



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

One of the bitter-sweet moments in the school year is the departure of current faculty and the announcement of the arrival of new faculty. We will have an opportunity to formally farewell departing teachers later in the year, but today **I am instead pleased to introduce the following new teachers who will join our community in August:**

- **Sam DeJohn:** MYP Individuals and Societies and DP Economics.
- **Monique Barthakur:** PYP Early Years.
- **Valeria Rocha:** MYP and DP Visual Art

It has been terrific to see so many parents in at school over the course of this week, participating in a range of activities and events, including the **Grade 10 Personal Project Exhibition** on Wednesday, the culminating event for Grade 10 in which they demonstrate their development of ATL skills and knowledge in the MYP through their own independent research projects. Here are just a few of the topics covered: 'Capturing Nature Terrarium', 'Using ASMR to Increase Sleep Quality', 'The Ultimate Handbook for Math Haters', and 'From Screen to Germs'. Congratulations to all of our amazing G10 students, and their projects!

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I would like to extend thanks to those community members who volunteered to give blood at this week's **IST Community Blood Drive**, the purpose of which was to support our local Tianjin community by providing blood for emergency transfusions. A willingness to give something of ourselves to support others in need is a foundation stone of our school's philosophy, and the actions of these donors (including those who tried, but weren't permitted to donate due to medical reasons or age ... grrrr!) provides a powerful message to our students.

Also taking place this week has been a series of **Chinese New Year and Year of the Snake cultural celebrations**, including:

- A professional **Lion Dance** performance on Monday morning
- A **Temple Fair** on Wednesday
- The **PFO Chinese Bazaar**, also on Wednesday, and
- A **Dragon Dance**, performed by Grade 5 students this afternoon

**Special thanks to our Chinese staff and the PFO** for organizing these terrific community events!



**I wish all community members a most enjoyable and relaxing Spring Festival Holiday, and a wonderful Year of the Snake** (and especially those of you, who like me, are snakes – 1965, 1977, 1989, 2001, 2013 and soon to be 2025 births!) Happy Spring Festival!

And finally, in signing off on the Year of the Dragon, a gentle reminder that students return to school on Monday 3 February.

**Chunjie Kuaile!**

Steve Moody  
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.

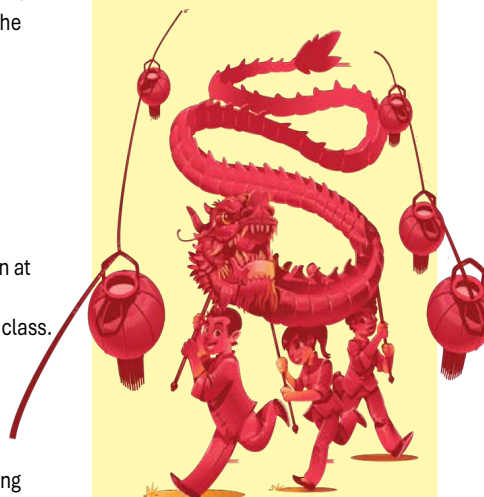
A strong command of English is essential.

#### 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.

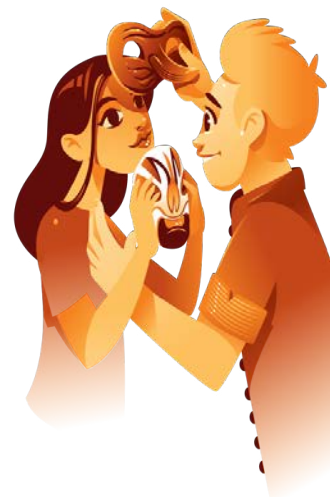
### From the IST Parent (if applicable):

- 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

Working Learning Acting TOGETHER



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

### Physical health and wellbeing section

Physical health and wellbeing are essential for a student's overall development, directly impacting their academic success and quality of life. **Physical health** refers to a state of complete physical functioning, which includes proper nutrition, regular exercise, adequate sleep, and the avoidance of harmful behaviors. In contrast, **wellbeing** encompasses a broader spectrum, integrating physical health with emotional and mental stability. It reflects an individual's ability to cope with stress, maintain relationships, and engage in fulfilling activities.

Welcome to our new series in the School Newsletter, where we explore vital topics that contribute to the holistic development of our students. Upcoming articles will focus on enhancing student wellbeing by addressing the critical intersections of physical health, nutrition, mental health, and lifestyle choices.

In our first article, "The Interconnectedness of Physical and Mental Health," we will examine the foundational elements that support our students' health and academic success. We will emphasize the importance of regular physical activity and how various factors—such as adequate sleep, exposure to sunlight, and mental health—significantly impact students' learning and emotional regulation. Additionally, we will highlight the vital role families play in reinforcing healthy habits at home, as well as the importance of community support and resources.





Join us on this informative journey to empower our students, families, and educators with the knowledge and tools needed to create a nurturing environment that promotes wellbeing and success.

## Physical Health and Wellbeing

### The Interconnectedness of Physical and Mental Health

The significance of physical health and wellbeing for students cannot be overstated. Research shows that students who prioritize their physical health enjoy improved cognitive abilities, enhanced concentration, and better academic performance. Regular physical activity is linked to better mood regulation and reduced anxiety levels, both crucial for effective learning.



Understanding the interconnectedness of physical and mental health is essential for fostering environments that encourage both academic success and overall health.

### Significance of Physical Health for Students

Numerous studies demonstrate that prioritizing physical health significantly enhances cognitive performance and concentration among students. Regular exercise not only improves physical fitness but also contributes to psychological wellbeing. This is particularly important, as physical activity can alleviate stress and negative emotions, leading to improved emotional states.

### The Bidirectional Influence of Health

The relationship between mental and physical health creates a bidirectional influence, meaning each aspect affects the other. Poor mental health can lead to neglect of physical health, resulting in higher stress levels, low energy, and an increased risk of chronic conditions like diabetes and cardiovascular diseases. Conversely, maintaining good physical health through regular exercise, a balanced diet, and adequate sleep can enhance mental resilience, reduce anxiety and depression, and improve overall mood.

### Holistic Approaches to Health

Adopting a holistic approach to healthcare is vital. This involves addressing both mental and physical health simultaneously. Healthcare providers should consider how a student's mental health impacts their physical health management and vice versa. This approach can help prevent cycles of worsening symptoms between the two areas.



## Practical Implications for Students

Students can benefit from incorporating healthy habits into their daily routines:

- **Regular Exercise:** Engaging in physical activity can significantly improve mood and reduce anxiety.
- **Healthy Diet:** A balanced diet rich in fruits and vegetables supports both physical and mental health.
- **Adequate Sleep:** Consistent sleep patterns enhance resilience against stressors.
- **Mindfulness Practices:** Mindfulness or relaxation techniques can further support mental wellbeing.

## Conclusion

The interconnectedness of physical and mental health highlights the need for comprehensive strategies that prioritize both aspects. By fostering environments that promote healthy lifestyles, educational institutions can enhance not only academic performance but also the overall wellbeing of their students. This holistic approach is crucial for developing resilient individuals capable of navigating the challenges of academic life while maintaining their health.



## Overview of Upcoming Articles

This series will explore various facets of physical health and wellbeing relevant to students:

- **The Role of Nutrition in Student Health:** Discussing how balanced nutrition impacts energy levels and concentration.
- **The Importance of Physical Activity:** Highlighting the benefits of regular exercise for both physical and mental health.
- **Sunshine and Vitamin D:** Examining the importance of sunlight exposure for overall health.
- **Sleep and Its Impact on Health and Learning\*\*:** Providing insights into establishing healthy sleep routines.
- **Mental Health and Its Connection to Physical Health:** Exploring strategies for fostering mental wellbeing.
- **Building Healthy Habits at Home:** Offering practical advice for parents on supporting their children's health.
- **Community Resources and Support:** Highlighting local resources available to promote physical health.





Through this series, we aim to equip students and families with the knowledge necessary to enhance their physical health and overall wellbeing, ultimately leading to a more successful academic journey.

### Bibliography

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## 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.

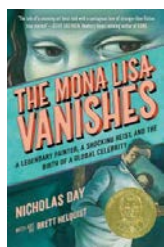
### Panda Book Awards

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 *The Mona Lisa Vanishes*, written by Nicholas Day, with art by Brett Helquist.

This nonfiction book in the Older Readers category is recommended for students in grades 5-8. "I'll tell you right now that if you handed a kid above the ages of nine or ten a copy of *The Mona Lisa Vanishes* and told them to read it, they would devour it in mere hours. It has everything! An art heist! Celebrity! Picasso being THE WORST (he really is)! And an indictment of our perpetual fascination with conspiracy theories based on our skewed assumptions and prejudices! It is the MOST enjoyable book you're likely to read in a very long while" (from a review by Betsy Bird in School Library Journal).



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

### Parent Book Club

Our next Parent Book Club selection is the novel *The Memory Police* by Yoko Ogawa. We will meet in the library to discuss the book on Thursday, Feb. 27 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.



此消息已翻译成中文 | 이 메시지는 중국어로 번역되어 있습니다

## Parent Workshop Invitation: Using the Writing and Creative Processes

Dear Parents,

We are excited to invite you to an interactive workshop focused on a vital component shared between our elementary writing process and secondary creative process: Confer – Reflect – Revise. This 2-hour workshop will provide you with hands-on strategies to help your children engage with this critical part of their learning journey.

### Workshop Details

- **Date:** Friday, February 7
- **Time:** 9:30 – 11:30 AM
- **Location:** Literacy Lab

**To get the most out of this workshop, we strongly encourage you to bring a piece of writing or something else you are currently working on.** This could be:

- An email or letter
- A piece of creative writing or art
- A presentation
- A goal-setting document
- A reflection or any other real-life task that matters to you

During the session, we will guide you through the Confer – Reflect – Revise process, using your own project as a practical example. To help you prepare, please review this following resource. This resource is translated into Korean, Chinese, French and German.

**Download:** [Confer - Reflect - Revise](#)

By understanding and practicing this process, you will gain strategies to better support your child at home and enhance your own projects.

We look forward to seeing you and working together during this unique hands-on session.

Sincerely,  
Joe Schaaf  
N-12 Curriculum Coordinator



## 家长研讨会邀请函：使用写作和创意过程

亲爱的家长们：

我们很高兴邀请您参加一个互动研讨会，重点关注我们的初级写作过程和中学创作过程之间共享的一个重要组成部分：授予 - 反思 - 修订。这个 2 小时的研讨会将为您提供实践策略，帮助您的孩子参与他们学习旅程中的这一关键部分。

### 工作坊详情

- 日期：2月7日星期五
- 时间：上午9:30 - 11:30
- 地点：识字实验室

为了充分利用本次研讨会，我们强烈建议您带上一篇文章或您目前正在进行的其他工作。这可能是：

- 电子邮件或信件
- 一篇创意写作或艺术作品
- 演示文稿
- 目标设定文件
- 反思或对您重要的任何其他现实生活中的任务

在会议期间，我们将以您自己的项目为例，指导您完成 Confer - Reflect - Revise 流程。为了帮助您做好准备，请查看以下资源。该资源被翻译成韩语、中文、法语和德语。

下载：[授予 - 反思 - 修订](#)

通过理解和练习这个过程，您将获得更好地在家中支持您的孩子并增强您自己的项目的策略。

我们期待着在这个独特的实践课程中见到您并共同努力。

此致，

Joe Schaaf

N-12 课程协调员



## 학부모 워크숍 초대: 글쓰기와 창작 과정 사용하기

학부모님들께,

초등 작문 과정과 중등 창작 과정 간에 공유되는 중요한 구성 요소인 Confer - Reflect - Revise에 초점을 맞춘 대화형 워크숍에 여러분을 초대하게 되어 기쁩니다. 이 2시간 분량의 워크숍은 자녀가 학습 여정의 중요한 부분에 참여하는 데 도움이 되는 실습 전략을 제공합니다.

### 워크숍 세부 정보

- 날짜: 2월 7일 금요일
- 시각: 9 : 30 - 11 : 30 AM
- 위치: 문맹 퇴치 연구소

이 워크숍을 최대한 활용하려면 글이나 현재 작업중인 다른 것을 가져 오는 것이 좋습니다. 이는 다음과 같을 수 있습니다.

- 이메일 또는 편지
- 창의적인 글쓰기 또는 예술 작품
- 프리젠테이션
- 목표 설정 문서
- 당신에게 중요한 성찰 또는 다른 실제 작업

세션 중에는 자신의 프로젝트를 실제 예로 들어 Confer - Reflect - Revise 프로세스를 안내합니다. 준비하는 데 도움이 되도록, 다음 자료를 검토해 보시기 바랍니다. 이 리소스는 한국어, 중국어, 프랑스어 및 독일어로 번역되어 있습니다.

다운로드: [Confer - Reflect - Revise](#)

이 과정을 이해하고 연습함으로써 가정에서 자녀를 더 잘 지원하고 자신의 프로젝트를 향상시킬 수 있는 전략을 얻을 수 있습니다.

이 특별한 실습 세션에서 여러분을 만나 뵙고 함께 일할 수 있기를 기대합니다.

감사합니다,

조 샤프

N-12 커리큘럼 코디네이터





## HEALTH SCREENING FOR STUDENTS

Jan 24<sup>th</sup>, 2025

Dear Parents,

The school clinic will carry out health screening checks for all students:

Elementary – Tuesday 4<sup>th</sup> Feb and Thursday 6<sup>th</sup> Feb

Secondary (except Gr 12) – Tuesday 11<sup>th</sup> Feb and Thursday 13<sup>th</sup> Feb

All students will have their height and weight measured. Students in Kindergarten and above will also receive a sight test (Students who have glasses or contacts permanently or for reading should wear them during the vision test); Students in Grade 1 up to Grade 11 will additionally receive a hearing test.

All students screened will receive a form to take home that day informing their parents of the results of the health screening. Please note that IST's clinic services provide a broad screening net only and that parents are responsible for any follow up treatment that tests might suggest to be warranted.

If for some reason you **do not** wish your child to have the health screening, please send in a note with your child.

If you have any questions or concerns, please feel free to contact the school clinic.

Sincerely,

Hongman Zhang & Wei Fan

School Nurses of IST



## Calling All IST Alumni in Singapore!

Mark your calendars for 21<sup>st</sup> March because we have an exciting opportunity to reconnect with the IST family!

Mr Moody, Mr Conway, Ms Chuah, Ms McCord, and Ms Suarez from the International School of Tianjin are coming to Singapore and would love to meet YOU!

This is your chance to catch up with old friends, share your post-IST adventures, and celebrate the amazing network of our alumni community. Details on the time and location will be announced soon – stay tuned!

If you are interested in joining, let us know by filling out this quick survey: <https://forms.office.com/r/vWDrRsqqcU> or contacting us via IST's official WeChat account.

Let's relive the IST spirit and create more wonderful memories together. We cannot wait to see you there!



## IST Sports Update

The past two weeks have been incredibly busy for our teams, filled with exciting competitions and travel. On Saturday, January 11, the boys and girls Middle School Volleyball teams set off for their ISCOT Tournament, which was hosted by Wellington and TEDA. Meanwhile, the High School Girls Basketball team traveled to Beijing for their own tournament, showcasing their skills and determination. The Basketball boys played their ISAC tournament here at IST.

The following week was equally eventful, as the High School basketball teams made their way to Shenzhen for the annual ACAMIS tournament. Concurrently, the Middle School volleyball teams also headed to Beijing to participate in their annual ISAC Tournament. With multiple teams competing in different locations, it has been a whirlwind of activity, highlighting the dedication and teamwork of our athletes and coaches. Thank you, Coach Tara, Coach Diegel, Coach Taylor, Coach Kennedy and Coach Schaaf for your time and effort.

### **ISCOT Middle School Volleyball at Wellington 11 January 2025**

Our recent tournament provided valuable insights into our team's progress and areas needing improvement. The first match presented challenges as the team took time to settle into the game. While there were moments of potential with good rallies, inconsistencies in serving significantly impacted our performance, leading to a loss. In the subsequent match, serving difficulties persisted, and the opposing team's strong serves added to our struggles, resulting in another tough outcome.

However, a positive turning point occurred in the match that followed. The team found its confidence on the court, leading to exciting rallies. Notably, there was improvement in serving, with several players delivering impactful serves that contributed to a more competitive game.

Overall, the tournament highlighted both our challenges and our potential. We are eager to build on this progress and carry the lessons learned into future competitions!

### **ISCOT Middle School Volleyball Boys at TEDA**

Similarly, the boys started off their campaign against TEDA, where they also struggled to find their rhythm. They faced challenges with receiving the ball and executing the three-touch play effectively, which hindered their performance. In the match against Wellington, these issues persisted, making it difficult for them to capitalize on scoring opportunities. However, in their match against TIS, the boys began to show significant growth. Their confidence improved, leading to some exciting exchanges on the court. They demonstrated better receiving skills and coordination in their plays, contributing to a more competitive performance.

Both teams navigate similar challenges as they refine their skills and build confidence on the court. With continued effort, they are capable of becoming stronger and more competitive teams in the future.



ISAC 11 January 2025

## Highschool Basketball Girls

Our girls' high school basketball team has had an incredible season so far, remaining undefeated in all their games in Tianjin and sweeping the ISCOT Tournament. This past weekend, they traveled to Beijing to compete in the ISAC Tournament at Harrow International School, carrying their unbeaten record with them.

The tournament began with pool play, where teams were grouped to compete in multiple games to determine rankings for the final playoff rounds. Our girls played three tough matches within their pool, showcasing their skill, perseverance, and teamwork to emerge at the top of their group. Unfortunately, during their third game, one of our players suffered a dislocated elbow and was rushed to the hospital, accompanied by a teammate. Despite the setback, the team remained focused and undefeated, advancing to the final playoff game.



In the championship match, our girls faced Harrow, the top team from the other pool. While Harrow had played only one game that morning, our girls had already pushed through three challenging games. Exhausted but determined, they delivered an extraordinary effort, demonstrating exceptional physical endurance and resilience. Despite their best efforts, the well-rested Harrow team secured the win.

The girls will travel to the ACAMIS tournament this Wednesday, where they will face teams from across China. Most importantly, they will have the opportunity for a rematch against Harrow. The team is fired up and ready to rise to the challenge. Watch out, Harrow—we're coming for you!





## ISAC Highschool Basketball Boys

The boys' high school basketball team had a commendable performance during their recent tournament, showcasing their skills and determination against a variety of competitive teams. Throughout the matches, they displayed teamwork, resilience, and sportsmanship, setting a strong foundation for their season.

Despite their hard work and solid play, the tournament proved to be a challenging one. In a tightly contested pool, three teams ended up with four points each, leading to a tiebreaker based on points difference. Unfortunately, the boys found themselves on the lower end of this tiebreaker, which meant they missed the chance to compete for the top positions and instead geared up for the 5th and 6th place playoff.



While it was disappointing not to have a shot at 1st to 4th, the team remained upbeat and focused on their next opponents. They recognized the value in their experience and are eager to apply the lessons learned in future games. The boys are particularly looking forward to the upcoming ACAMIS tournament, where they will have the opportunity to compete against teams from across China. With their spirits high and a determination to improve, they are excited to rise to the challenge ahead, aiming to make a mark in this prestigious event.

Just like the girls, the boys are ready to put their skills to the test and show what they can do on a larger stage. The entire team is fired up and looking forward to a chance at redemption!



## ACAMIS HS Basketball Tournament in Shenzhen

16/17/18 January 2025

### HS Girls



The recent three-day basketball tournament was an unforgettable experience for our girls' team, filled with excitement and growth. Over the course of the event, they showcased their skills and determination, ultimately winning two hard-fought matches against formidable opponents.

The atmosphere was electric as the girls took to the court, demonstrating not only their talent but also their unwavering dedication to the game. Each player brought their unique strengths, contributing to a cohesive team effort that emphasized cooperation and communication. They pushed each other to excel, improving their skills with every play and learning valuable lessons along the way.

This tournament was particularly special, as it marked the final basketball tournament for several of our seniors who are graduating. Their leadership and experience were vital to the team's success, and they played with a mix of pride and nostalgia, knowing this was their last chance to compete together.







# THE BLAZE

Working Learning Acting TOGETHER

Beyond the competitions, the tournament fostered a spirit of camaraderie among teammates and opponents alike. The girls embraced the essence of sportsmanship, cheering each other on and celebrating successes, both individual and collective. This shared experience brought them closer together, forming lasting friendships that extended beyond the basketball court.

Reflecting on the tournament, the girls expressed their joy and pride in their accomplishments while also recognizing the tough challenges they faced. It was a remarkable opportunity for personal and athletic growth, solidifying their love for the game and their commitment to continuing to improve as players. The memories made during those three days, especially those shared with their graduating seniors, will undoubtedly be cherished for years to come!





## HS Boys



The recent basketball tournament was a tough but valuable experience for our boys' team. They faced some strong opponents and, despite giving it their all, ended up losing their first two matches by narrow margins. It was frustrating at times, especially when the ball just wouldn't seem to drop, but the boys never backed down.

This tournament was particularly significant as it marked the last basketball tournament for several of our seniors who are graduating. Their leadership and experience have been invaluable to the team, and they played with pride, knowing this was their final chance to compete together.



Throughout the tournament, the team fought hard and supported each other on the court. Every game was a chance to learn and grow, and they took those lessons to heart. The camaraderie among the team was evident, as they cheered each other on and stayed focused, no matter the score. While they didn't achieve the wins they were hoping for, the boys left the tournament with a sense of determination. They know they can improve and are eager to come back stronger in the next challenge. This experience has only fueled their passion for the game, and they're looking forward to what's next, carrying the memories of their seniors with them.





## 18 January ISAC Middle School Volleyball

MS Boys @ CISB



The recent tournament was a fantastic testament to the resilience and improvement of our student athletes. Despite the challenge of an early start and jumping straight into matches after arriving, the team showcased remarkable determination.

In the first match, they faced some setbacks but managed to showcase their tenacity by pushing the game to three sets. In the

following matches, they bounced back strongly, demonstrating solid volleyball skills and teamwork. The competitive spirit was evident as they advanced through a tie-breaker, ultimately finishing fourth out of eight teams.

Competing against larger schools highlighted the significant growth the boys have achieved in just a few weeks. Their ability to navigate the ups and downs of the tournament reflects their development as a unit.

Key players contributed immensely, with strong serves, defensive efforts, and leadership on the court. Strategic decisions during gameplay proved effective, leading to improved performances.

Overall, the boys should be commended for their efforts. This tournament not only tested their skills but also fostered a sense of camaraderie and teamwork, promising a bright future ahead.







## MS Girls @Harrow



As the season comes to a close, the team reflects on a journey filled with challenges and valuable lessons. After facing tough competition and enduring the reality of two early 2-0 losses, the girls remained resolute and dedicated throughout. In their final tournament, they displayed remarkable determination, battling fiercely against their opponents.

The highlight of the tournament was a tightly contested match where the team surged ahead with an 8-6 lead, igniting hopes for a triumphant finish. Unfortunately, the opposing team's strong server surfaced at a critical moment, closing the set and shifting the momentum. Despite this setback, the girls showcased their fighting spirit by pushing the match into a decisive third set, demonstrating their commitment and resilience.

While the season may not have ended in victory, the team's growth is evident. Most importantly, the girls remain eager and enthusiastic about improving, taking pride in the progress they've made over the season. As the final tournament wraps up, they carry with them not just lessons learned, but a sense of accomplishment and readiness to embrace new challenges in the future.

**The Athletics Department**





## PFO COOKING CLUB

**Food theme: The Korean cooking class**

**<Korean New Year's Day food >**

1. Grilled Short Rib Patties.
2. Bibimbap.
3. Assorted Korean Pancakes (Skewered Pancakes. Perilla Leaf Pancakes. Zucchini Pancakes. Korean Mini Meat Pattie)

**—Side Dish Menu—**

4. Rice Cake & Dumpling Soup
5. Kimchi
6. Honey Rice Cake
7. Mini Fried Honey Pastry
8. Sweet Rice Drink



**When: 12th Feb Wednesday 9:00am-2pm**

**Where: IST Elementary Kitchen**

**Host: Hee-jung Jung. Misuk Kim**

**Cost: 100 RMB per person**

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





### Weekly Menu 3 Feb~7 Feb

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 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 10 Feb~14 Feb

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 Tomato with Egg 番茄鸡蛋 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

3 Feb~7 Feb

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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <i>Allergy: wheat, cheese</i>	Grilled Chicken with Pesto Sauce 罗勒煎鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: soy sauce</i>	Pan-fried beef balls with gravy 牛肉丸配肉汁 Stir fry Vegetables 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: soy sauce</i>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 <i>Allergy: cream, milk</i>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <i>Allergy: fish, wheat</i>
Eggplant and Potato Stewed 地三鲜 Tofu Stewed 蔬菜炖豆腐 Fried Egg 虎皮鸡蛋 <i>Allergy: soy sauce, egg</i>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <i>Allergy: soy sauce</i>	Chicken Curry 咖喱鸡 Stir fry Green Vegetables 清炒快菜 Steamed Rice 米饭 <i>Allergy: curry paste, milk</i>	Kung Pao Chicken 宫保鸡丁 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: chili, leek, soy sauce</i>	Pork Stew 台式卤肉饭 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce</i>
Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 <i>Allergy: egg, sesame, soy sauce</i>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, soy sauce</i>	Stir Fried Pork with Cumin in Pita Bread 饼夹孜然五花肉 Cucumber Salad 黄瓜拌面藕 <i>Allergy: wheat, soya sauce</i>	Fried Noodle with Beef and Vegetables 牛肉炒河粉 Green Vegetables 清炒小白菜 <i>Allergy: soy sauce</i>	Noodle with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 <i>Allergy: soya sauce</i>
	Noodle in Tomato Soup 番茄面	Vegetables in Pita Bread 饼夹蔬菜	Stir Fried Rice Noodles with vegetables 素炒河粉	Noodles with Vegetables Soup 蔬菜汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	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) 786	Protein 蛋白质(g) 30	Carbohydrate 碳水(g) 106	Fat 脂肪(g) 25





## DIARY DATES

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

Monday - Feb 3, 2025  
Secondary Awards Assembly

Friday - Feb 7, 2025  
Scholarship Application Closed  
Grade 12 Mock Exams

Monday~Friday - Feb 10~14, 2025  
Grade 12 Mock Exams

Saturday - Feb 22, 2025  
Scholarship Exams

Wednesday - Feb 26, 2025  
DP Option

## SPORTS DATES

3-Mar (Mon)  
HS Football v TEDA  
Boys & Girls @ IST

4-Mar (Tues)  
MS Basketball v TEDA  
Boys & Girls @ TEDA

7-Mar (Fri)  
ISCOT ES Badminton  
(12:00-15:30)  
TIS (WELL Backup)

8-Mar (Sat)  
ISAC HS Badminton  
Boys @ WAB; Girls @ ISB

10-Mar (Mon)  
HS Football v TIS  
Boys & Girls @ IST

## 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.