



# ISPS WEEKLY

NEWSLETTER

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### DATES FOR YOUR DIARY

#### February

- 9 School Carnival Parade; 10-11:30am; North Field
- 9 Whole-School Dismissal; 11:30am
- 12-13 National Carnival (No School)
- 14 Ash Wednesday (School Holiday)
- 15-16 Teacher Work Day (No School For Students)
- 15-21 NHS LEAD Conference (Chicago)
- 19 MS Parent Discussion Group; 7:30-8:30am; Green Room
- 21 HS Career Presentation (series); 11:30am-12:30pm; Theatre

#### 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

## FROM THE DIRECTOR

Dear Parents,

Carnival is one of the most exciting times in Trinidad & Tobago and here at ISPS the same excitement is building. All sections of the school are preparing for our Fantastic Friday celebrations and I encourage you to join us for our ISPS Parade of Bands. Details are in this week's newsletter.

All parents in Middle and High School should have accessed their child's Semester 1 report. This mid year report is a good time to check with your child on his/her year to date progress and to set goals through the end of the year.

Please remember that our teachers are always available should you wish to schedule a conference to discuss progress. You can always e-mail Pilar Subero to set up the meeting or contact the teachers directly.

Four of our high schoolers from our chapter of the National Honor Society will be attending the NHS LEAD Conference in Chicago from 15-21 February. This opportunity allows our students to further develop their leadership skills and to networks with peers from different schools and countries to exchange ideas on community engagement and service.

Many of our families will be joining in the local Carnival festivities On Carnival Monday and Tuesday, others may use the opportunity to travel outside the city or the country. Whatever you choose, we wish you a safe and enjoyable break and we look forward to seeing you back at school on Monday February 19th. Please be reminded that school activities are planned in all sections of the school on Friday February 9th and that the whole school will be dismissed at 11:30am.

Happy Carnival!

**Jackie Fung-Kee-Fung**

*Come Join  
Our ISPS Family!*



*Help us live our  
Mission*

Difference Makers, Future Shapers



**NOW ACCEPTING APPLICATIONS  
FOR 2018-2019 SCHOOL YEAR!**

**Register Online!**

<https://www.isps.edu.tt/admissions/apply>

**ISPS Contact #: 633-4777**

## CARNIVAL JUMP-UP SCHEDULE

<b>7:30-8:15</b>	In schools: ES Town Meeting (Theatre) MS Banners & Costume Preparation (Homerooms) HS King & Queen Preparation (Homerooms)	<b>9:45-10.00</b>	HS Break
		<b>10:15</b>	Assemble for Parade: ES: South Field MS: South Field HS: South Field
		-	
<b>8:15-8:30</b>	MS Break	<b>10:30</b>	All School Parade ES MS HS: King/Queen Teacher Band Parent Band Performance by Afterschool Intermediate Pan Ensemble Prize Giveaways Last Lap Jump up Clean-up
<b>8:35 - 9:45</b>	In houses: MS/HS School King/Queen House Design Competition MS joins 8.40 – 9.45		
<b>9:15-9.30</b>	ES Break		
<b>9:45-10:15</b>	Get dressed in costumes for jump up		
		<b>11:30</b>	Dismissal

### MORE INFORMATION

**NB:**

Students will be allowed to have a free dress on this day. They can wear an old ISPS Carnival T-shirt or their costume base.

Staff, teachers and parents are also encouraged to wear past or present ISPS Carnival t-shirts. Prizes will be given out on Friday for participation.

HS will have food (doubles) and water on sale to raise funds. Please contact Ms. O'Donovan for details.

**Tentative Menu:** Doubles, Hot Dogs, Cotton Candy, Penna Cools, Ice Cream, Popcorn, Water, Soft Drinks

### FINAL ROOMS & SUPERVISING

- MARAVAL:** Anthony Blackburn Room 204 (Avril Fyfe)
- NARIVA:** Matthew Broughton Room 205 ( Danielle Harford)
- MAYARO:** George Leiter Room 203 (Luanne Chin)
- CARONI:** Avril Fyfe 206 (Marianna Abraham)

### THE 2018 CARNIVAL COMMITTEE:

If you have any concerns or questions, please feel free to contact any of the Carnival committee members. Let's all work together to help to ensure that our students have an enjoyable day!

**Chair:** Patrice Trim

**Vice Chair:** Jenna McIntosh

**ES Representatives:** Sarah Tagliaferri, Marianna Abraham

**MS Representatives:** Annalouisa Garcia, Luanne Chin

**HS Representatives:** Danielle Harford, Avril Fyfe

# English

## HIGH SCHOOL ENGLISH

### EXPOSITORY WRITING

Our High School Expository Writing course provides the opportunity for students – as readers, viewers, speakers and writers – to engage with many diverse issues which impact today's global society. Students have entered the foray of inquiry through independent research, developing and supporting ideas and viewpoints, exploring different perspectives and ultimately, integrating myriad resources towards producing fluent, well informed essays.

In our last couple of classes, students enjoyed spirited discussion on Racial Profiling. Through internet research, review of films such as "Invictus", "My name is Khan", "42", novels including "The Help" and short documentaries selected by themselves, students generated thoughtful, critical discourse which informed their written expression.

Their focus was to explore why Racial Profiling is of greater concern now than ever before, bearing in mind that profilers draw on race, ethnicity or national origin, to make stereotypical assumptions about individuals. They presented informational documents that included definitions, a brief history and background of racism, geographical areas of prevalence today, social and global responses, cycle of repetition, case studies and feasible solutions to racial profiling.



In group work, students came upon some interesting insights in their research, as regards Slavery, the Holocaust, the Jim Crow Laws, the Rosa Parks Story and the birth of the 'Black Lives Matter' movement. They also reviewed some telling statistics, including the frequency with which law enforcement apprehends targeted ethnic groups, as well as percentages of attacks made on various ethnic groups including the Irish, Hispanics and Asians among others, based on stereotypical beliefs.

These are excerpts of the comments shared in their conclusions of the culminating essay assignment:

*"Racial Profiling is hard to eradicate due to a person's perceptions and stereotyping, but one person can make a change by standing up in an appropriate manner".* Celine Bellemare

*"People act on assumptions, due to past actions, but that still does not give them grounds to mistreat fellow human beings".* Jenine Ramreka

*"...this mindset gets sent down for generations".* Tuana Pirincioğlu

*"Skin colour is no way to judge a person...at the end of the day, we are all equal".* Joshua Laquis

*"We need leaders who will stand up and bring us together, like Mandela did in 'Invictus'".* Michael Gabriel



*"Today discrimination remains because people feel the need to have superiority over others".* Nadiah Buxo

*"This topic exposes how some people can be benevolent and some malevolent and also how a few could be brave enough to fight for their rights and actually make a difference in the world".*

Brandon Bhagwansingh Lee

*"What people don't understand is the emotional distress people go through, racial profiling can destroy a person...tragically, it sometimes ends in death".* Emma Ross

*"Within a world that has suffered so much turmoil, shouldn't ALL lives matter".* Remy Brewer

**Karena Amow**  
Head of English

# POETRY

## INSPIRATION & IMAGINATION

*“When I am an old woman I shall wear purple*

*With a red hat which doesn't go, and doesn't suit me.”*

Grade 8 students have been focusing on language, structure and form within poetry and began their journey with a poem which most certainly provides me with inspiration for the future, Jenny Joseph's Warning. This was contrasted with the stoic words of advice in Rudyard Kipling's poem If - . Students found that personal experience can provide excellent stimulus for creativity with Robert Frost's The Road Not Taken and works by Maya Angelou. We explored the traditional Shakespearean sonnet form and then ended our journey with the clashing cultures and diaspora identity dealt with in Island Man by Grace Nichols and Presents from my aunts in Pakistan by Moniza Alvi.



Students explored a variety of poems throughout the unit which led to them create their own work based on personal experience. Their summative assessment requires them to write, analyse and provide a graphic realisation of their own poem.

It was in the poems on the theme of cultural identity that Zera Te found particular inspiration, she went on to explore her own experiences of living in and experiencing different cultures around the world. This is certainly a theme many of our students and staff members will be able to identify with!

**Roxanne Veck**  
MS English



### In My Safe Bed

By Zera Te Grade 8

*Far where knights and castles glow  
It is a tiresome journey out of bed  
Full of risks and rocks ahead  
To find the golden opportunity  
The shining tower across the vast sea  
Alas, it is an option  
But it is not mine,  
My parents have the higher say,  
So if asked whether I should stay or go,  
I would dearly hope we won't.*

*Would it be better if I went?  
Or could I savour my time spent  
Here in Russia the winds blow dry  
If I said I was unhappy it'd be a lie,  
I tasted snow for the very first time  
Enrolled in preschool and said, "Hi!"  
Snow White I watched religiously  
My mother, sick of the movie, turned to me,  
Signaled far off into the distance with her  
finger and a pen  
I closed my eyes and counted to ten  
But my father answered for me; it'd be better  
if I went.*

*Do I have the guts to go?  
To become a foreigner and follow  
The culture of this alien world  
My parents truly had me fooled.  
We'd moved out from the chilly north  
And instead placed ourselves in the heat and  
warmth  
Humidity and hotness,  
The sun's blinding brightness,  
Chaotic and exotic  
Mixed together to create,  
This beautiful, dangerous memory,  
Proudly a fraction of my youth.  
It's as if I had no conscience  
As I was younger then.  
About eighteen months I'd existed thus far,  
It didn't take long for me to say, "Au Revoir!"  
Malaysia was neat  
But the world was sweet,  
Hence, I picked up my guts and decided to go.*

Continued On Page 4

*Continued from Page 3*

*Could I have left if I wanted to?  
No, of course not, I was just over two.  
I stationed back home in Singapore,  
Though my past, thus far, I could not ignore  
I felt bored, yet belonging  
Cranky, yet consuming,  
Dead, yet not dying,  
Flustered, yet flying,  
Gray, yet yellow.  
Let the sunrise bellow  
It's time for a change,  
A movement,  
A wiggle,  
A shiver,  
A tickle,  
A new excitement,  
A new day,  
A new country,  
A new face.  
No matter how much I try,  
I cannot stay in a place long enough to testify  
That I am a citizen and that I belong,  
Because if you were me,  
You'd know that'd be wrong.  
And so, at five, I left.*

*Shall I bid goodbye?  
To my friends and family who lived nearby  
As a child, with my parents I must comply  
And as a child I must satisfy  
Then began the ascent to London, England,  
A city known for its gray skies and under-  
ground  
Startled by the invigorating accent  
I was six and nearly seven  
I found a best friend - she was my safe haven  
Grey ate the sky,  
But yellow did stop by,  
When London brought its showers sublime,  
I learned to dance in the rain at the sound of  
a chime,  
DING! DONG! DING! DONG!  
During the two year limit that had been set  
I'd grown to love plays, pantomimes, and the  
arts.  
I witnessed the marriage of the Duke and  
Duchess  
It was as if London had sent me this gift, so  
blessed*

*Unbeknownst that the city had grown on me  
London presented numerous opportunities  
For my growth musically, physically, and in a  
spiritual way  
But the time did come when my father re-  
ceived his final pay  
So now I bid you, Europe, adieu,  
Goodbye, goodbye, goodbye to you.*

*Will I leave my transit home?  
To make anew everything I own  
We're back in the blistering heat  
Muscat, Oman, the Middle East  
Cascading sand dunes sprouted with brown  
Beige and camel races all the desert round  
Still, I ponder the reason why  
The sky doesn't rain, instead it's dry  
I was invited to join my school's senior  
orchestra  
Won the school's poetry contest, reading to  
students near and far  
In tents we stayed,  
With sand I played,  
I was hesitant to hate this place  
I'd convinced myself it wasn't all that great  
And that moving here was merely fate  
But now at eight  
I'd grown some more,  
And I finally could almost appreciate  
The life my parents have displayed,  
To move around in a nomadic way  
I left my footprints in the sand when I was  
nine,  
The hiraeth in Oman that I'd declined  
I'd discovered my limerence with the desert  
sky  
And, once again, I left at the budding of  
summer,  
in July.*

*When will I gain a name?  
A different face, for every game.  
I am a tourist, a foreigner,  
A human all the same,  
Epiphanatic oblivion  
I thought I knew it all,  
But Stavanger, Norway brought upon a  
fourth wall.  
Nature was ethereal in both city and land-  
scape  
I was a portrait of mixed paint in this univer-  
sal shape*

*Aurora dawned each morn with a natural  
wave  
And at dusk luminescence glowed and we  
forgave  
We found serendipity within ourselves,  
Norwegian Christmas traditions and the elf  
on the shelf,  
Cinnamon porridge and red-nosed faces  
I woke up each day ready to brace  
Mellifluous chirping and sweet soft silver  
linings  
The sunshine gave me a new beginning  
That slightly pleasant earthy smell after rain  
Petrichor, I think that's the name.  
Eloquence began to flow from my mouth  
Sadly ephemeral - Norway lasted a short  
while  
I laid my legacy and was proud of it too,  
Those who knew, who really knew the value  
Of having different names; they were the  
champions,  
And I was gone with the wind, and the sky  
lavender.*

*Do I need to hide anymore?  
I've trekked the paths of many before  
I found in the lives of others much sonder  
To add in my calendar a special reminder  
That it was not my parents' choice to move  
I was now accepting of the life I could lose  
I should treasure each day and each present I  
receive  
Not to rely on myself, only Him and believe  
That He has a plan made only for me  
I need not despise as He's guaranteed  
A place for me in heaven,  
Even before I was seven,  
I could find felicity wherever I live  
Rather than pretend to be sad and pretend to  
grieve  
That my life's choices weren't mine,*

*Though they were  
I just needed to see God's special sign.  
This life was meant for solely me,  
To have no culture and no identity,  
Trinidad offered a multicultural society  
Forced to reflect my fixed mentality  
I'd loved my youth,  
To tell you the truth,  
So if I asked if I should stay or go,  
I would dearly hope I go.*

# KINDNESS TREE



## FEBRUARY 5-9

Sebastien	1Bed	Stopped his game to help a teacher place cones on the green court to alert students of a slippery spot so that they would not fall..
Greta	KKe	Spontaneously jumped from her chair and congratulated another student who got on the Kindness Tree
Sofia	KKh	Showed genuine happiness with a spontaneous hug for another student who got on the Kindness Tree
Nicole	4S	Her empathy and support helped another classmate to get through a stressful situation
Yasmin	4S	Her empathy and support helped another classmate to get through a stressful situation



Hello Everyone,

Well students are getting flu like symptoms. Remember that this virus is causing gastrointestinal problems, in addition to regular flu symptoms.

In the area we have an invasion of the Giant African Snail. We are trying to keep them out of school. If you have them in your yard children are not to touch them, they are poisonous when touched with bare hands.

This is information from The Ministry of Food Production and the Ministry of Health:

**GIANT AFRICAN SNAIL is in Trinidad and is now a NOTIFIABLE PEST**

**PEST ALERT**

Failure to notify pest presence can result in a fine of \$5000.00 (Plant Protection Act 13 of 1975).

**Why be concerned?**  
The giant African snail is a serious pest of farms and home gardens and may pose a health risk to humans.

**Threat to plants**  
The snail feeds on over five hundred plant types. It is highly destructive to:  
• Vegetable crops  
• Fruit trees  
• Forest trees  
• Flowers and ornamentals

**Small description**  
The snail can grow up to 20cm in length and 12 cm in diameter. It is reddish brown to brown with cream to yellow vertical stripes.

**Where is the snail found?**  
• The giant African snail is nocturnal.  
• It can also be active at dusk and dawn.  
• It prefers damp, shady places and avoids direct sunlight.  
• In the day it can be found  
- under bricks, rocks, fallen logs, plants, decaying leaves, wall ledges, houses, air conditioners, or discarded containers.  
- in or on plants, trees, brick holes, crevices.

**Threats to humans**  
• The snail is a vector of the rat lungworm.  
• This parasite can cause eosinophilic meningitis in humans.  
• Citizens are urged to exercise caution so as to avoid contracting the parasite.  
• The parasite can be contracted by:  
- eating raw transfer hosts (freshwater shrimp, land crabs, frogs) that have eaten infected molluscs.  
- eating improperly cooked snail meat  
- eating food (salad greens) contaminated by snail slime or containing minute snails  
- eating raw transfer hosts (freshwater shrimp, land crabs, frogs) that have eaten infected molluscs.  
• Symptoms during the early stage of disease are:  
- Nausea  
- Vomiting  
- Moderate stiffness of the neck and/ or back.  
• The main symptom of eosinophilic meningitis is severe headache.  
• Citizens, who display the above symptoms and believe they may have contracted the parasite should immediately visit their doctor or nearest health facility

**Call Hotline: Trinidad 646-6284 • Tobago 639-4616**

See Carnival Tips on Page 7

**ISPS GRADUATION 2018 @ 460**

**S.V.A.A.D.A**  
GOURMET INDIAN KITCHEN

Located at One Woodbrook Place  
**Open Sunday – Sunday**  
10:30am – 11:00pm

Meal Voucher Valid 21st January to 18th March, 2018  
**SECURE PARKING AVAILABLE**

**DON'T FORGET!**

Your support would be greatly appreciated and you will have a delicious meal as well. Please check at the Front Desk for tickets or with any Grade 12 parent.

## CARNIVAL HEALTH & SAFETY TIPS

Hello Everyone,

For those who will be playing mas or walking around town, be aware that you **SHOULD NOT:**

- \* accept drinks or food/ lifts from strangers
- \* give lifts to strangers
- \* travel alone, females should not enter a taxi with only men



- \* Keep enough money to buy food, drinks and take a taxi. No unnecessary cash.
- \* Limit alcohol intake.

**Hints for masqueraders:**

- \* Have a hearty breakfast
- \* Apply sunscreen before going out and refresh during the day

your hands are free

- \* Keep valuables on your person e.g. car keys, money, etc. in a pouch around your waist or in your pockets.
- \* Do not wear valuable jewelry while walking around.
- \* Use the toilet facilities provided by your band. (Keeping it in all day is not good for your bladder)



**Always:**

- \* Stay with your group; avoid being alone
- \* Be aware of your surroundings
- \* Take a friend to stay nearby when you have to use public restrooms

- \* If possible cover your head from the sun with a cap/ hat or head piece
- \* Wear comfortable shoes/ sneakers
- \* Keep band aids for sore spots on your feet
- \* At night soak your feet in warm water with some baking soda (sodium bicarbonate) or with Epsom salts
- \* Keep well hydrated by drinking lots of water
- \* Keep your own cup on a strap so that

If you are going to the beach please remember to protect your skin by using sunscreen, wearing a tee shirt if you are out in the



direct sun for long periods and use a hat to protect your head, neck and face and use sunglasses.



Have a safe and fun-filled Carnival!!!



**DO NOT** accept drinks or food from strangers

Vanda Gomes, Nurse



## ISPS PHOTO ORDERS...

### Deadline: February 23, 2018

*Orders should be submitted by February 23, 2018*

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.  
\*\* ONE FORM must be used PER child
- 4 Return** form and payment to ISPS by the deadline date.

**Order School Portraits today**

**SHOP NOW**



*\*\* please note that failure to follow instructions may result in your order being returned or delivery delayed \*\**

Private Online Gallery: <http://tinyurl.com/y9e5kvjd>

Password: Students2017



## CAIMANS SEASON TWO ROUND-UP

Here are some of the words used by the spectators to describe the Basketball Championship Game between the ISPS Caimans and our nemesis, the CMS Sharks:

*Epic, mind-blowing, unbelievable, spectacular, fan-freaking-tastic, totally incredible, and once in a lifetime. This was indeed the ultimate climax to any tournament that I have ever witnessed. You simply had to be there.*

ISPS was put in a very uncomfortable position of entering four teams to CAISSA Season 2. Escuela Campo Alegre or ECA Cougars could only muster a team of six boys' for the Basketball tournament and came without a Girls' Soccer team. The Cayman International School or the CIS Blue Iguanas only registered a Soccer team of twelve girls and did not field (or in this case court) a Boys' Basketball squad. The mighty Carol Morgan School or CMS Sharks made the trip with the full complement of fifteen girls and ten boys. They were set on stamping their names on the two Champion trophies. Academia Cotopaxi or the AC Cougars was a no show for the second season straight.



ISPS was represented by a Varsity and a Junior Varsity Girls' teams in the Soccer tournament. Many of our JV and Varsity players have only been involved in soccer for the past two months. In the Basketball tournament, the Caimans also registered two teams, a Varsity and a JV team. I had planned for both tournaments to consist of six teams, but we were reduced to a four-team tournament single round robin format.



From day one, the CMS Sharks dominated in soccer. The girls were very skilful and well trained. They showed that they have been playing as a team for the entire year. CMS is a large school with more than twelve hundred students.

Click [here](#) for full report.

# Caimans Athletics

By: Ashmir Ali



# International School of Port of Spain

## 2017 - 2018 Events Calendar



# FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		30	31	<b>1</b> <b>ES Parenting Group Workshop</b> 7:40-9:00am Drama Room  <b>HS Career Presentation (series)</b> 7:30am-8:30am Theatre	<b>2</b> <b>MS/HS Q2 Reports</b>	3
4	<b>5</b> <b>MS Parent Discussion Group</b> 7:30 - 8:30am Green Room	6	<b>7</b> <b>HS Career Presentation (series)</b> 11:30am-12:30pm Theatre	<b>8</b> <b>ES Parenting Group Workshop</b> 7:40-9:00am Drama Room	<b>9</b> <b>School Carnival Parade</b> 10:00 - 11:30am North Field  <b>Whole-School Dismissal</b> 11:30am	10
11	<b>12</b> National Carnival NO SCHOOL	<b>13</b> National Carnival NO SCHOOL	<b>14</b> Ash Wednesday SCHOOL HOLIDAY	<b>15</b> PD Day <b>Teacher Work Day</b> No School for Students  <b>NHS LEAD Conference - Chicago</b>	<b>16</b> PD Day <b>Teacher Work Day</b> No School for Students  <b>NHS LEAD Conference - Chicago</b>	<b>17</b> <b>NHS LEAD Conference - Chicago</b>
<b>18</b> <b>NHS LEAD Conference - Chicago</b>	<b>19</b> <b>NHS LEAD Conference - Chicago</b>  <b>MS Parent Discussion Group</b> 7:30 - 8:30am Green Room	<b>20</b> <b>NHS LEAD Conference - Chicago</b>	<b>21</b> <b>NHS LEAD Conference - Chicago</b>  <b>HS Career Presentation (series)</b> 11:30am-12:30pm Theatre <b>Grade 12 students</b>	<b>22</b> <b>ES Parenting Group Workshop</b> 7:40-9:00am Drama Room	<b>23</b>	<b>24</b>
25	<b>26</b> <b>MS Parent Discussion Group</b> 7:30 - 8:30am Green Room	<b>27</b> <b>MUN Mexico trip</b> <b>MYP Parent Session</b> 7:30 - 8:30am Green Room (A. Shahien)	<b>28</b> <b>MUN Mexico trip</b> <b>HS Career Presentation (series)</b> 11:30am-12:30pm Theatre			

NOTES

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DATES FOR YOUR DIARY			
<b>February</b>			
9	School Carnival Parade; 9-11:30am; North Field	19	MS Parent Discussion Group; 7:30-8:30am; Green Room
9	Whole-School Dismissal; 11:30am	21	HS Career Presentation (series); 11:30am-12:30pm; Theatre
12-13	National Carnival (No School)	22	ES Parenting Group; 7:40-9.00, Drama Room
14	Ash Wednesday (School Holiday)	26	MS Parent Discussion Group; 7:30-8:30am; Green Room
15-16	Teacher Work Day (No School For Students)	27-6 (Mar)	MUN Mexico Trip
15-21	NHS LEAD Conference (Chicago)		
		27	MYP Parent Session; 7:30-8:30am; Green Room
		28	HS Career Presentation (series); 11:30am-12:30pm; Theatre
		<b>March</b>	
		1	ES Parenting Group; 7:40-9:00, Drama Room
		5	MS Parent Discussion Group; 7:30-8:30am; Green Room
		5-9	MILO Games



## Menu: February 19th to February 23rd, 2018

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



<b>Monday 19th</b>	<b>Breakfast:</b> Breakfast: Sada with Pumpkin Or Dasheen Leaves
	<b>Lunch:</b> Vegetable Rice Or Macaroni Pie, Baked Chicken with Creole Sauce Or Fish, Stewed Pigeon Peas, Fresh Salad.
<b>Tuesday 20th</b>	<b>Breakfast:</b> Eggs, Sausage, Bacon, Bread
	<b>Lunch:</b> Mac & Cheese, Pineapple Chicken, Bhagi Rice with Baked Chicken
<b>Wednesday 21st</b>	<b>Breakfast:</b> Deli Sandwiches ( Turkey, Chicken, Beef)
	<b>Lunch:</b> Noodles Or Fry Rice, Chow Mein, Chinese Style Chicken Or Sweet & Sour Fish.
<b>Thursday 22nd</b>	<b>Breakfast:</b> Sada with Dasheen Leaves OR Melongene
	<b>Lunch:</b> Roasted Chicken OR Roasted Fish, Spaghetti Cheese, Green Bean Salad
<b>Friday 23rd</b>	<b>Breakfast:</b> Hot Dogs OR Bagels and Cream Cheese , Cheese Paste Sandwiches
	<b>Lunch:</b> Bar- B - Que Chicken OR Pork, Macaroni salad OR Potato Salad, 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.