



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

I wish to begin this week's Blaze by thanking our parents for completing the early 'Intent to Return' survey, which allows us to better plan our budget and staffing for next year. In the end, following a few telephone calls, we managed to get a **100% response rate**, and while we imagine the results will change a little over the coming months as family circumstances firm up, the results are nevertheless very helpful. For your information, we currently anticipate that approximately 17% of students will leave the school at the end of the year, over half of whom will be graduating. At this early stage and based on past data, this suggests a stronger than normal retention rate of over 90% (not including graduates), versus the usual 80%. Thank you for your support!

On Wednesday Grade 10 students and parents attended the **IB Diploma programme course options** meeting during which they had the opportunity to learn more about the structure of the IB Diploma, and the subject options available and best suited to individual student interests and abilities. Please note that parents (and students) are most welcome to contact our IB Diploma Coordinator (Ms. Chuah), Principal (Mr. Conway), College Counsellor (Ms. Ambika) and IB Diploma subject teachers for further information and advice.

A big THANK YOU to all of the parents who baked treats for our school community at Wednesday's **PFO Bake Sale**. An amazing assortment of delicious baked goods were available for students and adults to choose from (and gorge on!), the sales profits from which will be used by the PFO to support the many initiatives that they undertake in support of our school and community. We did note, also, that students appeared significantly less hungry at lunchtime!

A reminder to our Korean community that **we will be hosting visits from three Korean universities next week**, as follows:

- **Thursday, March 6**
10:00 AM: Sungkyunkwan University (SKKU)
3:00 PM: Sogang University
BUS: 9:15 AM Ao Cheng, 9:30 AM Hai Yi/ 4:30 PM Return to HY, AC

- **Thursday, March 20**
10:00 AM: Chung-Ang University
BUS: 9:15 AM Ao Cheng, 9:30 AM Hai Yi/ 12:00 PM Return to HY, AC

Please note that **the second session of Co-Curricular Activities (CCAs) concludes today**, and therefore that there will be no general CCAs next week. The third session of CCAs will commence on Monday 10 March.

Finally, I began last week's edition of Blaze sharing the exciting news of the arrival of our community's newest member, Amara, the beautiful new baby daughter of IST teachers Monique and Ted Guggenheim. Unfortunately I didn't yet have a photo of Amara to share, but this week I do. **I am therefore delighted to introduce you all to Amara Guggenheim** – isn't she gorgeous!!

I wish you all a most enjoyable and relaxing weekend!

Steve Moody
Director



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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.

IST's Favorite Books

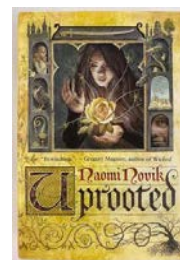
These are the most popular books in the IST library right now. One of these books is a classic that continues to be popular, and several are this year's Panda Book nominees. Stop by the library to borrow one of these popular titles, or to check out our "Love of Reading Month" display to see other books our students are loving to read!



Parent Book Club

Our next Parent Book Club selection is the novel **Uprooted** by Naomi Novik. We will meet in the library to discuss the book in March (date TBD). The library has copies of the book in English, Chinese, and Korean. 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
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER

PRESENTED BY
IST LIBRARY

1:50 PM - 3 PM
FRIDAY, MARCH 7

@ IST THEATER

XI CHUAN POETRY READING

WITH MUSICAL
ACCOMPANIMENT BY
JUILLIARD TIANJIN





College Corner

Studying in South Korea



University Visit



DATE March 6, 2025 (THURS)

VENUE Han TC

10:00 AM

**SUNGKYUNKWAN
UNIVERSITY (SKKU)**

3:00 PM

**SOGANG
UNIVERSITY**





Come and join us! Grade 5 is ready

They would like to take you on a journey of discovery, where we can work, learn, and act together as we see the impact of our actions on the world and its people.

Together, we will explore how, by taking small but impactful steps as a community, we can fix and mend our world. Join us as we embrace the spirit of...

"We see it, we fix it!"



Bus Info:

- 33-seaters: 17:20 Aocheng – 17:25 Garden Villa(side gate) - IST
- 16-seaters: 16:55 Olympic Tower – 17:15 Ritz-Carlton – 17:25 Arcadia - IST
- Buses will depart from IST at 19:55 back to above mentioned stops.



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!



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER

OFFICIAL EVENT:
MARCH 28, 2025



AUDITIONS IN
LATE FEBRUARY

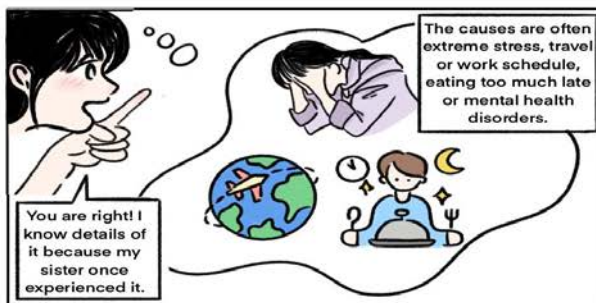




Insomnia

Illustrated by Ye Seo Choi G11

Written by Jiyeon Jung G11



Credit Box:

- <https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>
- <https://www.babylondentalcare.com/blog/cant-sleep-it-could-be-due-to-your-late-night-eating-drinking-habits/>
- <https://www.virtua.org/articles/7-easy-ways-to-curb-your-nighttime-snack-cravings>



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On Wednesday, the ISCOT choral festival took place at TEDA International School, where elementary choirs from IST, Wellington, and TEDA International came together for an unforgettable event celebrating music, teamwork, and creativity. Mr. Klajd, the elementary music teacher at TEDA, led warm-up activities followed by a joint rehearsal of "Little April Showers" from Disney's *Bambi*. The students worked hard to blend their voices to bring the enchanting melody and harmonies to life. The students from all three schools ate lunch and participated in some social exchanges, after which the performance began. The concert began with a "Little April Showers performance," followed by performances from the other two schools before IST students took the stage to deliver a beautiful rendition of "Dance the Night" as the final act. The performing arts are a great way to collaborate and connect with other schools, and we look forward to future ISCOT festivals in the future.





DREAM MARCH

Join the DEAM Initiative: Become a Ninja!

Hello Community!

This month, we're inviting you to transform into a **Ninja** with the **Drop Everything and Move (DEAM)** initiative!

Why join?

- **Sharpen Your Skills:** Step out of your routine and enhance your focus.
- **Team Up:** Connect with fellow community members and strengthen our bonds.
- **Ignite Creativity:** Embrace new challenges to inspire fresh ideas.

Let's unleash our inner Ninjas and make this month unforgettable! Join us in taking action!

01 - **speed:** high knees [[video how-to](#)]

02 - **flexibility:** side-to-side lunges [[video how-to](#)]

03 - **strength:** push-ups

04 - **stealth:** wall sit

05 - **grit:** up and down planks [[video how-to](#)]

06 - **balance:** one leg stand

07 - **endurance:** climbers [[video how-to](#)]

08 - **core control:** hollow hold

09 - **combat:** punches [[video how-to](#)]

10 - **focus:** side kicks [[video how-to](#)]

11 - **coordination:** alt arm / leg raises [[video how-to](#)]

12 - **grip:** clench / unclench

13 - **explosives:** burpees [[video how-to](#)]

14 - **concealment:** elbow plank hold

15 - **strategy:** lunges [[video how-to](#)]

16 - **awareness:** side leg raises [[video how-to](#)]

17 - **willpower:** knee-to-elbow crunches [[video how-to](#)]

18 - **agility:** side-to-side jumps

19 - **mindfulness:** meditation

20 - **discipline:** raised legs hold

21 - **concentration:** chest squeeze

22 - **fortitude:** plank rotations [[video how-to](#)]

23 - **discipline:** calf raise hold

24 - **power:** jump squats [[video how-to](#)]

25 - **resilience:** reverse plank hold

26 - **plasticity:** plank walk-outs [[video how-to](#)]

27 - **spirit:** jumping lunges [[video how-to](#)]

28 - **precision:** shoulder taps [[video how-to](#)]

29 - **courage:** overhead punches [[video how-to](#)]

30 - **commitment:** squat hold punches [[video how-to](#)]

31 - **celebrate:** you made it!





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DEAM MARCH

NINJA

30-day DEAM challenge

Complete the given DEAM exercise each day according to your choice.

- normal 30 seconds
- hard 1 minute
- brutal 2 minute

1 strength	2 strength	3 strength	4 strength	5 strength
6 balance	7 strength	8 core control	9 strength	10 strength
11 strength	12 strength	13 balance	14 strength	15 strength
16 strength	17 strength	18 strength	19 willpower	20 core control
21 balance	22 strength	23 balance	24 strength	25 strength
26 strength	27 strength	28 strength	29 strength	30 strength

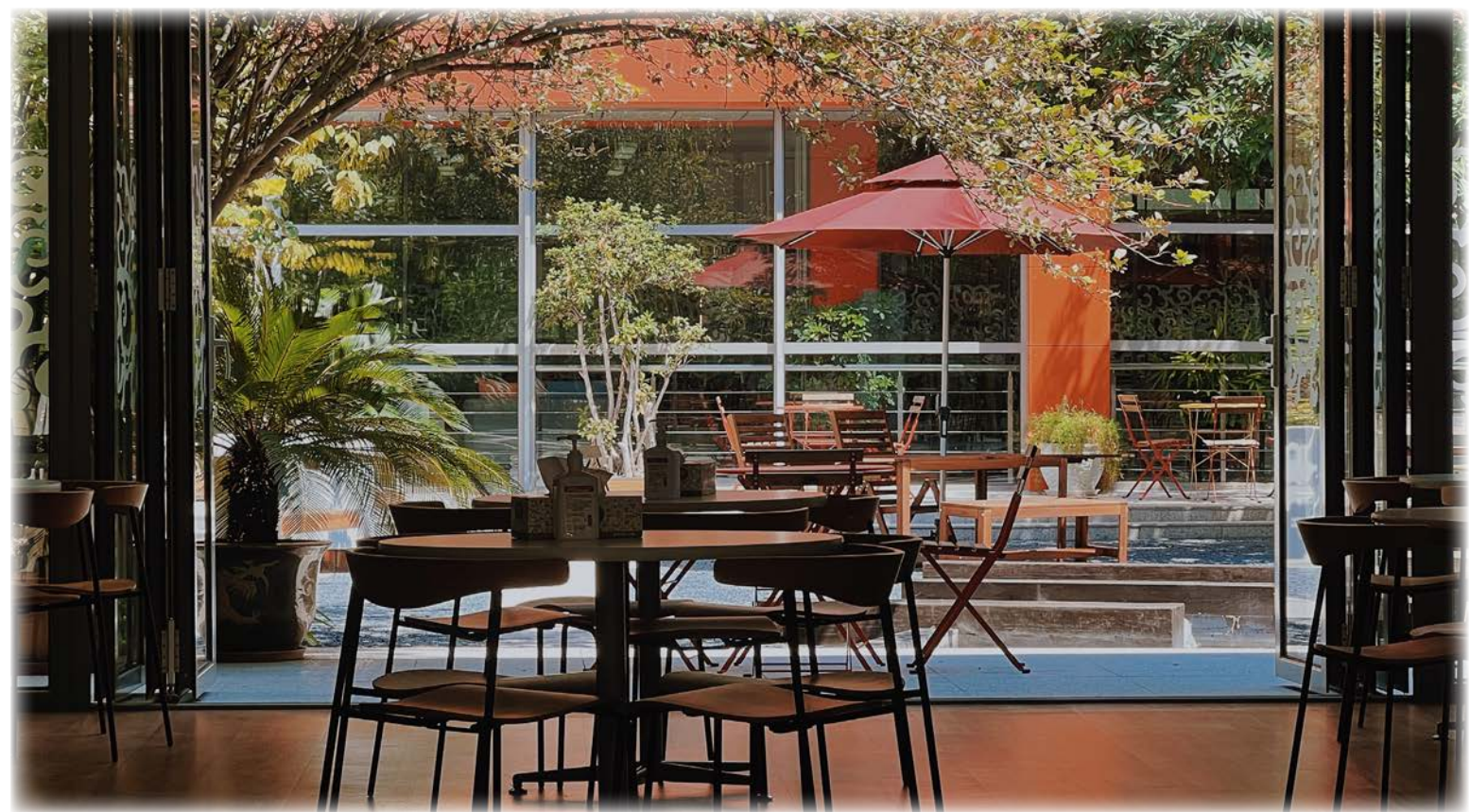
Drop Everything And Move



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-G1) 3~7 Mar

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	Steamed Pork Dumplings 小笼包	Beef Lasagna 牛肉千层面	Fried Chicken 炸鸡	Spaghetti Bolognese 意大利肉酱面
Stir fry Vegetables 炒时蔬	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬	Roasted Potatoes 烤土豆	Stir fry Vegetable 炒时蔬
<i>Allergy: wheat, cheese</i>	<i>Allergy: wheat, soya sauce</i>	<i>Allergy: beef, cheese</i>	<i>Allergy: wheat</i>	<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) 719	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 22

10~14 Mar

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 西红柿炒鸡蛋	Beef and Tomato Curry 番茄咖喱牛肉	Pork Dumplings 猪肉水饺	Fried Rice with Sausage and Egg 香肠鸡蛋炒饭	Kimbab 韩式饭卷
Plain Rice 米饭	Stir fry Corn 炒玉米粒	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬
<i>Allergy: soya sauce, egg</i>	<i>Allergy: soya sauce</i>	<i>Allergy: soy sauce, wheat</i>	<i>Allergy: egg</i>	<i>Allergy: soya sauce</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) 722	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19

Weekly Menu (G2-G12) 3~7 Mar

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	Pork with Apple Stewed 法式苹果猪	Beef Lasagna 牛肉千层面	Chicken Burger 鸡肉汉堡	Chicken Schnitzel 炸鸡排
Stir fry Vegetable 炒蔬菜	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒蔬菜	French Fries 薯条	Stir fry Vegetable 炒蔬菜
Roasted Potatoes 土豆角	Mashed Sweet Potatoes 红薯泥	Roasted Potatoes 烤土豆	<i>Allergy: wheat, mayonnaise</i>	Roasted Potatoes 烤土豆
<i>Allergy: wheat, cheese</i>	<i>Allergy: milk</i>	<i>Allergy: beef, cheese, milk</i>		<i>Allergy: breadcrumb</i>
Curry Vegetables 咖喱蔬菜	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片	Hainanese Chicken Rice 海南鸡腿饭	Spicy Ground Pork Thai Style 泰式猪肉饭	Pork Balls with Egg 虎眼丸子
Steamed Egg and Tofu 蒸鸡蛋豆腐	Stir Fried Chinese Cabbage 白菜烧面筋	Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝	Stir fry Vegetables 泰式蔬菜	Stir fry Bean curd 辣炒豆干
<i>Allergy: egg, soya sauce</i>	<i>Allergy: soya sauce, chili</i>	<i>Allergy: soya sauce, chili</i>	<i>Allergy: soya sauce, chili</i>	Stir Fried Green Vegetables 蒜蓉小白菜
				<i>Allergy: egg, soya sauce</i>
Spicy Noodle 油泼面	Noodles with Fish and Pickled Mustard Greens in Sour Soup 酸菜鱼面	Pork Dumplings 猪肉水饺	Noodles with Beef Soup 牛肉板面	Spaghetti Bolognese 肉酱面
Cucumber Salad 拌黄瓜	Green Vegetables 煮蔬菜	Mixed Vegetables 素什锦/拌殿根粉	boiled Vegetables 煮蔬菜	Stir fry Vegetable 炒蔬菜
Fried Eggs 煎鸡蛋	<i>Allergy: wheat, fish</i>	<i>Allergy: wheat, soy sauce</i>	<i>Allergy: wheat, chili</i>	<i>Allergy: wheat, soy sauce</i>
	Noodles in Tomato Soup 番茄螺旋面	Vegetable Dumplings 蔬菜水饺	Vegetable Kimbab 蔬菜饭卷	Spaghetti with Tomato Sauce 番茄意面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 23



DIARY DATES

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

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.