



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

This week I have the honour of writing this edition of the Blaze due to a number of our **school leaders attending conferences**. Mr. Moody, Mr. Conway, Ms. Chuah, Ms. McCord and Ms. Suarez are attending the IB Global Conference in Singapore whilst Ms. Mutton is attending the East Asia Regional Council of Schools (EARCOS) Conference in Kuala Lumpur. Attending these conferences is a great way to connect with other leaders and also remain up to date with international trends and leadership topics. Our school has a very strong belief in life-long learning which ultimately impacts on the outcomes of all learners in a very positive way. My colleagues will all be back at school on Monday.

As a person with little to no talent in the field of visual art, it is incredibly impressive when I see the artwork being produced by our IST students. Gill and Isha do an incredible job, enabling our students to express themselves in many ways. The MADD night was a great example, and our next amazing Showcase is the **Grade 12 Diploma Program “Art Exhibition”** which will be open to view in the Theatre next Thursday, 27th March, from 3:30pm to 7:30pm. Coinciding with Parent-Teacher conferences and Student-led conferences makes it an ideal opportunity for our wider school community to witness some great talent and celebrate each individual’s achievements. Please join us in viewing this amazing spectacle on this one evening only.

As an educator, I have seen the value and impact of a **strong home-school partnership** for over forty years. This ‘team’ approach to ensure the best possible education and schooling experience is one of the most critical elements for a student’s success throughout every year of school. Parent interest, support, and curiosity in their child’s education needs to be at the forefront and **Parent-Teacher conferences and Student-led conferences** are two key occasions for parents to be informed, inquisitive and interactive during the process. They are key opportunities to gain insight, clarity and ask questions. As a parent, I have experienced the best and worst Parent-Teacher conferences. The best experiences always included a well-prepared presentation from the teacher, a positive and welcoming atmosphere, an outline of my child’s growth and ‘next steps’, and an opportunity to ask questions and clarify expectations. Sometimes additional meetings are required as the time made available at PTC’s sometimes isn’t enough. Teachers are always willing to arrange additional opportunities if more time is needed. I look forward to seeing everyone at school next week for either PTC’s (secondary) or SLC’s (elementary).

The Elementary Division will soon be introducing a new initiative. **“Moove and Groove”** is a new concept aimed at improving each child’s physical and mental health through regular opportunities to be active throughout each week, in addition to their daily play breaks. What you may notice on any given day is a class transitioning from the classroom to a

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specialist lesson engaging in some activity related to balance, strength, flexibility, coordination, speed, reaction or cardio. In addition, if teachers feel that students have been sitting for too long then they have the option to “Moove and Groove”! Mr Silvis has been instrumental in advocating for more brain-body development as the research is overwhelmingly in support of the valuable impact that regular activity can have on cognitive functioning. Parents are always welcome to join in.

Having worked in a number of diverse school settings that provide the full gamut of schooling from Nursery to Grade 12, I often get asked what some of the **main differences are between the Elementary and Secondary divisions**. Whilst we are one school at IST, there are some fundamental differences, two obvious ones being curriculum and age-appropriate pedagogies. In the Elementary division, teachers are charged with the responsibility of ensuring every child is given the opportunity to build the critical foundations for Literacy and Numeracy. This can be challenging for second language learners and for students who have moved from different schools and systems however, I have seen all children grow and flourish when given these pillars for success in a variety of ways suited to their learning needs. My mantra has always been, “know the child, know the curriculum, vary the pathway!”. Secondary schooling provides more specialised curriculum, hence the range of specific skill and knowledge across the secondary staff. Post-secondary education and career planning is another obvious difference. Independence is a key trait I often see develop when students transition from elementary to secondary, but all students need varying levels of support to build independence and self-management, something I think secondary teachers do very well. Puberty is the big one, our young people go through so many changes and challenges during their secondary years and they tend to encounter more diverse social and life experiences. Every year when I see an Elementary graduating class preparing to move to Secondary school, I offer my top 10 tips for the transition, mainly based on my experience as a parent:

1. Enjoy it: new friends, new subjects, new experiences
2. Start developing a plan early for career and/or study pathways, don't leave it too late
3. Find an adult/staff member that you can build a relationship with, someone you can go to for help and guidance at any time
4. Focus on building more organisational and self-reliance skills
5. Trust your parents, they know better, they have been there, done that
6. Understand peer pressure and how to manage it
7. Get more sleep and use more deodorant
8. Don't take shortcuts, make the effort, do the work
9. Think about how you would like to be remembered
10. Don't be a stranger, come back and visit us

Cam Wallace  
Elementary Principal



# THE BLAZE

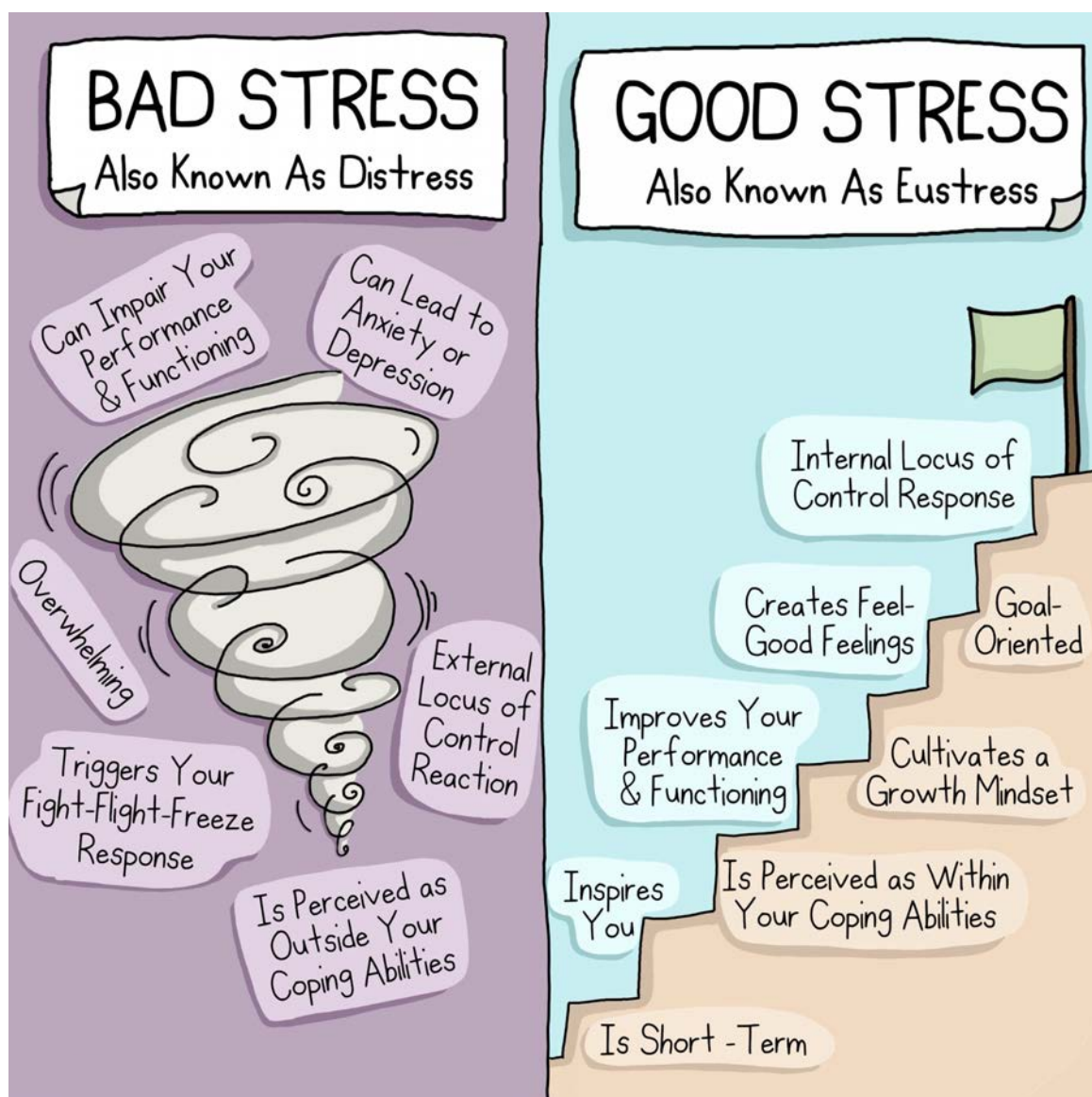
Working Learning Acting TOGETHER

Dear IST parents,

As the school counselor, I want to share an important message: not all stress is harmful! In fact, some stress can actually be good for you and your children. This positive type of stress, called "eustress," can motivate both of you to face challenges and grow together. By embracing this type of stress, you can foster a sense of accomplishment and well-being in your family. It's important to manage stress effectively and recognize when it can serve as a positive force for growth and success.

Thank you for your continued support in nurturing your children's development!

IST Counseling







## Parent Partnership

### Physical health and wellbeing section

Physical health and wellbeing are essential for a student's overall development, directly impacting their academic success and quality of life. **Physical health** refers to a state of complete physical functioning, which includes proper nutrition, regular exercise, adequate sleep, and the avoidance of harmful behaviors. In contrast, **wellbeing** encompasses a broader spectrum, integrating physical health with emotional and mental stability. It reflects an individual's ability to cope with stress, maintain relationships, and engage in fulfilling activities.

### The Role of Nutrition in Student Health: Impact on Energy Levels and Concentration

Nutrition plays a pivotal role in maintaining the health and well-being of students, significantly impacting their energy levels and concentration. A balanced diet is crucial for students to perform optimally in both academic and extracurricular activities. This article will explore how proper nutrition supports student health, focusing on its effects on energy levels and concentration.



### Impact on Energy Levels

- **Primary Energy Source:** Carbohydrates are the body's primary source of energy. Consuming complex carbohydrates like whole grains, fruits, and vegetables ensures a steady release of energy throughout the day. This sustained energy is essential for students to maintain focus during long hours of classes and activities
- **Balanced Meals:** Skipping meals can lead to fatigue and decreased concentration. Regular consumption of balanced meals, including breakfast, lunch, and dinner, helps maintain stable energy levels. Breakfast, in particular, provides a crucial jumpstart for the brain and body
- **Hydration:** Adequate hydration is also vital for maintaining energy levels. Dehydration can lead to fatigue, headaches, and decreased cognitive function. Encouraging students to drink water regularly can help prevent these issues





## Impact on Concentration

1. **Brain Health:** Nutrition directly influences brain development and function. Foods rich in omega-3 fatty acids, such as fish, walnuts, and flaxseeds, support cognitive function and memory. Antioxidant-rich foods like berries and dark leafy greens enhance concentration and mental clarity.
2. **Nutrient Deficiencies:** Nutritional deficiencies, particularly in iron, zinc, and B vitamins, can impair cognitive development and concentration. Ensuring adequate intake of these nutrients is essential for optimal brain function.
3. **Dietary Habits:** Regular consumption of nutrient-dense foods supports better academic performance and cognitive abilities. Students with healthy dietary habits tend to have improved attendance, better grades, and higher test scores.

## Practical Tips for Students

- **Meal Planning:** Plan meals and snacks to ensure consistent nutrition throughout the day.
- **Breakfast Importance:** Start the day with a balanced breakfast that includes protein, carbohydrates, and healthy fats.
- **Smart Snacking:** Choose nutrient-dense snacks like fruits, vegetables, yogurt, or nuts.
- **Stay Hydrated:** Carry a water bottle and drink regularly.
- **Seek Guidance:** Consult a dietitian for personalized dietary advice if needed.

In conclusion, balanced nutrition is fundamental for maintaining optimal energy levels and concentration in students. By understanding the role of nutrition in student health and implementing practical dietary strategies, students can enhance their academic performance and overall well-being.

### Bibliography

1. Mukhamedzhanov, E., Tsitsurin, V., Zhakiyanova, Zh., Akhmetova, B., & Tarjibayeva, S. (2023). The effect of nutrition education on nutritional behavior, academic and sports achievement and attitudes. *International Journal of Education in Mathematics, Science, and Technology*, 11(2), 358-374. doi: 10.46328/ijemst.3133
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3. Centers for Disease Control and Prevention (1997). Guidelines for school health programs to promote lifelong healthy eating. *Journal of School Health*.
4. World Health Organization (1998). Healthy nutrition: an essential element of a health-promoting school. Geneva: World Health Organization; WHO/SCHOOL/98.4, WHO/HPR/HEP/98.3.





## **Korean Universities Visit Month**

We're thrilled to announce an exciting month at IST, featuring visits from several esteemed South Korean universities!

### **Sungkyunkwan University (SKKU)**

**Date of Visit: 06 March, 2025**

Sungkyunkwan University is one of the oldest universities in South Korea, with a rich history dating back to 1398. Known for its strong emphasis on innovation and research, SKKU offers a wide range of programs across various disciplines, including business, engineering, and the humanities. The university is recognized for its commitment to fostering leadership and creative thinking, making it an attractive choice for students aiming to excel in their fields.

### **Sogang University**

**Date of Visit: 06 March, 2025**

Sogang University, established by the Society of Jesus in 1960, is renowned for its liberal arts education and strong focus on research. With a commitment to holistic education, Sogang emphasizes critical thinking and ethical leadership. The university offers a diverse array of programs, particularly excelling in social sciences, business, and humanities, which sparked significant interest among our attendees.

### **Korea Aerospace University**

**Date of Visit: 13 March, 2025**

Korea Aerospace University is a premier institution dedicated to aerospace and aviation studies. Known for its cutting-edge research and strong industry connections, the university specializes in fields such as aerospace engineering, air traffic management, and space science. Students at Korea Aerospace University benefit from hands-on training and opportunities to collaborate with leading aerospace companies, making it an excellent choice for aspiring engineers and pilots.



## Chung Ang University

Date of Visit: 20 March, 2025

Chung Ang University, founded in 1918, is recognized for its comprehensive academic programs and vibrant campus life. With a strong emphasis on arts and humanities, as well as engineering and business, Chung Ang is known for fostering creativity and innovation among its students. The university's commitment to international collaboration and research excellence makes it a popular choice for students seeking a global perspective.

During these visits, both parents and interested students attended the sessions, engaging directly with university representatives. The representatives provided invaluable insights into programs, admission processes, and scholarship opportunities. The strengths of each institution were highlighted, generating enthusiasm among students about the diverse opportunities available for studying in South Korea. Parents appreciated the clarity and detail shared during the sessions, empowering them to support their children's educational journeys.

We extend our heartfelt gratitude to all the representatives from these universities for their invaluable contributions to making this event a success. We look forward to continued collaborations and encourage our students to explore the exciting educational pathways that await them abroad.

Stay tuned for more updates on upcoming university visits and opportunities!





## **Elementary Student-Led Conferences**

**Wednesday 26 March: 14.30 - 18.30**

**Thursday 27 March: 15.30 - 18.30**

We are looking forward to meeting with you to discuss your child's progress at our upcoming Student Led Conferences. Invitations were sent home on the 10th March and were due to be returned by the 14th March. If you haven't received one yet, please contact your child's homeroom teacher. For families with more than one child, we pre-scheduled your appointments so they are conveniently timed.

In student-led conferences, students actively participate in assessing and evaluating their learning progress and objectives by presenting and reflecting on their own performance. They present learning goals that they have achieved and those that they hope to achieve before the end of the year.

### Confirm or Change Your Appointment

Parents are asked to return the "reply half" of the invitation as soon as possible (if you haven't already done so) to confirm the appointment or to request a different date or time.

### Specialist Teachers

World Languages, PE, music, STEM and Library teachers will be available for visits from particular grades. If you would like a separate meeting, please schedule one through Angela in the Elementary Office.

### Child Minding

There will be child-minding for IST students in the K-2 playroom and 3-5 Clubhouse on both days. This service is for IST-enrolled students only and only for the time period in which you have your conferences (supervising siblings). Please use this service throughout the conferences so that you can give your undivided attention to your child whose conference you are attending. If your child is remaining at school in the afternoon, you need to be here to either supervise them or book them into the child-minding service.

### Bus Schedule

#### **Wednesday, March 26, 2025**

##### **Bus 1**

Departing Aocheng	Departing Garden Villa (side gate)	Departing Hai Yi	Departing IST
12:25	12:30	12:50	14:25
13:25	13:30	13:50	15:35
14:25	14:30	14:50	16:35
15:25	15:30	15:50	17:35
16:25	16:30	16:50	18:45





**Bus 2**

Departing Olympic Tower	Departing Ritz-Carlton	Departing Arcadia	Departing IST
12:10	12:25	12:35	14:25
13:10	13:25	13:35	15:35
14:10	14:25	14:35	16:35
15:10	15:25	15:35	17:35
16:10	16:25	16:35	18:45

**Thursday, March 27, 2025**

**Bus 1**

Departing Aocheng	Departing Garden Villa (side gate)	Departing Hai Yi	Departing IST
14:25	14:30	14:50	16:35
15:25	15:30	15:50	17:35
16:25	16:30	16:50	18:45

**Bus 2**

Departing Olympic Tower	Departing Ritz-Carlton	Departing Arcadia	Departing IST
14:10	14:25	14:35	16:35
15:10	15:25	15:35	17:35
16:10	16:25	16:35	18:45

If you have any further questions, don't hesitate to contact your child's Homeroom teacher or me through the Elementary office.

Regards,

Elementary Principal



## 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.

### Mystery March

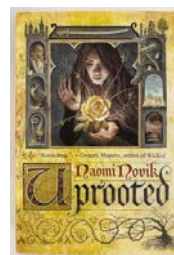
Calling all detectives! We are celebrating the mystery genre this month with **Mystery March**. From books with ciphers and puzzles to classic detective novels, we have something for everyone. Come check out our collection of mysteries for all ages!



### Parent Book Club

Our next Parent Book Club selection is the novel **Uprooted** by Naomi Novik. We will meet in the library to discuss the book on Thursday, March 27<sup>th</sup>. 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.



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





INTERNATIONAL  
SCHOOL of TIANJIN

*Weekly*

# THE BLAZE

Working Learning Acting TOGETHER

**OFFICIAL EVENT:  
MARCH 28, 2025**



**AUDITIONS IN  
LATE FEBRUARY**





## DREAM MARCH

Join the DEAM Initiative: Become a Ninja!

Hello Community!

This month, we're inviting you to transform into a **Ninja** with the **Drop Everything and Move (DEAM)** initiative!

**Why join?**

- **Sharpen Your Skills:** Step out of your routine and enhance your focus.
- **Team Up:** Connect with fellow community members and strengthen our bonds.
- **Ignite Creativity:** Embrace new challenges to inspire fresh ideas.

Let's unleash our inner Ninjas and make this month unforgettable! Join us in taking action!

01 - **speed:** high knees [\[video how-to\]](#)

02 - **flexibility:** side-to-side lunges [\[video how-to\]](#)

03 - **strength:** push-ups

04 - **stealth:** wall sit

05 - **grit:** up and down planks [\[video how-to\]](#)

06 - **balance:** one leg stand

07 - **endurance:** climbers [\[video how-to\]](#)

08 - **core control:** hollow hold

09 - **combat:** punches [\[video how-to\]](#)

10 - **focus:** side kicks [\[video how-to\]](#)

11 - **coordination:** alt arm / leg raises [\[video how-to\]](#)

12 - **grip:** clench / unclench

13 - **explosives:** burpees [\[video how-to\]](#)

14 - **concealment:** elbow plank hold

15 - **strategy:** lunges [\[video how-to\]](#)

16 - **awareness:** side leg raises [\[video how-to\]](#)

17 - **willpower:** knee-to-elbow crunches [\[video how-to\]](#)

18 - **agility:** side-to-side jumps

19 - **mindfulness:** meditation

20 - **discipline:** raised legs hold

21 - **concentration:** chest squeeze

22 - **fortitude:** plank rotations [\[video how-to\]](#)

23 - **discipline:** calf raise hold

24 - **power:** jump squats [\[video how-to\]](#)

25 - **resilience:** reverse plank hold

26 - **plasticity:** plank walk-outs [\[video how-to\]](#)

27 - **spirit:** jumping lunges [\[video how-to\]](#)

28 - **precision:** shoulder taps [\[video how-to\]](#)

29 - **courage:** overhead punches [\[video how-to\]](#)

30 - **commitment:** squat hold punches [\[video how-to\]](#)

31 - **celebrate:** you made it!







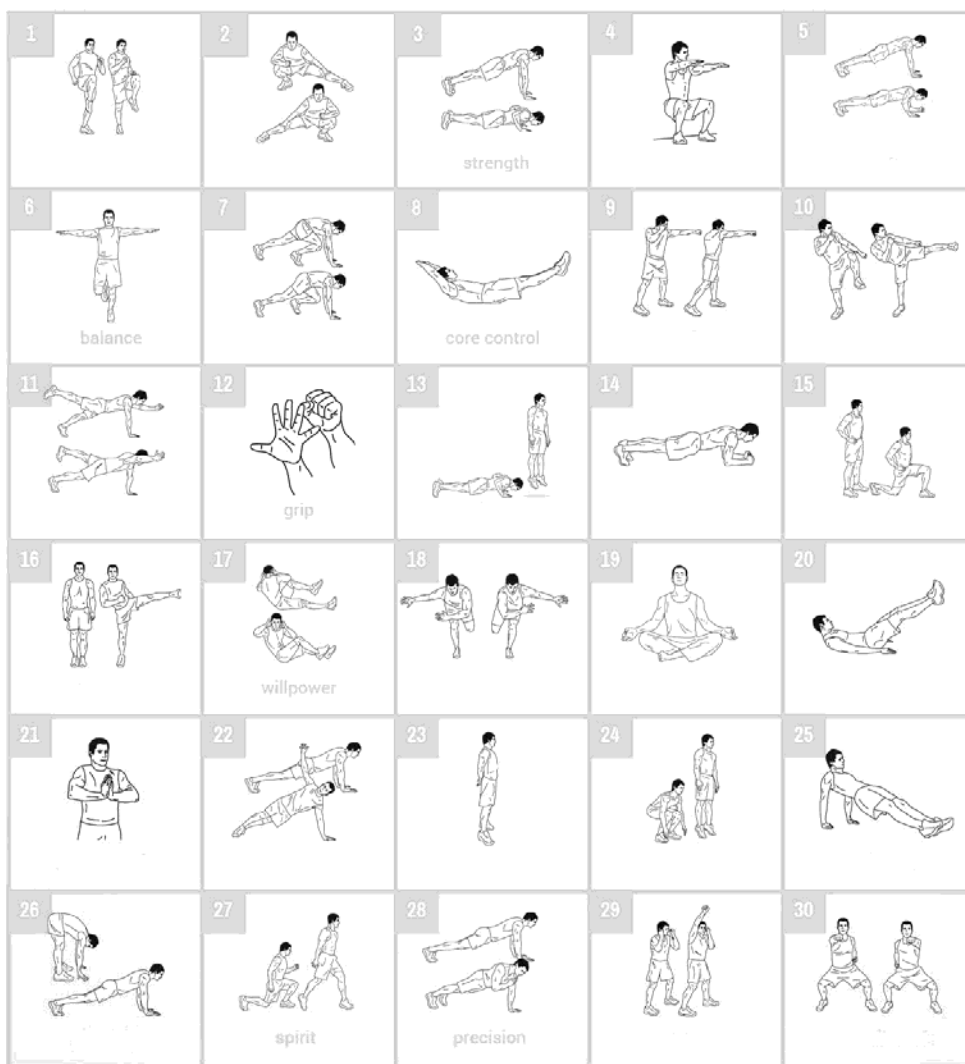
## DEAM MARCH

# NINJA

30-day DEAM challenge

Complete the given DEAM exercise each day according to your choice.

normal 30 seconds  
hard 1 minute  
brutal 2 minute



Drop Everything And Move

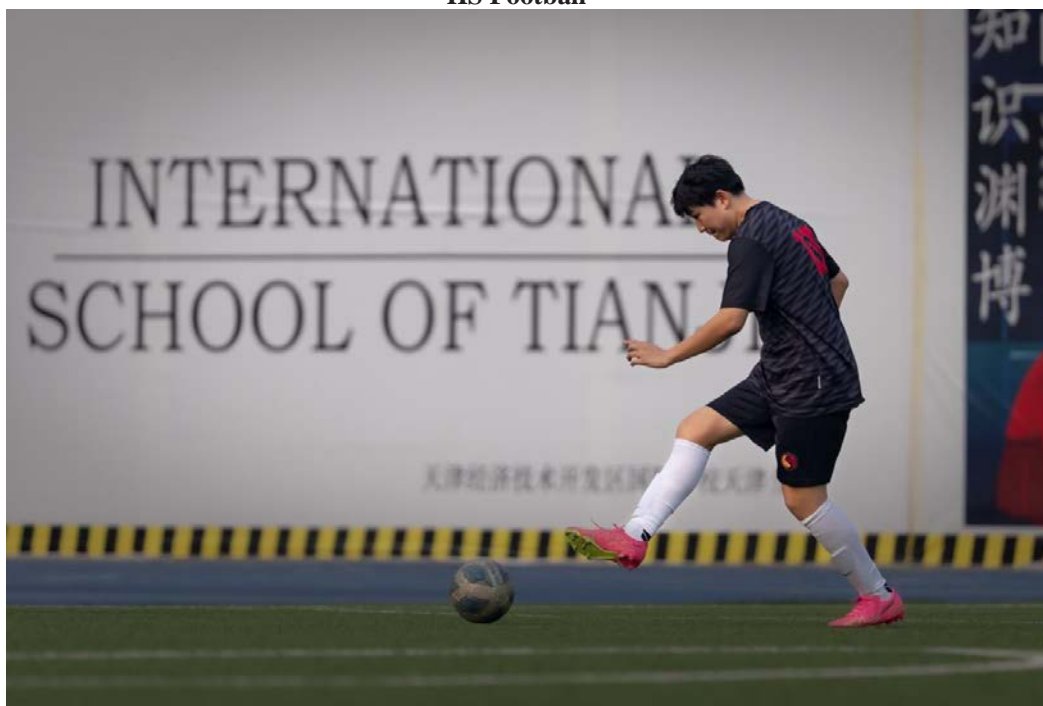


## Sports teams going at full speed:

Our sports teams are in the middle of their season and are going at full speed in preparation for their upcoming tournaments. There are games taking place almost every week from now through to May.

Here are some of our recent results and highlights:

### HS Football



On 10 March our boys and girls hosted TIS in two highly competitive games. Boys lost 1-0 and girls lost 3-2.

On 17 March it was time for a rematch as our teams travelled to TIS to challenge them again. This time our boys played to a 1-1 draw while our girls changed their team and fell to a 0-3 loss.

Please see photos and highlights of the games at the link below:

[HS Football](#)

Use the Password: GoBLAZE\_GO



## MS Basketball



On Thursday 13 March our MS basketball teams travelled to TIS.  
Our boys struggled but learned a lot in their loss.  
Our girls displayed a dominant performance to claim another victory.

Please see photos and highlights of the games at the link below:

[MS Basketball](#)

Use the Password: GoBLAZE\_GO

This weekend, our MS basketball teams will travel to Beijing for the ISAC exchange, while our HS Football teams will be playing in their ISCOT final tournament (Boys @ Wellington; Girls @ TIS)





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*Weekly*

# THE BLAZE

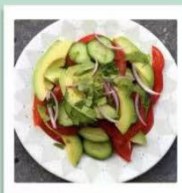
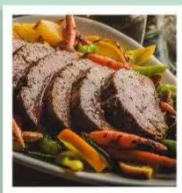
Working Learning Acting TOGETHER



**Food theme: The Colombian cooking class**

**Menu:**

1. Fried plantains with tomato and onion dip
2. Meat roll with rum and orange sauce
3. Coca-Cola rice with raisins
4. Tomato and avocado salad
5. Three milks cake



**When:** 26th March 09:00am-2pm

**Where:** IST Elementary Kitchen

**Host:** Gabriel

**Cost:** 100 RMB per person

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



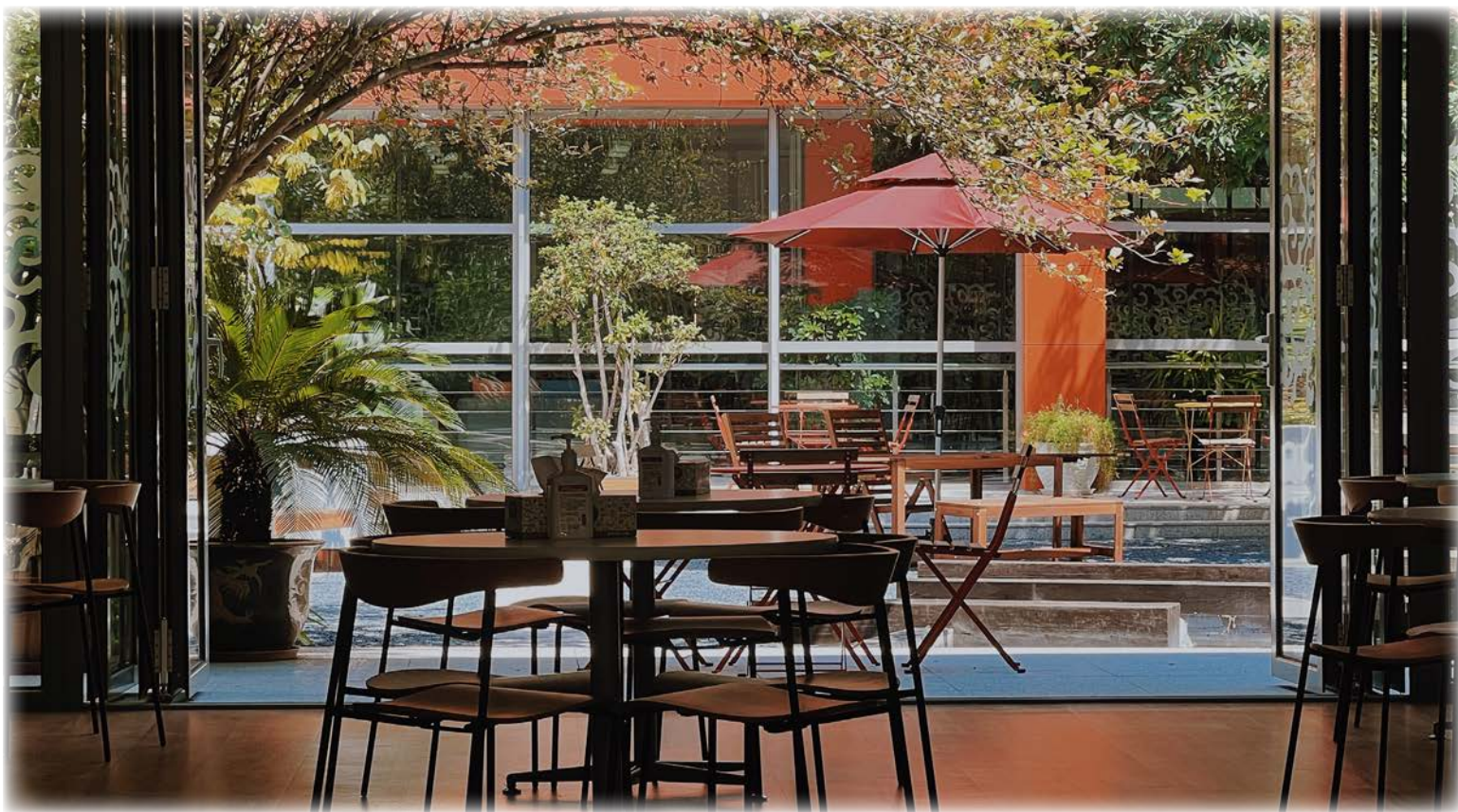




## Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

As an internationally minded school community, we will strive to develop learners who thoughtfully consider the world and their own ideas and experiences. We will work together to cultivate a culture of reflective inquiry where all members of our community:

- Carefully consider their own learning and growth.
- Analyze issues from multiple viewpoints, seeking to understand diverse experiences and consider alternative solutions.
- Learn from mistakes and failures, using setbacks as opportunities for deeper learning and development.
- Pause to think critically about assumptions, biases, and the reasons behind one's beliefs and decisions.
- Engage in ongoing self-assessment, setting goals for continued intellectual, social, and personal development.





## Weekly Menu (N-G1) 17~21 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, cheese</i>	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: beef, soy sauce</i>	Chicken Curry 咖喱鸡 Plain Rice 米饭 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, soy sauce</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soy sauce</i>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 710	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 20

## Weekly Menu (N-G1) 24~28 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Fried Rice with Egg 鸡蛋炒饭 Green Vegetables 炒青菜 Vegetable Sticks 蔬菜条 <i>Allergy: soy sauce, egg</i>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <i>Allergy: soy sauce</i>	Pork Rolls 肉卷 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: wheat, soya sauce</i>	Chicken Burger 鸡肉汉堡 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Macaroni Bolognese 牛肉通心面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 715	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19

## Weekly Menu (G2-G12) 24~28 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: beef, herb, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <i>Allergy: fish, soy sauce</i>
Grilled Tofu 香煎豆腐 Stir Fried Dried Tofu with Chili 首蓿肉 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <i>Allergy: chili, soy, garlic</i>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce</i>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir Fried Dried Tofu 素炒香干 <i>Allergy: soy sauce</i>	Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <i>Allergy: soy sauce, egg</i>
Fried Noodles with Vegetables 蔬菜炒河粉 Fried Eggs 煎鸡蛋 <i>Allergy: egg, soy sauce</i>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, soy sauce</i>	Pork Rolls 肉卷 Cucumber Salad 拌黄瓜/拌魔根粉 <i>Allergy: soy sauce</i>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 蒜巴蔬菜 <i>Allergy: shrimp, garlic</i>	Pork Stewed in Pita Bread 猪肉白吉馍 Stir Fried Vegetables 什锦蔬菜 <i>Allergy: wheat, soy sauce</i>
	Noodles with Vegetables 蔬菜面	Vegetables Rolls 蔬菜卷	Spaghetti in Tomato Sauce 番茄意面	Mixed Rice with Vegetables 蔬菜拌饭
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Rice balls 糯米糍	Fruit Tart 水果塔
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 21





## DIARY DATES

Wednesday~Thursday - March 26~27, 2025  
Parent-Teacher Conferences (Afternoon)

Thursday - March 27, 2025  
DP Arts Exhibition

Monday~Friday - March 31~April 4, 2025  
Spring Break

Friday - April 4, 2025  
Qingming (Tomb Sweeping) Day

Saturday~Sunday - April 12~13, 2025  
ACAMIS Arts Conferences@IST

Tuesday - April 15, 2025  
Secondary group photo shoot

Thursday - April 17, 2025  
Elementary group photo shoot

Tuesday - April 22, 2025  
Earth Day

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

## SPORTS DATES

22-Mar (Sat)  
ISAC MS Basketball Exchange Boys @ HBJ;  
Girls @ CISB

22-Mar  
(Sat)  
ISCOT HS Football Tournament  
Boys @ WEL; Girls @ TIS

25-Mar (Tues)  
MS Basketball v WEL Boys & Girls @ IST

09 April - 12 April (Wed - Sat)  
ACAMIS HS Football Tournament  
IST (Tianjin)

16 April - 19 April (Wed - Sat)  
ACAMIS HS Badminton Tournament  
KEY (Beijing)

17-Apr (Thurs)  
MS Basketball v TIS  
Boys & Girls @ IST

## WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2024-2025 SCHOOL YEAR

Please take note of the following dates:

### Season 3 Sport Schedule

- ☺ Starts Monday, 10 Mar and ends Friday, 23 May
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Kennedy – Athletics Director (byron\_kennedy@istianjin.org.cn)
- ☺ Mr. Silvis – Activities Director (ben\_silvis@istianjin.org.cn)
- ☺ Ms. Guo Ying – Activities Officer (CCA's) (ying\_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang – Activities Officer (Sports) (durian\_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.