

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 and Students

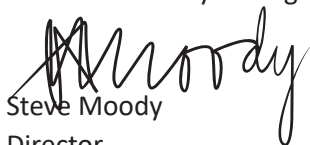
Last week I wrote to you from the ACAMIS Leadership Conference in Hangzhou, attended by over 500 representatives of the 92 schools in our association. After five years as the President, I was incredibly proud to step down from the role at a conference where it was clear to all what an incredibly well-respected reputation our school holds across the region, and most impressively with respect to student leadership, agency and engagement. IST students presented at the conference, highlighting the wonderful work that they are doing in inspiring student agency in literacy here at IST and at schools across the ACAMIS region. In recognition of their efforts, the ACAMIS Board of Directors awarded IST's Literacy Lab the highly coveted 'Jim Koerschen Award for Innovation', for which they received a grant of US\$1,500. And, adding to the high profile of our school and students, Grade 10 student Ella Ross was awarded a US\$1,000 Service Learning Grant to support her efforts to promote gender equality. Congratulations to these wonderful students, and congratulations to IST!

I wish to remind parents that next week we will host visitors from two of our three international accreditation agencies, the Council of International Schools (CIS, Europe) and the Western Association of Schools and Colleges (North America). IST is one of a few consistently high performing schools that has thus far been afforded the honor to follow a new, more self-directed pathway to re-accreditation (Pathway 2), thus further reinforcing our strong regional reputation and ongoing commitment to ensuring that we always meet the highest standards and expectations for international school programmes and operations. The visitors will be meeting with representatives from across the community, including the Administration, support staff, teachers, Board members, parents, and students, and I wish to thank those with scheduled meetings for their willingness to give of their time. If you happen to be in school next week and spot one of the visitors, please be sure to say hello ... and don't be shy about singing IST's praises (-;

I was pleased to be able to share the news last week that IST will not be increasing school fees next year. Having just returned from the ACAMIS Conference, I can report that we believe we are one of only two of the 92 schools in ACAMIS that will not increase fees next year. Additionally, we have now included a daily school lunch in the current fees, so I am hopeful that parents (and patron companies) will appreciate our non-profit school's efforts to try to offer the best possible services for the most reasonable of prices. At the same time, we also sent out the annual non-binding 'Intent to Return Survey' to IST in 2024-25. Unfortunately, however, thus far we have received responses from only 50% or so of IST families (although 100% from our Korean community!) Given the importance of the survey to our future financial and programme planning, we will now begin to contact families directly by telephone, so if you haven't completed the survey please do so or expect a call. Thank you for your support with this effort.

Earlier this week we carried out a routine fire evacuation practice, part of our ongoing safeguarding protocols. I have observed many drills in many schools, and I am often shocked at how casually some communities treat such incredibly important safety procedures. Please let me reassure IST parents that this is not the case here at IST where I expect absolute excellence with our drills! I am pleased to share the news that once again our students and staff (and visitors and parents) showed exemplary conduct in Tuesday's drill, with all community members safely evacuated and registered in an impressive 4 minutes 39 seconds!

I hope that you all enjoyed the May Day holiday on Wednesday, and for some of you the extended holiday through the end of the week. Have a terrific weekend!


Steve Moody
Director



IST IS AN
WORLD SCHOOL ACCREDITED BY
CIS AND OWASC

the Parent Partnership

When children are clingy and their parents get frustrated, it's important for parents to know that a child's clinginess is rooted in their survival instincts. In ancient times, when humanity relied on hunting and gathering, children survived when they stayed close to their parents. The children that were far away and separated from the group were more vulnerable to potential attacks and dangers.

To effectively address a child's clinginess, parents must understand the underlying reasons behind this behavior.

That is how parents can better meet their children's needs.

PHRASES TO INSPIRE CONFIDENCE IN YOUR KIDS

"I admire your ability to do hard things."

"You've got this. I've seen you conquer challenges before!"

"We all make mistakes. It doesn't mean we are failing. It's actually an opportunity to succeed!"

"When you are feeling down, repeat, 'I am brave. I am capable. I am resilient. I am not what my anxious thoughts tell me.'"

"When we practice building confidence, eventually, other people's opinions of us won't matter that much."

"What is something positive that happened today?"

"When you have negative thoughts about yourself, check them for accuracy."

"Can you show me how you did that?!"



BLAZE



WEEKLY

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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.



Library End-of-Year Dates

As the end of the school year quickly approaches, please keep these library dates in mind:

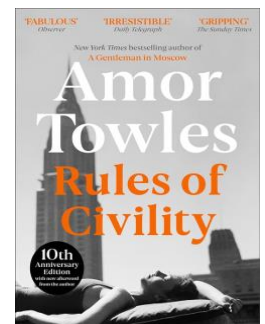
- **May 17:** last day for library book checkout.
- **May 24:** all library books returned.
- **May 27-May 31:** no books checked out this week.
- **June 3-7:** summer book checkout.

If your family will be staying in China for all or some of the summer holiday, we encourage you to take advantage of our **summer book checkout**. Students who wish to check out books over the summer must return a signed permission slip; these will go home later this month. Students who return a signed permission slip will be allowed to check out up to 20 library books over the summer holiday.

Parent Book Club May 21st @ 8:30 a.m. in the library

Our next Parent Book Club selection is the novel *Rules of Civility* by Amor Towles. We will meet to discuss this book on Tuesday May 21st, in the library. 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. Contact one of our library staff to join our WeChat group.



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WEEKLY

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The Triad of Student Success: Physical Activity, Sunshine, and Sleep

Byron Kennedy – MA Education with leadership; BA (Hons) Human Movement Science

As a school student, it's easy to get caught up in the hustle and bustle of academic life, with long hours spent studying and completing assignments. In the bustling life of a student, balancing academics, extracurricular activities, and personal life can be a daunting task. Amidst this balancing act, the importance of physical health and well-being often takes a back seat. However, incorporating physical activity, adequate exposure to sunshine, and sufficient sleep into daily routines can significantly enhance students' academic performance, physical health, and mental well-being. This article delves into the myriad benefits of these three essential elements, supported by scientific research and expert opinions.

Physical Activity: The Cornerstone of Health and Academic Excellence

The World Health Organisation (WHO), CDC, NHS, American Heart Association and many other international bodies are all in agreement when they recommend a minimum of 150-300 minutes of moderate to vigorous aerobic activity per week. Physical activity is not just about maintaining a healthy body; it's a catalyst for improving cognitive function and academic performance. Physical activity has been scientifically linked to improved focus, better school attendance, and superior academic performance. Regular exercise increases oxygen and blood flow to the brain. Exercise has been linked to improved attention, concentration, and working memory, which are all essential for academic success. It activates signals in the brain enhancing concentration, memory retention, and the ability to learn more effectively during lessons. Additionally, physical activity has been shown to enhance language and arithmetic skills, which are critical for academic performance. Furthermore, students who engage in daily physical activities exhibit lower risks of obesity, heart disease, and high blood pressure, laying the foundation for a healthier life.

The Role of Exercise in Mental Health

Beyond physical health, exercise plays a crucial role in mental well-being. It releases dopamine and other endorphins, known as "feel-good" hormones, which are natural mood boosters and help reduce stress and alleviate feelings of anxiety and depression. This emotional uplift not only enhances the quality of life but also fosters a positive learning environment, enabling students to tackle academic challenges with a healthier mindset. Regular exercise can help to reduce symptoms of stress and depression by decreasing cortisol levels, which can negatively impact both physical and mental health. Additionally, physical activity has been linked to improved sleep quality, which is essential for both physical and mental health. By incorporating physical activity into their daily routine, school students can improve their overall well-being and reduce their risk of developing mental health issues.

Sunshine: A Natural Mood Enhancer and Academic Booster

Sunshine and sun exposure have been shown to have a significant impact on physical and mental well-being. Regular sun exposure can help to increase levels of serotonin, a neurotransmitter that plays a key role in mood regulation. This natural mood enhancer can significantly affect students' outlook on life and their academic endeavours. Serotonin is often referred to as the "happiness hormone" because it can promote feelings of well-being and contentment. When we are exposed to sunlight, our retinas send signals to the brain, which triggers the release of serotonin, which can boost our mood and energy levels. Additionally, studies have

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shown that individuals who spend more time in natural light report fewer symptoms of depression and anxiety. Sunlight exposure is also vital for the human body to produce vitamin D and is crucial for bone health, immune system function, and brain operation.

Sunlight and Cognitive Function

Sunlight exposure has been scientifically proven to positively impact cognitive function and attention, reduce mental fatigue, and improve memory. Research has uncovered sunlight's ability to enhance cognitive performance and potentially reduce the risk of mental decline and conditions like dementia. Additionally, sunlight exposure has been linked to improved sleep quality, state of sleep, and sleep patterns. By embracing sunlight and integrating it into our daily routines, we have the potential to support our overall health and maintain optimal brain function throughout our lives thus improving our quality of life.

Sunlight and Immune System Function

Sunlight exposure also offers a surprise benefit of energizing infection-fighting T cells. This direct activation of key immune cells increases their movement, enhancing the immune system's ability to fight off infections. Moderate sunlight exposure has thus been shown to modulate the immune system and improve health.

Sleep: The Foundation of Learning and Memory Consolidation

As a school student, the demands of academic life can be overwhelming, with long hours spent studying, attending classes, and participating in extracurricular activities. However, one crucial aspect that is often overlooked is the importance of sleep. Adequate sleep is essential for physical and mental well-being, cognitive function, academic performance, and overall success, not to mention its key role in the growth and development of the brain and body. Sleep quality, duration, and consistency are critical factors in academic success.

A study published by the National Institute of Health (NIH) found that these sleep measures accounted for nearly 25% of the variance in academic performance. This substantial association between sleep and academic performance underscores the importance of "content-relevant sleep" – getting adequate sleep during the learning phase rather than just before exams. During sleep, the brain consolidates memories and processes information learned during the day, making it easier to recall and apply the next day. Lack of sleep can negatively impact attention, focus, problem-solving skills, and overall academic achievement. Studies have shown that students who get adequate sleep perform better on tests, have improved concentration, and exhibit better decision-making abilities. Conversely, sleep deprivation can lead to decreased attention, impaired memory, slowed processing, and reduced creativity, all of which can hinder academic success and mental wellbeing.

Sleep and mental wellbeing

During sleep, the body undergoes various restorative processes, including tissue repair, muscle growth, and the release of hormones that regulate growth and appetite. Lack of sleep can weaken the immune system, increasing the risk of obesity, diabetes, and other health issues.

Moreover, sleep is crucial for mental health. Insufficient sleep has been linked to increased stress, anxiety, and depression. When we sleep, our brains process and consolidate the information and experiences from

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the day, helping to regulate emotions and promote a sense of well-being. Lack of sleep can lead to increased irritability, mood swings, and difficulty regulating emotions, making it harder for students to cope with stress and maintain a positive outlook. Students who prioritize sleep are less likely to be affected by stress and are better equipped to handle the demands of academic life. Adequate sleep can thus help students better manage the pressures of academic life, reducing the risk of developing mental health issues.

The American Academy of Sleep Medicine has provided the following recommendations for hours of sleep per 24 hours:

- Children aged 6-12 years: 9-12 hours per day
- Teenagers aged 13-18 years: 8-10 hours per day

However, studies have shown that a significant number of students are not getting enough sleep. According to the CDC, about 6 out of 10 (57.8%) middle and high school students do not get enough sleep on school nights. This lack of sleep can have detrimental effects on their physical and mental health, as well as their academic performance.

Strategies for Improving Sleep

Establishing a consistent sleep schedule is crucial for students:

- Prioritize 7-9 hours of sleep per night by maintaining a regular bedtime and wake-up time, even over weekends may significantly improve sleep quality.
- Create a sleep-conducive environment by keeping the bedroom cool, dark, and quiet.
- Avoid the use of electronic devices before bedtime, especially in the 30 minutes before sleep.
- Practice and engage in relaxing activities like yoga, meditation, or deep breathing exercises to help calm the mind and prepare for sleep.
- Avoid consuming caffeine close to bedtime, as it can disrupt sleep patterns.
- Exercise regularly to promote better sleep quality, but avoid strenuous exercise close to bedtime.

Linking Physical Activity, Sunlight Exposure, and Sleep

Physical activity, sunlight exposure, and sleep are interconnected in their benefits. Regular physical activity can improve sleep quality by reducing stress and anxiety. Sunlight exposure can also improve sleep quality by regulating the body's circadian rhythms. Physical activity outside helps to increase exposure to sunlight. Furthermore, getting adequate sleep can enhance physical performance and cognitive function, making it easier to engage in physical activity regularly. The triad of physical activity, sunshine, and sleep forms the foundation of a healthy, balanced lifestyle that can significantly enhance students' academic performance, physical health, and mental well-being.

By understanding the profound benefits of these elements and incorporating them into daily routines, students can unlock their full potential, both academically and personally. As research continues to unveil the intricate connections between these factors and student success, it becomes increasingly clear that a holistic approach to student well-being is not just beneficial but essential to longevity and performance.

Should you wish to find out more information about this article and access any of the scientific articles that form the foundation of the information presented in the article, please contact the author – Byron Kennedy at byron_kennedy@istianjin.org.cn



PFO PICNIC

**Saturday, May 25th
11:00 am - 3:00 pm**

**BBQS ARE AVAILABLE
FOR GRILLING**

ACTIVITIES:

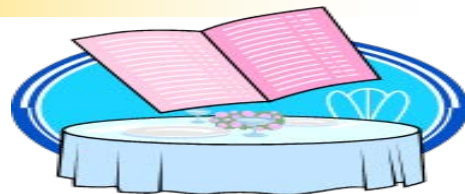
Face Painting, Hair Dye, Tattoos,
Water Fun, Football Game, Bubble
Machine, Bouncy Castle

VENDORS:

Korean Chicken, Dmart, Trolley,
LeCrobag Bakery, Clown & Cotton
Candy, Man Pin Jian (MPJ),
September, Business Tianjin, Mill café,
Yummy Bakery

**BRING A PICNIC BLANKET AND PACK YOUR LUNCH OR YOU
CAN BUY FROM FOOD AND DRINK VENDORS AT THE EVENT!**

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WEEKLY

Working Learning Acting TOGETHER

EAT LEARN LIVE						MENU G2-G12					
	Monday 2024-05-06	Tuesday 2024-05-07	Wednesday 2024-05-08	Thursday 2024-05-09	Friday 2024-05-10						
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	Penne Tomato with Creamy Cheese Sauce 奶油芝士焗面 Stir fry Vegetable 炒时蔬 Allergy: milk, flour, cheese	Chicken and Ham Roll 火腿芝士鸡肉卷 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: milk, herb	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 Steamed Rice 米饭 Allergy: beef, pepper, onion, cumin, cajun seasoning, black beans	Chicken Burger 鸡肉汉堡 French Fries 薯条 Allergy: chicken, flour, tomato, cucumber, lettuce, mayonnaise	Plum Pork Chops 西梅猪排 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: pork, plum, cream						
Asian From The Wok/Noodle Station	Eggplant and Potato Stewed 地三鲜 Spicy Tofu 麻辣豆腐 Allergy: chili, soya sauce	Beef Teriyaki 日式肥牛饭 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 Allergy: beef, flour	Pork Dumplings 猪肉水饺 Cucumber Salad 拌黄瓜 Allergy: wheat, soya sauce	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 Allergy: flour, pork	Sauteed Chicken with Chili 辣子鸡 Stir fry Vegetable 炒蔬菜 Steamed Rice 米饭 Allergy: Soya sauce, garlic, ginger						
Vegetarian		Sauteed Potatoes 干锅土豆	Vegetables and Egg Dumplings 蔬菜鸡蛋水饺	Vegetables Burger 蔬菜汉堡	Stir Fried Zucchini 素炒西葫芦						
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Borch 罗宋汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤						
Dessert	Swiss Roll 瑞士卷	Mini Muffin 小玛芬	Mousse 木司	Carrot Cake 胡萝卜蛋糕	Chocolate Cake 巧克力蛋糕						
Nutritional reading over the week 每周营养分析		Energy 热量 (Kcal) 715	Protein 蛋白质 (g) 26	Carbohydrate 碳水化合物 (g) 102	Fat 脂肪 (g) 16						
Nutritional recommendation 营养建议		725	25	100	25						

EAT LEARN LIVE						MENU NURSERY-G1					
	Monday 2024-05-06	Tuesday 2024-05-07	Wednesday 2024-05-08	Thursday 2024-05-09	Friday 2024-05-10						
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, oyster sauce	Chicken Curry 咖喱鸡肉 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: coconut, curry paste	Pork Rolls 猪肉卷 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	Baked Fusilli w/Meat patty 螺旋面配牛肉饼 Stir Fry Zucchini and Corn 西葫芦玉米 Vegetable Sticks 蔬菜条 Allergy: Beef, onion, tomato sauce	Stir Fried Egg with Tomato 西红柿炒鸡蛋 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: egg, soya sauce						
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 每周营养分析		Energy 热量 (Kcal) 730	Protein 蛋白质 (g) 27	Carbohydrate 碳水化合物 (g) 105	Fat 脂肪 (g) 26						
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

Wednesday~Friday - April 24~May 17, 2024
IB Diploma Exams

Tuesday - May 7, 2024
ELA Entrance Testing

Friday - May 10, 2024
Elementary Sports Day

Friday - May 17, 2024
Departing Families Session

Monday~Thursday - May 20~23, 2024
Secondary Exams (G9-11)

Wednesday - May 22, 2024
Spring Show (Evening)

Friday - May 24, 2024
Secondary Sports Day & Awards Assembly
Library Books Returned

SPORTS DATES

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

Friday 17 May -
ES and SS Track and Field/Cross country
(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 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.