

# TIS RECORD

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## 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.

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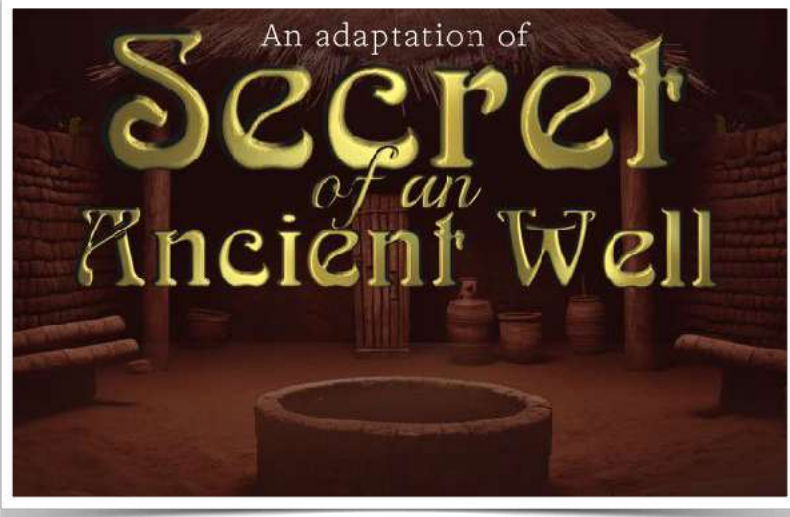
## Key Dates

- 2/11/24: SAT
- 9/11/24: TIS Annual Production (7.00pm)
- 16/11/24: ISSAG Volleyball & Table Tennis.
- 20-26/11/24: G10 EOS eAssessments
- 20-29/11/24: G11-12 EOS exams
- 29/11/24: PP Criterion C due.

## Thought for the Week

Breathe. Take care. Stand still for a minute. What you are looking for might just be looking for you too.

- Cleo Wade



## All Will Be Revealed!

In eight more days, we have the opportunity to discover the secret of the ancient well.

For the past four months, the cast has been practising and rehearsing Yaw Asare's *Secret of the Ancient Well*.

On 9 November, all will be revealed as the 2024 Annual Produced will take place at the school's MPH.

The performance will commence at 7.00pm, so plan your travel to TIS so you will arrive in plenty of time.

Tickets are GHC 150 and all proceeds will go to the Educaid Mante initiative which is the fundraising focus for the IB Class of 2026 this year. Your attendance and support will help us improve the educational outcomes for other students.

Each year, a new star is born. Please come along on 9/11/24 to discover this year's new star.



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

-Steve Bollar

## Accounts

- When paying an amount in our school's account, always ensure you use the student's family name and student ID as the payment reference.
- Please email payment advices to: [finance@tis.edu.gh](mailto:finance@tis.edu.gh)

## Visiting: Must Do

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

## Reminders

- For visits until December 2024, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/cu7e3>
- **Exeats are limited to a maximum of 8 per semester. Weekend exeats must be received by the preceding Wednesday.** Online exeats can be found at: <https://www.tis.edu.gh/exeat-form>

## Making Us Proud

We celebrate **Elijah Akwada, a Grade 4 PYP student**, who took action by trimming his hair to make a positive first impression, inspiring his entire family to do the same; a wonderful example of personal responsibility.

Congratulations **Nylah Marfo (Girls) and Asher Gyesei (Boys)** who are our **2024 swimming champions**.

Congratulations, **Blue**, for being the **champion colour for swimming**.

Thank you, **Chelina Mickson-Quarshie (6) and Ashanti Tettey-Amlalo, for your newspaper reports** in last week's edition.

Thank you, **Blessed Quashie (12), Jenevieve Achemdey (12), Ryan Lokko (12) and Ninette Addom (12)**, for your ISSAG reflections last week.

Thank you, **Angel Asare (11)**, for your **breast cancer awareness article** in last week's edition.

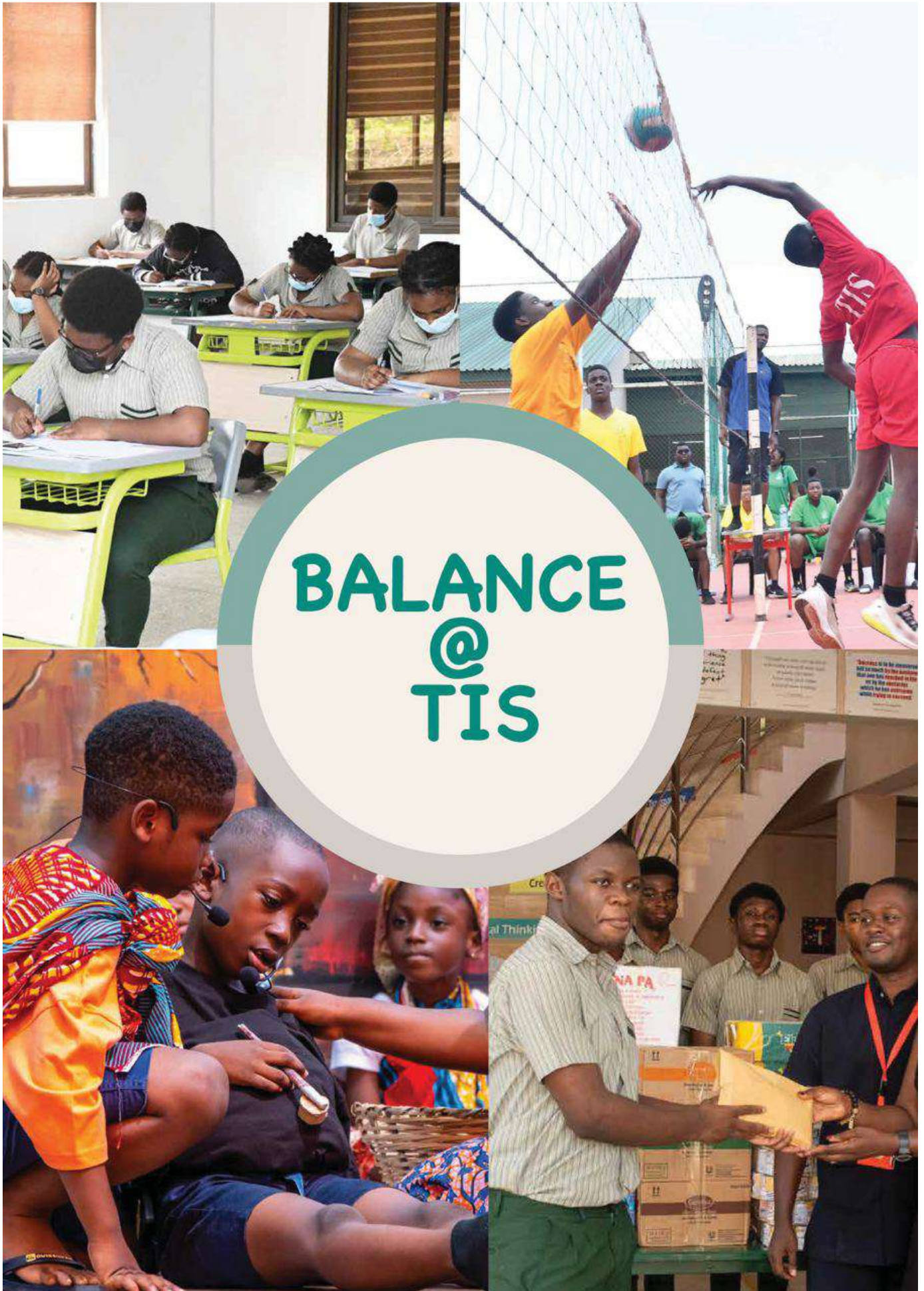
Thank you, **Jeremy Tackie (12) and Senanu Ahlidza (12)**, for your contributions to a **Writer's Repose** last week.

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

Dr Ken Darvall (Principal) [principal@tis.edu.gh](mailto:principal@tis.edu.gh)







**BALANCE  
@  
TIS**

# Main Campus Information



## EXEATS

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

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

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

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

The integrity of an exeat request is critical.

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

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

Parents/Drivers must show the approved exeat from their phone to security to enter. (NO SHOW. NO GO.)

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

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

## VISITING

For visits until December 2024, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/cu7e3>

Complete your details and click next to select your day and time. Then click next to receive a confirmation of your booking.

If you do not receive confirmation of the date and time, then you have not completed your booking.

Weekend times will usually go from 2.00 - 5.00pm on Saturdays, Sundays and public holidays. Sessions are 60 minutes.

There are restrictions on food and/or drink that may be consumed during a visit.

***Book early to avoid disappointment.***



# PACKAGES FOR BIRTHDAYS & VISITING

## Items Allowed

- ✓ **Muffins/Cupcakes**
- ✓ **Finger Foods** (Chicken Pieces, Pizzas, Spring Rolls, Khebabs & Samosas)
- ✓ **Soft Drinks & Fruit Juices**
- ✓ **Non-Alcoholic Wine**

## Not Allowed

- ✗ **Cakes with icing**
- ✗ **Cooked food except those listed above**
- ✗ **Alcoholic Drinks/ Beverages**



## All left over food must be sent home

- **Visiting Days - Saturdays & Sundays**
- **Visiting Time - 2:00 PM - 5:00 PM**  
(Visits must be booked online, as per the TIS Bulletin)

## **PLEASE NOTE:**

- ➔ Birthday items must be approved by the Hostel Coordinator before they can be delivered on only
  - Fridays, 4:00 PM - 6:00 PM
  - Saturdays & Sundays, 12:00 PM - 5:00 PM
- ➔ All food items will be inspected by a hostel parent and security officers at the hostel gate.
- ➔ All food items not listed will be returned.

For clarification, contact the hostel parent/ security on duty.

# TIS 2024/25 School Calendar

August 2024						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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29	30					

October 2024						
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27	28	29	30	31		

November 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	30

December 2024						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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26	27	28	29	30	31	

February 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	

March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	29
30	31					







April 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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29	30					

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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20	21	22	23	24	25	26
27	28	29	30	31		

## COLOUR KEY

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

**NOTE:** All dates/activities are current as of the date of publication and may be subject to change.



**SECONDARY SCHOOL CAMPUS****Public Holidays**

4/8/24	Founders' Day
21/9/24	Kwame Nkrumah Memorial Day
6/12/24	Farmers' Day
7/1/25	Constitution Day
6/3/25	Independence Day
31/3/25	Eid Al Fitr (TBC)
18/4/25	Good Friday
20/4/25	Easter Monday
1/5/25	Labour Day

**SI Internal Dates: Main Campus**

1/8/24	2024 MYP Results Released; 2024 MYP Enquiries Upon Results Open
1/8/24	Senior management staff resume
6/8/24	Teachers resume; review of school policies
12/8/24	Student Council executives return
14/8/24	Newbies arrive
16/8/24	Personal Project: Criterion B draft due
18/8/24	Continuing students resume
19/8/24	Secondary School classes commence; G9&11 Subject Selection
23/8/24	TIS Junior Soccer Championships
24/8/24	SAT
25/8/24	School Performance auditions
30/8/24	TIS Senior Soccer Championships
1/9/24	Thanksgiving Service (11.00am) <b>NO EXEATS</b>
7/9/24	TIS Tennis Championships/TIS Badminton Championships; HIBS Africa.
13/9/24	PP Criterion B final due
14/9/24	ACT; MYP & DP Parents Information sessions. <b>NO EXEATS (Until after these sessions)</b>
20/9/24	DP Geography Excursion
21/9/24	TIS Sporty Family. <b>NO EXEATS (Until after midday)</b>
24-25/9/24	DP Evaluation Visit
28/9/24	TIS Handball Championships
29/9-6/10/24	21 <sup>st</sup> Anniversary TIS Spirit Week. <b>NO EXEATS</b>
3/10/24	TIS Founders' Day. Main Campus admissions open for 2025/2026
5/10/24	SAT;
6/10/24	21 <sup>st</sup> Anniversary Thanksgiving Service. <b>NO EXEATS until after 1.00pm)</b>
6-8/10/24	Dukies Camp (Bronze, Silver and Gold). Departs 7.00am
7-11/10/24	Mid-semester break
10-12/10/24	TIS MUN
12/10/24	PSAT; ISSAG Football
13/10/24	Students return to hostels
14/10/24	G9/G11 Changes to Subject Selections close; DP Geography Data Excursion
16/10/24	Girls Volleyball Championships (during ASA)
17/10/24	Boys Volleyball Championships (during ASA)
18/10/24	DP Geography Data Excursion (TBC)
19/10/24	ISSAG Football, Handball, Tennis and Badminton.
20/10/24	PP: Criterion C draft due
21/10/24	Student Council (SC) shadowing process commences; SEC Universities Fair (2.00-4.00pm)
22/10/24	G12 EE Café
26/10/24	ACT
27/10/24	TIS swimming championships (3.00 – 5.00pm)
2/11/24	SAT
9/11/24	Annual Production <b>NO EXEATS</b>
11-12/11/24	Collaborative Sciences Project – G12;
16/11/24	ISSAG Volleyball, Swimming and Table Tennis
20-26/11/24	G10 end of semester eAssessments (Reports due 9/12/24)
20-29/11/24	G11-12 end of semester exams (Reports due 10/12/24)
29/11/24	PP Criterion C completion;
1/12/24	SC applications open for 2024 elections
2/12/24	Christmas Lunch
4/12/24	Last day for the first semester: Students may depart after 3-Way interviews.
10/12/24	PP Final Report due: photo evidence & bibliography upload
11/12/24	Last day for teachers

**S2**

9-10/1/25	Staff training days
12/1/25	Students return to hostels; applications for 2024 SC positions close
13/1/25	Second semester commences.
13-19/1/25	Alumni Homecoming Week
18/1/25	TIS Athletics Championships. <b>NO EXEATS BEFORE 1.00PM</b>
19/1/25	Alumni Thanksgiving Service
20/1/25	SC Manifesto Readings
22/1/25	2023 Student Council elections by voting (7.00am-4.00pm)
25/1/25	ISSAG Basketball and Hockey.
29-31/1/25	IDU Days; G12 EE; G11 EE, 11/12 CAS Dukies Reflection Day
1/2/25	SC Leadership Camp <b>NO EXEATS FOR SCHOOL LEADERS</b> ; ISSAG Basketball Day 2
2/2/25	Student Leadership Induction Ceremony <b>NO EXEATS</b>
8/2/25	<b>TIS STEM Fair. NO EXEATS</b>
10-14/2/25	MYP Mock eAssessments <b>NO G10 EXEATS</b>
13/2/25	G11 TOK Exhibition. <b>NO G11 EXEATS</b>
14-15/2/25	TIS Squash Championships;
15/2/25	Chocolate Friendship Day
17-28/2/25	DP Mocks. <b>NO G12 EXEATS</b>
22/2/25	ISSAG Athletics
26/2/25	PP standardisation and moderation (teachers)
1/3/25	MYP Projects (Personal & Community) <b>NO EXEATS (until after this session)</b>
8-9/3/25	DP Geography Field Trip
14/3/25	Pi Day; PYP/MYP Info Day at Main Campus
15/3/25	Expression Day <b>NO EXEATS (until after the event)</b>
20-30/3/25	Mid-semester break
21/3/25	PP:Academic Honesty First Record
23-25/3/25	Dukies Bronze & Silver expedition camp
31/3/25	PP Criterion A draft due; Draft 2025/2026 Calendar Overview Released
5/4/25	ACT
7/4/25	G12 Grad photos (All day). <b>NO G12 EXEATS</b>
13/4/25	Exam Candidates' Service <b>NO EXEATS</b>
17-21/4/25	Easter break
21/4/25	MYP5->DP1 info session; PP Criterion A draft due
23/4-16/5/25	DP Final Exams
3/5/25	SAT
5/5/25	PP Criterion A final due
5 – 16/5/25	MYP eAssessments
17/5/25	Leavers' Dinner
19-30/5/25	G11 semester exams; G10 classes resume (compulsory attendance).
23-29/5/25	G9 eAssessments
30/5/25	MYP4 (2025/2026) subject selections
7/6/25	2025 Annual Achievement and Graduation Ceremony; Last day for Secondary Classes
13/6/25	Last day for teachers; S2 reports published.
9-12/6/25	Dukies' (Bronze, Silver and Gold Levels) Expedition Camp
14/6/25	ACT
21/6/25	France/Spain trips commence
12/7/25	France/Spain trips end
26/7/25	PP: Final Product (Photo evidence upload)



## PRIMARY SCHOOL CAMPUS

### Public Holidays

4/8/24	Founders' Day
21/9/24	Kwame Nkrumah Memorial Day
7/12/24	Farmers' Day
7/1/25	Constitution Day
6/3/25	Independence Day
31/3/25	Eid Al Fitr (TBC)
18/4/25	Good Friday
20/4/25	Easter Monday
1/5/25	Labour Day

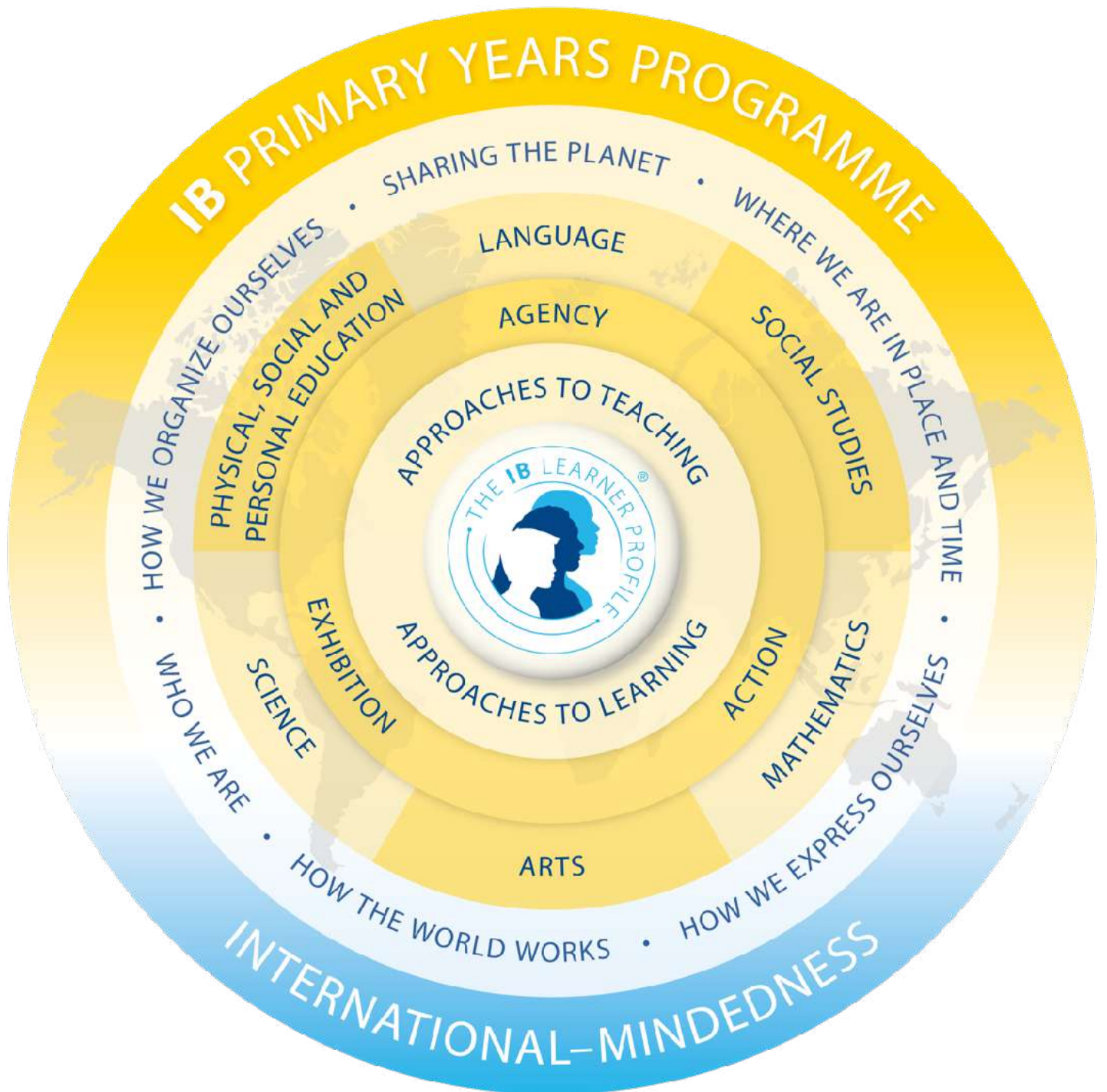
### *S1 Internal Dates (Primary School Campus)*

7/8/24	Staff prep commences
16/8/24	Meet the teacher session (1.30pm)
19/8/24	First semester commences
7/9/24	Parents Training Session
20/9/24	Sign Language Day
20/9/24	End of UOI #1 3WI
7-11/10/24	Mid-semester break
1/11/24	End of UOI #2 <b>Celebrations</b>
11/11/24	Book Day
29/11/24	End of UOI #3 3WI
29/11/24	Last day for teachers

### **S2**

9-10/1/25	Staff Training Days
14/2/25	End of UOI #4 3WI
14/2/25	Celebrating Additional Languages
14/3/25	PYP/MYP Info Day at Main Campus
21/3/25	Mother Tongue Day (Celebrating Culture)
21/3/25	End of UOI #5 <b>Celebrations</b>
23/3-2/4/25	Mid-semester break
19/4/25	Spelling Bee
16/5/25	PYP Exhibition (Sports Picnic)
23/5/25	End of UOI #6 3WI
31/5/25	2024 Achievers and Graduation Ceremony/VAX
6/6/25	Last day for teachers; S2 reports published

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## Evidencing Learning at TIS Primary School

At TIS Primary School campus, learning is more than what happens within the four walls of a classroom, it is about sharing experiences, fostering curiosity, and celebrating our achievements together. Every Friday, we come together during assemblies to showcase the depth and diversity of our learning across all grade levels on a class basis. These assemblies offer students a platform to express themselves, share insights, and develop confidence as they present to an encouraging audience of peers and teachers. The recent assemblies have been packed with energy and creativity as each grade level presents unique projects from their units of inquiry. For instance:

**Grade 4** students showcased their learning on the theme “Changes in the Earth and its Atmosphere” by exploring human impact on the planet and ways we can protect it. During their recent assembly, they presented a series of dramatic events in all subjects and languages which was aimed at encouraging students to protect the earth.

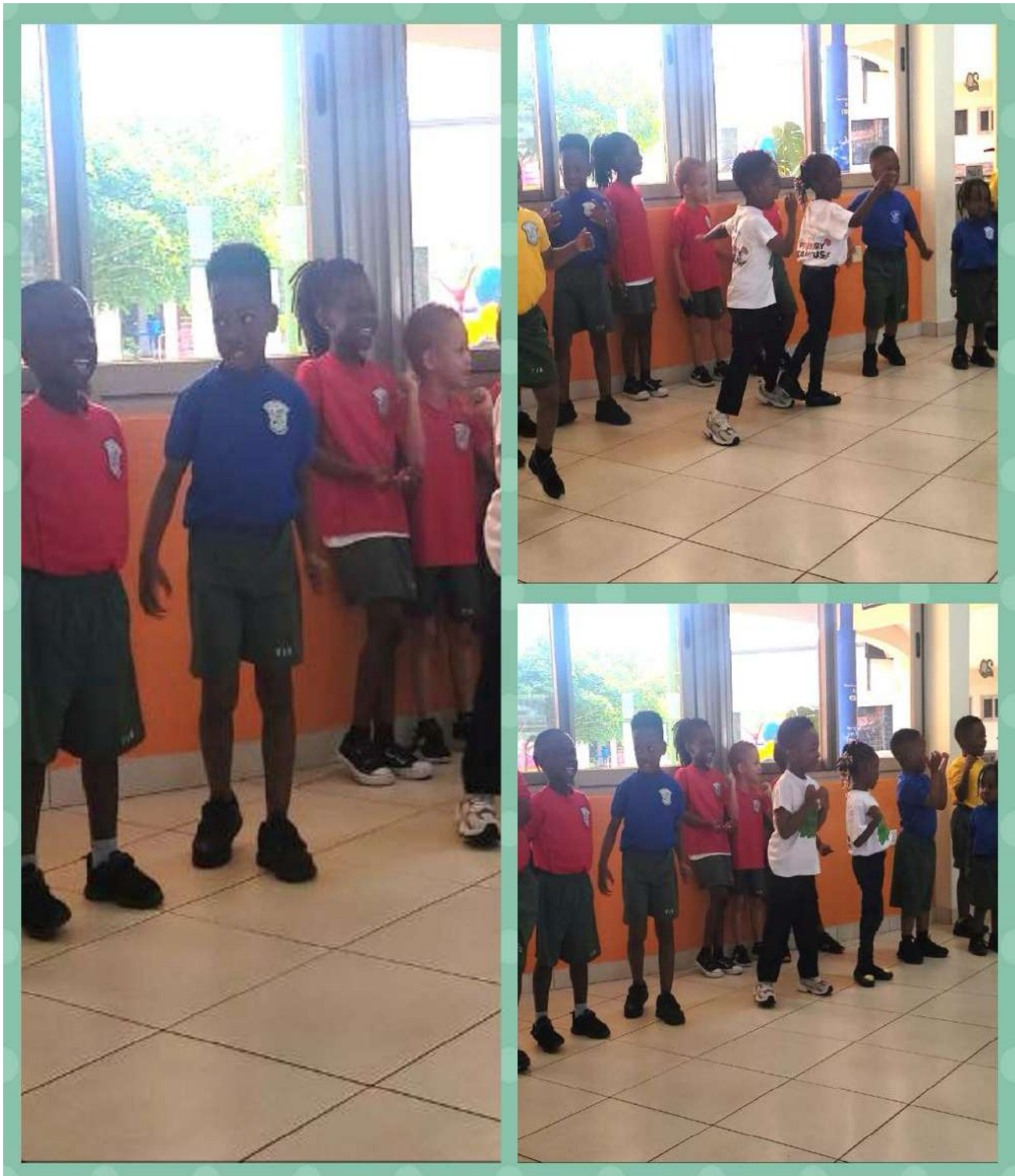


**Grade 1** students shared their unit on “Exploration” and how it helps us understand the world around us. Their assembly featured a dynamic presentation where students travelled to other continents to explore those places through role play. Their reflections encouraged everyone to view learning as a journey of exploration and discovery.





**The Early Year's** students brightened up the assembly with their exploration of senses, friendship, and how they are changing. They created a lively song about friendship in Sign Language and presented in other languages like Mandarin and French, music, dance and drama helping every learner exhibit their learning journey throughout the unit.





**Grade 3** students took us on a journey into the world of imagination. Their unit, “Imagination Extends Our Ability to Think, Create, and Express Ourselves,” led to an assembly where they showcased creative drama, drawings, and stories they had developed. This assembly helped them to narrate their learning path, expressing how imagination fuels problem-solving and creative expression.



### Learner Profile Assemblies

Our assemblies at TIS Primary School aim to create a community of lifelong learners who can exhibit the Learner Profile attributes. We celebrate achievable students every two weeks on Monday mornings during our assemblies to celebrate their gradual learning path regarding the learner profile. During these assemblies, we also celebrate and award the "Class of the Day," along with students who excel in Sign Language, Mandarin, and French, honouring their dedication to language learning.





## GET READY FOR OUR GRAND UNIT CELEBRATION!

The air of excitement and anticipation is growing deeper across our learning community. One of our biggest learning platforms where students share their learning is finally **HERE!** This upcoming **Unit Celebration** themed, “**ECHOES OF THE EARTH**”, is going to be grand. It will open up ways for students to share their discoveries, projects, reflections and personal growth throughout their learning.

TEMA INTERNATIONAL SCHOOL  
PRIMARY CAMPUS

PYP UNIT CELEBRATION  
THEME:  
**ECHOES**  
**OF THE EARTH**

FRIDAY 1ST NOV. 2024  
TIS PRIMARY CAMPUS  
11:00 AM

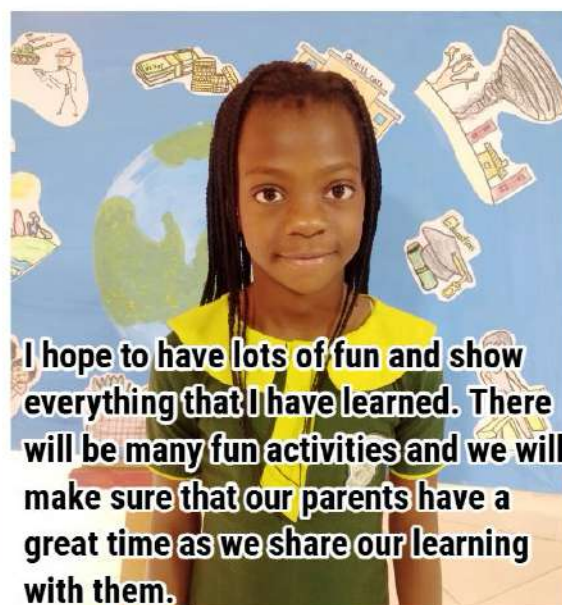
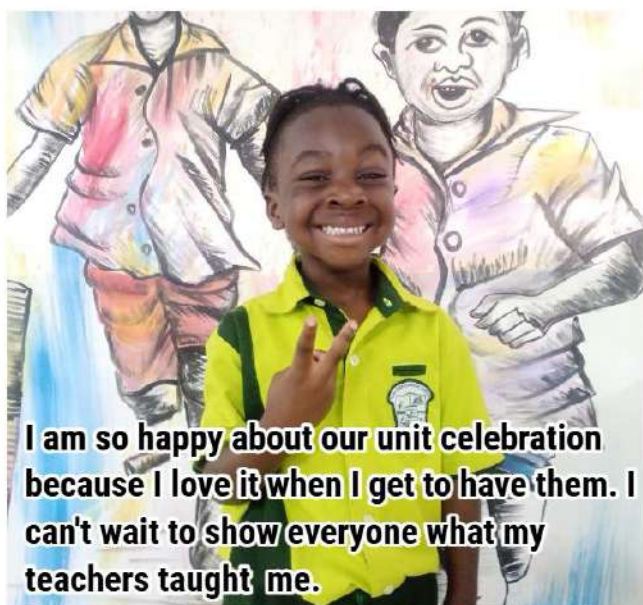
JOIN US FOR AN UNFORGETTABLE EXPERIENCE



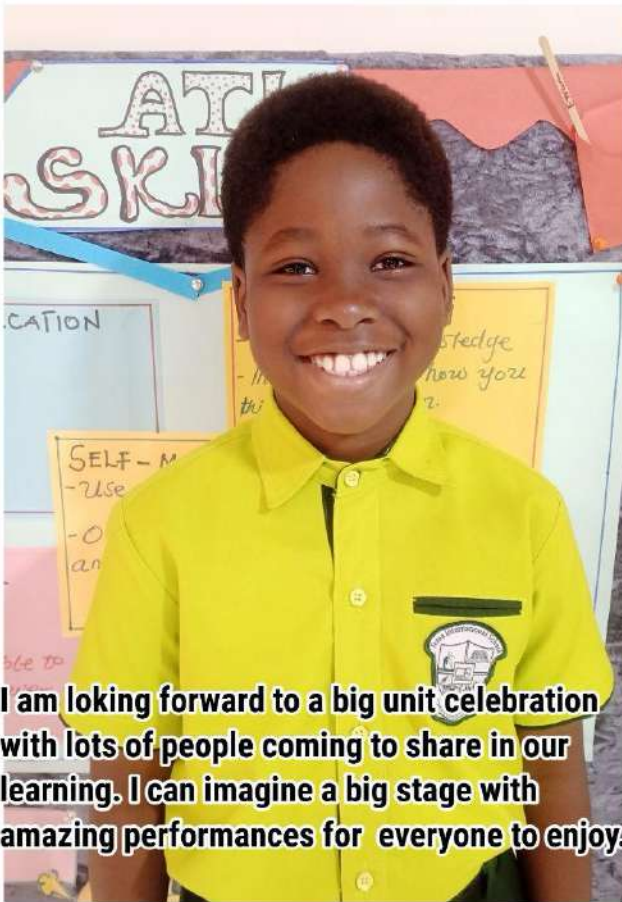
As each day passes, teachers and students eagerly prepare to give their best for our upcoming celebration. Everywhere around the school, students can be seen practising, teachers planning and raising the stage, and everyone coming up with ideas about how to make this event unforgettable. The countdown is on, and each passing day adds to the thrill as everyone prepares for this day that promises to be full of fun, teamwork, and creativity.

There is a real sense of togetherness as everyone pitches in, with students rehearsing their performances, decorating the stage, and teachers guiding and encouraging them to shine. Laughter and smiles fill the halls as we work side-by-side, knowing that this unit celebration will be truly special. We are ready to showcase our talents, enjoy each other's hard work, and make lasting memories. This celebration will surely be an incredible experience that will bring our whole school community closer together!

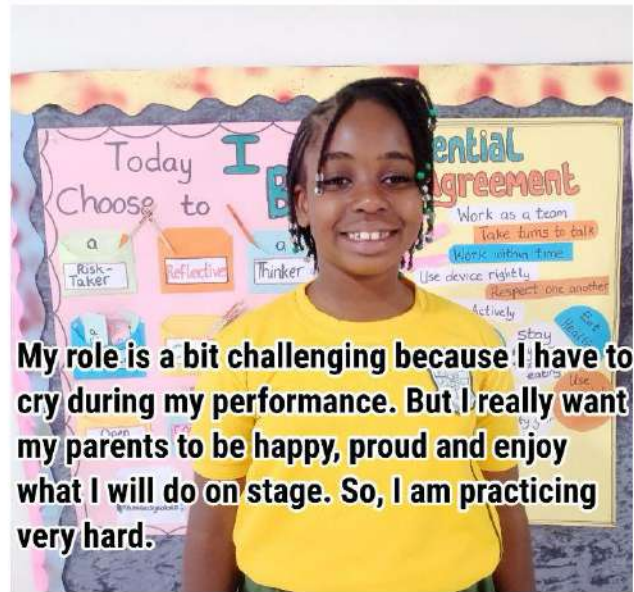
These are reflections from our students for the upcoming unit celebration.



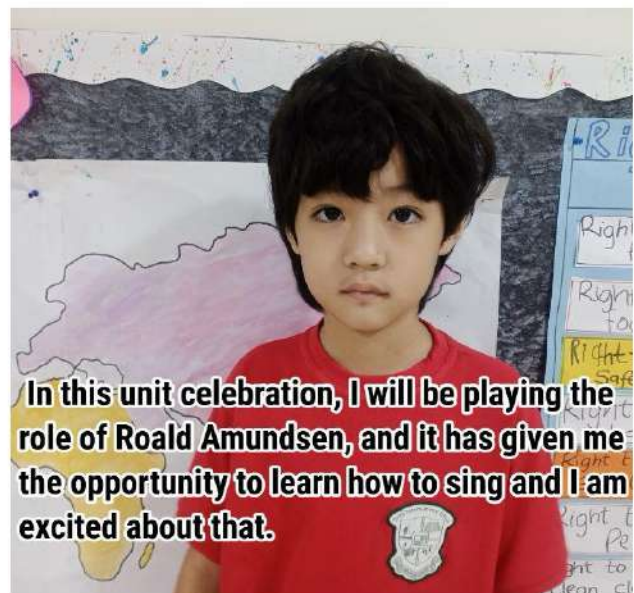




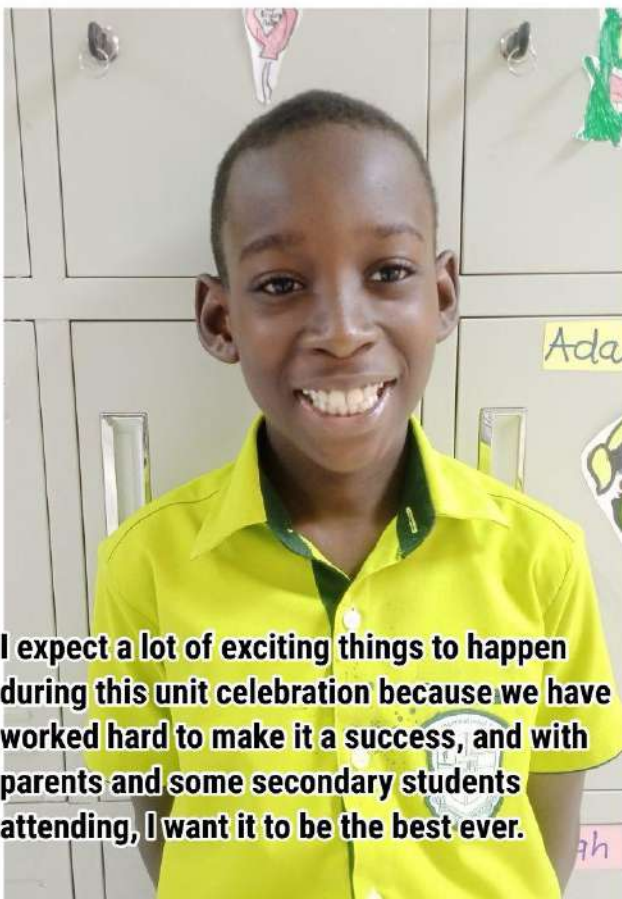
**I am looking forward to a big unit celebration with lots of people coming to share in our learning. I can imagine a big stage with amazing performances for everyone to enjoy.**



**My role is a bit challenging because I have to cry during my performance. But I really want my parents to be happy, proud and enjoy what I will do on stage. So, I am practicing very hard.**



**In this unit celebration, I will be playing the role of Roald Amundsen, and it has given me the opportunity to learn how to sing and I am excited about that.**



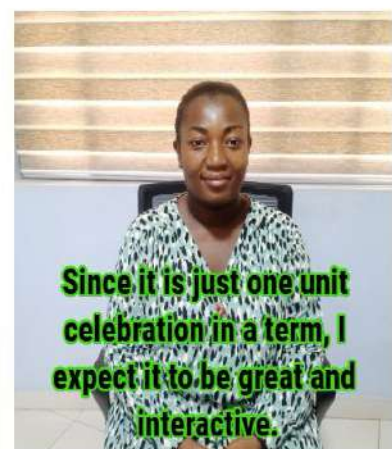
**I expect a lot of exciting things to happen during this unit celebration because we have worked hard to make it a success, and with parents and some secondary students attending, I want it to be the best ever.**



**This is my first unit celebration and I will be happy if my parents come to see my performance.**



Teachers at the Primary School campus are just as excited about the celebration, eagerly anticipating all the amazing things that will happen during our **grand unit celebration**. They expect to see their students shine on stage, sharing what they have learned in creative and fun ways. They look forward to the joy on their students' faces as they perform and the pride they will feel in their achievements. Teachers also hope to connect with parents and the community, celebrating the students' growth and accomplishments together. This celebration is a chance for everyone to come together, and the teachers cannot wait to participate. These are their expectations.



Excitement is building as preparations for our upcoming Unit Celebration are in full swing.  
**WATCH OUT!**



Currently, at the Primary School campus, rehearsal is ongoing, the stage has been set and costumes have been put in place to ensure the smooth flow of our awaited unit celebration for us to share our learning.







*Every school community member is invited to join us in celebrating our learning journey together.*





# 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**



# Change <sup>the</sup> World Through Excellence

## #Make a Difference





# Ten tips for acting with integrity

**Always act with honesty** and in a responsible and ethical manner—being conscious of the influence that you have on those around you can set a great example to others.



**Familiarise** yourself with the school's rules and ensure that you understand what academic integrity means and consists of.

Don't try to gain an **unfair** advantage in coursework, mock examinations, or assessments by copying someone else's answers or using a mobile phone during an exam, for example.



Always reference and cite other people's work that you have used in your essays—be **proud** of explaining that you understood someone else's ideas and thought that they were good. **Seek help** if you are struggling or are not sure of expectations.

Stand up for what is **right**—alert a member of staff at your school if you suspect that someone has cheated.



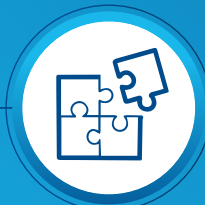
Learn to **accept** your strengths and weaknesses and do the best that you can.

**Take responsibility** for your own actions and their consequences.



Know how to **safely collaborate** and share work when using social media and digital collaborative platforms.

**Be mindful** of maintaining academic integrity during group work/projects and keep track of what each group member is contributing.



Try to **overcome procrastination**. Managing your time wisely will reduce stress-induced, last-minute work which increases the likelihood of cheating.



## CAS-SA Corner

Join Us for Another Annual Production

### *Secret of an Ancient Well*

Celebrate our students' incredible talent and creativity as they bring the adaptation of *Secret of an Ancient Well* to life! Invite family and friends for another thrilling performance by TIS students, and let's acknowledge the dedication and hard work they've put into this production over the past months.

**Reminder:** Please plan to arrive early to avoid traffic, as seating is on a first-come, first-served basis. Food vendors will be available before and after the show, so come ready to enjoy!

All proceeds will support the **EducAid Mante Initiative**, making this an excellent opportunity to enjoy a memorable evening while contributing to a meaningful cause.

We look forward to seeing you there!

TEMA INTERNATIONAL SCHOOL  
Presents

An adaptation of  
**Secret**  
*of an*  
**Ancient Well**  
By: Yaw Asare

Ticket:  
**GHC 150**

**7:00 pm Sat. 9 Nov. 2024**  
**TIS MPH - Main Campus**  
**ALL PROCEEDS SUPPORT THE EDUCAID MANTE INITIATIVE.**

**EducAid Mante Initiative**

## Class of 2026 Project for Impact



As we wrap up the vibrant celebrations of TIS @ 21 and reflect on the joy and creativity that filled our Spirit Week, we are excited to share the next chapter. This project truly embodies our values of service and making a difference. The IB Class of 2026 has officially launched the *EducAid Mante Initiative* as part of their CAS (Creativity, Activity, Service) project, and this initiative is now in full swing.

The Mante School of Excellence, located in Afienya East, has been providing education to children in underserved communities for the past 25 years, despite facing numerous challenges. Through the *EducAid Mante Initiative*, the Class of 2026 is dedicated to addressing these challenges by refurbishing the school, providing essential learning materials, and improving its overall facilities.

### Key Challenges Identified:

- 1. Shortage of Learning Materials:**  
The school struggles to provide basic books and stationery for its students, hindering their learning experience.
- 2. Outdated IT Infrastructure:**  
The school's IT lab is in dire need of modern equipment, leaving students with limited access to technology.
- 3. Poor Physical Infrastructure:**  
Many classrooms have damaged roofs and poor ventilation, creating an uncomfortable and unsafe learning environment.
- 4. Unsanitary Washroom Facilities:**  
The school's outdated latrine systems pose health risks to students and staff.





### Our Mission:

The goal of the *Educaid Mante Initiative* is to raise GHC 150,000 (One Hundred and Fifty Thousand Ghana Cedis) to help refurbish the school and provide the necessary resources to create a safe and effective learning environment for the students. This project reflects our commitment to making a tangible difference and supporting quality education for all.

### A Special Contribution:



In support of this initiative, all proceeds from Dr Ken Darvall's newly launched book, *The Teaching Guarantee: Making a Difference*, will go directly to the *Educaid Mante Initiative*. This partnership allows our community to come together to make a lasting impact on the lives of the students at Mante School.

### Call to Action:

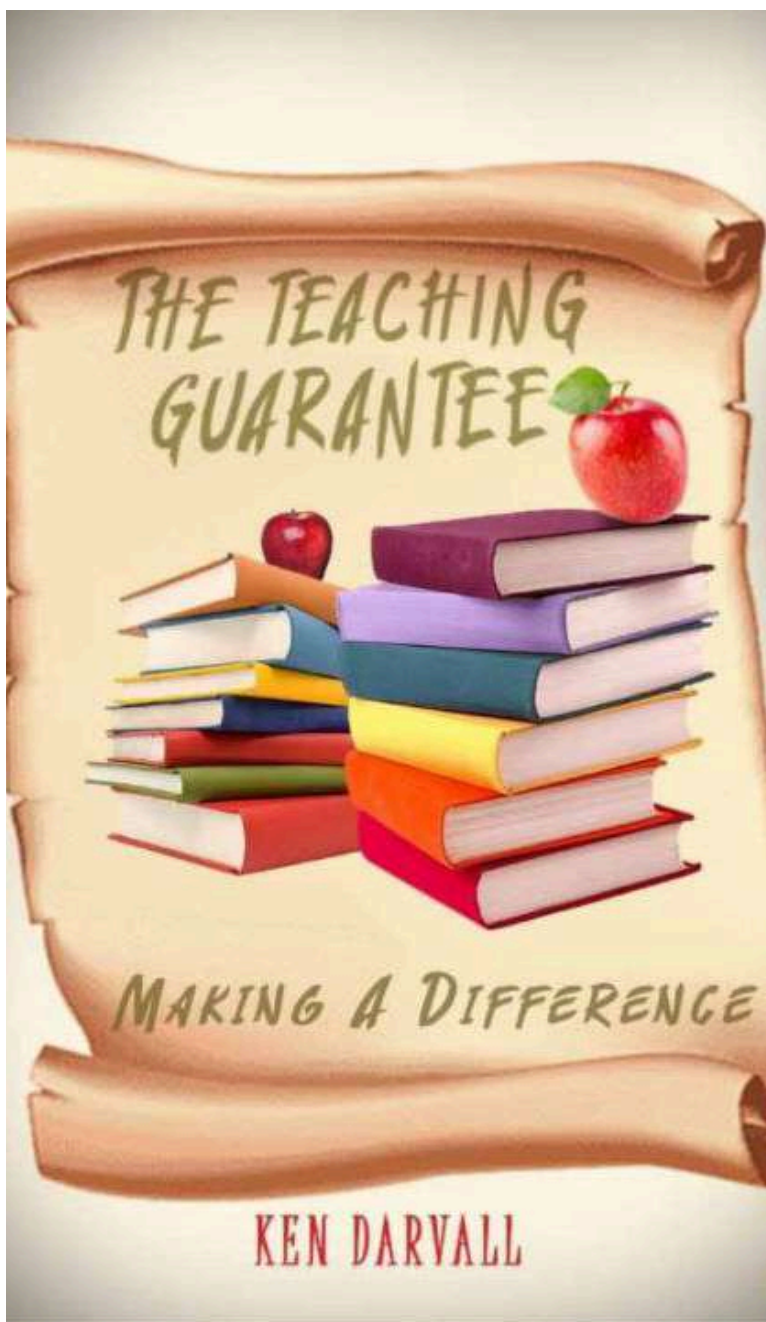
We invite all of the TIS family, including students, staff, parents, and alumni, to join us in supporting this project. You can donate via Mobile Money (MoMo) to Ms. Abigail Ahiadorme at **0597621047**, using the reference: *Educaid - Your Name or Name of Ward*.

Together, we can make a difference and uphold the spirit of service that defines our school.

Stay tuned for more updates on this transformative journey as we work towards building a brighter future for the Mante School of Excellence.



## Support the EduAid Mante Initiative: Purchase Your Copy of *The Teaching Guarantee: Making a Difference*



Dear TIS Community,

We are thrilled to announce the release of *The Teaching Guarantee: Making a Difference*, the latest book by Dr Ken Darvall. This inspiring guide is more than a must-read for aspiring school leaders—it's a call to action for everyone who believes in the power of education to create change.

In keeping with the TIS spirit of service and impact, *The Teaching Guarantee: Making a Difference* will serve a dual purpose: Every book purchased directly supports the EduAid Mante Initiative, which is dedicated to refurbishing and enhancing the Mante School in Afienya East as part of our IB Class of 2026 Community Project. We have a community goal of raising GHC 150,000 to make this vision a reality, and your support will help us reach it!

### How to Purchase Your Copy and Contribute:

1. **Place Your Order:** Contact us via the TIS WhatsApp. Mention your donation amount and specify the number of copies you want to order.
2. **Payment:** Payments can be made in two ways:
  - **Mobile Money (MOMO):** Send payment to Abigail Ahiadorme at 0597621047. Use

“TGMABook” as the reference.

- **Cash:** Pay directly at the CASSA office.

Donations begin at GHC 200 per copy, with all funds going to the **EduAid Mante Initiative**.

This is a limited opportunity, so grab your copy while stocks last! Together, let's support the future of Mante School and continue making a difference every day.

Thank you for your support!





**TEMA INTERNATIONAL SCHOOL**  
Presents



An adaptation of  
**Secret**  
*of an*  
**Ancient Well**

By: Yaw Asare



**Ticket:**  
**GHC 150**

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**TIS MPH - Main Campus**

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## A Writer's Repose



Putting pen to paper is akin to raising a sword to fight a battle. The pen is mightier than a sword, not because of the damage that said sword can do, but because the pen can move others in numerous ways. Weapons may instil fear and despair, but words can instil so much more.

I warmly welcome you to a haven of true literary expression. What this **repose** aims to achieve is to give you the ability to express your innermost thoughts through writing freely, from short stories, to odes, to lyrics, poems and many more. Some may feel pressured, shy, or intimidated, but I beseech you. Let your wants and dreams overtake that fear. Let those desires to create something truly magical draw power from that fear. It is beneath one such as yourself to succumb to the sabotage of those who wish to impede your true potential.

Let yourself be yourself. It is my solemn wish that you will stay for as long as you desire. And it is my solemn vow to ensure that the world truly gets to experience you on a page. This is your canvas; this is your world. Craft it in your image. Please enjoy your welcome stay.

If you wish to participate in this collection of great minds, send any and all works you have made to the e-mail [jeremytackie2.1@gmail.com](mailto:jeremytackie2.1@gmail.com) so they may be adequately vetted and published in the **TIS Bulletin** weekly. **Jeremy Tackie, G12 – Initiator**



## ASA - Corner – Spotlight on Sports at TIS



Our After School Activities (ASA) program at Tema International School is dedicated to providing students with enriching experiences beyond the classroom. Sports play an integral role in our ASA offerings, promoting physical fitness, mental resilience, and a sense of community. Through our diverse range of sports modalities, students can engage in activities that inspire growth, discipline, and teamwork, essential qualities that support their holistic development.

### Sports Modalities at TIS

Here are some of the sports options available through our ASA program:

- **Soccer** – Great for building teamwork, stamina, and footwork skills.
- **Basketball** – Excellent for coordination, agility, and cardiovascular health.
- **Track and Field** – Offers diverse events such as sprints, long-distance running, hurdles, and relays.
- **Swimming** – A full-body workout that improves endurance and is gentle on the joints.
- **Volleyball** – Enhances hand-eye coordination, teamwork, and reflexes.
- **Tennis (Long and Short)** – Sharpens focus and reflexes and can be played individually or in pairs.
- **Badminton** – A fast-paced game that improves agility, reflexes, and focus.

These activities cater to students with different intensity levels and competitive spirit, fostering a welcoming environment for beginners and experienced athletes.

### Benefits of Sports for High School Students

Participation in sports brings countless benefits that contribute to students' overall development:

#### 1. Physical Health and Fitness

Regular sports participation helps students maintain a healthy weight, improve cardiovascular fitness, and build muscle strength and flexibility. These habits can lead to lifelong health and wellness, reducing the risk of obesity, diabetes, and heart disease.

**2. Mental Health and Wellbeing**

Physical activity releases endorphins, which reduce stress, improve mood and provide a constructive outlet from academic pressures. Sports participation also boosts self-esteem and confidence.

**3. Social Skills and Teamwork**

Being part of a team teaches collaboration, communication, and the value of working toward common goals. Sports foster friendships and a sense of community, helping students feel more connected and supported.

**4. Discipline and Time Management**

Balancing sports with academics requires effective time management and promoting important organisational skills that benefit students academically and personally. Practice schedules and commitments encourage discipline and dedication.

**5. Academic Benefits**

Studies show that students involved in sports often perform better academically, as sports encourage cognitive skills that support learning.

**6. Resilience and Growth Mindset**

Sports teach students how to handle success and failure, building resilience and a growth mindset essential for life's challenges.

**7. College Opportunities**

Athletic skills can open doors to scholarships or other college opportunities, and colleges often value a student's commitment to extracurricular activities like sports.

**8. Fun and Enjoyment**

Sports offer students a chance to relax, have fun, and create lasting memories with peers, making high school a time of joyful experiences.





**Meet Our Committed and Passionate Patrons** – Behind every successful sports program is a team of dedicated teachers who go above and beyond to support, guide, and encourage our students. Here's a look at some of our inspiring patrons:

Each of our patrons brings a unique combination of expertise and enthusiasm, inspiring students to embrace sports as a path to health, resilience, and joy. Through their guidance, they help foster well-rounded, balanced individuals at TIS.

**Callistus Sullo** – I teach sports, exercise, health science, and physical and health education at Tema International School.

**Patron:** the Ghana Red Cross Society Coordinator and TIS Staff RAPA (Relaxation and Physical Activities).

**Why This Role?** As a science teacher and experienced athlete, I aim to support the TIS community by providing basic preventive measures as they physically exercise on campus. I strive to help students and staff maintain a balanced campus life, ultimately achieving excellence in all we do.

**Fun Fact:** I enjoy using "waffling" as a communication style to make listeners think more deeply, a habit inspired by my culture, where elders often speak in parables.

**Hobbies:** I enjoy connecting with others and staying fit by playing sports.

**Fun Fact About My Activity:** "Beauty is a product of being fit and sociable"—reflecting physical health and positive social connections, which radiate warmth and inclusivity.

**Office Location:** Sports Complex, next to the multipurpose indoor court.



**Rachel Sarkwa**—I am a teacher of MYP PHE (Physical and Health Education), PYP PE, Sports and a Hostel Parent.

**Patron:** Patron of Sports, Personal Project supervisor, and award assessor for DoEIA.

**Why This Role?** I love helping students develop their talents and areas of interest. I guide them in setting meaningful goals, tackling real-world challenges, and learning through hands-on experiences.

**Fun Fact:** I keep everyone alert and focused, often bringing humour to the day by describing people in ways that bring a good laugh.

**Hobbies:** Exercising, singing, and dancing.

**Fun Fact About My Activity:** Be ready to learn something new! While having fun, always challenge yourself, think critically, and strive to reach your full potential.

**Office Location:** Sports Complex, Office 2.

**Alex Tay**—I am a Physical Health and Education teacher, sports teacher for PYP and MYP, Hostel Parent, and Boarding Liaison Officer.

**Patron:** Patron for volleyball, squash, and CAS supervisor.

**Why This Role?** I am happiest when I see my students engaging in different physical activities, acquiring valuable skills, and reaching the top.

**Fun Fact:** I welcome everyone into my “camp” with a smile and some funny comments.

**Hobbies:** Listening to music, watching movies, and travelling.

**Fun Fact About My Activity:** During training sessions, I use specific words and gestures that inspire my students, like calling them "nyamanyama boys and girls" or "morogopieces."

**Office Location:** Sports Complex and IT Lab, Einstein Block.



**Takasi Nyande - Patron:** Patron for Squash.

**Why This Role?** My love for squash and passion for sharing my skills and experience drive me to help students balance their lives and gain immense health benefits from the sport.

**Fun Fact:** I am passionate about my goals and always find ways to enjoy the process.

**Hobbies:** Playing squash, watching soccer, and reading.

**Fun Fact About My Activity:** Squash is often seen as an “upper-crust” sport; the *Preppy Handbook* calls it “the game every preppy can play.”

**Office Location:** Einstein Block, first floor.












# TEMA INTERNATIONAL SCHOOL



## SERVICE AS ACTION OPPORTUNITIES

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




**UN Sustainable Development Goals**  
**SUSTAINABLE DEVELOPMENT GOALS**  
 e.g., Zero Hunger, Quality Education, Good Health & Wellbeing, Gender Equality, No Poverty, Clean Water & Sanitation, Life below Water, Climate Action, Reduced Inequalities etc

**NGOs & Organizations**  
 e.g., Children Heart Foundation, Empower Playground, Plastic Punch, Infanta Malaria, UNCHR etc



**Assembly Meeting**  
 eg., Presentation about a Cause



**ASA with Service Components**  
 e.g., Interact Club, Peer Buddies, Insight TV & Photography Club



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




**Student Leadership**  
 Class Representatives



**TIS Record**  
 eg., Article writing for publishing in the school Bulletin



**Peer Tutoring and Peer Buddy System**  
 eg., Article writing for publishing in the School bulletin








# 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 demonstrate 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**



# PACKAGES FOR BIRTHDAYS & VISITING

## Items Allowed

- ✓ **Muffins/Cupcakes**
- ✓ **Finger Foods** (Chicken Pieces, Pizzas, Spring Rolls, Khebabs & Samosas)
- ✓ **Soft Drinks & Fruit Juices**
- ✓ **Non-Alcoholic Wine**

## Not Allowed

- ✗ **Cakes with icing**
- ✗ **Cooked food except those listed above**
- ✗ **Alcoholic Drinks/ Beverages**



**All left over food must be sent home**

- **Visiting Days - Saturdays & Sundays**
- **Visiting Time - 2:00 PM - 5:00 PM**  
(Visits must be booked online, as per the TIS Bulletin)

## **PLEASE NOTE:**

- ➔ Birthday items must be approved by the Hostel Coordinator before they can be delivered on only
  - Fridays, 4:00 PM - 6:00 PM
  - Saturdays & Sundays, 12:00 PM - 5:00 PM
- ➔ All food items will be inspected by a hostel parent and security officers at the hostel gate.
- ➔ All food items not listed will be returned.

For clarification, contact the hostel parent/ security on duty.





# TIS FITNESS GYM

## OPENING HOURS

### MONDAY

STUDENTS		4:30 PM - 5:30 PM
STAFF		5:30 PM - 7:00 PM

### TUESDAY TO FRIDAY

STUDENTS		5:45 AM - 6:30 AM		4:30 PM - 5:30 PM
STAFF		6:30 AM - 7:30 AM		5:30 PM - 7:30 PM

### SATURDAY

STUDENTS		6:00 AM - 7:00 AM	
STAFF		7:00 AM - 9:00 AM	

**PLEASE DONT FORGET TO BRING ALONG YOUR TOWEL**

**GYM INSTRUCTOR: BLESSED**





## **The MYP Core Elements: Personal Project**

The IBMYP Personal Project is a significant, student-driven initiative marking the culmination of the Middle Years Programme (MYP) for students in their final year. It allows students to demonstrate the skills and knowledge acquired throughout the MYP by engaging in a process of inquiry, action, and reflection. The project encourages students to pursue a personal interest or passion, allowing them to explore a topic in-depth and apply their learning creatively and meaningfully.

### **Key Features of the MYP Personal Project:**

#### **1. Personal Interest:**

- Students begin by selecting a topic that genuinely sparks their curiosity or passion. This personal connection is crucial as it drives motivation and sustained engagement throughout the project. By choosing a topic of personal interest, students are more likely to invest time and effort, leading to richer learning experiences and deeper understanding.

#### **2. Learning Goal:**

- Central to the project is the process of personal inquiry, driven by a clear learning goal. This goal serves as a guiding framework for exploration, encouraging a critical and analytical approach. Through inquiry, students learn to ask relevant questions, seek out information, and draw conclusions, fostering independent learning and problem-solving skills. The learning goal focuses on what the student aims to achieve in terms of skills, knowledge, and understanding throughout the Personal Project. It emphasizes the process of learning and development rather than simply completing a final output.

#### **3. Product Goal:**

- Students must create a tangible product or outcome that reflects their learning and exploration of the chosen topic or field. This can take diverse forms, such as a research paper, digital presentation, oral presentation, piece of art, or physical model. The product showcases their skills and understanding, demonstrating their ability to apply knowledge creatively and effectively. By setting clear and achievable learning and product goals, students can focus their efforts and measure their progress throughout the project. These goals serve as a roadmap, helping students navigate the complexities of their inquiry and ensuring a meaningful and rewarding project experience.

#### **4. Final Report:**

- At the end of the project, students produce a final report of no more than 15 pages, assessed by a panel of supervisors within the school and submitted to the IB for moderation. The final report is not just a summary of activities but a reflective and analytical account that demonstrates the student's learning journey and achievements. It allows students to showcase their ability to conduct independent inquiry and effectively communicate their findings.

#### **5. Personal Project Exhibition:**

- Upon completion, students present their projects to an audience through an exhibition attended by peers, teachers, parents, and the wider school community. This exhibition allows students to articulate their learning journey, share insights, and receive feedback. Reflection is a critical component as students evaluate their achievements, identify areas for improvement, and consider the impact of their work on themselves and others.

*The next write-up on the Personal Project will outline the processes that characterise the assessment of the final report before submission to the IB for moderation.*

# Change <sup>the</sup> World Through Critical Thinking

## #Make a Difference







# Tema International School



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

*A family school, a unique experience.*

**Flexible online admission testing is available**

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

<p><b>Grade 7 (MYP 2)</b></p> <p>Students should:</p> <ul style="list-style-type: none"> <li>a) Have completed Primary 6.</li> <li>b) Be aged 11+(at the time of admission).</li> <li>c) Complete a general aptitude test and interview.</li> </ul>	<p><b>Grade 8 (MYP 3)</b></p> <p>Students should:</p> <ul style="list-style-type: none"> <li>a) Have completed JHS 1 or in JHS 2.</li> <li>b) Be aged 13+(at the time of admission).</li> <li>c) Complete a general aptitude test and interview.</li> </ul>
<p><b>Grade 9 (MYP 4)</b></p> <p>Students should:</p> <ul style="list-style-type: none"> <li>a) Have completed Grade 8 or Basic Education Certificate Examination (BECE).</li> <li>b) Be aged 14+(at the time of admission).</li> <li>c) Complete a general aptitude test and interview.</li> </ul>	<p><b>Grade 11 (IB Diploma Programme)</b></p> <p>Students should:</p> <ul style="list-style-type: none"> <li>a) Have successfully completed MYP 5, the IGCSE (Or its equivalent) or awaiting the results of the IGCSE.</li> <li>b) Be aged 16+(at the time of admission).</li> <li>c) Complete a general aptitude test and interview for non IGCSE &amp; GCSE students (i.e. WASSCE, OCR, AQA).</li> </ul>

To learn more scan this.



To enrol scan this.



The online application process can be completed at: <https://tis.openapply.com>  
 For further information contact us on phone:  
 +233 303 305134, +233 303 308737, +233 249 637762 email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)  
 Or come and visit the school (Opp Afariwa Farms, Off Tema-Akosombo Road)  
[www.tis.edu.gh](http://www.tis.edu.gh)

# TIS ADMISSION PROCESS

## KEY QUESTIONS

- ✓ Why does your child want to come to TIS?
- ✓ How will your child take advantage of the TIS experience?
- ✓ As a parent, why are you applying?

## DUE DILIGENCE

- ✓ Go to [tis.openapply.com](https://tis.openapply.com)
- ✓ Familiarise yourself with all aspects of the admissions process, including fees.
- ✓ Is this the right school for your child?

## APPLICATION

- ✓ Go to: <https://tis.openapply.com>
- ✓ Complete an online admissions application and include all required documents.
- ✓ Pay the application fee.

## BOOK A TOUR OF TIS

- ✓ Allow 30-45 minutes for the tour.
- ✓ Be prepared to be surprised when you discover West Africa's best kept secret!

## TEST AND INTERVIEW

- ✓ Your child will have to complete an online test.
- ✓ An online interview will be conducted after the test has been completed.

## APPLICATION DECISION

- ✓ If an admission offer is made, you will have 21 days to accept or decline the offer.
- ✓ Otherwise, you will be informed if your child has been unsuccessful or placed on the waiting list.

## NEED HELP OR IF YOU HAVE MORE QUESTIONS

- ✓ Please email: [admissions@tis.edu.gh](mailto:admissions@tis.edu.gh)
- ✓ Please call: +233 303 305134  
+233 24 963 7762



## HOSTEL CORNER

### Talks on Purity and Personal Hygiene



In TIS, we are intentional about the well-being of our students as a prerequisite of holistic development. Our beloved Founder, Alphonse Ayite Adjavon's, assertion that a sound mind in a sound body culminates in the best management practice. With this ideology in mind, our ladies had a sensational conversation on 'Purity' with Lady Pastor Juliana Akintola.

#### *Enjoy reading students' reflections*



Our recent girls' common room session with Pastor was incredibly meaningful and thought-provoking. She offered a wide range of advice on purity and integrity, framing these values in a way that felt relevant and empowering to my life as a teenager. I appreciated how she encouraged us to reflect on our daily choices regarding our time, our bodies, and the people we are around, and how these choices shape who we become.

She encouraged us to hold ourselves to a standard of personal values and self-respect, reminding us that true integrity involves making choices that reflect our beliefs, even when no one is watching. Her talk highlighted how living with integrity strengthens our

relationships and builds self-respect, allowing us to stay true to ourselves despite whatever is happening around us. After the talk, I found that I had learned a lot about how to live in a way that displays integrity

consistently and felt inspired to carry the principles of integrity and purity into my daily life and decisions. - **Phebe Tweneboah DP 2.**



Last Friday, we were gifted to have Pastor Juliana Akintola as our guest during the girls' common room where we spoke about Purity and Personal Integrity. She taught us the importance of purity and integrity and the consequences of losing. With her own experiences and real-life examples, we could tell that she was the best person to give us this message and shape us for our future endeavours. In a world like today's full of so many temptations, she reminded us why it's so important to uphold our values and virtues. As Auntie Setor would say, "Ladies, put a price tag on yourselves" and Pastor Juliana taught us why we should carry ourselves as priceless gems who will never settle for less.

She opened our eyes to see how even the littlest things we overlook go a long way in changing how people perceive us. All in all, I'm really happy Pastor Akintola took time out of her day to speak to us and I look forward to more girl talks like these which go a long way in building our foundations in preparation for the real world right here within the walls of TIS. -**Mikaila Offei DP 2**

During the last common room, we had a talk from Lady Juliana concerning integrity and purity. She spoke to us about the importance of having integrity as an individual. I learnt that having integrity makes you disciplined because if you can stand by your morals in private, you can do the same in public. In regards to purity, she mentioned that it is free from contamination. She touched on personal hygiene and the kinds of relationships we are forming. She told us that we need to pay critical attention to our internal and external hygiene. This includes the food we eat, the activities we do and the time we sleep. She shared that she doesn't visit the hospital because she takes good care of herself. What touched me was when she shared her experience with pregnancy and relationships and the importance of keeping ourselves until marriage to avoid certain encounters and access others. -**Sedinam Ahlidza DP 1**

You have enough yeast to rise to greater heights than you think you can. This is one of the most important pieces of information I gained through the talk hosted in this week's common room. By choosing the wrong roads, we can end up in a situation that could end our whole future, our dreams, and our dignity with just one small mistake. Even though it sounds scary, being principled can easily avoid it. We should all know our rules and respect ourselves. These are the ways that will help us rise to be who we want to be in the future. - **Ann Gavor DP 1**



I first heard of the upcoming purity talk earlier during the week before it took place. I thought I knew all that revolved around it and what it entails, but little did I know that what I knew was just its base. The talk delivered by the insightful woman of God, really widened my horizon, introducing me to what integrity is and how it



comes into play with purity. The speaker defined integrity as ‘Doing an act without expecting anything in return/or serving with a willing heart’. In addition, she also spoke about how being pure is not only about your mental state but also about your physical state. She justified this by referencing the intake of junk food and how if we take in too much of it we would be affecting our physical state, therefore we must learn to control ourselves and work towards a healthy lifestyle because as ladies we must also learn and try to look good for ourselves. To conclude, I would say that I was very lucky and blessed to be able to witness such a session because I know that it would benefit me especially when it comes to the outside world and allow me to share what I have learnt with others. - **Nana Dokua Ofori-Atta MYP 5**



The talk on purity was very informative and inspiring.

I was able to grasp a few things from it and will apply them to my life. The first thing she said was that we shouldn't be afraid to do something because we are afraid of the reactions of others. In a school setting it's easy to feel as though you have to please everyone around you- from your peers to your teachers. But if you always agree or go along with something against your values simply because you want others to be happy with you, that is not right. Always be ‘your true authentic self’ - if you are doing the right thing, who cares what anybody thinks? - **Angel Asare DP 1**





Last Friday, Boys' Common Room meeting was devoted to personal hygiene. The facilitator for this talk was Mrs Ethel Arthur Yedu, a principal nurse. She touched on various aspects of personal hygiene especially those related to growing teenagers. Please spend some time to read some reflections from the boy who were present.



The recent boys' common room session was insightful, as the facilitator spoke to us about the essentials of personal hygiene. She covered proper handwashing techniques, highlighting their role in preventing illness, and shared tips on caring for our skin to keep it healthy. She also stressed the importance of not sharing combs to avoid spreading head lice or dandruff, and emphasised regular grooming habits, like trimming nails and washing hair. The talk made me more aware of

how everyday hygiene practices can greatly impact our wellbeing and appearance. ~**Kelvin Kasami (Grade 12)**

On Friday, 25 October 2024, the boys had a common room meeting at Einstein, and the special guest was Mrs. Ethel Arthur Yedu. I learned a lot about hygiene and the dos and don'ts related to hygiene, So far, I've included most of the things I learned during the meeting and I plan to make sure that I continuously practise such habits so they will eventually become part of me. ~**Jason Ajei (Grade 11)**





As I entered the hall, I didn't know what to expect because this was my first common room at Einstein with a special guest. Our guest, Mrs. Ethel Arthur Yedu was a very welcoming person. She talked about personal hygiene and how boys can effectively care for our bodies, teeth, hair, etc. It was a very interactive session because a lot of the boys, including me, were asking questions about things that we weren't sure of or things that we didn't know. My takeaway from the common

room was when she told us that we must constantly shave our underarms because they may not be giving out a good smell even if we apply deodorant. In conclusion, I am sure that all of the boys have learnt at least one or two things from the session and we can start using these good habits in our everyday lives for our peers' sake and a healthier lifestyle. ~ **Emmanuel Fokou (Grade 11)**

Last Friday's common room was a great experience and I was able to learn a lot about personal hygiene and how to keep ourselves clean. The nurse giving us the information was very nice and kind and tried to relate with us making the experience more enjoyable. Many questions were asked to people who had concerns or just wanted to clarify something would also give me insight on certain problems some people deal with when it comes to personal hygiene. All in all, the experience was a good one and I wish for more interactive common room meetings like that one. ~ **Eleazer Mantey (Grade 10)**



The presentation that happened at common room was a very educative and fun experience for me. The topic was on how to maintain our personal hygiene, where a very experienced and educated nurse came to talk to us about our skin, our hair, our teeth, our nails, our ears and basically every other part of our body, how to maintain and care for them properly, and the diseases that came with wrong maintenance of it. While this was educative, there were times where small jokes were cracked, which

made the meeting very interactive. This common room was one of the many that I actually enjoyed due to the fact that there were some interesting facts that I didn't know, like how hair lice can not fly or jump, and how serious dandruff actually is. I will definitely use this information and take these care and maintenance practices in consideration. Again, I am very happy and appreciative for what happened during common room. ~ **Joziah Abor (Grade 9)**

On 25 October, I had a special experience during common room. A familiar topic but one which a senior nurse came to speak to us about. She shared information that I hadn't considered before. She kept it



entertaining and informative. She didn't just discuss all the basics: getting daily showers and prompt getting of clean clothes, but also delved into how getting clean in the hygienic sense too makes you feel good about yourself and how it is perceived by others.

Her description of hygiene and its connection with how we are able to focus and do well in school was one point I liked. So, if we don't brush our teeth, wash our hands, that increases your chance of getting sick and you're going to be less ready to learn and you're going to

have a bigger impact on other people around you. I was able to see how hygiene was not as personal a thing as it is but how it affects the whole community. I am thankful our school booked this talk because it's a good chance for all of us to think about something that often slips by the wayside but can affect us in a big way. ~ **Ambrose James (Grade 9)**

After the meeting in the common room, I've been thinking about the importance of basic personal hygiene and how it affects my daily life. Here are some key points I've learned:

**Washing:** Regularly showering helps me feel fresh and clean. It's amazing how much better I feel after a good wash!

**Hand Washing:** I've realised that washing my hands often, especially before meals, keeps me healthy and helps prevent getting sick.

**Teeth Care:** Brushing my teeth twice a day and flossing is super important. It keeps my teeth healthy and my breath fresh, which boosts my confidence.

**Skincare:** A simple routine of washing my face and using moisturiser has made my skin feel better. It's nice to have clear skin.

**Nail Care:** Keeping my nails clean and trimmed makes a big difference. It shows I take care of myself. Overall, these small habits have improved how I feel about myself and helped me stay healthy. Basic hygiene really does matter! ~ **Keshawn Webb-Ammah (Grade 8)**



A senior nurse who had worked as a nurse for around 16 years gave us boys a thorough presentation on personal hygiene in the common room on Friday. The presentation included certain things to avoid and what to do to be a healthy person. This nurse shared her knowledge with us in an efficient and cooperative manner, and she was well-versed in the matters of personal hygiene. She listed basic actions that assist individuals stay clean in addition to specific illnesses and infections. This common room, in my opinion, was

entertaining and educational and could be used in everyone's everyday life. ~ **David Tamakloe (Grade 8)**



After our meeting in the common room on personal hygiene, I've really taken the time to reflect on personal hygiene and its importance. I've learned that taking care of my hair, skin, teeth, and nails not only boosts my confidence but also contributes to my overall health.

**Hair Care:** I realised that keeping my hair clean and well-groomed is essential. Regular washing and using the right products for my hair type can help prevent issues like oiliness or dandruff. I've started paying attention to the ingredients in my shampoos and conditioners, opting for ones that nourish rather than strip my hair.

**Skin Care:** I've come to appreciate the significance of a daily skincare routine. Cleansing my face properly in the morning and before bed helps remove dirt and excess oil. I've also started using moisturiser and sunscreen to protect my skin from damage and keep it hydrated. This small effort has made a noticeable difference in my skin's appearance and texture.

**Teeth Care:** Dental hygiene has always been a priority, but I've learned that it's not just about brushing. Flossing regularly and visiting the dentist for check-ups are crucial. I've also started using mouthwash, which has helped keep my breath fresh and my teeth healthier.

**Nail Care:** I used to overlook my nails, but I now understand that well-groomed nails reflect personal hygiene. Keeping them trimmed and clean helps prevent dirt buildup and looks more presentable. I've even started moisturising my cuticles to keep them healthy.

Overall, these small changes have made a big impact on how I feel about myself. Maintaining personal hygiene is about self-respect and health, and I'm glad I've made it a priority in my life. ~ **Kekeli Agyekum (Grade 7)**

Last Friday, we had a session in the common room with a special guest. A nurse visited our school to



teach us about personal hygiene. Her talk covered aspects of self-care. She explained how to properly wash our feet, the importance of keeping them clean and dry to avoid infections. She also demonstrated the best way to wash our hair to keep our scalp healthy and prevent dandruff. She discussed eye hygiene, sharing tips on keeping our eyes clean and rested.

The session reminded me of how small daily habits contribute to our overall health and well-being. I realised that good hygiene is not just about looking presentable but also about preventing illnesses. The nurse's visit made me think more carefully about my daily routine, and I feel motivated to be more consistent with these practices. ~

**William Kwapong (Grade 7)**

On Friday, we had an enlightening session in the common room at Einstein Hall, led by a principal nurse who emphasised the importance of personal hygiene. She covered key areas, including skin, hair, and dental care, each essential to our health and comfort in shared spaces. One particularly memorable takeaway was the importance of changing our toothbrushes every 2 to 3 months, or after an illness, to maintain oral health. Additionally, she advised us not to share combs to prevent the spread of dandruff, lice, and other scalp conditions. Hearing her explain these practices reminded me of the significance of these small yet impactful habits, which are often overlooked in our daily routines.

Reflecting on her message, I recognise that maintaining good hygiene is more than just a personal habit; it affects the people around us. In a close-knit boarding environment, proper hygiene not only makes us feel better but also impacts how others perceive us. ~ **Sujan Allotey, Grade 11**

On Friday, we had a common room session focused on personal hygiene, which was quite informative and thought-provoking. Although I've been consistent with my hygiene routine, the session highlighted some areas for potential improvement, particularly in skin care and in maintaining an organised personal space. The group setting facilitated an open, mature discussion that normalised discussing these often-overlooked self-care aspects. Gaining a deeper understanding of the science behind specific hygiene practices gave me a new perspective, reinforcing why consistency in these routines is essential. Overall, I found the session valuable and left with a more substantial commitment to refining my habits, recognising that attention to personal hygiene plays a significant role in overall wellbeing and in showing respect for shared environments. ~ **Senanu Ahlidza, G12**

The hygiene session on Friday was very educational. I understood most hygiene practices well, but it encouraged me to look closely at my routine and see if I could improve in any areas. Hearing from my peers helped me realise how important these habits are for me and how I interact with others in shared spaces. The session reinforced my commitment to being consistent with my hygiene. ~ **Vitus Jesse, G12**

Last Friday, our common room meeting, which we usually had, took a different turn when a nurse who



also has sons joined us to discuss the importance of personal hygiene. She emphasised on things like not sharing our combs, ways to treat acne, and how to keep our hair tidy, the most shocking one for me was changing our towels every 2 weeks. Overall, it was a great reminder of how taking care of ourselves and the environment can make a difference. ~ **Kevin Arthur, G10**

Being the first common room I have experienced in the Einstein block, it was truly an exhilarating experience. The topic discussed was personal hygiene, and I realised and gained a new understanding of just how much health and hygiene control our lives. The talk opened a new perspective, giving me more knowledge on why things are done, like skin care, and how certain diseases like typhoid are caused. I'm thankful for the opportunity and glad to have been a part of the discussion. ~ **Micheal Cobblah, G9**

During Friday's common room, we had a talk about upgrading our personal hygiene, which I feel helped me positively by making my personal space clean. I feel like I have been able to embed those words in my life as after that talk my room has been immaculate off-late, first of all, We learnt about how bathing twice a day is a necessity which should be taken seriously another topic we were informed on was the usage of perfume, as using perfume is not equal to taking a bath. During that informative session, I also learned about hair diseases such as lice which can be transmitted through the sharing of combs. I also learnt about some effects of poor hygiene. One of these effects was typhoid, which can be caused if you don't clean your body after visiting the washroom In a nutshell, this session didn't only give me an insight on hygiene, but helped me and those around me improve their lifestyle. ~ **Mohammed Hussein, G8**





Last Friday, we had the opportunity to attend an insightful talk on personal hygiene led by a nurse who had worked for 16 years. The session emphasized the importance of maintaining both physical and mental well-being through consistent hygiene practices. One of the key takeaways from the session was the importance of regular hand hygiene. The head nurse explained that handwashing is one of the simplest yet most effective ways to prevent the spread of infections. She added that

typhoid fever was as a result of people not washing their hands well after going to the washroom and using it to prepare food. She stressed that regular handwashing with soap, particularly before eating and after using the restroom, can significantly reduce this risk. This simple act has a profound impact on public health and personal safety, as it helps prevent the spread of illnesses in both personal and shared environments. The nurse also spoke about the importance of skin care and the role of hydration in maintaining healthy skin and hair. She highlighted that nowadays even boys would want to have a clear skin and a neat hair to look attractive to the girls. Keeping our skin clean and hydrated enhances its protective function. Keeping the hair clean prevents us from getting lice and dandruff. She also stressed on the fact that combs and brushes are not to be shared to reduce illnesses from spreading. The talk was very valuable as it reminded us as boys about how maintaining a personal hygiene helps in maintaining our health.~ **Ebenezer Baiden, G11**

Listening to the presentation on personal hygiene at school was a truly eye-opening experience. It really drove home how important it is to maintain good habits for our health and self-esteem. The way we discussed everyday practices like brushing our teeth, washing our faces, bathing, and smelling nice made me realise just how much these routines can affect our overall well-being. The presenter explained how vital it is to brush our teeth regularly to prevent dental issues. It hit me hard when I thought about how brushing at least twice a day can help us avoid cavities and bad breath. These aren't just health concerns; they can seriously dent our confidence around friends. This insight motivated me to commit to my oral hygiene and even encourage my friends to join me in prioritising it.

Face washing was another topic that really resonated with me. I learned how important it is to cleanse our skin to remove dirt, oil, and sweat, which can lead to breakouts. Taking just a few moments each day to care for my skin can truly boost my confidence and help me feel refreshed throughout the school day. The discussion on bathing also struck a chord with me. The presenter emphasised that bathing regularly doesn't just keep us clean; it also helps us relax and relieve stress. I realised that taking care of our bodies is a way to honour ourselves and truly feel good. Plus, the importance of smelling nice was highlighted, which made me think about how it influences how others perceive us and, more importantly, how we feel about ourselves. I've been reminded to use deodorant and wear clean, fresh clothes. Overall, this presentation inspired me to reflect on my hygiene habits and see their value in my everyday life. I'm motivated to improve and stick to my routines, knowing that these small changes can lead to better



health and increased confidence at school. I'm excited to embrace these good habits consistently and encourage my classmates to do the same, helping to create a positive atmosphere for everyone. ~ **Elikem Amoo, G8**



I entered the session excited to learn about its topic. When I realised it was about personal hygiene, I focused closely, knowing the insights shared could impact my future. By the end, I learned valuable lessons: brushing teeth regularly helps prevent oral illnesses, sharing personal items like combs and towels can spread infections, and avoiding oily skincare products can reduce acne. Acne can occur on the face, neck, back, shoulders, and chest, including black

and whiteheads. In conclusion, personal hygiene is beneficial to the health of our bodies. ~ **Kadmiel Annan, G7.**

The common room session on Friday was quite insightful and highlighted the importance of personal hygiene beyond just looking presentable. I realised there are some areas in my routine I could improve, especially when it comes to skincare and staying organised in shared spaces. It was helpful to discuss these topics openly as a group, which made it easier to understand that everyone faces similar challenges. Learning more about the health benefits of proper hygiene has motivated me to take my routine more seriously. I left feeling more committed to improving these habits for myself and out of respect for those around me. ~ **Elikem Borglah (Grade 10)**

Our session on personal hygiene was beneficial for me. I learned that caring for yourself isn't just about looking good but also about staying healthy and respecting the people around you. Hearing others talk about their routines made me think about things I could do better, like remembering to wash my hands more often and keeping my area neat. The group setting helped me feel more comfortable with these topics, and I left with some good tips to improve my routine. ~ **Anwardeen (Grade 7)**





# COUNSELLORS' CORNER



**Happy New Month, TIS!**

**What a great school year! Dear students, finish well and finish strong!**



## **Finishing Well**

Oftentimes, students begin a new class with a feeling of excitement (often presented as anxiety). However, that initial excitement and momentum can quickly fade when coursework becomes challenging. To help students avoid such hazards, here are some tips to help you maintain focus and finish strong.

- ✓ Reflect on what has gone well for you and continue to practise those skills and behaviours.
- ✓ Are you accessing all of the learning resources available to you?
- ✓ Are you performing your best on assessments?

Click here to read more: <https://www.mheducation.com/highered/blog/2024/06/tips-for-students-to-finish-the-semester-strong.html>

## MYP 4 Lesson on Digital Footprint



Students were introduced to this essential lesson by Micheal Ansah from the Computer Science Department as the facilitator for the lesson.

Once something is posted or shared online, it can be there forever. Understanding your digital footprint helps you choose wisely what you leave online for others to find. Every time you're online, you create a trail of every action you've taken – even with content you've viewed outside social media. Click here to find out more: <https://www.nsw.gov.au/education-and-training/digital-citizenship/healthy-online-habits/digital-footprint#:~:>



## Facilitator, Micheal Ansah, taking students through the lesson on Digital Footprint which is helpful for the 21st Century Learner



### Enjoy Reading Students' Reflections

In my guidance class, we learned about what a digital footprint is and its advantages and disadvantages by Sir. Micheal. To begin with, I learned that digital footprints are the pieces of information we leave online that can be used to track our whereabouts and get information about us. We leave digital information when we:

- ✓ Do online shopping
- ✓ Visit Websites
- ✓ Subscribe to various contents, etc.

Secondly, I also learned some of the benefits of digital footprints, such as:

- ✓ Helps prevent identity theft.
- ✓ Helps universities select the most suitable candidates

- ✓ Helps businesses to choose the most suitable candidates for employment.

I also learned that we must be mindful of whatever we do online because the internet never forgets, even if you delete your information, it is always stored somewhere online. **Eric Kwakye, MYP 4**

I learnt that whatever activity I do on the internet can affect my digital reputation. It affects my digital reputation and future opportunities like getting into a school, getting a job, etc. Overall, this class helped me learn the importance of being responsible online.

**Jamal Mustapha, MYP 4**

### ***Christmas Countdown: Sorry, we are closed for Christmas.***

To our lovely parents and students, the indefatigable Uniguides will be closed for Christmas holidays. Applying the early bird's approach, to all our university applications is the best way to go, as mentioned in all our interactions and meetings. For financial aid and more, all applications must be submitted before we go home for the vacation. Thank you!







## 2024-2025 TEST DATES



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

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

*Nov.2 SAT test takers please see Aunty Portia for assistance*

### DIGITAL SAT TEST DATES 2024/2025

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
Aug. 24, 2024	Aug 4, 2024
Oct. 5, 2024	Sept 15, 2024
Nov. 2, 2024	Oct 13, 2024
Mar 8, 2025	Feb 16, 2025
May 3, 2025	April 13, 2025



Online payment only with Visa/credit card **NEW**;  
**ACCEPTABLE IDs ARE THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD),**  
<https://collegereadiness.collegeboard.org/sat/register/international/policies>

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



**2024/2025 TEST DATES (COMPUTER-BASED TESTING ONLY!)**

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



**TEST DATES 2024/2025 (COMPUTER-BASED TESTING ONLY!)**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE
Sept 14, 2024	Aug 11, 2024
Oct 26, 2024	Sept 22, 2024
April 5, 2025	March 2 2025
June 14 2025	May 11 2025

**Congratulations ACT Test Takers!**



Click: <https://global.act.org/content/global/en/products-and-services/the-act-non-us/registration.html> **\*to complete registration, payment must be made online in full with a credit card.**



# Change <sup>the</sup> World Through Respect

## #Make a Difference



## How Your Teenager Can Manage Distractions

It's entirely normal for teens to get distracted from studying from time to time, especially during stressful exam periods or when they're struggling to understand the work. Plus, the transition to digital school work and having the internet right at our fingertips means that it's never been easier to be distracted.

Avoiding doing work or study is a widespread response to feeling overwhelmed and stressed, but while leaning into a bit of self-care to get through high-stress study periods is one thing, you don't want your teen perfecting the art of procrastination because it'll come back to bite them during exam time.

If your teenager is struggling to balance study with school work, social media and other daily distractions, there are ways you can help them help themselves.

### Set time aside for fun

After spending hours studying and working, it's to be expected that your teen might be feeling exhausted or stressed. While they may already have a study plan, please encourage them to have a fun plan, too. If they have a specific time set aside for relaxing, social media or gaming, they'll have less desire to distract themselves while working.

### Take regular minibreaks

Suggest that they work in chunks of time – say, 20 minutes – then take a few minutes to get a drink, stretch and walk around. This will keep their energy, maintain their concentration and make their study more manageable. You might watch how they're going by having a cup of tea and a quick chat with them during one of these scheduled mini-breaks.

### Block screen alerts

Encourage them to block the alerts if they're working on a tablet or computer linked to their messages or social media. When they're concentrating, a message alert pinging up will distract them and break their train of thought. They can go for it in their non-study time and catch up on social media.

### Agree on 'phone free' zones

Talk about areas of the house that can become temporary phone-free zones, such as where they study and where everyone eats together. Encourage the whole family to play a role in making it happen.

### Create a space they can concentrate in

This is especially important if your teen has to study in a common area with plenty of distractions, like the living room or kitchen. Being around a lot of noise and activity can significantly disrupt their study routine. Creating a space primarily dedicated to their study hours will help them focus and concentrate.



If you're unable to create a dedicated space, try to create a quiet environment where they're studying. Keep the TV turned down or off and avoid having lengthy conversations around them. If you have other kids, ask them to keep the noise down, so their sibling doesn't get distracted. Some people work best with silence, others with a hum of background noise or music. See what works for them.

### **Minimise interruptions**

While they're studying, don't let anyone disturb them; leave it until they're having a break. Did you know that it takes most people around 20 minutes to get back on track with study after an interruption?

### **Monitor their sleep**

Lack of sleep makes you lose focus, so it's easier to procrastinate or get distracted when you're tired. [Here's how you can help them get better sleep](#). On the flip side, if your teen is studying from home, there may be a temptation to hit snooze on the alarm and lay around all day. Explain the importance of maintaining a routine like this, including when they wake up and go to bed. [They can learn more sleep routine tips here](#).

### **Eat healthy, regular meals and snacks**

Being hungry causes energy levels to drop and makes it hard to concentrate, so encourage your teen to eat proper meals and healthy energy snacks such as nuts. [Help them out by using these handy tips when cooking them food](#). Sharing a meal with your teen is a good chance to check in on how their study is going. Even a break for a quick lunch before heading back to the books gives you a chance to ask how they're feeling and support their wellbeing.

### **Cut the caffeine**

Encourage them to drink lots of tap water; being hydrated will help them concentrate. Long days at the desk may make them keen for coffee (and lots of it!). Remind them that [too much of a good thing can be bad](#), and suggest alternatives: Herbal teas are an excellent calming substitute.

Exams, expectations and study loads can make your teenager stressed and easily distracted. Trying even a few of these tips can help you support them to manage teenage distractions, keep calm during exam periods and [study more efficiently](#), which reduces their overall stress and improves their wellbeing.

Source: [https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-exam-stress/how-your-teen-can-manage-distractions?utm\\_medium=email&utm\\_campaign=MKTG%20231004\\_Schools\\_Exams\\_MZ&utm\\_content=MKTG%20231004\\_Schools\\_Exams\\_MZ+CID\\_6298b5ffa7f6c0adf6f60f87fe36a51&utm\\_source=ROemailCM&utm\\_term=Share%20with%20parents](https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-exam-stress/how-your-teen-can-manage-distractions?utm_medium=email&utm_campaign=MKTG%20231004_Schools_Exams_MZ&utm_content=MKTG%20231004_Schools_Exams_MZ+CID_6298b5ffa7f6c0adf6f60f87fe36a51&utm_source=ROemailCM&utm_term=Share%20with%20parents)

# 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.”**





