

2023-24 IST Community-wide Goal: Understanding and Promoting the Diversity of Knowledge (IBLP)

Our community welcomes and values the multiplicity of interests, ideas, and beliefs and values that exist within our international community living here in Tianjin, and beyond, and we are committed to providing a safe, open-minded, and inclusive environment for all. In embracing physical and socio-cultural diversity, we also champion diversity of thought and the critical thinking and open-minded inquiry and learning across a range of topics and disciplines that deepens conceptual understanding and intellectual growth and independence. We listen carefully when considering alternative points of view, and we are willing to grow and change as a result of sincere intellectual inquiry and discourse. We will engage with issues and ideas that have local and global significance, we challenge injustice, and we take personal and professional responsibility for our roles, responsibilities and actions, and their consequences.

Dear Parents

This morning we enjoyed a series of delightful musical performances from our Grade 2-5 students, and as always it was wonderful to see so many proud parents in the audience! Congratulations to the student performers and to all involved in planning the event!

A reminder to parents that the **Grade 9-11 students will undertake Semester 1 examinations next week**. Please be sure to help your children prepare for their examinations by limiting other activities, by ensuring they get a good night's sleep each and every night, and by encouraging them to prepare both study notes and a study schedule. And be sure to encourage them to try to remain calm and maintain a sense of perspective, knowing that these examinations will not in themselves determine the courses of their lives! I would also like to ask all parents to be mindful of examinations taking place should you happen to visit the Han building next week. All the best to our Grade 9-11 students!

I am pleased to be able to share with our community the results of our annual parent climate survey, which was completed by just over 60% of our families. While 60% is not quite as strong a response as I would have liked, I do believe that it is a sufficiently robust response to lend genuine validity to the results. We sent out three versions of the survey, in English, Chinese and Korean, and as expected there were some minor variations between these major constituent groups, but nothing too striking.

I am pleased to share that support for the school's performance was once again very high across all five domains and all 25 statements. 18/25 statements had 0% 'do not endorse' ratings, 6/25 statements had 1% 'do not endorse' ratings, and 1 statement received 2% 'do not endorse' ratings. I have shared all questions and negative rating responses below for your reference.

In addition to a number of very positive and complimentary observations, there were also a number of constrictive suggestions. Some comments were targeted at the performance of specific individuals, so I am unable to respond to these here, but if you hold concerns about the conduct or capability of any member of our staff, you are strongly encouraged to share these concerns directly with the principals, or with me. I will certainly be taking all of these observations into consideration, and I have already charged members of our staff to start investigating possible responses, where reasonable. I will draw a few comments to your attention though:

- One family commented that they hadn't yet met the director (me!) This was of course very embarrassing for me as I do like to be as welcoming as possible to our families. I would encourage this family to please pop in to see me the next time they are in school; my door really is nearly always open!



BLAZE

WEISHAN SOUTH ROAD,
SHUANGGANG, JINNAN DISTRICT
TIANJIN 300350 P.R.CHINA
TEL: 86 22 28592001
EMAIL: INFO@ISTIANJIN.ORG.CN
WWW.ISTIANJIN.ORG

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- There were several comments made about the cafeteria service, including lack of variety of dishes, too many vegetarian and chicken dishes, etc. Although such responses were not unexpected, but I will nevertheless ask the cafeteria committee to reconvene to discuss some potential adjustments to the service.
- There were a couple of comments suggesting that not enough staff are on duty during breaks, as children are sometimes injured. I am not convinced that this is necessarily an objective observation, as we do indeed have numerous adults on duty at all times, but the reality is that their eyes cannot be everywhere all at once, and children running around playing will occasionally have accidents. Nevertheless, I have asked the principals to check their duty rosters, and to stress active management by walking around when on duty.
- There were some comments about translation services during meetings. We are also looking into this, including AI solutions (which many parents do in fact already take advantage of).
- Questions were raised about ensuring that emails autofit to mobile devices. I have checked and I believe the issue may only exist with android devices. We will see what else can be done!
- One parent commented on the flow of adults that we allow into the school and potential security concerns. While I appreciate the reality of the observation, we do try to balance out the broad wants of the community, and to this end we do feel that it is important to ensure that IST remains a community-oriented school, allowing access to our families. Please do remember that only parent and staff ID holders are permitted to enter the buildings.
- There were comments about insufficient information being shared, and contrasting observations that too much is shared. This is always a challenge, but we are going to look at some possible improvements, possibly including a single one page weekly 'key news and dates' link that consolidates information and directs parents to more details if they want it. No promises, but we are investigating!
- Requests were made for additional pick-up and drop-off points for parents when IST provides transport for specific events. This is tricky as it is a free service (though it costs the school) and each stop adds time ... plus the more we add, the more obvious it becomes that any given individual's own preferred stop is not being serviced! Again, we will take a look at this!
- A very reasonable comment was made about our sports teams and how much time individual players get to play (especially when not necessarily 'starters' and when the school is clearly winning comfortably, and therefore when allowing less skilled players to play would not hurt the team's overall chances of success). I have asked our athletics coordinators to take this concern up with all coaches!
- One comment was made about the rigor of Chinese instruction for non-native speakers. This too is complex, as learning Chinese is more challenging than many parents might imagine, and increasing rigor can have the undesirable effect of turning students off, especially in Chinese because it requires a very traditional 'rote learning' approach. I have asked Mr. Conway, a fluent speaker and teacher of Chinese and a former Chair of our Chinese language department, to arrange an opportunity for interested parents to come into school to learn a little more about the unique challenges associated with learning Chinese.
- And more! Please do rest assured that we will seriously consider each suggestion shared. I do encourage parents to please come in to share concerns or suggestions directly with us; while I can't promise that we will necessarily be able to respond to every concern or suggestion exactly in the manner that a given parent might prefer, I can assure you that all will be listened to, and carefully.

Part 1: Philosophy and Guiding Statements (numbers to the right are the percent of 'do not endorse' responses)

1. Our school tries to be true to its philosophy (e.g. IST is a friendly place: we promote a partnership between the home and school; acceptance of the views of others; student collaboration; creative thinking; real world application; individual differences; honesty and courage; respect for others, and our host country and environment.)	0%
2. Our school does a good job encouraging the development of the IB Learner Profile dispositions in our students (e.g., communicator, balanced, open-minded, thinker, caring, reflective, etc.) .	0%
3. Our school and our guiding statements promote a realistic and honest picture of IST's educational beliefs and practices to families.	0%
4. Our school provides a safe, warm and welcoming environment for our students.	0%
5. For the most part my child/ren are proud of their school and enjoy the environment and their studies.	0%

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Part 2: Parental Partnerships (numbers to the right are the percent of 'do not endorse' responses)

1. Our school is open and welcoming to parents and promotes home and school partnerships that support the learning and wellbeing of IST students, including responding constructively to parental questions and concerns.	0%
2. Our school actively supports the PFO in an attempt to ensure that parents have opportunities to be involved in school life, and in events and activities beyond the school.	0%
3. Our school attempts to provide meaningful opportunities for parents to learn more about the school and its programmes, including events such as New Student Orientation, Open House, homeroom presentations, education forums led by both IST faculty and external professional consultants, etc.	0%
4. Our school is willing to support parental access to the school campus and facilities, including outside of regular school hours.	0%
5. As a parent I feel welcome and included as a member of our school community.	0%

Part 3: Teaching and Learning (numbers to the right are the percent of 'do not endorse' responses)

1. Our school nurtures student curiosity, enthusiasm, and courage.	0%
2. Our school helps students develop critical thinking and problem-solving skills, and to become effective inquirers and independent learners.	1%
3. Our school ensures students have choice, voice, and ownership and opportunities to take action.	1%
4. Our school inspires students to take risks and generate innovative ideas and solutions using relevant media and technologies.	1%
5. Our school generally provides for the varied needs of my child.	1%

Part 4: Operations and Facilities (numbers to the right are the percent of 'do not endorse' responses)

1. Our school provides high quality facilities, furnishings, and equipment.	0%
2. Our library, teaching materials and technology provision are excellent and meet the needs of our students and community, in terms of quality, accessibility and variety.	0%
3. Our school's contract services (security, cleaning, transportation, cafeteria, grounds) are of an acceptable standard.	1%
4. Our school website, newsletter, e-notifications and social media forums provide relevant and timely information about our school, programs and events.	1%
5. Our school monitors, plans for, and is appropriately prepared to respond to crises and emergency situations (e.g. Fire Drills, AQI monitoring, Fog Days, etc.).	0%

Part 5: Personnel (numbers to the right are the percent of 'do not endorse' responses)

1. Our Director is friendly and approachable and works hard to effectively manage the diverse functions of our school, with a genuine commitment to meeting the needs and the interests of the school and school community.	0%
2. Our Secondary Principal is friendly and approachable and works hard to effectively manage the interests of our Secondary School.	0%
3. Our Elementary Principal is friendly and approachable and works hard to effectively manage the interests of our Elementary School.	0%
4. Our teachers are friendly, approachable, and professional.	2%
5. Our office and operational staff are professional, approachable, and helpful.	0%

Finally, please note that there will be no edition of Blaze next week. I wish all families a most enjoyable weekend, and safe travels and a most relaxing Winter Holiday. A reminder that school resumes on Monday 8 January 2024.

Seasonal greetings to you all!



Steve Moody
Director

Upcoming World Celebration Dates...Thursday~Friday - December 7-15, 2023 Hanukkah

Hanukkah, also known as the Festival of Lights, Feast of Dedication, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire of the 2nd century BCE. Hanukkah is observed for eight nights and days. The festival is observed by the kindling of the lights of a unique candelabrum, the nine-branched menorah or hanukiah, one additional light on each night of the holiday, progressing to eight on the final night.

Thursday - December 21, 2023 December/Winter Solstice

Solstices occur because the Earth rotates in relation to its horizontal path around the Sun — called the ecliptic — at a 23.5-degree angle. For half of each year, the Northern Hemisphere is tilted closer to the sun than the Southern Hemisphere. For the other half of the year, the Southern Hemisphere leans closer to the sun. This change happens gradually, moment by moment, throughout the year as the Earth orbits around the sun.

In the Northern Hemisphere the winter solstice occurs around Dec 21. At this time, the sun appears lowest in the sky and the daylight times are the shortest of the year. It's the summer solstice on the same day in the Southern Hemisphere. There, Dec 21 (approximately) brings the longest day and shortest night of the year.

Monday - December 25, 2023 Christmas

Christmas is an annual commemoration of the birth of Jesus Christ and a widely observed cultural holiday, celebrated generally on December 25 by billions of people around the world. A feast central to the Christian liturgical year, it closes the Advent season and initiates the twelve days of Christmastide, which ends after the twelfth night. Popular modern customs of the holiday include gift giving, Christmas music and caroling, an exchange of Christmas cards, church celebrations, a special meal, and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

Sunday - December 31, 2023 New Year's Eve

In the Gregorian calendar, New Year's Eve, the last day of the year, is on December 31. In many countries, New Year's Eve is celebrated at evening social gatherings, where many people dance, eat, drink alcoholic beverages, and watch or light fireworks to mark the new year. Some people attend a watchnight service. The celebrations generally go on past midnight into January 1 (New Year's Day).

Monday - January 1, 2024 New Year's Day

In present day, with most countries now using the Gregorian calendar as their de facto calendar, New Year's Day is probably the world's most celebrated public holiday, often observed with fireworks at the stroke of midnight as the new year starts in each time zone.

Monday - January 1, 2024 Day of the Establishment of the Slovak Republic

The Day of the Establishment of the Slovak Republic (Slovak: Deň vzniku Slovenskej republiky) is always celebrated on 1 January and marks the day in 1993 when Czechoslovakia split into the Czech Republic and Slovakia.



the Parent Partnership

Raising children while being loving and supportive to them can be hard for all parents. Mostly that's because it takes a long time to see any reward for your effort.

Being a parent, while beautiful and rewarding, is work. Work that requires energy, creativity, patience, understanding, and lots of anticipation. It requires you to be "on" in a way that should not be underestimated.

It's totally ok for you to sometimes drop everything and take care of yourself so to avoid parental burnout.

Your needs are just as important as your child's. Don't ignore them.

YOU CAN LOVE YOUR KIDS **AND** STILL:



Want a break



Miss things you
used to do



Do something
for yourself



Lose your cool



Struggle with
parenthood



Need quiet time
for you



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2024/2026 IST Scholarship Announcement

The International School of Tianjin is once again proud to announce its scholarship program for students in their final two years of school. The purpose of the scholarship program at IST is twofold: first, it provides an outstanding educational opportunity each year for a limited number of current IST students of exceptional talent who are experiencing clearly-demonstrated financial need; and second, it provides that same opportunity to a limited number of non-IST students of exceptional talent in order to enrich the overall quality of both our student population and our IB Diploma Programme. This latter group may or may not have financial need.

Description and Value of Scholarships

The IST scholarships are awarded for a period of up to two years to students about to enter 11th grade. The following scholarships are offered:

- Full scholarships: equivalent to the cost of all tuition (components A & B) for grades 11 and 12.
- Tuition scholarships: equivalent to the cost of tuition only (component B) for grades 11 and 12.
- Bursaries: equivalent to half the cost of tuition (half of component B) for grades 11 and 12.

IST scholarship students will benefit from an outstanding education in their final two years of school. Students who successfully complete the two-year programme will be awarded the IST High School Diploma. IST is an International Baccalaureate (IB) World School, and students have the opportunity to earn the full IB Diploma, which is highly regarded by competitive universities worldwide as an entrance qualification.

Selection Process

A maximum of three IST scholarships or bursaries may be awarded every year to current-IST-student candidates. A similar number will be awarded to students outside of the IST community. The selection process will include examinations, a formal interview, and a final selection by the IST Scholarship Committee of the IST School Board of Governors.

In making its recommendations, the IST Scholarship Committee will give consideration to:

- Candidates who demonstrate a high level of academic potential
 - IST candidates **must** have achieved honors/high honors or equivalent in at least 2 of the previous three semesters.
 - IST candidates **must** also include an outline of how they intend to contribute to the school culture and demonstrate the IST philosophy in their application statement.
 - Other candidates must be in the top 25 percent of their school class
- Candidates who have the ability to make a significant contribution to the life of the school
 - through heavy involvement in CAS activities
 - through active promotion of the IB Diploma programme
 - through active leadership within the school community
- Specifically for current IST students, candidates who have a demonstrated need for financial assistance.

Who is Eligible to Apply?

Students of all nationalities are invited to apply for an IST scholarship. Current students at IST with demonstrable financial difficulty are welcome to apply. A strong command of written and spoken English is essential. It is the policy of the school that a family cannot receive more than 1 full scholarship at any given time. Students with other family members currently receiving scholarships may not be offered scholarships for the full two years of the award.

Method of Application

All candidates should contact the school to receive an application package. **The closing date for applications is Thursday, February 1st, 2024.** Applications received after this deadline will not be considered. The scholarship examinations will be held on Saturday, February 24th from 9:00am to 2:30pm. Interviews with qualified candidates will be held on or about March 6th. Scholarship awards will be announced by early April.

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Required Documents

Students will need to obtain copies of their last two school reports. If they are in a language other than English, they must be translated and notarized.

From the Student

A Personal Statement that includes:

- Information about you and your interests.
- Why you are applying for the scholarship at the International School of Tianjin.
- Transcript from your current school that has reference to honor roll and/or class ranking
- A minimum of **two letters of reference** that detail the character of the applicant in terms of his/her honesty, integrity and maturity. Character references can be from teachers or other adults in a supervisory position but cannot be from family members or close acquaintances. *(For IST students, a brief email reference from a teacher can be sent directly to Mr. Conway)*
- For IST students, an outline of how they intend to contribute to the school culture and demonstrate the IST philosophy.
- Any other details relevant to your scholarship application.

From the IST Parent

If consideration of financial hardship is sought, parents must provide the following:

- Their own formal letter of explanation, detailing their financial circumstances.
- A letter from an employer which clearly states that tuition is not provided for by the company, either directly or indirectly (in the form of an employee stipend or a salary adjustment).

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The Scholarship Selection Process

Application

Students wishing to apply for a scholarship must submit the Scholarship Application Form **no later than 12:00 pm Thursday, February 1st, 2024**. This form includes personal details and educational background.

Students must also attach any and all required supporting documentation (see details in 'Required Documents' information).

Incomplete applications will not be considered and late submissions will not be accepted.

Examinations

Examinations will be held at the school on Saturday, February 24th from 9:00am to 2:00pm.

Students will complete three examination papers

- Mathematics – testing mathematical skills and problem solving.
9:00am – 10:30am
- English – testing reading comprehension and essay writing.
10:45am – 12:15pm
- Science – a test of general problem solving, logic skills and scientific writing. This is not based on any specific course content.
12:30pm – 1:45pm

Interview

Following the examinations, selected candidates will be invited for an interview with the selection panel. The selection panel will consist of the Director, the Secondary Principal, the Diploma Coordinator and members of the IST Board of Governors. The contribution that the student can make to the school and their long term and short-term goals, will be the main points for discussion. Students are welcome to bring supporting evidence to the interview. Interviews are on Wednesday, March 6th.

Results

Candidates will be informed of their results by early April.

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Scholarship Application Form

Student Information:				
_____			Gender: Male / Female	
Family Name		First Names		
_____		_____		
Date of Birth (mm/dd/yy)		Age		
_____		_____		
Nationality & Citizenship		Native Language		
_____		_____		
Language(s) Spoken at Home				

Other Languages Spoken				

E-mail Address				

Schools Attended: (Begin with present school)				
Grade(s)	School Name	Location (city/country)	Language(s) of Instruction	Dates Attended mm/yy – mm/yy

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Please complete all parts of this application form.

Parent Information:

(Please attach a business card with your company name and address)

Father:

Last Name	First Name	Nationality & Citizenship
Company Name:		Position:
Address		
Telephone Number	Fax Number	E-Mail Address

Mother:

Last Name	First Name	Nationality & Citizenship
Company Name:		Position:
Address		
Telephone Number	Fax Number	E-Mail Address

Signatures:



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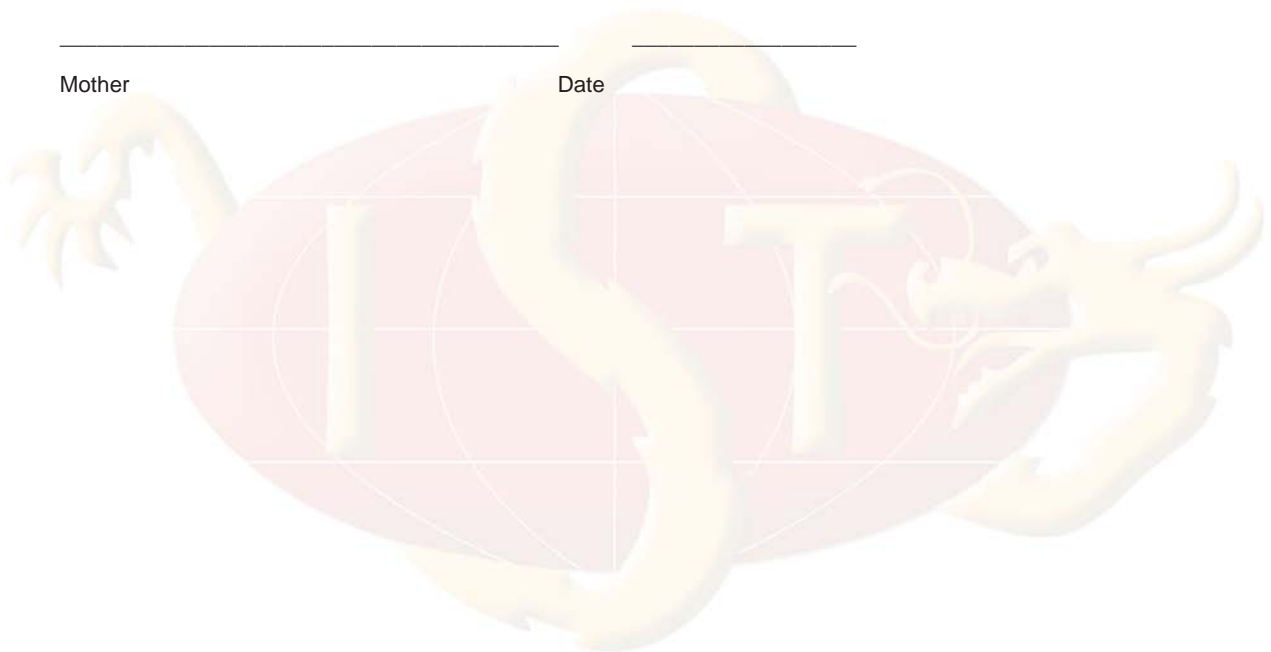
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Student

Father

Mother

Date



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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.

Winter Holiday Checkout

Tis the season to curl up with a good book! Students (and parents!) are encouraged to borrow books over the winter holidays. Elementary students may borrow up to ten books over the holidays with a signed permission slip. Permission slips are available on SeeSaw, at the library circulation desk, or by contacting your child's homeroom TA. Secondary students do not need a permission slip to borrow books over the holiday. Holiday checkout begins next week (December 11). Stop by the library, browse our winter book displays, and as always, we are happy to make recommendations!



Holiday Checkout

DATE _____

Dear IST Librarians,

My child _____ in class _____ has my permission to check out up to ten (10) books over the winter holiday. We understand that books are due back the first week after the holiday (January 8-12) and that we will be held responsible for any lost or damaged books.

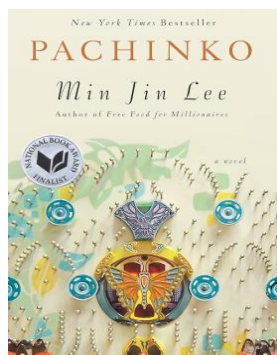
Parent name: _____

Parent signature: _____

Holiday Checkout: December 11-15



Parent Book Club—January 16th @ 8:30 in the library



Our next Parent Book Club selection is the novel *Pachinko* by Min Jin Lee. We will meet to discuss this book on November 28th, in the library. The library has copies of the book in English, Chinese, German 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. Scan the code to join our WeChat group.

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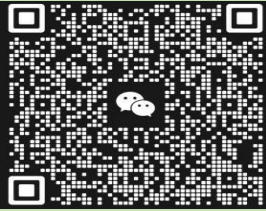
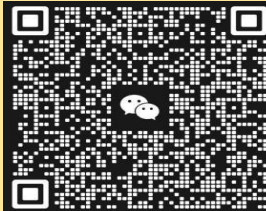
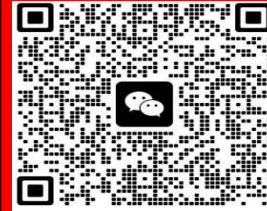
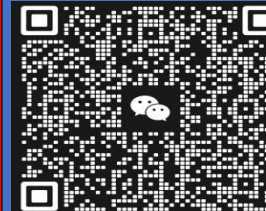


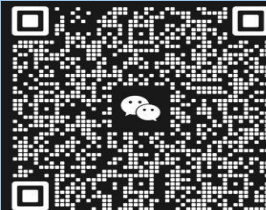
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ACTIVITIES FOR PARENTS

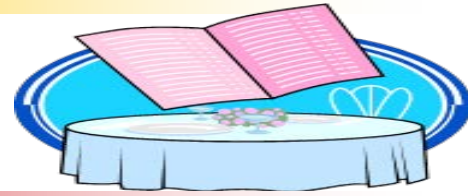
Several activities and classes are available for Parents at IST. Want to enjoy Yoga or Chinese dance? To meet with other parents and do an activity that you like ? Do not hesitate, come and try!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15/9:15am Yoga with Vicky 80rmb/class	9:00/11:00am IST Baby Dragons Playgroup FREE Under 4's PFO Room	8:15/9:15am Yoga with Vicky 80rmb/class	8:15/9:15am Yoga with Vicky 80rmb/class	8:30/10:00am Chinese corner Free
9:30/11:30am English corner FREE ELEMENTARY MEETING ROOM	9:30am/12am Chinese Painting 5 & below 100-110 rmb/class 6 above 50- 80even/class depending on the number of participants	10:00/10:50AM Zumba class ¥ 60/per person THEATER		
	9:30/11:00am Chinese Dance 60-80rmb/class			

All classes are held at IST, Black Box (Yoga/Chinese Dance) and in the room opposite to PFO room (Yoga/Painting). Scan the below QR codes to join the We Chat groups and get more information.

Chinese Painting 	Yoga with Vicky 	IST Baby Dragons 	Chinese Dance 	Chinese corner 
ENGLISH Corner 	Zumba Class 			

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EAT LEARN LIVE MENU G3 - G12					
	Monday 2023-12-11	Tuesday 2023-12-12	Wednesday 2023-12-13	Thursday 2023-12-14	Friday 2023-12-15
Salad/Fruit	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
Western From The Grill Station	Pizza Margherita 芝士比萨	Chicken Schnitzel 炸鸡排	Beef Lasagna 牛肉千层面	Chicken Fajita 墨西哥鸡肉	Chicken Goulash 红烩鸡腿肉
	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 Allergy: flour, cheese, tomato sauce	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: beef, cheese, onion, pepper, milk	Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 Allergy: Cumin, cajun seasoning, pepper, sour cream, flour	Steamed Rice 米饭 Allergy: soya sauce
Asian From The Wok/Noodle Station	Spicy Noodle 重庆小面 Cucumber拌黄瓜	Sweet and Sour Pork 咕嚕猪肉 Stir fry Vegetable 炒蔬菜 Steamed Rice 米饭 Allergy: wheat, flour	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: chicken, curry paste, coconut milk	Kimbab 韩式饭卷 Fried Rice Cake 辣炒年糕 Allergy: seaweed, sesame, kimchi	Indonesia Fried Rice with Chicken 印尼炒米饭配鸡肉 Stir fry Vegetable 炒时蔬 Shrimp Cracker 虾片 Allergy: samba sauce, onion, egg, ginger, shrimp cracker
	Vegetarian	Pineapple with Vegetables 菠萝炒时蔬	Vegetable Curry 咖喱蔬菜	Vegetable Wrap 蔬菜卷	Fried Rice with Soya Sauce 酱油炒饭
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Minestrone 通心粉汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤
Dessert	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		Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
每周营养分析		731	26	104	23
Nutritional recommendation 营养建议		725	25	100	25

EAT LEARN LIVE MENU NURSERY-G2					
	Monday 2023-12-11	Tuesday 2023-12-12	Wednesday 2023-12-13	Thursday 2023-12-14	Friday 2023-12-15
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Vegetable Pie Fruit Cut	Cheese Sandwich Fruit Cut
Set Meal	Stir Fry Noodles 炒面 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 Allergy: flour, soya sauce	Fried Rice with Soya Sauce 酱油炒米饭 Grilled Chicken with Teriyaki Sauce 照烧鸡肉 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Pork Stew 卤肉饭 Sauteed Cabbage 炒洋白菜 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Beef Balls with Gravy 烧汁牛肉丸 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: soya sauce	Italian Sausage Bean Brasserie 意大利香肠烩豆子 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: onion
	Fruit	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Drinks	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult
Nutritional reading over the week		Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
每周营养分析		730	26	105	24
Nutritional recommendation 营养建议		725	25	100	25

Morning snack offer available at 6 rmb, Snack are only available for daily set lunch consumers.

DIARY DATES

Monday~Thursday - December 11~14, 2023
Secondary Exams (G9-11)

Monday~Friday - Dec 18, 2023~Jan 5, 2024
Winter Holidays

Tuesday - January 9, 2024
ELA Entrance Testing

Wednesday - January 17, 2024
Semester 1 Ends

SPORTS DATES

Saturday 09 December -
ISCOT HS Basketball Tournament (Boys @
Wellington; Girls @ TEDA)

Saturday 09 December -
ISAC MS Volleyball Exchange (Boys @ IST;
Girls @ Key/ISB Beijing)

Tuesday 16 January -
MS Volleyball vs Wellington (Boys @
Wellington; Girls @ IST)

Saturday 20 January -
ISAC HS Basketball Tournament (Boys @ DAY
Beijing; Girls @ DCB Beijing)

Saturday 20 January -
ISCOT MS Volleyball Tournament (Boys @ IST;
Girls @ Wellington)

Wednesday 24 January -
ISCOT Chess Tournament @ Wellington
(12:15 - 15:30)

WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2023-2024 SCHOOL YEAR

Please take note of the following dates:

Season 2 Sport Schedule

- ☺ Starts Monday, 27 Nov and ends Friday, 1 Mar
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Season two includes:

- ☺ HS Football -(Mondays and Fridays 15:30 - 17:00)
- ☺ MS Basketball-(Tuesdays and Thursdays 15:30 - 17:00)
- ☺ HS Badminton-(Mondays and Fridays 15:30 - 17:00)

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 /
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