



ISPS Weekly Newsletter

Volume 17, Issue 18: Friday 14 January, 2011

Mission

ISPS develops independent learners who strive for academic excellence, pursue their unique potential and meet challenges with confidence and integrity as they prepare for global citizenship.

Vision

A collaborative community creating a vibrant environment that enriches character, while inspiring a passion for learning and personal excellence.

From the Director

Dear Parents,

The second session of After School Activities began on Monday. If you missed the first week it is not too late to sign up for an activity. This session runs until March 25th.

Twelve high school students were inducted into the National Honor Society (NHS) on Wednesday evening. Students in the Society pledge to abide by four ideals: Scholarship, Service, Leadership and Character. This is the tenth year ISPS has had a National Honor Society and, on behalf of our school community, I congratulate our newest members.

Semester final examinations for high school students take place January 19-21. A schedule for the exams can be found in this newsletter. Please assist your children by making sure they get plenty of rest and study regularly. Your active interest in their education will enhance their learning.

Progress reports for elementary students will be sent home on January 21st. Middle school students will receive their second quarter reports on January 27th and high school reports will follow on January 31st.

There will be a meeting for parents new to our school on January 21st. The meeting is hosted by the PTO and school staff to provide additional information about our school and programs. We also invite room parents to this meeting so they can become acquainted with new families.

We will hold a school-wide **Sports' Day on January 28th**. This is a great opportunity for our students to come together as a community for fun and camaraderie. Further details will be provided in next week's newsletter and parents are invited to participate as spectators.

The **University of Guelph, Canada** will be visiting ISPS on **Thursday February 3rd at 2:30pm**. Although the visit is most applicable to high school juniors and seniors, all interested persons are invited to attend.

I again wish to remind parents to use seat belts and child restraint chairs in their vehicles to ensure your and your children's safety. One of our staff members was involved in a seven car crash on his way to work earlier this week. Happily, he is OK, though his vehicle is severely damaged. In most likelihood, his life was saved by a seatbelt. Had there been children in the back seat they would certainly have needed seatbelts or would have been seriously injured or worse. Please, buckle up- it could be your child's life that is saved!

Have a good weekend.

Eric Larson

Dates for your Diary:

Jan. 19	MS Recital
19-21	HS Semester Exams: 21 ES Progress Reports
21	New Family Orientation
21	ES Progress Reports
27	MS Q2 Report Cards
28	School Sports Day
31	HS Q2 Report Cards
Feb. 2	HS "Shakespeare Where..." skits
9	MS Parent-Teacher Conference
11	No School (Teachers' PD)
14-17	ES MAP Testing
18	HS Parent-Teacher Conference
23-27	CAISSA - ISPS

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Welcome

The following families joined ISPS this week:



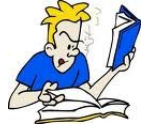
Tovar family:
Diego (PK);
Jose (2); Alberto (6)



Charles family:
Cherise Charles (6)

High School Semester Exams

The purpose of the semester exams is to monitor student learning over the first half of the year. They are just one of the measures used in high school to evaluate student progress. Other measures include, projects, performance tasks, quizzes, tests, homework and in-class assignments. The semester exams count for at most 20% of the overall semester grade – so they are not the “be all and end all” of assessment here at ISPS. However, they are important enough to study for and take seriously.



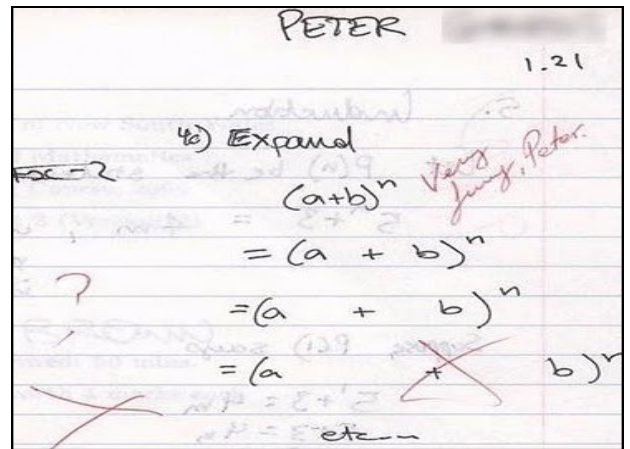
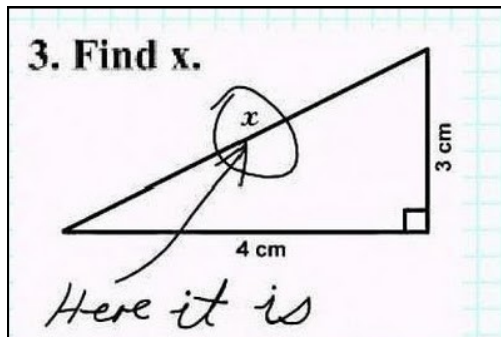
	Wednesday 19th Jan	Thursday 20th Jan	Friday 21st Jan
Exam 1 8:00-9:30	English All English courses	Language All Spanish and French courses	Math 1 Alg 1, Alg 2, AP Stat, AP Calc, Stat Intro
Exam 2 10:00-11:30	Science 1 Bio, Physics, AP Chem, Env Sci.	S.St. 1 MWH, AP Euro History, AP Human Geog	Math 2 Geo, PreCalc
Exam 3 12:45-2:15	Science 2 Phys Sci, Chem, AP Phys, AP Bio	S.St. 2 AWH, AP Psych, US Hist	Economics, AP Econ

Students have been asked to study the exam schedule carefully and to sort out any clashes with the teachers involved.

There will be some special arrangements for examinations. Please take note of the following:

- All students must attend homeroom at 7:30am. Those students who have exams later in the day will be accommodated in study rooms.
- Students will be allowed to leave school after their last exam for the day so long as they have made suitable transportation arrangements. For example, a student who does not have walking privileges will not be allowed to walk off the compound. A note, email or phone call to the high school office would be most appreciated if students are making different arrangements to get home.
- Each exam is 90 minutes long. Students will not be allowed to leave the exam room until the 90 minutes has elapsed. Students will be encouraged to take a book or (unrelated) work into the exam room in case they finish early.

Not Studying
Result of



COMMUNITY NOTICE BOARD



**F
O
U
N
D**



Please ask for them
at the Front Desk



Dear Parents,

Tobago Dive Experience invites you to join your kids SCUBA DIVING. An intensive Open Water Certification programme is being offered January - February 2011. After just 2 weeks become Open Water Certified and join your kids on dives.

The cost of this is TT\$3,050 per person and includes:

- ◊ the training material;
- ◊ all classroom tuition provided by the PADI Instructors;
- ◊ training in the pool;
- ◊ four (4) open water dives;
- ◊ equipment rental for the pool sessions and four (4) open water dives;
- ◊ VAT;
- ◊ cost of certification.

For those certified parents who have not been diving for some time and would like to take the plunge with their kids, we will do a Scuba

Carnival 2011 Logo design competition



**DEADLINE FOR SUBMISSION
MONDAY 31ST OF JANUARY**

The artist who creates the 2011 logo will receive:

- 2 Free T shirts!
- The pleasure of seeing your design mass produced and worn by the ISPS community
- Designer credit on the school's website

DESIGNS SHOULD BE DONE ON LETTER SIZE PAPER

Judging Categories:

- Visual Impact
- Originality
- Relevance to Carnival Theme

Please submit all entries to the Middle School Office

Review. The cost of this is TT\$750 and includes all tuition, equipment rental, one dive and VAT.

Exact dates will be advised shortly. In the meantime, please feel free to contact me on:

Mobile - 868 789 6538

E-mail - tobagodiveexperience@hotmail.com

Or please contact Ms. Lankenau at ISPS.

N. Vidya Dowlath

Director, Tobago Dive Experience and World of Watersports



Nurse's Notes

Hello Everyone,

This week there were a few students with nausea and sometimes vomiting. Generally there was a decrease in illness. This is good since the students miss a lot of school time when they are ill.

I would like to remind you to read the labels in the snacks you purchase for your children. Most have some form of msg (mono-sodium glutamate) and some form of sugar.

Too much salt and sugar is not generally good for any of us but they are included to preserve most of the packaged snacks. The amount could surprise you. Start checking out the labels and you will learn a lot about what we eat.



Have a good weekend.

Vanda Gomes R.N. R.M.
School Nurse

Did You Know?

Your Body Has A Built-In Stress Reliever



There are plenty of ways to relieve stress — exercise, a long soak in a hot bath, or even a massage. But believe it or not, something you're doing right now, probably without even thinking about it, is a proven stress reliever: breathing.

As it turns out, deep breathing is not only relaxing, it's been scientifically proven to affect the heart, the brain, digestion, the immune system.

To find out more visit:

<http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever?sc=emaf>

WATCH THIS SPACE!

For information on

ISPS 2011

Sports Day



Bon Voyage

The following families recently left ISPS:

Loquan family: Evan Loquan (11)

Sanchez family: Jose Sanchez (6)



Dates for your Diary:					
		21	ES Progress Reports	Feb. 2	HS "Shakespeare Where..." skits
Jan. 19	MS Recital	27	MS Q2 Report Cards	9	MS Parent-Teacher Conference
19-21	HS Semester Exams	28	School Sports Day		
21	New Family Orientation	31	HS Q2 Report Cards	11	No School (Teachers' PD)

Cafeteria Menu: January 17 - 21, 2010

Everyday there will be a set menu at a fixed cost (Table d'hôte) and some days may have an À la carte menu where items are priced individually (À la Carte)

MONDAY 17 TH	CHICKEN TERRYAKI SUBS, BEEF SUBS, MEATBALL SUBS, VEGETABLE SUBS, FRENCH FRIES, TOPPING, SALAD BAR, FRESH RUIT JUICE (A LA CARTE) BEEF PELAU, CUCUMBER SALAD, FRESH FRUIT JUICE (TABLE 'D' HOTE)
TUESDAY 18 TH	PASTA DELIGHT, CHICKEN LO MEIN, PASTA ALFREDO, PASTA WITH FRESH TOMATO SAUCE, CHEESE BREAD, MIXED SALAD, FRESH FRUIT JUICE
WEDNESDAY 19 TH	CHEESE PIZZAS, VEGETABLE PIZZAS, MEAT PIZZAS, FRENCH FRIES, GARDEN SALAD, FRESH FRUIT JUICE
THURSDAY 20 TH	OVEN FRIED CHICKEN, PORK IN APPLE SAUCE, MACARONI CHEESE, BEANS IN TOMATO SAUCE, FRESH FRUIT JUICE
FRIDAY 21 ST	CURRIED BEEF, CURRIED CHICKEN, DHAL PURI, BUSS UP SHUT, CURRY POTATO AND CHANNA, MASSALA MANGO, FRESH FRUIT SALAD, FRESH FRUIT JUICE.

Prices for Lunch: VAT INCLUSIVE (Table d'hôte)- Fixed Menu

Small: \$23.00 Large: \$28.75

Prices for (A la Carte Menu) : VAT INCLUSIVE

Beef Sub: \$16.10(sm)/\$19.55(m) Chicken Sub: \$14.95(sm)/\$17.25(m) Meatball Sub: \$16.10(sm)/\$19.55(m)
Bake & Shark: \$20.00 French Fries: \$9.20 Regular Juices: Small \$4.60 Large: \$9.20

Note: Vegetarian meals are available upon request. Students & Staff who suffer from allergies or have dietary requirements, please let the café know in advance so that they can try to facilitate you.

Other Available Items: Sandwiches, Fresh Fruit Juices, Milk Drinks, Pre-packed Juices, Cut Fruits, Freshly Baked Pastries & Snack Items

Freshly baked bread will be on sale in the café every Friday afternoon