



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

As you will be aware, I attended the annual **IB Regional Conference** in Singapore last week-end, along with the school's IB Coordinators and Mr. Conway. The conference was an important opportunity to remain fully informed about the latest developments at the IB and within each of the three programme frameworks, along with general insights into the latest developments in best practices in international education. While it was a most informative couple of days, the highlight was actually the opportunity to reconnect with a group of IST alumni at **IST's first formal alumni gathering**. I can't begin to express how incredibly proud we all were to see how far these fine young people have come since graduating from IST, from the oldest graduate (2014) to the most recent (2024). I was also incredibly touched to hear them reflect on the many positive ways in which our school and community impacted their learning, character and lives as adult world citizens. Our IB Diploma Coordinator, Ms. Chuah, coordinated the gathering and has included a brief write-up (including some photos and quotes) later on in Blaze.

CONTENTS

- [IST Library](#)
- [A Note on Wellbeing](#)
- [Parent Partnership](#)
- [Secondary Menu](#)
- [Diary Dates](#)
- [CCA](#)
- [2024-25 Community-wide Goal](#)

Hi Mr. Moody,

Thank you for a wonderful five and a half years at IST. I remember being filled with joy everyday just being at the campus, with its friendly faces and beautiful architecture.

IST also showed me the value and joy of being inquisitive and always learning and improving myself. I think most of my best qualities come from my time here 😊

Anyway, a large part of what makes IST so great is you! I remember being shocked by how you know most of the students at this school and how you sang to us in primary school. So thank you for making me a happier person and changing my life for the better. I'll miss you!

- Jennifer

While on the topic of former students and the impact our school has on them, I am always amazed when former students visit Tianjin during their holidays and ask if they can attend classes for a day or two ... during their holidays! Of course, we are always delighted to welcome back our former students and to hear about their experiences post IST. One thing is clear, however, and that is that the experience of having attended our school, with its focus on friendliness, inclusivity, and concern for others, is a treasured one. **This past week we were pleased to welcome back Jennifer and Ryan Cha**, who spent 5.5 years at IST, leaving our school at the height of the COVID pandemic and now studying in Grades 11 and 9 at an international school in Seoul. I was greatly touched when Jennifer arrived in my office at the end of her second day, bursting into tears as she handed me a thank-you note. I believe her words about our school are not only beautifully written, but stand as a testament to the fine work of our entire community. Jennifer and Ryan, we miss you too!

As always, it has been wonderful to see you all in school this week attending **parent-teacher-student conferences**; participation in these meetings is an essential part of our home





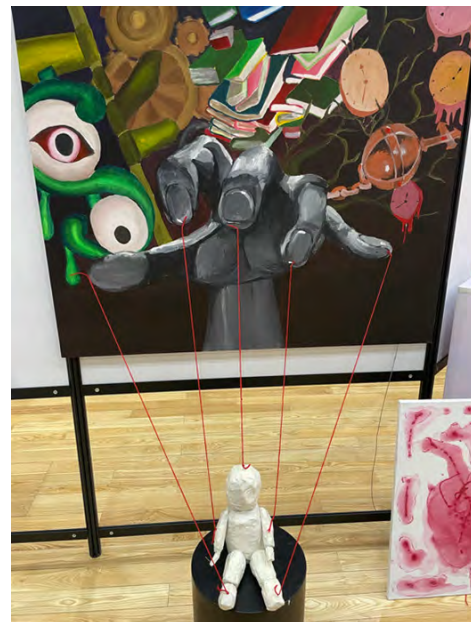
THE BLAZE

Working Learning Acting TOGETHER



and school partnership, and we greatly appreciate your active engagement and support! I trust that you will have found the opportunity to meet with your children's teachers to have been a valuable experience, and that both you and your children have a clearer understanding of how their school experience and learning is progressing. I also trust that parents of elementary students will have been impressed by their children's independence and insights into their own learning as a result of the 'student-led' nature of the Quarter 3 conferences. A reminder to all parents that teachers are very happy to schedule additional meetings should you wish to talk further; simply contact the teacher directly to request a meeting or contact the school office.

I am sure that those parents who attended conferences on Thursday will have embraced the opportunity to visit the wonderful **IB Diploma Visual Art Exhibition** on display in the Han Theatre. The collection of works was truly impressive, as was the imaginative manner in which each student chose to curate their works. On behalf of our talented artists (and their teacher!), I extend our community's congratulations for a superb exhibition. Here are just a few examples of the wonderful works on display.



We have a very busy first week back following the Spring Break, including hosting the China-wide ACAMIS Arts Teachers Conference (12-13 April) and the ACAMIS HS Soccer Tournament (9-12 April). I encourage parents to try to pop into school to cheer on our student athletes!

Finally, I wish you all a relaxing and enjoyable Spring Break vacation!

Steve Moody
Director



Dear Parents,

I hope this message finds you well. I am writing to share some observations that have raised concerns regarding our students' well-being. Recently, I visited several Secondary Homerooms and asked students a simple question: "What time did you go to bed last night?" For our High School students, I also inquired, "How many of you used a video screen or device immediately before bedtime?"

The responses were surprising. Some 6th Grade students reported going to bed as late as midnight, waking up at just 6:00 AM. Nearly all students indicated they were using a screen right before bed.

The modern world is a marvel of prosperity and innovation, largely due to significant advancements in science and technology. These gains have also come with a deeper understanding of human physiology and psychology. All students at IST are still children, and even those in Grade 12 are at a stage where their brains and bodies are engaged in continuous growth, a process that often lasts well into their 20s. One of the most critical needs for their happy, healthy development is adequate rest.

There are no "secrets" to healthy lifestyles, despite what some popular blogs and YouTube videos might suggest. One of the easiest ways parents can help ensure their children thrive is through a consistent daily routine that includes:

1. Drinking plenty of water.
2. Limiting large amounts of sugar and processed foods.
3. Eating vegetables and raw fruits.
4. Exercising daily.
5. Ensuring 7-8 hours of undisturbed sleep.
6. Avoiding screens at least 30 minutes before bedtime.

While IST can provide opportunities for students to drink water, eat healthily, and exercise, we cannot control their choices while they are at school. The habits listed above require constant and consistent reinforcement from parents at home.

Thank you for your attention to this important matter. By working together, we can help our children develop healthier routines that will serve them well into adulthood. If you have any questions or would like to discuss this further, please feel free to reach out.

Secondary Principal
Michael Conway



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.

The Role of Nutrition in Student Health: Impact on Energy Levels and Concentration

Nutrition plays a pivotal role in maintaining the health and well-being of students, significantly impacting their energy levels and concentration. A balanced diet is crucial for students to perform optimally in both academic and extracurricular activities. This article will explore how proper nutrition supports student health, focusing on its effects on energy levels and concentration.



Impact on Energy Levels

- **Primary Energy Source:** Carbohydrates are the body's primary source of energy. Consuming complex carbohydrates like whole grains, fruits, and vegetables ensures a steady release of energy throughout the day. This sustained energy is essential for students to maintain focus during long hours of classes and activities
- **Balanced Meals:** Skipping meals can lead to fatigue and decreased concentration. Regular consumption of balanced meals, including breakfast, lunch, and dinner, helps maintain stable energy levels. Breakfast, in particular, provides a crucial jumpstart for the brain and body
- **Hydration:** Adequate hydration is also vital for maintaining energy levels. Dehydration can lead to fatigue, headaches, and decreased cognitive function. Encouraging students to drink water regularly can help prevent these issues





Impact on Concentration

1. **Brain Health:** Nutrition directly influences brain development and function. Foods rich in omega-3 fatty acids, such as fish, walnuts, and flaxseeds, support cognitive function and memory. Antioxidant-rich foods like berries and dark leafy greens enhance concentration and mental clarity.
2. **Nutrient Deficiencies:** Nutritional deficiencies, particularly in iron, zinc, and B vitamins, can impair cognitive development and concentration. Ensuring adequate intake of these nutrients is essential for optimal brain function.
3. **Dietary Habits:** Regular consumption of nutrient-dense foods supports better academic performance and cognitive abilities. Students with healthy dietary habits tend to have improved attendance, better grades, and higher test scores.

Practical Tips for Students

- **Meal Planning:** Plan meals and snacks to ensure consistent nutrition throughout the day.
- **Breakfast Importance:** Start the day with a balanced breakfast that includes protein, carbohydrates, and healthy fats.
- **Smart Snacking:** Choose nutrient-dense snacks like fruits, vegetables, yogurt, or nuts.
- **Stay Hydrated:** Carry a water bottle and drink regularly.
- **Seek Guidance:** Consult a dietitian for personalized dietary advice if needed.

In conclusion, balanced nutrition is fundamental for maintaining optimal energy levels and concentration in students. By understanding the role of nutrition in student health and implementing practical dietary strategies, students can enhance their academic performance and overall well-being.

Bibliography

1. Mukhamedzhanov, E., Tsitsurin, V., Zhakiyanova, Zh., Akhmetova, B., & Tarjibayeva, S. (2023). The effect of nutrition education on nutritional behavior, academic and sports achievement and attitudes. *International Journal of Education in Mathematics, Science, and Technology*, 11(2), 358-374. doi: 10.46328/ijemst.3133
2. EBSCO Research Starters (2023). Health and Nutrition Studies. Retrieved from <https://www.ebsco.com/research-starters/nutrition-and-dietetics/health-and-nutrition-studies>
3. Centers for Disease Control and Prevention (1997). Guidelines for school health programs to promote lifelong healthy eating. *Journal of School Health*.
4. World Health Organization (1998). Healthy nutrition: an essential element of a health-promoting school. Geneva: World Health Organization; WHO/SCHOOL/98.4, WHO/HPR/HEP/98.3.





IST Alumni Reunion: First Stop – Singapore

Last weekend, IST alumni in Singapore had the fantastic opportunity to step back into their IST days! They gathered to reconnect with Mr. Moody, Mr. Conway, Ms. Chuah, Ms. McCord, and Ms. Suarez, who were in town for the Global IB Conference. The event also brought together former faculty members currently residing in Singapore.

From the attendees, some graduated from 2014, some only last year, and two parents whose children went to IST around the year of 2011.



One alumnus Chae Hyun Lim, who graduated from IST in 2017 has shared a few words after the reunion:

“To Steve, Michael, Ellie, and teachers,

I would like to express my gratitude for a wonderful night last Friday, making it one of my best days in Singapore.

It was so nice to see all of you with successful alumni in Singapore. I would proudly say IST is one of the foundations of my life, and things I've learnt and experienced during my years at IST became the force that drives my life.

I hope all of you stay well in Tianjin, keeping up IST the best.

Thank you once again!

Regards,

Chae Hyun”



Another former IST student John Lee, who now is a lecturer in a college in Japan, sent us an email in the following week:



"Dear IST community members,

This is John Lee, a graduate from the Class of 2014.

I am currently living in Osaka, Japan, working as a college lecturer specialising in modern Japanese literature & history.

I would like to sincerely thank the IST community for hosting a reunion in Singapore the other day.

It was truly a wonderful evening. Meeting my mentors & friends once again and sharing meaningful stories with them energized me very much both physically and mentally.

Please allow me to express my heartfelt appreciation to my alma mater for cultivating my internationalism and scholarship.

Thanks to the world-class education of IST, I have been able to pursue a career in academia.

I am already looking forward to meeting you all at our next reunion.

Until then, I wish every IST community member the best of luck in his or her future endeavours.

John Lee"



Not only did the former students have the chance to reconnect with their mentors and teachers and to share their lives after IST, but they also made new connections and formed new friendships.





THE BLAZE

Working Learning Acting TOGETHER

The student cartoon by Jiyun Lee, Ji Yoon Jung, Jeong Min Park, Ye Seo Choi, Eun Sung Cho, Hee Yu 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."



Acne

Illustrated by Emi Wen G10
Written by Jiyun Lee G11

Really? Let me have a look

Mom! There is something weird on my face

Oh Beth, this is just an acne

What is an acne?

It is a common skin condition where the pores of your skin clog and cause pimples.

So, I am not sick right?

Of course! Acne is very common for teenagers since during puberty

The sebaceous glands in the skin are stimulated and produce more sebum, an oily substance that can possibly clog hair follicles and cause acne

You should also avoid eating extremely spicy foods or touching your face.

Oh... I did not know that.

Then how do I get rid of it?

Some common way to cure acne is using skin care products with tea tree oil which is very effective in curing acne. Or you might also visit the hospital for medicine that suppresses sebum secretion.

It is very normal to have acne at your age. You do not need to feel ashamed!

Okay, thank you mom!

Credit Box:

- <https://my.clevelandclinic.org/health/diseases/12233-acne>
- <https://scientificorigin.com/why-teenagers-get-so-much-acne>
- <https://www.wikihow.com/Heal-Acne-Fast-and-Naturally>



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

Drop Everything And Move



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!





IST HEALTH AND
WELLBEING

DEAM

APRL

ABS and CORE BLAST

DARE BEE
EXERCISE LIBRARY
KNEE-TO-ELBOW

DARE BEE
EXERCISE LIBRARY
PLANK
ROTATIONS

[LINK](#) to videos



ABS & CORE BLAST



— 30-DAY CHALLENGE —

darebee.com

1 30 knee-to-elbows 5 sets 30sec rest	2 10 plank rotations 10-count plank hold 3 sets non-stop	3 30 knee-to-elbows 5 sets 30sec rest	4 10 plank rotations 10-count plank hold 3 sets non-stop	5 32 knee-to-elbows 5 sets 30sec rest
6 12 plank rotations 10-count plank hold 3 sets non-stop	7 32 knee-to-elbows 5 sets 30sec rest	8 12 plank rotations 10-count plank hold 3 sets non-stop	9 34 knee-to-elbows 5 sets 30sec rest	10 14 plank rotations 10-count plank hold 3 sets non-stop
11 34 knee-to-elbows 5 sets 30sec rest	12 14 plank rotations 10-count plank hold 3 sets non-stop	13 36 knee-to-elbows 5 sets 30sec rest	14 16 plank rotations 10-count plank hold 3 sets non-stop	15 36 knee-to-elbows 5 sets 30sec rest
16 16 plank rotations 10-count plank hold 3 sets non-stop	17 38 knee-to-elbows 5 sets 30sec rest	18 18 plank rotations 10-count plank hold 3 sets non-stop	19 38 knee-to-elbows 5 sets 30sec rest	20 18 plank rotations 10-count plank hold 3 sets non-stop
21 40 knee-to-elbows 5 sets 30sec rest	22 20 plank rotations 10-count plank hold 3 sets non-stop	23 40 knee-to-elbows 5 sets 30sec rest	24 20 plank rotations 10-count plank hold 3 sets non-stop	25 42 knee-to-elbows 5 sets 30sec rest
26 22 plank rotations 10-count plank hold 3 sets non-stop	27 42 knee-to-elbows 5 sets 30sec rest	28 22 plank rotations 10-count plank hold 3 sets non-stop	29 44 knee-to-elbows 5 sets 30sec rest	30 24 plank rotations 10-count plank hold 3 sets non-stop



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.

Women's History Month

In honor of Women's History Month and International Women's Day (March 8), we've curated a special display highlighting the achievements of women throughout history. From trailblazers in science to innovators in the arts, we have books for all ages that celebrate the contributions of women across the globe. Stop by the library to explore these inspiring stories and check out one of our featured books!



Parent Book Club

Our next Parent Book Club selection is the memoir *Crying in H Mart* by Michelle Zauner. We will meet in the library to discuss the book in April (date TBA). 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.



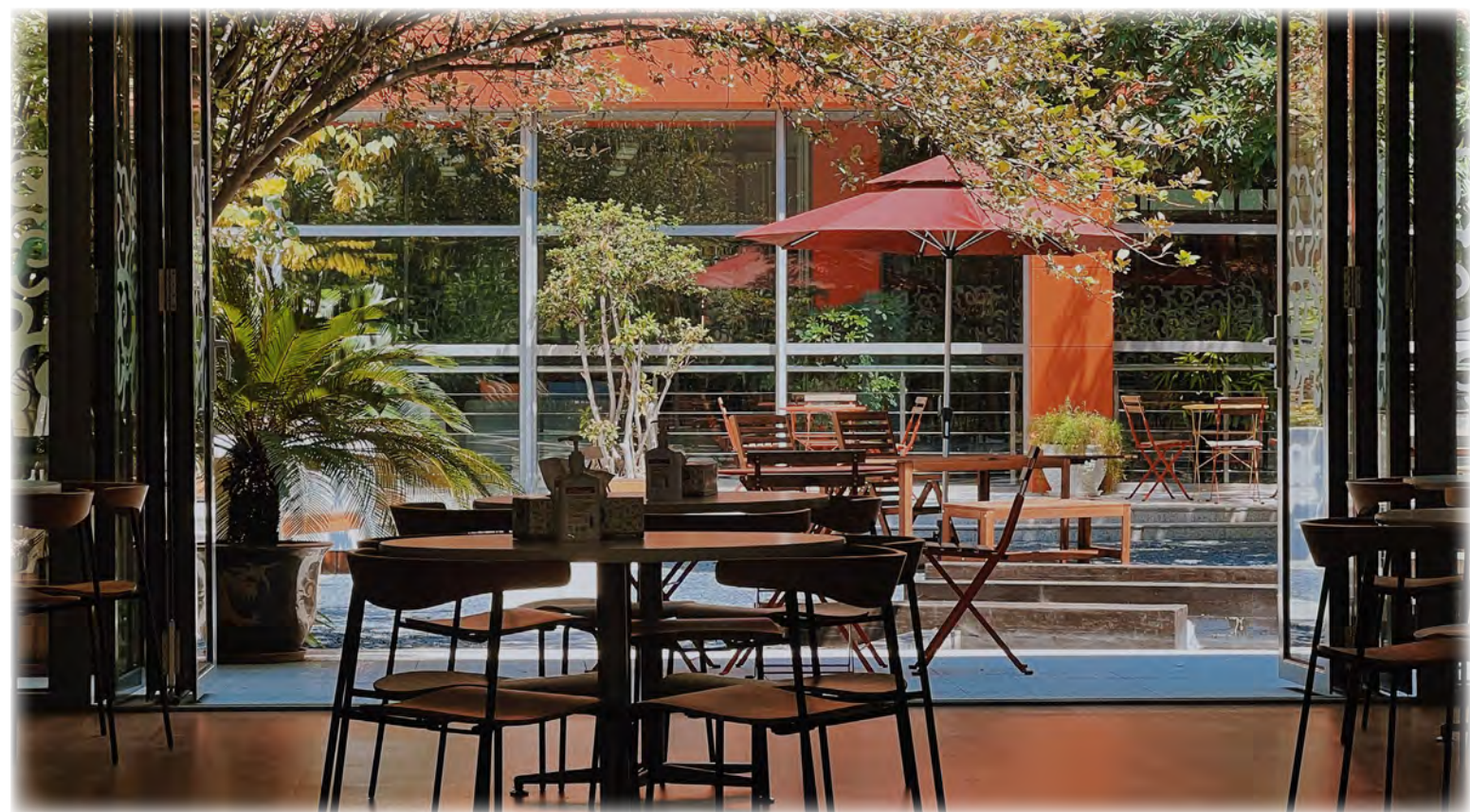
Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30



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) 7~11 Apr

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

14 ~ 18 Apr

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 in Tomato Sauce 番茄意面 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>	Fried Chicken 炸鸡 Fried Potatoes 土豆条 <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) 722	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

Weekly Menu (G2-G12) 7~11 April

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 Sweet Potatoes 烤地瓜 <i>Allergy: wheat, cheese</i>	Chicken Stewed French Style 芥末奶油鸡 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: milk, mustard</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: beef, cheese, milk</i>	Fried Chicken 炸鸡块 French Fries 薯条 <i>Allergy: wheat, soy sauce</i>	Sausage and Potato Stew 西班牙风味香肠炖土豆 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <i>Allergy: wheat, soy sauce</i>
Stir Fried Eggplant 红烧茄子 Stir Fried Zucchini 素炒西葫芦 Fried Egg 虎皮鸡蛋 <i>Allergy: egg, soy sauce</i>	Stir Fried Rice with Shrimp and Egg 虾仁蛋炒饭 Deep Fried Green beans 干煸豆角 <i>Allergy: soya sauce, shrimp</i>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <i>Allergy: soy sauce, breadcrumb</i>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Green Vegetables 炒蔬菜 <i>Allergy: soy sauce, egg</i>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Potatoes with Green Pepper 青椒土豆丝 Stir Fried Cabbage 清炒洋白菜 <i>Allergy: garlic, soy sauce</i>
Noodles with Tomato and Egg Sauce 番茄鸡蛋面 Dried Tofu with Green Pepper 青椒土豆丝 <i>Allergy: wheat, egg</i>	Stir Fried Pork in Pita Bread 京酱肉丝配荷叶饼 Mixed Vegetables 混合蔬菜/蕨根粉 <i>Allergy: wheat, soy sauce</i>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱牛筋面/洋白菜 <i>Allergy: sesame, wheat</i>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <i>Allergy: Chili</i>	Noodles in Beef Soup 番茄牛肉面 Boiled Vegetable 煮蔬菜 <i>Allergy: wheat, soy sauce</i>
	Stir Fried Vegetables in Pita Bread 荷叶饼夹蔬菜	Vegetable Dumplings 蔬菜水饺	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Noodles in Tomato Soup 番茄汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Vegetable and Egg Soup 蔬菜鸡蛋汤	Millet Congee 小米粥
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Rice Balls 糯米糍
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 785	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 23



DIARY DATES

Monday~Friday - March 31~April 4, 2025
Spring Break

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

Saturday~Sunday - April 12~13, 2025
ACAMIS Arts Conferences@IST

Tuesday - April 15, 2025
Secondary group photo shoot

Thursday - April 17, 2025
Elementary group photo shoot

Tuesday - April 22, 2025
Earth Day

Tuesday~Wednesdy - April 22~23, 2025
Spring Book Fair

SPORTS DATES

09 April - 12 April
(Wed - Sat)
ACAMIS HS Football Tournament
IST (Tianjin)

16 April - 19 April (Wed - Sat)
ACAMIS HS Badminton Tournament
KEY (Beijing)

17-Apr (Thurs)
MS Basketball v TIS
Boys & Girls @ IST

19-Apr (Sat)
ISAC HS Football Tournament TBD

25-Apr (Fri)
ISCOT ES Football (G1-5) (12:00-15:30)
WEL

26-Apr (Sat)
ISCOT MS Basketball Tournament Boys @ IST;
Girls @ TEDA

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.