



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

It was pleasing to see a positive turnout of parents at school this morning for the two scheduled collaborative parent information and feedback sessions. Parents were invited in to learn about and provide feedback that will inform our school's ongoing efforts towards re-accreditation by the IB, CIS and WASC in May 2025. The first one-hour session sought to gather parental feedback about various aspects of our implementation of our IB programmes, and the second session to share and gather feedback on the Elementary and Secondary writing process models that are being further refined and implemented as part of our CIS/WASC curriculum 'deep dives'.

One of the highlights of our school year, and certainly one of the occasions on which we hope to see all parents here at school, is the annual School Musical Production, which typically involves 100 or more students performers and stage crew members. This year's production is called *'Stepsisters'*, a title that may or may not give away the likely contents and loving tone of the show! There will be two performances scheduled next week, on Thursday and Friday evenings, with tickets available at the front desk. Don't be slow to organize your tickets, and please do be sure to come along and enjoy the show and our wonderful student performers!

The IST Board of Governors met last night, and one of the items for discussion and decision was the calendar for the new school year (2025-26). The Board approved the calendar, which had already been shared with and endorsed by the PFO committee and faculty. Please find the calendar attached later in Blaze for your reference ... and for your holiday planning!

Earlier today twelve Grade 11 and 12 students headed off to Nanjing to participate in the ACAMIS Mathematics Competition, which is being held at Nanjing International School. In past years IST students have performed exceptionally well, and we are hopeful that our talented mathematicians will once again experience success. Regardless of the results, we know that our students will represent our school with honor, and that they will enjoy a weekend of intellectual challenge and the opportunity to meet and get to know other students from across our region – Go IST!

A reminder that today is the last day of the first session of Co-curricular activities, which means that there will be no activities next week, unless your children are otherwise advised (sports practices continue!) The new session will start on Monday 25 November. Please contact the Athletics Office if you have any questions about your children's registration status for the next session by emailing Ms. Guo Ying at Ying_Guo@istianjin.org.cn for further information.

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INTERNATIONAL
SCHOOL of TIANJIN

Weekly



THE BLAZE

Working Learning Acting TOGETHER

Finally, there was quite a bit of fog around this morning ... not enough to call a FOG DAY but a reminder that we are in the fog season and need to be prepared for the possibility that the start of the school day may unexpectedly need to be delayed by two hours to ensure safe travel to school. I remind all parents, therefore, to please ensure you are familiar with the Fog Day protocols, and to keep your emergency telephone tree close at hand. The forecast for Monday morning also suggests that it will be our first freezing morning, marking the start of Winter proper, so please ensure that your children come to school with a warm jacket!

Have a wonderful weekend!

Steve Moody
Director





International School of Tianjin 2025-2026 Academic Calendar

23: SLT Report
28: New Teacher
Orientation
30: SALT Report

July '25						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August '25						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

1: Faculty Orientation
11: First Day of Classes

29-30: National Holiday

September '25						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '25						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1-3: National Holiday
6: Mid-Autumn Festival
7: Staff Workday
21: End Q1 (45 days)
22-23: PTCs

13: Staff PD Day
14: Long weekend holiday

November '25						
M	Tu	W	Th	F	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '25						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

15-31: Winter Holidays

1: New Year Holiday
1-2: Winter Holidays
15: End Sem 1 (90 days)

January '26						
M	Tu	W	Th	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February '26						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

16: Chinese New Year Eve
16-20: Chinese New Year
Holiday

25-26: PTCs
26: End 3rd Q 45 days

March '26						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April '26						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

5: Qingming (Tomb
Sweeping)
6-10: Spring Break

1: May Day Break

May '26						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June '26						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

5: End of Sem 2
8-30: Summer Holidays
19: Dragon Boat Festival



International School of Tianjin Scholarship Program

The International School of Tianjin (IST) is excited to announce its scholarship program for students in their final two years of school. This initiative serves two key purposes:

1. **Support for Current IST Students:** We offer exceptional educational opportunities to talented students facing financial challenges.
2. **Enrichment for Non-IST Students:** We welcome talented non-IST students to enhance our diverse community and the quality of our IB Diploma Programme.

Scholarship Details

Types of Scholarships

Scholarships are available for students entering Grade 11, with awards lasting up to two years:

- **Full Scholarships:** Cover all tuition and capital fees for Grades 11 and 12.
- **Tuition Scholarships:** Cover tuition fees only for Grades 11 and 12.
- **Bursaries:** Cover half the tuition fees for Grades 11 and 12.

Benefits

Students in the scholarship program will receive an excellent education, culminating in the IST High School Diploma. As an IB World School, students also have the chance to earn a full IB Diploma, **recognized by top universities worldwide.**

Selection Process

Each year, up to three scholarships or bursaries may be awarded to current IST students, with an equal number available for non-IST applicants. The selection includes:

- **Examinations**
- **Formal Interviews**
- **Final Decision by the IST Scholarship Committee**

Criteria for Selection:

- **Academic Excellence:**
 - Current IST students must have honors/high honors in at least 2 of the last 3 semesters.
 - Non-IST candidates should be in the top 25% of their class.
- **Community Contribution:**
 - Active involvement in CAS activities.
 - Promotion of the IB Diploma Programme.
 - Leadership within the school community.
- **Financial Need:** Consideration for current IST students needing financial assistance. (Non-IST students **DO NOT** need to demonstrate financial need.)

Eligibility

Students of **all nationalities** are encouraged to apply. Current IST students with financial difficulties can apply, but families may receive only one full scholarship at a time.

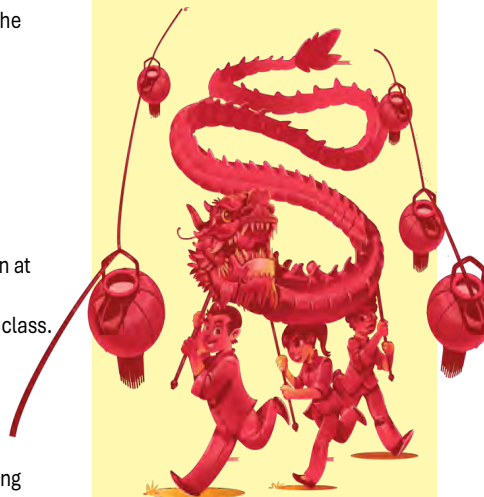
A strong command of English is essential.

Application Process

To apply, candidates should request an application package from the school.

Key dates:

- **Application Deadline:** 3:30pm, Friday, February 7, 2025
- **Scholarship Examinations:** Saturday, February 22, 2025 (9:00am–2:30pm)
- **Interviews:** Around March 5, 2025
- **Award Announcement:** Late March 2025





Required Documents

From the Student:

- Personal statement covering your interests and reasons for applying.
- Previous two years' report cards from your school. (Including IST students)
 - Certificates for any honors or awards received.
- At least two character reference letters (non-family).
 - IST students do not need a character reference but should give the names of two teachers who agree to support the application.
- Any other relevant details.

From the IST Parent (if applicable):

- A formal letter explaining financial circumstances.
- A letter from an employer stating that tuition is not covered by the company.
- Non-IST students **DO NOT** need to demonstrate financial need.



Application Fee

A **2,000 RMB** application fee is required, with the following conditions:

1. **Refunds:** Full scholarship recipients or those not awarded a scholarship will receive a complete refund.
2. **Tuition Scholarships/Bursaries:** The fee will be credited towards the standard application fee.
3. **Declined Offers:** Candidates who decline a scholarship offer forfeit the fee.

Scholarship Selection Process

Application

To apply for a scholarship, students must submit the **Scholarship Application Form** and **Fee** by **3:30pm on Friday, February 7, 2025**. This form collects personal details and educational history.

Important:

- Attach all required documents (see 'Required Documents' section).
- Incomplete or late applications will not be considered.

Examinations

Exams will take place at the school on **Saturday, February 22**, from **9:00am to 2:00pm**. Students will complete three papers:

1. **Mathematics** (9:00am–10:30am)
Focus: Mathematical skills and problem-solving.
2. **English** (10:45am–12:15pm)
Focus: Reading comprehension and essay writing.

3. **Science** (12:30pm–1:45pm)

Focus: General problem-solving, logic skills, and scientific writing (not based on specific course content).

Interview

After the exams, selected candidates will be invited for an interview with the selection panel, which includes the Director, Secondary Principal, Diploma Coordinator, and IST Board of Governors members. Discussion topics will include the student's potential contributions to the school and their short- and long-term goals. Feel free to bring supporting materials to the interview.

Interviews will be scheduled for March 5 unless otherwise notified.

Results

Candidates will receive their results by **late March**. Good luck!



Scholarship Application Form

Student Information				
Family Name		First Name		Gender (Male / Female)
Date of Birth (mm/dd/yy)			Age at time of application	
Nationality & Citizenship	Native Language	Language at Home	Other Languages	
Email Address				
Schools Attended (Begin with current school)				
Grade(s)	School Name	Location (city/country)	Language(s) of Instruction	Dates Attended mm/yy – mm/yy

Please complete all parts of this application form



Parent Information

MOTHER

Family Name	First Name	Nationality & Citizenship
Company Name		Position
Mother Signature	Cell Number	Email

FATHER

Family Name	First Name	Nationality & Citizenship
Company Name		Position
Father Signature	Cell Number	Email

GUARDIAN (If Applicable)

Family Name	First Name	Nationality & Citizenship
Guardian Signature	Cell Number	Email
Address in Tianjin		



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.

New Korean Books

We are pleased to share that our library has recently received a new order of Korean books with the assistance of our dedicated Korean liaison, Caroline Park. We're always working to grow and diversify our library collection, and these latest additions include exciting selections for students and parents alike.

To ensure that our library collection continues to meet the needs of the IST community, we warmly invite all students and parents to contribute their book suggestions for future purchases. Your suggestions help us to make sure our library has something for everyone. Please send your suggestions to:

linnea_simon@istianjin.org.cn. Below are just some of the new books!



Parent Book Club

Our next Parent Book Club selection is the novel *Anxious People* by Fredrik Backman. We will meet in the library to discuss the book in December (date TBD). 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.





COLLEGE CORNER

College Application Timeline: A Parent's Guide for Grade 11 Students

Fall (September - November)

- **Begin Research:** Encourage your child to start exploring various colleges and universities. Discuss factors like location, size, programs, and campus culture.
- **Meet with the College Counselor:** Remind your child to schedule a meeting to understand the college application process and discuss academic goals and profile building.
- **Standardized Testing:** Suggest considering the first SAT in October. This serves as practice for future tests and can qualify them for scholarships.
- **Extracurricular Involvement:** Encourage participation in clubs, sports, or volunteer work to build a well-rounded application.

Winter (December - February)

- **Course Selection:** Help your child in choosing university courses that align with their interests and career goals. Discuss degree requirements and the importance of balancing core classes with electives.
- **Standardized Test Prep:** Support them as they begin preparing for the SAT or ACT. Look into prep courses or online resources together.
- **Research Scholarships:** Help your Child in start looking into scholarship opportunities available at universities.
- **Meet with the College Counselor:** Encourage them to discuss their academic performance from the first semester and identify any grades they need to improve for their dream university.
- **Research Summer Plans:** Explore potential summer programs, internships, or volunteer opportunities that align with their interests to enhance their college applications.

Spring (March - May)

- **Take Standardized Tests:** Remind your child to schedule the SAT or ACT for the spring. This timing allows for a re-take in the fall if needed.
- **Visit Colleges:** Plan campus visits during spring break or summer to get a feel for different environments.
- **Build a College List:** Assist them in narrowing down their list of colleges based on research and grades, aiming for a balanced list of reach, match, and safety schools. Encourage a meeting with the college counselor for additional support.
- **Draft the Personal Statement:** Encourage brainstorming and drafting their personal statement or college essay to reflect on their experiences and aspirations.
- **Meet with the College Counselor:** Remind them to review academic goals and profile building with the College Counselor.



Summer (June - August)

- Finalize the College List: Remind your child to review and finalize their list of colleges, ensuring a mix of options. Discuss required documents and application deadlines.
- Complete College Applications: Encourage them to begin filling out applications for colleges with early decision or early action options.
- Continue Test Prep: If necessary, support them in taking the SAT or ACT again, using this time for additional study.
- Gather Recommendation Letters: Remind them in identifying teachers or mentors who can write strong recommendation letters and discuss this with them early.
- Work on Essays: Encourage continued refinement of personal statements and any supplemental essays required by specific colleges.
- Explore Scholarships: Research for scholarships together, including local opportunities.
- Summer Plans: Encourage participation in summer programs, internships, or volunteer opportunities related to their interests to enhance their resume and provide valuable experiences.

Fall of Senior Year (September - November)

- Complete Applications: Ensure all applications are submitted by their deadlines. Help keep track of each school's requirements.
- Final Transcripts and Recommendations: Confirm that the school sends transcripts and recommendation letters as needed.
- Prepare for Interviews: If applicable, help your child practice for college interviews to build confidence.
- Financial Aid Awareness: Start discussing financial aid options and understand deadlines and requirements.

Additional Tips

- Stay Organized: Use a calendar or spreadsheet together to track deadlines and requirements for each college.
- Encourage Open Communication: Keep discussions about college stress-free. Share concerns and aspirations openly with your child.
- Focus on Well-Being: Remind them to maintain a balance between academics, extracurriculars, and personal time. Time and stress management are crucial during this period.

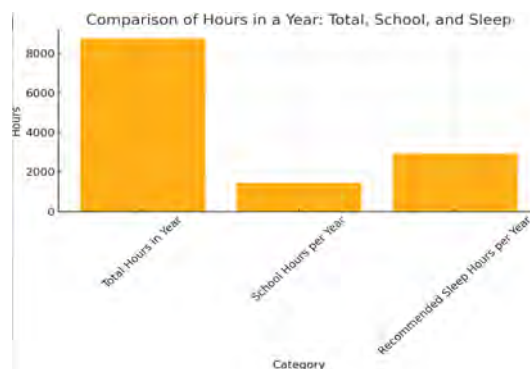
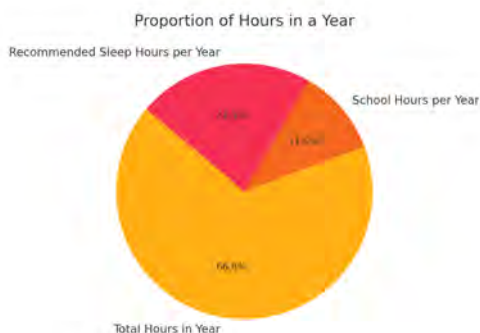
Note - The College Counselling office is always there to help and support IST Students and parents. So, do not hesitate to reach out in need of help.



Dear Parents and Students,

Over the past few months, I have emphasized the importance of good sleep for our students. Quality rest promotes positive mindsets, sharpens reasoning skills, and enhances overall well-being. To further this effort, I'd like to share some key statistics on this vital topic.

Most years contain 365 days (except leap years), which totals 8,760 hours annually. Students spend about 1,440 hours in school each year, attending 8 hours a day for 180 days. In contrast, if students sleep for 8 hours each night, they should accumulate approximately 2,920 hours of sleep yearly. This means that, on average, students should sleep twice as much as they spend in school.



Diet is another crucial factor in student well-being. While IST provides healthy lunches, many students still bring or purchase sugary snacks. Parents can support us by encouraging their children to consume whole foods at home and by limiting sugary drinks on campus. If you want to set purchase limits at the Atomic Café, please contact their management directly.

Social media access also significantly impacts emotional well-being. While it offers some benefits, it can adversely affect impulse control, often leading to emotional meltdowns, particularly among young people. Recent events, such as the recent U.S. election, have highlighted this issue. Many young individuals are exposed to distressing content that can provoke anxiety and outrage. Healthy, resilient individuals manage their emotional responses by limiting exposure to negative stimuli and seeking control over their environments through good sleep, nutritious food, and meaningful social interactions.

As we approach winter in Tianjin, which brings colder weather and shorter days, I encourage all parents and students to commit to fostering good sleep habits, healthy eating, engaging in fun activities, participating in real-life conversations, and limiting social media exposure.

Warm regards,

Michael Conway
Secondary Principal / Deputy Director



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



INTERNATIONAL SCHOOL OF TIANJIN PRESENTS

Book by Flip Kobler
& Cindy Marcus

Stepsisters

Lyrics by Flip Kobler
Music by Dennis Poore

PRODUCED BY SPECIAL
ARRANGEMENT WITH
THE DRAMATIC
PUBLISHING COMPANY
OF WOODSTOCK,
ILLINOIS
2016 The Dramatic
Publishing Company.
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permission.

The stupid
Brothers Grimm...

NOVEMBER
21 & 22
2024
7:00 P.M.

HEAR YE, HEAR YE,
GET TICKETS FROM
THE FRONT DESK
FOR ZORMB.

Our Sponsors



Media Support



Special thanks to





Dear Parents,

Get ready for a delightful treat,
Our show, "Singin' in the Rainforest,"
can't be beat!

From Nursery to Grade 2, the stage will
be bright,
As students sing of animals, a marvelous
sight.

With agoutis and toucans, they'll dance
and play,
Red-eyed tree frogs will hop in a joyful
display.
Ocelots and spider monkeys will join in
the fun,
While blue morpho butterflies shimmer
in the sun.

Boa constrictors will slither and sway,
Join us for this show—it will brighten your day!
We can't wait to share this musical delight,
Come cheer for our students, it's sure to be right!

Victoria Lee
Elementary Music



REMEMBER:

HS Volleyball Practices = Mondays and Fridays: 15:30-17:00

MS Football Practices = Tuesdays and Thursdays: 15:30 – 17:00

MS Badminton Practices = Wednesdays 15:30 – 16:30; Thursdays 15:30 – 17:00

Season 2 sports sign-ups went out this week.

In season 2 we have:

HS Basketball with practices on Mondays and Fridays from 15:30 – 17:00.

MS Volleyball with practices on Tuesdays and Thursdays from 15:30 – 17:00

We also have Wednesday Conditioning to help support our athletes to develop their athletic abilities.

If you want to sign up for a sport for season 2, please scan the below QR code.





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SCHOOL of TIANJIN

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BLANKET COLLECTION

Bring your unwanted dog beds, blankets, pillows and towels
to the IST PFO Holiday bazaar
on November 27th!



TIANJIN DOG SHELTER

MONEY DONATIONS
ALSO WELCOMED

11.27.2024

FROM 9 AM TO 2 O'CLOCK



INTERNATIONAL
SCHOOL of TIANJIN

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THE BLAZE

Working Learning Acting TOGETHER



Wednesday
Nov 27th
9:30am-2pm

Holiday Bazaar

Come and Join the IST
community to celebrate the
Holiday Season & Festivities

With over 30 vendors
Free Entry

International School of Tianjin, No. 22, Weishan Nan Lu, Shuanggang, Jinnan District, Tianjin,
300350,
天津经济技术开发区国际学校天津分校, 中国天津市津南区 (双港) 微山南路22号, 邮编: 300350
Tel: +86 22 2859 2001



INTERNATIONAL
SCHOOL of TIANJIN



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

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Come along to our monthly meet ups to discuss books and enjoy coffee & cakes!

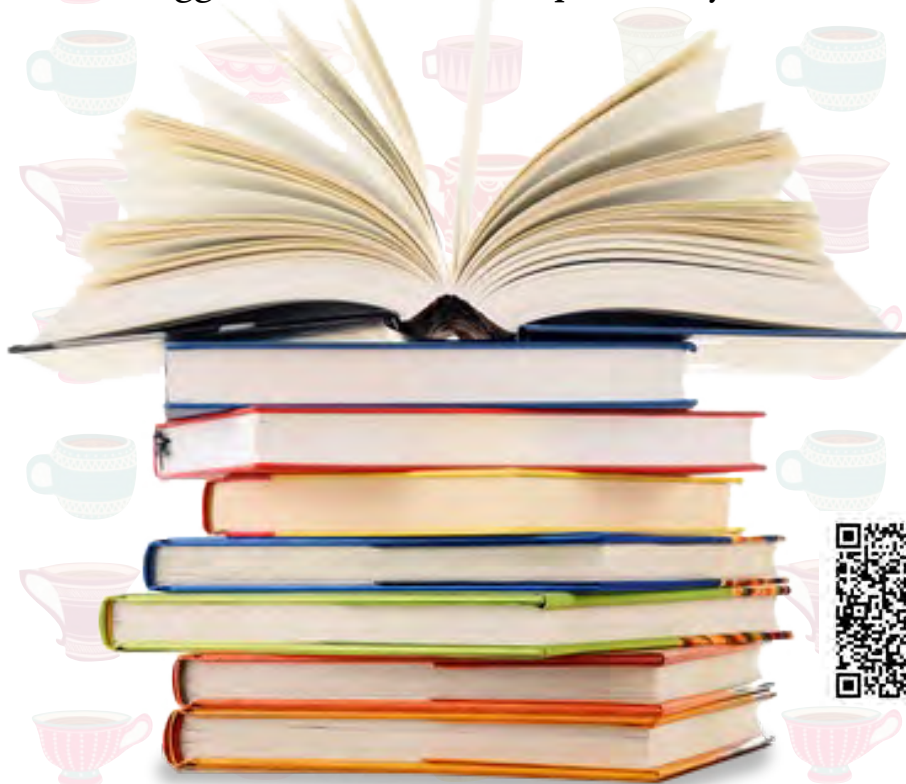
This month's book is *Anxious People* by Fredrik Backman. The library has copies in English, Chinese, and Korean.

Our next meeting is December 5th at 8.30am in the Library.



Even if you haven't read the book come along.

Book suggestions welcome. Hope to see you there!





Weekly Menu 11 Nov~15 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt	Carrot Cake	Mini Pizza	Banana Bread	Cheese Sandwich
Fruit Cut	Fruit Cut	Fruit Cut	Fruit Cut	Fruit Cut
Pizza Margherita	Steamed Pork Dumplings	Beef Lasagna	Kimbab	Spaghetti Bolognese
芝士比萨	小笼包	牛肉千层面	韩式饭卷	意大利肉酱面
Stir fry Vegetables 炒时蔬	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬
<u>Allergy: wheat, cheese</u>	<u>Allergy: wheat, soya sauce</u>	<u>Allergy: beef, cheese</u>	<u>Allergy: soya sauce</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	Energy 热量 (Kcal) 719	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 22
每周营养分析				

Weekly Menu 18 Nov~22 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt	Steamed Dumplings	Banana Bread	Carrot Cake	Ham Sandwich
Fruit Cut	Fruit Cut	Fruit Cut	Fruit Cut	Fruit Cut
Stir Fried Tomato with Egg	Beef and Tomato Curry	Pork Dumplings	Fried Rice with Sausage	Fried Chicken
西红柿炒鸡蛋	番茄咖喱牛肉	猪肉水饺	香肠鸡蛋炒饭	炸鸡
Plain Rice	Stir fry Corn 炒玉米粒	Stir fry Vegetable 炒时蔬	Stir fry Vegetable 炒时蔬	Roasted Potatoes 烤土豆
米饭		<u>Allergy: soy sauce, wheat</u>	<u>Allergy: egg</u>	Stir fry Vegetable 炒时蔬
<u>Allergy: soya sauce, egg</u>	<u>Allergy: soya sauce</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	Energy 热量 (Kcal) 722	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19
每周营养分析				

Weekly Menu

18 Nov~22 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar	Seasonal Fresh Salad Bar	Seasonal Fresh Salad Bar	Seasonal Fresh Salad Bar	Seasonal Fresh Salad Bar
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Farfalle with Cream Sauce	Chicken Fajita	Chili Con Carne	Fried Chicken	Grilled Fish with Black Pepper
奶油蝴蝶面	鸡肉法吉宅	墨西哥炒牛肉馅	炸鸡块	黑椒煎鱼排
Stir fry Vegetable 炒蔬菜	Stir fry Vegetable 炒时蔬	Steamed Black Beans	French Fries	Stir fry Vegetable 炒时蔬
Roasted Egg with Herb	Roasted Potatoes	煮黑豆	薯条	Macaroni with Tomato Sauce
香草烤鸡蛋	烤土豆	<u>Allergy: beef, soy sauce</u>	<u>Allergy: wheat</u>	<u>Allergy: fish, herb</u>
<u>Allergy: cheese, egg</u>	<u>Allergy: wheat, soya sauce</u>			
Stir Fried Tomato with Egg	Beef and Tomato Curry	Stir Fried Chicken with Lemon	Stir Fried pork with Kimchi	Indonesia Fried Rice with Pork
西红柿鸡蛋	番茄咖喱牛肉	柠檬炒鸡	辣白菜炒猪肉	印尼炒米饭配鸡肉
Stir Fried Bean Curd	Stir fry Vegetables	Stir fry Vegetables 炒时蔬	Stir fry Vegetable	Stir fry Vegetables
辣炒豆干	炒时蔬	Steamed Rice 米饭	炒时蔬	炒时蔬
Steamed Rice 米饭	Steamed Rice 米饭	<u>Allergy: soya sauce</u>	<u>Allergy: coconut, milk</u>	Shrimp Cracker 虾片
<u>Allergy: egg, soy sauce</u>	<u>Allergy: soy sauce, coconut</u>			<u>Allergy: samba sauce, egg, shrimp cracker</u>
Steamed Dumplings	Noodles with Pork Soup	Noodles with Pork in Korean Bean Pasta	Noodles with Seafood Broth	Pork Balls with Wintermelon
蔬菜鸡蛋包子	豚骨拉面	韩式炸酱面	三鲜打卤面	Soup
Mixed Vegetables	boiled Vegetable 煮蔬菜	Boiled Egg	boiled Vegetable	冬瓜丸子汤
素什锦	<u>Allergy: wheat, pork</u>	煮鸡蛋	煮蔬菜	Steamed Rollas
<u>Allergy: wheat, egg</u>		<u>Allergy: wheat, soy sauce</u>	<u>Allergy: dried tofu, shrimp, soy sauce</u>	葱香花卷
	Noodle with Tomato Sauce	Noodles with Soybean Paste	Noodles in Vegetable Sauce	Fried Rice with Vegetable
	番茄面	炸酱面	打卤素面	蔬菜炒饭
Laver and Egg Soup	Pumpkin Soup	Red Bean Soup	Vegetable and Egg Soup	Tomato and Egg Soup
紫菜鸡蛋汤	南瓜汤	红豆汤	蔬菜鸡蛋汤	西红柿鸡蛋汤
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake	Carrot Cake 胡萝卜蛋糕	Fruit Tart 水果塔
		巧克力蛋糕		
Nutritional reading over the week	Energy 热量 (Kcal) 769	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 21
每周营养分析				



DIARY DATES

Monday - November 18, 2024
Musical Rehearsal (All Day)

Thursday~Friday - November 21~22, 2024
Musical Production (Night Time)

Friday - November 29, 2024
Christmas Tree Lighting @Ritz

Wednesday - December 4, 2024
Singin' in the Rainforest Show (ELC-G2)

Friday - December 6, 2024
Christmas Tree Lighting @Shangri-La

Monday~Friday - December 9~12, 2024
Secondary Exams (G9-11)

Wednesday - December 11, 2024
Departing Families' Session

Monday~Friday - Dec 16, 2024~Jan 3, 2025
Winter Holidays

SPORTS DATES

25-Nov (Mon)
HS Basketball v TIS-
Boys @ IST; Girls @ TIS

28-Nov (Thurs)
MS Volleyball v TIS
Boys @ TIS; Girls @ IST

29-Nov (Fri)
HS Basketball v TEDA
Boys & Girls @ IST

30-Nov (Sat)
ISAC MS Table Tennis
Boys & Girls @ KEY

30-Nov (Sat)
ISAC HS Table Tennis
Boys & Girls @ KEY

30-Nov (Sat)
ISAC Table Tennis
11 & under Boys & Girls @ WAB

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 2 Sport Schedule

- ☺ Starts Monday, 25 Nov and ends Friday, 28 Feb
- ☺ 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.