



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

The week here at school got off on quite a 'roll' on Monday morning with hordes of Grade 1 students racing excitedly about the campus on a diverse assemblage of wheeled vehicles brought into school from home for their **FUN ON WHEELS** assessment task. I think it was pretty evident that our first graders have had a lot of fun learning about how the world works and concepts like forces and gravity. I bet that our IB Diploma students would be delighted if their assessments were half as much fun!

While on the topic of assessments, next Wednesday evening we will celebrate the completion of the culminating project for the Primary Years Programme, the **Grade 5 PYP Exhibition**. Each of the three IB programmes has a culminating project (Personal Project in MYP and Extended Essay in DP), a celebration of much of what they have learned over the course of their studies within the given programme. I know that our Grade 5 team and students are immensely proud of the inquiries that the students have been engaged in these past several month, and I encourage parents to come into school on Wednesday to see for yourselves and to celebrate their learning with us. The Exhibition kicks off in the Han Theatre at 6:15PM!

In our context it is fair to say that the culmination of school based secondary school assessment nearly always leads to tertiary education, and **it was therefore terrific to be able to welcome two Korean universities –Sungkyunkwan and Sogang – into school yesterday** to share with students and parents the opportunities available at their respective universities. I am also very happy to share the news that our graduating students have already been accepted into a number of wonderful universities around the world, with the reality settling in for parents and students (and teachers) alike that their time at IST will soon come to an end. Let's cheer our Seniors on unto success as they work through these final six weeks or so of classes before their final examinations commence!

All parents should have received an updated copy of the school's **Emergency Telephone Trees** on Wednesday, inclusive of recently arrived new families and the odd correction of contact details for current families. I do urge you to please keep this information close at hand (perhaps scan into your phone) and to ensure that other family members are aware of the procedures to follow in the unfortunate event of an emergency that would justify activating the trees. While on the topic of student safeguarding, please anticipate an emergency evacuation drill in the next two to three weeks (either a fire drill, or perhaps an emergency lockdown).

For secondary parents, please note that our Secondary Principal, **Mr. Conway, will be out of school all of next week**. Mr. Conway will be co-chairing a CIS/WASC accreditation team

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visit to Dulwich College Suzhou as part of that school's ongoing efforts to expose itself to external audit scrutiny. IST will undergo a similar visit in May (5-9), although in addition to CIS/WASC evaluators, we will also invite representatives from the IB for each of our three programmes. We have been working very hard over the past 12 months undertaking a detailed self-study of numerous aspects of our school programmes and preparing written reports for submission in advance of the visit, and today we did just that! Thank you to the many students and parents who supported our staff in the developing these reports. We look forward to welcoming the visiting teams in May and sharing our wonderful school and community with them.

Finally, we have been very proud to welcome **contemporary Chinese poet Xi Chuan** into our school for the past two days. Xi Chuan has been working with secondary students and teachers from both language acquisition and language and literature classes, sharing his works and insights into the creative writing process. This afternoon our community will be treated to a public recital by Xi Chuan in the Han theatre, along with accompaniment from musicians from Juilliard and IST students. Unfortunately this newsletter 'goes to print' just before the performance, but I am sure that it will be something very special!

I wish you all a most enjoyable and relaxing weekend!

Steve Moody
Director





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 Winners

The results are in! Here are the winners of this year's Panda Book Awards.



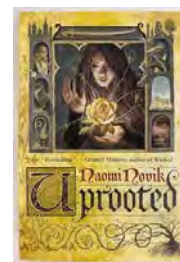
WINNERS 2024-2025

	YOUNGER READERS	MIDDLE READERS GN
		
		
MIDDLE READERS	OLDER READERS	MATURE READERS

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 on Thursday, March 27th. 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



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






The Hydration Heroes

Illustrated by Eunsung Cho G10
Written by Jeong Min Park G11



I'm Water Man! The hero who protects your body's hydration balance. Water is essential for temperature regulation, nutrient transport, and waste removal! Did you know 60% of your body is water?



Hahaha! Try living without water! Dehydration increases blood viscosity, strains your cardiovascular system, and impairs kidney function



Why am I getting muscle cramps? Is it from electrolyte imbalance due to dehydration?

This headache and lack of focus... Is it from reduced blood flow to the brain?

My mouth is so dry, and I feel dizzy... Even a 2% water loss causes these symptoms!



Don't worry! I've got this! You need at least 2 liters (8 glasses) of water daily. If you're exercising, add 30ml per kilogram of body weight!

+ 300ml



Water maintains electrolyte balance, supports blood circulation, and keeps your organs functioning! Dehydration reduces blood volume, strains your kidneys, and stresses your heart!

But I'll destroy all the water! Dehydration will shut your body down




Drinking water is a small habit with huge benefits! Just a 1% water loss causes thirst, and a 10% loss can be life-threatening!

Thank you, Water Man! We'll never skip hydration again!



Credit Box

<https://www.nhs.uk/conditions/allergic-rhinitis/>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/rhinitis>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9021509/>



In this week's Parent Partnership, I would like to discuss how parents could support and reassure children when they feel lonely. Phrases such as "It's completely normal to feel lonely sometimes," can help them feel understood. Encouraging open conversations about their feeling is vital, so saying things like, "Have you talked to your friends about how you feel?" can guide them toward building connections. A safe environment makes it easier for children to express themselves and find companionship.

IST Counseling

PHRASES FOR WHEN KIDS FEEL LONELY

"It's okay
to feel
lonely."

"You wish
you had someone
to play with.
I hear you."

"I know this is
hard. I'm here
for you."

"I'm going to
call a friend.
Want to call
someone, too?"

"Let's do
something to help
others. You're
creative. Have
any ideas?"

"Alone time
is important
too!"





Exciting Visit from South Korean Universities: Sungkyunkwan University and Sogang University

We're excited to share that representatives from two renowned South Korean universities, Sungkyunkwan University (SKKU) and Sogang University, recently visited IST School. This event was packed with informative sessions that offered great insights into the academic opportunities and vibrant campus life at these prestigious institutions.

During the visit, both students and parents had the chance to engage directly with university representatives. They shared valuable information about their programs, admission processes, and scholarship opportunities. Attendees were particularly drawn to the unique strengths of each university—SKKU's impressive history and commitment to innovation stood out, while Sogang's emphasis on liberal arts education and research sparked a lot of interest.

The feedback from our community was incredibly positive. Many students expressed their excitement about the diverse opportunities that studying in South Korea could offer. Parents also appreciated the detailed and clear information, which helped them support their children in making informed decisions about their futures.

We want to extend a heartfelt thank you to the representatives from SKKU and Sogang University for taking the time to make this event a success. We're looking forward to more collaborations in the future and encourage our students to explore the exciting educational pathways that await them abroad.

Stay tuned for more updates on upcoming university visits and opportunities!





High School Football teams remain undefeated

On Monday 03 March, our HS football teams hosted TEDA. Both teams won their games to remain undefeated so far in the season.

Boys result: 2-0

Girls Result: 1-0

To see the highlights, interviews and photos from the games, please follow the link below:

[HS Football](#) – Use the Password: GoBLAZE_GO

REMEMBER:

Season 3 sports have begun.

SEASON 3		
7-Mar	ISCOT ES Badminton (12:00-15:30)	WELL
8-Mar	ISAC HS Badminton	Boys @ WAB; Girls @ ISB
10-Mar	HS Football v TIS	Boys & Girls @ IST
13-Mar	MS Basketball v TIS	Boys & Girls @ TIS
15-Mar	ISCOT HS Badminton Tournament	IST
17-Mar	HS Football v TIS	Boys & Girls @ TIS
22-Mar	ISAC MS Basketball Exchange	Boys @ HBJ; Girls @ KWA
22-Mar	ISCOT HS Football Tournament	Boys @ WEL; Girls @ TIS
25-Mar	MS Basketball v WEL	Boys & Girls @ IST
09 April - 12 April	ACAMIS HS Football Tournament	IST (Tianjin)
16 April - 19 April	ACAMIS HS Badminton Tournament	KEY (Beijing)
17-Apr	MS Basketball v TIS	Boys & Girls @ IST
19-Apr	ISAC HS Football Tournament	TBD
25-Apr	ISCOT ES Football (G1-5) (12:00-15:30)	WEL
26-Apr	ISCOT MS Basketball Tournament	Boys @ IST; Girls @ TEDA
10-May	ISAC MS Basketball Tournament	Boys @ IST; Girls @ THIS

CCA Season 3:

CCA Season 3 will begin on Monday afternoon. Please make sure you are signed up and ready to attend your sessions.

Go BLAZE



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 Stir fry Vegetables 炒时蔬 <i>Allergy: wheat, cheese</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soya sauce</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: beef, cheese</i>	Fried Chicken 炸鸡 Roasted Potatoes 烤土豆 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
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 Plain Rice 米饭 <i>Allergy: soya sauce, egg</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <i>Allergy: soya sauce</i>	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce, wheat</i>	Fried Rice with Sausage and Egg 香肠鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <i>Allergy: egg</i>	Kimbab 韩式饭卷 Stir fry Vegetable 炒时蔬 <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) 10~14 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
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利通心面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Chicken Fajita 鸡肉法吉它 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <i>Allergy: wheat, soya sauce</i>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <i>Allergy: beef, soy sauce</i>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <i>Allergy: wheat</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>
Stir Fried Tomato with Egg 西红柿鸡蛋 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce, coconut</i>	Stir Fried Chicken with Lemon 柠檬炒鸡 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soya sauce</i>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetable 炒时蔬 <i>Allergy: coconut, milk</i>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: soya sauce, chili</i>
Stir Fried Noodles Korean Style 辛拉面炒年糕 Stir Fried Vegetables 素炒油菜 <i>Allergy: wheat, egg</i>	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, pork</i>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, soy sauce</i>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <i>Allergy: dried tofu, shrimp, soy sauce</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Cucumber Salad 黄瓜拌面筋 <i>Allergy: pork, wheat</i>
	Noodle with Tomato Sauce 番茄面	Noodles with Soybean Paste 炸酱面	Noodles in Vegetable Sauce 打卤素面	Fried Rice with Vegetable 蔬菜炒饭
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	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) 776	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 117	Fat 脂肪 (g) 22



DIARY DATES

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

Monday~Friday - Mar 31~Apr 4, 2025
Spring Break

Friday - Apr 4, 2025
Qingming (Tomb Sweeping) Day

SPORTS DATES

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

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

11 Mar - 13 Mar (Tues- Thurs)
ACAMIS Golf Tournament SIS (TBC)

13Mar (Thurs)
MS Basketball v TIS Boys & Girls @ TIS

15-Mar (Sat)
ISCOT HS Badminton Tournament IST

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

22-Mar (Sat)
ISAC MS Basketball Exchange Boys @ HBJ;
Girls @ CISB

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 3 Sport Schedule

- ☺ Starts Monday, 10 Mar and ends Friday, 23 May
- ☺ 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.