

# THE

# BLAZE

# WEEKLY

# Working Learning Acting TOGETHER

FRIDAY 12 APRIL 2024

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



**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

Welcome back to school after what I trust was a wonderful Spring Break and Qing Ming Holiday. With the warmer weather, the burst of new life we see on the trees is being matched by enthusiasm for the final weeks of school. The last quarter tends to be incredibly busy with all manner of school events and activities, but it is also a really important time for learning, with the relationship between individual students and teachers finely tuned and prepped for accelerated learning progress.

Students were delighted to arrive at school on Monday morning to discover two brand new outdoor table tennis (ping pong) tables waiting for them to enjoy. On behalf of our students, I want to once again thank our parent community for this wonderful act of generosity and community spirit – these tables will get a LOT of use! I will also take this opportunity to ask parents to please remind students to respect school property, and to ensure that they take good care of the tables, and in particular to ensure that they return the paddle/bats to the baskets beside the tables when they are finished so that others can use them. There is nothing more frustrating than a ping pong table with only one bat, or no net, or no ball!

One of the exciting parts of maturing and moving up through the school grades is the opportunity to attend increasingly challenging excursions away from school and away from the familiarity, comfort and security of our homes. At IST students participate in a number of such excursions, starting with two night excursions in Grade 4 and 5 in elementary school and progressing to week long Secondary 'Week Without Walls' trips in September. This week our Grade 5 students have been challenging themselves on a Jixian County outdoor education adventure that includes all manner of rather scary confidence building activities, like high ropes! I am sure that the students will return filled with tales of fear and glory, and ready for a good night sleep tonight!

One of the most important skills we can develop in our lives is the ability to confidently project our voices clearly and articulately. This can be a real challenge for many students who may feel rather shy, and especially for those for whom English is an additional language. To support our efforts to promote English language skills, and specifically speaking, each year we host 'Speaking Spectacular' where all students engage in a semi-formal experience in public speaking. This coming week Secondary students and classes will be giving spoken word performances in the Deli Marche at recess and lunchtimes. If you are around, be sure to pop by and enjoy and celebrate their efforts. Elementary Speaking Spectacular is scheduled at 1PM on Wednesday the 24th in the Han Theatre. Again, be sure to come along and be amazed at our incredibly confident and capable young public speakers!

I wish you all a most relaxing and enjoyable weekend, and I suggest you ask your child to practice his or her Speaking Spectacular presentation with you!

Steve Moody  
Director



IST IS AN  
WORLD SCHOOL ACCREDITED BY

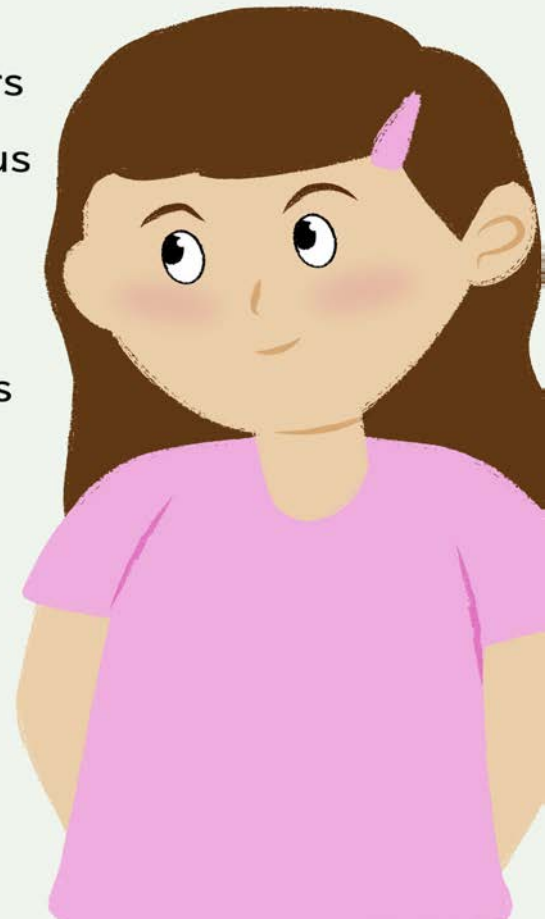
## the Parent Partnership

I grew up surrounded by misconceptions about introverts-such as they are socially incompetent, unfriendly, shy or lonely. But in many cases, being an introvert can actually be an asset.

Introverts are people who get their energy from spending time alone. It's kind of like a battery they recharge and then they can go out into the world and connect really beautifully with people. Studies have demonstrated that introverts take a longer time to process information than extroverts. This is primarily because they process more thoughtfully than extroverts do. While we are all often flooded with messages or believes that we need to speak up and stand out in order to be successful, introverts can actually achieve more by sharpening their natural strengths.

## 11 SUPERPOWERS OF INTROVERTED CHILDREN

- ✔ They have deep friendships
- ✔ They are great readers and writers
- ✔ They are careful and conscientious
- ✔ They have amazing ideas
- ✔ They are great leaders
- ✔ They are talented problem solvers
- ✔ They are observant
- ✔ They are reliable
- ✔ They are fair
- ✔ They are peaceful
- ✔ They know themselves



## BLAZE



WEEKLY

Working Learning Acting TOGETHER

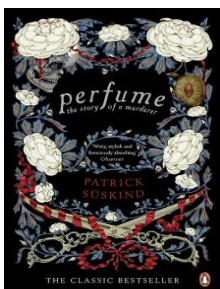
## IST Library &amp; Information Literacy Center

## 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—April 18<sup>th</sup> @ 8:30 a.m. in the library

Our next Parent Book Club selection is the novel *Perfume* by Patrick Suskind. We will meet to discuss this book on Thursday, April 18<sup>th</sup>, in the library. The library has copies of the book in English, Chinese, French 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. Contact one of our library staff to join our WeChat group.

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

THE

# BLAZE

WEEKLY

Working Learning Acting TOGETHER

FRIDAY 12 APRIL 2024



INTERNATIONAL SCHOOL OF TIANJIN

# Elementary Speaking Spectacular!



APRIL 24, 2024

IST THEATRE - HAN BUILDING

1.10-2.05pm

**T H E**

# **B L A Z E**

**W E E K L Y**

FRIDAY 12 APRIL 2024



**Working Learning Acting TOGETHER**

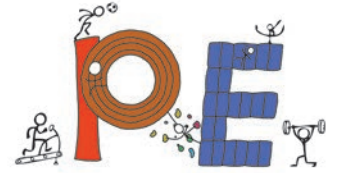
**15-19 April**



# **SPEAKING SPECTACULAR**

Students will display their confidence when speaking English and show off their creativity in front of a supportive audience!

**Performances each day during  
recess and lunch in the Deli  
Marche.**



## Ben's reading recommendation



# Canadian Paediatric Society recommends risky play for kids

The Canadian Paediatric Society has released a [new recommendation regarding the importance of risky play](#) in a child's development—and the statement may surprise parents and caregivers. The recommendation says that unstructured play, particularly outdoor risky play, has a crucial role in the physical, mental, and social development of children.



## How do you define risky play?

Risky play is defined by “thrilling and exciting forms of free play that involve uncertainty of outcome and a possibility of physical injury.” It's important to note that the report also states that injuries sustained during risky play are usually minor soft-tissue injuries, such as abrasions, contusions, and lacerations. This suggests that the benefits of risky play seem to outweigh the potential negative outcomes.

In fact, according to the Canadian Paediatric Society, “Paediatricians are encouraged to think of outdoor risky play as one way to help prevent and manage common health problems such as obesity, anxiety, and behavioural issues.”

# BLAZE



WEEKLY

Working Learning Acting TOGETHER

As parents, we all want to keep our children protected and safe. However, because the trend over the last several decades has seen more and more children spending time indoors and on screens, the new recommendation is that children should be encouraged to engage in outdoor play and only kept “as safe as necessary and not as safe as possible.”



That might mean simply staying alert while watching your kids engage in potentially dangerous activities, but avoiding the impulse to interfere. This type of general approach is described as [“vigilant care”](#) or the “lifeguard” approach to parenting.

## BE A LIFEGUARD PARENT

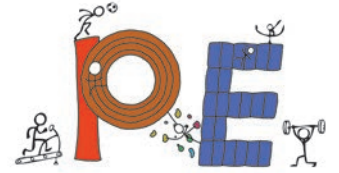
It's good to let children test their limits during play. Being a lifeguard parent means to provide vigilant care\*, a parenting approach that allows children to develop an understanding of risk and the confidence to manage it.



ActiveForLife.com/lifeguardparenting

\*Omer (2011)

# BLAZE



WEEKLY

Working Learning Acting TOGETHER

## Active play also has big benefits for kids

When it comes to play, research has also suggested that during the early years, when children engage in active play, their brains form new neural connections, and as they continue to play, those connections grow stronger. According to [ActivePlay.ca](https://www.activeplay.ca/), play has been found to stimulate a child's physical, emotional, social, and cognitive development, and the benefits of active play extend beyond simply motor skills, physical literacy, and brain development. Children who play actively every day tend to be calmer and more engaged, and they also tend to eat and sleep better.

The case for play is strong, and now the Canadian Paediatric Society is calling for parents to step out of potential comfort zones and encourage our children to engage in risky play.

If you want to read more about risky play, you'll find some great information here:



- <https://playlearnthrive.com/risky-play-for-kids/>
- [6 ways kids should engage in “risky” play](#)
- [Risky play is for toddlers too](#)
- [What to do when you and your partner disagree about risky play](#)
- <https://www.careforkids.com.au/child-care-provider-articles/article/189/why-risky-play-is-important-for-young-children>
- 

Based on the article by [Heather Dixon](#) February 1, 2024





## PFO COOKING CLUB

**Food theme: The CZECH & SLOVAKIA cooking Class**

### Menu:

1. starter dish - home baked bread with egg spread
2. soup - farmer's bean soup
3. main dish ~ baked pork sirloin, red cabbage and potato pancakes
4. dessert - Yogurt cake with fruit



**When:** 25th April **Thursday** 9:00am-2pm

**Where:** IST Elementary Kitchen

**Host:** Adela & Ivana

**Cost:** 100 RMB per person

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





## Join PFO's family hike to Little Qinghai lake

**April 27th, pick up at IST 6.30am and  
Ao Cheng 6.50am, back around 7pm.**

**PFO will sponsor the hike so you only pay  
90 rmb/person.**

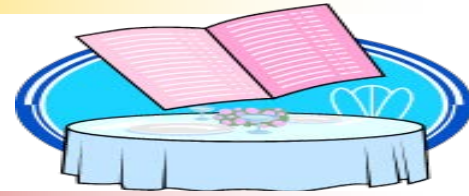
**The hike is 9 km long and the elevation is 300 meter.**

**Last sign up April 21rst.**

**Scan the QR code to join the hike with your family.**



# BLAZE



WEEKLY

Working Learning Acting TOGETHER

EAT LEARN LIVE MENU G3 - G12					
	Monday 2024-04-15	Tuesday 2024-04-16	Wednesday 2024-04-17	Thursday 2024-04-18	Friday 2024-04-19
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	Italian Baked Rice with Vegetables and Cheese 意大利蔬菜芝士焗饭 Stir fry Vegetable 炒蔬菜 Allergy: milk, peas	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Pan-fried beef balls with gravy 牛肉丸配肉汁 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, pepper, onion	Hot Dog 热狗 Stir fry Vegetable 炒时蔬 French Fries 薯条 Allergy: pork, wheat, onion	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒时蔬 Steamed Rice 米饭 Allergy: beef, soya sauce
Asian From The Wok/Noodle Station	Noodle with Tomato and Egg Sauce 西红柿鸡蛋面 Stir Fried Potatoes with Green Pepper 青椒土豆丝 Allergy: wheat, egg	Noodle with Beef Soup 牛肉面 Boiled Vegetable 煮蔬菜 Allergy: beef, flour	Kimbab 韩式饭卷 Fried Rice Cake 辣炒年糕 Allergy: seaweed, sesame, kimchi	Pork Chop with Curry Sauce 咖喱猪排饭 Stir fry Vegetable 炒时蔬 Allergy: soya sauce, curry paste	Hainanese Chicken Rice 海南鸡饭 Stir Fried Cabbage 素炒洋白菜 Allergy: soya sauce, chili
Vegetarian		Noodles with Vegetable Soup 蔬菜面	Vegetable rice rolls 蔬菜饭卷	Vegetable Curry 咖喱蔬菜	Stir Fried Cabbage 素炒洋白菜
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-G1					
	Monday 2024-04-15	Tuesday 2024-04-16	Wednesday 2024-04-17	Thursday 2024-04-18	Friday 2024-04-19
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Vegetable Sandwich Fruit Cut
Set Meal	Margherita Pizza 比萨 Sweet Corn and Broccoli 玉米粒西兰花 Vegetable Sticks 蔬菜条 Allergy: flour, tomato sauce, cheese, herb	Grilled Sausage with Gravy 烧汁香肠 Vegetable Sticks 蔬菜条 Mashed Potato 土豆泥 Allergy: soya sauce, milk	Fried Rice with Chicken in Soya Sauce 酱油鸡肉炒米饭 Stir Fried Zucchini 番茄西葫 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Pork Dumplings 猪肉白菜水饺 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	Baked Beef Macaroni 小弯牛肉面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: flour, beef, tomato sauce, herb
Fruit	Fruit of the Day	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		726	24	105	27
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~Friday - April 15~19, 2024  
Secondary Speaking Spectacular

Wednesday - April 24, 2024  
Elementary Speaking Spectacular

Wednesday - May 1, 2024  
May Day Break

Wednesday~Saturday - May 1~18, 2024  
IB Diploma Exams

Tuesday - May 7, 2024  
ELA Entrance Testing

## SPORTS DATES

Saturday 13 April -  
ISCOT HS Football Tournament (Boys @ WEL;  
Girls @ IST)

Saturday 13 April -  
ISCOT MS Basketball Tournament (Boys@  
TEDA; Girls @ TIS)

18 - 20 April -  
ACAMIS Football (Boys and Girls @ TIS  
Macau)

18 - 20 April -  
ACAMIS Badminton (Boys and Girls @ NIS  
Nanjing)

Saturday 27 April -  
ISAC HS Football Tournament (TBD)

Saturday 11 May -  
ISAC MS Basketball Tournament (Boys @  
HBJ; Girls @ IST)

## 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 3 Sport Schedule

- ☺ Starts Monday, 11 Mar and ends Friday, 24 May
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Season three includes:

- ☺ HS Football - Mondays and Fridays - 15:30 - 17:00
- ☺ HS Badminton - Mondays and Fridays - 15:30 - 17:00
- ☺ MS Basketball - Tuesdays and Thursdays - 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 /  
extension 8150.