



ISPS WEEKLY

NEWSLETTER

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DATES FOR YOUR DIARY

27-28 Divali (National Holiday)
No school

29-3 (Nov) Midterm Break (No School)

November

- 2 SATs
- 4 School Resumes
- 5-10 CAISSA Season 1
- 7 PYP Meeting for New Parents
- 14 HS Parent/ Teacher Conferences
- 15-16 Grade 6 Lock-In
- 16 PTO Garage Sale
- 20 PTO Food Festival Meeting
- 21 End of Term 1
- 27 ES Term 1 Reports (PowerSchool)

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,

We have nearly made it to the mid-term break.

Overall, I believe that it has been a very positive and successful half-term. Today our U15 Girls Soccer team are in the Northern Final. We wish them luck, and also congratulate them for playing so well and getting so far.

On Wednesday we had a wonderful celebration for International Day. A great deal of hard work went into making the day a success and I would like to thank all the staff and teachers who worked so hard, not to mention the many, many parents, who supported the day so effectively. The stage will definitely need some reinforcement for next year, if the Parade of Continents continues.

The theme of the day, Climate Action, as well as the focus on Internationalism on the day reminded me of the famous quote by John Donne (1572–1631).

No man is an island, entire of itself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were: any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee.

The older I get, the clearer it gets to me

that we have to work together if we want a better world for everyone.

In the same vein, I would like to remind you to please come and talk to us if there is confusion or you have questions. While we try very hard to ensure that our communication is timely and accurate, sometimes things don't go the way we hoped. If there is anything, please do let me/us know. There is no perfect organisation, person or school and, as the saying goes, excellence has no finish line. We will continue to work towards our goal of excellence, and we need your partnership and support to achieve that goal.

I would like to close by wishing you all a safe, restful, and happy mid-term break and to wish everyone in our community, a peaceful Divali.

May every light that is lit on the evening of Divali, bring joy and prosperity for everyone.

I look forward to seeing you all again on Monday 4th November as we welcome the students and teachers back for another quarter of learning and growth.

Kind regards,

Helen Brocklesby
Director



इहमेके दीवाली, मिले पुरा इपडे विली

ISPS INTERNATIONAL DAY OCTOBER 23, 2019

PARADE OF NATIONS 2019

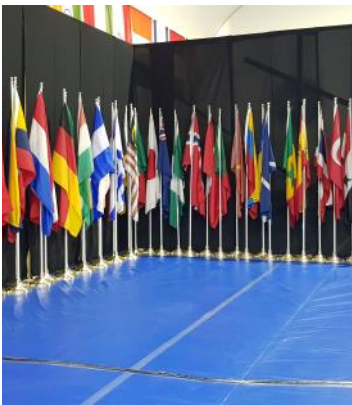


PARADE OF NATIONS

OCT 23



Wednesday's International Day and Parade of Nations Ceremony was a great success. We are truly thankful to everyone who volunteered their time to come support our school, culture and students. It is quite clear that all in attendance are committed to helping keep our school community alive and strong. This celebration of culture through song, dance and language has stood the test of time and we hope you all enjoyed yourselves!



Without your continued support, we would never be able to put on events such as this one.

Thank you.

Your ISPS Family



ONE SCHOOL. ONE COMMUNITY

ONE WORLD

ISPS INTERNATIONAL DAY OCTOBER 23, 2019



ISPS INTERNATIONAL DAY OCTOBER 23, 2019

PROTECT ♦ RESTORE ♦ FUND



This year ISPS welcomed back Mr Jonathan Barcant of IAMOVEMENT & Vetiver TT Ecological Engineering Solutions Ltd. Jonathan is a civil engineer who has trained and worked In Canada, Greenland & Panama, and now brings his expertise to T&T to help in developing sustainable eco-friendly practices to the local community.

Jonathan last visited our school in 2017 to bring 'Small Change' to our Students. The short Documentary premiered at the Trinidad & Tobago Film Festival back in 2016 and brought a local focus on the conversation of Climate Change.

This year, Mr Barcant



took up the conversation with our students and parents, of the need for 'Climate Action' as outlined by the United Nation's Sustainable

Development Goal (#13). Mr Barcant gave a terrific presentation to our Middle & High School students outlining the growing need to change practices and

take real action **NOW**, to not only tackle climate change, but also to adapt to changes already in motion.

The work that

IAMOVEMENT has done to bring the conversation surrounding Climate Change to so many forums has already seen meaningful impacts, including seeing one of our own students organise a Climate Strike in response to the growing global youth movement who have decided to 'take action' into their own hands to make politicians and Big Business pay attention to the pressing need for change.

The entire ISPS community would like to express our gratitude for Mr Barcant's insightful words and passion that captivated out students and helped to elevate the conversation about the need for real Climate Action, to the next level.

[VetiverTT](#)
[IAMOVEMENT](#)



ELEMENTARY FUSION



For international day, our elementary students were treated to a trio of fusion musicians; fusion refers to the blending of genres to create new and exciting music.

Mr. Kiran Sankar wowed students with the melodic and enchanting sounds of the Tabla (a percussion instrument from India) ; Mr. Stefan Roach, Trinidad's foremost flamenco (music from Spain) guitar player excited them with his blazing rasgueado (finger strum) and Mr. Krisson Joseph led a choir of students in a calypso singalong, extolling that there are calypsos (a musical genre from Trinidad and Tobago) written about everything!

The trio performed together showcasing that their individual sounds (from different parts of the world) come together to make beautifully unique music.



blending of genres to create new and exciting music

GRADES 6 TO 9 PRESENTS...

SCENE & HEARD



Grade 9 students signaling a plane during their presentation of "Surviving the Amazon."



Students of Grade 6 performing a Stop and Start exercise to address Social Issues like Bullying. Their message, "IT BEGINS WITH YOU!!"



Scene and Heard is a unique project which partners the drama students with their drama teacher to create short plays. Each student has one-on-one supervision which enables him/her to write his/her play. The work is comprised of the student work done during the first Quarter from 6th- 9th Grade.



Animal take over! Grade 7 students performing in "The Tale of the strong friendship."



This year Scene and Heard was successfully held on Wednesday 16th October, 2019 at 6pm in the ISPS Theatre. For most students it is their first time on stage. It gives students an opportunity to showcase their work in front of a live audience and get over some of their stage fright.



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

Avoid a Food Allergy Scare on Halloween



Hello Everyone,
There are still students with flu like symptoms. These are the most common symptoms displayed: headaches, sore throats, fever, stomach aches, cough and feeling weak and tired.

I am hoping that everyone will get better over the break and come back revitalised.

Halloween is a fun time but may pose many problems for children and even adults with allergies. Here is some information from the Asthma Allergy Network: Your child is no doubt eager to scare up a memorable Halloween costume and go trick-or-treating. Unfortunately, Halloween can be hazardous for kids – and grown-ups, too – who are at risk for an asthma flare-



up or anaphylaxis, a life-threatening allergic reaction.

Food Allergies

The most common food allergens in Halloween candy are peanuts, tree nuts, milk and egg. Baked goods may also contain wheat or soy.

“Many times, candy that is given out on Halloween contains peanuts and tree nuts, or it has been manufactured on equipment used to make candies that contain peanuts and tree nuts,” says Tonya Winders, President and CEO of Allergy & Asthma Network.

Parents should inspect

their children’s Halloween candy and check each label carefully. Federal law requires food labels — even mini-size candy bars — to list common allergens. If one child in a family has food allergies and another does not, then be sure to separate out the candy with allergens so there’s no chance of an accidental exposure.

Do not try to guess if a candy contains an allergen. Call the manufacturer if you’re uncertain. If the label includes an advisory statement such as “May contain” for “Produced in a facility with,” there’s a chance the food allergen is present. Follow the advice of your healthcare provider —



for most, avoiding these candies is the safest way to go.

What about pumpkin allergy? There are reported cases of allergic reactions to pumpkin and pumpkin seeds, but these are very rare.

More safety measures:

- Consider putting together a Halloween route consisting of family, friends and neighbors and ask them to put allergy-safe treats (apple, bubble gum, lollipops) in your child’s bag. Or request alternatives to snacks and candy, such as crayons, temporary tattoos, stickers or novelty toys.
- Don’t leave Halloween candy lying around your home or apartment where food-allergic children can easily find it.
- Teach children to politely refuse offers of cookies, baked goods and other homemade treats (cupcakes, muffins) that may contain allergens.
- Consider trading in the collected candy for other safe treats, prizes or rewards.

If there’s an accidental exposure and anaphylaxis symptoms occur, the first line of treatment is epinephrine.

Continued Next Page

This shot of adrenaline via an epinephrine auto-injector is safe, fast acting and helps treat your immune system’s response to the allergen.

Always carry two epinephrine auto-injectors — including on your Halloween route — in case a second reaction occurs. Seek follow-up medical care right away.

Asthma

Everything from chilly Halloween weather to fog machines could cause asthma symptoms to flare.

Dressing up is one of the best parts of Halloween fun, but before reusing old costumes stored away in your attic or basement, give them a thorough washing in hot water. They could be full of environmental allergens such as mold or dust mites.

On Halloween night, pack a quick-relief bronchodilator inhaler so that you’re prepared for an asthma flare while trick-or-treating.

Avoid Halloween houses using fog machines, which are



Photo courtesy: JenkoAtaman/Fotolia



known to cause asthma flares. Don’t go into a neighbor’s house that might have a smoker or a pet – both are potential allergens.

Latex Allergies

Many costumes and masks are manufactured using latex, the milky fluid from rubber trees.

Parents of children with latex allergy should verify what a

costume or mask is made of before buying it or dressing up their child. Check the product’s label for latex, but it may be best to contact the manufacturer directly. Ask for the consumer relations department.

Also, make sure the costume has a pocket wide enough to carry two epinephrine auto-injectors in case anaphylaxis symptoms occur.

Hosting or attending a Halloween party? Latex balloons are a trigger for severe allergic reactions for those with latex allergy. Mylar balloons are safer alternatives.

Allergic to Makeup?

Halloween makeup can cause an allergic reaction or asthma symptoms, says the American College of Allergy, Asthma & Immunology (ACAAI). Some makeup may contain preservatives, including formaldehyde, which can cause a rash, swelling of the skin or breathing problems.

Read the product’s label and check the packaging for any warnings.

Test the makeup on a very small area of the skin – such as the back of the hand or the inner wrist – well in advance of Halloween. If a rash or any abnormality occurs, do not use the makeup, ACAAI advises.

Also, keep an eye on costume accessories such as crowns, wands or faux jewelry that may contain nickel or cobalt, which can cause allergic reactions.

Do enjoy the break!



Photo courtesy: Yahoo! News



CAIMANS ATHLETICS



Soccer

On Tuesday our U15 Girls’ qualified for the finals. We defeated Mucurapo A with a score of 1-0. Gabriella Mackenzie scored for the Caimans. The final game was played at 10:20am, today, at the Hasely Crawford Stadium against St. Agnes AC. St. Agnes won the tournament on penalties. ISPS placed 2nd. Congrats to our girls!

Unfortunately, our boys lost to Fatima 3-1 this past Saturday in the U14 Football Tournament. Our next match is against St. Anthony's. (Time and location to be confirmed).

Soccer Fest

ISPS Soccer Fest was held on Sunday October 20th and was well attended by many students and parents. It was a day of fun-filled action! Our U10 Boys defeated Trimmont 2-0 in a friendly with Eaton Gordon and Felipe Rodriguez scoring for the Caimans. In the U12 match, our Boys defeated St. Monica 2-1 with Shane Telfer and Ryan Blue scoring. The U15 Girls continued their winning ways by defeating Claxton Bay 1-0 with Catherine Bahadoorsingh scoring for the Caimans.

In the main event, our U14 Fast Five Boys placed 2nd behind Roystonia FC in an exciting match. All teams displayed great skill and sportsmanship in a wonderful event that the athletes and fans both enjoyed. The results are as follows:



Fast Five

- 1st Roystonia
- 2nd ISPS
- 3rd Trimmont
- 4th Claxton Bay



Volleyball

Our U20 Girls have secured their spot in the North Zone Secondary Schools Volleyball League Finals by defeated Holy Name Convent in two sets; 25-11, 25-11. The finals will be played at a later date after the U16 and U14 tournaments have completed. All Finals will be played on the same day. We look forward to our U16 and U14 teams following in their footsteps.



NATIONAL HONOUR SOCIETY

Bingo 2019

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

International School, Port of Spain
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

Over \$50,000
in prizes!

\$150

retain this stub for door prizes



ISPS Lunch Menu

November 4-8

[CLICK HERE FOR MENU PRICES](#)

November 2019	Monday 04	Tuesday 05	Wednesday 06	Thursday 07	Friday 08
Proteins	Italian Chicken Parmesan OR Tuscan Baked Fish	Oven Baked Breast OR Pan Fried Fish	Beef Lasagna	Curried Chicken	Burrito Day Mexican Chicken/Fish Strips
Starches	Spaghetti Pasta	Cranberry Wild Rice	Cheesy Garlic Bread	Buss Up Shut	White Rice Flour Tortilla
Peas/Veggie	Fresh Salad	Sautéed Vegetables	Green Salad	Mango Masala Potato & Chana	Tomato Salsa Sweet Peppers & Charred Onions Guacamole
Vegan	Grilled Tofu	Roast Lentil Loaf	Vegetable Lasagna	Curried Tofu	
Soup of the Day					Pumpkin Bisque

MID-TERM BREAK

**OCT
29**

TO

**NOV
03**

SCHOOL RESUMES:
NOVEMBER 04