# ISPS WEEKLY NEWSLETTER

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### DATES FOR YOUR DIARY

**January**

| | |
|---|---|
| 21 | SAT, 7:00 a.m. —2:00 p.m. |
| 23-24 | IB/ PYP Evaluation Visit |
| 25 | MS/HS Q2 Reports |
| 25-29 | CAISSA Season 2 - Ecuador |
| 27 | **Teacher P.D. Day** (11:30 a.m. Student Dismissal) |

**February**

| | |
|---|---|
| 3 | ISPS PTO Panyard Jam |
| 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

I hope your children had a great week at school. While I am spending quite a bit of time in HS, I am still able to get around to the rest of the school, and it looks like students at all levels are engaged, happy, and doing well. I am very pleased with the teaching and learning atmosphere as I walk around the school.

I sent an e-mail to all MS and HS parents about making sure you can log on to the SKYWARD student information system. This will be important because we are going paperless with reports and they will be posted to the Skyward Parent Portal on the 25th of January. If you are having difficulty logging on, please call the IT department, or e-mail them Those email addresses were in the letter sent a few days ago.

For those of you who have not logged on to the system, I encourage you to do so. It is a very powerful tool and you will be able to access all kinds of useful information. One item I would ask you to check regularly, especially HS parents, would be the attendance records, as these are tied to credits earned in classes. If you notice errors in attendance, I encourage you to e-mail Ms. Pilar Subero at psubero@isps.edu.tt and she can correct the errors for you.

Our CAISSA athletes are in their final week of practice before they head off to Ecuador next week. You may have noticed a lot of HS students in blue sweaters. These are our CAISSA athletes and they are showing their spirit as student athletes. We wish them the very best of luck in Ecuador.
GO CAIMANS !!!!!!

We anxiously await the arrival of the International Baccalaureate's accreditation team who will be with us on Monday and Tuesday next week. They will be here to evaluate our PYP programme and in so doing, they will meet with school officials, teachers, students, and parents. If you happen to be in school and see them, please welcome them.

Mr. Curran and Ms. Julien will be out of school next week beginning Wednesday the 25th of January. They will be representing ISPS at the International Recruitment Conference in Boston Mass. It gives ISPS an opportunity to meet with 100's of International Educators who are interested in working in schools like ISPS. Mr. Curran and Ms. Julien will be back in school on Tuesday, January 31st.

A reminder to all parents that next week Friday is a 1/2 day and pick up is at 11:30. However parents of 11th and 12th graders, please encourage your children to stay at school as we will be holding a Career Day from 12:00-3:00pm. Students will have the opportunity to hear about different professions and we have over 20 presenters from 15 different fields. The event should be very interesting to our oldest students, who will very shortly be entering a field of study at University that will help them focus on a career.

I wish you all a very pleasant weekend.

**J. Barney Latham**
**Interim Director**

**ISPS PTO Panyard Jam**

Info. on Page 2

## ISPS PTO invites you to...

# ISPS Panyard Jam

**Location:** Phase II Pan Yard

**Date:** February 3, 2017

**Time:** 6-9 pm

Inclusive of drinks & bites,
Blue devils & other surprises....

Adult only event....

**$ 150 VIP section!**

# Elementary Notes

January 20, 2017 Volume 14 Issue 9

Dear Parents,

What a pleasure seeing our parents ready to engage in the workshop on Wednesday morning. The workshop on Conscious Discipline last year sparked interests from many of our parents who opted for an 8-week skills based workshop that hinges on Dr. Becky Bailey, Ph.D., work on childhood education and developmental psychology. Parents understand that once they have signed up they must be committed to completing all eight sessions. Many thanks to Ms. Hyndman for conducting these workshops that can only make our partnership stronger in our community.

Math enrichment for grades 4 and 5 students started last week, and the program focuses on building problem-solving skills. MAP scores, teacher recommendation, and other classroom assessments determine if the students are ready for the challenge. Ms. Solozano and her team conduct the weekly sessions.

After-school activities started last week, and all students who do not attend an activity must be supervised. Please enroll your child in an after-school session if he/she is not picked up at dismissal.

As a teaching and learning institution, we are honored to welcome two student teachers from the Kennesaw University, Atlanta, USA who will arrive on Monday, January 23. The student teachers are in their last semester and will be in grade 4 Ghany and 5 Wiltshire for 8 weeks. Dr. Binbin Jiang, Director of Global Engagement & Professor of International Education Leadership and Research oversees the program. Additionally, Dr. Jiang will accompany the students for three days. During her visit, she will meet with the mentor teachers, and students.

Grades 3-5 will be taking the WordMasters analogy test on January 18th. Additionally, these students will be working on several tutorials and writing assignments via Writing Practice Program (WPP). These exercises assist the students later in the term for the ERB writing assessments.

**Suzette Julien**
**Elementary Principal**

## CALENDAR

| | |
|---|---|
| **January 23-24** | PYP Visiting Team |
| **January 23** | Kennesaw University students arrive |
| **January 27** | PD Day (early dismissal at 11:30 a.m.) |

## Primary Years Program (PYP)

Our teachers have conducted the International Baccalaureate Primary Years Program self-study, and they are ready to meet the team when they arrive for the two-day visit on Monday, January 23rd and Tuesday 24th. We have invited Board members, students, and parents to meet the evaluation team. The team will be meeting with teachers and observing classrooms during their visit. We are ready for the visit and look forward to the extra eyes to provide feedback to us. Once we have received our report, we will share the information with you.

*Angela Shahien*
PYP Coordinator

## Teachers teaching Teachers

All our teachers conduct workshops on a variety of topics. Ms. Ghany met with her peers to conduct reading and writing inquiry workshop on Tuesday. Teachers worked in groups and chatted about best practices in reading, and writing. Additionally, groups were formed and each group completed an activity that related to the concepts in the text. Ms. Ghany shared her students' work as they related identified concepts from the text they read.

Teachers illustrated their titles of their book and highlighted concepts they found. There will be teacher follow-up on how they are using the best practices in their classrooms.

Thank you to all the parents who have contacted Ms. Hyndman for the supervision during play times.

Do not hesitate to contact Ms. Hyndman at phyndman@isps.edu.tt if you want to volunteer.

# …ES Counselor's Corner…

| KINDNESS TREE | | |
|---|---|---|
| Kimaya | 5W | While returning to class after a hot and sunny lunch break, she thoughtfully offered water to the duty teacher. |
| Johan | 2D | Missed his favorite PE to take a classmate to the Nurse |
| Elise | KKe. | Found a teacher to help her friend get her spoon from the bin after it fell in by accident. |
| Lucius | 4G | Finished his Math and then went over and helped another student who was having some difficulty. |
| Byron | 1Bed | Helped Ms. Solozano to pack up the board at the end of lunch on Wednesday. |

# Tech Tips

***by Adrienne DeBoucher, Ed. Tech. Coordinator***

## Gryphon: One Idea for Tech-Life Balance Control

Parents worry about the level of connectivity their family is using, keeping balance in their lives, and helping their children stay focused on study as well as getting enough sleep.

Gryphon is a new AI based WiFi router that assists parents in protecting and controlling all devices online. From their smartphones, parents can set bed or homework times for specific devices or can even pause internet access altogether.

It started out as a Kickstarter campaign and took off. It is estimated to ship in June, 2017. Read more here.

**From the vendor:**
All security features are built directly within the router itself, so there is no complicated software to install on your connected devices. Software updates and parental control are included free of charge forever. There are no monthly or annual charges for Gryphon updates or parental control.

# MIDDLE MATTERS

FROM THE MIDDLE SCHOOL PRINCIPAL:

# Why attendance matters

Obviously, we can all see the following logic: if a student misses 100% of classes the performance of a student will suffer. Interestingly, the opposite does not hold: 100% attendance does not guarantee a student is meeting the expectations of each curriculum or extra-curricular requirement. So where is the turning point? Why even emphasise attendance? Research shows that attendance is a great indicator of future success. Let's pick this apart and look at different variables that come into play.

Of course there are plenty of good reasons why a student would need to miss school. This year we have had examples of this already; one such example is a knee operation which will cause a lengthy absence in al subjects, and particularly PHE or Dance. Then there are parents who take an extra break for cultural reasons; these family visits sometimes take place during class time; we cannot create a calendar that will appease every culture and every nation's customs. To give a simple example; Chinese New Year is coming up and I would understand families every so often would want to go back home for what is their main family holiday.

Then there are the frequent flyers; the students who miss a day here and there, or go to the nurse just that little more often than they really need. Usually it is a sign of dissatisfaction; of avoiding something, or feeling anxious about something that happened in or around school or in the personal life. Teenagers, particularly in middle school, can be creative in testing our boundaries. For example, we have had two students who have been absent/visiting the nurse on the exact same days and times for over 50% of their (otherwise limited) absences. What a coincidence!

Then there is the teacher… As a school we have a responsibility to create a classroom culture that makes students want to come to class, makes them hate to stay away, and if they have problems or issues, they tackle it with the right people (e.g. teacher or counsellor). Students have the responsibility to not take advantage of services provided, such as the nurse. Only use the nurse when you are in need. To give an example, when I looked into the nurses office this morning I saw 7 students there and it was only 7:25am. School hadn't actually quite started. Perhaps we should close the nurse before period 1 starts as parents can make decisions until then.

Character and behaviour of a student is another factor. Whereas one student will do just fine in catching up missed days through Google Classroom and self-study, others are still learning these self-management skills. Sometimes a teacher complains about absence for one student and not the other, while they have identical attendance rates, because the first does not manage the absence well and the second student does.

Lastly, I wanted to discuss the impact of missing classes in our teachers. Teachers in international school are used to the transient nature of our schools and curricula reflect this. MYP in particular is well adapted to change as the underlying concerts are taught, rather then covering content. But teachers often complain about the timing of absences the most, I have noticed. The weeks before and after the Christmas break, for example, are also weeks where a lot of the assessments of quarter 2 happen. Students who are absent during assessment tasks suffer more; and teachers may struggle to have enough evidence to determine a reliable assessment of their progress.

We need to work together and ensure all three want to be at school; agree that 100% attendance is preferable and that allowances can be made for extreme circumstances, as to not interrupt the learning. It is very difficult to ensure a student meets their full potential, if they have not been able to enjoy the full learning on offer.

**Aubrey Curran**
**Middle School Principal**

# MIDDLE MATTERS

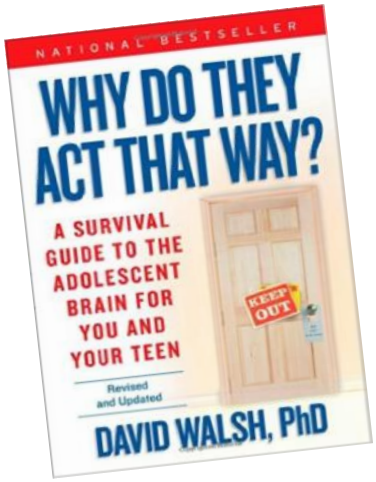
## FROM THE MIDDLE SCHOOL COUNSELOR, MS. VIRGINIA:

Last semester's parent discussion group was so valuable, that I'm offering it again!!

The discussion group meets once a week on Wednesday mornings. It will focus on adolescent development based on the book, "Why Do They Act That Way? A Survival Guide to The Adolescent Brain For You and Your Teen". The group will be a forum for parents to discuss what you read, reflect on your own experiences with respect to what we have learned about the adolescent brain development, and ask questions, and share ideas in a safe and structured environment.

### About the book:

"Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen" by David Walsh, is an easy read, where the author blends humor, warmth, scientific substance and practical advice for parents. He thoroughly explains the growth and functioning of the adolescent brain, and how the changes of their developing brain, affect teenager's behaviors. Every chapter




tackles different issues commonly faced by teenagers and their parents, and gives examples of such issues in vignettes written by the author's first-hand experience of more than 30 years as a teacher, school counselor, and therapist. In the end of each chapter, the author includes a 'Parent Survival Kit' which contains the knowledge, attitudes, and skills parents need for raising teenagers. The book is to help parents build a "well stocked kit" in order to help them maintain perspective, balance, and peace of mind which better enables parents to help their adolescent sons and daughters survive the many conflicts and contradictions he or she will face. In addition, at the end of each chapter, he asks a set of questions to help parents assess how well prepared they are in that category with a comprehensive list of 'Do's and Don'ts' for parents to follow.

The focus on the brain's development and functioning during adolescents, help parents understand the structure of the brain and how all the parts and systems work together to perform complex functions at lightning speed, which for example, help parents understand why adolescents are so impulsive.

### Attaining the book:

1. The school library has a limited number of Kindle versions of the book that can be borrowed.
2. The ISPS MS Counseling Department also has some hard copies for lending.
3. Parents can order a copy online for their personal reference libraries.

The group will meet on Wednesday mornings from 7:30-8:30 AM in the green room beginning January 18 and run for 9 weeks until March 22.

If you are a parent of an ISPS High School student, and are interested in joining this discussion group, please email me, Ms. Virginia, at veggleston@isps.tt.edu to express your intent.

Thank you very much and I look forward to seeing you!

**Virginia Eggleston**
**Middle School Counselor**

### Parent Group Objectives:

- To help you see more clearly what your adolescents are going through.
- To learn the "Brain Basics" in order to understand, from a physiological stand point, the stages and changes of adolescent brain development.
- To help you help your children navigate the common dangers and challenges in his or her life.
- To help you gain confidence in knowing that you can keep your sanity and composure in the face of teenage emotional and behavioral upheavals.

# Now Open To High School Parents!!!

# What a President Reads

## Library Corner

**By Debbie Jacob**

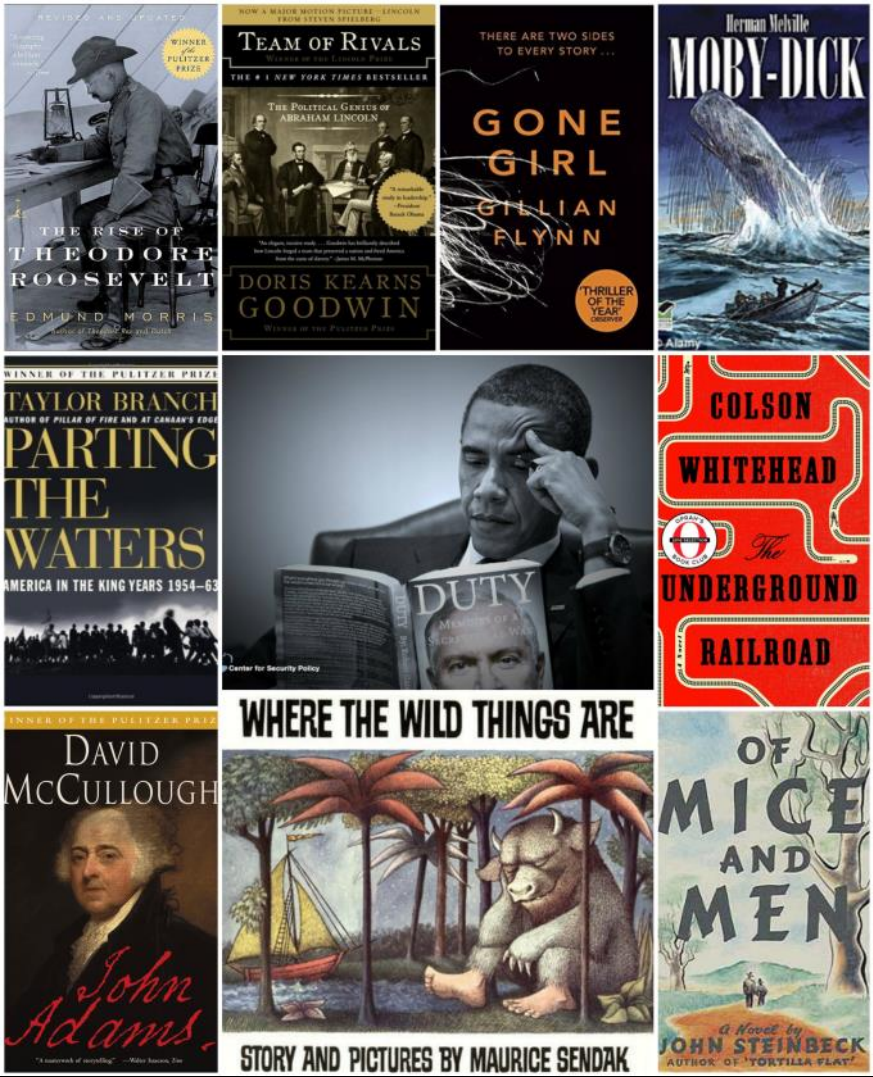
Just before Barack Obama left office, the Internet featured many stories about the US President's passion for reading.

The classic he chose happens to be my favourite classic, **Moby Dick** by Herman Melville.

The ISPS library has many of the 79 books that President Obama talked about as his favourite books. He also listed one of my favourite Civil Rights books: **Parting the Waters** by Taylor Branch, and my favourite VS Naipaul novel, **A Bend in the Rive**r.

Another one of my favourite Obama reads is **Team of Rivals: The Political Genius of Abraham Lincoln** by Doris Goodwin, which is in the library.

Here are some of the other books on Obama's list that are in the ISPS library: **Gone Girl** by Gillian Flynn, **The Rise of Theodore Roosevelt** by Edmund Morris, **John Adams** by David McCullough and **The Underground Railroad** by Colson Whitehead.




**Here is a link to the list of the 79 books that Obama mentioned:**
**http://ew.com/books/2017/01/18/barack-obama-book-recommendations/**

# Nurse's Notes

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

Hello Everyone,

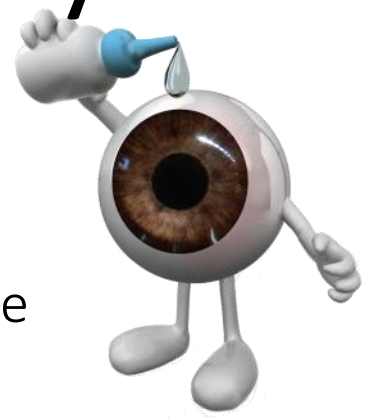
Many students came back to school with flulike symptoms. This week the numbers are less.

Please remember to take precautions against mosquito bites since we now have to live with mosquito borne diseases like Dengue, Chikungunya (CHIKV) and Zika since they are all carried by the Aedes aegypti mosquito.

Wishing all members of our school community best wishes and health for 2017.

Have a great weekend!

# Take your eyes off them!



## Using smartphones increases risk of dry-eye disease in children

Symptoms of dry-eye disease were more common in children who spent more time on smartphones and less time outdoors than other young people, a study in BMC Ophthalmology found.

When the children gave up their phones for a month, the dry-eye symptoms significantly improved.

Pediatric dry-eye disease can negatively affect vision and school performance and is believed by many specialists to be underdiagnosed, according to the American Academy of Ophthalmology.

Staring at smartphones, computers and other screens has been linked to reduced blinking, which can lead to faster evaporation of the tear film and increase the risk of dry-eye disease.

Smartphones also have a short watching distance due to their small screens that can tire the eyes, the researchers said.

The controls also spent more time outside—an average of 2.3 hours a day compared with 1.5 hours by the dry-eye group.

Researchers in South Korea conducted eye exams on 916 children, ages 7 to 12 years. Sixty children, or 6.6% of the total, met the criteria for dry-eye disease based on various assessments, including tear-breakup time, a test that measures the stability of the tear film.

Of those children, 97% reported on questionnaires that they used smartphones, on average for 3.2 hours a day. In contrast, 55% of children without dry-eye symptoms, the control group, had smartphones, which they used about 37 minutes a day.

***Wall Street Journal Published January 6, 2017***

ISPS

CAIMANS

SWIM TEAM

**OUR GOAL**

**TO GET 25 SWIMMERS**
**AND WIN THE NEXT SWIM MEET**
**GO CAIMANS!**

# JOIN US!!!...

When: EVERY FRIDAY
Where: ST. ANTHONY'S POOL
Time: 2.45 p.m.- 3.30 p.m.
Bring: PLENTY WATER & GOGGLES

**NEXT EVENT: ASATT SECONDARY SCHOOL SWIM MEET**
**SUNDAY, JANUARY 29, 2017**

## CAISSA SEASON II — ECUADOR

GO HARD

# Best of Luck

to our

**Boys' Basketball**

&

**Girls' Soccer teams**

GO CAIMANS

**January 25—29**

UKWC

The United Kingdom Women's Club of Trinidad and Tobago
invite you to a recession busting

## Sale of Elegant Pre-owned Dresses and Accessories

on
2nd February 2017
7.00pm - 9.30pm

at La Fontaine Poolside, Columbus Circle, Westmoorings

**Contribution: $100**

Entry includes nibbles and a glass of Prosecco

Tickets from UKWC Committee members
or call **781-7637**

Tickets and photography sponsored by:

RAPSO

***All proceeds to needy causes supported by***

# CARNIVAL 2017

## T-Shirt Design Competition

**Judges will be looking for**

**Carnival King & Queen Theme**

**Visual Impact and Creativity**

**The artist who creates the 2017 Design will receive:**

The pleasure of seeing their Design on our Carnival 2017 T-Shirt and one FREE T-shirt!

**Please submit all entries by 20th January, 2017 to your art teacher (Ms. Bally, Ms. Mantyh, Ms. Clarke)**

# International School of Port of Spain

## 2016 - 2017 Events Calendar

# JANUARY 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1** **New Year's Day** (National Holiday) | **2** National Holiday | **3** School Resumes | **4** | **5** | **6** | **7** |
| **8** | **9** ASA Session 2 | **10** | **11** | **12** | **13** End of Q2 (MS/HS) | **14** |
| **15** | **16** | **17** Yearbook Photos New Students & Absent Students | **18** | **19** | **20** | **21** SAT 7:00 a.m. - 2:00 p.m. |
| **22** | **23** | **24** | **25** MS/HS Q2 Reports | **26** | **27** **Teacher P.D. Day** (11:30 a.m. Student Dismissal) | **28** |
| | **IB/PYP Evaluation Visit** | | **CAISSA Season 2 - ECUADOR** | | | |
| **29** **CAISSA Season 2** | **30** | **31** | | | | |

December '16

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

February '17

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

BY ASHMIR ALI

## *After School Activities*

Thank you for supporting our After School Activity Program.

- Registration Forms for ASA 2 are available at the front desk.
- ASA 2 started on 9th January and ends on 29th March, 2017
- Please register early to ensure that your child gets into their activity of choice.
- PK can register for Gymnastics, Karate, Soccer and Basketball.
- New Activities : ES Yoga (Grades 2 to 5, Wednesdays from 2:30 to 3:30 in the PE Classroom),
  Defensive Driving (Grades 10 to 12, Thursdays from 2:30 to 3:30 in the PE Classroom)
  Field Hockey (Grades 5 to 8, Wednesdays from 2:30 to 3:30 on the North Field)

- **NOTE: ARCHERY & DRAMA ARE FILLED.**

***THE AFTER SCHOOOL ACTIVITIES SIGN-UP FORM CAN BE FOUND IN THE FRONT OFFICE.**

## *CAISSA News:*

Season 2 CAISSA (Boys Basketball and Girls Soccer) from 25th to 29th January, takes place in Ecuador.
The teams will leave on the morning of January 25th and return on the evening of January 29th. You can follow the games live, just access the live stream on Academia Cotopaxi's website (https://www.cotopaxi.k12.ec).
We need your support.
Gooo Caimans!!

## 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** |

The venue for Season 3 (Boys' Soccer and Girls' Basketball), from March 29th to 2nd April, is the Dominican Republic and will be hosted by the Carol Morgan School.

See above for the team training for Season 3, which starts on Wednesday 1st February.

Easy Print Page

## Dates for your Diary

**January**

| | |
|---|---|
| 21 | SAT, 7:00 a.m.—2:00 p.m. |
| 23-24 | IB/ PYP Evaluation Visit |
| 25 | MS/HS Q2 Reports |
| 25-29 | CAISSA Season 2 - Ecuador |
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| 3 | ISPS PTO Panyard Jam |
| 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 |
| 10 | ES Reports |
| 11 | SATs |
| 13 | PD Day (11:30 a.m. Student Dismissal) |
| 16 | ES Student-led Conferences (11:30 a.m. dismissal for ES ONLY) |
| 20-24 | ES MAP Testing |

# Menu: January 23rd to January 27th, 2017

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

| | | |
|---|---|---|
| Monday 23rd | Breakfast: | Eggs,Sausages.Bacon,Toasted Bread |
| | Lunch: | Mac & Cheese Pineapple Chicken Fresh Salad OR Bhagi Rice & Pigtail. |
| Tuesday 24th | Breakfast: | Sada & Bodi or Dasheen Leaves Eggs ,Sausages |
| | Lunch: | Bake & Shark OR Peas & Rice ,Baked Chicken, OR Baked Fish Baked Plantains, Garden Salad. |
| Wednesday 25th | Breakfast: | Coconut Bake , Eggs ,Sausages, Saltfish |
| | Lunch: | Fluffy White Rice , Dhal,Curry Chicken OR Curry Fish Cucumber & Tomato Salad. |
| Thursday 26th | Breakfast: | Sada with Tomato Choka,Stew Chicken, Eggs & Sausages |
| | Lunch: | PIZZA DAY: Cheese,Pepperoni ,Vegetable with a fruit cup and salad<br>All lunches cost: $28.00 |
| Friday 27th | Breakfast: | Pancakes, Waffles, Eggs, Sausages |
| | Lunch: | PD DAY |

**<u>Elementary Options</u>**: Any Sandwich served with a small salad, milk, water or juice and fruit: $15.00

**<u>Prices for Lunch: VAT INCLUSIVE (Table d'hôte)- Fixed Menu:</u>**

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

**<u>Prices for (A la Carte Menu):</u>**

**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.*