



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

Perhaps it is the late but very icy bite of winter winds (felt like -22 °C this morning!) but it seems that things have been unusually quiet here at school this past week; possibly the result of folks choosing to avoid the cold and hunkering down in their classrooms and homes!

That said, we were nevertheless pleased to see a positive parent turnout this morning for the workshop on literacy and the writing process (a major school project over the past 18 months!) led by Mr. Schaaf. In addition to sharing the results of some of our research and adjustments to programmes, Mr. Schaaf also shared several of the coaching strategies used by students to support their peers in our Literacy Lab.

A few parents also chose to join us at the Secondary Awards Ceremony on Monday morning where we recognized student academic learning success, including the presentation of the Honor and High Honor Roll certificates and award of MYP Certificates to Grade 11 students who completed both Grade 9 and 10 within the MYP framework. Congratulations to all students who were formally acknowledged, but also to those who weren't but continue to work hard unto success. All parents recently received Semester 1 progress reports; please be sure to take a little time to celebrate your children's learning successes and to set goals for continued improvement over the second semester.

One of the wonderful things about receiving your MYP Certificate, is the reality that the IB Diploma is now upon you, and although this means significant academic challenges over the two years of the Diploma, it also means that one is nearing the end of secondary schooling and that life after 'school' is about to begin. No-one recognizes this more this week than our Seniors (Grade 12) who this morning commenced the first of their IB Diploma 'Mock' examinations, one of the final steps in preparing for their final examinations in late April and May. On behalf of us all, I wish our somewhat stressed Grade 12 students (and their parents!) a most enjoyable weekend and week of exams ahead!

This week elementary students underwent annual health screening, with weight and height measured for all students, and with Grade 1-5 students also undergoing hearing screening and KG3 sight screening; you should have received the results, which were sent home with your children on Tuesday or Thursday. Secondary students will have their screenings next week (height, weight, and hearing). Please do note, however, that these screenings provide a broad net only and parents are responsible for any follow-up treatment.

I wish you all a most enjoyable and relaxing weekend, most of which will no doubt be spent inside at home avoiding the cold!

Steve Moody
Director

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Dear IST Parents,

This week, I want to share some important life skills we should teach our kids. Helping them build real-life connections is essential for their growth and happiness. When they make friends and connect with others, they learn valuable skills like sharing, listening, and showing empathy. It's also important for them to understand how to set boundaries, which helps them recognize what feels comfortable and safe. Encouraging self-expression—whether through words, art, or activities—boosts their confidence and allows them to share their feelings. Additionally, teaching them about mental health gives them the tools to manage stress and face challenges. Together, these skills foster a positive school environment where everyone feels supported and valued!

IST Counseling



LET'S TEACH OUR KIDS TO PRIORITIZE...

Building real-life connections over social media validation.

Embracing who they truly are over trying to fit the mold.

Setting boundaries over people-pleasing (including with their parents).

Openly expressing their emotions over bottling them up inside.

Taking care of their mental health and developing coping skills.





Parents' Guide to Supporting Your Child in Writing Undergraduate College Admission Supplement Essays

University-specific supplement essays are an important part of the college application process. They allow students to showcase their individuality and fit for each institution. Here's a guide to help parents support their children in writing these essays effectively.

1. Understand the Purpose of Supplement Essays

- **Personal Insight:** These essays help admissions committees understand who the student is beyond grades and test scores.
- **Fit for the University:** They assess how well a student's interests and goals align with the university's values and programs.

2. Review the Prompts Together

- **Read Carefully:** Encourage your child to read the prompts thoroughly to understand what is being asked.
- **Discuss Interpretation:** Talk about what the prompt means and brainstorm ideas together.

3. Encourage Authenticity

- **Be Genuine:** Remind your child to write in their own voice and reflect their true self.
- **Avoid Clichés:** Encourage them to steer clear of overused themes and focus on unique experiences and perspectives.

4. Brainstorm Ideas

- **Reflect on Experiences:** Help them identify significant experiences, achievements, or challenges that have shaped their identity.
- **Consider Interests:** Discuss specific interests related to the university, such as clubs, programs, or faculty they admire.

5. Create an Outline

- **Organize Thoughts:** Encourage your child to outline their essay to ensure a logical flow of ideas.
- **Focus on Key Points:** Identify the main points they want to communicate and how to support them with examples.

6. Write the First Draft

- **Set a Timer:** Encourage them to write freely without worrying about perfection. This can help overcome writer's block.
- **Stay Focused:** Remind them to stay on topic and directly answer the prompt.



7. Review and Revise

- **Take Breaks:** After writing the first draft, encourage them to take a break before revising to gain fresh perspective.
- **Seek Feedback:** Offer constructive feedback, focusing on clarity, coherence, and engagement. Consider asking teachers or mentors for their input as well.

8. Edit for Mechanics

- **Proofread:** Help them check for grammar, spelling, and punctuation errors.
- **Read Aloud:** Suggest they read the essay aloud to catch awkward phrasing or unclear sentences.

9. Finalize the Essay

- **Stay Within Word Limits:** Ensure the essay meets the university's word count requirements.
- **Format Properly:** Check formatting guidelines provided by the university.

10. Support the Submission Process

- **Stay Organized:** Help them keep track of deadlines and submission requirements for each university.
- **Encourage Reflection:** After submission, discuss what they learned from the process and how they feel about their essays.

Additional Tips for Parents

- **Be Supportive, Not Overbearing:** Encourage your child to take ownership of their essays while providing guidance.
- **Celebrate Progress:** Acknowledge their efforts and progress throughout the writing process.
- **Remind Them of the Bigger Picture:** Help them focus on their goals and aspirations beyond college admissions.

NOTE - University-specific supplement essays are crucial for universities as they provide deeper insights into a candidate's personality, values, and fit for the institution. Unlike general applications, these essays allow students to articulate why they are interested in that particular university, demonstrating their knowledge of its programs and culture. This helps admissions committees assess whether applicants align with the university's mission and community, ultimately aiding in selecting students who will thrive and contribute positively to the campus environment.



全面 发展 BALANCED

We understand the importance of balancing different aspects of our lives—intellectual, physical, (spiritual) and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

DP Coordinator: ellie_chuah@istianjin.org.cn
College Counsellor: ambika_GB@istianjin.org.cn

DP OPTION afternoon

Date and Venue

26 February 2025

2:30 - 4:15 pm

Han Teacher Centre

Event

Information on subject selection conditions and the opportunity to speak with subject teachers, the DP Coordinator, and the College Counsellor.

Bus Info

13:30 pick-up from Olympic Tower

13:50 pick-up from Aocheng

16:15 return from IST



Dear IST Community,

We need your help. Our Grade 5 students are currently in the process of researching a range of world issues for their PYP Exhibition inquiries. They are gathering information on the following issues.

- The positive and negative impact of AI
- Preservation and conservation of animals
- Gender inequalities in science and leadership
- Climate change (pollution/ landfill/ water usage/waste disposal/overconsumption)
- Wellbeing (mental health, smoking, physical health)
- Equality in sports
- Impact of technology
- Entrepreneurship



If you or someone you know are experts in any of these issues or have experience in these fields and are willing to be interviewed by one of our students, please contact Ms. Mariana Suarez. (mariana_suarez@istianjin.org.cn)

Please include in your email:

1. Name and email
2. Field of expertise
3. Available times

Thank you for your support in advance,

Mariana Suarez

PYP Coordinator

International School of Tianjin

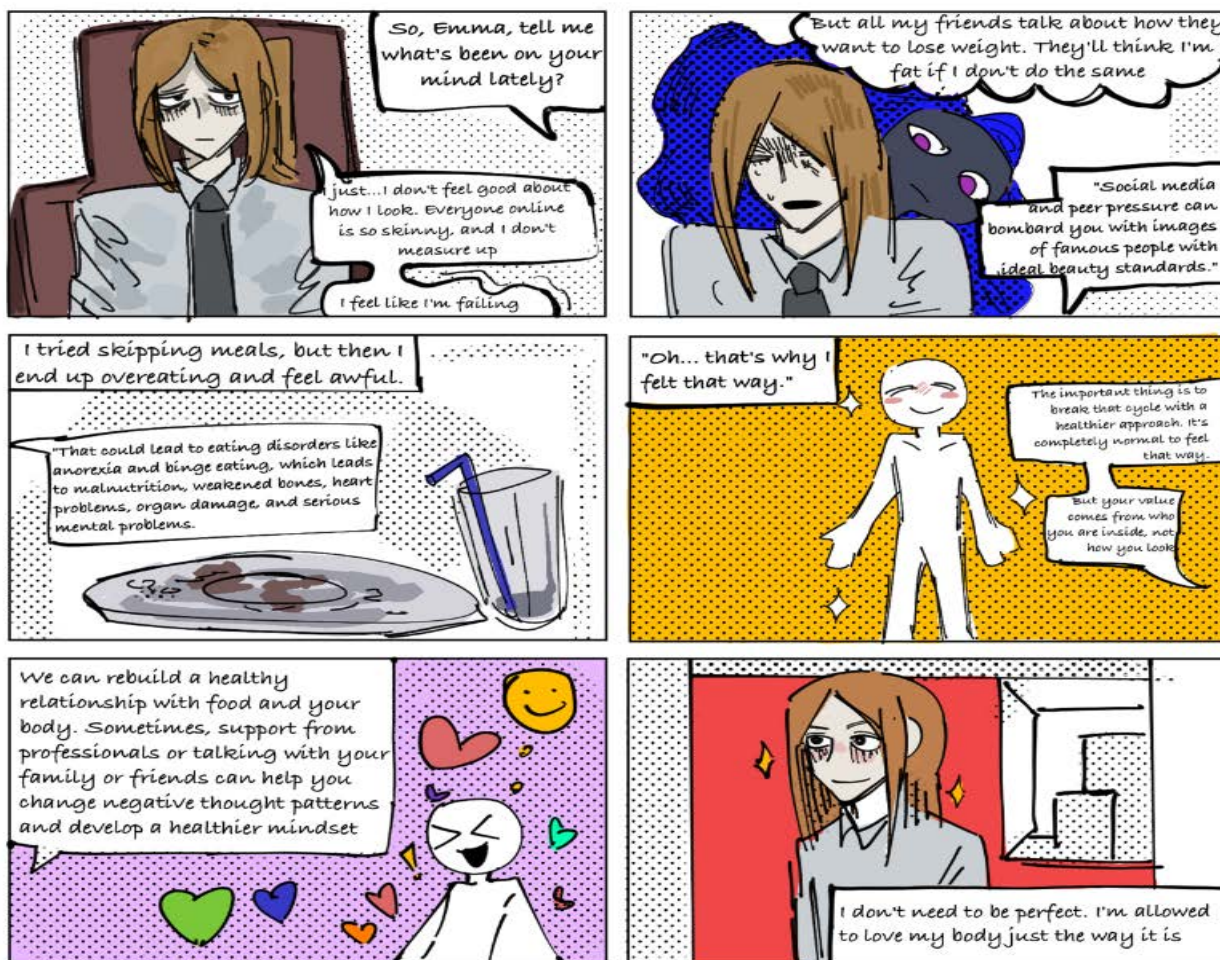


The student cartoon by Jiyun Lee, Ji Yoon Jung, Jeong Min Park, Ye Seo Choi, Eun Sung Cho, and Emi Wen is part of a CAS project for the IB Diploma Programme. As such, the cartoon engages with complex health issues in an effort to bring nuance and perspective to a sensitive topic. This is in keeping with our schoolwide goal where we "champion diversity of thought and the critical thinking and open-minded inquiry and learning across a range of topics and disciplines that deepen conceptual understanding and intellectual growth and independence."



Weight Management & Eating Disorders

Illustrated by Emi Wen G10
Written by Jiyun Lee G11



Credit Box:

[https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#:~:text=There%20are%20several%20types%20of,and%20eating%20disorder%20\(OSFED\).](https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#:~:text=There%20are%20several%20types%20of,and%20eating%20disorder%20(OSFED).)

<https://online.king.edu/news/social-media-and-body-image/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8001450/>



Calling All IST Alumni in Singapore!

Mark your calendars for 21st 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!



Gui Zhou Trip

MARCH 29 TO APRIL 3

ESTIMATED COST RANGING FROM ¥3,600 TO ¥4,700,
DEPENDING ON THE NUMBER OF PARTICIPANTS.

EDUCATION

Enhance awareness and education on gender equality, menstrual health, and mental and physical wellness through engaging workshops.

hosted by Redefining Pink x Chromatics:
Bernie & Min Hee

READING INTEREST

Engaging with children in rural areas through reading activities that promote creative expression and cultural learning.

hosted by Inspire Beyond Books:
You Yang & Molly

PHYSICAL ACTIVITIES

Exciting outdoor games and activities that foster teamwork and coordination, offering a refreshing break from academic sessions through a series of enjoyable outdoor experiences.

hosted by Brown & Lucas

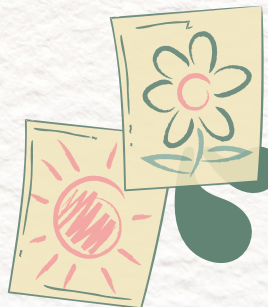
Through hands-on service projects, you'll directly contribute to the local community while experiencing personal growth and the joy of giving back. It's a unique blend of travel, purpose, and connection—an experience that will leave a lasting impact on both you and those you serve.

Scan the QR code if you are interested in joining this trip!

Students' interest in participating the Guizhou Trip



If you're interested in joining us, please scan the QR code and fill in the survey! Spots are limited to 10 students, so don't miss this chance to make a meaningful impact! 💡🌍





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 **February 17**.



This week IST librarians recommend *A Magic Steeped in Poison (The Book of Tea #1)* written by Judy I. Lin. This Young Adult fantasy book in the Mature Readers category is recommended for students in grades 9 and up. "Ning's unforgettable voice and the lush, atmospheric settings will enchant readers in this high-stakes story of deadly magic. ... Lin blends Chinese folklore with a thrilling mystery. It's the perfect recipe for a page-turner." —*Booklist, starred review*



To borrow *A Magic Steeped in Poison* 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.



THE BLAZE

Working Learning Acting TOGETHER

Dear Community,

I am happy to invite you to the Art Exhibition which concludes the CCA session of Art Through Time that your children participated in during CCA Session 2!

During the CCA they all learned about 4 distinct art movements and worked hard to create their own artwork based on one of these themes. Join us in the exhibition to find out more information about Art History and appreciate the creativity and newly gained skills that these students will tell you all about!

When?: Wednesday, 26th of February, 14:30

Where?: Elementary Foyer

ART THROUGH TIME

POP ART

FAUVISM

IMPRESSIONISM

MANDALA

ART EXHIBITION

2025
26
2
Wed
14:30-15:30

@ELEMENTARY FOYER

GRADE 4
JIA CHOI
SI YEONG (SERENA) NI

GRADE 5
HA JUNG KIM
JI MIN KIM
GRACE LIN
HAYEON (RUBY) PARK



Join Us For Our Next ...

Parent Teacher Forum

Working Together For Our
Common Future

TOPIC TO DISCUSS

10:05-10:40
What is Action, Service & Learning - Ms. Bekken
Creative & Writing Processes - Mr. Schaaf

10:40-11:20
Time Management - Ms. Jiang

11:20-12:00
How to Get Your Child to Love Reading - Ms. Simon
How Physical Health Fuels Academic Achievement
- Mr. Silvis

**FEB
19TH
Han TC**

Made with PosterMyWall.com



PFO Meeting
Please come and
join in!

**Wednesday
19th February**

8:15 - Coffee and Korean snacks

9:00 - Elementary student council present

9:10 - Director & principal introduction

9:30 - Grade 4 students perform recorder

9:45 - Upcoming events with PFO

10:00 - Parent education forum





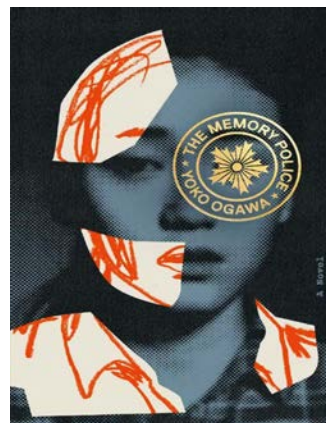
THE BLAZE

Working Learning Acting TOGETHER

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

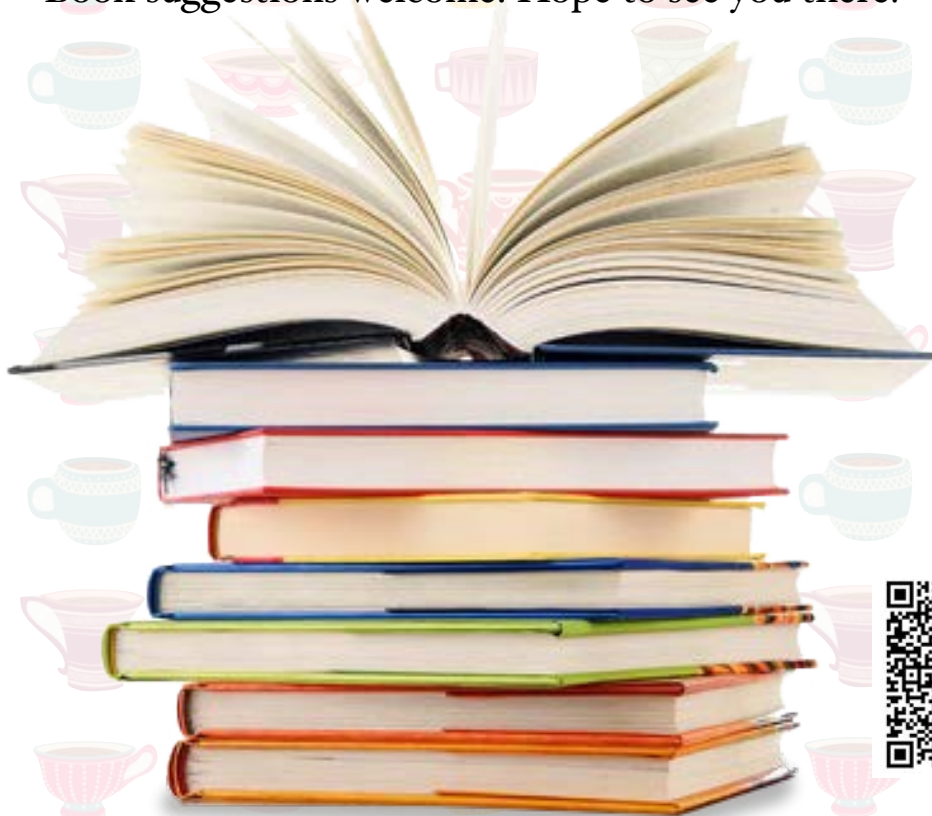
This month's book is *The Memory Police* by Yoko Ogawa. The library has copies in English, Chinese, and Korean.

Our next meeting is Thursday February 27th at 8.30am in the Library.



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

Book suggestions welcome. Hope to see you there!





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
Nutritional reading over the week 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
Nutritional reading over the week 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

10 Feb~14 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
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: beef, herb, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <i>Allergy: fish, soy sauce</i>
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Stir Fried Dried Tofu with Chili 辣炒豆干 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <i>Allergy: chili, soy, garlic</i>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce</i>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir Fried Dried Tofu 素炒香干 <i>Allergy: soy sauce</i>	Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <i>Allergy: soy sauce, egg</i>
Noodles in Korean Soup 韩式辛拉面 Boiled Eggs 煮鸡蛋 <i>Allergy: egg, soy sauce</i>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, soy sauce</i>	Pork Rolls 肉龙 Stir fry Potatoes 烩土豆丝/拌蕨根粉 <i>Allergy: soy sauce</i>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 桑巴蔬菜 <i>Allergy: shrimp, garlic</i>	Pork Stewed in Pita Bread 猪肉白吉馍 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, soy sauce</i>
	Noodles with Vegetables 蔬菜面	Vegetables Rolls 蔬菜卷	Spaghetti in Tomato Sauce 番茄意面	Mixed Rice with Vegetables 蔬菜拌饭
Laver and Egg Soup 紫菜鸡蛋汤	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
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Rice balls 糯米糍	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 779	Protein 蛋白质(g) 26	Carbohydrate 碳水(g) 108	Fat 脂肪(g) 21



DIARY DATES

Monday~Friday - Feb 10~14, 2025

Grade 12 Mock Exams

Saturday - Feb 22, 2025

Scholarship Exams

Wednesday - Feb 26, 2025

DP Option

Wednesday - Mar 5, 2025

Scholarship Interviews

Wednesday - Mar 12, 2025

PYP Exhibition

Friday~Sunday - Mar 14~16, 2025

DIMUN

Wednesday~Thursday - Mar 26~27, 2025

Parent-Teacher Conferences (Afternoon)

Thursday - Mar 27, 2025

DP Arts Exhibition

SPORTS DATES

19-Feb (Wed)

ISCOT Chess (G4-12)

(12:00-15:30) WEL

24-Feb (Mon)

HS Football v WEL Boys & Girls @ WEL

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.