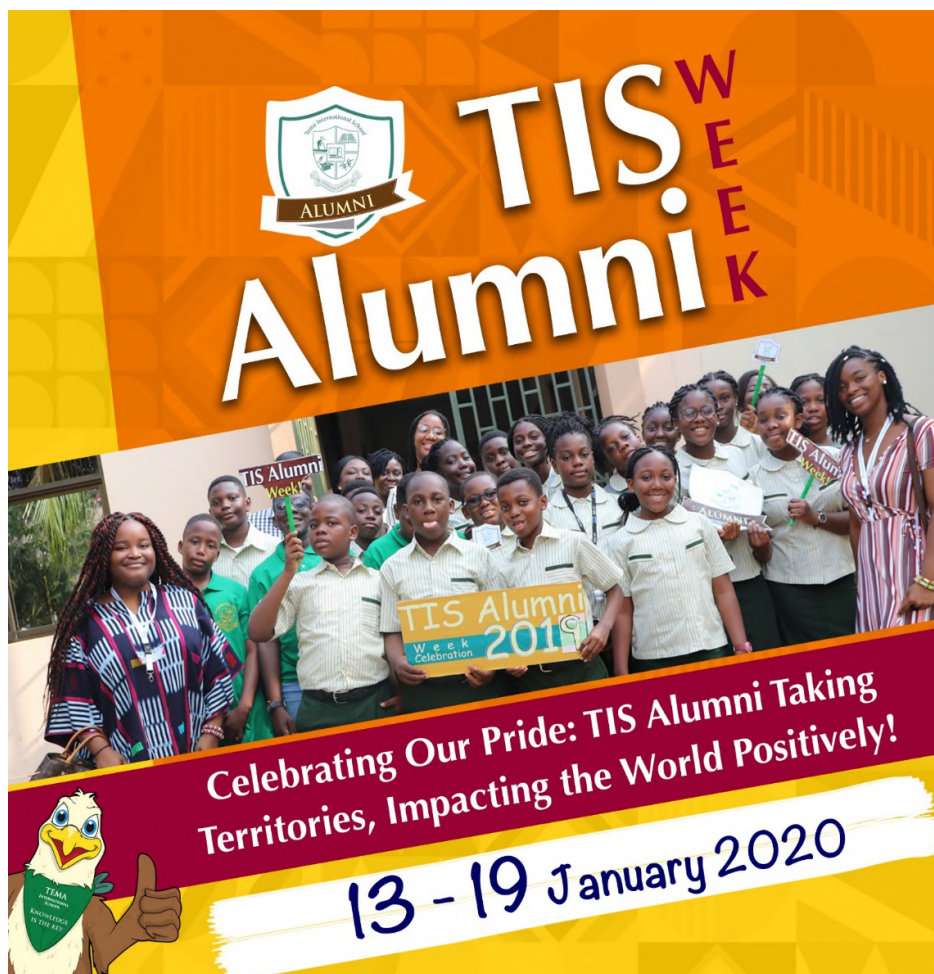
EDUCATION FOR A BETTER WORLD

COUNSELLORS' CORNER



A warm and hearty welcome to students, staff, leadership and the entire TIS community! We have so much to be grateful for! From the College Guidance Team, we wish everyone a very happy, fruitful, joyous, healthy New Year! We pray, may 2020 bring many more blessings and successes your way!

TIS ALUMNI WEEK CELEBRATION!



It's Alumni Week Countdown! Where will you be on 13 - 19 January 2020? It's your time to explore, engage, interact, connect and share joyful memories of TIS over the years. There is no doubt about the fact that TIS provides a solid foundation for our students, which enables them excel in their various endeavours in the university, in the working world and succeed in life! Our cherished Alumni, come in your numbers as you impact the next generation of continuing students! We look forward to having as many Alumni who are in town joining us! Want to participate? Please sign up now! Cheers! ☺



TIS Alumni Week, 13 – 19 January, 2020.

Theme: Celebrating Our Pride: TIS Alumni Taking Territories, Impacting Lives Positively!

DATE	TIME	VENUE	ACTIVITY	ORGANIZING TEAM
Mon., 13 Jan.	8:25 am	MPH General Office	<ul style="list-style-type: none"> o Poetry Recital- Welcome Home o Hot Dance by Grade 7 o Official launching of the Week Celebration by Alumni Representative o Greetings from the Alumni President/Rep. o Alumni message on the Alumni Week theme o Special breakfast- Alumni o Alumni tour of campus and brief alumni meeting 	Mama Su & Assembly Team, Ebenezer Asime, Nana Yaw Ankama-Asamoah, College Guides, IT Alumni- Dr. Efua Antwiwaa Thompson, Apiorkor Seyram Ashong-Abbey
	3-4pm	C1:LA1	G7 Guidance lesson with Alumni: Getting involved, developing your talents, being considerate of others, balance- academics and extracurricular activities	College Guides & Alumnus: Nana Yaw Ankama-Asamoah
Tues., 14 Jan.	3-4pm	C11:IS3	G8 Guidance lesson with Alumni: Making the most of the TIS experience, time management, striving for excellence and being involved inside and outside the classroom.	College Guides & Alumni: Edem Coffie, Salim Yakubu, David Effah
Wed., 15 Jan.	4:30pm-5:30pm	CASSA block	<ul style="list-style-type: none"> o ASA Activity/ Unite for Light meeting with Alumni 	Mama Su & CASSA Team & Alumni: Rinnah K-Edusei, Sarah King, David Quampah, Elom T-Tamaklo, Andrew Nartey, Mifa Gadzekpo, Nubuke Gadzekpo-Amoah
Thurs., 16 Jan.	2-3pm	Handel- Picasso Exam Hall	DP1 Guidance lesson with Alumni: Excelling in IB Diploma Programme, managing stress, maintaining rapport with the counselors & teachers, external counselors, using money wisely, presenting an excellent application and factors to consider in choosing the right university destination, University application do's and don'ts.	College Guides & Alumni: Jacqueline Tetteh, Gerald Kusi, Elom Tettey-Tamaklo
	3-4pm		DP2 Guidance lesson with Alumni: Excelling in the final year of DP, making the right final university choice, staying proactive, meeting deadlines, maintaining rapport with the counselors & teachers, university life; what to expect- culture shock, weather adjustment, punctuality et cetera, being wise about money matters.	
Fri., 17 Jan.	11am-12noon	Einstein Exam Hall	G10 Guidance lesson with Alumni: Developing leadership skills, engaging in extracurricular activities, sports & how to make use of academic & non-academic support/resources available to them @TIS.	College Guides & Alumni: Ofeibea Sakyi-Addo (grade 10 class) Hostel Parents & Alumni: Apiorkor Ashong-Abbey, Dr. Kailey Quaye, Irvine Narh, Jacqueline Tetteh, Kofi Sakyi-Addo
	7:00pm	Night Talk Hostel (Boys and Girls)	Night talk in Common Room: Getting along with others- Buddies for life, Hygiene & Good Grooming, Taking Care of your Belongings, Academics & Emotional Balance.	
Sat., 18 Jan.	PM (TBD)	TBD 7pm	<ul style="list-style-type: none"> o Adjavon Memorial Cup o Entertainment with alumni DJs** 	Gabriel, Norah, Alex Tay, Rachel Sarkwa & Entertainment Committee & Alumnus: Kofi Sakyi-Addo
Sun., 19 Jan.	7:00am		Church Service: Alumni Thanksgiving- Testimonies about Christian walk in TIS & beyond	Chaplaincy, College Guides & Alumni: Elom Tettey-Tamaklo, Nana Kwame Brown, Nuna Attipoe, Irvine Narh, Nana Yaw Ankama-Asamoah, Samuel Titi-Lartey.



Sports Spirit! Unity in Diversity

We are thankful to some Alumni who passed by this week to bond through fun sports activities at the TIS sports complex! That's the spirit!



The Osei brothers were here! TIS a unique family school with a difference!



Daniel Osei class of (2016) and Bernard Osei class of (2019), brothers of Phoebe Osei (Grade 9), who are currently doing so well at the College of Wooster, USA. Thank you for visiting and we wish you all the very best! Continue to be great ambassadors of TIS!

IMPORTANT REMINDERS:

DP2s:

Welcome back! Please update us on all university offers, and get ready to start the Ghanaian university applications once the forms become available later this month. Ashesi University applications for 2020 are now open! See your counsellor and let's assist you and track your progress! Check with your universities to ensure all applications have been submitted and documents received! Stay on the school's radar by keeping in touch and registering your continued interest in the school. Send a thank you note directly to the university when you are admitted! It is the courteous thing to do!

DP1s:

We look forward to seeing you next week! We hope you have completed your College Essay and Personal Statement as discussed last semester. Kindly email them to your counsellor right away. Also, your initial university list should have been discussed with your parents over the Christmas break and you should have completed the university selection form. Be sure not to miss your one-on-one meetings in the coming week! **A big thank you** to the following DP1s- Ore-Oluwatobi Ayoade, Arnold Gyateng and Adom Berchie, who made some useful input into this month's Alumni Week Celebration over the Christmas break! We appreciate your thoughtful suggestions! Thank you!

Grade 10s:

We welcome you! We hope you have written your summer programme application essays, including the Yale Young Global Scholars and Yale Young African Scholars application essays. See your college counsellor in the coming week to complete this. Parents please have credit/visa cards ready to pay for summer applications online.



TIS has signed up for Bridge-U! Bridge-U is the world's leading university and careers guidance platform designed for counsellors in global secondary schools and an amazing resource for students too!

Other benefits of Bridge-U include but are not limited to...:

- ✓ Offers the resources and support to ensure our counselling curriculum delivers the best possible outcomes for our students in terms of university placements
- ✓ Allows students to be independent and to own the university application process
- ✓ Students can explore career pathways, labour market trends and personality tests designed to help them understand and plan their careers
- ✓ Helps our students use this information to support their future University research and informs their University application strategy
- ✓ Matcher helps motivate students to apply to destinations they wouldn't have otherwise considered.
- ✓ Enables Counsellors and Parents track college application progress and many more!

All Students have been added unto Bridge-U. Please log in and complete your Profile if you haven't done so already!

Upcoming test dates:**2019-2020 TEST DATES**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
5 Oct. 2019	29 Aug. 2019
7 Dec. 2019	8 Nov. 2019** (Global deadline)
14 March 2020**	23 January 2020
2 May 2020	5 March 2020

*** SAT SUBJECT TESTS ONLY (Foreign Languages with listening only),**

****REGULAR SAT ONLY (No Subject Tests available)**

Please come along with your valid unexpired passport!

SAT Registration Fees (To complete registration online full payment with credit card only. Visit www.collegeboard.org)

SAT I - U.S. \$107.50 SAT II: 1 subject (\$117), 2 subjects (\$127), 3 subjects (\$137) (estimates).



For all standardized aptitude tests, test takers please come along with your valid unexpired passport as the only form of identification! Photocopies are not acceptable.

- Number 2 pencils (buy from the Tuckshop), approved calculator, eraser, admission ticket and sharpeners required.



2019-2020 TEST DATES (COMPUTER-BASED TESTING ONLY!)

TEST DATES	REGISTRATION AND PAYMENT DEADLINE
14 Sept. 2019	23 Aug. 2019
12 Oct. 2019	5 Sept. 2019
14 Dec. 2019	15 Nov. 2019
4 April 2020	27 Feb. 2020

Please come along with your valid unexpired passport!

ACT Registration Fees (Online payments only: Visit www.actstudent.org):

ACT plus writing – U.S. \$166.50. (TIS Test Centre Code: 870390, but inform Counselors first).

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

ACT April DEADLINE coming up.

DP1s especially are encouraged to sign up for the April ACT exam this year! Aim to complete registration right away! STEM students have an edge when they take the ACT!



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



Yale



Young African Scholars Program



YYAS is an intensive academic and enrichment program designed for African secondary school students who plan to pursue tertiary education and wish to make a meaningful impact as young leaders. There are no tuition, meal, or lodging costs.

Eligibility

Applicants must be citizens or permanent residents of an African country and currently be attending a secondary school in Africa with one semester to one year of school left after YYAS.

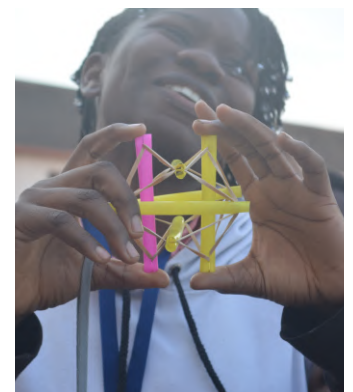
A typical participant is between 14 and 18 year old.



Requirements

1. Completed Online Application Form
2. Official Transcript or Grade Report
3. One Teacher Recommendation

Deadline is 12 February 2020 @ 11:59pm EST



Student Profile

YYAS is looking for students with excellent academic records, demonstrated leadership potential, and strong written and verbal communication skills. Participants must be able to read, analyze, and converse in English. Preference is given to high-achieving, low-income ("HALI") students who do not have university guidance in their schools or communities.

2020 Sessions & Dates

GHANA: 26 July - 02 August

KENYA: 08 August - 15 August

ZIMBABWE: 19 August - 26 August

africanscholars.yale.edu | african.scholars@yale.edu



CAS-SA Corner

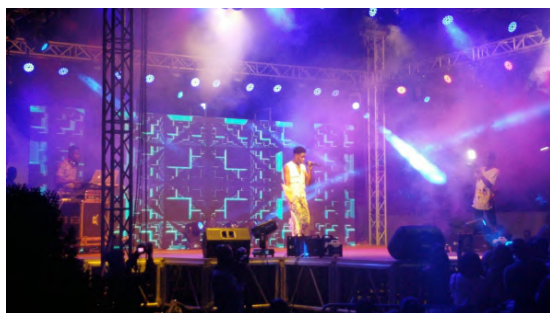
Welcome back!!!



Semester 2 is here and the Harmattan has given a whole new vibe to it. Make sure you bring your moisturiser, lip balm and drink lots of water. It's dry and dusty. However, despite the weather, we are ready to have an amazing ride.

The CAS-SA team is available to assist all students to make the best of their CAS, Service in Action, Community Projects, school events, Dukies and ASA experiences. We look forward to students' engagement and growth.

Explore, try new things, make mistakes, read, get 'your hands dirty', reach out to others, and apply the knowledge you gain in the classroom within your various subjects by doing something to make the world a better place.



During the Christmas break the evidence of how caring, principled, open-minded and risk takers our students are becoming was evident through the various projects and initiatives. The **Herman Suede - After Prep Show** was brilliant, the support from the TIS community was incredible, the proceeds from the show will be used to refurbish the **Christ Faith Foster Home at Fafraha**. **The Food drive** at Ashaiman settlements was eye opening, to see the level of poverty just around school was heartbreaking. Thank you for the abundant amount of food you donated during our Christmas Concert. The **Unite to Light Ghana** Fundraiser/Launch had an incredible support of students, alumni, parents and staff of TIS, raising over GHC 19,000, and the proceeds will be used to purchase solar LED lights and solar power banks to those with no access or who cannot afford electricity. **The HeritAid** team visited homes and orphanages with a variety of personal hygiene and cleaning materials that was purchased with the money they made through their various fundraisers in school. They not only donated items, they spent time in those institutions learning more about those living there. They made a presentation in each place about first aid and the importance of personal hygiene and a clean



environment.

The **ReUnite** initiative reached out to **Days for Girls Ghana** to plan their strategy towards helping young girls to have access to sanitary pads and learn about menstrual hygiene. The **Dukies** celebrated the first batch of Gold Award holders. The **TIS Magazine Editorial Board** started preparing towards the best edition ever, we can't wait. And guess what? **The Chocolate Friendship Day** organisers are ready to over-indulge the TIS community in a world of delicious chocolates with the focus on Heart Attack prevention. Next week's Bulletin will include more details about these projects and how you can support.



Alumni Week starts from Monday, 13 January, and there are a number of activities lined up for each day. Don't miss out.

ASA sign up is coming up on the 21 January. The timetable will be shared on ManageBac, so stay tuned.

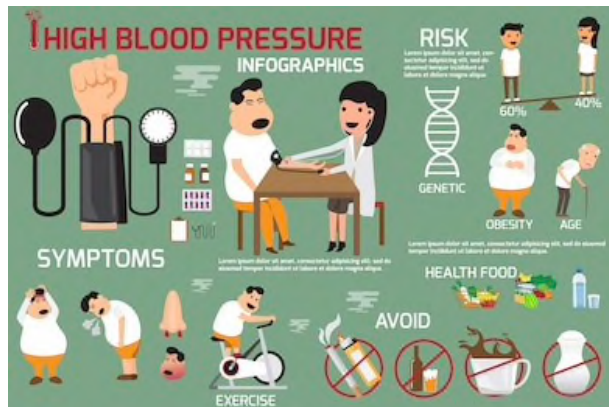
“Never accept being a spectator. Your actions become your reputation.” Dr. Ken Darvall

A large graphic with a dark blue background and a pattern of white stars. In the top left is the Tema International School logo. In the top right is the International Baccalaureate (IB) logo. The text "unite to light" is written in a light blue font, with a white lamp icon above the word "light". To the right of the text is a stylized Ghana flag. Below the text are four small photographs: a child holding a solar-powered lamp, a solar-powered lamp on a wall, a group of children holding solar-powered lamps, and a solar-powered lamp on a tree. At the bottom, the text "Thank you!" is written in a large, white, handwritten font. Below that, the phrase "Dream Big, Do Bigger." is written in a light blue, handwritten font, followed by a signature.

MYP - Personal Project Article – by Janelle Owusu - MYP 5

HIGH BLOOD PRESSURE (HYPERTENSION)

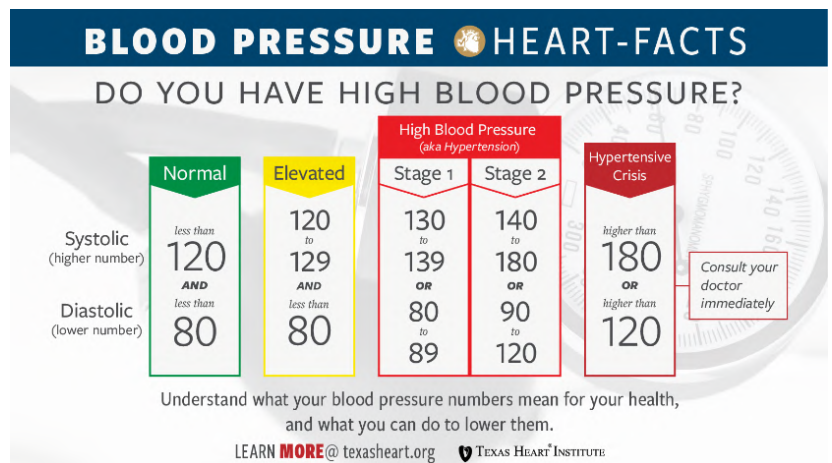
High blood pressure is known to be a silent killer, as it can silently cause damage to your blood vessels and heart without even knowing.



High Blood pressure is when the blood applies force on the blood vessels that carry oxygenated blood. It starts in the hearts ventricles and affects the capillaries, arteries and arterioles. While it flows through them, and when the pressure is high it can result in severe health problems, such as heart diseases.

The quantity of blood pumped by your heart and when the arteries are narrow it increases resistance and when the arteries are narrow the high blood pressure can increase. This is how blood pressure is determined. People can have **high blood pressure** and not know for years and symptoms might not even show.

When blood pressure increases it affects the elastic arteries and the artery walls become less elastic resulting in the left ventricle having to work harder to be able to supply ample blood to the body. It also affects muscular arteries in which the internal elastic membrane hardens and the tunica intima is damaged by blood pressure and friction. Then bad cholesterol creates plaque in the artery wall and inside of the artery develops into a narrow artery whereas there is an increase in blood pressure.



Not only adults can have **high blood pressure** but children could get it too. **High blood pressure** in children can cause the children to have health effects which could be long-term such heart disease, stroke and kidney disease. **High blood pressure** in children can be caused by obesity or family history or sleep disorders. Obesity is the main risk of high blood pressure in children, this could lead to heart disease and diabetes.

CAUSES:

Primary (essential) hypertension: for some adults, high blood pressure cannot be recognisable and essential hypertension tends to grow slowly over years.

What puts you at risk for high blood pressure?



Age

Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Lifestyle habits

Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.



Race or ethnicity

While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Genes

High blood pressure often runs in families.



Sex

Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.

Second hypertension: this is when someone gets high blood pressure from other diseases and this leads to a sudden cause of higher blood pressure than the primary hypertension does. These medications and conditions can cause **secondary hypertension:** **Obstructive sleep apnea, Kidney problems, Thyroid problems, Adrenal gland tumors and If a baby is born with (congenital) in the blood vessels.**

EFFECTS:

Stroke: high blood pressure can lead to blood clots forming in the arteries to your brain which block the flow of blood can cause a stroke. **Heart attack:** high blood pressure can weaken the muscle in the heart and will not be able to work well and your heart starts to fail and heart attacks could lead to damaging of the heart. **Damage to kidneys:** high blood pressure can cause the tiny blood vessels in the kidney to become scarred and not able to successfully filter waste and fluid from your blood. This is called kidney scarring or glomerulosclerosis. High blood pressure can also lead to kidney failure whereas the kidneys aren't able to filter waste from the body. Dialysis will be required or a kidney transplant. **Aneurysm:** there is a lot of pressure when blood is moving into and out of a weak artery which can result in a part of its wall to form a bump. Aneurysm can cause internal bleeding. **Thickened or torn blood vessels in the eyes:** high blood pressure can damage the blood vessels in the eyes which cause retina damage which can lead to blurred vision or bleeding in the eye and if you have diabetes you are at a high risk.

SYMPTOMS:

People do not experience the symptoms of high blood pressure but when the blood pressure reading reaches 180/120 mm hg it is a hypertensive crisis and symptoms will show:

Headache, nausea, dizziness, vomiting, blurred vision, heart palpitations. **Children symptoms:** fatigue, headache, nosebleed, blurred vision, not having the ability to control facial muscles on the face normally one side, this is called bells palsy.

DIAGNOSIS

Urine and blood test, exercise stress test, electrocardiogram (ECG).

MEDICATIONS:

Angiotensin converting enzyme inhibitors, Calcium channel blockers, Thiazide diuretics, Beta blockers and Renin inhibitors.

How to manage high blood pressure:

Exercise regularly, lose weight, eat more potassium-rich food such as, tomatoes, sweet potatoes, potatoes, melons, bananas, oranges, milk, yoghurt, beans, tuna and salmon can help lower blood pressure. Reducing stress can help lower blood pressure.

Eating cocoa or dark chocolate can help loosen up the blood vessels which leads to the blood pressure lowering.

References

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American Heart Association | **American Stroke Association** | **Together to End Stroke™**
 life is why.

High blood pressure equals HIGHER RISK OF STROKE.

NORMAL BLOOD PRESSURE IS BELOW 120/80

Most people who have a first **STROKE** have **HIGH BLOOD PRESSURE.**

At age 50, people without high blood pressure have a **LIFE EXPECTANCY 5 YEARS LONGER** than people with high blood pressure.³

80% of strokes can be **PREVENTED.**²

STROKE HAPPENS WHEN A CLOT OR RUPTURE INTERRUPTS BLOOD FLOW TO THE BRAIN. WITHOUT OXYGEN-RICH BLOOD, BRAIN CELLS DIE.

Nearly **1 IN 6** American adults with high blood pressure **DON'T KNOW.**³

Have your blood pressure checked and keep it in check to **REDUCE** your **RISK OF STROKE.**

The Marriage of Anansewa flash drive is available at the school reception. Kindly contact Gina and get your copy for only GHC 70.00



TEMA INTERNATIONAL SCHOOL

SOCIAL MEDIA Follow Us

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- @TISGhana @CAS_Coordinator
- @TISGhana
- Tema International School
- 0503849799

www.tis.edu.gh


Welcome aboard #Flight7.

My name is TISSY and I'm your In-flight Service Director. Your cabin crew is here to ensure you have an enjoyable flight this semester and that this is your best flight at Tema International School.


Looking forward to welcoming our students back to school on Saturday 11 January, 2020, latest by 5pm.

Yours, TISSY





TEMA INTERNATIONAL SCHOOL



“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.”

TIS Integrity Code



**Watch Out For
CARING
Students**

www.tis.edu.gh | An IB World School



Tema International School



Join us on our language immersion trip to France/Spain.



Dates: 20 June - 12 July 2020



Cost: USD 4,500 (including flights & application fee)



Deadline for payment: 28 February, 2020

Have you heard about the TIS language immersion programme? Find out more from the TIS Bulletin or contact the Language Acquisition Department.



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

immerse
EDUCATION

**Win a 100% scholarship
to the award-winning
Cambridge Summer School**

Open to students aged 13-18 years old

Deadline: 20th January 2020

www.immerse.education/essay-competition



SCAN ME!

FOR FURTHER INFORMATION, VISIT WWW.IMMERSE.EDUCATION/ESSAY-COMPETITION/

School Stream

School Stream is an app that aims to have many aspects of TIS at your fingertips, especially as many are wrapped around a mobile phone.

Parents may access it now by downloading the *Schoolstream* app from your relevant app store.

iPhone / iPad iOS

1. From your mobile device go to the **App Store** search for **School Stream**
2. Tap the **FREE/GET** button to the right of the School Stream listing
3. Tap the **INSTALL** button
4. Enter your Apple ID and password & tap **OK**
5. Wait for the install icon to change to **OPEN**
6. Tap the **OPEN** button
7. You will be prompted to accept push notifications, you will need to select **OK**
8. Start typing **Tema International School** into the search then **SELECT Tema International School**

Android / Tablet

1. From your mobile device go to the **Play Store** search for **School Stream**
2. Tap the School Stream listing
3. Tap the **INSTALL** button
4. Tap the **ACCEPT** button
5. Wait for the app to install then tap the **OPEN** button
6. Start typing **Tema International School** into the search then **SELECT Tema International School**
7. Tap the **DONE** button in the top left.

Windows Phone/Other Devices

Use the following link, and follow the instructions below. [Tema International School](#)

To pin a website on your **Windows Phone**:

- Open the website you want to pin
- Tap More icon, then tap Pin to Start

You will be able to access all of your school's information, however, you won't be able to receive notifications. *Note: Some devices may vary please follow your usual installation procedure for downloading and installing an app to your device.*



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





TEMA INTERNATIONAL SCHOOL

WELCOME TO THE LEADERSHIP INCUBATOR



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

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



EDUCATION FOR A BETTER WORLD

