



# THE BLAZE

**Working Learning Acting TOGETHER**



**Dear Parents and Students**

Mr. Moody has asked me once again to write the notice for this week's BLAZE. As we approach the winter holidays, I know many of you are looking forward to this special time of year. For those of us from the United States, or anyone who has experienced American culture, this week holds particular significance. Thanksgiving, celebrated on the fourth Thursday of November, is a cherished holiday that inspires reflection on gratitude. While most in our community may not observe Thanksgiving, I find it a fitting opportunity to express my appreciation for the vibrant community we have here in China, especially at the International School of Tianjin. Therefore, this week's theme will be gratitude.

Mr. Moody is currently engaged in an accreditation visit at a major international school in Vietnam. I hope parents recall that IST is actively participating in an accreditation cycle with our esteemed partners, the Council for International Schools (CIS) and the Western Association of Schools and Colleges (WASC). Additionally, we are in the process of authorization with the International Baccalaureate (IB). These accreditation cycles are vital for schools like ours, as they serve as a hallmark of quality that reflects our commitment to excellence. Schools that are accredited by CIS, WASC, or authorized by the IB demonstrate to their communities that we meet rigorous standards upheld by these prestigious organizations. I am grateful that IST has enjoyed the endorsement of all three bodies for many years and will continue to uphold these standards in the future.

I also want to express my gratitude for the incredible hard work displayed during last week's musical performance of Stepsisters. Producing a live show is a formidable challenge, especially for young students who juggle academic responsibilities alongside their artistic endeavors. Our stage crew exemplified strong school spirit and dedication, showcasing the talent and commitment of numerous students. We should all be thankful for their courage, resilience, and the vibrant spirit they bring to our community. Our gratitude extends to the talented performers who will be singing in the choirs at nearby hotels this Friday and next, as part of our cherished tradition of celebrating the holiday season through collaboration with our local hosts and the expatriate community.

Another source of gratitude this week is the wonderful holiday bazaar organized annually by our Parent Faculty Organization (PFO). This beloved event represents a fantastic opportunity to showcase our school and to warmly welcome the wider community during the winter months. Our parents pour tremendous effort into creating a festive atmosphere where all can feel included, sharing in delightful treats and unique treasures found throughout Tianjin.

While I have highlighted just a few of the many remarkable experiences at IST recently, it's clear that anyone fortunate enough to be part of our school community has many reasons to be thankful. Of course, our sense of gratitude cannot be possible without the important idea that our school philosophy inspires. Being part of the International School of Tianjin means that we are part of a community that is always dedicated to working, learning, and acting together for our common future. That is a great reason to celebrate Thanksgiving at any time of the year!

Warm regards,  
Michael Conway  
Secondary Principal / Deputy Director

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## International School of Tianjin Scholarship Program

The International School of Tianjin (IST) is excited to announce its scholarship program for students in their final two years of school. This initiative serves two key purposes:

1. **Support for Current IST Students:** We offer exceptional educational opportunities to talented students facing financial challenges.
2. **Enrichment for Non-IST Students:** We welcome talented non-IST students to enhance our diverse community and the quality of our IB Diploma Programme.

### Scholarship Details

#### Types of Scholarships

Scholarships are available for students entering Grade 11, with awards lasting up to two years:

- **Full Scholarships:** Cover all tuition and capital fees for Grades 11 and 12.
- **Tuition Scholarships:** Cover tuition fees only for Grades 11 and 12.
- **Bursaries:** Cover half the tuition fees for Grades 11 and 12.

#### Benefits

Students in the scholarship program will receive an excellent education, culminating in the IST High School Diploma. As an IB World School, students also have the chance to earn a full IB Diploma, **recognized by top universities worldwide.**

#### Selection Process

Each year, up to three scholarships or bursaries may be awarded to current IST students, with an equal number available for non-IST applicants. The selection includes:

- **Examinations**
- **Formal Interviews**
- **Final Decision by the IST Scholarship Committee**

#### Criteria for Selection:

- **Academic Excellence:**
  - Current IST students must have honors/high honors in at least 2 of the last 3 semesters.
  - Non-IST candidates should be in the top 25% of their class.
- **Community Contribution:**
  - Active involvement in CAS activities.
  - Promotion of the IB Diploma Programme.
  - Leadership within the school community.
- **Financial Need:** Consideration for current IST students needing financial assistance. (Non-IST students **DO NOT** need to demonstrate financial need.)

#### Eligibility

Students of **all nationalities** are encouraged to apply. Current IST students with financial difficulties can apply, but families may receive only one full scholarship at a time.

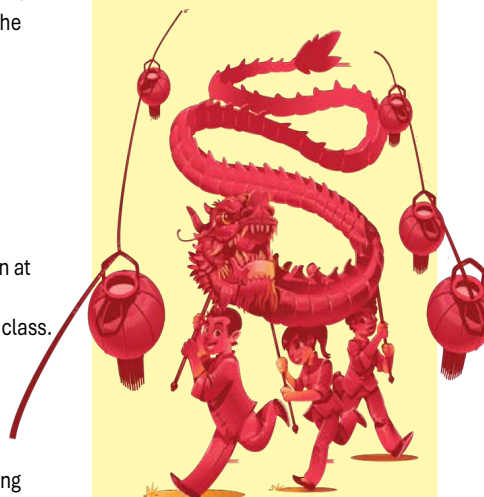
A strong command of English is essential.

#### Application Process

To apply, candidates should request an application package from the school.

#### Key dates:

- **Application Deadline:** 3:30pm, Friday, February 7, 2025
- **Scholarship Examinations:** Saturday, February 22, 2025 (9:00am–2:30pm)
- **Interviews:** Around March 5, 2025
- **Award Announcement:** Late March 2025





## Required Documents

### From the Student:

- Personal statement covering your interests and reasons for applying.
- Previous two years' report cards from your school. (Including IST students)
  - Certificates for any honors or awards received.
- At least two character reference letters (non-family).
  - IST students do not need a character reference but should give the names of two teachers who agree to support the application.
- Any other relevant details.

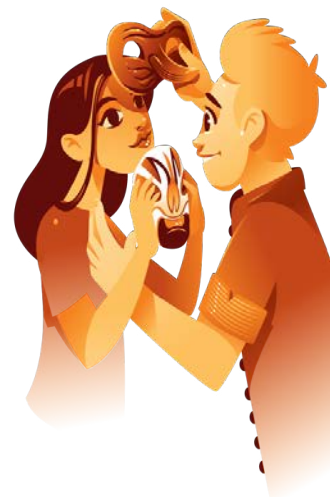
### From the IST Parent (if applicable):

- A formal letter explaining financial circumstances.
- A letter from an employer stating that tuition is not covered by the company.
- Non-IST students **DO NOT** need to demonstrate financial need.

### Application Fee

A **2,000 RMB** application fee is required, with the following conditions:

1. **Refunds:** Full scholarship recipients or those not awarded a scholarship will receive a complete refund.
2. **Tuition Scholarships/Bursaries:** The fee will be credited towards the standard application fee.
3. **Declined Offers:** Candidates who decline a scholarship offer forfeit the fee.



## Scholarship Selection Process

### Application

To apply for a scholarship, students must submit the **Scholarship Application Form** and **Fee** by **3:30pm on Friday, February 7, 2025**. This form collects personal details and educational history.

### Important:

- Attach all required documents (see 'Required Documents' section).
- Incomplete or late applications will not be considered.

### Examinations

Exams will take place at the school on **Saturday, February 22**, from **9:00am to 2:00pm**. Students will complete three papers:

1. **Mathematics** (9:00am–10:30am)  
Focus: Mathematical skills and problem-solving.
2. **English** (10:45am–12:15pm)  
Focus: Reading comprehension and essay writing.

3. **Science** (12:30pm–1:45pm)

Focus: General problem-solving, logic skills, and scientific writing (not based on specific course content).

### Interview

After the exams, selected candidates will be invited for an interview with the selection panel, which includes the Director, Secondary Principal, Diploma Coordinator, and IST Board of Governors members. Discussion topics will include the student's potential contributions to the school and their short- and long-term goals. Feel free to bring supporting materials to the interview.

**Interviews will be scheduled for March 5** unless otherwise notified.

### Results

Candidates will receive their results by **late March**. Good luck!



## Scholarship Application Form

Student Information				
Family Name		First Name		Gender (Male / Female)
Date of Birth (mm/dd/yy)			Age at time of application	
Nationality & Citizenship	Native Language	Language at Home	Other Languages	
Email Address				
Schools Attended (Begin with current school)				
Grade(s)	School Name	Location (city/country)	Language(s) of Instruction	Dates Attended mm/yy – mm/yy

Please complete all parts of this application form



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Parent Information		
<b>MOTHER</b>		
Family Name	First Name	Nationality & Citizenship
Company Name	Position	
Mother Signature	Cell Number	Email
<b>FATHER</b>		
Family Name	First Name	Nationality & Citizenship
Company Name	Position	
Father Signature	Cell Number	Email

GUARDIAN (If Applicable)		
Family Name	First Name	Nationality & Citizenship
Guardian Signature	Cell Number	Email
Address in Tianjin		



## College Application Guide Timeline for Grades 9-10 Parents

This guide focuses on preparation and building a strong foundation for future college applications.

### Grade 9

#### Fall (September - December)

- Focus on Academics: Encourage your child to set academic goals and prioritize good grades in core subjects.
- Explore Extracurricular Activities: Support involvement in clubs, sports, and community service. Help them find activities that align with their interests.
- Build Study Habits: Help establish effective study routines and time management skills.

#### Winter (January - March)

- Meet with your school's College Counselor: Schedule a meeting to discuss course selection for Grade 10. Understand the requirements for advanced courses.
- Assess Interests: Encourage your child to explore interests and potential career paths through research or informal job shadowing.

#### Spring (April - June)

- Plan for Summer Activities: Look for summer programs, internships, or volunteer opportunities that align with your child's interests and can enhance their skills.
- Track Achievements: Start a portfolio to document academic achievements, extracurricular activities, and volunteer work.

### Grade 10

#### Fall (September - December)

- Evaluate Academic Progress: Review report cards and discuss areas for improvement. Encourage a strong focus on grades.
- Set Goals for DP Courses: Discuss the possibility of taking HL courses in Grade 11 to enhance college readiness.
- Encourage Extracurricular Leadership: Support your child in seeking leadership roles in clubs or activities.

#### Winter (January - March)

- Standardized Testing Preparation: Familiarize your child with the PSAT, which is typically offered in October. Discuss its importance for college readiness and scholarships.
- Research Colleges: Start exploring different colleges and universities. Discuss factors like location, size, and programs of interest.

#### Spring (April - June)

- Plan College Visits: If feasible, visit local colleges to give your child a sense of different campus environments.
- Continue Building the Portfolio: Update the portfolio with new achievements and reflections on interests and goals.
- Discuss Financial Planning: Begin conversations about the costs of college and ways to save or explore scholarships.



#### Additional Tips

- **Communication is Key:** Keep open lines of communication about academic and personal goals. Encourage your child to express their thoughts and concerns.
- **Stay Organized:** Help your child maintain an organized system for tracking deadlines, applications, and achievements.
- **Promote Balance:** Encourage a balanced lifestyle, emphasizing the importance of academics, extracurriculars, and personal well-being.

By following this timeline, parents can effectively support their Grade 9 and 10 students in laying the groundwork for successful college applications in the future.

Warm Regards,

Ambika Jyothi G B  
College Guidance Counsellor (MYP/DP)  
Individual Needs Teacher (MYP/DP)  
SAT Test Coordinator  
Grade 12 HRA



Dear Parents,

Get ready for a delightful treat,  
Our show, "Singin' in the Rainforest,"  
can't be beat!

From Nursery to Grade 2, the stage will  
be bright,  
As students sing of animals, a marvelous  
sight.

With agoutis and toucans, they'll dance  
and play,  
Red-eyed tree frogs will hop in a joyful  
display.

Ocelots and spider monkeys will join in  
the fun,  
While blue morpho butterflies shimmer  
in the sun.

Boa constrictors will slither and sway,  
Join us for this show—it will brighten your day!  
We can't wait to share this musical delight,  
Come cheer for our students, it's sure to be right!

Victoria Lee  
Elementary Music





## Tuesday 26 November: Boys and Girls HS Basketball vs TIS

Our boys' and girls' basketball teams kicked off their season on Tuesday with thrilling matchups against TIS, hosted on our home court. Shaking off some early rust from the long offseason, both teams showed incredible determination, battling back from deficits to secure hard-fought victories. The girls edged out TIS 13-10, while the boys clinched a 21-18 win in a nail-biter. This promising start sets the tone for a competitive season as our teams prepare to face TEDA on Friday and Wellington on Monday. With continued focus on improvement, we're excited to see our players strive for excellence and build on their winning momentum! (Mr. Kennedy)

### REMEMBER:

Season 2 sports have begun.

In season 2 we have:

HS Basketball with practices on Mondays and Fridays from 15:30 – 17:00.

MS Volleyball with practices on Tuesdays and Thursdays from 15:30 – 17:00

We also have Wednesday Conditioning to help our athletes develop their athletic abilities.

CCA Season 2:

CCA season 2 signups have been sent out. Season 1 is still underway and will only conclude on Friday 15 November.

Season 2 will begin on Monday 25 November.

Go BLAZE



## Summary: The Benefits of Winter Outdoor Play for Children's Health

As winter brings an increase in colds and flus, it's important to note that these illnesses are more related to indoor conditions than the cold itself. Spending time indoors can facilitate the spread of germs, whereas outdoor play can enhance children's health during the winter months. Here are five key benefits of winter outdoor activities:

1. **Keeps Germs at Bay:** Playing outside reduces the risk of germs spreading because children are more spaced out and less likely to touch contaminated surfaces. Outdoor playdates also create fun, memorable experiences while minimizing indoor germ exposure.
2. **Promotes Physical Activity:** Winter outdoor play encourages movement and aerobic exercise, even simple activities like walking through snow. Regular physical activity is vital for children's overall fitness and helps them resist winter illnesses.
3. **Provides Fresh Air:** Outdoor air is often cleaner than indoor air, which can be polluted by common household activities. Fresh winter air supports lung health and can alleviate allergy symptoms caused by indoor allergens.
4. **Boosts the Immune System:** Exposure to sunlight helps children absorb vitamin D, essential for immune function. Additionally, outdoor play introduces beneficial microbes from snow and soil, which can enhance immune health.
5. **Improves Sleep Quality:** Active play outdoors promotes better sleep by helping to regulate children's circadian rhythms. Natural light and physical activity contribute to a restful night's sleep, which is especially important during the longer winter nights.

## How should we dress in the colder months?

### 1. Choosing the Right Base Layer

- Opt for lightweight, breathable materials (e.g., moisture-wicking fabrics).
- Avoid tight-fitting undergarments that are hard to remove and can cause overheating.

### 2. Layering Strategies

- **Base Layer:** Comfortable shirt or T-shirt.
- **Mid Layer:** Consider using zip-up fleece or pullovers that can be quickly removed.
- **Outer Layer:** Ensure it has easy fastenings for quick adjustments.

### 3. Practical Tips for Easy Layering

- **Design:** Look for layers with zippers or buttons for quick removal.
- **Fit:** Choose layers that allow for freedom of movement without being too tight.
- **Accessibility:** Teach students how to manage their layers effectively, ensuring they can transition smoothly between activities.





## Conclusion

Encouraging daily outdoor play in winter not only supports physical health but also enhances overall well-being. By fostering a love for the outdoors, parents and educators can motivate children to engage in winter activities despite the cold. It's essential to emphasize the importance of comfort and ease in removing layers during physical education, as proper clothing significantly enhances their outdoor experience. With the right approach, children can enjoy the benefits of outdoor play while staying healthy and active throughout the winter months.

## Winter Activities Scavenger Hunt

Fun winter activities scavenger hunt designed for children to explore their outdoor environment while developing fundamental movement skills.

### Key Features:

- **Flexible Participation:** Activities can be completed all at once or spread over time. The scavenger hunt can also be customized by cutting it into squares for daily selection.
- **Diverse Activities:** The scavenger hunt includes engaging tasks, such as:
  - **Make a Snow Angel:** Lay in the snow and move arms and legs to create an angel shape.
  - **Look for a Winter Bird:** Search for birds that stay during winter, like the black-capped chickadee.
  - **Hop Like a Snowshoe Hare:** Attempt to hop on top of the snow, mimicking the movement of snowshoe hares.
  - **Find an Icicle:** Search for icicles and use them for creative play.
  - **Inspect an Evergreen Tree:** Explore different types of evergreen trees and use all senses to observe them.
  - **Roll Down a Hill:** Engage in rolling or somersaulting for balance and spatial orientation.
  - **Spot an Empty Nest:** Look for bird nests in bare trees during winter.
  - **Find a (Frozen) Puddle:** Investigate puddles, frozen or not, and enjoy some puddle play.
  - **Stomp Like Sasquatch:** Make loud stomping sounds in the snow like the mythical Sasquatch.
  - **Find Three Different Animal Tracks:** Search for various animal footprints in the snow.
  - **Twirl Like a Snowflake:** Pretend to twirl in the air like a falling snowflake.
  - **Jump Over a Stick:** Practice jumping over sticks or small obstacles.
  - **Crawl Like a Polar Bear:** Try different crawling styles to improve coordination.
  - **Stand on One Leg Like a Pine Tree:** Practice balance with a yoga pose.
  - **Collect Three Rocks:** Gather rocks of different shapes and colors.
  - **Prance Like a Reindeer:** Imitate the quick, springy steps of a reindeer.
  - **Find Winter Berries:** Look for colorful winter berries, noting that they are mostly for birds.
  - **Dig a Hole in the Snow:** Encourage digging to develop motor skills.
  - **Leap Like an Arctic Fox:** Practice leaping and jumping.
  - **Waddle Like a Penguin:** Imitate the waddling movement of penguins.



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- **Find Four Pinecones:** Collect pinecones for crafts or decoration.
- **Flap Like a Snowy Owl:** Move arms like a snowy owl flapping its wings.
- **Build Like a Beaver:** Use snow and sticks to build creatively.
- **Toss a Snowball:** Practice throwing skills with snowballs or pinecones.
- **Educational Elements:** Detailed descriptions accompany each activity, explaining the skills developed and providing suggestions for variations to suit different abilities.
- **Encouragement of Exploration:** Children are motivated to observe their surroundings, investigate nature, and engage in physical play, enhancing their understanding of winter.

Overall, the scavenger hunt aims to make winter outdoor play enjoyable and beneficial for children while fostering physical development and creativity. The article encourages sharing the resource with friends to enhance the experience.

Sources

<https://activeforlife.com/winter-activities-scamenger-hunt/>

<https://activeforlife.com/how-to-dress-for-the-weather-in-every-season/>

<https://activeforlife.com/why-kids-should-play-outdoors-in-winter/>

## Winter Activities Scavenger Hunt

 inspect an evergreen tree	make a snow angel	 prance like a reindeer	hop like a snowshoe hare	 jump over a stick
find three different animal tracks	find a (frozen) puddle	stand on one leg like a pine tree	 collect three rocks	roll on the ground
 find four pinecones	crawl like a bear	 stomp like Sasquatch	waddle like a penguin	 search for winter berries
build like a beaver	 find an icicle	leap like an arctic fox	 dig a hole in the snow	spot an empty nest
 search for a brown leaf	toss a snowball	 twirl like a snowflake	flap like a snowy owl	 look for a winter bird



## PFO COOKING CLUB

**Food theme:** The German cooking class

**Menu:**

**Appetiser :** Deviled Egg (Gefüllte Senfeier) German Green Salad

**Main dish :** German Pot Roast Beef (Sauerbraten) with a brown gravy, German Apple Red Cabbage ,salty potato and or Cheese Spaetzle (Käsespätzle ).

**Dessert:** German Style Cinnamon snail with Cheesecake,Nuts,Lemon,and Caramel Souse .



**When:** 3rd Dec **Tuesday** 9:00am-2pm

**Where:** IST Elementary Kitchen

**Host:** German Community

**Cost:** 100 RMB per person



Please join the WeChat group by scanning this QR code:  
Max 16 participants, first-come first-served.



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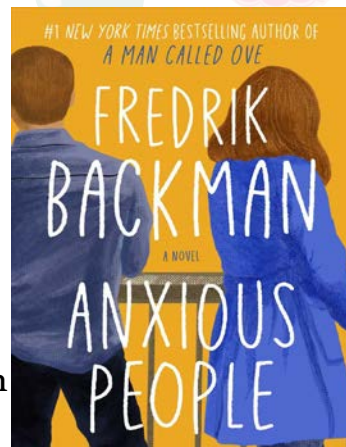
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Come along to our monthly meet ups to discuss books and enjoy coffee & cakes!

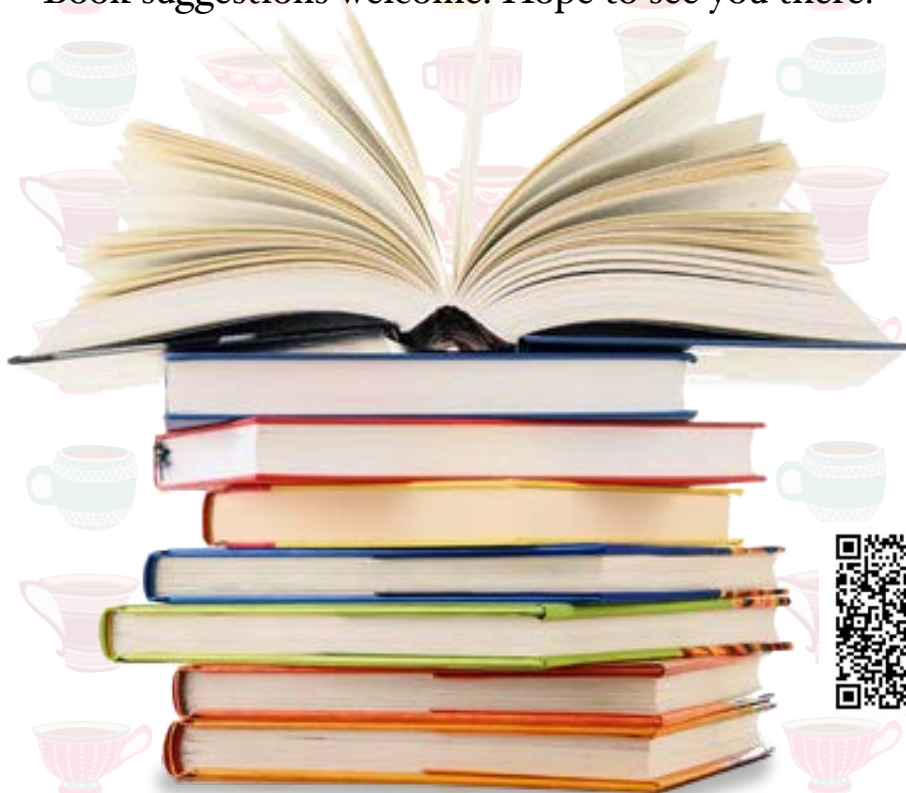
This month's book is *Anxious People* by Fredrik Backman. The library has copies in English, Chinese, and Korean.

Our next meeting is December 5th at 8.30am in the Library.



Even if you haven't read the book come along.

Book suggestions welcome. Hope to see you there!





INTERNATIONAL  
SCHOOL of TIANJIN

Weekly



# THE BLAZE

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## PEO CHRISTMAS LUNCH

FOOD, MUSIC &  
FUN EVENTS!

START AT  
**11AM**

TUESDAY  
**10TH**  
DECEMBER

AT THE MESH  
SHERATON



200RMB/PERSON  
DRESS CODE: RED OR GREEN  
BRING A 50 RMB GIFT AND  
RECIEVE ONE IN RETURN.



### Weekly Menu 25 Nov~29 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, cheese</i>	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: beef, soy sauce</i>	Chicken Curry 咖喱鸡排 Plain Rice 米饭 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, soy sauce</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soy sauce</i>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量(Kcal) 710	Protein 蛋白质(g) 25	Carbohydrate 碳水(g) 105	Fat 脂肪(g) 20

### Weekly Menu 2 Dec~6 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Stir Fried Cauliflower with Egg 番茄鸡蛋菜花 Sweet Corn 玉米粒 Vegetable Sticks 蔬菜条 <i>Allergy: soy sauce, egg</i>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <i>Allergy: soy sauce</i>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, soya sauce</i>	Chicken Burger 鸡肉汉堡 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Macaroni Bolognese 牛肉通心面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量(Kcal) 715	Protein 蛋白质(g) 26	Carbohydrate 碳水(g) 102	Fat 脂肪(g) 19

### Weekly Menu

02 Dec~06 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: beef, herb, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <i>Allergy: fish, soy sauce</i>
Stir Fried Tomato with Egg 番茄菜花鸡蛋 Stir Fried Tofu with Green Pepper 尖椒豆腐 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <i>Allergy: chili, soy, garlic</i>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce</i>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir Fried Dried Tofu 素炒香干 <i>Allergy: soy sauce</i>	Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <i>Allergy: soy sauce, egg</i>
Fried Noodle with Vegetables 蔬菜炒河粉 Fried Eggs 煎鸡蛋 <i>Allergy: egg, soy sauce</i>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, soy sauce</i>	Pork Rolls 肉龙 Stir fry Potatoes 炆土豆丝 <i>Allergy: soy sauce</i>	Spaghetti with Shrimp 虾仁意面 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, shrimp</i>	Pork Stewed in Pita Bread 猪肉白吉馍 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, soy sauce</i>
Laver and Egg Soup 紫菜鸡蛋汤	Noodles with Vegetables 蔬菜面	Vegetables Rolls 蔬菜卷	Spaghetti in Tomato Sauce 番茄意面	Mixed Rice with Vegetables 蔬菜拌饭
Banana Bread 香蕉包	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Cookies 饼干	Chocolate Cake 巧克力蛋糕	Rice balls 糯米糍	Fruit Tart 水果塔	
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量(Kcal) 776	Protein 蛋白质(g) 26	Carbohydrate 碳水(g) 109	Fat 脂肪(g) 21





## DIARY DATES

Wednesday - December 4, 2024  
Singin' in the Rainforest Show (ELC-G2)

Friday - December 6, 2024  
Christmas Tree Lighting @Shangri-La

Monday~Friday - December 9~12, 2024  
Secondary Exams (G9-11)

Wednesday - December 11, 2024  
Departing Families' Session

Monday~Friday - Dec 16, 2024~Jan 3, 2025  
Winter Holidays

## SPORTS DATES

30-Nov (Sat)  
ISAC MS Table Tennis  
Boys & Girls @ KEY

30-Nov (Sat)  
ISAC HS Table Tennis  
Boys & Girls @ KEY

30-Nov (Sat)  
ISAC Table Tennis  
11 & under Boys & Girls @ WAB

2-Dec (Mon)  
HS Basketball v WEL  
Boys @ IST; Girls @ WEL

3-Dec (Tues)  
MS Volleyball v TEDA-  
Boys @ Girls @ TEDA

## WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2024-2025 SCHOOL YEAR

Please take note of the following dates:

### Season 2 Sport Schedule

- ☺ Starts Monday, 25 Nov and ends Friday, 28 Feb
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Kennedy – Athletics Director (byron\_kennedy@istianjin.org.cn)
- ☺ Mr. Silvis – Activities Director (ben\_silvis@istianjin.org.cn)
- ☺ Ms. Guo Ying – Activities Officer (CCA's) (ying\_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang – Activities Officer (Sports) (durian\_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.