



ISPS WEEKLY

NEWSLETTER

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DATES FOR YOUR DIARY

February

- 8-14 MUN Conference
- 11 Alaskan Music Exchange
- 15 ES/ MS Parenting Workshops
- 22 ES/ MS Parenting Workshops
- 24 School Carnival Parade
(11:30 Dismissal, Whole School)
- 27 **National Carnival** (No School)
- 28 **National Carnival** (No School)

March

- 1 **Ash Wednesday** (No School)
- 3 End of Term II
(Elementary School)
- 6-10 MS MAP Testing

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,
Another activity filled week here at ISPS and I hope your children are enjoying the wide array of options offered to them.

There have been several new activities added to our ever growing list of after school activities and Hip-Hop, Yoga for parents, and a multimedia/film production series (soon to be announced) are the newest additions. For full details of our after school activities, please e-mail Mr. Ali @ aali@isps.edu.tt
I would like to extend congratulations to our PTO for a very successful, first time ever, Panyard Jam. The atmosphere was casual, festive and it was a great opportunity for our parents to meet other parents, in a very uniquely Trinidadian venue. Thanks must also be given to HADCO who helped facilitate the event. Thank you to all parents supported the event and I hope that you continue to support the PTO in their efforts to help build our community spirit.

This week we had our National Honor Society (NHS) students return from Washington and our Model United Nations (MUN) students depart for their trip to Baltimore. Later this month we will have a hand full of HS students heading to Panama on the annual Global Initiatives Network (GIN) Conference. All of these activities help develop leadership and service skills in our HS students, and can sometimes be the most powerful educational experience for a child in HS.

Both of our boys U16 & U20 Basket Ball Teams have qualified for the National Championships which will be held next Friday. Congratulations to both teams and we wish you the very best of luck next week.

As mentioned last week, Grade 4 has started a garden and this week they have started a composting project to help their gardens grow. Students are collecting compostable scraps in the cafeteria and they are very ex-

cited about the prospects of creating their own organic soil.

On a note of conservation, ISPS regularly recycles paper. This was an initiative started by our Environmental Club several years ago and it has been very successful. In speaking with a representative from the company, they will also recycle aluminum, tin cans, cardboard and the "tetra pack" cartons from milk and juice. I encourage all families to participate in the recycling of these materials and the school can be the collection point for the community. However, the company was very specific that each item needed to be placed in separate bags (meaning, only aluminum soda cans in one bag and another bag for "tetra packs", etc...) The cardboard and other "box" type material needs to be torn up into paper sized pieces and placed in a bag with only cardboard type material. We will initiate the collection of these recyclable materials in the weeks to come.

Inflection (the consultants who were with us in the first semester) are back with us and we look forward to working with them as we begin the implementation phase of the project which will help us improve our practices. I stated in the last newsletter that minutes from the last Open Forum (held on Feb 1st) would be published in this newsletter. Unfortunately, I have been unable to complete them, but I will work on them this weekend and send them to you when they are finished. The next Open Forum will be held on March 8th and I look forward to your participation.

I have been spending a great deal of time interviewing candidates for the two vacancies that currently exist - MS Principal and MS Science teacher. My focus has been on the MS Principal position and I am happy to report that we have some very qualified,

Continued on Page 2

Continued from Page 1

experienced applicants who are eager to become part of the ISPS family. I am hoping to have the MS Principal vacancy filled before Carnival.

Our MS and HS conferences ran very smoothly and the feedback we received has been largely positive. As a note to all parents, the Skyward parent portal access is a very useful tool for parents to track progress and attendance. Our IT

staff are on standby to offer assistance to any parents who would like help. E-mail lmurrell@isps.edu.tt

We had about 25 students in the ES participate in the preliminary heats for the Milo Games. Many of our students were successful and will be moving into the next challenge. Congratulations to our students and thanks to Telishia Joseph for organizing the programme.

As we move into the latter half of the

school year, it is important that the school and parents work as a team, particularly in the MS and HS, regarding the academic progress of each child. Please help us encourage your son/daughter to continue the hard work that it will take to stay on top of their academics, while all of these other activities are also calling for their attention and participation. Enjoy the weekend.

J. Barney Latham
Interim Director



Taking ISPS to the Next Level! ISPS-Inflection Partnership Continues...

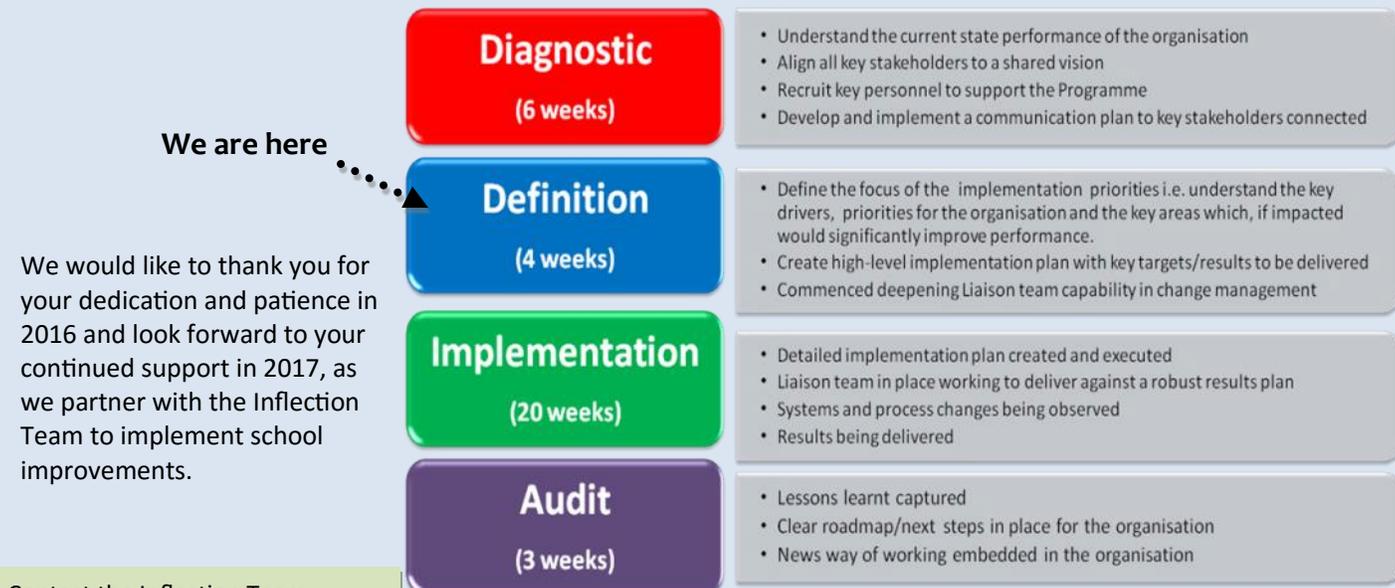
Definition Phase Newsletter Issue #1, Friday 10th February, 2017

Our Journey

We are delighted to announce that the Board of Directors has re-engaged the services of the Inflection Consulting Team. During the period October to December, 2016, we partnered with the Inflection Team to conduct a diagnostic exercise, which highlighted our strengths and areas for improvement.

From February into early March, 2017, we will focus on implementing quick wins based on recommendations from all our key stakeholders. In addition, we will be identifying key goals, targets and milestones for ISPS and the programme. This will be a key input into the School Improvement Plan (SIP), which will be followed by supporting the implementation of agreed programme goals, targets and milestones.

See below for an overview of Inflection’s approach for guiding this programme.



We would like to thank you for your dedication and patience in 2016 and look forward to your continued support in 2017, as we partner with the Inflection Team to implement school improvements.

Contact the Inflection Team at inflection@isps.edu.tt or 1-868-633-4777 ext. 240
Come visit us in the Drama Room

*“Tell me and I forget. Teach me and I remember.
Involve me and I learn” – Benjamin Franklin*

MIDDLE MATTERS



FROM THE MIDDLE SCHOOL PRINCIPAL:

Dear Middle School Parents,

Last week we published the **Report for Quarter 2** in Skyward. You can login through the Parent Portal in the upper right of the ISPS website [here](#) and access the report card in PDF format. We are pleased to remind you that the results for assessment tasks are now also published online for all subjects in middle school.

For each subject, the quarter 2 report card provides you with a summary of achievement called the **attainment grade**, using a scale from 1 to 7.

An **attainment grade** of 4 means a student is meeting the required standard. A level of 3 means a student has shown mediocre work, so far, whereas a higher level means a student has been performing at a level exceeding the set standard. In other words, a level 4 is no cause for concern at all.

It is furthermore important to understand that a level of 7 does not mean a perfect score, but rather it means your child:

Produces high-quality, frequently innovative work. Communicates comprehensive, nuanced understanding of concepts and contexts. Consistently demonstrates sophisticated critical and creative thinking. Frequently transfers knowledge and skills with independence and expertise in a variety of complex classroom and real-world situations.

Please do read the descriptors for each level of the attainment grade in conjunction with the report card results.

In addition, again for each subject, the quarter 2 report card provides you with a summary of achievement **level for each criterion**, using a scale from 0 to 8. This gives us an idea of where the students strengths are.

A **criterion level** of 4 means a student is meeting the required standard, but that the student has a lot of room for improvement in that particular criterion. Should a student score maximum points for all four criteria, a student would score $4 \times 8 = 32$ points. Use the boundary of the table on the last page to work out the attainment grade.

ATL skills

For each subject, you will find an **Approaches to Learning** section. These 'ATLs' are measured across all disciplines and vary by subject, by quarter, according to units of instruction. The MYP directs us to deliver our curriculum in a more inquiry-driven way, and these ATL skills are explicitly taught and practiced, enabling students to become stronger, more self-regulated and more intrinsically-motivated students.

Should the report card present you with questions on how MYP assessment works, please join us for a workshop on Tuesday 14 February, from 7:30 to 8:30 a.m. in the Cafeteria.

E-versions only

The release of report card for quarter 2 is done using Skyward only. Please ensure you have access to your account on the Skyward Parent Portal. Should you need officially stamped report cards, you may apply for these at Admissions. After completing the form, please allow for two weeks to process.

How can I access Skyward Parent Portal?

Parents have been sent Login details before the Christmas break. If you do not have them anymore, please click [Forgot your Login/Password?](#) And follow the procedures. Your new login/password details will be sent to the email address on file at school (same email address as the Newsletter is sent to).

Please check your junk or spam folder.

Where are the comments?

We are now in a position to provide parents with access to all assessment results on Skyward Gradebook. You will also be able to see the scores awarded for individual assessment tasks, as well as read the feedback provided by the teacher. At the moment, teachers are expected to include written feedback on Skyward for one task per quarter. Most of the feedback will be provided by teachers in class and/or on the task itself.

How can I assess Skyward Gradebook and Comments?

When you log in to Skyward Parent Portal, you can click on Report Cards as well as Gradebook. When you click on Gradebook, you will find the current assessment tasks results for all quarters. You can also find written feedback from teachers there. Please see the instructions to find comments [here](#).

ISPS Hosts Career Day



On Friday January 27, 2017, ISPS hosted its first Career Fair for Grades 11 and 12. We hosted over twenty speakers from a variety of fields ranging from Agriculture, Banking, Business, Creative Arts, Medicine, Oil & Gas, Physical Training, to Sport.

The presenters shared their personal journeys, challenges and rewards within their various fields. It was an interactive session with the students asking several questions in the sessions. The presenters were also on hand afterwards to speak to the students one-on-one. It was a pilot event and we will review to see how we will structure for the next time. The idea of the Career Fair was to expose our students to future paths and to act as a precursor to our student internship programme for our Grade 12 students, which commences in May after the AP Exams.

We wish to thank the parents who graciously volunteered their time and energy to this venture. We especially wish to acknowledge our ISPS Dads, John Morgan, Robert Hadad and Victor Sooknarine, who were part of the steering committee and helped us tremendously in launching this project. We were also delighted that two of the presenters were actually ISPS Alumni!

ISPS PTO PANYARD JAM 2017



THANK YOU!

A big thank you to all for coming out to support the PTO Panyard Jam at Phase II Panyard last Friday. The event was well-supported and all had a good time.

A special thank you to Robert Hadad and HADCO and to the PTO team for their generosity, organization and support .

Regards,

Rosie Ramsingh
PTO President



...ES Counselor's Corner...



KINDNESS TREE		
Anjali	2D	Was supportive and kind towards her classmates when she assisted them with their AR tests and praised them when they did well.
Valentina	5J	Gave up working with her friends to help two other classmates complete their project.
Rowan	KKh	Brought a classmate to Nurse's office and waited to see if he was feeling better.



Nurse's Notes

VANDA GIBBINGS-GOMES
School Nurse, R.N. R.M.

Hello Everyone,

Many students have been complaining about sore throats and abdominal pain. Some have fever but most of them do not.

Our athletes have been performing well at all the events they enter.

Physical activity helps students concentrate better in class and provides a form of release from academics.

The following are some of the benefits of physical activity and the health of young people according to the Center for Disease Control (CDC):

Benefits of Regular Physical Activity

- Helps build and maintain healthy bones and muscles.

- Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
- Reduces feelings of depression and anxiety and promotes psychological well-being.
- May help improve students' academic performance, including
 - Academic achievement and grades
 - Academic behavior, such as time on task
 - Factors that influence academic achievement, such as concentration and attentiveness in the classroom.

Have a great weekend!

THE MORE THEY BURN THE BETTER THEY LEARN

+
(
)=

YOUR CHILD

AMOUNT OF ACTIVITY

VARIOUS ACTIVITIES

ACADEMIC ACHIEVEMENT

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



DEPARTMENT OF LANGUAGE ACQUISITION

Students of Spanish and French used a variety of modes and resources to study and practice the language skills of speaking, reading, writing and listening in the classroom environment.

Students are also familiar with a number of websites shared with them that they can use to practice outside of class with games, songs and readings. These can be found posted by their teachers on Google Classroom. Do encourage them to use them!

Here is a webmix:

[Symbaloo webmix for Spanish](#)

**Rebecca Tompsett,
HOD**

High School Spanish and French

Spanish 4 students read two authentic Spanish language stories, “Cajas de Carton” and “Una Carta a Dios” and had to respond in an original way such as write and perform a play or write a diary from the perspective of one of the characters. It was challenging because of the level of vocabulary but allowed them to work collaboratively and creatively.

OTHER CONTRIBUTORS:

**Elementary School Spanish -
Diana Carolina Neva-Prieto**

**Middle School Spanish -
Mariana Abraham**

**High School French -
Yves Johnson**



Students from second grade were engaged working together making sentences related to the play “El gato y la Luna”.



Students from first grade having fun using gestures and singing the song “Los animales salvajes”.

MS SPANISH



MI ESCUELA



For this quarter Grade 8 students have begun working on the "Mi Escuela" unit.

Students practiced the use of vocabulary words learnt for this unit thus far through hands on activities that required them to collaborate with one another to form sentences and words in Spanish using Bananagrams.





This school year the main professional goal is the enhancement of strategies used in the acquisition of the French language, using the available IT tools. In our effort to prepare lifelong learners, a multitude of strategies are used. For this issue of the Newsletter, we will showcase the work of some students resulting from the application of:

- Writing while listening
- Writing while reading or viewing
- Speaking while listening

Writing while listening

(Written and/or spoken interpretive communication)

This consists of Internet-based activities: Consulting a francophone web site – listening to what is happening worldwide. Students complete their worksheets in Google drive.

Writing while reading or viewing

(Written interpretive communication)

Consists of summarizing an article, writing a report or comics based on the following: Videos on youtube.com and /or educational Francophone websites or current issues on RFI (Radio France Internationale) or TV5. Students compose a daily flash of what has been understood. Students are very familiar with available mind mapping and comics softwares

Listening while speaking

(Face-to-face and /or presentational communication)

Consists of using Cue-cards to construct conversations or presenting a project on topics relevant to their interests. En route to the lifelong learning, each student has his/her inimitable style.

Voici quelques photographies de leur apprentissage

The French 1 , 2 , 3 and AP French students engaged in different learning activities as shown in the pictures and this link: http://www.storyboardthat.com/portal/storyboards/jfernandes/class-storyboard/le_petit_prince.





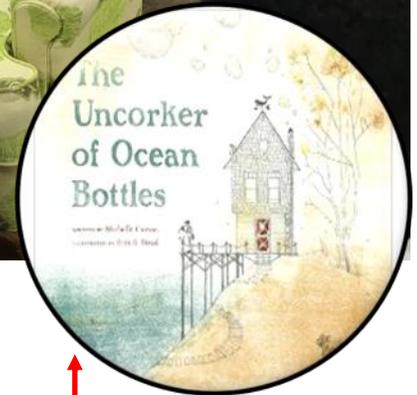
Peer reading in Elementary School



Library Corner

By Debbie Jacob

Last week, elementary students in Grade Two listened to a book chosen and read by their peers in library class. Nicholas Shearer read the *Uncorker of Ocean Bottles* by Michelle Cuevas, and Anjali Rattan read *Splat the Cat* by Rob Scotton to her class.





Tech Tips

by Adrienne DeBoucher, Ed. Tech. Coordinator

Tech-positive Parenting

Raising our "digital natives" brings up a whole new set of parenting skills. Here is a discussion about situations that may come up with your child + friends + technology and suggestions for handling them.

[How to Talk to Other Parents About Their Child:](#)

[New Rules for the Digital Age](#)

By [Devorah Heitner, PhD](#)

Another great resource for parents from

[NetSmartz Workshop: Inappropriate Content for Children](#)

(Tips, Discussion Starters, Videos)



ISPS PHOTO LATE ORDERS/ RETAKES...

Order submission Date: February 23, 2017

Note:

- 1 **Print** order form
- 2 **Forms** are available online.
- 3 **Complete** form, using the image numbers found in the online gallery.
- 4 **Return** form and payment to ISPS by the deadline date.
- 5 **One** form must be used per child.

**Order
School
Portraits
today**

SHOP NOW

**** please note that failure to follow instructions may result in your order being returned or delivery delayed ****

Private Online Gallery: <http://tinyurl.com/gtpd6>

Password: Students2016

ISPS PTO WELCOMES YOU TO...



ZUMBA

FITNESS



SOCA ZUMBA SWEAT

WEDNESDAY 15TH FEBRUARY 2017

@ ISPS GREEN COURT FROM 3.00PM

OPEN TO ALL AGES

BOOK YOUR SPOT WITH MS. HAZEL | WALK WITH YOUR WATER AND TOWEL

STUDENT HIGHLIGHTS

Congratulations

ISPS would like to congratulate **ZERA** on her successes at two prestigious violin competitions:



- 1) Zera won the Silver Medal as a Violin Soloist at The American Association for Development of the Gifted and Talented (AADGT) Passion of Music 2017 Festival.

The most celebrated performers such as Lang Lang, Maxim Vengerov etc. have critically acclaimed AADGT, the Festival and its Winners.

As the Silver Medalist, Zera is invited to perform at the Winners Concert at the Carnegie Hall (Weill Recital Hall) in New York on 24 June 2017.

- 2) In an equally prestigious event, Zera was chosen as the Third Place Winner (Junior Category) in her Violin Solo performance at the American Protégé International Piano & Strings Competition 2017.

According to the Organizer, this is a selection from a large field of very competitive applicants from 19 countries.

For this award, Zera is once again invited to perform a recital at the Carnegie Hall in New York on 1 July 2017.

We are very proud and happy that her hard work had paid off and it will be an awesome experience for her to perform twice at the Carnegie Hall.

We at ISPS encourage and support our students to continue developing their talents both academically and extracurricularly.

We wish her all the best at developing her talent!

(m) 0,0,0, Congratulations!



The following students have qualified to represent I.S.P.S. for the second round of the Trinidad and Tobago Mathematics Olympiad, being held on Friday 17th February 2017 at the J.F.K. auditorium at the University of West Indies in St. Augustine:

Dominic, Zak, Daniyelle, Sacha, Thomas, Mikka, Michael, Hyunsuk and Natanael

We would like to wish them best of luck!

GO CAIMANS!!!



Bake Sale to Support our Local Animal Shelter



Thursday 16th February
during break and lunch
for elementary, middle
and high school

Funds will go towards providing routine medical care to the animals, such as vaccinations as well as operations, like spays, that will decrease the stray population in Trinidad and Tobago. Thank you for your support!

Submitted by: Sacha Avey

Matura Beach Cleanup 2017

Nature is Everyone's Responsibility

 **Craft and food on sale**
Prizes to be won

**Matura Bay, Orosco Road,
Matura
7am - 1pm**

Bring gloves, sunscreen and LOTS OF ENERGY!



Sunday March 05th

natureseekers@gmail.com
+1 (868) 668-7337

Online registration is now open. See link in description

SEE MORE INFO. ON PAGE 15

Atlantic Youth & School Multi-Sport Series Duathlon



Date: Sunday, March 5th
Time: 7:00am-9:00am
Venue: Diego Marlin Highway

Distances / age groups (age as of December 31, 2017):

Age	Run 1	Ride	Run 2
12-13	1000m	1 loop (2km)	500m
10-11	800m	1 loop (2km)	400m
8-9	500m	1000m	250m
7 & Under	300m	600m	150m

Entry fee: \$30TT
Registration deadline: Friday, February 24

If you have questions or would like to register your child please contact Jamie Shearer (jagshearer@gmail.com)

Come join.....
Katherine Dalton-Brown

**Every Monday and Wednesday
@7:45AM in the ISPS Theatre**

Book your spot at the Front Desk with Ms. Hazel

Space is limited to 10-15 persons per class



bring your mat, towel and water

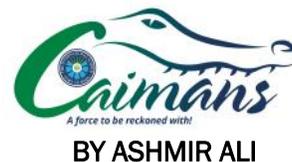


International School of Port of Spain

2016 - 2017 Events Calendar

FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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Volleyball

Caimans Boys qualify for Volleyball Championship

On Wednesday ISPS Boys' U 20 Volleyball team entered uncharted waters. They participated in the National Secondary Schools' Volleyball Championships for the first time. This phase of the tournament placed the top three qualifiers in each zone into a round robin playoff to determine the best teams. Only one team was registered to play in the North Zone: ISPS. This meant that we qualify without playing a single game (as did our U 16 Boys).

Yesterday we were placed in Group B. In the first round we played Shiva Boys' High School (last year's champions), ASJA Pleasantville Secondary School and Arima Government Secondary. They all fell to the brilliant Caimans. In the first game ISPS, showed the strength of their all-round game with convincing 15-2 and 15-6 victories. Against the very skillful ASJA, they demonstrated their spiking prowess, taking the sets in 15-4 and 15-9. Everyone in the Chaguana sporting facility was talking about the team in white. They won the third game 15-9 and 16-14 with the coach turning to his bench and resting the starters.

We qualified for the semi-final round. We played a very skillful team and gave them a sniff of victory in the first set. ISPS narrowly won 15-13. The opposition was fired up, thinking that they would overcome the Caimans. However,



the Westmoorings outfit changed gears and romped into the finals with a breathtaking 15-9 victory in the last set.

The ISPS Caimans boys will play for the National Secondary Schools' Championship in two categories: Boys' U 16 and Boys' U 20. This is the first time ISPS Boys' are involved in this tournament. The Finals will be held at the Chaguana Regional Indoor Sports Facility 17th February.

Our U 16 Girls will be fighting for a spot in the finals. They will play on Tuesday (14th), at the Chaguana Regional Indoor Sports Facility, in the quarter-finals and (hopefully) the semi-finals. This will determine the finalists for the U 16 Girls category.



After School Activities

Thank you for supporting our After School Activity Program.

No After School Activities on Friday 24th February.

CAISSA News

Season 3 CAISSA (Boys’ Soccer and Girls’ Basketball) from 29th March to 2nd April, takes place in the Dominican Republic and will be hosted by the Carol Morgan School

The Caimans will come up against the CMS Sharks, the AC Cougars, the ECA Cougars and the CIS Blue Iguanas

ISPS CAIMANS TRAINING SCHEDULE — SEASON 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boys’ Soccer 3:30-5:30PM	Boys’ Soccer 3:30-5:30PM		Boys’ Soccer 3:30-5:30PM	
Girls’ Basketball 3:30-5:30PM		Girls’ Basketball 3:30-5:30PM		Girls’ Basketball 2:30-4:30PM

BEACH CLEAN UP INFORMATION

- **Registration is free and now open:** <https://natureseekers.webform.com/form/14801>
- Trinidad’s beaches are globally important nesting sites for critically endangered leatherback sea turtles (*Dermochelys coriacea*); as part of our tourism and conservation initiative, Nature Seekers annually cleans the Matura Beach.
- During the rainy season large quantities of debris and drift wood flow down the rivers and gather along the shoreline. Recognizing that the nesting process is hampered by debris on the beach, sometimes resulting in the turtles returning to sea without depositing their eggs, Nature Seekers has been championing the clean-up of a portion of the beach used as a nesting habitat, to eliminate this problem. This project involves the collection and removal of glass, plastic, metal and degradable materials from the 8 km shoreline, to facilitate successful nesting.
- It also provides a safe environment for the seasonal turtle viewing program while supporting a sustainable community enterprise of repurposing litter into crafts. The waste glass collected on the beach will be converted into crafts by community members.
- For the past 20 years Nature Seekers Annual Beach Cleanup has created an opportunity for citizens of Trinidad & Tobago to assist in conservation efforts, to protect endangered sea turtles. Over the years the number of participating volunteers has increased, as more corporate groups, organizations, community groups and families become more aware of the importance of turtle conservation.
- Volunteer groups register early in the year as they get prepared for this environmental event. Some participating groups include: Caribbean Bottlers, UWI Bio Society, NGC Eco Phoenix Club, ISPS Middle & High School, St Joseph Convent, Curepe Presbyterian Church, TTTGA, President’s Award Association, Forestry Division and many others!
- A permit is required to participate in the annual beach clean-up since it is being held within the prohibition time (March to August). Thus all groups must Register in order for us to acquire permits on your behalf.
- On the day of the event, volunteers are divided into teams led by Nature Seekers’ staff members. Debris and litter are collected and sorted: glass for repurposing, wood for burning, and everything else for disposal. With support from the Sangre Grande Regional Corporation the garbage is usually removed by the next day.
- At the end of the clean-up we close off with the popular Sand Turtle Competition where groups with more than 10 volunteers registered in their teams. The sand turtle building activity is done in 20 minutes at which time volunteers will be asked to make a leatherback turtle in the sand. The competition is full of fun and excitement but most importantly it is done to raise awareness of our endangered species – the leatherback turtles. Trophies and prizes are given to deserving groups (largest/earliest/most kids) and winners of the competition

Easy Print Page	DATES FOR YOUR DIARY		27	National Carnival (No School)	11	SATs
	February		28	National Carnival (No School)	13	PD Day (11:30 am Student Dismissal)
	8-14	MUN Conference	March			
	11	Alaskan Music Exchange	1	Ash Wednesday (No School)	16	ES Student-led Conferences (11:30 am dismissal for ES ONLY)
	15	ES/ MS Parenting Workshops	3	End of Term II (Elementary School)	20-24	ES MAP Testing
	22	ES/ MS Parenting Workshops	6-10	MS MAP Testing	23-24	Grade 7 Sense of Time (Showcase, 6:00 pm)
	24	School Carnival Parade (11:30 Dismissal, Whole School)	10	ES Reports		



Menu: February 13th to February 17th, 2017

Everyday there will be a set menu at a fixed cost (Table d’hôte) and some days may have an À la carte menu where items are priced individually

Monday 13th	Breakfast:	Pancake, Waffles, Scrambled Eggs, Sausages.
	Lunch:	Noodles Or Fry Rice, Chinese Style Chicken, Chow Mein, Chunky Vegetables.
Tuesday 14th	Breakfast:	Sada, Pumpkin, Curry Potato, Eggs, Cheese Slices.
	Lunch:	Pizza: Meat Lovers (Beef Or Pepperoni Pizza), Cheese Pizza, Served With Fruit & Fresh Salad, (All Lunches \$28.00)
Wednesday 15th	Breakfast:	Coconut Bake, Saltfish, Eggs, Chow Mein.
	Lunch:	Coconut Dumplings, Pigeon Peas, Stew Fish, Stew Chicken, Fresh Salad
Thursday 16th	Breakfast:	Cinnamon Toast, Eggs, Sausages, Bacon, Cheese Paste.
	Lunch:	Spaghetti & Meatballs (Chicken OR Beef), Green Beans & Salad.
Friday 17th	Breakfast:	Biscuits, Scrambled Eggs, Sausages
	Lunch:	Roti Day- Buss-Up-Shut ONLY, Channa & Potato, Dasheen Leaves, Curry Chicken OR Curry Goat, Mango, Pumpkin.

Elementary Options: Any Sandwich served with a small salad, milk, water or juice and fruit: \$15.00

Prices for Lunch: VAT INCLUSIVE (Table d’hôte)- Fixed Menu:

Elementary Lunch: \$23.00 Medium Lunch: \$28.00 Large Lunch: \$32.00

Prices for (A la Carte Menu):

6 in. Subs (Tuna, Ham and Cheese, Turkey, Ham): \$10.00 Chicken Sub: \$12.00
 Vegan Delight (Cheese, Vegetables): \$10.00 Fruit Bowl served Monday and Tuesday: \$10.00
 Baked French Fries: \$10.00 Fresh Juices: \$6.00(s) \$7.00(m) \$8.00(l) Milk (normal/soy): \$6.00



Note: Vegetarian meals are available upon request. Students & Staff who suffer from allergies or have dietary requirements, please let the café know in advance so that they can try to facilitate you.