



THE BLAZE

Working Learning Acting TOGETHER



Dear IST Community,

I am writing to share some important updates and events happening within our community as Mr. Moody attends the ACAMIS Board Meeting and Leadership Conference in Xi'an. This annual gathering brings together school leaders to discuss athletic schedules and initiatives that reinforce our commitment to ACAMIS, ensuring our students have meaningful opportunities to engage in sports and participate in competitions across China. Our close association with ACAMIS also helps schools like IST sponsor exciting events such as the Tech Conference and Arts Conferences that showcase the tremendous talent and commitment of our staff and students.

We are also preparing for a significant milestone in our school's development: a joint accreditation visit from CIS, WASC, and the IB. Scheduled to begin on May 4, this visit is crucial for validating our status as one of the top international schools in China. The accreditation process not only affirms our educational standards but also provides valuable feedback to enhance our programs and practices.

Recently, we celebrated Earth Day, a key legacy event at IST. This occasion serves as a reminder of our responsibility to inspire students toward sustainable living. Through various activities and initiatives, we encourage our community to engage in environmentally friendly practices and reflect on our collective impact on the planet.

Next week, we will have a short week due to the May Day holidays, allowing us all to enjoy a long weekend! Please note that there will be no BLAZE published during this time, but we look forward to returning with more updates afterward.

As our Grade 12 students conclude their regular classes, they are now focused on preparing for their upcoming IB exams. We wish them the best of luck as they enter this important phase of their academic careers. Their hard work and dedication are commendable, and we believe they will excel in their endeavors. I also want to remind everyone that all community members are welcome to attend the graduation ceremony on May 30! This event marks a significant milestone and is a celebration for the entire IST community.

Get Ready! Dance Curriculum Wellbeing Workshop is Coming to IST!

On Tuesday, 29 April, we're welcoming EZRA and DEAN (from Australia even though their passports say NZ) to run a fun and energising wellbeing workshop for all students from ELC to Grade 8 — right here in the IST Gym!

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Each session is about having fun, trying something new, and celebrating what makes our community special.

Workshop Schedule — Tuesday, 29 April in the IST Gym (also known as the old gym!)

- Session 1 (8:25am) – ELC and Kinder
- Session 2 (9:05am) – Grades 1 to 3
- Session 3 (10:05am) – Grades 4 to 6
- Session 4 (10:45am) – Grades 7 to 8 (plus Lily has asked for her G9 class to join at this time)
- Session 5 (1:50pm) – ELC to Grade 8

Parents are warmly invited to attend these sessions as well. Note however, that we unfortunately cannot provide transportation for parents who attend.

Finally, I want to extend my gratitude to the Elementary parents who attended the recent information session about transitioning to Secondary school. I hope the session provided valuable insights for all participants. I also want to remind the community that parents are always welcome to bring questions to my office or to our counselor. Supporting students through their teenage years can be challenging, but fortunately, none of us at IST has to face these challenges alone. We are always here to work, learn, and act together!

Michael Conway
Deputy Director / Secondary Principal



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When a child says, "Leave me alone," it often means they need space, not distance. Kids, like adults, can feel overwhelmed and may not know how to express it. Instead of taking it personally, see it as a chance to respect their boundaries and build trust. Let them know you're there when they're ready. Saying, "I trust you to make good decisions," can boost their confidence and help them feel respected.

IST Counseling





Importance of Teacher Recommendations for Undergraduate University Applications: A Guide for Parents

As your child prepares to apply for undergraduate universities, teacher recommendations can significantly impact their application. Here's an overview of why these recommendations are essential and how parents can support their children in this process.

1. Insight into Student Character

- Teacher recommendations provide an authentic perspective on your child's character, motivation, and work ethic. They can highlight qualities that grades and test scores may not fully capture.

2. Contextualizing Academic Performance

- Teachers can place your child's academic achievements in context. They can discuss classroom participation, problem-solving skills, and how the student collaborates with peers.

3. Highlighting Unique Attributes

- Recommendations can emphasize unique traits or experiences, such as leadership roles, community service, or artistic talents, making your child stand out in a competitive applicant pool.

4. Support for Holistic Admissions

- Many universities use a holistic admissions approach, evaluating the overall applicant profile. Teacher recommendations complement other application components, such as essays and transcripts.

5. Building Stronger Applications

- A compelling recommendation can enhance your child's application, providing a narrative that supports their academic and extracurricular achievements.

6. Establishing Relationships

- Encouraging your child to engage with teachers can foster meaningful relationships, leading to more personalized and impactful recommendations.

7. Consulting with the College Counselor

- Discussing which teacher recommendations would best support your child's college application with a college counselor is essential. Counselor can help identify the most suitable teachers based on your child's strengths, goals, and the specific requirements of the colleges they are applying to.

Tips for Parents

- **Prompt Early Requests:** Remind your child to ask for recommendations well in advance to give teachers ample time to write thoughtful letters.
- **Follow Up with Gratitude:** Teach your child the importance of thanking teachers for their time and effort, which helps maintain positive relationships.

Note : Teacher recommendations are a vital component of the college application process. By understanding their significance and supporting your child in obtaining strong recommendations, you can help enhance their chances of gaining admission to their desired universities.



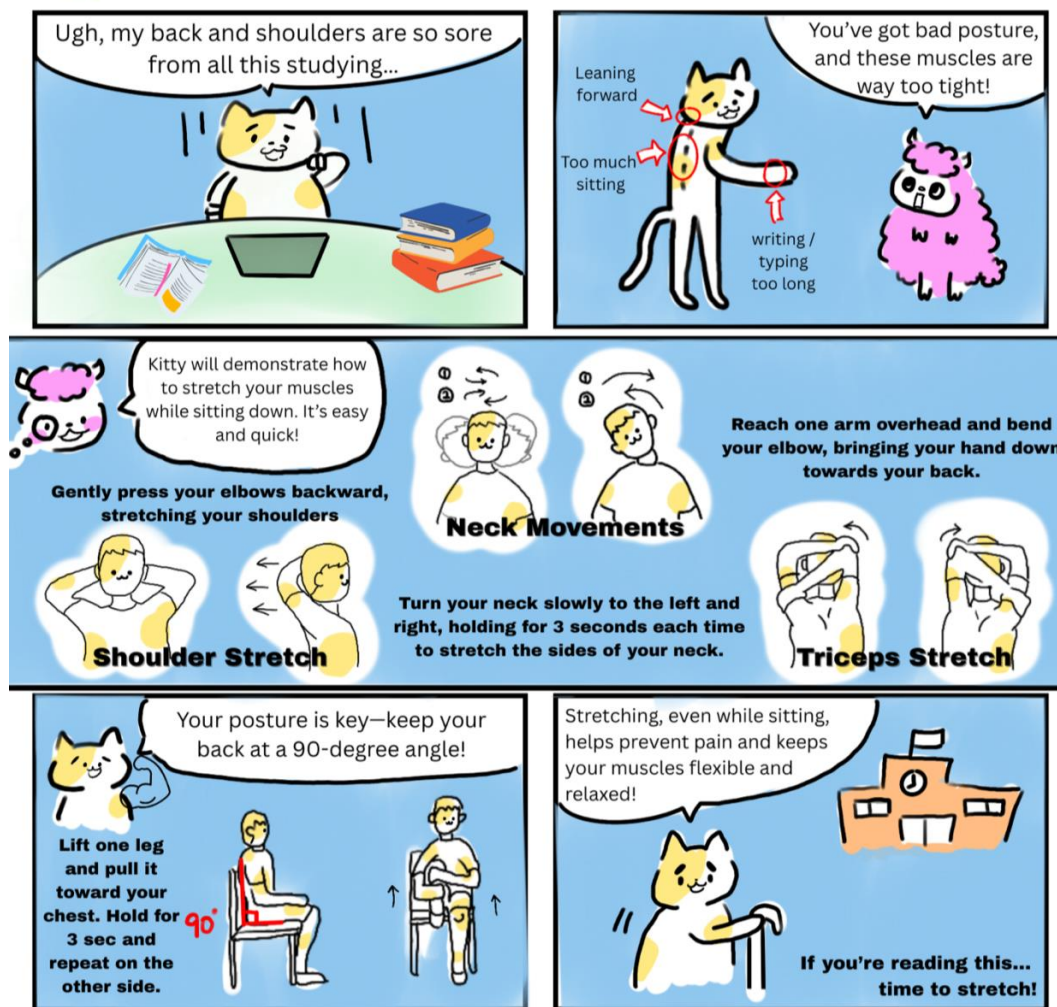
The student cartoon by Jiyun Lee, Ji Yoon Jung, Jeong Min Park, Ye Seo Choi, Eun Sung Cho, Heeyu Cho, and Emi Wen is part of a CAS project for the IB Diploma Programme. As such, the cartoon engages with complex health issues in an effort to bring nuance and perspective to a sensitive topic. This is in 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.



Stretch It Out: Easy Posture Fixes for Study Time!

Illustrated by Heeyu Cho G11

Written by Heeyu Cho G11

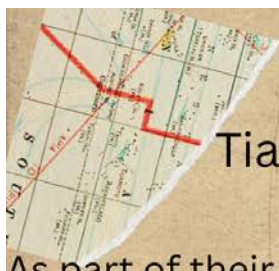


Credit Box:

NHS. "Sitting Exercises." *Nhs.uk*, 30 Apr. 2018, www.nhs.uk/live-well/exercise/sitting-exercises/. Accessed 21 Apr. 2025.

sportspt. "7 Easy Stretches to Counteract Sitting All Day." *Optimalsportspt*, 30 Sept. 2020, optimalsportspt.com/7-easy-stretches-to-counteract-sitting-all-day/. Accessed 21 Apr. 2025.

the Healthline Editorial Team. "Stretches to Do at Work Every Day." *Healthline*, Healthline Media, Mar. 2017, www.healthline.com/health/deskercise. Accessed 21 Apr. 2025.



Tianjin 'Our City' G8 Field Trip.

As part of their Grade 8 unit, "How Are Cities Organized?" we went on a field trip to the TJ Development Research Center of Social Sciences, showcasing the history of Tianjin from the 1800s to the 1900s. This visit aligned well with previous units where we learned about how the world became interconnected and how countries were forced to open up to keep pace with technological developments. During the trip, students practiced the MISO method—research through Media, Interview, Survey, and Observation. At the museum, they explored how Tianjin became connected to the world and grew to be an important city in China. Beyond examining the city's history and its preservation over time, the students also observed different aspects of Sustainable Development Goal No. 11: Sustainable Cities and Communities. The students prepared several questions to ask shop owners, tourists, and homeowners after interviewing people at the museum. When interviewing people in the concession area, many students overcame their fear of approaching and communicating with strangers, which helped them connect better with members of our community and gain a deeper understanding of where we live. Back in the classroom, students will conduct further research and use the data collected during the field trip to create presentations following the Pecha Kucha style. Overall, it was a rewarding and enriching full day of learning beyond the classroom.



INTERNATIONAL
SCHOOL of TIANJIN

Weekly



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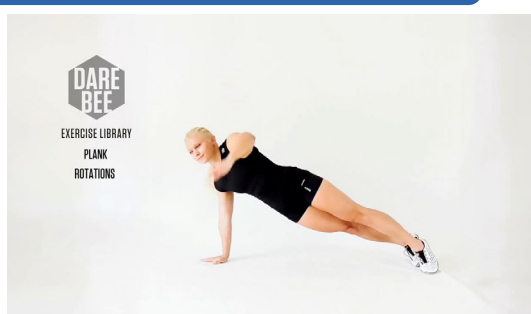
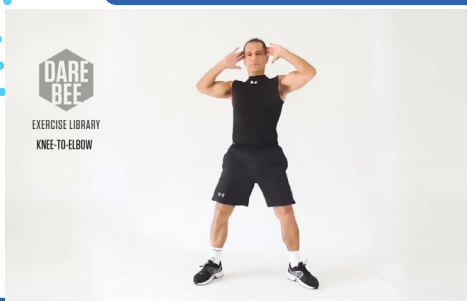
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IST HEALTH AND
WELLBEING

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



IST Library & Information Literacy Center

Our Mission

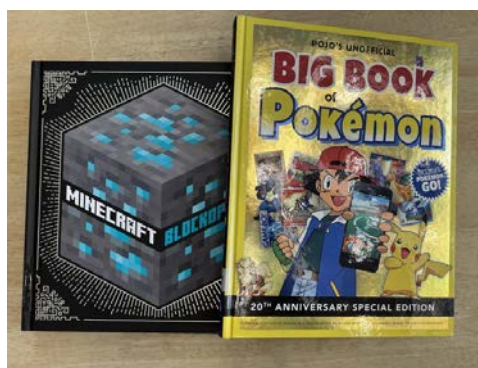
The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

Book Fair

Thank you for supporting the book fair in the library this week! The vendor commented on how enthusiastic our students were about books and reading.



The library has also added a number of new books from the book fair to our collection. Here is a sneak peek of just a few of the new books. These will be available for checkout next week!



Parent Book Club: May 29th

Our next book selection is the novel *The Nightingale* by Kristin Hannah. We will meet in the library to discuss the book on Thursday, May 29th 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.

This will be our last meeting of this school year. Please consider joining us for coffee, treats, and a lively discussion—even if you don't have a chance to read the book!

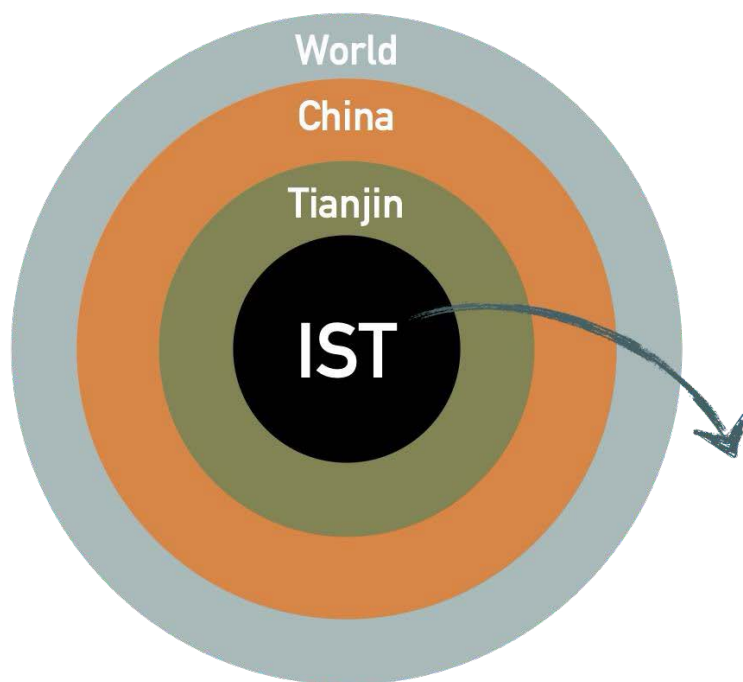
Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30





“Creating a Sustainable IST”

Aligned with our school's motto (*Working, learning, acting together for our common future*), we are thrilled to announce the formation of the parent-led “**Sustainable IST Group**”, a dedicated team of parents committed to promoting environmental consciousness and action throughout our community. This group will work closely with the school to shape sustainability policies and create a true culture of sustainability that permeates every aspect of school life.



Aligning IST's sustainability efforts with the global initiatives.



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Food theme: The Cambodian cooking class

Menu:

1. Beef Lok Lak
2. Beef Sour soup
3. Stir Fried chicken with lemon grass
4. Creamy corn coconut custard



When: 30th April 09:00am-2pm

Where: IST Elementary Kitchen

Host: Nary

Cost: 100 RMB per person

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

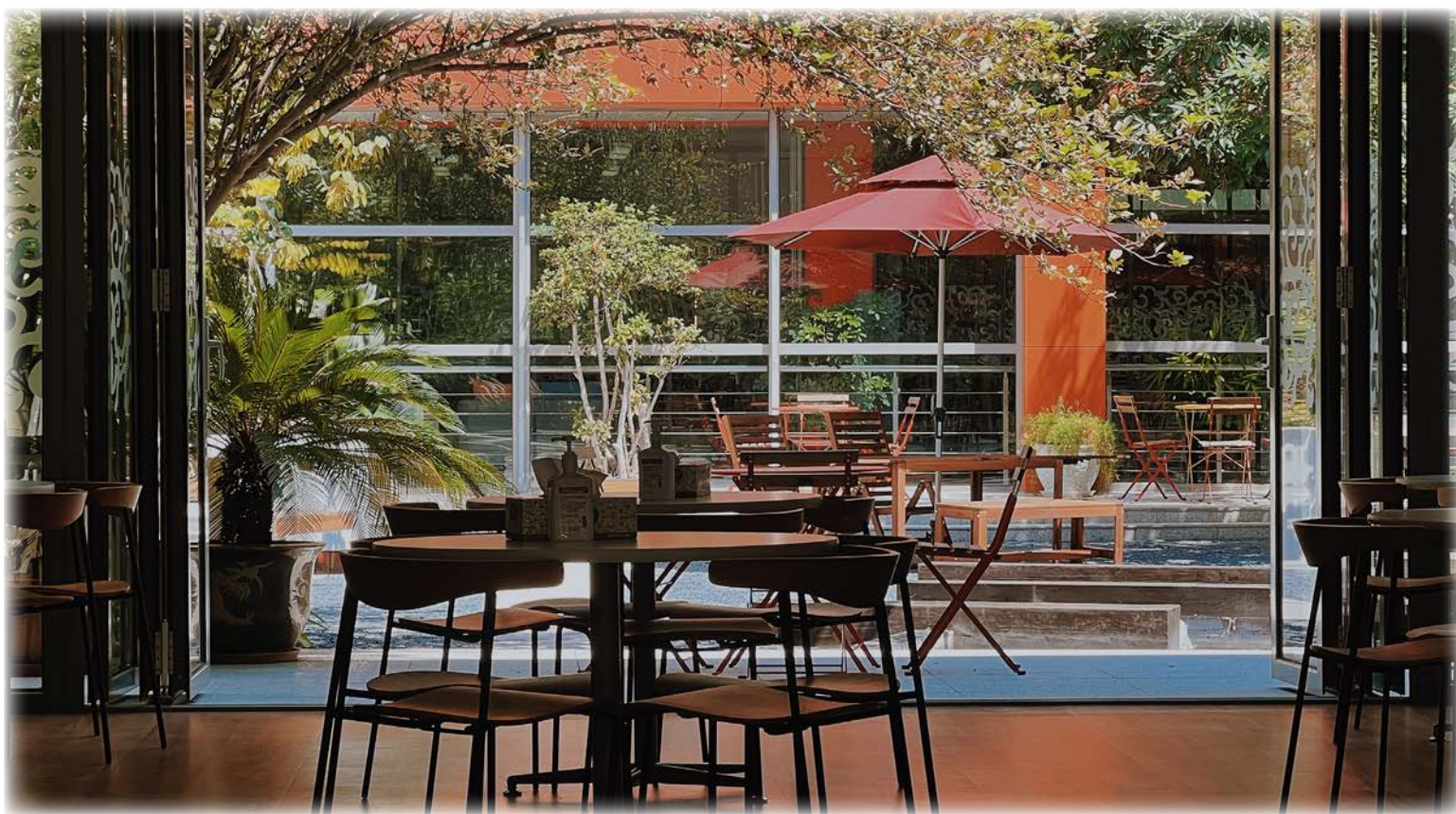




Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

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) 21~25 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 炒时蔬 <u>Allergy: wheat, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soya sauce</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <u>Allergy: beef, cheese</u>	Fried Chicken 炸鸡 Roasted Potatoes 烤土豆 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat</u>	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <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 每周营养分析	Energy 热量 (Kcal) 719	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 22

28~30 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut		
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Plain Rice 米饭 <u>Allergy: soy sauce, egg</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <u>Allergy: soya sauce</u>	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <u>Allergy: soy sauce, wheat</u>		
Fruit of the Day	Fruit of the Day	Fruit of the Day		
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 725	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 101	Fat 脂肪 (g) 19

Weekly Menu (G2-G12) 28~30 Apr

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		
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意式通心面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Chicken Fajita 鸡肉法吉它 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <u>Allergy: wheat, soya sauce</u>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <u>Allergy: beef, soy sauce</u>		
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce, coconut</u>	Stir Fried Chicken with Lemon 柠檬炒鸡 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soya sauce</u>		
Stir Fried Noodles Korean Style 韩式炒年糕 Stir Fried Vegetables 素炒油菜 <u>Allergy: wheat, egg</u>	Noodles with Pork Soup 豚骨拉面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, pork</u>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, soy sauce</u>		
	Noodle with Tomato Sauce 番茄面	Noodles with Soybean Paste 炸酱面		
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤		
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕		
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 776	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 119	Fat 脂肪 (g) 22



DIARY DATES

Monday~Wednesday - April 28~May 21, 2025
IB Diploma Exams

Thursday~Friday - May 1~2, 2025
May Day Break

Tuesday - May 6, 2025
ELA Entrance Testing

Thursday - May 8, 2025
Summer Theatre

Friday - May 9, 2025
Elementary Sports Day

Monday~Friday - May 19~23, 2025
Secondary Exams (G9-11)

SPORTS DATES

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

10-May (Sat)
ISAC MS Basketball Tournament
Boys @ IST; Girls @ BCIS

16-May (Fri)
ISCOT MS Table Tennis (singles) (12:00-
15:30) WEL

23-May (Fri)
ISCOT Swimming (G1-5) 12:00-15:30 WEL

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.