



# ISPS WEEKLY

NEWSLETTER

## WHAT'S INSIDE

Elementary Notes	2
Meet the Board	3-4
Upcoming Events/ Library Corner	5
Picture Day	6
Counselor's Corner	7
Welcome Back BBQ	8
Science Corner	9-12
College Updates	13-14
Nurse's Notes	15
Community Notices	16
Cafeteria	17-18

### DATES FOR YOUR DIARY

#### October

5	Speech & Hearing Screening
5	World Teachers' Day
7	SATs
8	HS Yearbook Photos
9	MS Yearbook Photos
10	PSATs
10	HS "Scene & Heard"
11	ES Yearbook Photos
12-13	Gr. 6 Lock-in
14-17	AdvancEd Accreditation Visit
16	MAP Orientation for Parents

#### 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,

Many, many thanks to our PTO and ISPS Dad's for a wonderful Welcome Back BBQ. The food was outstanding, the organization of the event fantastic, the Face Painting and Bouncy Castle was a welcome (yet somewhat muddy) distraction for the children. The attendance this year was higher than last year and we thank the PTO and Dads for helping us meet one of our School Improvement Goals of "Building community and spirit" at ISPS. Thank you, as well, to all the parents who supported the event. What a great team effort to help us start the school year on a very positive note that brought our entire community together. **(See Page 8)**

It is hard to believe that we are at the end of the first week of October. This means that we are just around the corner from the end of Q1 for MS and HS. The end of Q1 brings with it some stress and pressure for students, as over the next few weeks, they will be reviewing material and planning for summative assessments or end of quarter exams.

If you have students in MS or HS, discuss the end of term with them. Help them map out the assessments they have, and help them plan a schedule that will give them ample time to prepare for these assessments. Encourage them to get ample sleep (8-10 hrs a night) and limit their "on screen time" (games and social media) to 2 hrs a day. Taking these steps should help better prepare your children for success during what is a stressful time for them.

Please be aware that the Government of Trinidad and Tobago has announce a change

in the National Holiday for Divali, the Festival of Lights. On our current calendar, it is scheduled for the 7th of November. However, it has been moved to the 6th of November and therefore, we will celebrate Divali on the 6th of November and have school on the 7th.

There is a Cancer run scheduled for Sunday morning (we will need to enter the time and starting location). You might have noticed at the BBQ, one of our MS students, Charlotte Sutcliffe, getting signatures and commitments from our community to attend the event. Charlotte was able to sign up approximately. 45 people for the event. Great job Charlotte !!!!! If you have the opportunity, please consider attending the event, as it will be sponsoring a great cause. **(See page 15)**

Yearbook photos are scheduled for next week: Monday, HS. Tuesday, MS. And Thursday, ES. Please make sure that your son/daughter is wearing proper uniform on photo day. These photos will be used for the Yearbook.

The topic of "nut allergies" has been raised by several concerned parents. ISPS is an "allergy sensitive school" and we ask all parents to be sensitive to allergies other children might have. Please notify the school nurse if your son/daughter has an allergy, and speak to your children about the dangers of allergies, especially allergies to nuts. If you have concerns on this topic, I encourage you to speak with Ms Gomes, or e-mail her at [vgomes@isps.edu.tt](mailto:vgomes@isps.edu.tt)

Enjoy the weekend.

**J Barney Latham**  
Director

# THANK YOU!

Thank you to all who attended the Strategic Planning Session last evening. Further thoughts and comments can be sent to [sp@isps.edu.tt](mailto:sp@isps.edu.tt)

# ELEMENTARY NOTES



October 4, 2018

Volume 17, Issue 4

Dear Parents,

Congratulations to our hockey and soccer teams. They have been very competitive, and our teams are proudly representing the school. Go Caimans!

Measures of Academic Progress (MAP) scores for Grades 1-5 will be available by Monday, October 8th. MAP information session for all parents will be conducted on October 16 from 7:30 a.m.—8:30 a.m. in the Green Room on the second floor. In addition, goal setting forms highlighting students' strengths and weaknesses based on their scores will be sent out by Monday, October 8th.

Thank you to those parents who attended the Primary Years Programme (PYP) parent meeting last week. If any parent requires further information, please do not hesitate to contact your child's teacher or Angela Shahien, PYP Coordinator.

Reading Intervention for Student Success (RISS) and Mathematics Intervention for Student Success (MISS) begins on Monday 8th October, please ensure that your child arrives by 7:15 a.m.

Writing Practice Program, (WPP) is an important online instructional tool that provides students with immediate feedback about their writing. This tool enables individual students in Grades 3—5 to work on their skills at their own pace. Teachers use the tool to guide classroom instruction. The resource component of the program is very helpful to assist the students with developing their writing. Additionally, students are given a variety of prompts to assist them in the writing assessments that will be administered in April 2019.

Congratulations to Ms. Joseph and all our students who participated in the challenge last Friday. It was an exciting time for the grades four through five students. At the end of the challenge, they were all winners and received medals.

Student yearbook photos will be taken on Thursday, October 11th.

Have a good weekend!

Suzette Julien,

ES Principal

## Primary Years Program (PYP)

Class teachers are completing their first unit of study, and will notify you of the second unit. Our words for discussion at home are the following: Cooperation, Tolerance and Knowledgeable.



Parents we encourage you to participate in our units, and this can be done through presentations or simply sharing your expertise with our students. Do you know what your child's unit of study entails?

Angela Shahien  
PYP Coordinator



Thank to Ms. Zandvliet and Coach Amanda George. Also, thank you to all the parents and mascots who have been supporting the team.

- |                   |                   |
|-------------------|-------------------|
| Titi Leroux       | Rebecca Winefield |
| Jan Zandvliet     | Ollie Eaton       |
| Valentina Zamudio | Sam Smyth         |
| George Eaton      | Siem Zandvliet    |
| Ryan Blue         | Nicole Branski    |
| Toon Zandvliet    | Pedro Zamudio     |

Click on the button below to see our students in action!



... through singing songs and playing games. This session is offered to students in Kindergarten through grade 2. There will be two sessions per week for a fee, and 10 spaces are available.

If you are interested, please contact

Ms. Julien





# ISPS BOARD NEWSLETTER

## MEET THE BOARD PARENT DIRECTORS



### Carol Mc Intyre

Parent Director

**Carol McIntyre** was raised in Trinidad and Tobago and holds a Bachelor degree in Political Studies from Queen's University, Canada.

After graduating, Carol spent twenty years in Toronto, Canada where her three children were born.

All three have been ISPS students. Carol has worked in senior positions, in Financial Services, in the areas of Development Finance, Investments and Strategic Marketing.

Her ten-year career at Sun Life (Canada) was particularly rewarding for instilling in her a love of teamwork and service to others.

Carol enjoys diversity in culture as a foundation for learning. Her interests include dance and boxing training.

### Lou-Anna Patterson

Parent Director

**Lou-Anna Patterson** is Trinidadian by birth. She is currently Managing Director at Aon Trinidad having started the local operation for Aon Plc in 2005.

Lou-Anna became an Associate of the Chartered Insurance Institute (ACII) in 1986 after attending the CII College of Insurance, Sevenoaks, Kent, U.K.

Upon her return to Trinidad she successfully completed an Executive MBA program at the Arthur Lok Jack School (formerly Institute of Business), University of the West Indies.

Lou-Anna is married to Michael and has 2 sons. One is a recent graduate of ISPS and has just completed his first year university in Canada and the other is in high school. This is our 11th year at ISPS.



### Robert Hadad

Parent Director

**Robert Hadad** is one of the Co CEOs of the Hadco Ltd. group of companies, an Import and Distribution, Manufacturing and Recycling conglomerate in Trinidad and Tobago. He founded this business with his brothers in 1992. He holds a BSc. Degree in Accounting from UWI, Barbados. He has served on the board of the Brian Lara Cancer Treatment Foundation in the past, and is currently a Board Member of the JES Foundation for Pancreatic Cancer.

He is a dedicated, passionate and success driven individual.

Robert is married to Kathryn and they have two children attending ISPS.

## MEET THE BOARD PARENT DIRECTORS



### Jennifer Loughridge

Parent Director

**Jennifer Loughridge** has a Masters in Politics from the University of Edinburgh.

Jennifer has senior executive finance experience in the oil and gas sector with expertise in Finance Transformation, Commercial Decision-Making, Corporate Governance and Valuation.

She is originally from Aberdeen, Scotland and has lived and worked in a number of locations internationally before moving to Trinidad in 2017.

She is married to a Dutch national who has a son attending ISPS.

### Janine Knaggs

Parent Director

**Janine Knaggs** is a director at Knaggs Developers Ltd, a Project and Construction Management firm and publisher of The Trinidad and Tobago Energy Guide.

Janine is an Attorney-at-Law, she read Law at Brasenose College Oxford University and is the holder of a Masters (LLM) in International Tax Law from the University of Miami Law School. Prior work experience includes litigation as well as taxation advisory services.

She currently serves on the Board of COSTATT (College of Science, Technology and Applied Arts of Trinidad and Tobago) and was a founding director of the Britain Academy of Port of Spain.

She is the mother of 3 children, 2 of whom are currently at ISPS.



### Rachel Laquis Rampaul

Parent Director

Rachel Laquis Rampaul, L.L.B., M.B.A. Is the Regional Director, Legal and Corporate Secretary of Scotiabank.

She is a graduate of the University of the West Indies where she attained a Bachelor of Laws degree in 1993, and the University of Hull in England where she attained a Master's degree in Business Administration in 2002.

Rachel is an Attorney-at-Law with over 20 years post-call experience, internationally qualified to practise in Trinidad and Tobago, Barbados, the British Virgin Islands, and England and Wales with experience in Banking and Commercial/Corporate law.

Celebrating **25** Years  of Excellence

# UPCOMING PTO EVENTS



1. **October 5th** World Teachers' Day
2. **October 17th**  IFF (Festivals Around the World) Meeting.  
Looking for International Food Festival Booth Volunteers  
**Represent your countries... start thinking!** 
3. **November 3rd** PTO Garage Sale 8:00-12noon ISPS Gym
4. **November 12-16** International Week
5. **November 16th** The International Food Festival (IFF) 6pm-9pm in the ISPS Gym  
Our theme is 'Festivals Around the World'



## MARK YOUR CALENDAR

### Bark & Books

#### Canine to visit ISPS Library



#### Library Corner

By Debbie Jacob

On Thursday, October 18, the ISPS Grade 3 library book club and Kindergarten will have a visit from Jed, a recently retired police dog with the Trinidad and Tobago Canine Police department. This annual library event allows students to learn how a police dog works.

The library will be having a bake sale on Thursday October 11 for elementary, middle and high school to aid the retired police dogs. The library will also take donations for the retired dogs. Proceeds aid retired police dogs that often have to wait for two years before they are able to go home with an officer.

If you would like to donate food for the bake sale or money to buy special beds for the dogs, please contact the library.



# Picture Day

## Schedule

### Monday 8th Oct - High School

- 7.40 – Grade 9 Quamina
- 7.55 - Grade 9 Sharpe
- 8.15 - Grade 10 Broughton
- 8.30 - Grade 10 Thompsett
- 8.45 - Grade 11 Joseph
- 9.05 - Grade 11 Fyfe
- 10.00 – Grade 12 Blackburn
- 10.40 – Grade 12 O’Donovan
- 11.20 – Grade 12 Shaw
- 11.45 – 12.30 - Staff

### Tuesday 9th Oct – Middle School

- 7.40 – Grade 6 Veck
- 7.55 – Grade 6 Galt
- 8.10 – Grade 7 Bahadoorsingh
- 8.30 – Grade 7 Foote
- 8.45 – Grade 8 Meade
- 9.15 – Grade 8 Abraham
- 9. 45 – 11.00 - STAFF

### Thursday 11th Oct. – Elementary school

- 7.35 – P3 Sultan Khan
- 7.50 – P4 Butts
- 8.05 - Kinder Keir
- 8.20 – Kinder Khan
- 8.35 – Grade 1 Agostini
- 8.50 – Grade 1 Bellemare
- 9.30 – Grade 2 Denoon
- 9.45 - Grade 2 C. Johnson
- 10.00 - Grade 3 A. Johnson
- 10.15 - Grade 3 West
- 10.30 – Grade 4 Ghany
- 10.45 – STAFF
- 11.30 - Grade 4 Blazer
- 11.45 - Grade 5 Wiltshire
- 12.00 - Grade 5 Bishopp



## YEARBOOK PHOTOS



High School

7:45-12:30

Oct  
8

Middle School & Staff

7:45-12:30

Oct  
9

Elementary School

7:45-12:30

Oct  
11

**Students must be in the formal school uniform (NOT PE uniform)**



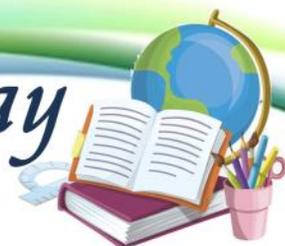
# ES Counselor's Corner



Student	Grade	Act of Kindness
Alexandra	4G	Shared her clay with another student who wanted to create an imaginary animal.
Nicole	5W	Helped a 2nd grader clean up juice that had spilled all over her food tray.
Jude	2J	When a classmate was crying, he showed concern by getting help for her from an adult.
Nicholas	4G	After finishing his project, he supported his classmates with theirs.
Sofia	PK3	Helped another student put on her socks and shoes so she could be on time for lunch.
Ethan	4G	Offered to warm-up a teacher's lunch for her.
Nevaeh	3W	Came by before school started to find out if her teacher needed any help.
Isabel	PK3	Took care of her classmate's lunch kit when she had to leave the cafeteria.
Aiden	KKh	Left his friends to sit with a classmate so he would not be alone in the cafeteria at break.



## Happy World Teachers' Day



*“What is a teacher? I'll tell you: it isn't someone who teaches something, but someone who inspires the student to give of [his]/her best in order to discover what [he]/she already knows.”*

— Paulo Coelho, The Witch of Portobello



# WELCOME BACK BBQ



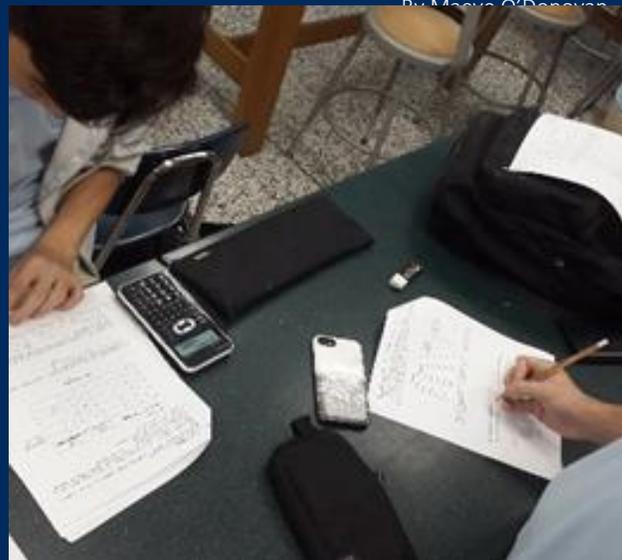
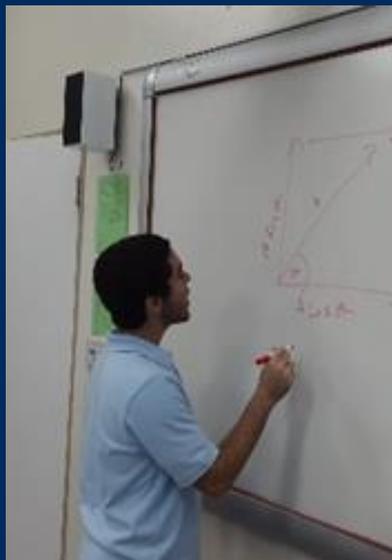
# SCIENCE CORNER

## WELCOME

Welcome to October in the Science Department! The 'hands on' approach was never more apparent than this month. Read on to see more. I continue to applaud the Science teachers who put forth maximum effort to make the learning of Science such a fun experience.

### High School AP Physics 1

Students have been exploring the topics of Kinematics and Dynamics, in which they went in depth into the analysis of Newton's three laws, analyzing 1 dimensional (Horizontal and vertical motion) and 2 dimensional motion (projectile motion). They also reviewed how to analyze the various graphs that arise from these laws. Students also analyzed how these forces cause movement of objects and principals such as inertia, friction and gravity and how they are obtained from Newton's laws and the kinematic equations.



### High School Physics

Students have been analyzing Newton's three Laws and its relative equation of motions. They are also analyzing their relative graphs to understand how they relate to forces, acceleration and velocity. Students also analyzed how these forces cause movement of objects in the world around us. Presently the students are now working on their summative assignment to demonstrate their understanding of these laws and will soon be ready to explore more deeply the quantitative analysis of Newton's laws.



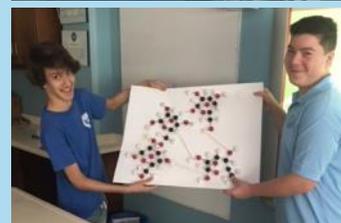


## Biology

Well it's that time of year again and the Biology classes have been busy making 3 dimensional models of macromolecules. Their next project is to make 3D models of a cell of their choice. There will be more on that next month. Presentations have not finished as yet so more photos next science corner!

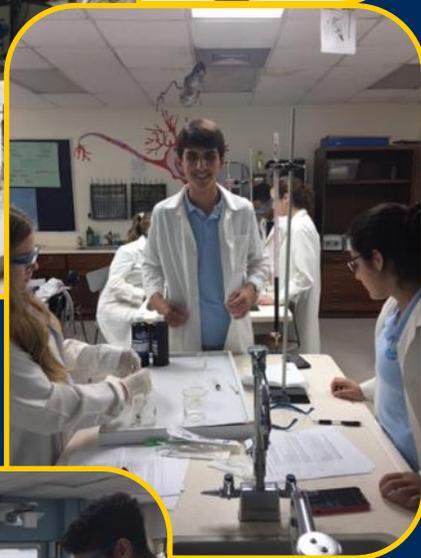
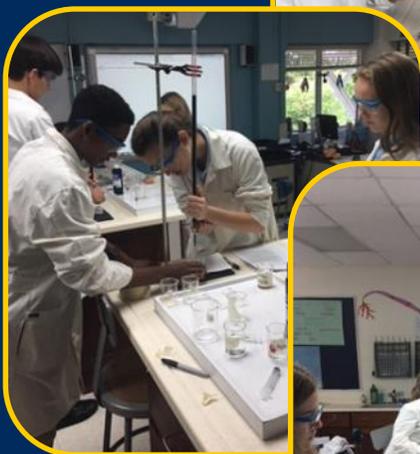
## Environmental Science Experiencing how carbon works

Mrs. Sharpe's high school Environmental Science class recently explored the biogeochemical cycles that operate within the Earth's biosphere. The students observed the way carbon works by conducting in-class experiments and discussing the change in pH of our oceans. Carbon is one of the most dangerous greenhouse gases and students explored how man's activities are resulting in an increase in carbon in our oceans as well as in the atmosphere. Further discussion led to connecting the increase of carbon to the rise in intensity and frequency of hurricanes. Student learning deepens when they connect class content to authentic real world experiences.



# AP Biology

Students have been exploring the topics of Kinematics and Dynamics, in which they went in depth into the analysis of Newton's three laws, analyzing 1 dimensional (Horizontal and vertical motion) and 2 dimensional motion (projectile motion). They also reviewed how to analyze the various graphs that arise from these laws. Students also analyzed how these forces cause movement of objects and principals such as inertia, friction and gravity and how they are obtained from Newton's laws and the kinematic equations.



## Middle School

Middle school students are having a lot of fun in science classes.

6th graders kicked off the year with a lab aimed at reviewing the scientific method.

The students measured the time it took to dissolve an Alka-Seltzer tablet in different types of water (cold, warm, salty and acidic).

They had the chance to practice making observations, controlling and changing variables, recording and graphing data, drawing conclusions and reflecting.

The students are now studying the Hydrological Cycle and soon ready to move on to the Rock Cycle.





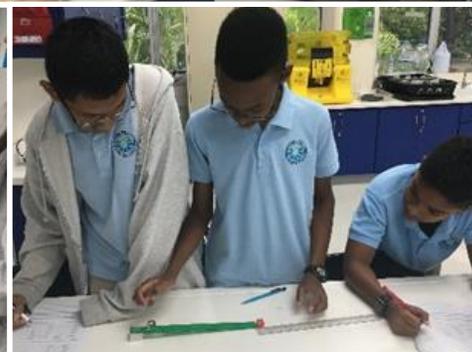
## 8th Grade

8th graders have been analyzing Newton’s Laws of Motion through different practical activities to further understand the relationships among forces and the movement of objects in our world. The students are now working on their summative assignment and will soon be ready to explore the exiting topic of Space Science.

We hope to continue working with the kids on developing an ever growing scientific thinking approach to their lives!

## 7th Grade

7th grade revisited the topic of matter focusing on the substances and mixtures of substances that compose the myriad of materials around us.



Our lab this week provided the students the chance of testing physical properties such as solubility and magnetism of sand, salt, and iron. They were challenged to design a procedure for separating a mixture of these three materials.



So that’s it for Science Corner this week.  
Have a wonderful break.



*COLLEGE UPDATE*



## Now Computer Based at all International Test centers

Outside of the US, the lesser known of the two college admissions tests is the ACT. Despite this, it is important to note that the ACT is equally accepted as a college admissions tests as is the SAT. In short, to all US and Canadian universities and colleges, it does not matter which test a student takes. As such, it is very much worth the effort to investigate the ACT as an option.

On this note there are now some very new developments which one should take a look at with regard to the ACT at international test centers.

1. The ACT is now computer based. No pencils, no erasers, just typing and clicking. Initial feedback from students is that they prefer it over the pencil and paper form and this may simply due to the fact that teens are so much more into technology and are very familiar with this sort of platform.
2. Students now get their scores within days as opposed to weeks. One student reported that they received their scores just two days after testing. This may indeed save a lot of time and anxiety for teens who normally have to wait 2 to 3 weeks to find out how they did on the traditional format of the test.
3. The ACT now has two testing sessions, a morning session and an afternoon session. This means that students no longer HAVE TO wake up very early on a Saturday to do the test. They can register for the afternoon session which starts at 1:30 (for the latest).
4. Finally, if a student misses the registration deadline for the test, they can still register for the test under late registration. Although there is a late registration fee attached to this, it guaranties that the students will do the test, once space is available at the test center. Now, remember, since there are now two testing sessions, this is now double the amount of spaces available.

With these new developments with the ACT, it is worth looking into. If interested the website is: [www.actstudent.org](http://www.actstudent.org)

### Test Preparation

Since the ACT is not very well-known here in Trinidad and Tobago, there are very few places/people that offer preparation classes/tutoring. However ISPS is fortunate to have teachers who are willing to provide this service.

For more information please contact:

**Mr. Blackburn: 736-5124**

Upcoming Test Dates							
Late Registration Deadline	Photo Upload Deadline	TEST DATE	Scores First Available	Registration Deadline	Photo Upload Deadline	TEST DATE	Scores First Available
OCT 14	OCT 19	OCT 27	NOV 13	NOV 2	NOV 30	DEC 8	DEC 18



## What Is the PSAT Test? Everything You Need to Know

Dear Parents/Guardians,

The PSAT (Preliminary SAT) is a standardized test designed to help prepare students for the real SAT Reasoning Test™. It is only offered once per year and is designed for 11th graders (juniors). As such, 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 10th, 2018 (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. It is, for the vast majority of our students, a low-stakes test. However, the PSAT helps to familiarize students with the format and style of the real SATs, thereby serving as an excellent college-prep exercise.

The PSAT/NMSQT measures:

- critical reading skills
- math problem-solving skills
- writing skills

Students have generally developed these skills over the years that they have been in school. Consequently, this test doesn't require you to recall specific facts from your classes. The most common reasons for taking the PSAT/NMSQT are:

- To receive feedback on your strengths and weaknesses on skills necessary for college.
- To help prepare for the SAT. You can become familiar with the kinds of questions and the exact directions that you will see on the real SAT Reasoning Test.
- To see how your performance on an admissions test might compare with that of others applying to college.
- And finally, to enter the competition for scholarships from the National Merit Scholarship Corporation (grade 11 US citizens).

### Registration

No registration is required. Since the PSAT is being administered during school hours we are taking the opportunity to test all ninth, tenth and eleventh graders. Students have been given an exam preparation package which contains an information booklet as well as a practice test.

If you have any questions regarding the PSAT/NMSQT feel free to give me a call at school or email: [lmoore@isps.edu.tt](mailto:lmoore@isps.edu.tt)

Louis Moore  
School Counselor



Hello Everyone,

This is flu season so please encourage children to wash hands as often as possible especially before meals, after playing, after using the bathroom and after coughing or sneezing.



At school we use antiseptic wipes for door handles, phones, desks and computers. The use of aerosols is not encouraged because we have students with respiratory problems.

If you would like to get the flu shot for your family, pay Ms. Irene Akien by the 12th October in the business office when I get the list I will order them and let you know so we could arrange for you to get it.

The blood bank will be here on Wednesday 31st October, 2018. If you would



## RBC Race for the Kids 5K & 15K

Sunday 7th October, 2018 15K: 5:45am 5K: 6:30am  
Starting Point: RBC St. Clair (opposite QRC)

To a child, being diagnosed with cancer can be devastating. We are committed to giving hope and saving lives, and with your help, there is much more that we can do. The RBC Caribbean Children's Cancer Fund has already helped over 130 children across the Caribbean, who have been afflicted with this dreaded disease.

**EVERY STEP IS A STEP FORWARD IN A CHILD'S FIGHT AGAINST CANCER.**

### HOW TO REGISTER:

- Online at [www.rbcraceforthechildstt.com](http://www.rbcraceforthechildstt.com)
- At the following RBC locations -
  - Head Office (St. Clair) - Monday to Friday: 10:30am to 4pm
  - Scarborough - Monday to Friday: 8:30am to 4pm
  - Chaguanas - Monday to Friday: 8:30am to 4pm and Saturdays, 10am to 1pm
  - Gulf City/Trincity - Monday to Friday: 10am to 4pm and Saturdays, 10am to 1pm

Registration closes Saturday 6th October, 2018



The RBC Race for the Kids is a compelling series of global charitable runs supporting children's causes that started in 2008 with an inaugural event in New York City. In addition to NYC, runs are also held in 15 major cities around the world, including Chicago, Minneapolis, Toronto, London, Hong Kong and Sydney. In the Caribbean, there are races in Barbados and Trinidad and Tobago.

The Trinidad and Tobago edition supports the RBC Caribbean Children's Cancer Fund and assists Caribbean youth, under the age of 16, who have been diagnosed with cancer. It funds care, treatment and testing to fight the dreaded disease. To date, over 130 children have been treated.

Funds from the RBC Caribbean Children's Cancer Fund will also support the Eric Williams Medical Sciences Complex with the purchase and installation of a Flow Cytometer valued at \$2 million. This machine increases survival rates as it more accurately diagnoses leukemia at an early stage. **(RBC)**

For those interested in still signing up, registration is open until October 6. You can sign up under the ISPS account:  
<https://raceroster.com/events/2018/19141/rbc-race-for-the-kids-2018/teams>

Search for: Team International School

like to donate give me a call at 633-4777 ext 425 or send me an email so that we could arrange the time you can come in.

This is a great community service. High school students 18yrs and over may give without permission, those between 17 years and 18 years need to get a letter of approval from you.



## HEARING SCREENING

All parents who gave permission for speech and hearing screening will get a letter from Ms. Wendy Senior Gomez with the results.

Take care and have a safe weekend.



The JUST BECAUSE FOUNDATION PRESENTS

# JBF Kiddi K 2018

Children's walk against childhood cancer

**When and Where?**  
 Saturday 6th October 2018.  
 West Court, Jean Pierre Complex  
 12:00 noon to 6:00 pm

**Awesome!! Registration Fee?**  
 Adults & Ladies \$80...Kids \$60  
 Includes a JBF Kiddi K T-shirt

**Get ready for FUN, GAMES, FOOD, ENTERTAINMENT, and lots More!**

**Can I Win Prizes?**  
 Yeah! Real COOL Prizes & Giveaways too!

Register at Kenny's Sports Centre - Chacon Street, POS, West Mall, Long Circular Mall, Trincity Mall & Carlton Centre San Fernando from September 8th to 30th 2018  
 299-4JBF (4823) / 299-2JBF (2523) | #thejustbecausefoundation  
 justbecausefoundation07@gmail.com | www.thejustbecausefoundation.com

OCT 11<sup>TH</sup>

## Library & ANIMAL BOOK CLUB

### BAKE SALE

Bake Sale to raise funds for K9 police dogs.

National Honor Society presents...

# Bingo 2018

AWESOME PRIZES TO BE WON!

**Games Fun Prizes**

- November 24th, 2018
- ISPS Gymnasium
- 4:00 PM - 7:30 PM

General ticket: \$120 | At the door: \$150  
 Tickets available from October 22nd  
**Accepting all donations!**

Contact Us:  
 Thomas Lee Young (President) 460-415  
 Erin Galt (Secretary) 321-0191



# ISPS SCHOOL STORE

## PROMOTING SCHOOL SPIRIT



ISPS Ladies Fit Polo  
\$75



ISPS Regular Polo  
\$75



ISPS Visor  
\$45



ISPS Barrel Mug  
\$60



ISPS Barrel Mug  
\$50



ISPS Barrel Mug  
\$60



ISPS Steel Water Bottles  
\$100



ISPS Steel Tumbler  
\$45

**50% OFF**  
SEE BELOW

SHOP NOW



ISPS 48" Umbrella  
Was \$70 **Now \$35**



ISPS 60" Umbrella  
Was \$110 **Now \$55**



ISPS Luggage Tags  
\$20



ISPS Tote  
\$45

2018

# a·la·cARTe

## Breakfast

Ham and Cheese Omelette	\$15.00
Three Cheese Omelette (Cheddar, Parmesan, Pepper Jack)	\$15.00
Garden Omelette (Bell peppers, Tomatoes, Onions)	\$14.00
All omelettes are served with 2 pieces of Toast, Garlic Butter and Roasted Tomatoes	
Choka Trio (pumpkin, spinach, fried aloo) served with Sada or Roast Bake	\$14.00
Salt fish or Smoked Herring served with Sada or Roast Bake	\$16.00
Large Pancake with Eggs and Breakfast Sausages, Butter, Maple Syrup	\$25.00
Pancake	\$ 8.00
Wild Berry Waffles	\$10.00
Extra Syrup	\$ 3.00
Grilled Cheese Melt	\$15.00

## Sides

Eggs	\$8.00	Hash Browns	\$13.00	Breakfast Sausage	\$5.00
Maple Bacon	\$9.00	Turkey bacon	\$7.00	Bagel & Cream Cheese	\$14.00
Parmesan rolls	\$10.00	Mushrooms	\$10.00	Toast	\$6.00
Croissants	\$5.00				

## Lunch

GCG 4oz Gourmet Burger 3oz fries (Smoked Cheddar, Lettuce, Tomato, Onion, Garlic Mayo)	\$40.00
Crispy Fish Po Boy (Cole Slaw, Pickles, Tomato and Herb Mayo)	\$45.00
Steak & Cheese Melt Press (Bell Pepper, Onions, Chilli Cheddar)	\$45.00
Linguini Pasta Alfredo	\$50.00
Add Chicken \$10	Shrimp \$20
Wings (Cajun, Honey Buttered, Buffalo) Served with French Fries / Waffles	\$35.00



# ISPS Lunch Menu

October 8—October 19

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>Proteins</b>	BBQ Chicken Or BBQ Fish	Seasoned Panko Chicken Or Baked Fish	Grilled Chicken Breast Or Grilled Fish	Curry Chicken	Cajun Chicken Tenders Or Cajun Fish
<b>Starches</b>	Macaroni Pie	Roasted Potatoes	Penne Pasta in Tomato Sauce	Jasmine Rice	Spinach Rice
<b>Peas/Veggie</b>	Steamed Vegetables	Sweet Corn, Peas & Carrots	Vegetable Medley	Pumpkin Choka Dhal	Red Bean Chili
<b>Vegan</b>	Tuscan Bake Bean	Panko Quinoa Nuggets	Baked Bean	Curry Tofu	Tofu
<b>Soup of the Day</b>					Chicken Vegetable Soup

If you have a special diet or have any allergic reactions to certain foods, please advise our caterers at your earliest convenience so that they may prepare a menu that fits your needs.

	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>Proteins</b>	Herb Roasted Chicken Or Blackened fish	Breaded Chicken Or Cilantro fish	Beef Bolognaise Or Fish Creole	Sweet & Sour Chicken Or Sweet & Sour fish	Baked Chicken Or Pan Seared Fish
<b>Starches</b>	Cream of Corn Pie	Potato Wedges	Herb Farfalle Pasta	Fried Rice	Warm Potato Salad
<b>Peas/Veggie</b>	Sautéed Vegetables	Coleslaw	Green Salad	Stir-Fry Vegetable Noodles	Steamed Broccoli
<b>Vegan</b>	Seared Tofu	Zucchini Fritter	Lentils meat balls	Vegetable Spring Roll	Tofu Fries
<b>Soup of the Day</b>					Corn Soup