



ISPS WEEKLY

NEWSLETTER

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FROM THE DIRECTOR

Dear Parents/Guardians,

We are nearly at the end of another busy week at ISPS. Last week the CAISSA tournament was a real success. The students enjoyed themselves, participated in some excellent sport and met students from across the region. The event, like many, involved the whole ISPS community and the support we received from parents and the PTO were integral to the success of the tournament.

I want to recognise and appreciate Mario Davis, Ricardo Lue Shue and the entire PE department for all their hard work. Our coaches who prepared and supported our teams so well and also the facilities team, as usual, they were first-rate.

Our visiting teams were both from much larger schools than ours. Carol Morgan in the DR is close to 1100 students and Cayman International School are over 700. The fact that ISPS, with just over 370 students could compete so successfully is a huge testament to our athletes, the preparation they got, not to mention the support from all those who turned out to cheer and support them.

This week parent conferences for the High School and Middle School were held. It is always a great opportunity to check in with your child's teachers and discuss your child's development and progress.

This week we have also been hosting Rory Mooney who is the consultant engaged to undertake the feasibility study for the possible transition to IBDP from AP in Grades 11 and 12.

Thank you to our students, teachers and parents who took part in our focus groups. Mr. Mooney may send follow-up questionnaires as he completes his reports.

This weekend, the PTO will be holding its Garage Sale in the Gym from 8:00 a.m. and on Sunday Miss Donna Clarke and the NHS and HS Art students will be heading to the Mt. Hope Hospital, where they will be engaged in painting a mural for the Paediatric Unit.

If any parents would like to join us that would be super! On Friday this week, Suzette Julien and I will be out of school. We will be attending a recruiting fair geared for the Latin American community.

Finally, I would remind you all that our doors are open for feedback and questions. Please do come and talk to us if you need too. We are working hard to ensure that communication is effective and timely, and we appreciate your feedback.

Regards,

Helen Brocklesby
Director

DATES FOR YOUR DIARY

November

15	ISPS vs Dunross (Football U9, U10 & U12)
15-16	Grade 6 Lock-In & MS Game Night
16	PTO Garage Sale
17	NHS & HS Art Field Trip
20	HS Bake Sale
20	ES End of Term 1
26-29	FCD School Visit
27	ES Term 1 Reprints
29	ES Parent Conferences

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

Results

Girls Volleyball:

1st ISPS, 2nd CMS, 3rd CIS

Girls Basketball:

1st ISPS, 2nd CIS, 3rd CMS

Boys Soccer:

1st CSM, 2nd ISPS, 3rd CIS

NO SCHOOL DECEMBER 2
LOCAL ELECTIONS (School used as testing center)

WE ARE INQUIRERS! WE ARE CURIOUS! WE ARE THINKERS!

TREES WITH PRE-K 3s



Ms. Sultan-Khan's Pre K3s have started their Trees Study unit. This study builds upon children's interest in trees to help them explore Science and Social Studies. It will help children develop an understanding of the characteristics of trees and their role in our natural and man-made world.

Here we have students collecting parts of a tree during their Nature Walk, then grouping the parts of a tree. Students also collected leaves, identified different features of the leaves, and conducted a Leaf Report.

We focused on : observing, sorting, measuring, identifying, and comparing.

Shafika Sultan-Khan



GLOBAL ISSUES NETWORK

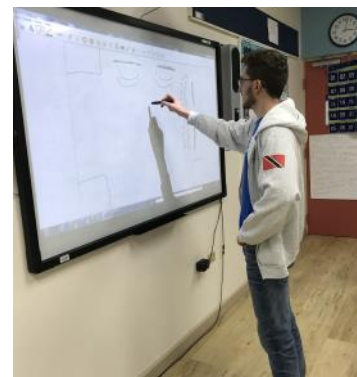
Dedicated to Making a Difference

Rebecca Tompsett
GIN Supervisor

The Global Issues Network (GIN) Club is a High School and Middle School Club for students who are dedicated to making a difference in their communities. It gives them the space to collaborate in small groups to create projects which address issues that they care about.

Groups that satisfy the requirements will be able to present their projects at the Global Issues Network conference which this year is in Medellin, Colombia.

Here are the groups and students involved:



Middle School

Group 1:

Priyanka Lalla, Elizabeth West, Audrey Cabassu and Anya Naipaul

Project: Climate Change - reducing our carbon footprint. Our mission is to create an Eco-Friendly Trinidad and Tobago. We want to have a positive impact on the lives of citizens and reduce the carbon footprint and amount of trash created. Our group is striving to make a better environment for all.

Group 2:

Gaby Farmer, Adriana Hall, Zachery Maharaj, Liam Fitzgerald, William Farah, and Jan Zandvliet.

Project: Green School. Our objective is to make ISPS greener in as many ways as

we can. We plan to get the cafeteria to use more plastic alternatives, create more green spaces in the school, and reduce ISPS's energy consumption.

Group 3:

Ruarch Baker, Jonathan Fernandes, Ellice Ali, Gideon

Project: Maritime Safety and Pollution. We aim to help reduce pollution of the ocean in Trinidad.

High School

Group 1:

Nikkia Wills, Sophia Turner, Charlotte Potter, Victor Johansen, Tristan Morgan

Project: Education for all. Our aim is to educate and teach Venezuelan children English, helping them to create better opportunities in life.

Group 2:

Edward Zhang, Aaron Chinapoo

Project: Education for All: Operation Seeds - a skills training organization. Our aim is to help those less fortunate get an education and life skills through sponsorship, fundraising and extra lessons.

Group 3:

Chayim Baker, Daniel Bagnarol, Pio George, Jose Montealegre Corriols, Sebastiao Camarinhas, Idriss Allen, Charlotte Farah

Project: Massive step up in the fight against poverty: G.I.V.E. Club. Our aim is to promote community service in the school through a club to raise funds and volunteer in organizations which address poverty in our community.

ISPS CHILD PROTECTION

Drug Prevention with FCD

Dear Parents,

As part of our ongoing commitment to prevention and wellness, we have invited experts in the field of substance abuse prevention from FCD Prevention Works to join our ISPS community during the week of November 25-29, 2019.

FCD has provided substance abuse prevention services to over a million students since 1976.

It is critical that schools, students, parents, and communities work closely together to educate ourselves on the best ways to support healthy living in our youth. Parental involvement is crucial to our efforts to reduce the risks teenagers face.

Schedule of Events

- **Nov 11-15:**
Anonymous student survey of student substance use/perceptions
- **Nov 13:**
Anonymous parent survey of student substance use/perceptions
- **Nov 26-29:**
FCD staff meet with small student groups (Grade 5, 7, 8, 9, 11) and ISPS Staff.
- **Nov 27 :**
Parent information session at ISPS (All parents PK3-12) - (5:00 pm - 7:00 pm)

Why should parents care?
[More information on FCD and how their visit will benefit our students, parents, and community:](#)

Their Mission is to:

- Encourage and support the non-use of alcohol and other illegal or illicit drugs during the growing years.
- Empower young people to make healthy, responsible choices about alcohol and other drug use.
- Teach students and adults how to recognize the early warning signs of substance abuse and to intervene appropriately.
- Educate students, parents, teachers, and administrators on the physiological and psychological effects of alcohol and other drugs.
- Promote awareness of drug addiction, including alcoholism, as a progressive, chronic, and often fatal disease.
- Provide educational communities with the guidance and training necessary to implement comprehensive, effective approaches to substance abuse prevention

FCD prevention specialists are highly trained professionals who have achieved healthy recovery from alcohol or other drug

perspective enhances the credibility of their message and provides students with role models for happy, healthy, drug-free living. The FCD prevention specialist will offer support and guidance in helping your children enjoy a drug-free adolescence.

Topics to be addressed:

- Effective ways to communicate with your child about drugs and drug use
- Up-to-date facts about current drug use and trends
- What to say about your own experiences with alcohol and/or drug experimentation
- How to spot early warning signs of use and effective ways to respond.

This program presents a perfect opportunity for discussing alcohol and other drug-related issues with your children. Parental involvement is crucial to our efforts to reduce the risks teenagers face. We want our students to hear from both school and home that we are concerned about alcohol, nicotine, and other drug use by adolescents, and that we are committed to keeping our children safe.

We will anonymously survey our students, parents, and staff in order to gather general data about use, perceptions, and protective factors.

This information will help our FCD specialist to better inform and work with our school community.

We will be surveying all students (Grades 6-12) in their Guidance Class during the week of Nov 11-15. Students will be instructed that they can skip any question(s) they are not comfortable answering.

If you have questions about the survey or do not want your student to participate, please contact John Steinbach (G6-10 Counselor), Louis Moore (G9-12 Counselor), or Frank Huerta (Principal) ASAP.

Sincerely,
ISPS Child Protection Team





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

Hello Everyone,
Some of our students have coughs. I no longer give elementary children cough drops because it can be a choking hazard. The middle and high schoolers get them. There is a lot of caution being used now about giving cough syrup unless ordered by your doctor. Most coughs will go on their own but if it lasts more than 3 weeks it is advisable to get it checked by a medical doctor.

Some cough syrups contain codeine (see article below) which is available over the counter and can be addictive. In many countries codeine addiction is a big problem. In the United States of America School Nurses are now keeping an antidote in their offices to treat with overdoses of the drug.

So far we haven't seen any indication that we have a problem but we are just being cautious and observant at our school.

If you would like your child to get any medication, send it to my office and I will give it to them.

Please check the labels of any cough medication before giving it to your child/children.

Have a safe and enjoyable weekend!

Understanding Codeine

Codeine is a prescription pain-medication used to treat mild to moderate pain. It comes in tablet form and as the main ingredient in prescription-grade cough suppressants. Tylenol 3, another popular pain reliever, is codeine combined with acetaminophen.

Codeine is an opiate (sometimes called a narcotic). Other opiates include oxycodone, heroin and morphine. Street names for codeine include cough syrup, schoolboy, coties and t-three's.

Codeine Effects and Abuse
Codeine use often starts out innocently with a prescription for a codeine-based cough syrup. Because codeine is less regulated than some opiates considered to be more



dangerous (such as morphine and OxyContin), getting and abusing it is relatively easy. This is despite the fact that codeine is very similar chemically to drugs such as morphine and hydrocodone. Though less potent, codeine provides effects similar to morphine.

The effects of codeine include:

- Euphoria
- Apathy
- Drowsiness
- Relaxation

As an opiate, codeine runs a high risk of its users developing a tolerance and eventually a dependence on it. Although many people begin using codeine to relieve a legitimate condition, it is frequently abused as tolerance develops. Many codeine users begin to turn to the drug to cope with all of their physical pain and eventually their emotional pain as well. If you or someone you care about is struggling with a codeine problem, get help today.

Although some people think the drug seems harmless, at

high enough doses, codeine use can lead to respiratory failure, coma, and even death. This risk is especially high when codeine is combined with other central nervous system depressants such as alcohol or other opioids.

Addiction to Codeine
An addiction to codeine may develop from continued abuse of the drug in its cough medicine or pill form. Codeine can lull its users into a false sense of security because many people do not consider it to be as powerful or addictive as its opiate family members.

Codeine is considered a gateway drug to other opiates, including morphine and even heroin.

Many people don't stop at codeine. They try to reach a better high by mixing it with other substances, including alcohol. Because codeine and alcohol are both central nervous system (CNS) depressants, combining them can lead to dangerous levels of depression in the brain and respiratory failure. Learn the criteria of diagnosing codeine addiction today.

Codeine and Other Drugs

For some people, codeine is only a piece of a larger web of addictions. Sometimes, it is the gateway drug into addiction to other substances, especially other opiates like oxycodone or morphine.

Continued next page

Because multiple drugs in a user's system can change the way treatment is administered, it is important to be honest in discussing all of your addictions with a treatment counselor. No matter what drugs you use, there is a treatment solution for you.

Purple Drank

Codeine cough syrup is used to make "purple drank." Purple drank is a recreational form of the drug made by mixing prescription-grade (codeine) cough syrup with soft drinks, such as Sprite or Mountain Dew, for consumption in large doses. It is also called lean, syrup and sizzurp.

Alarming glorified in popular culture, purple drank has been referenced throughout multiple songs and TV shows. It is mentioned in songs by artists like Lil' Wayne and Three 6 Mafia.

Rapper Lil' Wayne was admitted to the intensive care unit in March 2013 with seizures and unconsciousness caused by extremely high levels of codeine. Though he survived, he was in critical condition after having his stomach pumped three times to remove the drug from his system.

Taken from:

<https://www.addictioncenter.com/opiates/codeine/>



JESSICA MAYA
LIBRARY ASSISTANT
jmaya@isps.edu.tt



Read for the Record

Jumpstart's Read for the Record brings together millions of adults and children around the world each year to read the same book on the same day in order to raise awareness about the critical importance of early literacy. Did you celebrate with us by reading Thank You, Omul? Make sure you and all your readers are counted by reporting your final numbers using the link below.

Taken from:

<https://www.jstart.org/read-for-the-record/>





CAIMANS ATHLETICS



CAISSA SEASON 1

The 2019-2020 Season 1 of CAISSA was an exciting 3-Day event here at ISPS. All of our Varsity teams made the finals in their respective sports, with our Junior Varsity team having a great showing for themselves competing against the upperclassmen.

In the Girls Basketball Tournament, our girls lost one game in route to claiming the Championship for this year's CAISSA. The Caimans produced two All-tournament team selections in Abigail Mahoney and Daniyelle Bennett, with Mahoney earning Most Valuable Player of the tournament.

In the Girls Volleyball

Tournament, our girls went undefeated claiming the Championship for CAISSA Season 1. Abigail Mahoney, Daniyelle Bennett and Destinee Doumith earned All-Tournament team honors with Abigail earning MVP in Volleyball as Well.

In Boys Soccer, our guys played exceptionally well throughout the tournament making it to the Championship match against The Carol Morgan School. Unfortunately, the Caimans lost in extra time 1-0. Edward Laquis, Alec Payne-Ramjit, Juan Montealegre Corrials and Joey Mahoney received All-Tournament Team honors.

We would like to thank all that made this tournament a success!

Hockey

The ISPS Hockey club was in action last Friday and Saturday in the Trinidad and Tobago Hockey Board's Schools' Indoor Hockey Competition. In the U12 Division, ISPS played well finishing 3rd in Group Play.

In the U16 Division, our team played exceptionally well. ISPS, with an average age of 11 years old, competed against 16 year olds and held their own. We also placed 3rd in Group Play.

Soccer

ISPS will be playing Dunross this Friday. Come out and support our Under 9, Under10 and Under 12 teams. **Go Caimans!**



ISPS



2019 - 2020 Events Calendar

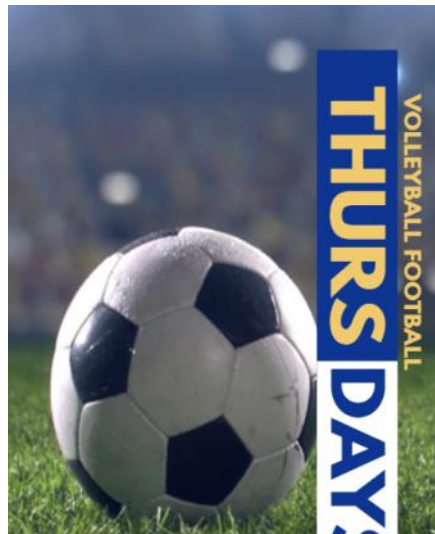
NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 End Mid Term Break	2 SATs
3 Daylight Saving	4 School Resumes	5	6 ISPS Varsity/JV Volleyball Game 4:00-5:30pm; Gym	7 CAISSA Season 1	8 CAISSA Season 1 U12 Hockey Tournament Woodbrook Youth Facility 8:15am-2:00pm	9 CAISSA Season 1
10	11	12 MS MYP Assessment & Grading Session for Parents 11:30am-12:00pm P.E. Classroom MS Parent/Teacher Conferences 12:00pm-3:00pm; Gym 11:30am Dismissal for MS ONLY MS MYP Assessment & Grading Session for Parents 1:30-2:00pm P.E. Classroom	13 Community Sports Night Basketball 7:00-9:45pm; Gym	14 HS Parent/Teacher Conferences 12:30pm-3:00pm; Gym 11:30am Dismissal for HS ONLY Community Sports Night Football/Volleyball 6:00-8:00pm; Gym	15 ISPS vs Dunross Tournament Under 9, Under 10 and Under 12 teams G6 Lock-in 2:30pm & MS Game Night 5:30-9:30pm	16 PTO Garage Sale 8:00am-12:00pm; Gym G6 Lock-in Ends at 9:00am
17 NHS & HS Art Field Trip Mt. Hope Hospital 8:30am-4:30pm	18	19	20 ES End of Term 1 HS Bake Sale Fund Raiser 12:35pm-1:20pm Learning Kitchen Community Sports Night Basketball 7:00-9:45pm; Gym	21 Community Sports Night Football/Volleyball 6:00-8:00pm; Gym	22	23
24	25	26 FCD School Visit	27 ES Term 1 Reports FCD School Visit FCD Parent Session 5:00-7:00pm; Cafeteria Community Sports Night Basketball 7:00-9:45pm; Gym	28 FCD School Visit Community Sports Night Football/Volleyball 6:00-8:00pm; Gym	29 FCD School Visit ES Parent/Teacher Conferences 12:00pm-3:30pm ES Classrooms 11:30am Dismissal for ES ONLY	30 NHS Annual Bingo Fundraiser 5:00-9:00pm ISPS Gym



7:00-9:45PM

WEDNESDAY NIGHT BASKETBALL



6:00-8:00PM

THURS DAYS

VOLLEYBALL FOOTBALL



BAHAMAS STRONG

Breakfast for Lunch

Pre orders only!

November 20th, 2019
High school and Middle school Lunch


Waffles, Pancakes, and Fruit Bowls
Pre order by November 19

To pre order email: cmukerji@isps.edu.tt and emcosta@isps.edu.tt

All proceeds go to Hurricane Dorian Victims in the Bahamas



ISPS LIBRARY NOTICE



Please Return Books By December 3, 2019

THE AR STORE IS COMING: DECEMBER 3RD




ES Parent-Teacher Conference

29 NOVEMBER, 2019

12:00 pm - 3:30 pm ES Classrooms. 11:30 am Dismissal for ES ONLY



ISPS Lunch Menu

November 18-22

[CLICK HERE FOR MENU PRICES](#)

November 2018	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Proteins	BBQ Chicken OR BBQ Fish	Seasoned Chicken OR Cubed Fish	Grilled Chicken Breast OR Grilled Fish	Curry Chicken OR Curry Shrimp	Teriyaki Chicken Tenders OR Teriyaki Fish
Starches	Potato Pie	Fried Rice	Penne Pasta in Pesto	Jasmine Rice	Spanish Rice
Peas/Veggie	Steamed Vegetables	Sweet Corn on the Cob	Vegetable Medley	Pumpkin Choka Dhal	Red Beans Chili
Vegan	BBQ Baked Beans	Quinoa Cakes	Baked Beans	Curry Tofu	
Soup of the Day					Chicken Vegetable Soup

NATIONAL HONOUR SOCIETY

Bingo 2019

Saturday 30th November
5:00pm - 8:00pm

International School, P.O. Box 1
1 International Drive,
Westmoorings

Additional Bingo cards
\$10.00 each

Refreshments included

ALL proceeds go to charity

For more info contact:
nhs.isps@gmail.com

BUY NOW

Over \$50,000 in prizes!

\$150

retain this stub for door prizes