



# ISPS WEEKLY

NEWSLETTER

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## DATES FOR YOUR DIARY

### December

- 13 Last Day of School  
All School Early Dismissal
- 13 Start of School Holiday Break
- 14 ACTs
- 16—5 JAN Christmas Break (No School)

### January

- 6 School Resumes
- 13 ASA Session 2 Begins
- 17 HS Music Recital
- 28 School Photo Retakes
- 31 Sports Day

### 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/Guardians,

Welcome to the end of the first session of the school year.

It has been a busy and active time with many highs and a great deal of effective learning for us all.

We had the fantastic Welcome Back Barbeque, with Farmer Nappy leading us in grooving and moving. The success of our sports teams in national and international tournaments. The celebration of internationalism which is at the heart of our very special community on International Day. The challenges and opportunities of the move to PowerSchool. Parent workshops on Drugs Awareness, another on the social challenges which our children face. Every lesson, every assessment, every piece of homework, day by day, week by week, all of which has brought us to December.

As a school we are continuing to reflect, review and plan about what we do and how we do it. Our aim is to grow and strengthen our school. Many parents have dropped by and spoken to me about their ideas, given support and feedback. I really appreciate these opportunities to hear from you about your hopes and expectations and occasional frustrations. It helps me to get a better, more rich picture, about our community and how we can serve you better.

I recently read an article which looked at life expectancy and longevity. The authors studied the places in the world where people, lived the longest. There were five which were specifically identified; Okinawa, Japan, Nicoya, Costa Rica,

Sardinia, Italy, Loma Linda, Calif., U.S.A. and Ikaria, Greece.

The researchers found a number of similarities between the areas. The first was that the inhabitants kept active; walking up and down stairs, washing by hand, in many cases they lived low tech active lives where people kept physically fit. The second was community, all the areas people placed a high value on relationships and social belonging, they also had a strong senses of purpose, either from their faith or from feeling valued, social inclusion. Finally, diet, diets tended to be plant based and moderation was seen as important.

<https://www.ecowatch.com/tips-for-a-longer-life-2544984055.html>

The older I get, the more I appreciate the sense of community, the importance of human connection and relationships, I also realise how lucky I am. I count my blessings every day and try to keep a sense of humour, even in the most challenging situations. ISPS is an amazing community, vibrant, active, purposeful and often noisy! It has been a great pleasure getting to know it over the last few months.

In closing, I would like to wish you all a safe, happy and healthy Christmas, full of joy and a great deal of laughter.

I look forward to welcoming you and your children back to ISPS, in 2020, to continue our journey of learning and growth.

Kind regards,

**Helen Brocklesby**  
Director

**SAVE THE DATE**

**ISPS**

ALL-INCLUSIVE  
CARNIVAL PARTY

**FETE THE WORLD**

**FEBRUARY 8, 2020**

TBC

# #DIFFERENCEMAKERSFUTURESHAPERS #CARING

## LIVING ♦ OUR ♦ MISSION



*“The best way to not feel hopeless is to get up and do something. Don’t wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”*  
- Barack Obama

Representatives of The Change A Life Foundation came out on Sunday Morning to assist the Syrian Lebanese Women’s Association with the assembly of 1500 boxes.

All of the children worked

diligently and efficiently to help the Association ahead of its packing day .



The President Mrs. Justine Aboud-Chamely and her entire committee and all of the membership present on the morning were so grateful and appreciative for

the help given by students of ISPS .

I felt extremely proud to be present on Sunday morning to witness the hard work of our children .

**Sophia Laquis**  
Parent



“Doing nothing for others is the undoing of ourselves.”

— Horace Mann



#DIFFERENCEMAKERSFUTURESHAPERS #EXCELLENCE #INNOVATIVE

# LIVING ♦ OUR ♦ MISSION

On Saturday 7th December a few of our ISPS student-athletes represented their club (QPCC) at the Trendsetter Hawk’s annual football tournament.

This tournament was held at the Queens Park Savannah. Sam Smyth and Anthony Mansoor’s team, played undefeated winning against the host team in the final 1-0.

Anthony continues to display his leadership qualities by being appointed captain of the QPCC outfit as well.

ISPS will like to congratulate all our student-athletes who competed over the weekend for their commitment to teamwork, sportsmanship and high level of skill.



*“...you win by effort ... by commitment ...by ambition ...by quality ...by expressing yourself individually... but in the team context...”*

-José Mourinho

## Eco-friendly Christmas Tree

Christmas is near and it is that time of the year when we wait for the gifts, food, lights and most importantly the Christmas Tree! For those of you that might be feeling bad about the waste generated through excessive packaging, here is a nifty way to create beautiful pieces out of recycled material.



layers glued together under pressure and heat using corn starch. Therefore, it is biodegradable , compostable and combustible . These are the 3 keywords suppliers want to market within the industry .

The tree design was printed on a digital printer using very small volumes of water based inks.

The tree was then cut out on a high speed flat bed digital cutting table .

Et voila, a 100% eco-friendly tree.

This tree, made by an ISPS family member is made out of 100% recycled paper. All of the boxes are made with corrugated board. Corrugated board is 3

## Best Wishes from the Nurse

Hello Everyone,

Best wishes for the season and the New Year to all!

Unfortunately we end the year with students still getting stomach aches, nausea, vomiting and some even getting diarrhea. This week was less than last week. I am hoping that with some rest everyone will be better in the New Year.

Have a great break and be safe!



VANDA GOMES,  
SCHOOL NURSE  
vgomes@isps.edu.tt

# PK-3 CHRISTMAS

# WE WISH YOU A MERRY CHRISTMAS!



This week Ms. Sultan Khan's Pre-Kindergarten elves took time off from Santa's workshop to do a mini photoshoot.

Wishing you ALL a Merry Christmas from Pre-Kindergarten 3!

*"There's room for everyone on the Nice List!"*





# Winnie the Pooh

To Bee or Not to Bee



### The Secret Life of Bees:

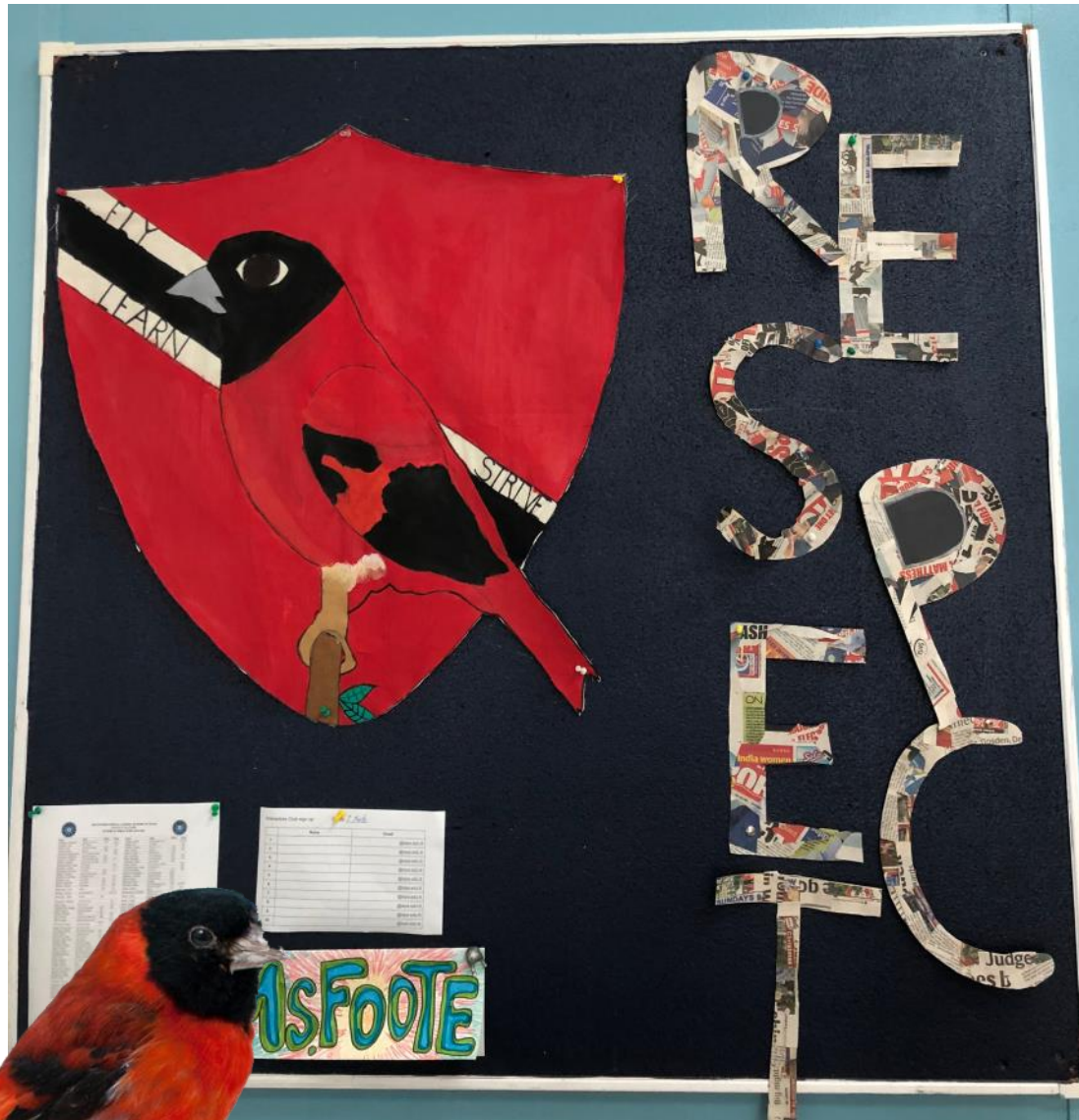
Our Pre-K 3's are ready for the stage for the Winnie the Pooh (Kids) production.

*Old friends are great. But not better than new friends — with honey.*

Winnie the Pooh

## 8 F, PRIDE AND RESPECT

## Learning Pride &amp; Respect in 8 F



For our Homeroom crest, we chose one of Trinidad and Tobago's most endangered birds, The Siskin Bird. This bird is a small passerine bird. This bird is found in tropical South America as well as Northern Colombia and Northern Venezuela.

We chose the Red Siskin bird because of its majestic and picturesque image. We linked the bird's colours to our homeroom and the way we identify ourselves at ISPS.

We represented the red, white and black appearance of the bird to how we would strive to represent our nation with pride and respect. We also connected our word of the month in Middle School, Respect, with the way in which we should treat the Siskin bird in its natural habitat.

**Mascot:** Red Siskin Bird

**Watchwords:** Fly, Strive, Learn

Priyanka Lalla

## CAFETERIA NOTICE



# ISPS CAFETERIA ACCOUNT BALANCES

Taken from the [Parent-Student Handbook](#)

The Cafeteria uses PowerSchool to monitor account balances, and to track all food and drink purchases made by students. In order to ensure the smooth operation of this system the following guidelines will be implemented and adhered to beginning August 2019:

- Parents will be asked to pre-pay their accounts (minimum of 500\$TT) either at the front desk or in the business office. This is done via cash, cheque or Lynx.
- Parents will be advised via a notification in PowerSchool about the student's café balance once it reaches \$150.00 or less. Café accounts are not allowed to carry negative balances.
- Students and parents should monitor café account balances regularly after making purchases.
- When a student's café account reaches zero, no further purchases will be allowed to the student, **until a deposit is made to the account either at the Front Desk or Business Office.**



ISPS

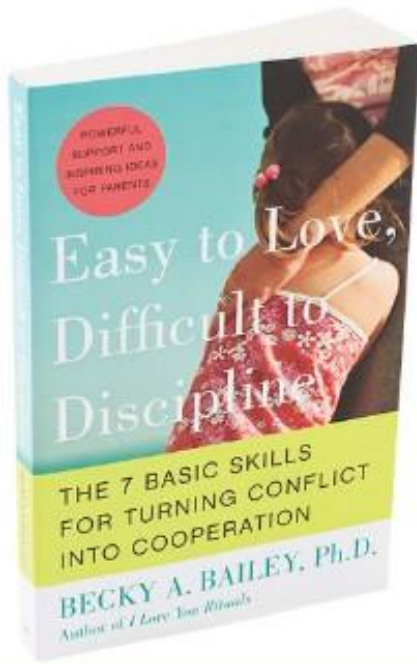


2019 - 2020 Events Calendar

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day <b>NATIONAL HOLIDAY</b>	2 <b>SCHOOL HOLIDAY</b>	3 <b>SCHOOL HOLIDAY</b>	4
5	6 School Resumes	7	8 Community Sports Night Basketball 7:00-9:45pm Gym	9 Community Sports Night Football/Volleyball 6:00-8:00pm Gym	10	11
12	13 ASA Begins - Session 2 2:30-4:30pm	14	15 Community Sports Night Basketball 7:00-9:45pm Gym	16 Community Sports Night Football/Volleyball 6:00-8:00pm Gym	17 End of Q2 MS/HS HS Music Recital 8:00-9:00am Theatre	18
19	20 ML King Day	21	22 Community Sports Night Basketball 7:00-9:45pm Gym	23 Community Sports Night Football/Volleyball 6:00-8:00pm Gym	24	25 Chinese New Year
26	27	28 School Photo Retakes 7:00am-12:00p Theatre	29 Community Sports Night Basketball 7:00-9:45pm Gym	30 Community Sports Night Football/Volleyball 6:00-8:00pm Gym	31 Sports Day 7:30am-12:00p	





# ES PARENTS

**Our Parenting Book Club starts  
January 14, 2020!**

**8 Thursdays from  
Jan 16 – March 12  
7:40 – 8:45am**



**Come join us in this interactive and supportive group as we learn more about –**

- 🌀 **Helping your children to effectively manage their emotions**
- 🌀 **Setting effective guilt-free limits that would stand up**
- 🌀 **Safety & connection and their relationship to learning & school success**

**Clean your room!  
Finish your homework!  
I'm stopping this car  
right now!**

**"I had it first!  
Give it back!"  
"Everyone else does –  
why can't I?"**

## BOOK YOUR SPOT!

**Kindly email – [phyndman@isps.edu.tt](mailto:phyndman@isps.edu.tt) – spaces are limited!**

Made with [PosterMyWall.com](https://PosterMyWall.com)

THE INTERNATIONAL SCHOOL OF PORT OF SPAIN

# CHRISTMAS SPORTS CAMP

Activities include:  
Handball  
Badminton  
Football  
& lots more

DATE: 16 -19 DECEMBER  
TIME: 9:00 AM - 1:00 PM  
AGES: PRE-K - GRADE 5  
FOR MORE INFO CONTACT:  
Ms. Joseph: [tjoseph@isps.edu.tt](mailto:tjoseph@isps.edu.tt)  
Ms. Butts: [sbutts@isps.edu.tt](mailto:sbutts@isps.edu.tt)

## CALLING ALL PARENTS

# WE NEED YOU!

Please contact your house captains to volunteer help with uniforms, choreography for Sports Day (January 31)!

HEY PARENTS! NEED TO DO SOME LAST MINUTE SHOPPING AND NEED TO KEEP THE KIDS BUSY?

JOIN US AT INTERNATIONAL SCHOOL OF PORT OF SPAIN

## Holiday Camp

DECEMBER 16 - 19 • 9 AM - 1 PM  
EXTENDED HOURS ON REQUEST

Activities: Art & Crafts, Sand and Water, Baking and lots more.

Contact: Sarah- [sbutts@isps.edu.tt](mailto:sbutts@isps.edu.tt)

## GIN CLUB

PROCEEDS GO TO THE AZ YOUTH CARE CLUB

01.10.2020

# Fundraiser BAKE SALE

ISPS CAFETERIA

MS/HS BREAK & LUNCH

NAMASTE

# YOGA for parents

Monday: 7:45 - 8:45 a.m.  
Friday: 7:45 - 8:45 a.m.  
Location: Dance Room

Please contact Katherine Dalton-Brown @ 678-1996