ISPS WEEKLY NEWSLETTER

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DATES FOR YOUR DIARY

October

6	G6 English Field Trip - Pitch Lake: 8 am - 2:30 pm
7	SATs: 7:30 am - 2:00 pm
10	MAP Orientation for Parents: 7:30 - 8:30 am, Cafeteria
10	Blood Bank: 8 am - 3pm, Theatre
11	PSATs: 7:30 am-2:00 pm, ISPS Gym
12	Kindergarten Field Trip: Radica's Pottery, Freeport: 8 am - 12 noon
13	**First Peoples Day (National Holiday)**

MISSION

ISPS is a vibrant learning community dedicated to developing passionate learners who strive for excellence and pursue their unique potential. We encourage resilience, innovation and collaboration, preparing students to act with confidence and integrity as caring global citizens.

VISION

Inspiring thinkers and doers to shape a better world.

MOTTO

Difference Makers, Future Shapers

ISPS Contact #: 633-4777

FROM THE DIRECTOR

Dear Parents,

It has been very busy here at ISPS and I would like to thank the PTO and ISPS Dads for a **GREAT** Welcome Back BBQ. Attendance was great, the food was great and everyone I spoke to said they had a great time.

We used the event to kick off our School Spirit House Challenge Cup and asked students to sign in for their House. Results after Friday night are:

Caroni in 1st	52 points
Mayaro in 2nd	44 points
Maraval in 3rd	43 points
Nariva in 4th	38 points

We will continue this challenge through this school year and we look forward to many activities where kids can show their ISPS Spirit. Thank you to the PTO for getting a great big trophy which is displayed in Front Office.

In addition, on Wednesday Houses met to begin the planning of projects that will be adopted and developed by each House this year. The projects will center around the theme for International Week this year which will be Responsible Consumption and Production (which is Goal #12 in the UN Sustainable Goals). You will be hearing more about this as we get closer to our International Week celebration International Week will beheld at ISPS from October 30th to November 3rd. You can see the theme days in the information in this newsletter.

You might want to take the October break to gather materials for the International Food Fair which will be held on November 3rd.

Last evening, the PTO held a successful Special Election. There were 5 candidates for three Parent Director positions. We welcome Robert Hadad, Jennifer Loughridge, and Adrienne D'arcy to the Board of Directors and we look forward to the many contributions they will be making.

This week, all students and staff had yearbook photos taken. Class photos and individual photos were taken. Thank you to Donna Clarke and the yearbook club for organizing this event. If your son/ daughter missed the photos, make-up photos will be taken in January.

Health Week also took place this week and there were a number of activities throughout the week which were related to this topic. Many thanks to Teleshia Joseph and the PE Department for organizing guest speakers and presenters.

A reminder that next week is a short week with First People's Day on Friday.

There is a MAP Testing Orientation for ES and MS Parents Tuesday October 10thfrom 7:30 to 8:30 am in the Cafeteria.

Enjoy the weekend.

J. Barney Latham
Director

First People's Day
October 13, 2017 (NO SCHOOL)

ISPS PTO NEWSLETTER

LETTER FROM THE PRESIDENT

Dear Parents,

The International School of Port of Spain Parent Teachers Organization (PTO) would like to welcome all returning and new families, as well as staff and administrators, to our 24th year at ISPS. We are really excited about the upcoming school year and look forward to providing our community with some exciting supplemental events this coming school year.

For those of you who are unfamiliar with us, we are a volunteer organization made up of parents, teachers, administrators and support staff who are all dedicated to the successful education of our children. The ISPS PTO works hard to help make the school year both enjoyable and exciting for students, teachers, and parents.

Your PTO Board for the 2017 school year is as follows:

President	Rosie Ramsingh-Ramroop
First Vice President	Kathryn Hadad
Second Vice President	Elizabeth Aleong
Treasurer	Catherine Ollivierre
Secretary	Michelle Brown

The focus of the PTO this year is to build ISPS School Spirit. We are a voluntary organization and we can only achieve our goals through the combined efforts of our parents, staff and administrators. We are looking forward to meeting all of our families and inviting you to participate in all of our activities planned for this year. Everything we do is based on volunteers and we are always looking for any persons wanting to help us build our school spirit. If you are able to offer any of your time please come join us!

Our Standing Committees that are aiding us in our "Getting to Know You" drive are as follows:

Cultural Committee Chair	Genevieve Jodhan
Communication Secretary Chair	Andrea CHW
Hispanic Chair	Minou Montano

Our Group meets once a month to discuss events and share ideas. These meeting will be published in the schools newsletter and the PTO's Page. This is a wonderful way to find out what is happening at our school from the PTO's perspective. If you have any questions, would like to contact me with any ideas, or would like to volunteer, please email me at ispspto@isps.edu.tt

We look forward to getting to know you!

PTO HOUSE POINTS COMPETITION

The PTO Welcome Back BBQ saw the launch of our School Spirit House Challenge Cup and asked students to sign in for their House.

Results after Friday night are:

Caroni in 1st	52 points
Mayaro in 2nd	44 points
Maraval in 3rd	43 points
Nariva in 4th	38 points

ISPS PTO — WELCOME BACK BBQ

PTO SPECIAL Meeting (2017-2018)

Thanks to all the parents and staff for taking the time to attend the PTO Special Meeting on Wednesday.

The election results are as follows:

Robert Hadad

Jennifer Loughridge

Adrienne D'Arcy

your voice counts

THANKS FOR VOTING

INTERNATIONAL WEEK OCTOBER 30TH –NOVEMBER 3RD

17 Goals to Transform the World

This Year at ISPS We Highlight Goal 12

Each year, around October 24th, United Nations Day, the International School of Port of Spain celebrates "International Week". The school welcomes the opportunity to honor the diversity of our community with special events that highlight the work of the United Nations. Due to the school break this October (School Closed Oct 13th–20TH), this year at ISPS, October 30th to November 3rd has been declared "International Week".

The Sustainable Development Goals (SDG), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

Here at ISPS, The UN, and the SDG , an in particular Goal 12, will be highlighted at the Parade of Nations Assembly during our International Week celebrations on Monday October 30th at 1:00 pm in the School's gymnasium. The school is using this week to show our support of this global initiative and to encourage everyone in the community to become involved:

How do we do this? What can we do? And how do we sustain what we do? This week at school our teacher and students have been brainstorming ideas on what can we do. It was decided that we will be working in houses to initiate year long projects that will demonstrate our commitment to this Goal. Please look out for further details on this, or ask your child what ideas they have been involved in in how ISPS is supporting this initiative!

In addition for our "International Week", our students, our staff and our community are invited to join us in making a statement by adopting our dress themes for that week. We all look forward to the Parade of ISPS Nations Assembly, and all of our parents and guardians are invited to attend. "National Dress" is the theme wear for that day. We will be inviting representatives from the Diplomatic Missions in Trinidad.

"The situation the Earth is in today has been created by unmindful production and unmindful consumption. We "consume to forget our worries and our anxieties. Tranquilising ourselves with over-consumption is not the way"

Thich Nhat Hanh

Do not miss the culminating event, The International Food Festival (IFF), spear-headed by our hard working PTO. We thank our parents who have stepped forward to coordinate a booth, assist with decorating and helping in many other ways to highlight our diverse community. This event will be held on Friday November 3rd, from 6:00pm - 9:00pm. It promises to be once again, an event to remember!

"Be a global citizen. Act with passion and compassion. Help us make this world safer and more sustainable today and for the generations that will follow us. That is our moral responsibility."

UN Secretary-General Ban-Ki Moon

Dress Code for International Week

International Week: Oct 30th—3rd | International Food Festival: Nov 3rd

NOTE: **Mon – Fri "Full National Dress" of a country may be worn any day all week.**
This may be one's own birthplace, a parent's, a place visited, etc.
However, "bits and pieces" of national dress may not be worn separately.

MON Oct 30th: **Parade of Nations & Flag Ceremony**
Full National Dress… or ISPS school uniform.

TUES Oct 31: **Halloween around the World (Orange and Black)**

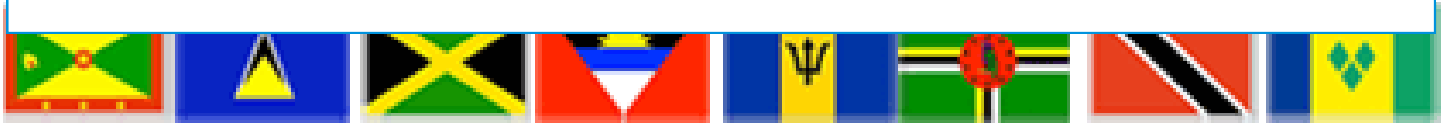
WED Nov 1st: **House Day—Wear Your House T-Shirt**

THURS Nov 2nd: **Divali Day**
East Indian Dress, National Dress or ISPS uniform.

FRI Nov 3rd: **International Food Festival/ Member State T-Shirt Day**

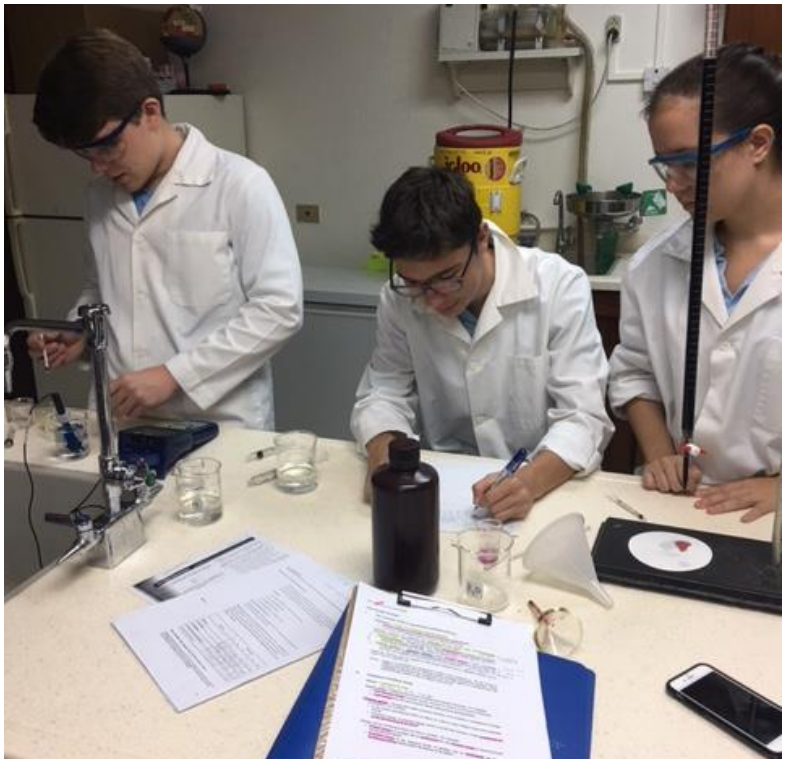
We have not inherited this earth from our parents to do with it what we will. We have borrowed it from our children and we must be careful to use it in their interests as well as our own.
— Moses Henry "Moss" Cass

UN Member State T-Shirt: T-Shirt must have the name of a UN Member. State country or the flag of one of the Member States.
Full National Dress or the ISPS uniform may be worn as well.



LATE START WEDNESDAYS

ISPS faculty work together on house activities and building greater school spirit.



High School AP Biology

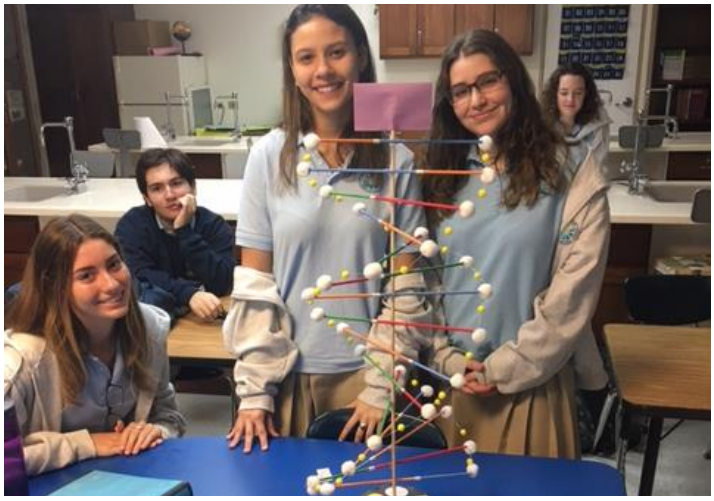
Last week AP Biology students extracted enzymes from cow liver and performed assays to determine the rate of an enzyme catalyzed reaction.

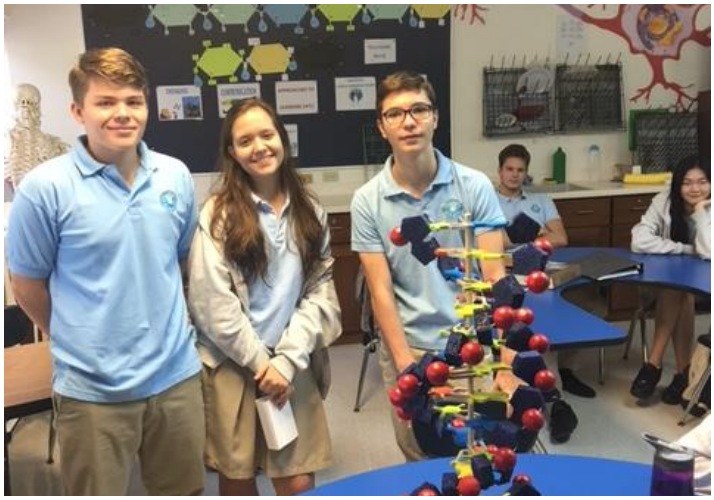
In the new AP Biology syllabus, emphasis is place on inquiry based labs, of which there will be many this year. Instead of the previously mandated, recipe style labs, the students now are given far more freedom, to plan and carry out their own labs. They are currently designing a lab to investigate the rate of cellular respiration in organisms of their choice.

(*Continued on next page*)

Science Corner

Maeve O'Donovan, Head of Science





AP Biology

Roleplaying and modeling are also encouraged and AP Biology got off to a great start in their unit on Macromolecules.

High School Biology

Role playing is quite common in Biology classes. Students started off the year becoming atoms and electrons and demonstrating ionic and covalent bonding.

They also investigated the properties of water and had fun trying to float the most

Middle School Science

The 8th graders used Jenga to demonstrate Newton's Laws of Motion - This demonstration focused on the effect of gravity and friction on objects. The students described how the laws were in action as they played the game.

For the other examples, students were asked to run and drop a ball in order to hit a target. Both of the 8th Grade Classes, participated in the lab. This demonstrated the 1st Law of Motion, Inertia. The students were asked to infer which law was in play and describe the law based on evidence from the experiment.

OCTOBER 2 - 6		
Stephanie	4G	During break, held the door for ALLLL the middle schoolers, waiting patiently for them to pass so she could go in.
Emmeline	KKe	With great care, she brought her friend who got hurt to Nursey's office.
Marcos, Adam, Kane, Zachary	4G	Generously lent their shirts to kids in other classes to take class photos.
Joel	1Bed	Found and returned a valuable piece of jewellery to the rightful owner, making her VERY happy and thankful!
Evan	KKh	Always making sure no one is alone at a table or centers
Chloe	KKh	always making sure no one is alone at a table or centers
Yoel	KKh	Being a great encourager to another student when she is learning /doing something
Teeghan	KKe	tucking in all the Kinder chairs after indoor lunch-break without being asked
	3P	For their kindness to and patience with a new student who speaks very little English, helping her to feel part of the class and involving her in all activities.
Christian	2D	For being an up-stander when another classmate needed support
Ollie	4S	For being an up-stander when another classmate needed support

NEED MORE PARENT PARTICIPANTS!!! SIGN UP SOON!!!

MIDDLE MATTERS

FROM THE MIDDLE SCHOOL COUNSELOR, MS. VIRGINIA:

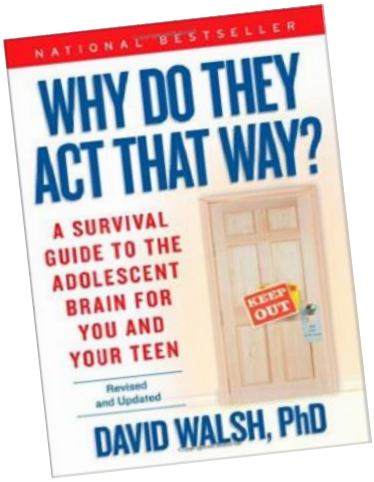
Dear Middle School Parents,
I am excited to bring you an opportunity to get together and discuss your children with me!

I will be offering a parent discussion group once a week on Monday mornings that will focus adolescent development based on the book, "Why Do They Act That Way? A Survival Guide to The Adolescent Brain For You and Your Teen".

The discussion group meets once a week on Monday mornings. It will focus on adolescent development based on the book, "Why Do They Act That Way?
A Survival Guide to The Adolescent Brain For You and Your Teen".

The group will be a forum for parents to discuss what you read, reflect on your own experiences with respect to what we have learned about the adolescent brain development, and ask questions, and share ideas in a safe and structured environment.

About the book:
"Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen" by David Walsh, is an easy read, where the



author blends humor, warmth, scientific substance and practical advice for parents.

He thoroughly explains the growth and functioning of the adolescent brain, and how the changes of their developing brain, affect teenager's behaviors. Every chapter tackles different issues commonly faced by teenagers and their parents, and gives examples of such issues in vignettes written by the author's first-hand experience of more than 30 years as a teacher, school counselor, and therapist.

In the end of each chapter, the author includes a 'Parent Survival Kit' which contains the knowledge, attitudes, and skills parents need for raising teenagers. The book is to help parents build a "well stocked kit" in order to help them maintain perspective, balance, and peace of mind which better enables parents to help their adolescent sons and daughters survive the many conflicts and contradictions he or she will face.

In addition, at the end of each chapter, he asks a set of questions to help parents assess how well prepared they are in that category with a comprehensive list of 'Dos and Don'ts for parents to follow.

The focus on the brain's development and functioning during adolescents, help parents understand the structure of the brain and how all the parts and systems work together to perform complex functions at lightning speed, which for example, help parents understand why adolescents are so impulsive.

Attaining the book:
1. The school library has a limited number of Kindle versions of the book that can be borrowed.
2. The ISPS MS Counseling Department also has some hard copies for lending.
3. Parents can order a copy online for their personal reference libraries.

The group will meet on Monday mornings from 7:30-8:30 am in the green room beginning October 9 and runs weekly for 9 sessions until December 11.

Parent Group Objectives:

- To help you see more clearly what your adolescents are going through.
- To learn the "Brain Basics" in order to understand, from a physiological stand point, the stages and changes of adolescent brain development.
- To help you help your children navigate the common dangers and challenges in his or her life.
- To help you gain confidence in knowing that you can keep your sanity and composure in the face of teenage emotional and behavioral upheavals.

If you are a parent of an ISPS Middle School student, and are interested in joining this discussion group, please email me, Ms. Virginia, at veggleston@isps.tt.edu to express your intent.

Thank you very much and I look forward to seeing you!

Virginia Eggleston
Middle School Counselor

COLLEGE CORNER

ISPS To Host Top-Ranked Universities

Louis Moore

The CIS College and University Fair at ISPS

This year ISPS was very fortunate to host the CIS College and University Tour on September 19th 2017.

This event saw 30 university and college representatives visit ISPS and speak with our students and parents. A few of the representatives also held information sessions on the following topics:

- The College Search: Choosing the College That's Right for You
- The Essay or Personal Statement
- The US Application Process: How Student Are Selected
- The GPA Game

These sessions gave students a greater understanding of the application process and highlighted the importance of non-academic activities in the application. The message was clear: It is not just the GPA and test scores that matter!

UPenn, Stanford and Princeton visit ISPS

ISPS is also fortunate to host three top-ranked universities this year. On Friday October 6th 2017 representatives from the University of Pennsylvania, Stanford University and Princeton University present their programs and application processes to our students and parents starting at 8:15am.

Once again, this visit gives the ISPS community the opportunity to gain a deeper understanding of what students need to develop if they are considering any top-ranked university or college.

The PSATs

The PSAT (Preliminary SAT) is a standardized test designed to help prepare students for the real SAT Reasoning Test™. It is designed for 11th graders (juniors) and therefore it is primarily associated with High School. Together with the juniors, 10th and 9th graders are also required to do the test. The PSAT will be held on Wednesday October 11th, 2017 during school hours.

Additionally, for US citizens who are juniors the PSAT is the qualifying test which allows them to enter the National Merit Scholarship Corporation (NMSC) scholarship programs.

Since the PSAT is designed for eleventh graders, ninth and tenth graders may find the test a bit difficult. Therefore, it is important to note that the PSAT results have absolutely no impact on college admissions. However, the PSAT helps to familiarize students with the format and style of the real SATs, thereby serving as an excellent college-prep exercise.

No registration is required. Students have already been given an exam preparation package with an nformation booklet as well as a practice test.

The test will run through the morning and all students will have their 5th period class as usual (after lunch).

The US Embassy and Canadian High Commission Annual College Fair

Please be aware that the annual US Embassy and Canadian High Commission College Fair will be held on Saturday October 28th and Sunday October 29th at the Hyatt. As has the custom in the past, several of the colleges and universities that attend this Fair will visit ISPS. As such, there will be a “mini” college fair at ISPS the morning of Friday October 27th. More information on this will be available in Skyward shortly.

Application and test registration deadlines:

- **October 15:** Deadline for applications to Cambridge or Oxford Universities
- **October 15:** Deadline for applications to any Medicine Program in the UK
- **November 1:** Early application deadline for many private US schools
- **November 2:** Registration deadline for December SAT
- **November 3:** Registration deadline for December ACT

Vision screening went well. As soon as I get any referral letters from the screening I will send them to you. This may take a week.

This is a reminder that the Blood Bank will be here at school on Tuesday 10th October, 2017 to collect your donations. If you would like to donate just give me a call and arrange a time convenient to you.

We have new arrangements for the use of bathrooms at school, this is part of our child protection program.

Adults are not to use student bathrooms in the main corridors upstairs and downstairs.

The bathrooms in the corridor with my office and administration are for visitors and staff. They are labelled male and female.

There are still some students with flu like symptoms which include stuffy or runny nose headaches, sore throat, stomachache and a cough sometimes.

Every year many students and adults loose precious time from school and work with flu. In order to help prevent this, a second batch of flu shots will be available at the beginning of November.

If you would like to get it please pay in the business office and I will order them.

They are available for our families and the cost is $85.00 each.

Have wonderful weekend!

SCUBA DIVING PROGRAMME ISPS COMMUNITY

Do you know.....

- What S C U B A means?
- That you can become weightless as if in Space?
- That the largest Brain Coral in the World is in Tobago?

Learn to SCUBA Dive with the PADI Open Water Certification Course.

Course consists of 2 theory sessions, learning water skills first in confined water. Then 4 open water dives in the pristine waters of Tobago!

Largest Documented Brain Coral EVER!

Date	Time	Activity	Venue
Thurs 12 Oct	2:15 - 4 pm	Registration	School
Fri 20 Oct	9 am - 1 pm	Theory 1	School
Sat 21 Oct	9 am -1 pm	Theory 2	School
Sun 22 Oct	8 am -2 pm	Pool Skills at Patino's Pool, Diego Martin	
TOBAGO TRIP (10 -12 Nov)			
Fri 10 Nov	Arrive in Tobago in afternoon		
Sat 11 Nov	From 8 am	Certification Dives	
Sun 12 Nov	From 8 am	Certification Dives; leave Tobago	

MAP Orientation for Parents (Grades K-8)

...If you are new to MAP testing or wish to understand it better....

Measurement of Academic Progress (MAP) testing is conducted twice a year at ISPS.

It is a computerized adaptive test which helps teachers, parents, and administrators improve learning for students and make informed decisions to promote students' academic growth.

Tuesday October 10, 2017

7:30-8:30 am

Cafeteria

Looking forward to seeing you there.

map™ GROWTH

Caimans
A force to be reckoned with!

Caimans Athletics

By: Ashmir Ali

CAISSA Season 1:

ISPS Boys' and Girls' CAISSA Volleyball Teams have been cut (10 boys and 10 girls). The girls are ready to defend the Championship that they have held for the last four years.

They played their first practice game against St Joseph Convent on Tuesday and came away winners.

They need many more games to work out their positions, roles and the butterflies.

The boys look great and are the favourites to retain their title.

Follow our games on the live feed from the carol Morgan School.

ISPS Caimans Training Schedule: (Season 1)

MON	TUE	WED	THUR	FRI	SAT	SUN
BOYS'/ GIRLS' V-BALL 3:45-5:45	BOYS'/ GIRLS' V-BALL 3:45-5:45		BOYS'/ GIRLS' V-BALL 3:45-5:45		BOYS'/ GIRLS' V-BALL 1:00-5:00	BOYS'/ GIRLS' V-BALL 1:00-5:00
	RUGBY 2:30 -3:30	RUGBY 2:30 -3:30	RUGBY 2:30 -3:30			

CAISSA Season 2:

Season 2 starts on Monday 6th November. All students interested in participating in Girls' Soccer and Boys' Basketball are asked to attend try-outs.

ISPS will be hosting Season 2 of CAISSA (Boys' Basketball/Girls' Soccer, from January 24th to January 28th, 2018)
This promises to be one of the best events ever!

We may need homes for 100 students and 25 coaches. The Carol Morgan School, Academia Cotopaxi, the Cayman International School and Escuela Campo Alegre will be participating.

All parents and members of the community who would like to support the event by supplying sports drinks, bottled water, fruits and other food items or in any other way can also contact Physical Education Department. Your assistance is vital to hosting a successful event for the entire school community.

Please call (620 6866) or email (aali@isps.edu.tt) if you are interested in assisting.

ISPS Caimans Training Schedule: (Season 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOYS' BASKETBALL 3:45-5:45PM	GIRLS' SOCCER 3:45-5:45PM	BOYS' BASKETBALL 3:45-5:45PM GIRLS' SOCCER 3:45-5:45PM	GIRLS' SOCCER 3:45-5:45PM	BOYS' Basketball 2:45-4:45PM
	RUGBY 2:30 -3:30	RUGBY 2:30 -3:30	RUGBY 2:30 -3:30	

Middle School Sports:

Our Boys' Middle and High School Soccer players are asked to attend training sessions on Wednesdays from 2:45 to 3:45.

Important After School Activities Information:

- Parents of Students who are not taking part in the ASA program must make arrangements to pick up their child no later than 15 minutes after school is dismissed.
- Every effort will be made to contact parents as early as possible if an activity must be cancelled on a particular day. Please ensure that contact numbers given are accurate.
- Parents must pick up their children no later than 4:00pm.
- Parents should not attend classes as there is the tendency to distract the students (especially in Gymnastics, Soccer and Karate classes).
- Students who are disruptive in classes will be given "a strike" and reported to the athletic director and parent.

International School of Port of Spain

2017 - 2018 Events Calendar

Caimans
A force to be reckoned with!

OCTOBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 MS MAP Testing ES Health Week Vision Screening, 7:30am - 2:30pm Yearbook Photos	3 ES Health Week Yearbook Photos MYP Parent Session 7:30 - 8:30am	4 ES Health Week Yearbook Photos PTO SPECIAL MEETING: 6-7 pm, Cafeteria Open Forum 7:00 - 9:00pm Cafeteria	5 ES Health Week ES Bullying Workshop 7:30 - 8:45am, ES Art Room	6 ES Health Week G6 English Field Trip to La Brea Pitch Lake, 8:00am - 2:30pm	7 SATs 7:30am - 2:00pm
8	9	10 MAP Orientation for Parents, 7:30 - 8:30am Cafeteria Blood Bank 8:00am - 3:00pm Theatre	11 PSATs, 7:30am - 2:00pm, Gym	12 Kindergarten Field trip to Radica's Pottery, Freeport 8:00am - 12:00pm	13 First People's National Holiday No School	14
15	16 Mid Term Break SCHOOL HOLIDAY	17 Mid Term Break SCHOOL HOLIDAY	18 Mid Term Break SCHOOL HOLIDAY DIVALI NATIONAL HOLIDAY	19 Mid Term Break	20 Mid Term Break SCHOOL HOLIDAY	21
22	23	24 United Nations Day	25	26	27	28 ACTs 7:30am - 2:00pm
29	30 International Week Parade of Nations 1:00pm	31 International Week MS Halloween Dance 6:00 - 8:00pm				

NOTES

Easy Print Page

Dates for your Diary

October

6	G6 English Field Trip - Pitch Lake: 8 am - 2:30 pm
7	SATs: 7:30 am - 2:00 pm
10	MAP Orientation for Parents: 7:30-8:30 am, Cafeteria
10	Blood Bank: 8 am - 3pm, Theatre
11	PSATs: 7:30 am-2:00 pm, ISPS Gym
12	Kindergarten Field Trip: Radica's Pottery, Freeport: 8 am - 12 noon
13	**First Peoples Day (National Holiday)**
16-20	**Mid Term Break (No School)**
18	**Divali (National Holiday)**
23	**School Resumes**
24	**United Nations Day**
28	ACTs: 7:30 am - 2 pm
30 - 3 (NOV)	International Week
31	MS Halloween Dance: 6 - 8 pm

CAFETERIA

Menu: October 9th to October 13th, 2017

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

Monday 9th	**Breakfast:**	Deli Sandwiches, Eggs, Sausages
	Lunch:	Fries & Fried Chicken or Fried Fish, Dinner Rolls & Fresh Salad
Tuesday 10th	**Breakfast:**	Hops, Stewed Chicken, Eggs & Sausages, Hard Boiled Eggs, Cheese Slices
	Lunch:	**Sub Day:** Meat Ball, Grilled Chicken, Fish, Soya, Salad
Wednesday 11th	**Breakfast:**	Toasted Bread, Hard Boiled Eggs, Scrambled Eggs with Bacon, Sausages, Jam
	Lunch:	Pumpkin Rice or Provision, Lentils, Oven Bar-B-Que Chicken or Fish, Fresh Salad
Thursday 12th	**Breakfast:**	Coconut Bake, Salt Fish, Eggs, Sausages, Chow Mein, Cheese Paste
	Lunch:	**Roti Day:** Buss- up- Shut or Rice, Curried Chicken or Beef, Channa & Potato Dasheen Leaves or Pumpkin
Friday 13th		**NO SCHOOL — PUBLIC HOLIDAY**

<u>Elementary Options</u>: Any Sandwich served with a small salad, milk, water or juice and fruit: $15.00

<u>Prices for Lunch: VAT INCLUSIVE (Table d'hôte)- Fixed Menu:</u>

Elementary Lunch: $23.00 **Medium Lunch:** $28.00 **Large Lunch:** $32.00

<u>Prices for (A la Carte Menu):</u>

6 in. Subs (Tuna, Ham and Cheese, Turkey, Ham): $10.00 **Chicken Sub**: $12.00
Vegan Delight (Cheese, Vegetables): $10.00 **Fruit Bowl served Monday and Tuesday**: $10.00
Baked French Fries: $10.00 **Fresh Juices:** $6.00(s) $7.00(m) $8.00(l) **Milk (normal/soy):** $6.00

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.*