



ISPS WEEKLY

NEWSLETTER

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DATES FOR YOUR DIARY

October

- 29 **Divali (National Holiday)**
- 31 **School Holiday (No School)**

November

- 2 MS/ HS Reports
- 4 **International Food Festival 6:00 - 9:00 p.m.**
- 4 Mini-College Fair
- 5 SATs
- 11 **Teacher P.D. Day (NO SCHOOL)**
- 11 ES end of Term 1 (55 days)
- 19 PTO Garage Sale
- 23 ES Reports

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

Dear Parents,

Another exciting week has come and gone at ISPS. I would like to thank the International Week Committee for putting together such a great Parade of Nations assembly. I would also like to thank the Divali committee for a great night last night. The drumming and dancing were a nice complement to the fashion show. Our maintenance staff have been working overtime to help us present these events, and for all of their hard work, we thank them.

As International Week is still fresh in our minds, I encourage all families to begin thinking about next year's International Week. Please remember that students are encouraged to wear national dress all week, dress from their own country or countries they have visited. Next time you are home or on holiday, see what kinds of things you can pick up to highlight that country's culture. In addition, if your country is not represented at the upcoming International Food Fair, please consider sponsoring a booth next year.

Elections Day has been announced for November 28th. ISPS will probably be asked to be an election station (we have been asked in the past) and if asked, ISPS will have to close for the day. Therefore, please keep this in mind as we move into November. I will keep you posted as I get further information.

The next Open Forum will be held on November 2, 2016 from 7:00-9:00 p.m. in the cafeteria and I encourage all parents to attend. As a reminder, the Open Forum does not have an agenda and is an opportunity for parents to get information on topics of interest.

There will be a Mini-College Fair on November 4th, time and location TBD. This is a great opportunity for students and parents to meet face to face with personnel from colleges in attendance.

For MS and HS, the first Quarter finished last Friday. Grade reports will be given to students next Wednesday, Nov 2nd yet the e-version of these reports will be open to parents, through Skyward, on Tuesday afternoon, Nov 1st. If you log into Skyward, you will be able to see the report a day early. As a reminder, all reports starting the second quarter, will be sent electronically. There will be a Parent Information session on understanding the MYP report, at 1:15 to 2:15 p.m. on November 4, 2016 in the cafeteria. This session will be an opportunity for parents to gain a better understanding of the information included in the report card.

There will be no school on Monday 31st October, 2016 in observation of Divali. I wish you all a very happy Divali and long weekend.

B. Latham
Interim Director



ISPS BOARD PARENT REPRESENTATIVE

Expression of Interest to serve on the board of The International School of PoS

By

ROBERT HADAD

Dear ISPS Community,

I would like to express my willingness to serve as an Alternate Parent Director on the ISPS Board of Directors.

I presently have two sons at ISPS. My elder son is in Grade 8 and my younger son in Grade 4.

After graduating from The University of the West Indies, Cave Hill Campus, in 1988 with a BSc in Accounting, I began working as an auditor at KPMG Corporate Finance Limited. After a successful three-year tenure, I tendered my resignation, in order to pursue a dream of starting my own business.

Together with my two brothers John and Joseph, we formed Hadco Ltd. in 1992 and I hold the position of Group co-Chief Executive Officer. What started off as primarily a food and electrical import and distribution company has evolved into a dynamic and diverse group of companies with specialty in other areas such as lighting, ice cream cone manufacturing, bonded warehousing facilities, transport services and retail operations.

The following companies fall under the Hadco Group umbrella: Haagen Dazs, Peppercorns, Nova Lighting, The Lighthouse, Apadoca's, G&M Warehousing, Sampson's Transport, Happy Time Ice Cream Cones and Fresh Organics Ltd.

Hadco Ltd. has also recently embarked on a partnership with Phase II Pan Groove Steel Orchestra. I believe in promoting and supporting our local culture and see it as important to form a link between business and society. My goal with this venture is to enable the members of this band to use their resources and talents to be a sustainable entity all throughout the year and not just at Carnival time.

I served as a Board member of the Brian Lara Cancer Treatment Foundation from 2008 to 2010.

I understand that life is about balance, and spending quality time with family is a top priority. I am confident of my leadership skills and my reputation in the business community. I believe in a hands-on approach to solving problems and am committed to excellence. I am eager to make a positive difference wherever I can.

Sincerely,

Robert Hadad

ISPS BOARD PARENT REPRESENTATIVE

Expression of Interest to serve on the board of The International School of PoS

By

JULIA THIESSEN

Julia Thiessen
Windy Drive 12
110714 Westmoorings

To the
International School of Port of Spain
Nominating Committee
c/o the PTO President
Ms. Rosie Ramsingh
1 International Drive
Port of Spain

Westmoorings, 23 October 2016

Willingness to serve

Dear Parents, Faculty, Principal and Management of ISPS:

Following the call for expression of interest in the ISPS newsletter to serve as an Alternate Parent Director on the ISPS Board of Directors, I would like to express my interest.

I was born in Kiev, Ukraine where I received a master's degree (diploma) in sociology with honours. I subsequently worked for two and a half years in the foreign service before marrying my husband who worked in Kiev as a German economist. After several years in Kiev, we were then living in Germany, where our home is in Berlin and where our four kids were born. In 2012 we moved to Tajikistan where my husband worked for the development cooperation department of the European Commission, and last year we were transferred to this beautiful island. Our kids are at our school in grades 6 – 11. We are impressed by the quality and achievements of the school, its management and the engagement of all parties involved. The school appears to be an important asset in Port of Spain, it was a major reason for us to come here and hence, I would see my main task as alternate parent director to contribute for the school's high quality to continue. Specifically, my objectives would be to contribute to

(i) the ongoing systematic approach in meeting the school's objectives, including academic program success, organizational viability and faithfulness to charter,

(ii) convey the interests of parents and students in the school on issues of concern (as identified through communication and possibly a regular survey) to school management,

(iii) form a consensus in the board and with the school management on how to solve them,

(iv) a regular reporting back to teachers, students, and parents and

(v) give credit to achievements.

Kind regards,

Julia Thiessen



...ES Counselor's Corner...



Hello Everyone:

This week we completed our classroom lessons on bullying with students learning how to "refuse" to be a part of mean acts by being an upstander instead of a bystander and the importance of reporting to an adult. They shared reasons why they may be reluctant to report and these were discussed at length with the following adapted table as a guide and reassurance.

We disagreed with one point on the poster however. It is not good to ignore bullying or mean acts since they tend to get worse. Kids discussed that even if they walk away, they need to go to a trusted adult for help in handling the situation.

Students asked many questions about defending themselves and some were conflicted with messages they had received at home and elsewhere about hitting back someone who had hit them. While we advocate and train kids to stand up assertively for themselves IF they feel safe - as a school, physical retaliation is prohibited.

Steps to Respect curriculum

points out the following guidelines to help kids decide whether to speak out against acts of bullying that they may witness:

- Is it safe?
- Is the person doing the bullying older or bigger than I am?
 - Is there more than one person doing the bullying?
 - Do I have friends nearby who can help me?

How far away is an adult?

They were reassured that it is OK to not speak to the offender if they do not feel safe (Saying STOP, and labelling the behaviour as mean) – but they need to let an adult know what they saw so that it can be addressed and both the offender and the target can get the help and support that they need.

As always, thank you for continuing this conversation at home.

And now, let's enjoy the Kindness Tree students for last week...

kindest regards,
Ms. Hyndman
 ES Counselor



ACTS OF KINDNESS

- JALON:** KKe – Offered to give up his craft to another student who had none.
- ETHAN:** 1B – For being a good friend when things got rough for another student who was not even in his class.
- TANMAY:** 3K– Found a students' lunch kit and kindly took it to the front desk.
- HAYS:** 4G– Complimented a classmate and "made his day."
- ISABELLE:** 4S – shared her brownies with the other Grade 4 – They were happy!
- MAX:** 4S – With a friend, tidied the loft without being asked
- RUARCH:** 4S – With a friend, tidied the loft without being asked



Ouch! Your Silence Hurts

Reasons



What if I'm next?
I don't want to be the next target.



I want to belong
I don't want to be rejected by my friends or classmates.



It's not that bad
I'm not sure what I saw or heard. It's probably not that bad anyway.



Nobody will help
I reported this already and nothing was done.



They deserved it
They were being annoying. Someone needed to "put them in their place."

Act



Tell someone

It's hard to interact with someone who is causing harm. You can help by talking to a responsible adult.



You're not alone

You're probably not the only one who's concerned. Talk to someone who can help. Staying silent only makes it worse.



Talking is not tattling

Even if you aren't sure of all the details, talk it out with someone to understand more than one perspective.



Keep seeking help

Sometimes help isn't found immediately. Keep seeking help until someone responds.



Everyone deserves respect

We all need help learning how to respect one another. You can break the cycle of disrespect.

Many of us who witness bullying feel scared and helpless, but **WITS LEADERS** know that staying silent isn't an option. So what can you do as a bystander? Stop making excuses and act!



Walk Away
Ignore
Talk it Out
Seek Help

www.witsprogram.ca

MIDDLE MATTERS



FROM THE MIDDLE SCHOOL COUNSELOR, MS. VIRGINIA:

Dear Parents,

I'd like to update you on what we are doing in the Middle School Counseling program...

In grades six and seven we are discussing the importance of being empathetic in an effort to continue to build a culture of kindness where everybody feels a sense of belonging and free to be themselves in school at ISPS. We have discussed the bullying behaviors that are more typical of middle school aged kids and how everyone has a responsibility in the cycle of bullying when it occurs. Students are encouraged to be "UPstanders" as opposed to "BYstanders" and as an even more proactive approach, we discuss the importance of creating an all-inclusive environment where we are kind and empathetic of one another.

In the sixth and seventh grades classroom guidance curriculum in the following weeks, I will be working with them on their collaboration skills. They have been tasked with group projects having to do with creating a learning tool for elementary students to use to learn about the topic of bullying. Though a very important topic, the outcome of the task will not be the focus of the project. Imbedded in the project, will be the focus on the process of working with one another. The students will be learning and practicing essential collaboration skills which they have been finding challenging thus far in their group work in their other classes. Such skills include, but not limited to, managing and resolving conflicts, disagreeing respectfully,

being kindly assertive, not "bossy", negotiating and compromising, building consensus, making fair decisions, actively listening to other's perspectives and ideas whether or not you agree or like them, dividing work evenly, taking responsibility for tasks that you may not like or want to do in the group, group accountability, how to politely and kindly deliver a difficult message to an uncooperative group member, etc. Classroom teachers don't always have the time to delve deeply into this in their classes and students don't always bring these problems to their teachers. When they do, it is often privately. All group work encounters some of these challenges and it's my intention to tackle these uncomfortable and difficult hurdles as a class, in an open forum format, learning from each other. This is what the classroom guidance is for...building life and character building skills in a safe environment!

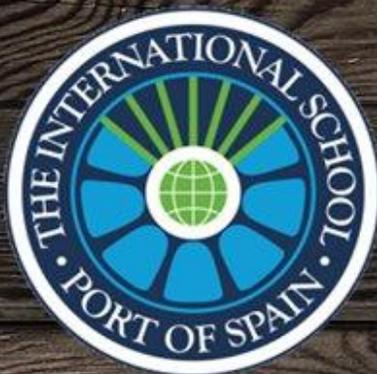
In eighth grade, we initially discussed tips to success in middle school for sixth graders but what we found is that many of us were not actually using those tips. So I assessed the eighth graders on what some of the skills they think they need help learning to help them to be more successful. In this next unit, I will be focusing on areas where their feedback overlaps with ATL skills in classroom guidance. So we have begun to explore what kind of learner we are and what that means. Understanding what kind of learner we are helps us understand how to study and prepare for summative assessments, how different methods of note taking can benefit us according to our learning style, and how to organize

them. We will also be looking at different logical systems of organizing information, prioritizing our assignments, setting goals that are challenging and realistic, and managing our time and tasks effectively. Many students also shared that learning stress management skills would be helpful to them as well.

I am very excited to be offering a Middle School Parenting Discussion Group that is based on a book study of the book, "Why Do They Act That Way? A Survival Guide To The Adolescent Brain For You And Your Teen." The group meets once a week and will continue through until the winter break. If you missed the first two sessions, and would like to join, please contact me for details. If you can't join this session, don't worry, I will offer it again next semester. Never fear, there will be many more opportunities for open discussions about our adolescent students!

It has been a wonderful pleasure these last two months getting to know you and your children! Thank you for making me feel so welcomed here at ISPS. I look forward to continuing to grow as a part of this lovely community and especially being a part of your children's metamorphosis during adolescence from the caterpillars of childhood to becoming fully grown butterflies.





INTERNATIONAL FOOD FESTIVAL IS HERE

FRIDAY 4TH NOVEMBER 2016

6.00PM - 9.00PM

\$200.00 - Adults | \$125.00 Kids

THEME: SUSTAINABLE COMMUNITIES

Would you like to have a booth or volunteer?

868.633.4777 | ispspto@isps.edu.tt

Get your tickets by Ms. Hazel.



Invest a Little Time...Your Opinion Counts

Purpose of the surveys	Who will be surveyed?	How will you be surveyed?
<p>As we seek to understand the current state at ISPS, the Inflection Team will be launching three (3) surveys this week (Students, All Employees and ISPS Parents).</p> <p>Come meet with us. We need your opinion.</p> <p>(Monday-Thursday, Conference Room, ISPS)</p>	<p>The views and experiences of the following persons will be captured:</p> <ul style="list-style-type: none"> •Students (Elementary School Grades 3-5, Middle School and High School) •All Employees •ISPS Parents 	<p>Expect to be contacted via email by the Inflection Team.</p> <p>Your feedback is of utmost importance to us.</p> <p>We encourage you to be honest and assure you that your responses will be treated with strictest confidence.</p>

Thank You

We wish to thank you in advance for your participation in our survey.

"Communication must be HOT. That's Honest, Open and Two-Way"
-Dan Oswald



Feel free to contact us at inflection@isps.edu.tt or 1-868 633 -4777 ext. 406

Parade of

NATIONS

ONE SCHOOL. ONE COMMUNITY

ONE WORLD



Our student body came together to honor the diversity of our community while highlighting the United Nations Sustainable Development Goals at our annual Parade of Nations 2016.



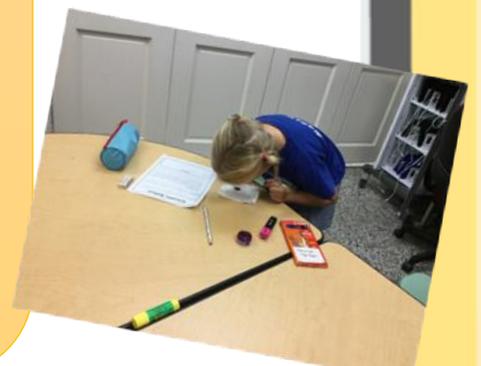
GRADE 2 SCIENCE

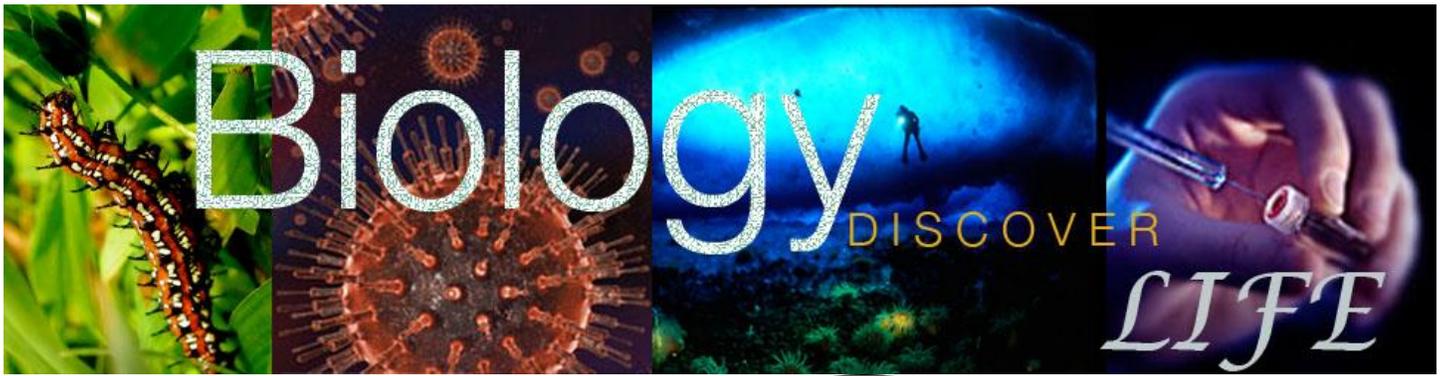
The Grade 2s explore the Scientific Method with their own class experiments. They questioned if bubbles stay in the shape of its blower and how many drops of water does a cent/coin hold. They independently completed each task and documented their findings using the scientific method.

Next Science unit involves investigating Light and how it works.

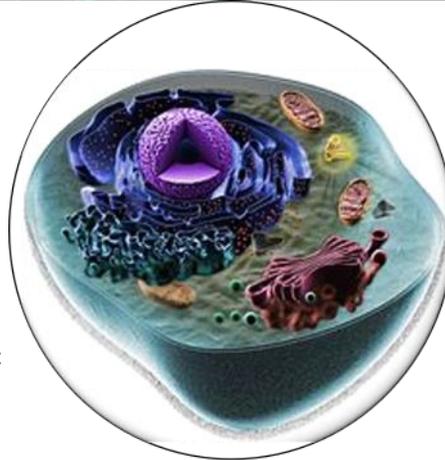
Gr. 2J is currently making a list of other experiments they can complete using the scientific method.

Gr. 2D also tested how far a car can roll based on the height of an angle of a ramp. They will also list and attempt investigations using the scientific method.





Students in grade 8 science have spent most of the first quarter studying cells. We have been looking at different types of cells, what cells are generally composed of, how those structures work to support cell and organism life and how cells multiply. Our study included several opportunities to observe various cell types and stages of the eukaryotic cell cycle using the microscope.





Environmental Science Corner

More People More Problems

The HS Environmental Science students have explored urbanization and the many environmental problems associated with it. See what problems the students have discovered in various cities

Mumbai - Sewage

Out of the 9,400 tons of solid waste produced in Mumbai each day, 55% goes to the dump from which it is not disposed of properly and 40% goes untreated



The sewage waste enters the waters from which citizens bathe and drink from.

Bangladesh - Slums

60% of the Bangladeshi population live in slums in the capital city of Dhaka



Millions of people living in slums don't have access to basic services such as safe water and toilets.

50,000 children die of waterborne

London - Traffic

Road pollution is more than twice as deadly as traffic accidents according to a study on UK air quality

48.66 hours is the average time spent per year waiting at traffic lights in London.

London's air pollution is the worst in Europe.



New-York - Thermal Pollution

New York has experienced several heat waves due to its high production of thermal pollution caused by excessive concrete surfaces

TOTAL DEATHS IN CITY FROM HEAT.	
Monday	19
Tuesday	14
Wednesday	33
Thursday	81
Friday	56
Total	138

New York's highest recorded temperature: 102°F / 42°C

Solution: Develop greenery in zoned areas



इहोले वीरवाी



thank you!

Grade 4 would like to thank Mrs. Lalla for coming in to teach us about Diwali and its significance. Mrs. Lalla also shared some delicious Indian treats with the classes! Mrs. Lalla taught the student about diyas and how they can be decorated. After their lesson, 4th grade also had the opportunity to decorate their own diyas to take home with them.



Nurse's Notes

VANDA GIBBINGS-GOMES
School Nurse, R.N. R.M.

Hello All,
Happy Divali! This is a reminder that I have ribbons on sale in my office in support of cancer. The ribbons cost \$1.00.
Some students have been complaining about nausea, and abdominal pain. Others have stuffy noses and coughs.
Enjoy the long weekend and be safe.

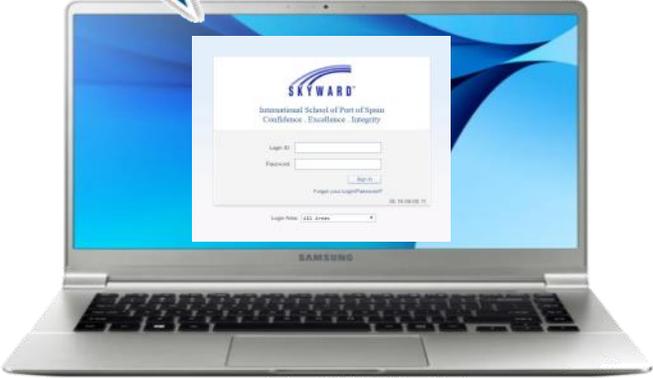



IFF Trophies

May the best booth win!
International Food Festival
Friday 4th November, 2016



"Have you logged into Skyward and verified your information?"



Update:
Gradebook will be added to Family and Student access in December.

Parents have more options available in Skyward Family Access. Middle and High School parents have the ability to view their student's schedule and attendance records. Elementary parents have the addition of viewing their student's attendance records.

Middle and High School students were given access to Student Access in Skyward. Students have the same viewing options as their parents:

- Attendance
- Schedule
- Cafeteria
- Message Center
- Family Information
- Health/Nurse

Students do not have the ability to make changes to items in Skyward.

Middle and High School students who have signed and returned the school Acceptable Use Policy received their login to the School Wifi. The Guest password will be changed over the next week. Visitors can check with Ms. Hazel in the front for the Guest Wifi Password.

If you have any questions or need assistance, please contact the Manager of IT Integration **Leigh Murrell**:
lmurrell@isps.edu.tt



ISPS DADS

POLO

"ISPS Dads" polo jerseys will be on sale by Ms. Hazel - \$100

REGISTRATION OPEN ONLINE FOR NOV-DEC 2016 COURSE

AFTER SCHOOL ESL LEARNING PROGRAM FOR ADULTS

Learn English in 10 weeks!

Learn English as a second language (ESL) at the International School of Port of Spain!



ESL GROUP CLASSES/PRIVATE CLASSES FOR ALL LEVELS

ESL COURSES 6 weeks (10 weeks course begins in January)
 START: Monday 7th November
 END: Friday 16th December
 Course schedule & price options provided online*

we also offer IELTS Preparation classes and ESL Saturday classes!

READING	WRITING
LISTENING	SPEAKING

Course Benefits:

- Learn English quickly & effectively
- Qualified & Dynamic teacher
- Small class sizes
- Highly interactive learning environment
- Comfortable and modern classroom
- State of the art technology and infrastructure
- Convenient & Secure Location

REGISTRATION CLOSES: FRIDAY 4th NOVEMBER
 OPEN DAYS: Tuesday 1st & Wednesday 2nd November - 3:30pm-5:30pm at the International School. (Meet the teacher, learn more about the course and check out the classroom!)

For more information or to register online please visit www.linguatt.com
 1(866) 269-5470 Chelsea | linguatt@gmail.com



ISPS PHOTO ORDERS...

Payment due November 8, 2016

It's Easy...

- 1 Review** your portrait package.
- 2 Print** order form (sent via e-mail).
- 3 Complete** form, using the image numbers found in the online gallery.
- 4 Return** form and payment to ISPS by the deadline date.

Order School Portraits today

SHOP NOW





IFF Countries

Countries being represented so far at the IFF:

Argentina	France	Korea	South Korea
Australia	Germany	Lebanon	Switzerland
Brazil	Guyana	Mexico	Syria
Canada	India	New Zealand	Trinidad & Tobago
China	Indonesia	Pakistan	USA
Colombia	Italy	Persia	Venezuela
Ecuador	Jamaica	Peru	Wales
England	Japan	Scotland	

BOARD OF DIRECTORS

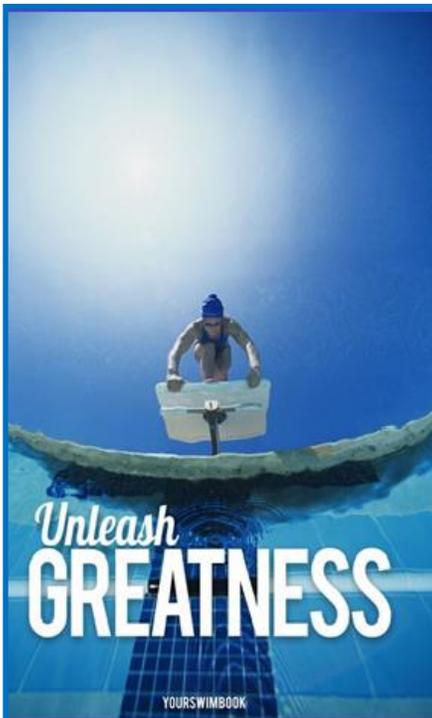
Alternate Parent Director Vacancy



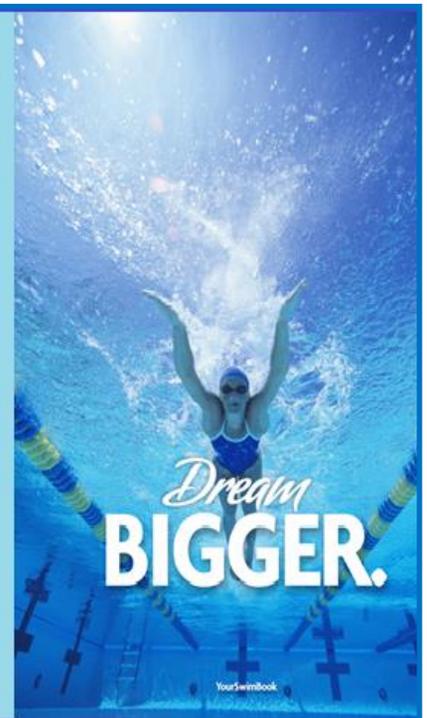
Two parents have stepped forward for the vacant position of Alternate Parent Director on the ISPS Board.

The PTO will be holding a special meeting in November for elections to this post. A date will be determined shortly.

Rosie Ramsingh
PTO President
ispspto@isps.edu.tt



COACHING AND PRACTICE:
Fridays 2.45-3.30 pm
Bring Goggles and Water
LOCATION:
St. Anthony's Pool
Westmoorings
CONTACT:
Christian Marsden
485-9933
Secondary School Meet Sunday Nov 6th.
We want to win for ISPS



THE SHELTER

For Battered women
and children
Donations

Items Needed are:

Pampers (Size 2-4)

Baby formula

Gently used clothes.
(Women, boys and girls)

New underwear for
the children and
women.



Amoi Dunbar & Adriana Housty

By: Alexander, Chelsea, Chritina

T.T.S.P.C.A



Paws Are Our Cause



The donations
would go to
T.T.S.P.C.A to
help the
animals needs.

In the boxes
labeled
T.T.S.P.C.A.

Please donate:

- Leads
 - Towels
 - Collars
 - Blankets
- Old or New



COME ONE COME ALL AND DONATE TO THE CAUSE



Date: Sunday October 30, 2016

Time	8:00 a.m. - noon		Age Groups & Races
Venue	Flying Fish Pool, Federation Park	Individuals	7 & Under -200M Run 25M Swim 100M Run 8 to 9-1 loop Run 50M Swim 200M Run 10 to 11 - 2 loops Run 100M Swim 1 loop Run 12 to 13 - 3 loops Run 200M Swim 2 loop Run
Cost	TT\$30 (non-refundable fee) Due October 21	Relays	Primary - 2 loops Run 100M Swim 1 loop Run

What: Run, Swim, Run

If your son or daughter would like to participate please contact Jamie Shearer at jagshearer@gmail.com

Health Ride/Motorcade

Date: Nov. 20th
2016



Health Awareness and Prevention of Obesity
Ride/Motorcade from St. Mary's
Home, Tacarigua to Salybia Beach Resort

- Hosted by Daniyelle Bennett and Caribbean Cross Training
 - Frequent stops along the ride to raise awareness of the problem of childhood obesity.
 - All are invited (only competent riders on the road, all others welcome to drive along)
 - Police escort from 6:30am-11:00am.
- Others may drive along and enjoy a GREAT day at the resort (at your own expense)

Email: preventobesityinyouth@gmail.com

Facebook: Promote Wellness and Prevent Obesity in Youth

Website: www.preventobesityinyouth.simplesite.com

Please contact: 495-4063,375-4481,348-4305, 299-4644

Raise Health Awareness in Youth



International School of Port of Spain

NOVEMBER 2016

2016 - 2017 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
		1	2 MS/HS REPORTS	3	4 MINI-COLLEGE FAIR INTERNATIONAL FOOD FESTIVAL 6:00 - 9:00 p.m.	5 SAT 7:00 a.m. - 2:00 p.m.									
6 Daylight Saving	7	8	9	10	11 TEACHER P.D. DAY (NO SCHOOL) ES end of Term 1 (55 days)	12									
13	14	15	16	17	18	19 PTO GARAGE SALE									
20	21	22	23 ES REPORTS	24	25 ASA SESSION 1 ENDS	26									
27	28	29	30 ES PARENT CONFERENCES 11:30 a.m. Dismissal for ES only												
Languages Week (Nov 28—Dec 2)															
		October '16		December '16											
		S	M	T	W	T	F	S	S	M	T	W	T	F	S
								1					1	2	3
		2	3	4	5	6	7	8	4	5	6	7	8	9	10
		9	10	11	12	13	14	15	11	12	13	14	15	16	17
		16	17	18	19	20	21	22	18	19	20	21	22	23	24
		23	24	25	26	27	28	29	25	26	27	28	29	30	31
		30	31												



CAISSA VOLLEYBALL 2016



WE ARE THE CHAMPIONS!!!

After School Activities

ASA 1 ends on November 25th.

Registration Forms for ASA 2 are available from the front desk from November 11th.

CAISSA NEWS:

To the wonderful ISPS community, Thank you are for your amazing support. The athletes, coaches, ADs and Administrators of ISPS, CMS, AC, CIS and ECA have asked me to pass on their gratitude and thanks to you for their fantastic CAISSA experience.

It all started with the Pep rally on Wednesday afternoon. The fantastic Cheer leaders, our confident teams and the spirited, sometimes raucous Caimans' supporters all contributed to a groundswell of school spirit that crescendoed on Saturday afternoon to fever pitch when our two varsity teams lifted the champion trophies.

Our four teams were amazing. The Varsity Boys' were outstanding. They lost only one set throughout the entire tournament and this was to our spirited JV team. They showcased their skill and power in the Championship game with a dominating display of Volleyball and came away winners in three straight sets. Their win was the first since 2006. The Caimans are a young team and they

are determined to be the dominant team for the next three years.

Our JV Boys' pushed every team and ended in fourth place. They were narrowly beaten by AC cougars in the bronze medal game. One coach from the visiting teams commented that the talent and skill of the JV players shows that ISPS will be the school to beat (again) next year.

Our Girls' teams were differently successful. The JV team displayed a sound and determined passing game. They took sets from all the teams. They pushed CMS, AC, ECA and CIS and just narrowly gave in on three occasions. They could have easily placed third, but it was not to be. They ended in sixth place.

ISPS Varsity Girls' lost only one game in the round robin stage, they were beaten by the CMS Sharks 2 sets to one. ISPS took the first set, CMS rallied to win the second and kept the pressure on to take the third. The coach and the players of ISPS went back to the drawing board and came up with a different strategy

for the finals. The instruction was to serve deep, play strong and play the ball on the weak side of the CMS strong hitters. The girls stuck to the plans and played brilliant defensive Volleyball. Rebecca Almandoz, our libero (the National Goal Keeper in Soccer), was determined to pass every ball. She made excellent diving saves in every direction. Sacha, Erin, Danny, Jamie, Ashleigh, Lily, Anaid, Lucy and Asia all rose to the occasion. They doggedly followed the plan and took the finals in three straight sets. The two months or rigours training had paid off. ISPS Caimans were again the Champions.

RUGBY:

Our Caimans Rugby has started their 2016 campaign. They went under to Belmont 25-0 in their opening game on the 17th of October. They bounced back on the 25th to take the game away from Trinity Secondary 24-7. Here is their game schedule: CIC on the 1st of November, Tranquillity on November 7th and QRC on 14th November. All games start at 3:15pm at Queens Park Savannah (Opposite the President's House).

ISPS CAIMANS TRAINING SCHEDULE — SEASON 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boys' Basketball 3:30-5:30PM		Girls' Soccer 3:30-5:30PM	Girls' Soccer 3:30-5:30PM	
Boys' Basketball 3:30-5:30PM		Boys' Basketball 3:30-5:30PM		Boys' Basketball 2:30-4:30PM
	Rugby 2:30-3:30	Rugby 2:30-3:30	Rugby 2:30-3:30	

**CAISSA Season 2 (Girls' Soccer/Boys' Basketball)
Ecuador from January 25th to 29th, 2017**

RESULTS OF VOLLEYBALL 2016

4 th , 5 th and 6 th Placed teams in CAISSA Girls'	CIS Blue Iguanas, ECA Cougars, Caimans JV
4 th and 5 th Place in CAISSA Boys'	Caimans JV and ECA Cougars
3 rd place for CAISSA Girl'	AC Cougars
3 rd place for CAISSA Boys'	AC Cougars
The 2 nd place for CAISSA Girls'	CMS Sharks
The 2 nd place for CAISSA Boys'	CMS Sharks
The Champions for CAISSA Girls'	ISPS Caimans
The Champions for CAISSA Boys'	ISPS Caimans

THE CAISSA 2016 ALL-TOURNAMENT GIRLS' VOLLEYBALL TEAM

From the 6 th place Team	Bridget Als (JV)
From the 5 th place Team	Toryanse Blanchard (ECA)
From the 4 th place Team	Natalie Simpson (CIS)
From the 3 rd place Team	Sofia Sandoval (AC)
From the 2 nd place Team	Sofia Rohana (CMS)
From the Championship team	Sacha Avey, Lily Stauble (ISPS)

THE CAISSA 2016 ALL-TOURNAMENT BOYS' VOLLEYBALL TEAM

From the 5 th place Team	Rodrigo Campos (ECA)
From the 4 th place Team	Thomas Lee Young (JV)
From the 3 rd place Team	Antonio Pereira (AC)
From the 2 nd place Team	Alex Mc Quilling (CMS)
From the Championship team	Remi Brewer, AJ Rahael (ISPS)

THE SPORTSMANSHIP AWARDS

The Most Valuable for CAISSA Girls'	Lily Stauble (ISPS)
The Boys' Volleyball Sportsmanship Award for 2016	AC and ECA

Build ISPS Spirit!!!... Come Shop in our School Store...



Available at the School Store! (Prices quoted in TTD)

Check the Admission Office for more information.

Easy Print Page	October	5	SATs	(11:30 a.m. Dismissal for ES only)		
	29	Divali (National Holiday)	11	Teacher P.D. Day (NO SCHOOL)		
	31	School Holiday (No School)	11	ES end of Term 1 (55 days)		
	November	19	PTO Garage Sale	December		
	2	MS/ HS Reports	23	ES Reports	2	Parang Lime
	4	International Food Festival 6:00 - 9:00 p.m.	25	ASA Session 1 ends	3	SATs
	4	Mini-College Fair	28-2	Languages Week	7	ES Production, 6:00 p.m.
			30	ES Parent Conferences	8	ES Production, 1:00 p.m.
					10	ACTs
					16	Last Day Of School



Menu: October 31st to November 4th, 2016

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 31st	Breakfast:	Toasted Bread, Scrambled Eggs, Sausages, Jam
	Lunch:	Grilled Quesadillas Or Chicken Tacos, Three Bean Salad, Sautéed Vegetables with Mozzarella Cheese
Tuesday 1st	Breakfast:	Hot Dogs, Deli Sandwiches
	Lunch:	Vegetable Rice Or Macaroni Pie, Pigeon Peas, Baked Chicken Or Baked Fish, Fresh Salad
Wednesday 2nd	Breakfast:	Pancake, Waffles, Eggs, Sausages
	Lunch:	Cilantro Rice, Stewed Chicken Or Fish Fillet with Tamarind Sauce, Callaloo, David's Fresh Salad
Thursday 3rd	Breakfast:	Sada with Potato, Pumpkin, Sausages
	Lunch:	Jamaican Peas and Rice, Jerk Chicken Or Jerk Fish Fillets, Cinnamon Plantains, Tomato & Cucumber Salad
Friday 4th	Breakfast:	Sada, Saltfish, Bacon, Tomato Choka, Eggs
	Lunch:	Fluffy Potatoes, Pink Beans, Grilled Lamb Or Grilled Chicken, Steamed Cauliflower & Carrots, Fresh Salad

Elementary Options:

Any Sandwich served with a small salad, milk, water or juice and fruit: \$15.00

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

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

Prices for (A la Carte Menu):

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.