



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students



Today marks the 82nd day of the 2024-25 school year and the last school day of the 2024 calendar year. As I write today's edition of Blaze I am reminded about how very quickly the world can change, both for the worse –as was the case soon after my December 2019 end of year message when Covid first announced its awful presence and two years ago, and on the last day of school for 2022 when our community first faced an actual mass outbreak of the virus– and then for the better, just a few short weeks later, when China declared the battle with Covid won, and the walls came down and the doors to our school and China re-opened!

Throughout those challenging three years, I was continually amazed and heartened by the optimism of our parent community who always acted to support our school, in spite of the many challenges we faced. Covid has long since passed, but I continue to be buoyed by the encouragement of our terrific community, and I therefore wish to take this opportunity to thank all parents for your ongoing support, and for entrusting your children's education to our school.

I am pleased to share the news that today, following a period of significant negotiation, we finalized the contract for the construction of the new IST gymnasium. When we return after the vacation you will see that the General Contractor will have set up operations at the western end of the main carpark, and that piling for the new gym will be well underway. I wish to thank you all for your patience as we have worked to get this important project underway. All going well, we will be using the new gym at this time next year!

At this time of the year we typically lose a few IST families who are either returning home or moving to new assignments and locations. I would therefore also like to take this opportunity to wish all departing families every happiness and success as they return home or move on to new adventures in other locations. Thank you for being such a big part of our IST family. I am pleased to share the news that we do have several new families scheduled to start in January and February; I know that they are excited about joining not only our school, but also the wider IST parent community.

During and immediately following the vacation I will be travelling to recruitment fairs looking for new teachers to replace those that leave at the end of the current school year, and I will therefore be out of school until January 13. During my absence Mr. Conway will assume the role of Acting Director. I look forward to returning after our recruitment drive with news of the new teachers who will be joining our school and community.

I wish the entire IST community a most enjoyable and relaxing Winter Holiday. Travel safely and enjoy the festivities of the season!

Warm regards

Steve Moody
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.

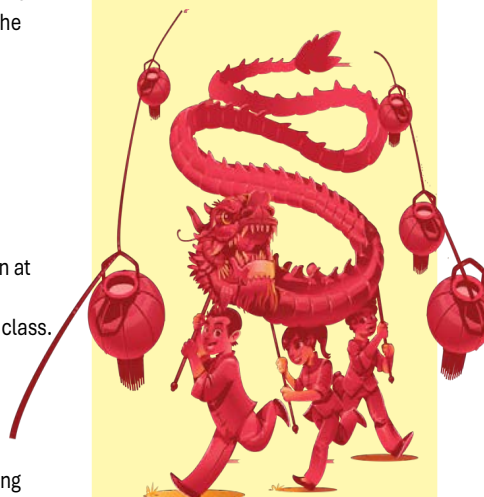
A strong command of English is essential.

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.

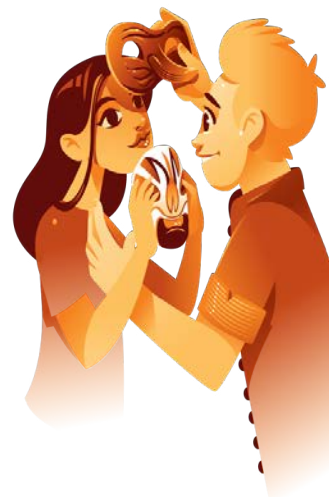
From the IST Parent (if applicable):

- 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 | | |
|--------------------|-------------|---------------------------|
| MOTHER | | |
| Family Name | First Name | Nationality & Citizenship |
| Company Name | | Position |
| Mother Signature | Cell Number | Email |
| FATHER | | |
| 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 | | |
| | | |
| | | |



IST Library & Information Literacy Center

Our Mission

The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

Reading is Good for You

There are many benefits to reading. Did you know that reading helps you relax, lowers stress and can even lengthen your life? All the more reason to enjoy some good books over the winter holidays!

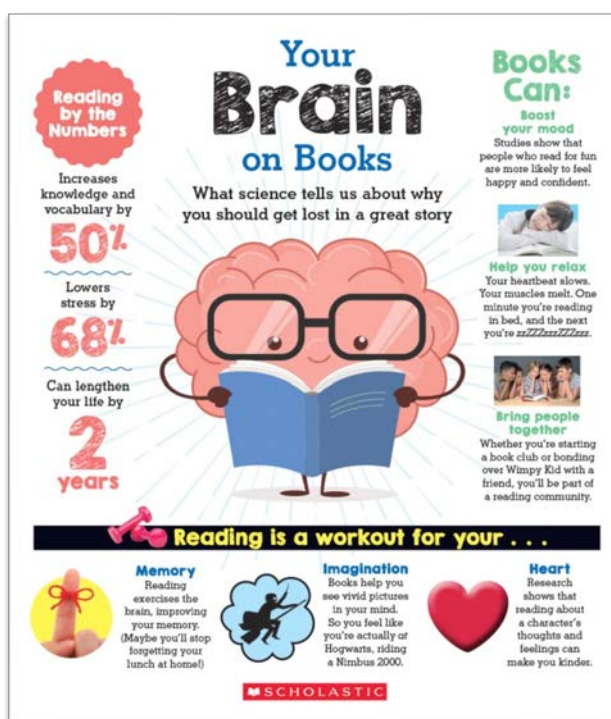


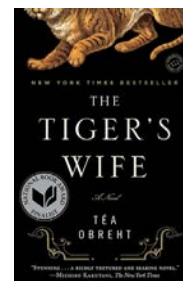
Image source: <https://oomscholasticblog.com/post/why-reading-best-workout-your-brain>

Parent Book Club

Our next Parent Book Club selection is the novel *The Tiger's Wife* by Tea Obreht. We will meet in the library to discuss the book on Thursday, Jan. 9 at 8:30 am. The library has copies of the book in English, Chinese, Korean, and German. A digital copy in English or Chinese is also available upon request.

All interested parents are welcome to join us for a book discussion, coffee, and treats, even if you haven't had a chance to read the book.

Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30





COLLEGE CORNER

Parents' Guide to Writing Undergraduate College Admission Essays

1. Understand the Purpose of the Essays

- **Main Personal Essay:** This essay showcases the student's personality, experiences, and values.
- **Supplement Essays:** These are specific to each college and often focus on why the student is interested in that school or how they will contribute to the campus community.

2. Encourage Authenticity

- Urge your child to express their true self. Admissions officers appreciate originality and honesty.
- Help them identify unique experiences that reflect their character, aspirations and growth.

3. Choosing the Right Topics

- **Personal Essay Topics:** Encourage brainstorming sessions to identify topics that reveal their strengths, challenges, and growth.
- **Supplement Essay Topics:** Review the specific prompts from each college. Discuss how their interests align with the school's values, programs, or community.

4. Structure and Organization

- **Main Essay:**
 - **Introduction:** Start with a hook to engage the reader.
 - **Body:** Use specific anecdotes to illustrate key points.
 - **Conclusion:** Reflect on the significance of the experiences shared.
- **Supplement Essays:**
 - Focus on clarity and direct answers to the prompt. Structure may vary based on questions asked.

5. Writing Techniques

- Encourage clarity and conciseness. Help them eliminate jargon and overly complex language.
- Suggest using descriptive language to paint a vivid picture and engage the reader emotionally.
- Remind them to avoid clichés and focus on personal insights.

6. The Editing Process

- Encourage multiple drafts. Writing is a process, and revisions are crucial.
- **Self-Editing:** Look for clarity and coherence.
- **Peer Review:** Share drafts with trusted friends or teachers for constructive feedback.
- **Parent Review:** Offer guidance on content and emotional impact without rewriting their voice.
- **College Counsellor Review:** Provides expert feedback, enhances clarity and structure, ensures authenticity, and helps catch grammatical errors. Their experience can significantly improve the quality of your essay, making it more compelling for admissions committees.



7. Mind the Word Limits

- Discuss the importance of adhering to word limits for both the main essay and supplements. Help them practice brevity while making strong points.

8. Address Common Pitfalls

- **Overthinking:** Encourage them to write freely before refining their ideas.
- **Generic Responses:** Help them avoid vague statements by insisting on specific examples and personal reflections.
- **Ignoring the Prompt:** Remind them to directly answer each part of the essay prompt.

9. Provide Emotional Support

- Writing can be anxiety-inducing. Offer encouragement and a supportive environment.
- Help them manage their time effectively to reduce stress.

10. Final Checks Before Submission

- Ensure they proofread for typos, grammatical errors, and formatting issues.
- Encourage them to read the essay aloud to catch any awkward phrasing or unclear points.

Additional Tips for University-Specific Supplement Essays

- **Research Each University:**
 - Help your child understand what makes each university unique. Look into their programs, values, and culture to tailor responses effectively.
- **Connect Interests to the University:**
 - Encourage your child to articulate why they are a good fit for that specific institution. Discuss how their interests align with what the university offers.
- **Highlight Contributions:**
 - For prompts asking how they will contribute to the campus community, encourage them to reflect on their skills, interests, and experiences that would benefit the community.
- **Be Specific:**
 - Specificity is key. Encourage them to mention specific programs, professors, or activities that attract them to the university.

****NOTE :** Undergraduate college admission essays are important because they provide a unique opportunity for students to showcase their personality, experiences, and aspirations beyond academic metrics. These essays allow applicants to express their individual voices and demonstrate their fit with the university's values and culture. Additionally, they reflect critical thinking and writing skills, helping admissions committees gain a holistic understanding of each candidate. Ultimately, well-crafted essays can significantly influence the admissions decision by illustrating what makes a student a valuable addition to the campus community.**



Dear Parents and Students,

We are excited to announce a new partnership aimed at organizing a Hong Kong Universities tour in Spring 2025. The trip will depart from Tianjin on March 30 and return on April 3, allowing students to attend all their lessons. Attached is the brochure from The Learning Adventure, our partner group, which provides further details about the tour. Additionally, a short survey link is included for parents and students interested in attending the trip.

Please note the following:

- This is NOT an IST school trip. IST will not cover any costs associated with this trip.
- IST cannot issue fapiao for any payments made for this trip. Parents requiring a fapiao must coordinate directly with our partners at The Learning Adventure.
- Parents are encouraged to accompany their children on this trip. However, if this is not feasible, please be assured that IST faculty members will be present. All participants not accompanied by a parent must sign a waiver to attend.
- The Hong Kong University tours will be guided by our partner group. All participants are required to adhere to the schedule provided.
- The trip will proceed only if there are at least 20 confirmed participants.
- Participation is limited to students in Grades 8-12 and their parents.
- If you are interested in participating, please click on the link below. This survey will remain open until December 13.
- <https://forms.office.com/r/sgWh0z0QSN>

Have a good day ahead.

Warm Regards,

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



**INTERNATIONAL
SCHOOL of TIANJIN**

Weekly

THE BLAZE

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International School Of Tianjin

Hong Kong (University Tour)
Travel Program



Your Program at a Glance

| | |
|------------------|--|
| School Name | International School of Tianjin |
| Destination | Hong Kong (University Tour) |
| Period of Travel | Departure: Sun March 30 th 2025 Return: Thurs April 3 rd 2025 |
| Duration | 5 Days |
| Subject | University Tour |
| Date of Quote | November 5 th 2024 |
| Quote Expiry | January 5 th 2024 |



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THE BLAZE

Working Learning Acting TOGETHER



Who We Are

The Learning Adventure began providing school trips and educational tours in 2011 – and since then, we’ve taken thousands of students from all over the world on academic travel programs. Many of our growing team come from an educational background, and most of us interact with teachers every day. We understand the rewards and challenges of working in the education sector, so we aim to support you as much as possible in planning your next school trip.

Our school trips are completely customisable to suit your students’ learning requirements and your institution’s curriculum. Our in-country teams take pride in delivering rewarding tours that are designed and operated fully by us.



International School of Tianjin | Hong Kong Travel Program

Why Choose Us



- Fully customisable itineraries
- Great value for money trips
- Local expertise
- 100% designed & planned by us
- Experts in Educational Travel
- Health & Safety is our number 1 priority

Tailored Learning Outcomes

Meticulously curated itineraries seamlessly integrate with your curriculum, offering comprehensive educational immersion in activities, accommodation, and safety standards.

Hands-On Assurance

Our hands-on approach ensures authenticity, with staff in the field bridging the gap between planning and execution, guaranteeing a genuine and enriching adventure for your students.

On-the-Ground Support

Your dedicated Operational Officer will contact you regularly whilst you are on the ground to check how your educational tour is progressing. Your Adventure Leader will also gather your feedback every evening.





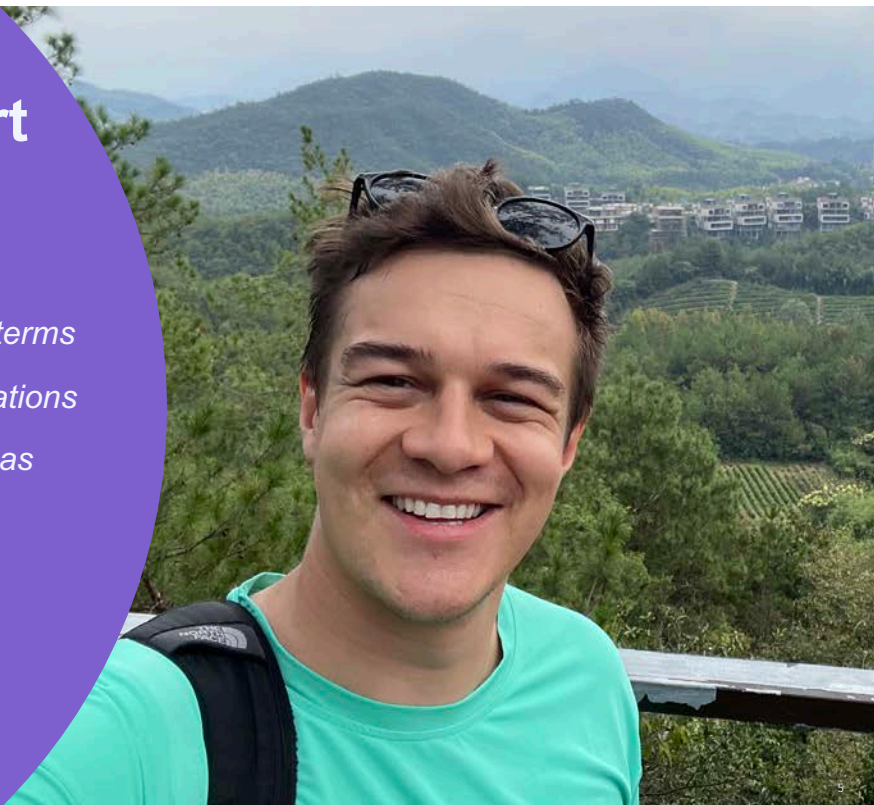
International School of Tianjin | Hong Kong Travel Program

Your Travel Expert

Alex Bycroft:
Education Experience Manager

"China is hard to compete with in terms of travel opportunities. There's an extremely diverse range of destinations that offer unique experiences to students and adults alike. China has been my home for 7+ years, and I would recommend travelling it to anyone (and everyone!)"

Phone & WeChat: 139 1651 9541
alex.bycroft@thelearningadventure.com



International School of Tianjin | Hong Kong Travel Program

Safety

Keeping program participants safe at all times is the number one priority at The Learning Adventure.

The Learning Adventure's Safety Management System (SMS) ensures that all reasonable measures are taken to ensure that all tours operate within a framework of high levels of safety and professionalism.

The Learning Adventure is committed to providing a safe and secure environment for clients and staff alike.

This is achieved by:

- Maintaining and promoting a positive health and safety culture amongst staff, clients and suppliers.
- Ensuring products and services comply, where reasonably practicable, with the current local, national and/or international standards.
- Planning and setting standards that are realistic, measurable and meet the needs and expectations of clients.
- Ensuring that management and members of staff receive suitable and regular training to improve their safety knowledge, competence and professionalism.
- [Discover more on our website](#)





International School of Tianjin | Hong Kong Travel Program

Hong Kong

- Embark on your Learning Adventure to Hong Kong and embrace the chance to explore this special administrative region, as well as its world-leading Universities, and some of the area's hidden gems.
- University Tours allow students the chance to visit prospective universities, understand them more through tours and/or workshops, and gain an understanding of the local area.
- Climate: March (Spring) is a good time to visit Hong Kong. The spring months offer warm temperatures and drier-than-normal conditions.



International School of Tianjin | Hong Kong Travel Program

Day 1: Hong Kong

Morning

Departure:

Arrive at the start of your Learning Adventure where our enthusiastic Adventure Leaders will be waiting for you, waving our TLA flag.

After arrival, you will be provided with a **Welcome Lunch and Trip Briefing**.

Prepare to board the iconic Star Ferry, crossing the waters to Kowloon, where you will explore the famed **Nathan Road and the Avenue of the Stars**. Embrace the rich cultural heritage, vibrant atmosphere, and breath-taking views of the stunning skyline.

Board the iconic tram, ascending gracefully to the majestic **Victoria Peak**, where a mesmerizing panorama awaits atop the Sky Terrace. A viewing experience that will undoubtedly etch itself in your memory of your visit to Hong Kong.

Dinner

Back to the hotel for some well-deserved rest.

Day 2: Hong Kong

Morning

Venture over to **The University of Hong Kong** and learn all about the number 1 ranked university in the region.

Lunch

Walk through the city centre and **Sheung Wan** area to enjoy the colourful mix of colonial buildings and futuristic architecture.

Dinner

Head up on the **Central Ferris Wheel** to appreciate the charm and vibrancy of this international metropolis.





International School of Tianjin | Hong Kong Travel Program

Day 3: Hong Kong

Morning

After a local breakfast of delicious Dim Sum, head out to explore **The Chinese University Of Hong Kong (CUHK)**.

Lunch

Prepare to discover **Hong Kong University of Science and Technology** and all it has to offer.

Dinner

Back to the hotel for some well-deserved rest.

Day 4: Hong Kong

Morning

Head out to the **City University of Hong Kong** and gain an understanding of how it operates.

Lunch

The next University you will visit is the **Baptist University of Hong Kong**.

Explore the colorful, ornate temples and shrines of **Wong Tai Sin**, home to Buddhist, Taoist, and Confucian temples. A must-see for anyone interested in Hong Kong's religious culture.

Dinner

Embark on an exciting exploration of the vibrant **Temple Street Night Market**, where you can immerse yourself in a bustling atmosphere filled with a myriad of stalls offering an array of captivating goods, delectable street food, and captivating cultural experiences.



International School of Tianjin | Hong Kong Travel Program

Day 5: Hong Kong

Morning

This morning, visit the **Tian Tan Buddha and the Po Lin Monastery on Lantau Island**. Take a scenic cable car ride or climb 268 steps to reach the statue.

Prepare to head home as you complete your trip!

The Learning Adventure's mission is to **expand minds through transformative travel experiences**, so we hope that as you settle into your seat for the journey home, that all you have experienced during your trip will leave you with a feeling of increased confidence, knowledge, understanding and yearning for your next adventure!

Please note, once you confirm a booking, the itinerary will be reviewed again by our team of experts to ensure that the itinerary is the best it can be. We may suggest some itinerary changes at that stage based on availabilities to better aid the tour flow.





International School of Tianjin | Hong Kong Travel Program

Learning Outcomes

Gain an understanding of the best universities in Hong Kong and which are best suited to yourself.

Develop your understanding of the university landscape in Hong Kong as a whole and if you would like to pursue further education here.

Learn about Hong Kong's culture and history as you navigate through the region.



International School of Tianjin | Hong Kong Travel Program

Highlights



Visit several of the best universities in Hong Kong and the world.



Explore Hong Kong and what it has to offer in terms of liveability.



Embrace the rich culture, history and beauty of Hong Kong as you enjoy the region as well as study it.





International School of Tianjin | Hong Kong Travel Program

Pricing

| Group Size | Price Per Student |
|---|-------------------|
| 20 Students 2 Teachers Free 2 Adventure Leaders | 5,695 CNY |

*To confirm your trip, we ask for an initial deposit of at least 10% at least 4 months before departure. The final trip balance is due 2 months before departure. Late bookings: Any booking made with less than 4 months before departure is classed as a late booking and will require a 50% deposit.



International School of Tianjin | Hong Kong Travel Program

Your Program Details



Accommodation is included



All transport in your destination stated on your itinerary is included



We can cater for diet requirements. Please notify us of any severe requirements before booking



Full time adventure leaders are provided for the duration of the trip



We can include flights/trains from home country to destination



Any changes made to the itinerary as per the passengers' wishes, which lead to additional use of guide or coach may come at a surcharge





International School of Tianjin | Hong Kong Travel Program

Testimonials

"The Learning Adventure took our 6th-grade students to Beijing on an educational and adventure trip. They were well organized, cared for our students, and thought through every situation. They were easy to work with, and we will be using The Learning Adventure in the future."

[Tianjin International School – Beijing \(2024\)](#)

"The Learning Adventure organised a wonderful trip for our group of year 5 students. The local guides were knowledgeable about the sights we visited and ensured a smooth trip throughout the week. Events and activities were engaging and child centered. I would thoroughly recommend using The Learning Adventure; we sure will be next year!"

[YCIS Chongqing – Chengdu \(2024\)](#)

"From planning to the trip itself, the experience was seamless and professional. The staff were incredibly knowledgeable and friendly, making sure that throughout the trip all the students had an interesting and enjoyable time. The itinerary was well-planned and allowed us to see and experience a variety of different activities and locations. The accommodation was clean and comfortable, and the food was delicious. Overall, I would highly recommend TLA.

[Dulwich College, Beijing – Rizhao \(2024\)](#)



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All our itineraries are fully customizable,
in line with your budget, travel style,
accommodation & activity preferences

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alex.bycroft@thelearningadventure.com



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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GRADE 10 PERSONAL PROJECT EXHIBITION



22 JANUARY 2025

ALL

WELCOME

Grade 10 has been working very hard to prepare and share their projects with the IST community!



10:00AM - 12:50PM
ATOMIC CAFE



INTERNATIONAL
SCHOOL of TIANJIN

Weekly



THE BLAZE

Working Learning Acting TOGETHER

GRADE 9 PERSONAL PROJECT INFORMATION SESSION



22 JANUARY 2025

**GRADE 9
STUDENTS &
FAMILIES**

Grade 9 students and families are invited to attend an information session about the Personal Project.



**9:30AM - 10:00AM
LITERACY LAB**



THE BLAZE

Working Learning Acting TOGETHER



Dear IST community,

The Arts team invites you to the annual M.A.D.D. (Music, Art, Drama, and Design) night on Tuesday, January 14th. The event begins at 6:00 PM with a school-wide art exhibition in the Han Foyer, showcasing artwork from Nursery to Grade 11. This year, Grade 4 will also present their virtual museum.

At 6:30 PM, please join us in the Theatre for music and drama performances by both Elementary and Secondary students.

Thank you for your support. We look forward to seeing you there!

Gill Hunter-James
Rebecca Alosi
Victoria Lee
Isha Joshi
Casey Grove
Islen Craig

JANUARY 14TH
18:00 - 19:30

HAN FOYER & THE
THEATRE

MADD NIGHT
2025

**WHOLE
SCHOOL ART
EXHIBITION**

**DRAMA
PERFORMANCES**

**ELEMENTARY AND
SECONDARY MUSIC
PERFORMANCES**



Weekly Menu 09 ~13 Dec

| 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 Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i> | Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, soya sauce</i> | Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: beef, cheese</i> | Hamburger 牛肉汉堡 French Fries 薯条 <i>Allergy: wheat, soya sauce</i> | Chicken Finger 炸鸡条 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i> |
| Fruit of the Day | Fruit of the Day | Fruit of the Day | Fruit of the Day | Fruit of the Day |
| Nutritional reading over the week 每周营养分析 | Energy 热量 (Kcal) 716 | Protein 蛋白质 (g) 25 | Carbohydrate 碳水 (g) 106 | Fat 脂肪 (g) 22 |

Weekly Menu 06 ~ 10 Jan

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Yoghurt Fruit Cut | Steamed Dumplings Fruit Cut | Banana Bread Fruit Cut | Carrot Cake Fruit Cut | Ham Sandwich Fruit Cut |
| Macaroni and Cheese 芝士小弯面 Stir fry Vegetable 炒蔬菜 <i>Allergy: soya sauce, wheat</i> | Pork Dumplings 猪肉水饺 Stir fry Corn 炒玉米粒 <i>Allergy: soya sauce, wheat</i> | Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <i>Allergy: soy sauce, breadcrumb</i> | Hot Dog 热狗 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat</i> | Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i> |
| Fruit of the Day | Fruit of the Day | Fruit of the Day | Fruit of the Day | Fruit of the Day |
| Nutritional reading over the week 每周营养分析 | Energy 热量 (Kcal) 720 | Protein 蛋白质 (g) 26 | Carbohydrate 碳水 (g) 102 | Fat 脂肪 (g) 23 |

Weekly Menu 06 ~ 10 Jan

| 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 |
| Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i> | Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i> | Beef Balls 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: beef, soya sauce</i> | Hot Dog 热狗 French Fries 薯条 <i>Allergy: wheat</i> | Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 <i>Allergy: wheat, cheese</i> |
| Stir Fried Cabbage with Chili 手撕包菜 Grilled Tofu with Vegetables 家常豆腐 Fried Egg 虎皮鸡蛋 <i>Allergy: egg, soya sauce</i> | Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒时蔬 Steamed Rice 米饭 <i>Allergy: chili, soya, garlic</i> | Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <i>Allergy: soya sauce, breadcrumb</i> | Chicken Stewed with Coconut Sauce 马来西亚椰浆鸡肉饭 Stir fry Vegetable 炒时蔬 <i>Allergy: coconut, milk</i> | Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烧茄子 Stir Fried Green Vegetables 炒青菜 <i>Allergy: shrimps</i> |
| Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 <i>Allergy: egg, sesame, soy sauce</i> | Udon with Shrimps in Seafood Soup 鲜虾乌冬面 Boiled Vegetables 煮油菜 <i>Allergy: shrimp</i> | Noodles with pork in Soybean paste 炸酱面 Mixed Vegetables 拌蔬菜 <i>Allergy: soybean, wheat</i> | Rice Noodles with Beef Soup 牛肉清汤河粉 boiled Vegetables 煮蔬菜 <i>Allergy: soya sauce</i> | Spicy Hot Pot 麻辣拌 Noodle 面条 <i>Allergy: soy sauce, wheat</i> |
| Laver and Egg Soup 紫菜鸡蛋汤 | Udon in Vegetable Soup 蔬菜乌冬面 | Noodles with Soybean Paste 炸酱面 | Rice Noodles with Vegetables 蔬菜河粉 | Spicy Vegetables 麻辣蔬菜 |
| 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 | Carrot Cake 胡萝卜蛋糕 | Fruit Tart 水果塔 |
| Nutritional reading over the week 每周营养分析 | Energy 热量 (Kcal) 776 | Protein 蛋白质 (g) 26 | Carbohydrate 碳水 (g) 113 | Fat 脂肪 (g) 26 |



DIARY DATES

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

Tuesday - Jan 7, 2025
ELA Entrance Testing

Friday~Sunday - Jan 10~12, 2025
BEIMUN

Tuesday - Jan 14, 2025
M.A.D Night

Saturday - Jan 18, 2025
Staff PD Day

Wednesday - Jan 22, 2025
PP Exhibition

Friday - Jan 24, 2025
Reports send home

Monday~Friday - Jan 27~31, 2025
Chinese New Year Holiday

SPORTS DATES

11-Jan (Sat)
ISCOT MS Volleyball Tournament
Boys @ TEDA; Girls @ WEL

11-Jan (Sat)
ISAC HS Basketball Tournament
Boys @ IST; Girls @ HBJ

15 Jan - 18 Jan (Wed - Sat)
ACAMIS HS Basketball Tournament
SIS (Shenzhen)

18-Jan (Sat)
ISAC MS Volleyball Tournament
Boys @ CISB; Girls @ HBJ

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.