



# THE BLAZE

Working Learning Acting TOGETHER



Dear IST Community,

I hope you all had a wonderfully restful holiday and are ready to embrace a happy and productive 2025! It is my pleasure to write this brief BLAZE article in Mr. Moody's absence. Mr. Moody is currently attending recruitment fairs in Melbourne and Bangkok, diligently seeking exceptional candidates to fill the positions of departing teachers for the upcoming school year. Attracting new educators to join our vibrant community is a vital responsibility of the senior leadership team, and Mr. Moody approaches this task with utmost seriousness and dedication.

As we prepare to celebrate the joyous occasion of Chinese New Year, I would like to remind parents of our ongoing commitment to minimizing waste and promoting sustainable practices within our community. In line with this commitment, we will be delivering our semester reports electronically on Friday, January 24. This initiative not only helps us reduce our environmental footprint but also offers a more efficient way for families to access essential information regarding student progress.

We understand that some parents may prefer physical copies of the reports for their records or personal review. To accommodate this preference, we want to assure you that printed copies are readily available upon request. If you would like to receive a printed report, we will send a link in a separate message to all parents for this purpose.

We warmly invite all parents and students to attend the upcoming MAD Night on Tuesday, January 14, from 6:00 to 7:30 PM. MAD Night is our annual celebration of Music, Art, and Drama, and it presents a fantastic opportunity for parents, siblings, and friends to come out and support the creative efforts of our talented students.

Additionally, please mark your calendars for the Personal Project Exhibition on Wednesday, January 22. More details will be shared soon, but I sincerely hope that many parents will plan to attend this significant event. The Grade 10 Personal Project represents an important milestone for students as they explore their own interests and apply their research and inquiry skills in a personal exploration of a chosen topic.

On a final note, it can sometimes be difficult for parents to judge the relative quality of teaching and learning programmes in different international schools, but one very clear indicator of a school's quality is its relative ranking against the objective criteria of common examination scores. IST has for many years ranked amongst the leading international schools in the world, and the recent release of the latest IB league tables has once again affirmed IST's place as one of the world's very best. IST is currently ranked 4th among the top schools in China (out of 159 schools for the children of foreign nationals) and #70 in the World (out of 3000+ schools) on the basis of the continuing outstanding IB Diploma results of our wonderful students.

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- o <https://ib-schools.com/china-league-tables>
- o <https://ib-schools.com/league-tables/global-top-ib-schools>

1	37.5	<a href="#">Dulwich College Shanghai Pudong</a>	Shanghai
=	37.5	<a href="#">Dulwich College Suzhou</a>	Suzhou
3	37.1	<a href="#">Wellington College International Shanghai</a>	Shanghai
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9	34.5	<a href="#">British International School Shanghai, Puxi</a>	Shanghai
10	34.0	<a href="#">American International School of Guangzhou</a>	Guangzhou
=	34.0	<a href="#">Nanjing International School</a>	Nanjing
12	33.0	<a href="#">Western Academy of Beijing</a>	Beijing
=	33.0	<a href="#">British School of Beijing</a>	Beijing
=	33.0	<a href="#">Nord Anglia Pudong Shanghai</a>	Shanghai

As we prepare to bid farewell to the Year of the Dragon and welcome the Year of the Snake, I hope that 2025 brings joy, prosperity, and success to all members of the IST community. Together, let us continue to work, learn, and act for our common future and continue to ensure that IST remains the greatest school in the city of Tianjin and among the very best in all of China!

Warm regards,

Michael Conway  
Secondary Principal / Deputy Director



## 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.

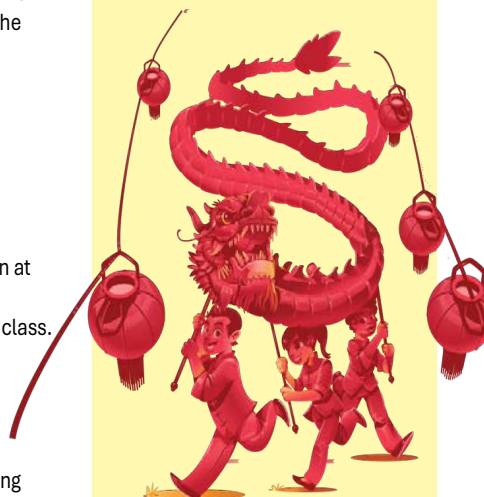
A strong command of English is essential.

#### 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



# THE BLAZE

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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		



## Parent Partnership

As parents and guardians, fostering open communication with our children is essential for their emotional and academic development. When your child comes home from school, asking thoughtful questions can help them articulate their experiences, feelings, and challenges. This practice not only enhances their critical thinking skills but also strengthens the parent-child bond, making it easier for them to share their thoughts and feelings. Engaging in meaningful conversations can provide valuable insights into your child's day, helping you support their growth and well-being.

## QUESTIONS TO ASK YOUR KIDS AFTER SCHOOL



"What was the funniest thing that happened today?"

"What's something cool you learned?"

"What's one thing you're looking forward to doing tomorrow?"

"Did you have a chance to ask any questions in class?"

"Do you learn or discover something new today?"





## 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.

### Panda Book Awards

The Panda Book Awards is a reading initiative which invites students and teachers from participating international schools in China and beyond to vote for their favorite book published in recent years. Panda Book nominees meet selection criteria that focus on social justice, diversity and inclusion by authors and illustrators from across the world. To learn more about the Panda Book Awards, please visit: <https://libguides.isb.cn/friendly.php?s=pandabookawards>. Panda Book Awards voting will begin in February.



This week IST librarians recommend *Kind* by Jess McGeachin, a nominee in the Younger Readers category.

From the author's website: "This is a book about two types of Kind; the way we organize nature and how we treat it. Meet magnificent owls, colorful crabs and all kinds of curious creatures in this lyrical celebration of our natural world".

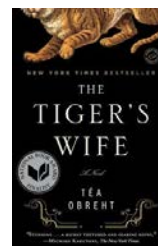


To borrow *Kind* or any of the Panda Book Award nominees from across five categories, please stop by the IST library.

### Parent Book Club: New Date for January

Our next Parent Book Club selection is the novel *The Tiger's Wife* by Téa Obreht. We will meet in the library to discuss the book on Thursday, Jan. 23 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





**HELP YOUR CHILD EXCEL**

**IN SCHOOL AND PREPARE**

**FOR THEIR FUTURE!**

Encourage them to  
Become a Coach in the Literacy Lab

Join Our Training Workshop  
February 8, 2025 | 8:30 AM – 1:00 PM

**Sign Up Now. No Experience Needed**

For **Grades 6-8 Students**, volunteering in the Literacy Lab can help them:

- **Strengthen Their Skills in English:** They will improve their reading, writing, and speaking abilities while gaining confidence in using English for communication.
- **Build Communication Skills:** They will learn how to express ideas clearly, actively listen to others, and participate in meaningful discussions.
- **Collaborate with Peers:** They will practice working with others in a supportive and dynamic environment to achieve shared goals.
- **Enhance Problem-Solving Abilities:** They will develop critical thinking skills, organize their ideas, and find creative solutions while helping others.
- **Serve the Community:** They will contribute to a program that helps others succeed while building a sense of purpose and responsibility.
- **Prepare for Leadership:** Volunteering in middle school gives them the experience needed to take on manager or supervisor roles when they're in high school.

For **Grades 9-12 Students**, volunteering in the Literacy Lab can help them:

- **Become a Leader:** They can begin as a coach and work their way up to roles like manager or supervisor, some of the most prestigious student leadership positions in the school.
- **Stand Out on College Applications:** Literacy Lab leadership demonstrates responsibility and initiative. Many Lab leaders have been accepted to top schools like Cambridge, UC Berkeley, and the National University of Singapore (NUS).
- **Earn Internships and Jobs:** Their Literacy Lab experience has directly helped students secure paid internships and on-campus jobs.
- **Develop Skills for College:** They will gain real-world experience in public speaking, teamwork, and critical thinking—skills they will need to excel in higher education and beyond.
- **Build Service Experience:** They will demonstrate a commitment to giving back and serving their community, an essential component of leadership and personal growth.
- **Make a Difference:** They will support their peers, contribute to a culture of learning, and leave a positive impact on their school community.



## 帮助您的孩子在学校中表现优异，为未来做好准备！

鼓励他们成为读写实验室的教练

参加我们的培训工作坊

2025年2月8日 | 上午8:30 - 下午1:00

立即报名，无需经验。

对于6-8年级学生来说，参与读写实验室的志愿工作可以帮助他们：

- **提升英语技能：** 提高阅读、写作和口语能力，同时增强使用英语进行交流的自信心。
- **培养沟通能力：** 学会清晰表达想法，积极倾听他人意见，并参与有意义的讨论。
- **与同伴合作：** 在支持性和动态的环境中与他人合作，共同实现目标。
- **增强解决问题的能力：** 通过批判性思维组织想法并找到创造性的解决方案。
- **服务社区：** 参与帮助他人成功的项目，同时培养责任感和目标意识。

对于9-12年级学生来说，参与读写实验室的志愿工作可以帮助他们：

- **为领导力做好准备：** 中学阶段的志愿工作为高中担任经理或监督等角色奠定了基础。
- **成长为领导者：** 从教练开始，逐步晋升为经理或监督等角色，这些是学校中最具声望的学生领导职位之一。
- **在大学申请中脱颖而出：** 读写实验室的领导经验展现了责任感和主动性。许多实验室领导者已被剑桥大学、加州大学伯克利分校和新加坡国立大学（NUS）等顶尖大学录取。
- **获得实习和工作机会：** 读写实验室的经验直接帮助学生获得有薪实习和校内工作机会。
- **培养大学所需技能：** 通过实际经验掌握公共演讲、团队合作和批判性思维等技能，为高等教育及未来的成功做好准备。
- **积累服务经验：** 展示对回馈和服务社区的承诺，这是领导力和个人成长的重要组成部分。
- **带来积极影响：** 支持同伴，促进学习文化，并为学校社区带来积极的改变。



## 학교에서 뛰어난 성과를 내고 미래를 준비하세요!

리더리시 랩 코치가 되어보세요!

교육 워크숍에 참여하세요

2025년 2월 8일 | 오전 8:30 - 오후 1:00

지금 등록하세요. 경험이 필요 없습니다.

6-8학년 학생들에게 리더리시 랩 자원봉사는 다음과 같은 혜택을 제공합니다:

- **영어 실력 향상:** 읽기, 쓰기, 말하기 능력을 향상시키고 영어를 활용한 의사소통에 자신감을 얻습니다.
- **의사소통 능력 개발:** 아이디어를 명확히 표현하고, 다른 사람의 의견을 경청하며, 의미 있는 토론에 참여하는 법을 배웁니다.
- **또래와 협력:** 지원적이고 역동적인 환경에서 다른 사람들과 협력하며 공동의 목표를 달성하는 경험을 합니다.
- **문제 해결 능력 강화:** 비판적 사고를 통해 아이디어를 정리하고 창의적인 해결책을 찾는 능력을 키웁니다.
- **공동체에 기여:** 타인을 돕는 프로그램에 참여함으로써 책임감과 목적의식을 배웁니다.

9-12학년 학생들에게 리더리시 랩 자원봉사는 다음과 같은 혜택을 제공합니다:

- **리더십 준비:** 중학교에서의 자원봉사 경험을 통해 고등학교에서 관리자나 감독 역할을 수행할 준비를 합니다.
- **리더로 성장:** 코치로 시작하여 관리자나 감독과 같은 학교 내 가장 명예로운 리더십 직책으로 성장할 수 있습니다.
- **대입 지원 시 경쟁력 확보:** 리더리시 랩 리더십은 책임감과 주도성을 보여줍니다. 많은 랩 리더들이 캠브리지, UC 버클리, 싱가포르 국립대학(NUS)과 같은 명문 대학에 합격했습니다.
- **인턴십 및 직업 기회:** 리더리시 랩 경험은 학생들이 유급 인턴십과 교내 직업을 얻는 데 직접적인 도움을 제공합니다.
- **대학 준비 기술 개발:** 대중 연설, 팀워크, 비판적 사고와 같은 실질적인 경험을 쌓아 고등 교육과 그 이후의 성공을 위한 기반을 다집니다.
- **봉사 경험 축적:** 공동체에 기여하고 봉사하는 헌신을 보여주는 것은 리더십과 개인적 성장의 중요한 요소입니다.
- **긍정적인 변화:** 또래를 지원하고 학습 문화를 조성하며 학교 공동체에 긍정적인 영향을 미칩니다.



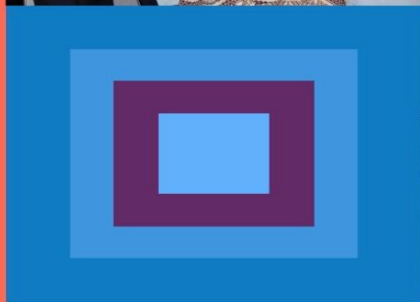
INTERNATIONAL  
SCHOOL of TIANJIN

Weekly

# THE BLAZE

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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

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## 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**



## Update on Plastic-Free IST CAS Project

By A Jin Chang and Henry (Seung Won) Choi G12

As we reach the end of the first semester, we are excited to provide an update on our Plastic-Free IST CAS Project, which aims to reduce plastic waste by replacing disposable plastic cups with reusable ones. This initiative has had a significant impact, and we've collected valuable data and feedback through a survey involving the students.

Out of 20 students surveyed, 18 answered a positive change in their environmental awareness, citing an increased sense of responsibility toward reducing plastic waste, though two students mentioned inconveniences or improper disposal practices. **85%** of participants indicated that using reusable cups encouraged them to use less plastic in their daily lives. Additionally, 17 students think the school appears more environmentally friendly after adopting reusable cups, though three expressed concerns about recyclable cups being inappropriately discarded in general garbage bins. Minor inconveniences, such as the lack of lids, were also highlighted in their feedback. Despite these challenges, the project was largely successful in fostering environmental awareness, reducing plastic waste, and enhancing the school's eco-friendly image. We sincerely thank all students for their valuable feedback and for responsibly returning their used cups.

During an interview with Ms. April, we were surprised to learn about the benefits this change has brought to the IST community and the environment. The cafeteria and Atomic Café served approximately **2,500 drinks** using reusable cups this semester. Given that a single plastic cup generates **828 grams of CO<sub>2</sub>**, switching from plastic to reusable cups has reduced carbon emissions by an impressive **1,995 kilograms of CO<sub>2</sub>** for these 2,500 drinks, since the school's reusable cups only generate **25–30 grams of CO<sub>2</sub>** per use. Additionally, the transition to reusable cups has resulted in a **60% cost reduction** for the cafeteria and Atomic Café, as they have significantly reduced the need to purchase new disposable cups.

The Plastic-Free IST CAS Project has proven to be a major step forward in our school's efforts to reduce plastic waste and foster a more environmentally conscious community. We look forward to continuing this initiative and further improving sustainability at IST. Thank you to everyone who has contributed to its success!





Dear IST Community Members,

We are excited to reach out to you about an upcoming blood donation drive that we will be holding at IST on the 22nd of January. This initiative has greatly benefited our community members in the past, and we are eager to continue making a positive impact on the community we cherish.

This Monday, the 13th, we will share an email with you through Toddle, providing information about the blood donation process and the safety of donating blood. We kindly ask you to keep an eye out for this email, which will also include a survey to express your interest in participating.

Thank you for considering this opportunity to help those in need. Together, we can make a difference!

Warm regards,



**BLOOD  
DONATION**

**Donating blood can make a big  
difference to those in need.**

**Wednesday, 22 January 2025  
10:00 – 14:00 pm  
@ IST Campus**







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.

Bus schedule for MADD Night:

Coming:

- 47-seater bus: 17:15 Aocheng – 17:20 Garden Villa (side gate) – IST
- 33-seater bus: 16:45 Olympic Tower – 17:15 Aocheng – IST
- 16-seater bus: 17:00 Ritz-Carlton – 17:10 Arcadia – IST

Returning:

- 47-seater bus: 19:45 IST – 20:20 Aocheng – 20:25 Garden Villa – 20:30 Conrad
- 47-seater bus: 19:45 IST – 20:00 Crystal City – 20:05 Haiyi Changzhou – 20:20 Aocheng
- 33-seater bus: 19:45 IST – 20:20 Aocheng – 20:35 Olympic Tower
- 16-seater bus: 19:45 IST – 20:20 Ritz-Carlton – 20:30 Arcadia
- 16-seater bus: 19:45 IST – 20:45 TEDA

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





INTERNATIONAL  
SCHOOL of TIANJIN

*Weekly*

# THE BLAZE

Working Learning Acting TOGETHER

**JANUARY 14TH**  
**18:00 - 19:30**



**HAN FOYER & THE  
THEATRE**

## **MADD NIGHT** **2025**

**WHOLE  
SCHOOL ART  
EXHIBITION**

**DRAMA  
PERFORMANCES**

**ELEMENTARY AND  
SECONDARY MUSIC  
PERFORMANCES**

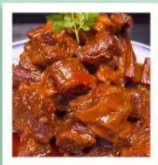


## PFO COOKING CLUB

Food theme: The Chinese cooking class

Menu:

1. Braised pork belly
2. Stewed beef
3. Shrimp in tomato sauce
4. Asparagus with mushroom
5. Chilled garlic scapes salad
6. Pork meatball soup
7. Sauté greens with garlic
8. Pork dumplings



When: 15th Jan Wednesday 8:30am-2pm

Where: IST Elementary Kitchen

Host: Xiao Mi, Monica, Shao min Wang

Cost: 100 RMB per person

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







INTERNATIONAL  
SCHOOL of TIANJIN

Weekly

# THE BLAZE

Working Learning Acting TOGETHER



INTERNATIONAL  
SCHOOL of TIANJIN

## Chinese Bazaar

Wednesday Jan 22nd  
9:30 a.m. - 2 p.m.

Come along to IST and enjoy  
the joys and festivities of the  
Chinese New Year!

With over 20 vendors



International School of Tianjin, No. 22, Weishan Nan Lu, Shuanggang, Jinnan District, Tianjin, 300350,  
天津经济技术开发区国际学校天津分校, 中国天津市津南区 (双港) 微山南路22号, 邮编: 300350  
Tel: +86 22 2859 2001



### Weekly Menu 13 Jan~17 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 <i>Allergy: wheat, cheese</i>	Carrot Cake Fruit Cut Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soya sauce</i>	Mini Pizza Fruit Cut Beef Lasagna 牛肉干层面 Stir fry Vegetable 炒时蔬 <i>Allergy: beef, cheese</i>	Banana Bread Fruit Cut Kimbab 韩式饭卷 Stir fry Vegetable 炒时蔬 <i>Allergy: soya sauce</i>	Cheese Sandwich Fruit Cut Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <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) 719	Protein 蛋白质(g) 25	Carbohydrate 碳水(g) 115	Fat 脂肪(g) 22

### Weekly Menu 20 Jan~24 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut Stir Fried Tomato with Egg 西红柿炒鸡蛋 Plain Rice 米饭 <i>Allergy: soya sauce, egg</i>	Steamed Dumplings Fruit Cut Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <i>Allergy: soya sauce</i>	Banana Bread Fruit Cut Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce, wheat</i>	Carrot Cake Fruit Cut Fried Rice with Sausage and Egg 香肠鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <i>Allergy: egg</i>	Ham Sandwich Fruit Cut Fried Chicken 炸鸡 Roasted Potatoes 烤土豆 Stir fry Vegetable 炒时蔬 <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) 722	Protein 蛋白质(g) 29	Carbohydrate 碳水(g) 102	Fat 脂肪(g) 19

### Weekly Menu

13 Jan~17 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <i>Allergy: wheat, cheese</i>	Seasonal Fresh Salad Bar Fruit of the Day Pork with Apple Stewed 法式苹果猪 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <i>Allergy: milk</i>	Seasonal Fresh Salad Bar Fruit of the Day Beef Lasagna 牛肉干层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: beef, cheese, milk</i>	Seasonal Fresh Salad Bar Fruit of the Day Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat, mayonnaise</i>	Seasonal Fresh Salad Bar Fruit of the Day Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i>
Curry Vegetables 咖喱蔬菜 Steamed Egg and Tofu 蒸鸡蛋豆腐 Stir Fried Green Vegetables 清炒时蔬 <i>Allergy: egg, soya sauce</i>	Sweet and Sour Chicken 糖醋鸡条 Stir Fried Chinese Cabbage 白菜烧面筋 <i>Allergy: soya sauce, chili</i>	Hainanese Chicken Rice 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <i>Allergy: soya sauce, chili</i>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: soya sauce, chili</i>	Pork Balls with Egg 龙眼丸子 Stir fry Bean curd 辣炒豆干 Stir Fried Green Vegetables 蒜蓉小白菜 <i>Allergy: egg, soya sauce</i>
Spicy Noodle 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Fried Fusilli with Shrimp 虾仁意面 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, shrimp</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦/拌殿根粉 <i>Allergy: wheat, soy sauce</i>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat, chili</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, soy sauce</i>
Tomato and Egg Soup 西红柿鸡蛋汤	Fusilli in Tomato Sauce 番茄螺旋面	Vegetable Dumplings 蔬菜水饺	Vegetable Kimbab 蔬菜饭卷	Spaghetti with Tomato Sauce 番茄意面
Banana Bread 香蕉包	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量(Kcal) 786	Protein 蛋白质(g) 28	Carbohydrate 碳水(g) 105	Fat 脂肪(g) 23





## DIARY DATES

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.