



ISPS WEEKLY

NEWSLETTER

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DATES FOR YOUR DIARY

November

- 29 ES Parent Conferences
11:30 Dismissal (ES Only)
- 30 NHS Annual Bingo

December

- 2 NO SCHOOL (Local Elections)
- 7 SATs
- 9-13 Gr. 11 & 12 Exams
- 11-12 ES Production
- 13 Last Day of School
All School Early Dismissal

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

Dear Parents/Guardians,

Good afternoon and happy Thursday.

This week we have been hosting, Glenn Hall from FCD (Freedom from Chemical Dependency) in the US. Grade 5-12 students have been engaged by Mr. Hall in discussing the dangers of drugs as well as learning how to handle being offered drugs and support friends, if they know they are vulnerable. <https://fcd.org>

There was an excellent turnout at yesterday evening's talk for parents and the feedback was extremely positive.

We asked students to complete an anonymous survey this week about their experience, exposure and attitude to drugs and we will share some of those details after we have had chance to fully analyse the data.

There were however two results which I would like to share now. The amount of screen time students are reporting, and the amount of sleep they say that they are getting.

In Middle School, 65% of our students' report that they have over 3 hours' screen time a day (on school days) which is not related to academics, with 25% reporting 5 hours or more. 26% of students' report having less than 6 hours sleep a night on school nights.

In High School, over 78% of students say that they have 3 hours screen time with 31% saying they have 5 hours or more. 55% report less than 6 hours sleep.

The importance and benefits of sleep are being more and more understood. During certain aspects of sleep, learning from the day is converted into long term memory. It is when we 'keep' the things we have learnt during the day. If students aren't sleeping enough then this process of consolidation is less effective or doesn't happen at all.

<https://www.sleepfoundation.org/article/s/teens-and-sleep>

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

The book Why We Sleep by Matthew Walker has some fascinating insights into this area of neuroscience.

<https://www.youtube.com/watch?v=oDRrRuPqALs>

Secondly screen time, as parents and educators we are in unknown territory. We want to give our children the best possible support and opportunities. We are constantly told that technology and IT are the future. That said, we are also beginning to understand that some technology is highly addictive. It is designed to be so. We are beginning to realise that in the same way as we guard our children from the danger of drugs like alcohol or vaping, we also have to guard them from the social media addiction which is becoming so prevalent.

I believe that we are beginning to see this awareness becoming more mainstream and we will be having a discussion as educators, about how we as a school, want to use technology in our school.

This week, we also have two candidates visiting us for the role of MS/HS Principal. This is effective August 2020 when Mr. Huerta leaves us. Many stakeholders in the school are meeting both Mr. Fisher and Mr. Young over the period of their visit and we hope to be able to make a decision in the very near future.

Finally, a quick reminder that Saturday is Bingo Night organised by NHS. I have my cards ready and I am looking forward to a fun evening. I hope that you are able to join us.

Have a wonderful weekend,

Helen Brocklesby
Director

HAPPY THANKSGIVING




As our Tree Study comes to an end, Ms. Sultan Khan's students made "My Thankful Trees" to express what/who they are thankful for.



Thankful Threes

Today our P3s sat down for a Thanksgiving meal prepared by our school Cafeteria.

Submitted by:
Shafika Sultan-Khan


HAPPY THANKSGIVING





**Friends,
Family,
Food & P4s**

Pre-K 4 students came together to celebrate Thanksgiving with their peers and teachers. A Pre-K Thanksgiving...

*Small cheer
and great
welcome
makes a merry
feast.*

**William
Shakespeare**



HAPPY THANKSGIVING

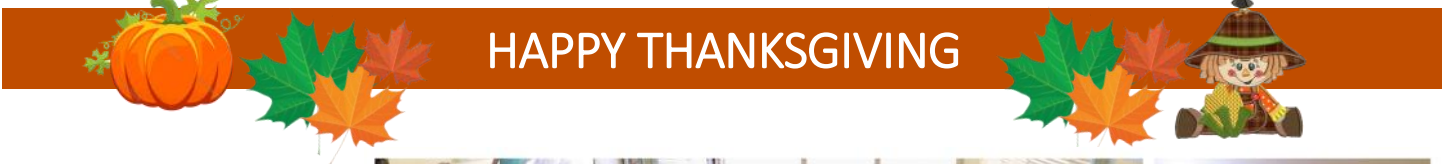



Welcome to the Kinder Table

Kindergartners celebrated Thanksgiving with their “school family”. They were thankful for many things: their friends, families, teachers, homes, food, the world and of course their toys. We, the Kindergarten teachers are very thankful for all the moms who helped to organize the meal and for our students who make each day memorable.

Happy Thanksgiving to all!

Submitted by: Momedha Khan & Christina Keir



HAPPY THANKSGIVING

Middle & High School Give Thanks

Middle School celebrated Thanksgiving on Wednesday with delicious lunches coordinated by the MS homeroom moms. Many thanks to them for their efforts.

Submitted by:
Maeve O'Donovan



This year, grade 11 is thankful for health and the many friendships made this year. For our celebration, we had parent class representatives Asha Javeed and Maria Abraham lead the charge with organizing the food and coordinating with grade 11 Homeroom teachers Avril Fyfe and Ian Joseph to make the lunch a successful one.

As you see in the pictures, the kids were well fed and they expressed a lot to be thankful for.

Submitted by: Ian Joseph

#DIFFERENCEMAKERSFUTURESHAPERS #EXCELLENCE #PASSIONATE

LIVING ♦ OUR ♦ MISSION



Success isn't handed to us; WE EARN IT.

Misty Copeland

This month both Sophia and Emma will be participating in an All Dance World competition to be held in Orlando.

We are proud of our ISPS students who continue to pursue their passion to the benefit of the wider community.

ISPS congratulates both girls and wish them continued success!



8 A, VIBRANT, UNIQUE & PASSIONATE

Curious Monkeys Share Our Thirst For Knowledge & Exploration



We are Grade 8A, and as a class, we decided that we wanted to incorporate the White Capuchin Monkey as our homeroom mascot. These monkeys are not critically endangered, but it is important to protect all species. The monkeys are being hunted and sold as pets and that is not good for the population. We chose the White Capuchin Monkey as our mascot because monkeys are curious, they are explorers and social just like us. Each monkey on the crest represents one of the students in our homeroom who show uniqueness.

Our crest is shaped like Trinidad to represent our beautiful country and our love for it. The three main colors on our crest are **BLUE**, **GREEN** and **RED**.

BLUE represents the sea, flowing like our successful future. **GREEN** represents the vitality of our homeroom. **RED** represents the passion we have for our work. The words on the crest (vibrant, unique and passionate) are the words that we choose from the ISPS mission statement. We feel like these words reflect us the most.



Thanks,
Kimaya Ollivierre (Grade 8 Prefect)

Mascot: White Capuchin Monkey

Motto: Always climbing higher, swinging to success even if we're stressed we'll always try our best.

Mission: As students of ISPS, we aim to climb higher and succeed in our work and goals. Even if we are stressed when faced with challenges, we will always try our very best.

Marianna Abraham, Grade 8A

WORD OF THE MONTH: R.E.S.P.E.C.T.



Respect Others, Respect Yourself

Until the end of the semester, MS students will be exposed to this word during homeroom, in classes, during lunch and break. 'Word of the month' will be displayed in all MS classes. Prefects made these using recycled materials.

Presently teachers are displaying 'What respect looks like' in all classrooms and refer to it when students breach rules of respect. Students will also be commended on being respectful.

We ask for parent participation in this. We would like to invite you to contact your child's homeroom teacher should you see a particular display of respect by any ISPS student in any place at any time (perhaps in your home or while waiting to pick your child up from school). I think we can all agree that this will be far more effective as a community effort.

Thank you for your support on this.

Have a great weekend

Maeva O Donovan

WHAT DOES RESPECT AT ISPS LOOK LIKE?



To speak respectfully

- Speaking politely to other students;
- Thinking before you speak;
- Keeping quiet if you have nothing pleasant to say;
- Keeping 'street language' out of school.
- Speaking to members of our community as you would like to be spoken to.



To behave respectfully

- Showing consideration on the corridors;
- Queuing properly;
- Avoiding physical contact with other students;
- Respecting other students' space;
- Sitting where you are asked to in class;
- Telling a member of staff if there is a problem with another student.
- Treating members of our community as you would like to be treated.



To respect the school environment

- Putting rubbish in bins - in and out of the classroom;
- Looking after and having pride in your classroom;
- Sticking to the rules regarding specialist rooms and equipment - e.g. science labs; sports and ICT equipment; music instruments;
- Reporting any damage to a member of staff;
- Making sure you are in the right place at the right time, including lunchtimes;
- Keeping the school site safe.



To have respect for your own and others' learning

- Striving to make outstanding progress;
- Valuing success;
- Being on time to school and lessons;
- Having the correct equipment;
- Doing the work to the best of your ability;
- Doing your homework to deadline;
- Listening respectfully to others' contributions in class
- Keeping focused and not distracting others

LIBRARY CORNER

Christmas Book List



DEBBIE JACOB,
LIBRARIAN
djacob@isps.edu.tt

When most people think of Christmas, they think of baked ham, ponche a crème and sorrel and pastelles. I think of books. There's nothing like snuggling up with a good Christmas read during the holidays.

Christmas books offer many of the values – like caring and giving – we try to nurture in our children for the entire year. In a season that boasts of Christmas parties and endless celebrations, reading offers time to unwind and remember the spirit of Christmas.

This is the best time of year for parents to introduce children to the magic of books. Christmas picture books feature illustrations that are works of art.

So, in the spirit of Christmas, here are my favourite books, which are in the ISPS library.

1 Mr Ives' Christmas by Oscar Hijuelos – Once again, the late, great Cuban

American writer Oscar Hijuelos tops my list for a book that captures the spirit of Christmas. In this short novel, Mr Ives, a kind-hearted, hard-working Mr. Ives, who thought he was living the perfect life. Then, one day, Mr Ives' son, who is studying to be a priest, is shot in the street by an armed robber fleeing from his crime. Years later, Mr Ives decides to visit his son's killer in prison. This is a story of love and forgiveness that has become a perennial read for me.

2 The Christmas Genie by Dan Gutman – Children from eight to ten will love this light-hearted story about eleven-year-olds trying to decide on the perfect Christmas wish granted by a genie who lands in their classroom. What is the perfect gift? The children in this laugh-aloud novel are trying to figure that out and they have a time limit to make their decision.

3 The Angel Tree by Daphne by Benedis-Grab – Every year a Christmas wish tree magically appears in Pine River. Residents write their wishes on a paper, which they put on the tree, and somehow their wishes come true. This year, a group of teenagers who have their wishes granted decide to play detective and find out who

the benevolent soul is who makes every wish come true. This Young Adult (YA) novel for 12 years to adulthood is a Christmas mystery. Is it right for these teens to identify the person who wants to remain anonymous? Readers must decide.

4 A Christmas Carol by Charles Dickens – This Christmas classic of Uncle Stooze facing three ghosts that change his view of

Christmas is a timeless classic. Stooze's transformation from a cranky old man to a kindhearted soul teaches invaluable lessons about facing fear and the past. All children ten and above should be read this classic. They will never forget it

5 A Wish to be a Christmas Tree by Colleen Monroe – This beautifully illustrated story of a pine tree that has been overlooked until it is too large to be taken home as a Christmas tree provides touching lessons about friendship, sharing, caring and identify.

6 The 13th Gift: A True Story of a Christmas Miracle by Joanne Huist Smith – This nonfiction story about a widow who wonders how she will provide Christmas for her three children becomes an

invaluable lesson in random acts of kindness. Again, there is a mystery to solve.

7 Little Women by Louisa May Alcott – In the opening scene of this YA classic, the March sisters lament that their father, who is serving in the Civil War, won't be home for Christmas. It sets the stage for one of the most endearing books about love and family.

8 Let It Snow: Three Holiday Romances by John Green, Maureen Johnson and Lauren Myracle – These three interlocking stories are a popular YA read in my school. They are light and often funny. Each author uses characters from the other author's stories. Again, love and giving are resonating themes.

9 Toot & Puddle Let It Snow by Holly Hobb – I love Toot & Puddle for their realistic lessons for children. Here, they deliver a lesson about caring, in their usual fun-loving style that manages not to be didactic.

10 Skipping Christmas by John Grisham – Grisham is known for his legal thrillers. Here, he delves into humour to present the story of a couple who decide to skip Christmas.

So cheers! Here's hoping you create a tradition of reading for Christmas. It is one of the best gifts you can give your children.

NURSE'S NOTES




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

Cold vs Flu

**IS IT A
COLD OR FLU?**

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU 



It appears that many students are getting stomach aches. Some have fever. Some also have nausea. I am not sure if this is part of the virus going around.

This is a reminder about the difference between a cold and the flu.

The easiest ways to avoid getting a cold or flu is by ensuring proper hygienic practices.

Have a safe and fun filled weekend.

Cold or Flu?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone.

In general, flu is worse than the common cold, and symptoms are more intense. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose. Colds generally

do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.



How to tell the Difference

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone.

Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

Content Source: [CDC](https://www.cdc.gov)



THE INTERNATIONAL SCHOOL
OF PORT OF SPAIN
PRESENTS

Disney
**Winnie
the
Pooh**
KIDS

Music & Lyrics by
**RICHARD M. SHERMAN, ROBERT B. SHERMAN,
ROBERT LOPEZ, KRISTEN ANDERSON-LOPEZ**
Music Adapted & Arranged and Additional Music by
WILL VAN DYKE

Book by
CHERYL DAVIS

Based on the stories of A.A. Milne
and the 2011 Disney Animated feature film

SHOWTIMES

WEDNESDAY 11TH DECEMBER 2019 - 6:00 P.M.

&

THURSDAY 12TH DECEMBER 2019 - 1:00 P.M.

By Invitation Only



CAIMANS ATHLETICS



Volleyball

Congratulations to our U20 Girls Volleyball Team, winners of the Secondary School Volleyball League - North Zone Championships! Our Girls will represent the North Zone in the National Tournament which will take place early 2020. The

Caimans defeated Holy Name Convent in 3 sets; 2-1.

Our U14 Girls were on their way to follow the lead of the U20 Team, which feature most of our U14 team. Unfortunately, there was insufficient light to continue the match at the venue. At that point, the Caimans were leading Southeast Port of Spain 1-0, with

a score of 8-8 in the 2nd Set. It was agreed to complete the match with the existing score at a later date. Details will follow.

Mario Davis,
Athletics Director

Go Caimans!



ISPS



2019 - 2020 Events Calendar

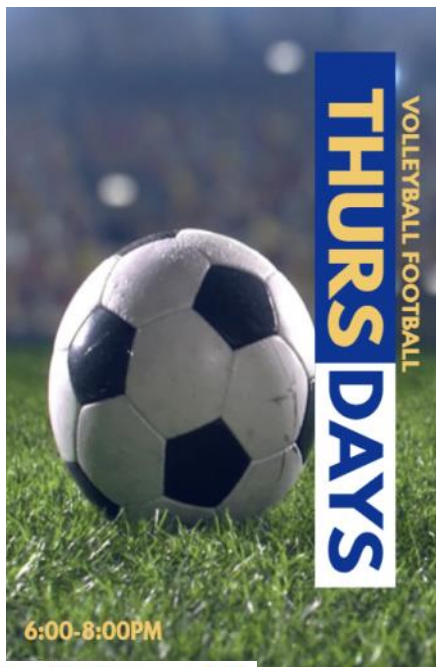
DECEMBER 2019

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 Pooh" 6:00-7:00pm Theatre	ES Production "Winnie the Pooh" 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					20 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




Young heroes Bake sale

Friday 29th November

Middle & High school

Don't miss out!

Time : Break and lunch middle and high school



CHRISTMAS CAMP

16th - 19th December 2019

9am to 1pm

International School

Contact : Mrs. Butts - sbutts@isps.edu.tt

Ms. Joseph - tjoseph@isps.edu.tt

THE AR STORE IS COMING: DECEMBER 3RD



Accelerated Reader



Cards of Hope...



We are asking for volunteers to write greeting cards, written from each persons' heart. Just words of endearment, encouragement, strength, courage and love. We wanted to make a box called "CARDS OF HOPE" and allow the patients at (National Radiotherapy Centre (NRC) to just reach in and get a card, something to maybe lift them that day, and during the Christmas season, and maybe change their lives ... Some of these cards will go to Mt Hope to the Just Because Cancer Kids ward.

A card might be a store-bought card that is personalized with a note written by a volunteer, or it could be completely handmade by an adult or, often, by a child.

These cards can be dropped of in the front by Ms. Hazel.

Thank you.

Jordana Rizk



ISPS Lunch Menu

December 2-6

[CLICK HERE FOR MENU PRICES](#)

December 2019	Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06
Proteins	NO SCHOOL DECEMBER 2 LOCAL ELECTIONS (School used as testing centre)	Oven Baked Breast OR Pan Fried Fish	Beef Lasagna	Mild Jerk Chicken Grilled Fish	Burrito Day Mexican Chicken/Fish Strips
Starches		Pumpkin Rice	Cheesy Garlic Bread	Red Bean Rice	White Rice Flour Tortilla
Peas/Veggie		Sautéed Vegetables	Green Salad	Cinnamon Plantain	Tomato, Bell Pepper, Salsa Black Beans
Vegan		Roast Lentil Loaf	Vegetable Lasagna	Farmer Greens	
Soup of the Day					Pumpkin Bisque



GRADE 12 PARENT'S Fundraiser



Grad Ball Fundraiser

SVAADA
GOURMET INDIAN KITCHEN

Ticket
\$50.

Fundraiser Voucher #

Location: at One Woodbrook place.
Open everyday (Including Sunday and Holidays) 11am. -10pm.

The Graduation Ball Committee are fundraising to offset costs for the graduation ball.

They will like your support in buying SVAADA tickets.

The tickets cost \$50 and are valid until January 19th.

Tickets are available by Ms. Hazel in the front office. Please support them.

- Expires date: 19th January 2020
- Meal Voucher: (not a set meal)
- All Proceed goes towards offsetting the Senior Graduation