



ISPS WEEKLY

NEWSLETTER

WHAT'S INSIDE

Living Our Mission	2
Tree-Mendous Trees with PK3	3
Building Bridges with PK4	4
Middle School Crest Initiative	5
7.2 Integrity Alliance	6
Movember	7
AP Biology	8
ISPS Child Protection	9
Athletics	10
Calendars	11-12
Community Notices	13
Cafeteria	14

DATES FOR YOUR DIARY

November

- 26-29 FCD School Visit
- 27 FCD Parent Session
- 27 ES Term 1 Repts
- 29 ES Parent Conferences
11:30 Dismissal (ES Only)
- 30 NHS Annual Bingo

December

- 2 NO SCHOOL (Local Elections)

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

Good afternoon Parents/Guardians,

I hope that you are having a good week, so far.

I would like to remind you about a few important dates for next week. On Wednesday evening, we have a session for parents with a drug awareness program. This program is well-known and valued as an opportunity for parents to learn more about the things our children are exposed to on a regular basis. You were sent a few emails earlier this week by the counseling team, and I would encourage you to sign up if you haven't attended one before.

On Friday afternoon, the Elementary School is holding its Parent Conferences, and I know how valuable these are for you.

Looking forward, the last week of the term will be devoted to Grade 11 & 12 semester exams. Information is going out from Mr. Huerta this week. You can support your child by ensuring they eat well and get enough rest over this period. A well planned revision schedule over a few weeks is far more effective than last minute cramming at midnight!

I would like to end with a couple more reminders. School starts at 7:30am promptly. I have noticed in recent weeks, the number of children arriving after this time is increasing. I would ask that you plan your travel time in the morning to ensure that students are here to start on

time. Lateness is disruptive to classes and also means that students get tardies.

Along a similar line, I would ask that parents check and monitor their child's absences. A large number of absences from class not only affects the students' learning, but additionally High School students will lose credit if they have absences which are above 15%.

Students are aware of these expectations but we ask for your support in ensuring that no student suffers this consequence.

Finally, I would like to ask for your support in ensuring that the school uniform expectations are being adhered to. We seem to be having a proliferation of short skirts at the moment, we will be speaking directly to students who aren't complying.

I am sorry if this seems like a list of admonishments, but a successful school is truly a partnership between home and school. At ISPS we appreciate and value this partnership and support as we work together to live our vision of inspiring thinkers and doers who strive for excellence.

Enjoy the weekend!

Helen Brocklesby

Director

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

#DIFFERENCEMAKERSFUTURESHAPERS #EXCELLENCE #CARING

LIVING ♦ OUR ♦ MISSION



17 of our High School students (grades 9-12), together with Art teachers, Carolyn Foote and Donna Clarke transformed a ward in the Wendy Fitzwilliam Pediatric Hospital in Mt. Hope.

The hospital is being rebranded as the Trinidad & Tobago Wendy Fitzwilliam Children's Hospital. ISPS was approached by the St. Augustine West Rotary Club to assist in this rebranding project.

Our students are from the HS Art classes, Design classes and NHS Club. Our Grade 10 design student Francesca Aboud's design was chosen as the design for the playroom.

There are 3 children who are residents on this pediatric ward. This information made a huge impact on our students to try to make the space more pleasant.

A special thank you goes out to Pilar for organizing our transport and our

security guard Michelle who ensured we kept on task and produced a high standard of artwork.

Have a great week everyone we work with some fabulous students!

Donna Clarke
High School Art



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

TREE-MENDOUS TREES



Pre K3s continue to learn all about Trees. They decided to grow some sweet peppers.

First, they helped prepare the plant beds to plant the seeds. Then they dug a hole, placed the seeds in the hole, covered it back with soil, and then watered them.

Students will continue to care for their plant by watering them everyday and waiting for them to grow.



*Pictures 1, 4 & 8:
Plant beds are prepared*

*Pictures 2 & 5:
Got our Sweet Pepper seeds
from Mr. Ryan.*

*Pictures 3, 6, 9 & 10:
Planted our seeds & watered
them.*

*Pictures 7:
Now we wait...*

Shafika Sultan-Khan, PK-3

WE ARE INNOVATIVE! WE ARE COLLABORATIVE!

BUILDING BRIDGES WITH PK-4



Pre-K 4s got together with Ms. Ghany's grade 4s to participate in a Stem challenge. Each group had to build a bridge that went from one side of the "ocean" to the other. To help with their designs, students looked at pictures of real bridges from around the world.

Sarah Butts, PK-4

MIDDLE SCHOOL CREST INITIATIVE

MS Launches Homeroom Crests



This week in homeroom, Middle School launched their homeroom Crests. The theme they chose was endangered animals of Trinidad and Tobago.

Each homeroom has adopted a particular Endangered animal as their crest and this will remain the same for each homeroom at each grade level in the coming years.

Thanks to the MS homeroom teachers for their hard work in helping their homeroom students getting these crests completed.

I am delighted to announce that the winner of the competition was grade 8 Ms John. Their Homeroom crest is the Hummingbird.

Homerooms are going to actively keep their house crests active by finding activities that will promote their Crest and also in educating the wider community about the animal they chose for their crest.

Maeve O'Donovan



7.2 INTEGRITY ALLIANCE

Committed to Protect & Respect Our Environment



Dear ISPS Community,

We are 7.2 Integrity Alliance and this year our homeroom chose the manatee as our mascot. We chose the manatee because, like many other species in Trinidad and Tobago, it is endangered by the impact of pollution in its habitat. These gentle giants are plant eaters that help their environment by controlling the vegetation. Like the manatees, we are committed to helping our environment by taking action. As proud members of the ISPS community, we want to live our motto by being Difference Makers, Future Shapers.

7.2 wants to achieve the goal of banning single-use plastic in our school this year and we will put our best effort into making this happen. We are asking everyone in our community to join us in taking action. One of our main plan is to ban Viva plastic bottles and other plastic containers from our school cafeteria. We also seek new and better alternatives for the environment, that will make everyone happy. We are committed and passionate about this goal. To achieve success we need everyone's help. 7.2 has started a petition to ban single-use plastic. If you want to make a difference and see change, please come to Ms. Moonsammy's room and add your name to our petition.

Help us save these gentle giants!

Thanks,

From all of 7.2

Mascot: Manatees, Gentle Giants

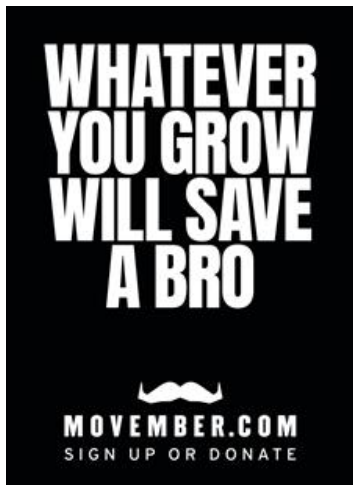
Motto: 7.2, Integrity Alliance

Mission: Our commitment is to protect and respect our environment with integrity in our heart, we will inspire

Chimene Moonsammy, Middle School

MEN'S HEALTH ISSUES

Respect the 'Stache



Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. Men are dying too young. We can't afford to stay silent.

MOVEMBER 2019

It's Year eight for **Movember** at ISPS and I am very proud to say that we are, once again, receiving terrific support from students and staff in our endeavours. As is traditional now, a team of teachers have accepted the challenge to either grow, shape, or even lose their facial hair in a furry bid to raise funds for the **Trinidad & Tobago Cancer Society**.

The **Movember Foundation** is doing incredibly important work in raising both funds and awareness for **Men's Health Issues**. Not only do they seek to raise funds to drive forward the research needed to tackle Prostate and Testicular cancer, but also

Motivate men & women to get active and take good care of their mental and physical well-being.

Mental health is one of the key components of the Movember Foundation and acknowledges the very real

Asking, listening and being there for your friends can be lifesaving. If you need a hand having a conversation with someone who's going through a tough time, use this guide.

A.SK

Ask the question

L.LISTEN

Listen, without judgement or distractions

E.ENCOURAGE

Encourage action

C.CHECK

Check in

Many thanks to R U OK? for developing the ALEC model.



© 2019 Movember Europe. Reg. Charity No. 1137988 (England/Wales) 11004781 (Scotland) 25101280 (Ireland). Movember Foundation eV VR205837 (Germany).

need to break down the barriers that prevent so many men from seeking help from those around them.

Should you wish to donate towards this cause you can do one of two things. You can visit <https://ex.movember.com/donate> & make a contribution to the Movember Foundation, or you can sponsor a member of staff here at ISPS or make a contribution via the business office. All funds raised will go directly to the Cancer Society.

Matt Broughton, High School

Thanks to the support of Mo Bros and Mo Sistas we've funded more than 1,200 projects saving and improving the lives of men all around the world. Since 2003, we've committed ourselves to helping men live happier, healthier, longer lives. Millions have joined us.

(Movember Foundation)

AP BIOLOGY

Exploring Enzymes

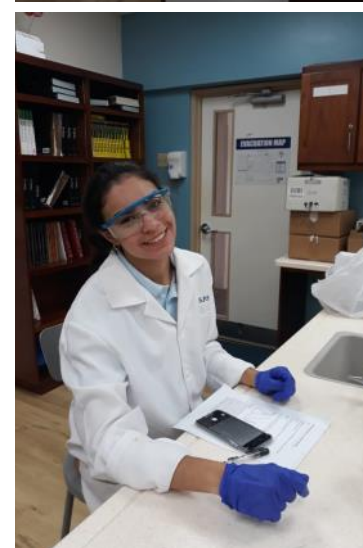
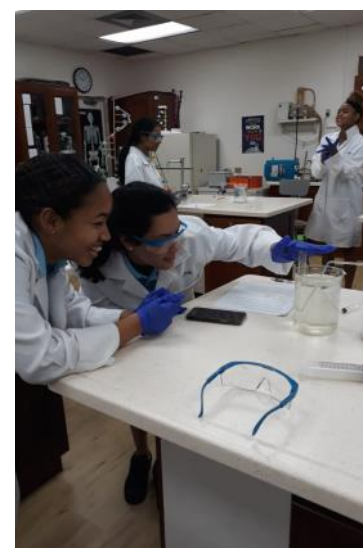


As part of the curriculum, AP Biology students engage in inquiry based labs that help expand their knowledge of the various subject areas and develop their ability to use logic and reasoning, formulate conclusions and justify their statements.

Peroxide, would affect the rate of an enzyme catalysed reaction using the enzyme Peroxidase (found in potato). Students were able to measure the rate of the reaction by recording the rate at which oxygen gas was liberated, counting the number of bubbles generated.

Last Thursday the AP Biology students were able to investigate how the concentration of Hydrogen

Danette Paynter
AP Biology



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





CAIMANS ATHLETICS



Volleyball

Our U14 Girls Volleyball team has qualified for the Semi-Finals for the North Zone Secondary Schools League. The team qualified with a record of 6 wins and 1 loss. Our girls will face St. Joseph's Convent in the Semi-Finals this afternoon. Let's wish them luck!

Hockey

Last weekend we successfully hosted our very own tournament for the first time! Saturday the

younger kids played and it was fun, fun, fun. Kids chasing the ball passionately, scoring their first goal ever, and parents cheering loudly.

Sunday the older players came out and delivered some really exciting matches. We are proud that after penalties shots ISPS managed to secure first place against Dunross!

Congratulations to all of our players on their accomplishments this weekend.

We are always welcoming new players to all of our teams, and especially our new U16 team. Interested in playing and/or goalkeeping? Join us! Please contact mdavis@isps.edu.tt or petrazandvliet@hotmail.com for more info.

Mario Davis,
Athletics Director

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



ISPS



2019 - 2020 Events Calendar

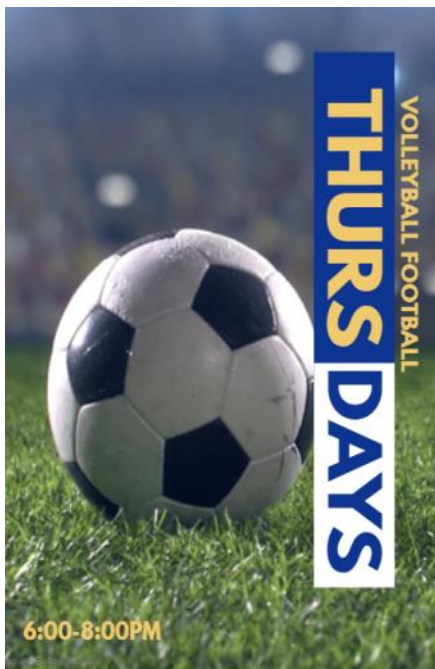
DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 SCHOOL CLOSED Local Elections	3	4 Community Sports Night Basketball 7:00-9:45pm; Gym	5 Community Sports Night Football/Volleyball 6:00-8:00pm; Gym	6	7 Pearl Harbor SATs 7:30-2:00pm
8	9	10	11	12	13 Last Day of School	14 ACTs 7:30-2:00pm
GRADE 11 & 12 SEMESTER 1 EXAMS						
			ES Production "Winnie the Poo" 6:00-7:00pm Theatre	ES Production "Winnie the Poo" 1:00-2:00pm Theatre	All School Early Dismissal 11:30am	
			Community Sports Night Basketball 7:00-9:45pm; Gym	Community Sports Night Football/Volleyball 6:00-8:00pm; Gym	Start of Holiday Break	
15	16 SCHOOL HOLIDAY	17 SCHOOL HOLIDAY	18 SCHOOL HOLIDAY	19 SCHOOL HOLIDAY	20 SCHOOL HOLIDAY	21
OFFICE HOURS: 8:00 AM—12:00 PM				SCHOOL CLOSED		
22 Hanukkah begins Dec. Solstice (GMT)	23 SCHOOL HOLIDAY	24 SCHOOL HOLIDAY	25 Christmas Day NATIONAL HOLIDAY	26 Boxing Day NATIONAL HOLIDAY	27 SCHOOL HOLIDAY	28
29	30 SCHOOL HOLIDAY	31 SCHOOL HOLIDAY	1 January New Year's Day NATIONAL HOLIDAY	2 January SCHOOL HOLIDAY	3 January SCHOOL HOLIDAY	4 January
5 January	6 January School Resumes				OFFICE HOURS: 8:00 AM—12:00 PM	



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



Accelerated Reader

Click [here](#) for Library News



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 25-29

[CLICK HERE FOR MENU PRICES](#)

November 2018	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Proteins	Beef Chilli OR Grilled Fish in Tomato Sauce	Grilled Chicken OR Fish with Garlic Sauce	BBQ Chicken Breast OR BBQ Fish Fingers	Honey butter glazed Turkey OR Pan Roasted Fish	Mexican pulled Chicken OR Mexican Spiced Fish
Starches	Spaghetti	Roasted Red Skin Potato	Home-style Pasta Salad	Mashed Potato Dry Fruit Rice pilaf	Taco Shells Black Beans
Peas/Veggie	Sour Cream & Chive with Grated Parmesan Cheese	Steamed Vegetables	Grilled Corn	Sautéed Turnips and Carrots Pigeon Peas Stew	Tomato Salsa 4 Cheeses Lettuce
Vegan	Three Bean Chili	Vegetable Chickpea Patties	Lentil Peas	Pumpkin pie Butter milk biscuits	This meal can be vegan
Soup of the Day				Thanksgiving	Pumpkin Bisque

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