



ISPS Weekly Newsletter

Volume 17, Issue 37: Friday 3rd June, 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,

Five for Five! We are trying a new parent survey format this year which has only five questions and should not take more than five minutes to complete (5 for 5). Please click on this link to complete the survey.: <https://www.surveymonkey.com/s/5for5survey>. Tell us what you think so we can continue to improve.

Are you leaving Trinidad and Tobago? Pam Hyndman, Louis Moore and I will hold a **coffee morning for leaving parents on Tuesday, June 7th at 7:30 AM** in the cafeteria to discuss common reactions to a move and how you can help your children through the transition. We will also talk about the benefits, and difficulties, of a global lifestyle. The meeting will be an open forum and you will be encouraged to share your experiences.

There are just two weeks of school left in the 2010- 11 school year! Next week will be busy with a **Sports Award Ceremony** for ISPS athletes and families on Wednesday from 6-8:30 in the gym. This is always a special event when students and parents relive the positive experiences they have

shared during the year.

Next Thursday, Friday and Saturday, our high school thespians will perform **Godspell!** All of the shows begin at 6:30 PM in the theater and you do not want to miss it. We look forward to sharing an enjoyable evening with you to delight in the creative talents of our high school students.

Remember that the PTO is sponsoring a **Garage Sale tomorrow from 8:00-1:00**. Come by for some bargains!

In the next couple of weeks, I encourage you to talk about the school year with your children. A good way to do this might be to browse through the yearbook together- remembering friends, fun times and all of the learning that has taken place. Your active, positive interest in your children's school life makes a big difference in their attitude toward learning and their success in school.

Have a good weekend.

Eric Larson

Dates for your Diary:

- June 4 PTO Garage Sale: 8am-1pm**
- 4 Prom: Cirque du Soleil, \$150.00: 6:30-10pm, Pier 1
- 7 Departing Families Coffee Morning @ 7:30am
- 7 Grade 8 World Food Project
- 8 Sports Award Ceremony: Gym, 6-8:30pm
- 9-10 Spring Musical : Godspell, 6:30pm, \$20
- 10 Senior Walk: 10:55am**
- 15 Grade 5 Transition Ceremony: 8am
- 16 Kindergarten Transition Ceremony: 8am
- 16 ASA ends

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Coffee Morning

To Parents who will be leaving us...

You are invited to a Coffee Morning to discuss your child's transition as you move to your new home.

Hosted by: Mr. Larson, Ms. Hyndman & Mr. Moore

When: **Tuesday 7th June at 7:30am**

Where: **ISPS cafeteria**

PTO GARAGE SALE



**June 4
8am - 1pm**



June 3, 2011

Volume 8, Issue 18

Dear Parents,

One wonders where does the time goes especially when you are having fun learning and teaching. Before you know it the year begins to wind down. This time of year is always very emotional for many of us as members of our community move on to new countries, new schools and new friends. A bittersweet time where the sadness covers us, yet the beautiful memories at ISPS lingers for some time.

We do have three of our Elementary teachers who will leave our shores and venture to far away countries, they will be sorely missed! Ms. Marjorie Mora (Spanish) will move to England, Ms. Claudelle Lewis (Grade 5) will journey to Angola, and Mr. Charles Rota (Technology) to his home in the USA. This year was filled with many events, and the people within our school are all so different and rich with experiences. We have been grateful for all their contributions.

We hope you have enjoyed both the music festival and art exhibition that took place last week. You must have been impressed with our talent! Thank you to Ms. Daniel, Ms. Bally, Ms. Ledgerwood, Ms. Carter, and Ms. Schuler for preparing the students for both the art and the music events.

All early morning reading and math programs end on June 9th.

On behalf of the elementary school, I take this opportunity to sincerely thank my staff, parents and students for a successful year.!

Have a safe and fun holiday!

School resumes on August 22, 2011.

Regards,
Suzette Julien



Summer Camp 2011

A whole lot of fun under the sun!

Check out the website: www.isps.edu.tt

Click on *School Life*

then click on

Summer Camp!

Forms at the front office

Contact Ms. Julien at 632-4591 ext.123 or sjulien@isps.edu.tt

Sports, Arts & Craft

Class Placement

At the end of each year, there is considerable discussion about placing children in classes for the next school year. This is a matter we do not take lightly at our school, and the staff and I spend time discussing the placement of each child. We know it is important to have well-balanced classes in which all children will have the opportunity to learn and to grow in their academic and social skills.

It is not necessary for parents to individualize their concerns or make requests for specific teachers. There are procedures and guidelines that govern the manner in which students are placed.

When classes are structured, we follow a clear set of guidelines. Classes are formed into deliberate heterogeneous groups with the following in mind:

- an even boy-girl balance (when possible)
- a full range of aptitudes within each class
- diverse abilities and learning styles across the classes at each grade level.
- an equal number of pupils in each class on a grade level
- an even proportion of children with English language proficiency

Once these factors have been considered, teachers begin to build a class of children who show promise of working well together. At this point, attempts are made to match students and teacher personalities and styles.

While we welcome your input about your child's individual learning needs, we trust that you understand that your comments constitute just one of the many factors that we consider in forming classes. The final decision in class placements resides with the school.

MAY/JUNE CALENDAR

June

3— MAP scores sent home

15—Grade 5 Transition

16— KG Transition/Class Parties

17—Last day (11:30am dismissal)

COMMUNITY BULLETIN BOARD

After School Activities
Ends
JUNE 16

Summer Camp 2011

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godspell
they say... god is a trini

music & lyrics by stephen schwartz
june 9th & 10th 2011
showtime 6:30 pm - tickets \$20
the international school of port of spain



Nurse's Notes...

Hello Everyone,

The following excerpt on the possible link between MSG and weight gain is taken from the American Journal of Clinical Nutrition, June 2011:

The flavor enhancer monosodium glutamate (MSG) may be enhancing waistlines a new study finds. MSG is considered safe, but some people complain of headaches, nausea and other bad reactions it. Researchers found that people who eat more MSG are more likely to be overweight or obese. And the increased risk wasn't simply because people were stuffing themselves with MSG-rich foods. The link between high MSG intake and being overweight held even after accounting for the total number of calories people ate.

MSG is one of the world's most widely used food additives. Americans manage to get their share in processed foods, from chips to canned soups, even when it's not labeled as such.

Why MSG and weight gain may be linked isn't clear but it may have something to do with the hormone leptin, which regulates appetite and metabolism. People who consumed more MSG produced more leptin. MSG consumption may cause leptin resistance so that the body cannot properly process the energy it receives from food. That could explain why people who ate more MSG gained weight regardless of how many calories they consumed.

Please continue to monitor your children's intake of salty snacks and canned foods.

Have a safe and healthy weekend.

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

Dates for your Diary:	7 Departing Families Coffee Morning @ 7:30am	9-10 Spring Musical: <i>Godspell</i> , 6:30pm, \$20
June 4 PTO Garage Sale: 8am-1pm	7 Grade 8 World Food Project	10 Senior Walk: 10:55am
4 Prom: Cirque du Soleil, \$150.00: 6:30-10pm, Pier 1	8 Sports Award Ceremony: <i>Gym</i> , 6-8:30pm	15 Grade 5 Transition Ceremony: 8am

Cafeteria Menu: June 6-10, 2011

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

MONDAY 6 TH	BARBECUE BEEF SUBS, CHICKEN TERRIYAKI SUBS, MEATBALL SUBS, FRENCH FRIES, SALAD BAR, TOPPINGS, FRESH FRUIT JUICE (A LA CARTE) CHICKEN PELAU, COLESLAW, FRESH FRUIT JUICE (TABLE 'D'HOTE)
TUESDAY 7 TH	CHICKEN NUGGETS, FISH NUGGETS, MACARONI CHEESE, BAKED BEANS, MIXED SALAD, FRESH FRUIT JUICE
WEDNESDAY 8 TH	BEEF LASAGNE, VEGETABLE LASAGNE, SAUTEED VEGETABLES, GARLIC BREAD, CAESAR SALAD, FRESH FRUIT JUICE
THURSDAY 9 TH	CHARSU PORK, SEASAME CHICKEN, SWEET AND SOUR FISH, FRIED RICE, NOODLES, CHUNKY VEGETABLES, CHINOISE SALAD, FRESH FRUIT JUICE
FRIDAY 10 TH	BEEF BURRITOS, CHICKEN BURRITOS, VEGETABLE BURRITOS, GUACAMOLE, RICE, REFRIED BEANS, CHEESE SAUCE, SALASA, SOUR CREAM, CORN, SALAD BAR (A LA CARTE) OXTAIL SOUP, BREAD ROLLS, FRESH FRUIT JUICE (TABLE 'D' HOTE)

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