



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

I would like to start this week's edition of Blaze with a piece of exciting community news: earlier this morning, at 7:48AM, future IST early years teacher Monique Barthakur (and spouse of current secondary teacher, Ted Guggenheim) gave birth to their first child, a beautiful baby girl, who they have named Amara. **I extend to Monique and Ted our community's warmest congratulations** on this incredibly exciting news, and for the wonderful adventure of parenthood that awaits them!

It was terrific to see so many parents in at school at **Wednesday's PFO meeting** (which included a presentation by the Elementary Student Council and a recorder performance by Grade 4 students), and at the five parent information forums that followed (writing, service, time management, physical health, and promoting a love of reading). We do encourage parents to attend these valuable community-building and information sessions, and also to let us know about topics that you may like us to try to incorporate into our presentation schedule.

A special reminder to Grade 10 parents that we will be hosting the **IB Diploma course options meeting next Wednesday afternoon** (2:30-4:15PM). Our IB Diploma Coordinator and teachers will present valuable information about what to expect in Grades 11 and 12, about the structure of the IB Diploma, and what subject options are available across the six subject groups and which ones might best match your children's interests, abilities, and future aspirations.

A reminder also to consider sending your child/ren to school next Wednesday with a few extra RMB so that they can purchase a cake or other baked product at the **PFO Bake Sale!** Thank you in advance to all of the parents who will bake some delicious treats for our school community to enjoy, the profits from which will go towards supporting PFO events, activities, and other service related undertakings.

Finally, on Monday (and again on Wednesday and earlier today) we sent all parents a **very quick parent survey** asking that you provide us with an early indication of your likeliness to have your children return to IST next school year, or not. Unfortunately, thus far we have only received responses from 60% of families, which leaves a significant number still to complete this important survey. The survey is 'non-binding' and simply provides us with important data on what enrolment is likely to look like, and this is obviously important for the school in determining our budget and our staffing allocation. I kindly ask again that you take a moment to **please complete the survey to indicate whether you are likely to return, are currently undecided, or are likely to leave IST next year.** Please note that there is no need to complete the survey a second time if you receive the reminder but have already completed the survey. **On Monday we will begin contacting families individually.**

I wish you all a most enjoyable and relaxing weekend!

Steve Moody
Director

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In this week's Parent Partnership, I want to emphasize the often underestimated influence of peer pressure on our children. Many students struggle to navigate friendships while trying to stay true to themselves, and I've seen firsthand how the desire to fit in can lead them to make choices that don't align with their values. It's crucial for us as parents to maintain open lines of communication, encouraging our kids to share their feelings and experiences without fear of judgment. By helping them understand that it's okay to say no and prioritize their own beliefs, we can empower them to resist negative influences. Let's work together to create a supportive environment where our children feel confident in their choices and know they can rely on us for guidance.

IST Counseling

PHRASES TO EMPOWER KIDS TO DEAL WITH PEER PRESSURE

- ◆ "Peer pressure is when someone tries to make you do something you're not comfortable with. It's okay to stand your ground."
- ◆ "Real friends won't make you feel like you have to do something to earn their love."
- ◆ "It's okay to say 'yes' when you want to, but it's equally okay to say 'no' when you don't."
- ◆ "You have the power to make your own choices and decisions. Trust your instincts."





The U.S. university application process can be complex, but it generally follows these key steps:

1. Research Universities - Junior Year : January - August

- **Identify Interests:** Consider your major, campus culture, location, and size.
- **Use Resources:** Websites like College Board, Niche, or university websites can help.

2. Prepare for Standardized Tests - Junior Year : November - August

- **Tests:** Common tests include the SAT or ACT.
- **Study:** Use prep books, online courses, and practice tests.
- **Schedule:** Register for tests early to secure dates that work for you.

3. Language Proficiency Testing (for Non-Native Speakers) - Junior Year : June - August

- **Required Tests:** Many universities require TOEFL, IELTS if you are on English B.
- **Preparation:** Take practice tests and consider language courses or tutoring if needed.
- **Check Requirements:** Different universities have varying minimum score requirements.

4. Gather Application Materials - Senior Year : September - October

- **Transcripts:** Request official high school transcripts.
- **Letters of Recommendation:** Ask teachers or mentors who know you well.
- **Personal Statement/Essays:** Write essays that reflect your personality and goals.

5. Complete Application Forms - Senior Year : October - January

- **Common Application:** Many schools accept this standardized application.
- **University-Specific Applications:** Some universities have their own application systems.

6. Submit Applications - Senior Year : November - January

- **Deadlines:** Pay attention to early decision, early action, and regular deadlines.



- **Application Fees:** Be prepared to pay fees, though some schools offer waivers.

7. Financial Aid and Scholarships - Senior Year : October - February

- **FAFSA:** Complete the Free Application for Federal Student Aid (US Citizens).
- **Mert Based Scholarships** – Automatically given based grades and other criteria
- **Scholarship Applications:** Research and apply for scholarships.

8. Interviews and Campus Visits

- **Interviews:** Some universities may require or recommend interviews. Language proficiency can be assessed here.
- **Campus Visits:** Schedule visits to get a feel for the campus.

9. Wait for Decisions

- **Timeline:** Typically, decisions come in the Winter/Spring for fall admissions.
- **Track Application Status:** Many schools provide portals to check your status.

10. Decide and Enroll - Senior Year : April - May

- **Acceptance Letters:** Review offers and financial aid packages.
- **Choose a School:** Make your decision and notify the school.
- **Deposit:** Pay the enrollment deposit to secure your spot.

11. Prepare for College

- **Orientation:** Attend orientation programs, which may include language support services.
- **Housing:** Arrange for housing, if applicable.
- **Course Registration:** Register for classes before the semester starts, considering any language courses you might need.

Tips for Success

- **Stay Organized:** Keep a checklist and calendar of deadlines.
- **Be Authentic:** Your essays should reflect your true self.
- **Seek Help:** Don't hesitate to ask teachers or counselors for guidance.



全面 BALANCED 发展

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



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/vWDrRsqqccU> 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!



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER

OFFICIAL EVENT:
MARCH 28, 2025



AUDITIONS IN
LATE FEBRUARY





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

Voting is now open for the Panda Book Awards! All parents, students, and teachers are invited to vote for their favorite Panda Books (*students in kindergarten to grade 5 will vote during their library classes*). Please scan the QR code to cast your vote for your favorite! Voting ends on February 28th.

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 the previous school year.

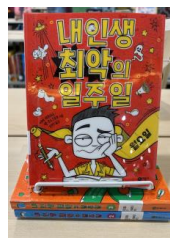


Birthday Book Club

Happy Birthday, Ms. Park!

Thank you to Ms. Caroline Park, IST's Korean Liaison, for her birthday book donations to the library. She donated the first three books in the **Worst Week Ever** series, written by Eva Amores, illustrated by Matt Cosgrove, and translated into Korean by Young Jin Kim. This series is perfect for readers who like wacky adventures, quirky characters, and stories about the ups and downs of middle school. Thank you for your generous donation, and happy birthday, Ms. Park!

If you would like to celebrate a special birthday with the IST Library Birthday Book Club, please contact the IST Library staff at linnea_simon@istianjin.org.cn or lisa_fang@istianjin.org.cn for more information on how to join.



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





INTERNATIONAL
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Weekly

THE BLAZE

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PRESENTED BY
IST LIBRARY

1:50 PM - 3 PM
FRIDAY, MARCH 7

@ IST THEATER

XI CHUAN POETRY READING

WITH MUSICAL
ACCOMPANIMENT BY
JUILLIARD TIANJIN





DEAM Drop Everything and Move



The Deep Dive Committee for Physical Health and Wellbeing is excited to introduce DEAM (Drop Everything and Move) into our community. We believe that incorporating brief, scheduled movement breaks will significantly enhance both the physical health and overall well-being of our community. In today's fast-paced educational environment, it's essential to promote active lifestyles and foster a positive atmosphere.

DEAM provides a simple and effective way to integrate movement into our daily routine without adding extra burden to teachers. These quick breaks not only help improve focus and reduce stress but also encourage a sense of community as everyone participates together.

Our goal is to create an engaging and supportive environment where physical activity becomes a natural part of our day. We look forward to embracing DEAM and making physical health a priority for all!

★ Get Ready to Move with DEAM in February! ★

This month, we're slithering into action with our DEAM program, celebrating the Year of the Snake!

Here's the plan:

We turn into a snake every uneven day in February. We'll hold each pose for 30 seconds—but if you're up for a challenge, why not try holding it for a full minute? —before you move on to the next pose.

Let's see how flexible and strong we can be! Each pose will not only get your body moving but also help you focus and recharge.



Why participate?

Because moving is not just fun; it boosts your mood, sharpens your mind, and gets your energy flowing! Plus, it's a fantastic way to embrace the spirit of the snake—graceful, powerful, and full of vitality! Are you ready to join the slithering fun? Let's make this DEAM a month to remember!

Next month is
the month of
the NINJA



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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



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All items will be 5
RMB each

PFO Bake Sale

Wednesday February 26th
9:00am - 12:00pm

One stand in Atomic Cafe
One stand in kindergarten entrance

All proceeds go towards the PFO



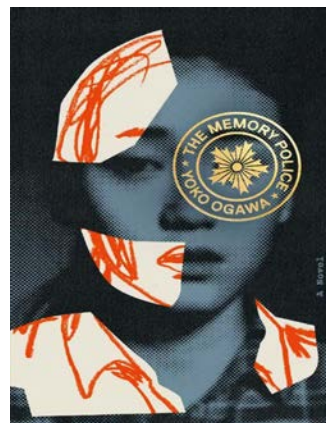
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Come along to our monthly meet ups to discuss books and enjoy coffee & cakes!

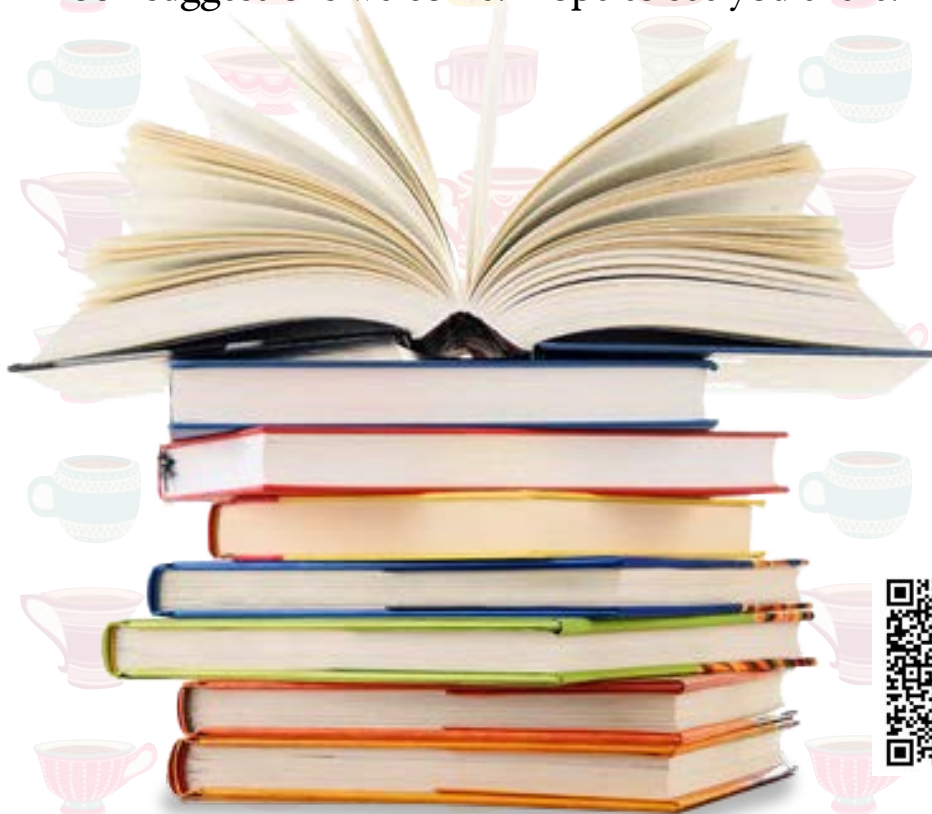
This month's book is *The Memory Police* by Yoko Ogawa. The library has copies in English, Chinese, and Korean.

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!





INTERNATIONAL
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Weekly

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PFO FLOWER CLASS

-  27th Feb 2025
-  START AT 10:00
-  ACTIVITY COST: 120 RMB
-  NON-REFUNDABLE POLICY
-  ELEMENTARY MEETING ROOM

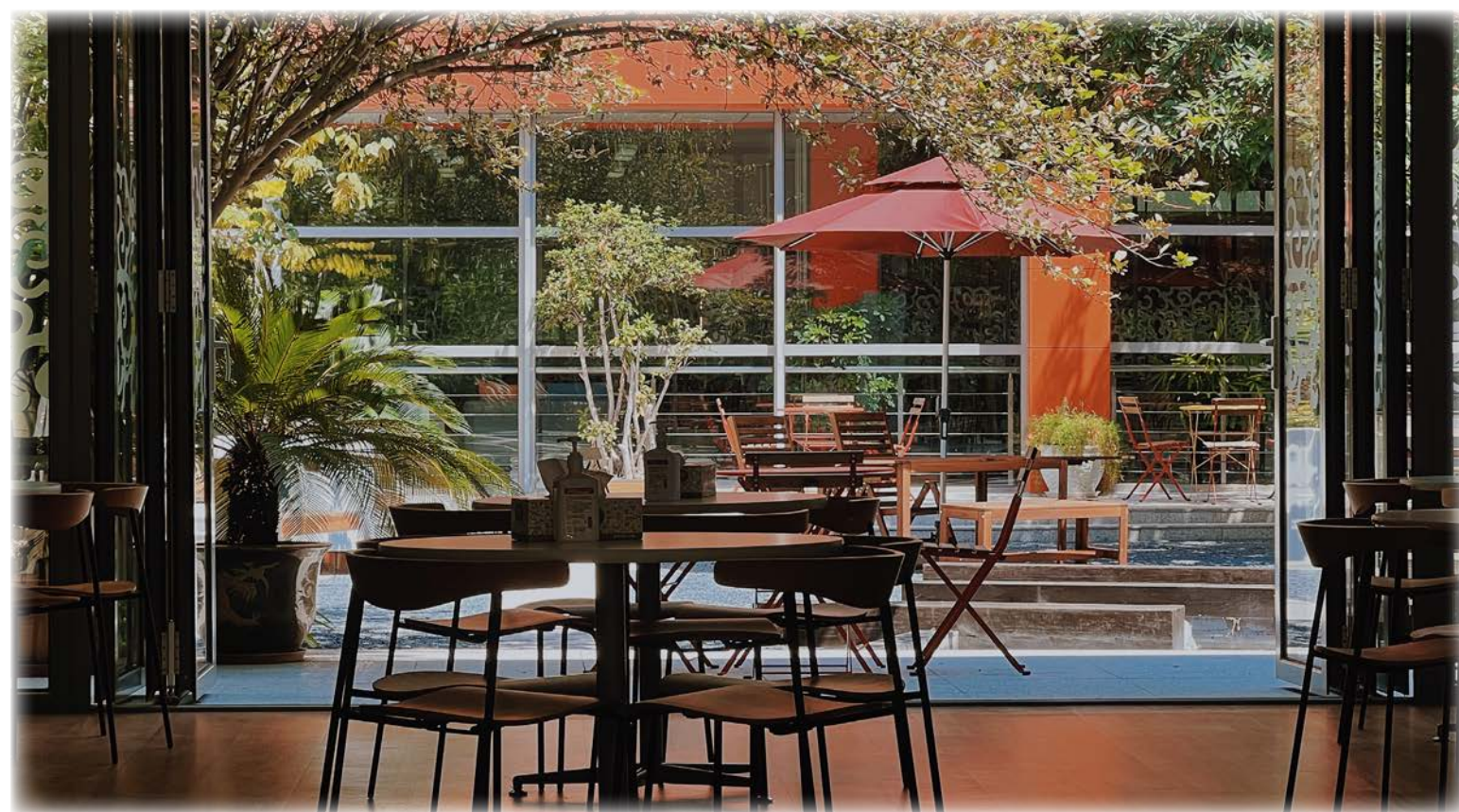




Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

As an internationally minded school community, we will strive to develop learners who thoughtfully consider the world and their own ideas and experiences. We will work together to cultivate a culture of reflective inquiry where all members of our community:

- Carefully consider their own learning and growth.
- Analyze issues from multiple viewpoints, seeking to understand diverse experiences and consider alternative solutions.
- Learn from mistakes and failures, using setbacks as opportunities for deeper learning and development.
- Pause to think critically about assumptions, biases, and the reasons behind one's beliefs and decisions.
- Engage in ongoing self-assessment, setting goals for continued intellectual, social, and personal development.





Weekly Menu (N-G2) 17 ~21 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 Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, soya sauce</i>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: beef, cheese</i>	Hamburger 牛肉汉堡 French Fries 薯条 <i>Allergy: wheat, soya sauce</i>	Chicken Finger 炸鸡条 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: breadcrumb</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 716	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 106	Fat 脂肪 (g) 22

24 ~ 28 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
Macaroni and Cheese 芝士小弯面 Stir fry Vegetable 炒蔬菜 <i>Allergy: soya sauce, wheat</i>	Pork Dumplings 猪肉水饺 Stir fry Corn 炒玉米粒 <i>Allergy: soya sauce, wheat</i>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <i>Allergy: soy sauce, breadcrumb</i>	Hot Dog 热狗 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat</i>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 720	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 23

Weekly Menu (G3-G12) 24~28 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
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <i>Allergy: breadcrumb</i>	Beef Balls 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: beef, soya sauce</i>	Hot Dog 热狗 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: wheat, cheese</i>
Stir Fried Cabbage with Chili 手撕包菜 Grilled Tofu with Vegetables 家常豆腐 Steamed Egg with Vegetables 蔬菜蒸蛋 <i>Allergy: egg, soya sauce</i>	Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒时蔬 Steamed Rice 米饭 <i>Allergy: chili, soya, garlic</i>	Chicken Stewed with Coconut Sauce 马来西亚椰浆鸡肉饭 Stir fry Vegetable 炒时蔬 <i>Allergy: coconut, milk</i>	Chicken Leg Stew 红烧鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 香菇油菜 <i>Allergy: soya sauce</i>	Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烧茄子 Sweet and Sour Cabbage 醋溜白菜 <i>Allergy: shrimps</i>
Fried Noodles with Kidney Beans 豆角焖面 Fried Egg 煎鸡蛋 <i>Allergy: egg, soy sauce</i>	Udon with Shrimps in Seafood Soup 鲜虾乌冬面 Boiled Vegetables 煮油菜 <i>Allergy: shrimp</i>	Noodles with pork in Soybean paste 炸酱面 Mixed Vegetables 拌蔬菜 <i>Allergy: soybean, wheat</i>	Rice Noodles with Beef Soup 牛肉清汤河粉 boiled Vegetables 煮蔬菜 <i>Allergy: soya sauce</i>	Spicy Hot Pot 麻辣拌 Noodle 面条 <i>Allergy: soy sauce, wheat</i>
Udon in Vegetable Soup 蔬菜乌冬面	Noodles with Soybean Paste 炸酱面	Rice Noodles with Vegetables 蔬菜河粉	Spicy Vegetables 麻辣蔬菜	
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	Carrot Cake 胡萝卜蛋糕	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 113	Fat 脂肪 (g) 26



DIARY DATES

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

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.