



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

As mentioned last week, we had a very busy weekend with the ACAMIS High School Football tournament and the ACAMIS Arts Teacher Conference scheduled here at school. Both gatherings were very successful indeed, albeit that the weather did its very best to try to interfere!

We have been busy again this week, and on Monday Ms. Craig, our elementary STEM teacher, hosted a 'Storytelling with Technology' event for ISCOT (the Tianjin equivalent of ACAMIS) with Grade 3-5 student representatives from Wellington and TEDA joining us to learn about some of the exciting ways in which technology supports learning. And then this morning we had the pleasure of listening to IST's KG3 to Grade 5 students giving public recitations as part of the annual 'Elementary Speaking Spectacular' event. Presenting on a stage in front of a large audience is a scary undertaking for all of us, let alone for our very youngest students, so it really was something special to witness them all projecting their voices with such confidence and expression. I know that the many parents in the audience were every bit as impressed and proud as the children's teachers and schoolmates were!

Last night the IST Board of Governors met with two of the main items on the agenda including school fees and the draft budget for the upcoming school year. The Board will be releasing its decision on the fee structure for next year in a community announcement next week, along with the annual 'Intent to Return' survey, which asks parents to provide an early indication about whether or not they intend to have their children return to IST next year, or not. Please note that the survey is 'non-binding', so of course you are welcome to change your minds, without consequence, and knowing that regardless of your initial intentions, a place will remain secure for your children until such time that you have made your final decision.

Today was a momentous day for our Grade 12 Seniors, the last formal day of their secondary schooling before they begin a week of study leave in preparation for the commencement of their IB Diploma final examinations on 28 April. On behalf of our entire community, I extend our very best wishes to the Class of 2025 as they undertake this incredibly demanding series of examinations; I know that they will do very well indeed (although their parents might be a little stressed!)

A reminder to parents that the Spring Book Fair is open in the library on Tuesday and Wednesday, and that we will also be celebrating Earth Day at school on Wednesday (although every day is Earth Day!) Please also note that I will be out of school next Thursday and Friday attending the ACAMIS Board of Directors meeting in Xi'an.

Wishing you all a wonderful weekend!

Steve Moody
Director

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Sadness is one of the easiest emotions for children to understand, and one of the first emotions that they can learn to recognize in others. Everyone feels sad one time or another for a variety of reasons. As parents, we want to empower our children to recognize when they are feeling sad and, if needed, take steps to help themselves feel better or ask for help. When you help your child recognize the physical features that accompany feeling sad and understand the reasons why someone might feel sad, you are helping your child create the necessary building blocks for them to manage their own emotions and relationships. Sometimes simply acknowledging your child's sadness is all that is needed.

IST Counseling

WHEN TEACHING KIDS ABOUT SADNESS, SAY

"Sadness is a normal emotion, just like happiness."

"This emotion can feel uncomfortable, but it is not here to hurt you."

"It's okay to feel sad and express your feelings."

"Let's name this feeling of sadness or draw what it feels like."

"Feelings of sadness are trying to teach us about ourselves and our triggers!"

"You are allowed to feel sad without feeling bad about that feeling."

"Do you want to work together to learn coping skills when we feel sad?"





Dear Parents,

I would like to take a moment to remind everyone of the IST policy regarding student attendance, as outlined on page 31 of the 2024-25 Parent Student Handbook. It states: “If a student is absent for 20 days or more during one school year, he/she may be required to repeat the grade in the following year.”

I bring this to your attention for several important reasons. We frequently receive requests from parents seeking excusals for their child’s absences. It’s essential to clarify that absences typically fall into two categories: excused due to illness or unexcused. While we do accept parental notifications for short-term illnesses, we require a doctor’s note for absences extending beyond one week. This policy is consistent with practices in many educational institutions and ensures that we maintain a clear and fair approach to attendance.

Recently, I have observed a concerning trend among some secondary students, with many accumulating 10 or more absences in a single school year. In some cases, students have more than 10 absences that are not the result of prolonged illness. Generally speaking, healthy children do not miss significant amounts of school due to common ailments like colds or flu. And it appears that some parents may be allowing their children to stay home for reasons that could be classified as minor, such as feeling tired or experiencing a mild stomachache.

While we fully respect parental discretion regarding children's health, I encourage all parents to support the development of greater resilience in their children. Regular school attendance is vital for fostering responsibility and personal growth. Each day in the classroom plays a crucial role in their educational experience.

Thank you for your attention to this matter. Together, we can help our students thrive and make the most of their education.

Michael Conway
Deputy Director / Secondary Principal



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



OUR POWER, OUR PLANET

EARTH DAY

APRIL 23RD, 2025

WEAR **GREEN** !!
Get ready for various activities
focused on sustainability!

INTERNATIONAL
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INTERNATIONAL
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Weekly

THE BLAZE

Working Learning Acting TOGETHER



WEAR GREEN!



Earth Day
Our Power, Our Planet

APRIL 23RD, 2025

COME ALONG AND

- Conduct a sustainability audit.
- Explore electric and wind-powered cars.



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



THE BLAZE

Working Learning Acting TOGETHER



ABS & CORE BLAST



— 30-DAY CHALLENGE —

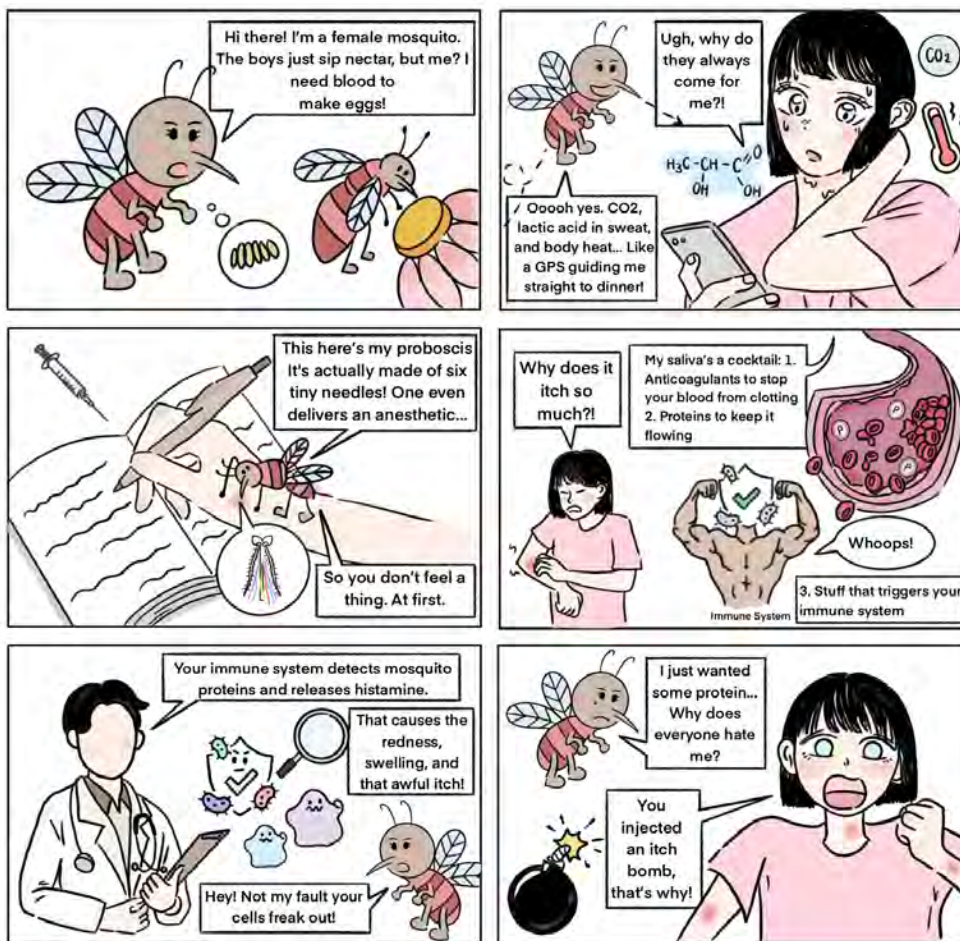
darebee.com

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



The Truth About Mosquito Spit

Illustrated by Yeseo Choi G11
Written by Jeong Min Park G11



Credit Box



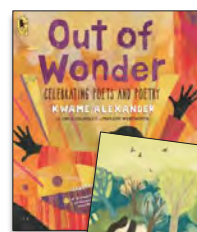
IST Library & Information Literacy Center

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.

Poetry Month

We are celebrating poetry all month long at the IST library. Stop by to pick up a free poetry postcard, create your own poems with our big magnetic poetry board, or read some books of poetry!



Parent Book Club: May 29th



This week, the Parent Book Club had a wonderful discussion of the memoir *Crying in H Mart* by Michelle Zauner.

Our next book selection is the novel *The Nightingale* by Kristin Hannah. We will meet in the library to discuss the book on Thursday, May 29th at 8:30 am. The library has copies of the book in English, Chinese, and Korean. A digital copy in English or Chinese is also available upon request.

This will be our last meeting of this school year. Please consider joining us for coffee, treats, and a lively discussion—even if you don't have 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

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IST PFO Hiking

26th Apr, Saturday



Destination: Xifengyu Valley

Original cost 140

PFO sponsor 100, you only pay 40

Let IST families explore nature and
discover the joy of tracking!!



Food theme: The Cambodian cooking class

Menu:

1. Beef Lok Lak
2. Beef Sour soup
3. Stir Fried chicken with lemon grass
4. Creamy corn coconut custard



When: 30th April 09:00am-2pm

Where: IST Elementary Kitchen

Host: Nary

Cost: 100 RMB per person

Please join the WeChat group by scanning this QR code:
Max 16 participants, first-come first-served.

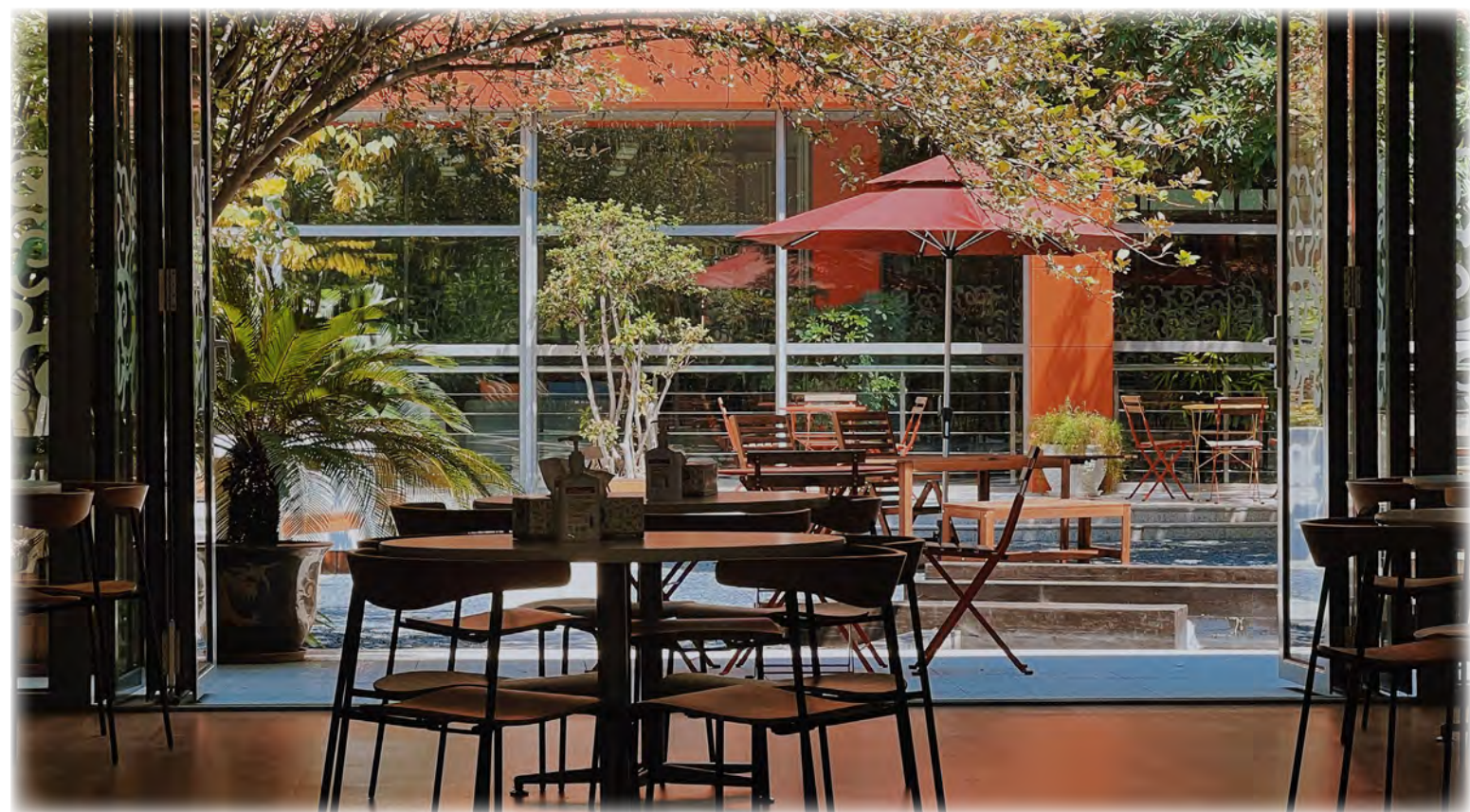




Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

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) 21-25 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 炒时蔬	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬	Fried Chicken 炸鸡 Roasted Potatoes 烤土豆 Stir fry Vegetable 炒时蔬	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬
<u>Allergy: wheat, cheese</u>	<u>Allergy: wheat, soya sauce</u>	<u>Allergy: beef, cheese</u>	<u>Allergy: wheat</u>	<u>Allergy: wheat</u>
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

28-30 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut		
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Plain Rice 米饭	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬		
<u>Allergy: soy sauce, egg</u>	<u>Allergy: soya sauce</u>	<u>Allergy: soy sauce, wheat</u>		
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) 725	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 101	Fat 脂肪 (g) 19

Weekly Menu (G2-G12) 21-25 Apr

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 Potatoes 土豆角 <u>Allergy: wheat, cheese</u>	Pork with Apple Stewed 法式苹果猪 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <u>Allergy: milk</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, cheese, milk</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat, mayonnaise</u>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: breadcrumb</u>
Curry Vegetables 咖喱蔬菜 Steamed Egg and Tofu 蒸鸡蛋豆腐 <u>Allergy: egg, soya sauce</u>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片 Stir Fried Chinese Cabbage 白菜烧面筋 <u>Allergy: soya sauce, chili</u>	Hainanese Chicken Rice 海南鸡饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <u>Allergy: soya sauce, chili</u>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <u>Allergy: soya sauce, chili</u>	Pork Balls with Egg 虎眼丸子 Stir fry Bean curd 辣炒豆干 Stir Fried Green Vegetables 蒜蓉小白菜 <u>Allergy: egg, soya sauce</u>
Spicy Noodle 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <u>Allergy: wheat, egg</u>	Fish with Pickled Mustard Greens / Fish in Tomato Sauce 酸菜鱼/番茄鱼 Green Vegetables 煮蔬菜 <u>Allergy: fish, soya sauce</u>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦/拌麻根粉 <u>Allergy: wheat, soya sauce</u>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <u>Allergy: wheat, chili</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soya sauce</u>
	Mixed Vegetables with Black Pepper Sauce 黑椒蔬菜	Vegetable Dumplings 蔬菜水饺	Fried Rice with Vegetables 蔬菜炒饭	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 - April 23, 2025
Earth Day

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

Monday~Wednesday - April 28~May 21, 2025
IB Diploma Exams

Thursday~Friday - May 1~2, 2025
May Day Break

Tuesday - May 6, 2025
ELA Entrance Testing

Thursday - May 8, 2025
Summer Theatre

Friday - May 9, 2025
Elementary Sports Day

Monday~Friday - May 19~23, 2025
Secondary Exams (G9-11)

SPORTS DATES

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

10-May (Sat)
ISAC MS Basketball Tournament
Boys @ IST; Girls @ BCIS

16-May (Fri)
ISCOT MS Table Tennis (singles) (12:00-
15:30) WEL

23-May (Fri)
ISCOT Swimming (G1-5) 12:00-15:30 WEL

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.