



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

Welcome back from what I trust was a most enjoyable and relaxing Spring Break vacation ... always lovely to be on holiday when the rest of China is at work! That said, we have quickly returned to work and this week have been very busy preparing to host two major ACAMIS events: the ACAMIS High School Soccer Tournament and the ACAMIS Arts Conference for Teachers.

Student athletes representing the schools in the ACAMIS Athletics Orange Division (IST, IS Nanjing, Shekou IS, Harrow Beijing, Hong Kong Academy, and TIS Macau) arrived in Tianjin on Wednesday evening ready to start three days of friendly (though fierce!) competition and the right to call themselves ACAMIS HS Soccer Champions. The last time we hosted this event, in 2023, the IST girls won the tournament following an incredibly tense and exciting penalty shootout against the favourite and only unbeaten team, TIS Macau. Although IST remains by far the smallest school in the division, we are always highly competitive, and we are certainly hoping for similar glory this year!

Also taking place over the weekend will be the ACAMIS Arts Conference, with some 100 teachers from schools across the ACAMIS region coming to Tianjin and IST to engage in two days of Arts related professional development, including Music, Drama, and Visual Art. Our teachers and support staff have been incredibly busy preparing for the event, including arranging student performances (and a performance from students from Juilliard) and setting up visual art installations and exhibits across the school to further inspire the visiting teachers and presenters. I know that this will be an amazing experience for all involved, and additionally, a wonderful opportunity to showcase our school facilities and programmes.

Parents may not be aware that IST is one of the original eight founding schools in ACAMIS (now with nearly 100 member schools), and consistently one of the most actively involved. ACAMIS was established in order to provide opportunities for students and staff to come together in educational exchange and fellowship, and is now considered one of the premier international school associations in the world. IST's original Director, Eric Larsen (to whom I was Deputy Director) was the founding president, and I have myself served on the Board for the past 10 years, including four years as president. In addition to leaning into the association's offerings for the benefit of our students and staff, IST's leadership in the association's ongoing governance and event provision continues to highlight and elevate IST's reputation as one of China's most respected international schools.

Next week also promises to be a busy one, with IST hosting the ISCOT (the Tianjin equivalent of ACAMIS) Elementary School's Grade 3-5 'Storytelling with Technology' event on

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INTERNATIONAL  
SCHOOL of TIANJIN

*Weekly*



# THE BLAZE

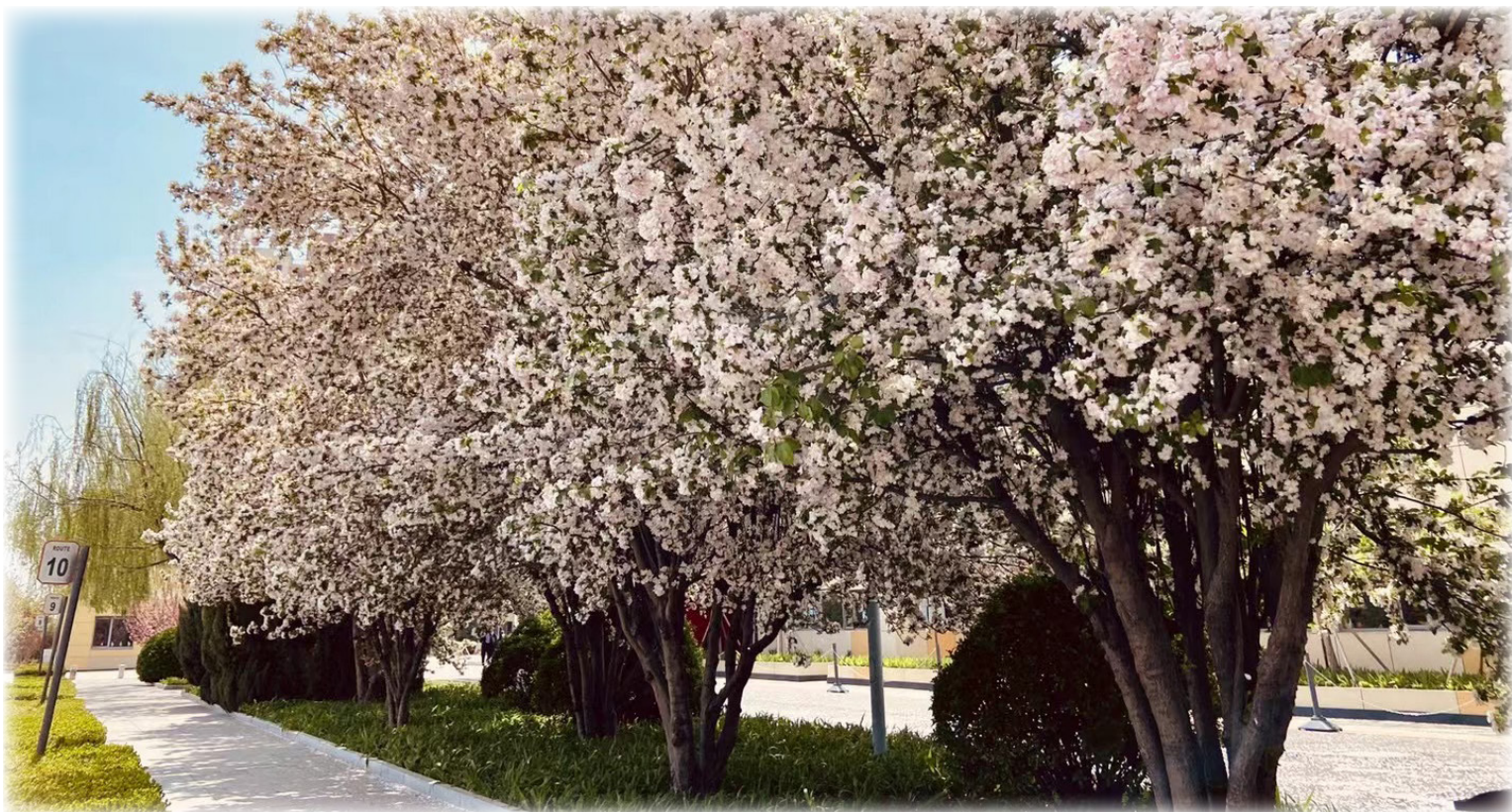
Working Learning Acting TOGETHER

Monday. Student representatives from TIS, Wellington, and TEDA are coming to IST to learn about some of the exciting ways in which technology can support storytelling. The week concludes with the 'Elementary Speaking Spectacular' recitation event for KG3 to Grade 5 students, to be held in the Han Theater at 0830 on Friday morning (parents are warmly invited to attend!)

And 'finally', following 15 years of elementary and secondary schooling, next Friday will mark the last formal day of school for our Grade 12 students who commence their week of study leave on Monday 21 April in preparation for the commencement of their IB Diploma final examinations on 28 April. If you get a chance next week (and over the next several weeks) be sure to lend your encouragement to our Seniors as they embark on this very challenging and stressful undertaking!

Wishing you all a wonderful weekend!

Steve Moody  
Director





Parenting a strong-willed child can be a challenging experience. It often feels like they are constantly testing boundaries and creating chaos at home. You might find yourself feeling overwhelmed, as if nothing you try is effective. However, it's important to recognize that the qualities that make them difficult to manage now can also help them grow into independent and confident adults. Instead of trying to change your strong-willed child, consider the following strategies to support their development:

1. Establish Clear Boundaries: Set consistent rules that your child understands.
2. Explain Consequences Clearly: Make sure they know what will happen if they don't follow the rules.
3. Give Your Child Some Autonomy: Allow them to make choices within set limits.
4. Give Them Props for Positive Behaviors: Acknowledge and praise their good choices to encourage more of the same.

By focusing on these approaches, you can nurture your child's positive traits while maintaining a harmonious home environment.

IST Counseling





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## ELEMENTARY SPEAKING SPECTACULAR



FRIDAY 18 APRIL

8:30AM

HAN THEATRE



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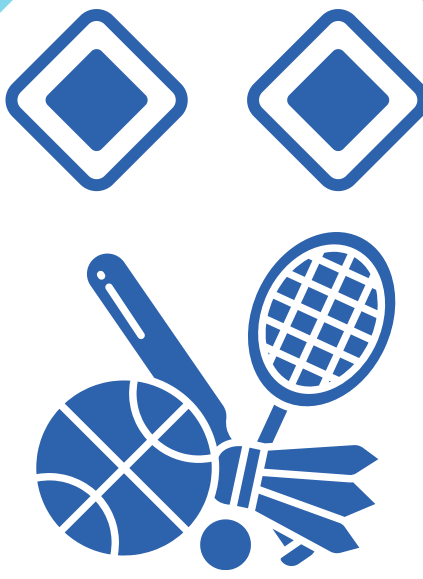


OUR POWER, OUR PLANET

## EARTH DAY

APRIL 23RD, 2025

WEAR **GREEN** !!  
Get ready for various activities  
focused on sustainability!

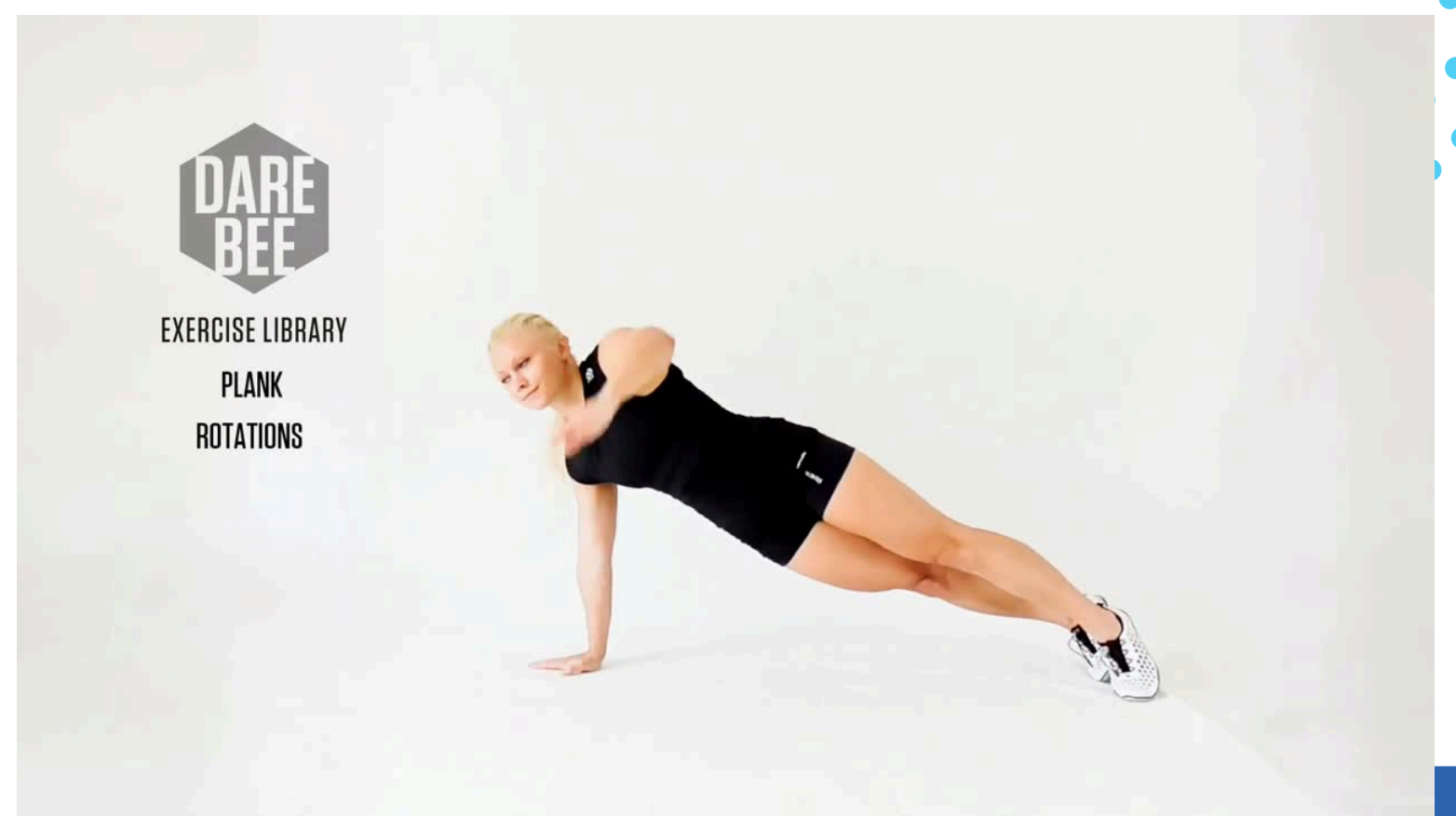
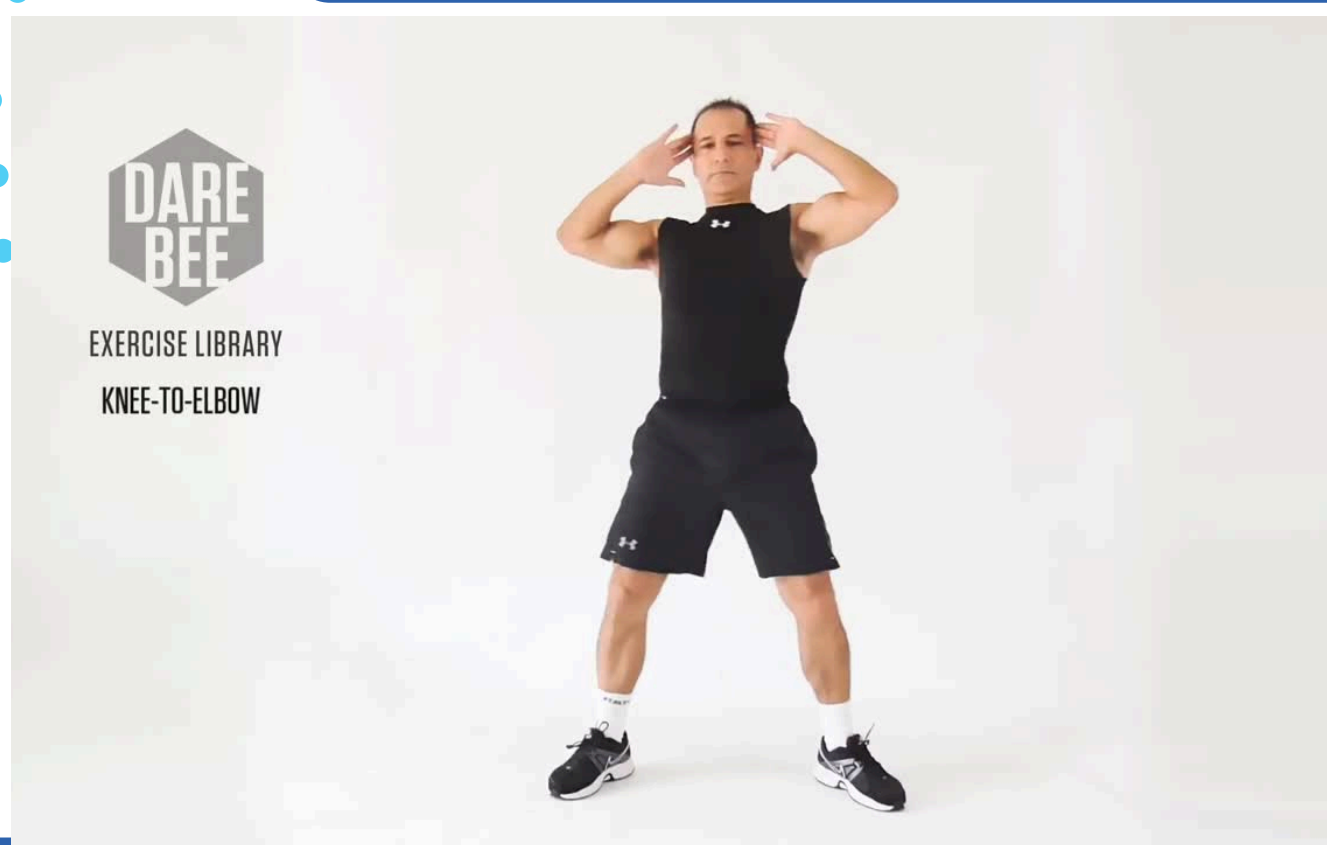


IST HEALTH AND  
WELLBEING

# DEAM

## APRL

ABS and CORE BLAST



[LINK](#) to videos



## ABS & CORE BLAST

— 30-DAY CHALLENGE —



© darebee.com

1 30 knee-to-elbows 5 sets   30sec rest	2 10 plank rotations 10-count plank hold 3 sets   non-stop	3 30 knee-to-elbows 5 sets   30sec rest	4 10 plank rotations 10-count plank hold 3 sets   non-stop	5 32 knee-to-elbows 5 sets   30sec rest
6 12 plank rotations 10-count plank hold 3 sets   non-stop	7 32 knee-to-elbows 5 sets   30sec rest	8 12 plank rotations 10-count plank hold 3 sets   non-stop	9 34 knee-to-elbows 5 sets   30sec rest	10 14 plank rotations 10-count plank hold 3 sets   non-stop
11 34 knee-to-elbows 5 sets   30sec rest	12 14 plank rotations 10-count plank hold 3 sets   non-stop	13 36 knee-to-elbows 5 sets   30sec rest	14 16 plank rotations 10-count plank hold 3 sets   non-stop	15 36 knee-to-elbows 5 sets   30sec rest
16 16 plank rotations 10-count plank hold 3 sets   non-stop	17 38 knee-to-elbows 5 sets   30sec rest	18 18 plank rotations 10-count plank hold 3 sets   non-stop	19 38 knee-to-elbows 5 sets   30sec rest	20 18 plank rotations 10-count plank hold 3 sets   non-stop
21 40 knee-to-elbows 5 sets   30sec rest	22 20 plank rotations 10-count plank hold 3 sets   non-stop	23 40 knee-to-elbows 5 sets   30sec rest	24 20 plank rotations 10-count plank hold 3 sets   non-stop	25 42 knee-to-elbows 5 sets   30sec rest
26 22 plank rotations 10-count plank hold 3 sets   non-stop	27 42 knee-to-elbows 5 sets   30sec rest	28 22 plank rotations 10-count plank hold 3 sets   non-stop	29 44 knee-to-elbows 5 sets   30sec rest	30 24 plank rotations 10-count plank hold 3 sets   non-stop



INTERNATIONAL  
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WEAR GREEN!



*Earth Day*  
*Our Power, Our Planet*

APRIL 23RD, 2025

COME ALONG AND

- Conduct a sustainability audit.
- Explore electric and wind-powered cars.



## IST SOCIAL ENTREPRENEURSHIP

A GROUP OF FIVE SECONDARY STUDENTS HAS BEEN ACTIVELY ENGAGING WITH PEERSPHERE TO EXPLORE THE CONCEPT OF SOCIAL ENTREPRENEURSHIP. THIS INITIATIVE EMPOWERS STUDENTS TO ESTABLISH BUSINESSES AS PART OF THEIR SERVICE-LEARNING EXPERIENCES. THEY SELECT CAUSES THAT RESONATE WITH THEIR INTERESTS AND WORK TO GENERATE FUNDS TO SUPPORT THOSE INITIATIVES. AS PART OF THEIR JOURNEY, THE STUDENTS HAVE BEEN DOCUMENTING THEIR DISCUSSIONS AND REFLECTIONS, SOME OF WHICH HAVE BEEN SHARED ON LINKEDIN—A PROFESSIONAL NETWORKING PLATFORM. THIS PROJECT IS NOT ONLY INSTRUMENTAL IN SHAPING THEIR FUTURE CAREER ASPIRATIONS BUT ALSO ENHANCES THEIR UNIVERSITY APPLICATIONS BY PROVIDING MEANINGFUL CONTENT FOR THEIR PERSONAL STATEMENTS. THROUGH COLLABORATION WITH PEERS FROM VARIOUS PARTS OF CHINA, THESE STUDENTS ARE IMPROVING THEIR COMMUNICATION AND REFLECTIVE SKILLS WHILE GAINING VALUABLE INSIGHTS INTO THE DIVERSE PASSIONS AND PROJECTS OF OTHERS. THE CROSS-CULTURAL EXCHANGE FOSTERS A SENSE OF GLOBAL AWARENESS AND RESPONSIBILITY AMONG THEM. OVERALL, THIS COURSE IS AN EXCELLENT OPPORTUNITY FOR THEM TO DEVELOP ESSENTIAL SKILLS AND QUALITIES THAT CONTRIBUTE TO THEIR GROWTH AS GLOBAL CITIZENS, PREPARING THEM TO MAKE A POSITIVE IMPACT IN THEIR COMMUNITIES AND BEYOND.

WENDY BEKKING, SERVICE LEARNING COORDINATOR

"A GROUP OF 5 SECONDARY STUDENTS HAVE BEEN JOINING PEERSPHERE TO LEARN MORE ABOUT SOCIAL ENTREPRENEURSHIP. IN THE FIRST TWO SESSIONS STUDENTS EXPLORED:

- THE FOUNDATIONS OF SOCIAL ENTREPRENEURSHIP
- HOW TO DEVELOP PROBLEM STATEMENTS AROUND SOCIAL ISSUES OF THEIR INTEREST
- HOW TO BRAINSTORM OR REFINE SOLUTION IDEAS FOR THEIR DEVELOPED PROBLEM STATEMENTS THEY'VE WORKED COLLABORATIVELY TO CHALLENGE THEIR IDEAS AND MAKE THEIR VISIONS MORE ACHIEVABLE YET SUSTAINABLE.

• HERE'S SOME FEEDBACK FROM OUR STUDENTS: "

• "TODAY'S SESSION WAS SO MUCH FUN! I REALLY LIKED HOW I GOT TO TALK OUT MY IDEAS WITH MY GROUPMATES AND THEY GAVE ME SOME VALUABLE INSIGHTS, WHICH WAS REALLY REFRESHING!" - SEOK YOUNG

• "THE PEOPLE I WAS DISCUSSING WITH WERE VERY PASSIONATE ABOUT MAKING A CHANGE IN THE WORLD. ADDITIONALLY, THE PRESENTERS WERE VERY FRIENDLY, ACCOMMODATING, AND CLEAR WHEN PRESENTING." - ELLA

(LINKEDIN.COM)



**Celebrating our  
Social Entrepreneurship  
Students Community!**





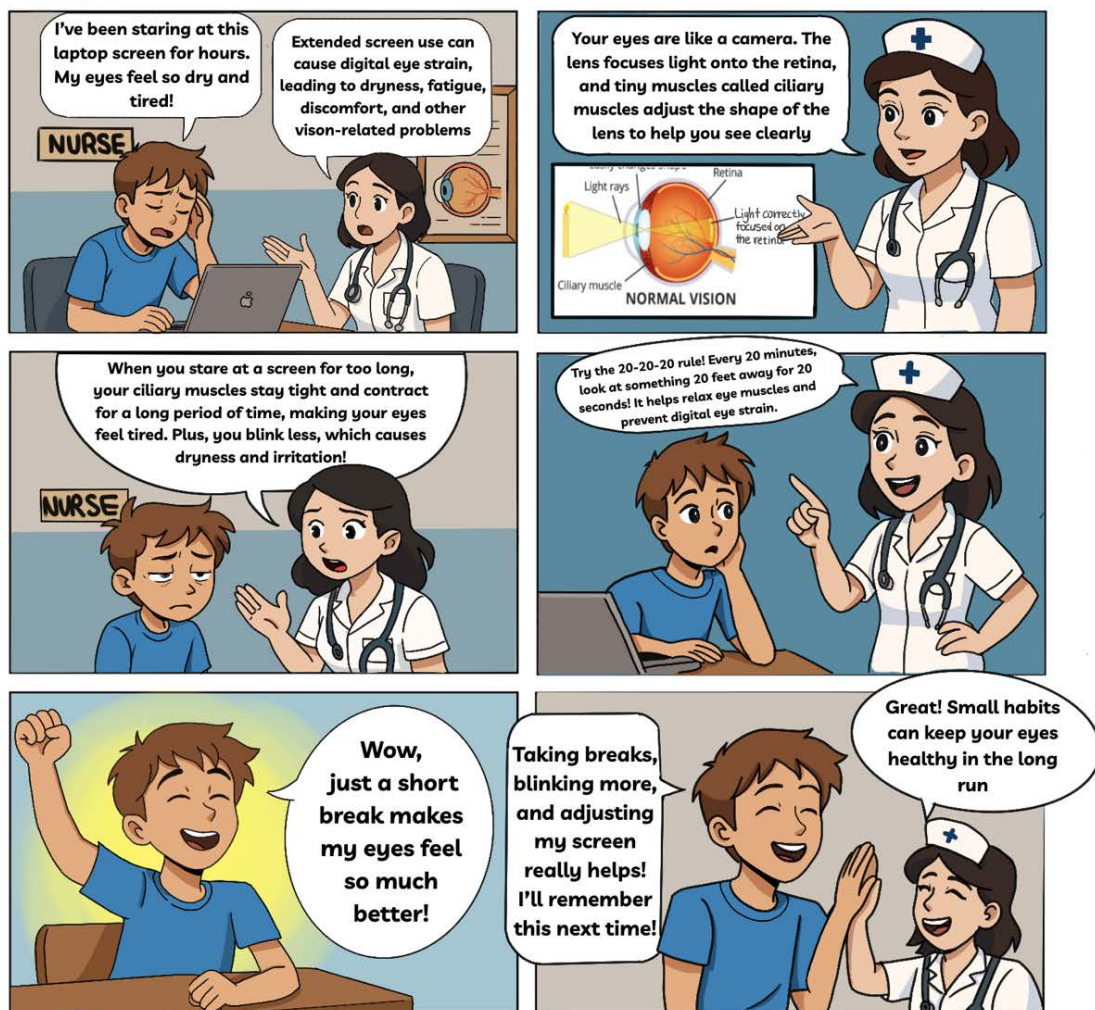
The student cartoon by Jiyun Lee, Ji Yoon Jung, Jeong Min Park, Ye Seo Choi, Hee Yu Cho, Emi Wen, and Eun Sung Cho is part of a CAS project for the IB Diploma Programme. As such, the cartoon engages with complex health issues in an effort to bring nuance and perspective to a sensitive topic. This is in keeping with our schoolwide goal where we "champion diversity of thought and the critical thinking and open-minded inquiry and learning across a range of topics and disciplines that deepen conceptual understanding and intellectual growth and independence."



## Digital Eye Strain

Illustrated by Eunsung Cho G10

Written by Jiyun Lee G11



### Credit Box:

<https://www.nceyes.org/digital-eye-strain>

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision->



## 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.

### Birthday Book Club

Thank you to Jun Hee, grade 6, for his birthday book donation to the library. Jun Hee donated the book **Four Eyes** by Rex Ogle and Dave Valeza. **Four Eyes** is a funny and heartwarming new graphic novel about middle school, fitting in, and facing your fears. Since Jun Hee enjoys reading graphic novels, we hope he will enjoy this birthday book. Happy birthday, Jun Hee!

If you would like to celebrate a special birthday with the IST Library Birthday Book Club, please contact library staff at [Linnea\\_Simon@istianjin.org.cn](mailto:Linnea_Simon@istianjin.org.cn) or [lisa\\_fang@istianjin.org.cn](mailto:lisa_fang@istianjin.org.cn) (Chinese) for more 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

Our next Parent Book Club selection is the memoir **Crying in H Mart** by Michelle Zauner. We will meet in the library to discuss the book on Thursday, April 17<sup>th</sup> at 8:30 am. 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



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## IST PFO Hiking

26th Apr, Saturday



Destination: Xifengyu Valley

Original cost 140

PFO sponsor 100, you only pay 40

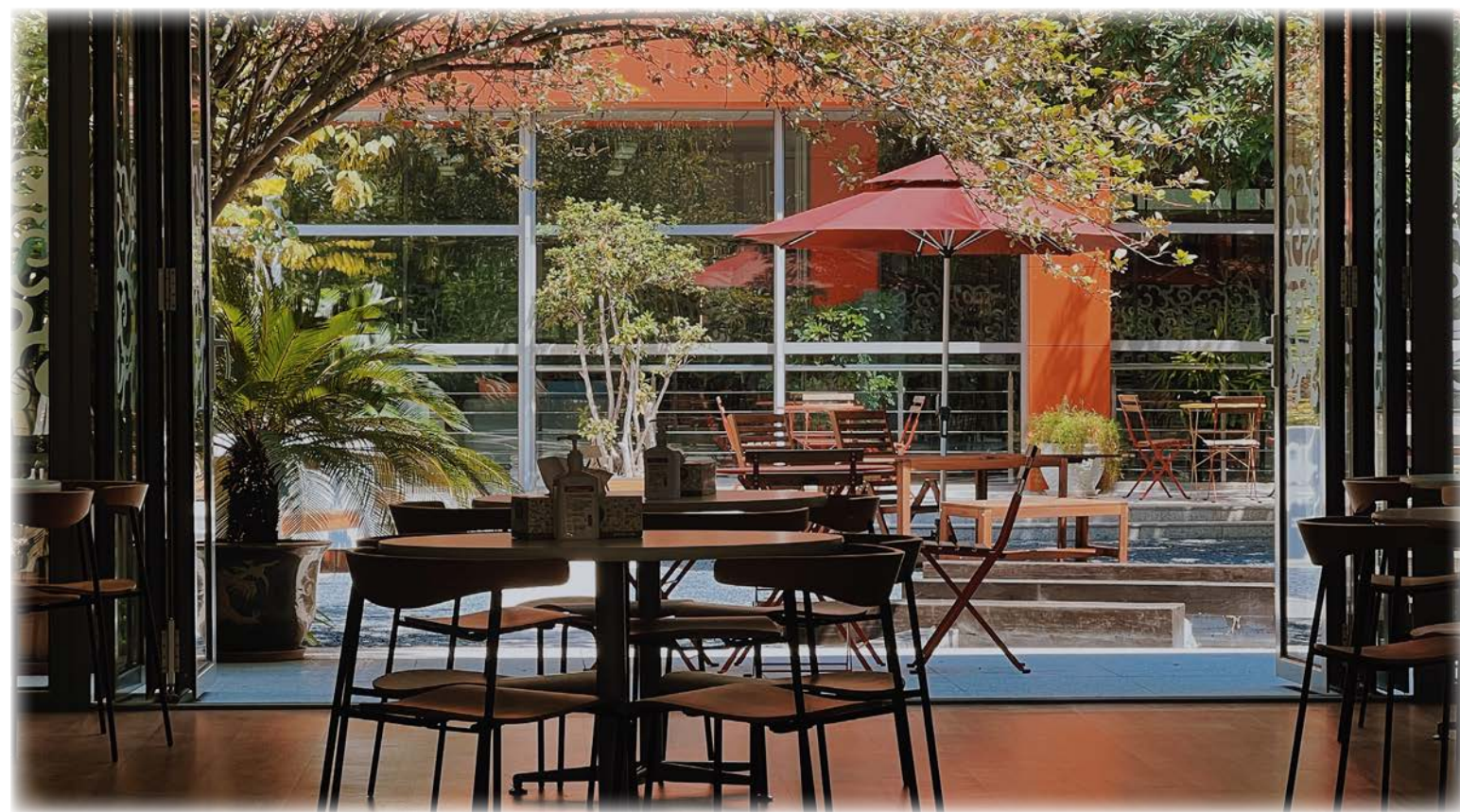
Let IST families explore nature and  
discover the joy of tracking!!



## 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) 7~11 Apr

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 炒蔬菜 <u>Allergy: wheat, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soya sauce</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: beef, cheese</u>	Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soya sauce</u>	Chicken Finger 炸鸡条 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: breadcrumb</u>
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) 716	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 106	Fat 脂肪 (g) 22

## 14 ~ 18 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Macaroni in Tomato Sauce 番茄意面 Stir fry Vegetable 炒蔬菜 <u>Allergy: soya sauce, wheat</u>	Pork Dumplings 猪肉水饺 Stir fry Corn 炒玉米粒 <u>Allergy: soya sauce, wheat</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, breadcrumb</u>	Fried Chicken 炸鸡 Fried Potatoes 土豆条 <u>Allergy: wheat</u>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>
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) 722	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

## Weekly Menu (G2-G12) 14~18 April

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
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配肉粉/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <u>Allergy: breadcrumb</u>	Beef Balls 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: beef, soya sauce</u>	Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>
Stir Fried Cabbage with Chili 手撕包菜 Grilled Tofu with Vegetables 家常豆腐 Steamed Egg with Vegetables 蔬菜蒸蛋 <u>Allergy: egg, soya sauce</u>	Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: chili, soya, garlic</u>	Chicken Stewed with Coconut Sauce 马来西椰菜鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Chicken Leg Stew 红烧鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 香菇油菜 <u>Allergy: soy sauce</u>	Shrimp and Tofu Stewed 豆腐虾仁煲 Stir fry Eggplant 红烤茄子 Sweet and Sour Cabbage 醋溜白菜 <u>Allergy: shrimps</u>
Fried Noodles with Vegetables 蔬菜炒面 Fried Egg 煎鸡蛋 <u>Allergy: egg, soy sauce</u>	Udon with Shrimps in Seafood Soup 鲜虾乌冬面 Boiled Vegetables 煮油菜 <u>Allergy: shrimp</u>	Noodles with pork in Soybean paste 炸酱面 Mixed Vegetables 拌蔬菜 <u>Allergy: soybean, wheat</u>	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: soy sauce, egg</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: soy sauce, wheat</u>
	Udon in Vegetable Soup 蔬菜乌冬面	Noodles with Soybean Paste 炸酱面	Noodles with Vegetables 蔬菜面	Spicy Vegetables 麻辣蔬菜
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	Carrot Cake 胡萝卜蛋糕	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) 30	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 29



## DIARY DATES

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

Wednesday - April 23, 2025  
Earth Day

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

## SPORTS DATES

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

19-Apr (Sat)  
ISAC HS Football Tournament TBD

25-Apr (Fri)  
ISCOT ES Football (G1-5) (12:00-15:30)  
WEL

26-Apr (Sat)  
ISCOT MS Basketball Tournament Boys @ IST;  
Girls @ TEDA

## 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.