



# ISPS WEEKLY

NEWSLETTER

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### DATES FOR YOUR DIARY

#### September

- 18-22 ES MAP Testing
- 19 College Fair
- 20 PTO Monthly Meeting:  
1-2:30 pm, Green Room
- 21 MYP New Parent Sessions:  
7:30-8:30 am, Green Room
- 24 **REPUBLIC DAY**  
**(NATIONAL HOLIDAY)**
- 25 **REPUBLIC DAY**  
**(PUBLIC HOLIDAY)**
- 26-29 MS MAP Testing
- 28 PYP New Parent Sessions:  
7:30-8:30 am, Green Room
- 29 PTO Welcome Back  
Barbecue: 5-8 pm (TBC)

#### October

- 2-6 ES Health Week
- 2 Vision Screening
- 2-4 Yearbook Photos

#### 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,

This week has been great as I have been able to see many of you as you attended the ES, MS Curriculum Nights. Both events were well attended and we are looking forward to hosting HS parents tonight. The HS evening begins at 6:00pm and parents will have an opportunity to meet all of their child's teachers. Light refreshments will be served.

In addition, it was a pleasure to see parents at the 6th, 7th, 8th, 9 & 10th grade Coffee Mornings. The emphasis of the Coffee Mornings has been to connect new parents with returning ones, and to remind all parents of the importance of staying involved in the education of your child.

The theme at the Coffee Mornings this week was staying involved by volunteering, helping out with events at school, attending events that provide important information about what is happening with the education of your child/children, etc... As kids get older, they may not necessarily want to see mom and dad in school while it is in session, but they want to know their parents care about their education and their activities.

There is a strong body of research about parent involvement in schools and the effect it has on student achievement. The research states that there is a 100% correlation between positive parent involvement in the school and their child's

level of achievement. In other words, the more you are positively engaged in the school, the higher your child's level of achievement.

The message, stay involved or get involved. There are many ways you can be involved as a MS or HS parent and we welcome your help.

Next week we begin MAP testing in the Elementary school followed by testing in the Middle School the following week. For those new to ISPS, MAP testing is used by ISPS to give us information on students and their Measurement of Academic Progress. MAP testing is widely used by many international schools and helps guide instruction in Math, Language and Reading. If you are interested in finding out more about MAP testing please visit <https://www.nwea.org>

I would also like to take this opportunity to congratulate our new HS Student Council members; Presidents: Josephine Laquis and Sebastian Bhagwansingh; Vice Presidents: Bridgel Als and Ryan Roig; Treasurers: Tuana Piriccioğlu and Nicholas George; and Secretaries: Ashleigh Garcia and Adam Escalante. Congratulations to all and we look forward to your many contributions to the school.

Enjoy your weekend.

**Barney Latham**  
Director



**PLEASE ADD TO YOUR CALENDAR**  
**FIRST PEOPLES DAY**  
**OCTOBER 13, 2017**  
**NATIONAL HOLIDAY — NO SCHOOL**



# THE INTERNATIONAL SCHOOL OF PORT OF SPAIN

August 2017						
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September 2017						
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October 2017						
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November 2017						
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December 2017						
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31						

January 2018						
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## 2017-2018 IMPORTANT DATES

**August**  
 14 New Staff Orientation  
 21 All Staff Return To Work  
 22 New Student Orientation  
 23 SCHOOL OPENS  
 31 Independence Day (National Holiday)

**September**  
 24 Republic Day (National Holiday)  
 25 Republic Day (Public Holiday)

**October**  
 13 First People Day (National Holiday)  
 19 Divali (National Holiday TBC)  
 16-20 Mid Term Break

**November**  
 3 End Quarter 1 (Middle & High School)  
 23 End Term 1 (Elementary School)

**December**  
 15 LAST DAY OF SCHOOL (11:30 am Dismissal)  
 16 Start of Christmas Break

**January**  
 8 SCHOOL RESUMES  
 26 End Quarter 2 (Middle & High School)

**February**  
 9 School Carnival Parade (11:30 am Dismissal)  
 12-13 National Carnival (No School)  
 14 Ash Wednesday (No School)  
 15 PD Day (No School) Teacher Work Day  
 16 PD Day (No School) Teacher Work Day

**March**  
 15 End Term 2 (Elementary School)  
 23 LAST DAY OF SCHOOL (11:30 am Dismissal)

**April**  
 9 SCHOOL RESUMES  
 18 End Quarter 3 (Middle & High School)

**May**  
 30 Indian Arrival Day (National Holiday)  
 31 Corpus Christi (National Holiday)

**June**  
 1 PD Day for All Staff (No School)  
 15 Eid (National Holiday TBC)  
 19 Labour Day (National Holiday)  
 29 LAST DAY OF SCHOOL (11:30 am Dismissal)  
 29 End Quarter 4 (Middle & High School)

February 2018						
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March 2018						
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April 2018						
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29	30					

May 2018						
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June 2018						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 2018						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### LEGEND

- Holiday - No School For Students & Teachers
- National Holidays - School Closed
- Professional Development Day
- Other Important Dates, See Above

**181 Days**

Updated: Sept. 12, 2017



# LATE START WEDNESDAYS



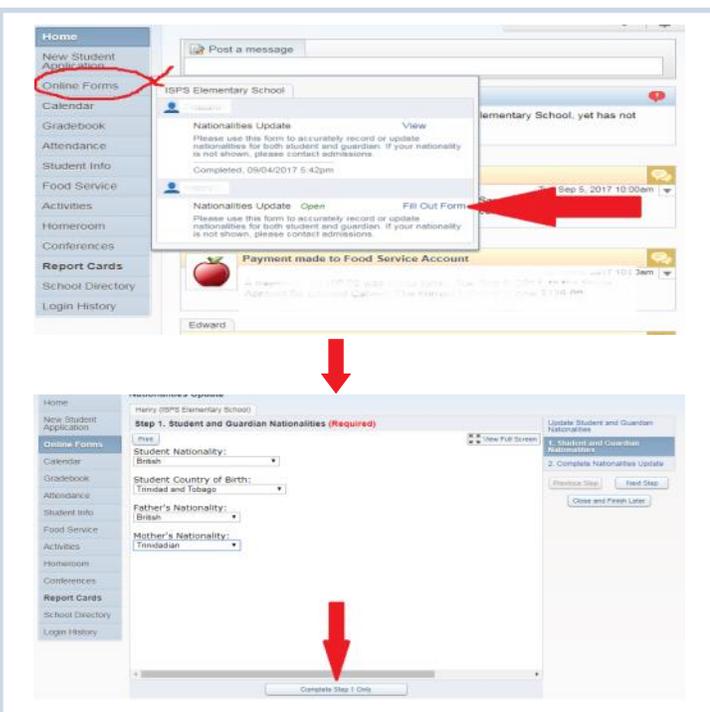
## Nationalities Update

So International week — The Parade of Nations & The International Food Festival — is coming up at ISPS!

A gastronomic odyssey into cultures and countries new to you and also the ones we already know and love. Come on, don't deny it. This is a huge showing of our diversity.

We want to make sure your flag is proudly hoisted onto the walls of the gym. We want to ensure we know exactly which parts of the world make up our unique melting pot. So help us honor your heritage by logging into your Skyward account.

Click on the Online Forms tab and complete the Nationalities Update. Need help logging in? Send me a message at [jcalvert@isps.edu.tt](mailto:jcalvert@isps.edu.tt) and I will sort you out. Promise!



Teachers generating ideas for the reintroduction of the school-wide Houses Program. There were lots of creative ideas that will result in increasing school spirit.

— Frank Huerta

# ELEMENTARY NOTES



September 14, 2017

Volume 15, Issue 2

Dear Parents,

Thank you for attending Curriculum Night this week. We hope that you were able to understand your child’s program. If you were not able to attend the event, please let us know so that your child’s teacher will be able to forward information to you.

Please click here to complete the [Curriculum Night Survey](#).

Measurement of Academic Progress (MAP) will be administered to Kindergarten through Grade 5 from Monday, September 18th, to Wednesday, September 20th. All students (K-5) will be tested in mathematics and reading. In addition, grades 2-5 students will be tested on language. MAP make-up will be completed on Thursday and Friday. We ask that you ensure your child arrives on time for the testing. When your child arrives late for the test, the rest of the students are distracted. This test gives us baseline information, along with other assessments that allow us to plan effectively for your child. Once the test is completed, class teachers will analyze the information and the reports will be sent home for your perusal. Teachers are available to discuss your child’s score.

Break Before Lunch (BBL) has been a new initiative this year and our students have been enjoying playing before eating. We have noticed that our students are so hungry when they come in from play that they are eating much better. We welcome feedback so if you are hearing something different, please let us know.

Click here for the [ES Handbook](#). The handbook gives guidelines on expectations, for example, the uniform, shoes or sneakers (all black).

Early Morning Programs for math and reading will begin on October 2, 2017. Your class teacher will notify you if your child is required to attend. The program is held on Mondays, Tuesdays, and Thursdays from 7:15 am. to 7:30 am. Students must plan to arrive at school by 7:10 am.

Homework pod begins on October 2, and it is held in the art room on the ground floor (Room111). Students can attend homework pod on Mondays, Wednesdays, and Thursdays from 2:30 pm. to 3:00 pm. The teacher on duty is not available to do tutoring, but may assist with any difficulties the student is having with the homework.

Have a good weekend!

**Suzette Julien,**  
ES Principal

## PRIMARY YEARS PROGRAM (PYP)

On Tuesday evening, you had the opportunity to meet your child’s teachers. You may still have questions about the PYP, and we are inviting all new and returning parents to join us September 28th at 7:30 a.m. in the cafeteria. The Program of Inquiry (POI) which is the heart of our curriculum will be discussed, and you will gain an insight of the entire program Pk-5. Our focus words this month: caring, enthusiasm and open-minded. Your children should be able to tell you how they are practicing these words.

**Angela Shahien**  
PYP Coordinator



### HIGHLIGHTING THE P3'S

P3's "Brain Break"



Dramatic play- using our imagination



Building towers...



Learning our phonics

Sensory play with play dough



### WE ARE ENCOURAGING PARENTS TO HOST LANGUAGE CLUBS.

Please contact Ms. Julien if you are interested in cultural clubs. For example, we could have a three-week cooking club. Spanish club will be advertised for students who are in grades 2-5. We need at least 10 students to be enrolled in the club. These classes will start next month once we have the students enrolled. Please contact Ms. Neva in room 235 or email [dcneva-prieto@isps.edu.tt](mailto:dcneva-prieto@isps.edu.tt). These clubs are important for students to maintain their mother tongue. We are looking for new ideas to build our community and integrate our diversity.



### UPCOMING DATES

September 18-22	MAP Testing
September 28	PYP Parent Session at 7:30 a.m. in the cafeteria



# ES COUNSELOR'S CORNER



Dear Parents,

Last year we launched our Kindness Tree during the month of October which is designated as anti-bullying month according to the American School Counselor Association since two of the strongest antidotes to bullying are empathy and kindness.

The goal was to notice and reward pro-social behaviors in an effort to increase them – much as we do sports and academics.

Initially “Kindness Detectives” (5 per week) from all walks of the school were appointed to report acts of kindness by ES students that they had noticed that week.

“Students of Kindness” were announced in Town Meeting and published in the weekly Newsletter.

Even if a member of ISPS staff was not a “detective”, but noticed a moving act of kindness by any ES student, then that also qualified for a heart!

This was a very successful initiative as measured by increased awareness and acts of kindness towards both teachers and their classmates. By the end of the school year, we indeed had a fully blooming tree!

Similar initiatives to recognise pro-social acts were started and are continuing in individual classrooms.

Perhaps the most successful outcome was that the kids also became very excited by this and asked if they could also be detectives and notice each other!

This year as I began Guidance classes, they commented that they were sad that the Tree was empty, and so, we have started the Tree again....

Many thanks for reinforcing this gesture at home and as always, I welcome your feedback and suggestions for helping this to grow from strength to strength.

Congratulations to all of this week’s recipients and to all students of ISPS who we KNOW will make their way to the Kindness Tree by the end of the school year! *(Next Page)*

Kindest regards,

**Ms. Hyndman**  
ES Counselor



# KINDNESS TREE



## SEPTEMBER 4-15

Amalie	4G	Kindly offered a cough drop to a teacher who was coughing a lot in her office - "Here miss, this can help with your cough."
Lélia	4S	Lélia rushed over to open the door for a PK3 student who could not reach the door to get inside after break.
Nathan	4S	When a friend missed his turn during a board game, Nathan brought it to everyone's attention so that the game would be fair and his friend can get the points he was owed.
Kabir	1Bed	Has been very diligent in bringing his classmates who are hurt or feeling ill to Nursey's office.
Pedro	2D	With a friend, took time to teach a Pre-K student how to play football and let him join in when they noticed him watching them play.
Ryan	2J	With a friend, took time to teach a Pre-K student how to play football and let him join in when they noticed him watching them play.
Aurelien	PK3	Helped a classmate lift his bike tyres out of the plants when the wheels got stuck!
Marcos	4G	Comforted a friend who got into an argument with another classmate.
Adrien L	5J	Held the door open for all of Kinder students to walk through.
Zumilla	3K	Even though her hands were loaded with cushions and her school bag, she stopped and held open the door for a teacher whose hands were also full.
Stephanie	4G	Went out of her way on Friday after school to turn in a thumb tack she found on the floor so it would not injure someone.
Alexa-Jane	1Bed	In the first week of school, she noticed that a Kinder student was hurt and immediately went to her aid.

# MS MIDDLE SCHOOL News

## LEARNING TOPOGRAPHY WITH GRADE 7

*Patrice Trim*

The Grade 7 students have been learning about aspects of human and physical topography. They have been exploring the vocabulary as well as related concepts and examples of these features in the real world. Recently, they practiced carving contour lines into potatoes and then they carved different physical topographic features into the potatoes. They had free choice from a list that included, but was not limited to, volcanoes, bays, caves, peninsulas, mountain, rivers, islands and valleys.

There was a lot of mess (thanks Ray, Kevin and Hazel for assisting with cleaning and associated supplies), and the class smelled like potatoes for days, but the students had fun (who knew that eating raw potato could be a sporting event or that you could make a potato baby with a matching hat and skateboard if tried really hard) and learned a lot. Here is some feedback from them about the experience...



"This project was surprising and I was curious how this would turn out. But it turned out that it was fun and challenging at the same time as long as you remembered not to eat it." – **Charlotte Sutcliffe**

"I think that the potato carving was fun and interesting. Carving out a landform and trying not to get potato juice on you is hard. I think my favorite part was painting and figuring out my landform." – **Amoi Dunbar**

"For the past week and a half, we have been learning about topographical features through carving potatoes. To practice we carved contour lines into potatoes, and then we carved landforms into potatoes. Beforehand, we thought that this would be easy. It was actually very stressful when we carved the contour lines while still being fun. It got easier as time went on. When we carved the landforms into the potatoes; it was very relaxing and fun." – **Sophia Knaggs**

"The potato carving process was very easy the final time I did it. When I first carved my contour lines I had trouble to complete it. When I carved my volcano it was very easy for me." – **Elias Ali**



*(Continued on next page)*



“Over the past weeks, we’ve been working on topography and for one of our formatives we carved contour lines and land-forms with potatoes. It was stressful because the first time we did it, we used contour lines which were more complicated. Fortunately, that was only our practice. However, the second time it was still stressful because of the time limit but much more fun. It was fun because potato juice was flying everywhere and it was very messy. In the end, they came out super cool and weren’t as difficult as I expected.” – **Emma De Verteuil**

“Carving the potato was quite the challenge because forming the potato into the topographical feature we chose was harder said than done. However, the finished product looked very nice and a lot like the topographical term I chose.” – **Jalen Bowers**

“When we first started the contour lines, it was really difficult, but as we got the hang of it, it became easier and easier. I had never done anything like this before so I really liked it. When we got to the real formative it was much easier because it was easier than the contour lines which were more difficult than the options we got for the formative. It was really fun and I liked that I got a chance to do it.” – **Catherine Bahadoorsingh**

“When I first did the contour line when carving a potato for the first time, it was very difficult, but I got the hang of it very quickly. It showed that you can have fun and frustration in the same task and was a blast, however it was somewhat challenging. I would say this was one of the most fun activities I have done at ISPS so far.” – **Simon Hadeed**

“I found it was very creative and fun. And also very interesting way to learn.” – **Naomi Cabassu**

“The potato carving project was a great experience. When we first started we learned how to do contour lines which were steep and flat that was the most difficult of all the carving. Then we carved the land features in to the potato and that was easier and fun part.” – **Adriana Housty**



“Originally I was worried about the project because my first time trying it, everything went wrong. But the second time I was prepared and everything went my way.” – **Bernard Hoeger**

“Carving a potato with contour lines was difficult. Doing the land features was more of a success for me.”

– **Perrylee Christie**

“My understanding of the contour lines has improved I feel like I can carve better and the project was really fun.”

– **Aaron Chinapoo**



Next we will be practicing to make 3D topographical maps of Trinidad which will highlight some the natural and manmade features here. This will prepare them for their final project which will be a 3D topographical map of a country of their choice. I am excited to see the final products and learn more about natural and manmade topographical features around the world with them.



Hello Everyone,

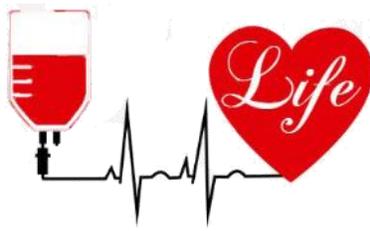
This is a reminder that red eye/pink eye/conjunctivitis is going around. We want to keep it out of school so if your child has it keep him/her out of school until it clears up since it is highly contagious.

Encourage them to avoid touching their faces especially eyes and do not share towels.

Vision screening takes place on Monday 2nd October, 2017. Please complete the permission slip and send it in for me. The screening is conducted by technicians from Optometrists Today.

The Blood Bank will be at school on Tuesday 10th October, 2017. Students 18yrs and older can donate without permission. From 17yrs to 18yrs they need parental permission. So if your child is in this age group and wants to donate given them a permission letter and they will be allowed to donate blood.

If you would like to donate blood give me a call and I will put your name on the list at a time convenient to you. This is a great way to give to our community.



Take care and have a safe weekend.

## ELEMENTARY HEALTH WEEK

OCT 2-6  
2017

**The Objective**  
The focus and aim of health week is to continue to build upon our on-going unit of fitness and nutrition. Also to improve the overall and lifelong attitudes and habits of our students. Throughout the term students will continue to engage in various activities and discussions in regards to health and nutrition components.

**Targeting our Goal**  
These components include cardiovascular endurance, muscular strength, muscular endurance, flexibility, health and nutrition, sports and recreational activities. These components are crucial in staying healthy and key to reducing the risk of many diseases such as diabetes, certain types of cancers and heart diseases which in recent times have become common among children and young adults.

**Highlight**  
The health focus will conclude with a health fair week, dedicated to healthy eating, games, activities, presentations, workshops, etc. Throughout this week we will have guest speakers and professional athletes visiting our PE classes to share with the students.

**General Support**  
In order for this event to be a success, the involvement and support from parents and community members will be appreciated. If you are interested in being a part of this event and rendering your service in any area, please contact Ms. Joseph the Elementary School Physical Education Teacher at your earliest convenience.  
  
Thanking you in advance for your time and I look forward to your support throughout the year.

**Venue: ISPS**

Contact:  
Ms. Joseph @  
633-4777 ext. 134  
OR  
tjoseph@isps.edu.tt

# ISPS 2017 HEALTH WEEK

**MORE INFO:**  
CONTACT THE PE DEPARTMENT  
OR MS. HAZEL

**1 MILE RUN**

**ALL WELCOME**

**MONDAY 2ND OCTOBER 2017**

HS AND MS STUDENTS ALONG WITH PARENTS AND TEACHERS WILL COMPLETE THE 1 MILE AROUND THE SPANISH COURT FIELD. ELEMENTARY STUDENTS WILL START THE WEEK WITH A FITNESS MAZE IN THE GYM FROM 8 AM.

**START TIMES:** PARENTS & STAFF: 7:45 AM | STUDENTS: 8:15 AM



### VISION SCREENING: Bringing Your World Into Focus

Please return the completed form by  
**Friday, 29 September, 2017**

I want my child/children to have vision screening done

Name/s \_\_\_\_\_ Grade \_\_\_\_\_

Name/s \_\_\_\_\_ Grade \_\_\_\_\_

Name/s \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian

# BECOME A BOARD MEMBER



Dear Parents,

There are vacancies on the ISPS School Board for the 2017-2018 school year.

According to the \*PTO By-laws, interested candidates are asked to submit a "Willingness to Serve" letter to the Nominating Committee. This letter should include a synopsis of their credentials and activities highlighting their relevant experience.

"Willingness to Serve" letters must be submitted to the Nominating Committee by Wednesday 20th September at 2:15 pm. These will be published in the ISPS Newsletter for community review, on September 21st and September 28th. Please send your letters to the Nominating Committee c/o the PTO President:

**Rosie Ramsingh-Ramroop**, at [ispspto@isps.edu.tt](mailto:ispspto@isps.edu.tt)

Please be also advised that there is a position open on the PTO for the 2017-2018 academic year:

- Chair of the Hispanic Standing Committee

We will also be seeking a volunteer for this position.

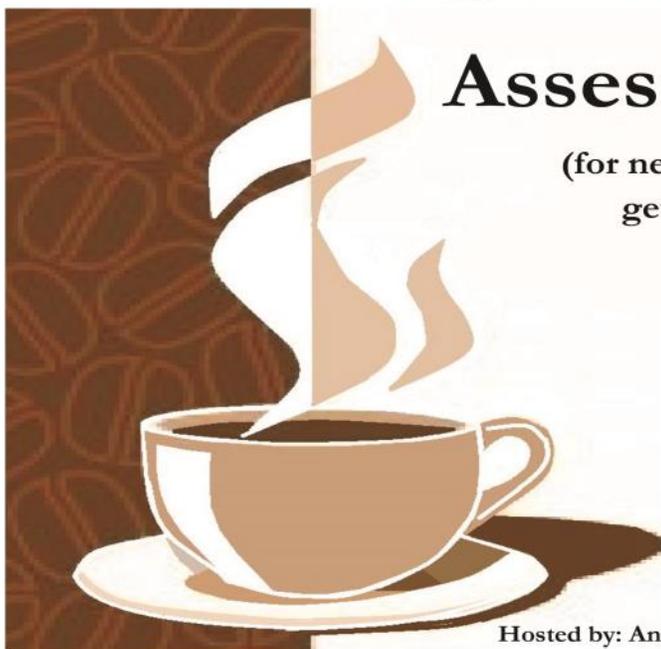
Elections for Parent Director and Alternate will be held at the PTO Special Meeting carded for October 4th at 6:00 pm in the cafeteria. An agenda for this meeting will be published in a subsequent newsletter.

Regards,

Rosie Ramsingh-Ramroop  
[ispspto@isps.edu.tt](mailto:ispspto@isps.edu.tt)

\*PTO By-laws can be found on the ISPS website.

# MYP COFFEE MORNING



## Assessment in the MYP

(for new parents & returning parents interested in getting a better understanding of assessment)

Tuesday 3rd October, 2017

7:30 am

Green Room

Hosted by: Angela Shahien (IB Coordinator) & Frank Huerta (MS Principal)

## HURRICANE IRMA DONATION DROP-OFF

### ITEMS NEEDED:

- Blankets
- Water
- Non-perishable food (preferably with pry tops)
- Towels
- Used clothes
- Toiletries (including feminine hygiene products)
- Over the counter medication
- Diapers
- Toys



Please submit by Wednesday, SEPTEMBER 20TH, 2017  
Thank You!



### “Playground Parents”

Supervisory support during  
Elementary School lunch break ...  
10:45 – 11:30 am

We would love to have you as part of our lunch-time team!

**Just 1 hour per week** - we will accommodate your schedule so come join us in strengthening our home-school connection. Every little helps!

#### Duties include:

Monitoring safe and unsafe play, washing of hands, lining up, settling down to eat after play, getting lunch order and being seated, assisting in opening cans etc, getting ready for class after lunch.

#### Orientation Session:

Date: **Friday 15th September, 2017**  
Time: **7:30 – 8:30 am**  
Location: **Drama Room** (next to Grade 4)

If interested, kindly email - [phyndman@isps.edu.tt](mailto:phyndman@isps.edu.tt)



Please click [here](#) for more information.

THE INTERNATIONAL SCHOOL OF  
PORT OF SPAIN  
PRESENTS

## THE CIS COLLEGE AND UNIVERSITY FAIR

DATE:  
TUESDAY, SEPTEMBER 19, 2017

TIME:  
9:00 AM—12 NOON

#### INFORMATION SESSION

#### FOR STUDENTS:

9:00—9:45 AM  
HIGH SCHOOL CLASSROOMS

#### COLLEGE FAIR FOR

#### ISPS STUDENTS AND FAMILIES:

9:45—10:30 AM  
HIGH SCHOOL CLASSROOMS

#### OPEN COLLEGE FAIR:

10:30 AM—12 NOON  
ISPS GYM



Easy Print Page	DATES FOR YOUR DIARY		24	REPUBLIC DAY (NATIONAL HOLIDAY)	October
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	MYP New Parent Sessions: 7:30-8:30 am, Green Room			4	PTO Special Meeting: 6-7 pm, Cafeteria



## Menu: September 18th to September 22nd, 2017

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 18th</b>	<b>Breakfast:</b>	Bread, Eggs, Sausage, Tuna Paste, Cheese Paste
	<b>Lunch:</b>	Fluffy Potatoes or Fluffy Rice, Pink Beans, Grilled Chicken or Grilled Lamb, Fresh Salad
<b>Tuesday 19th</b>	<b>Breakfast:</b>	Coconut Bake, Eggs, Sausage, Smoked Herring, Chow Mein
	<b>Lunch:</b>	Fry Rice, or Noodles Chinese Style Chicken or Fish, Char Sue Pork Chunky Vegetables
<b>Wednesday 20th</b>	<b>Breakfast:</b>	Hash Browns, Eggs, Bacon, Sausage
	<b>Lunch:</b>	Bake & Shark with Pineapples and all Sauces
<b>Thursday 21st</b>	<b>Breakfast:</b>	Sada, Melongene, Tomato Choka, Ochroes, Eggs, Sausage
	<b>Lunch:</b>	Vegetable Rice or Cheesy Pasta, Rosemary Chicken or Fish, Lentils, Tossed Salad
<b>Friday 22nd</b>	<b>Breakfast:</b>	Bread Eggs, Sausages, Muffins, Cheese Slice
	<b>Lunch:</b>	Jamaican Peas and Rice, Jerk Chicken or Jerk Fish Fillets, Cinnamon Plantains, Tomato & Cucumber 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.