



# THE BLAZE

Working Learning Acting TOGETHER

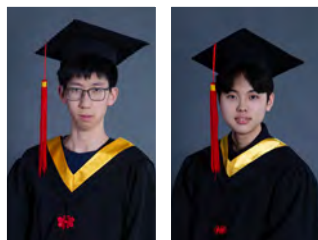


Dear Parents

I share this week's edition of Blaze, looking out the window at a very wet school and city! After the long, dry winter, the wet weather of the summer season is finally upon us, although unfortunately coinciding with our plans for **Elementary Sports Day**. Parents should have received notice yesterday that the main event was cancelled in anticipation of the rain; however, the students did still get to participate in a selection of alternative fun activities in the gymnasium. And, in case you didn't read about it in the recent announcement from the Board, please note that **the old gym will undergo significant renovations this summer** in order to bring it into alignment with the new gymnasium currently being constructed on its western flank. The beams and pillars for the new gym are now clearly visible and should be completed within the next three weeks, with the concrete flooring to be poured soon thereafter! All going well, **we will inaugurate the new gym in late October**.

Grade 12 parents will be aware that the **IB Diploma examinations are now well underway** with students (and their parents!) deeply engaged in the highly stressful experience of sitting this very challenging series of university matriculation examinations. In spite of the stress, I am very confident that our students are very well prepared and that they will do very well indeed. A reminder that all families are invited to attend the **Graduation Ceremony for the Class of 2025, to be held in the Han Theatre at 3:55PM on Friday 30<sup>th</sup> May**.

Every year as our school prepares to bid a fond farewell to our graduating Seniors, we like to recognise two individual students and to highlight their achievements in front of the entire school community by bestowing upon them the awards of Valedictorian and Salutatorian. Both honours share a special place of prominence in the school and are an integral part of our graduation traditions at IST and around the world.



It is my great pleasure therefore to announce the honour of **VALEDICTORIAN for the Class of 2025** has been awarded to **Chen Cheng-Mou (Momo)** and **Yang Jun Seo (Justin)** (this year awarded concurrently to two students as they shared identical grade point averages). Momo and Justin have merited this prestigious academic honour by sharing the highest cumulative GPAs over the two-year course of the demanding IB Diploma.

I am also delighted to announce that the honour of **SALUTATORIAN for the Class of 2025** has been awarded to **Chang A Jin** by a vote of her peers. It is the firm decision of the Class of 2025 that A Jin best represents them as a group and has served as an inspiration to her peers over the two years of the Diploma Programme.



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I am proud to also highlight the fact all three are relatively long-term IST students, with Justin starting in Grade 8, and Momo and A Jin starting in Grade 1 and Kindergarten, respectively. Congratulations to these three wonderful representatives of their class, and of our school. Congratulations also to the many other fine young men and women that make up this impressive graduating class!

Grade 5 students, who are also nearing the end of the first major section of their education, their “Primary” schooling, will be heading off on the **G5 WWW trip to Jizhou County** on Wednesday for three days of team building and outdoor experiences, including a day at Raccoon Jim Adventure Base, a day at Huangyaguan Great Wall, and a day at Jinhai Lake. I wish the Grade 5s a safe and enjoyable adventure, and hopefully one free from homesickness! A reminder also, that all families are invited to attend the **Grade 5 Transition Ceremony, to be held in the Han Theatre at 1:00PM on Wednesday 4 June.**

This past week our school has hosted 10 international representatives from our three accreditation agencies, the **International Baccalaureate (IB), the Council of International Schools (CIS), and the Western Association of Schools and Colleges (WASC).** The visit concluded yesterday, and while we will not receive the formal reports until sometime during the summer vacation, the teams did present their general findings in an exit interview with our senior leadership team yesterday. I can confirm that their findings were extremely complementary about all aspects of our school; not just the reports we prepared and our facilities and programmes, but more importantly, our wonderful community. The team were fulsome in their praise for faculty, support staff, students and parents, and the incredibly positive levels of engagement that they witnessed.

I can also report that **the IB informed us that there were ZERO ‘Matters to be Addressed’ (MTBAs)** with respect to our three IB Programmes! In other words, they found IST to be fully compliant with all relevant performance metrics, and exceeding in most. They found no domain in need of formal remediation; I can assure you that this is extremely rare! **CIS/WASC also reported that IST had comfortably met or exceeded all standards** and shared their very positive impression about the work undertaken by our community on our four special curriculum “projects”. They also asked me to extend their words of thanks and recognition to our parent community for the dedicated manner in which so many of you have engaged in the reference groups for these projects.

I look forward to sharing the actual reports with you once they are received over the summer. In the meantime, Congratulations IST!

Wishing you the very best, despite the wet weekend weather!

Steve Moody  
Director



As parents, we often struggle to admit our mistakes to our children, fearing that apologizing might undermine our authority and might make us seem weak in front of our children.

We are all human, and we all make mistakes. occasionally, we say or do things we regret later deeply. After moments such as these, is it right not to say sorry? My answer is that there is real power in being prepared to apologize to our children when we are in the wrong.

IST Counseling

## ❧ APOLOGIZING ❧ TO YOUR KIDS IS AN OPPORTUNITY TO

- ✓ Recognize your own behavior
- ✓ Show empathy and connection
- ✓ Prove there is room to repair and reconnect after someone's been hurt
- ✓ Set an example that will help your children later in life
- ✓ Be sincere
- ✓ Show your kids that no one is perfect
- ✓ Let your kids know it's okay to mess up







## **Importance of Time Management and Organization When Applying to College: Balancing Grade 12 Coursework**

Applying to college while managing Grade 12 coursework can be a challenging task. Effective time management and organization are crucial for ensuring a successful application process without compromising academic performance. Here's why these skills matter and how students can develop them:

### **1. Meeting Deadlines**

- College applications involve numerous deadlines, including submission dates for essays, recommendation letters, and standardized tests. Effective time management helps students stay on track and avoid last-minute stress.

### **2. Prioritizing Tasks**

- It's essential to balance college application tasks with academic responsibilities. A well-organized schedule allows students to prioritize their workload, ensuring they allocate adequate time for both applications and school assignments.

### **3. Reducing Stress**

- By managing time effectively, students can reduce the anxiety that often accompanies the college application process. A clear plan helps them feel more in control and less overwhelmed.

### **4. Improving Academic Performance**

- Good time management enables students to dedicate sufficient time to study and complete assignments, which is vital for maintaining strong grades during their final year of high school.

### **5. Enhancing Quality of Applications**

- When students allocate time thoughtfully, they can produce higher-quality essays and applications. This attention to detail can make a significant difference in how they present themselves to admissions committees.

### **6. Allowing for Personal Growth**

- Effective organization frees up time for extracurricular activities, volunteering, and personal interests. These experiences can enrich a student's application and personal development.



## Tips for Developing Time Management and Organizational Skills

- **Create a Master Calendar:** Use a calendar to keep track of important deadlines for applications, tests, and school assignments. This visual aid helps students see their commitments at a glance.
- **Set Specific Goals:** Break down the application process into specific, manageable goals. For example, aim to complete one college essay each week.
- **Use a To-Do List:** Maintain a daily or weekly to-do list to keep track of tasks. Prioritize items based on deadlines and importance.
- **Establish a Routine:** Develop a consistent daily routine that includes dedicated time for studying, working on applications, and taking breaks to recharge.
- **Limit Distractions:** Create a study environment that minimizes distractions, enabling focused work sessions. Consider using tools like the Pomodoro Technique (25 minutes of focused work followed by a 5-minute break).
- **Seek Support:** Encourage students to communicate with teachers, counselors, and family members about their workload. Seeking help when needed can alleviate pressure.



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IST HEALTH AND  
WELLBEING

## DEAM MAY

### BETTER CORE

GOOD CORE STRENGTH IS ESSENTIAL FOR STABILITY, BALANCE, AND OVERALL MOVEMENT, AS IT SUPPORTS PROPER POSTURE, PROTECTS THE LOWER BACK, AND REDUCES THE RISK OF INJURIES. IT PLAYS A VITAL ROLE IN ATHLETIC PERFORMANCE, EVERYDAY TASKS, AND FUNCTIONAL FITNESS BY PROVIDING A STABLE FOUNDATION FOR THE BODY. A STRONG CORE ALSO ENHANCES BREATHING, IMPROVES EFFICIENCY IN LIFTING AND EXERCISING, AND CONTRIBUTES TO A TONED APPEARANCE. CORE-FOCUSED EXERCISES LIKE PLANKS, CRUNCHES, LEG RAISES, AND ACTIVITIES LIKE YOGA OR PILATES CAN HELP BUILD AND MAINTAIN CORE STRENGTH, IMPROVING BOTH PHYSICAL HEALTH AND QUALITY OF LIFE. PARAGRAPH TEXT

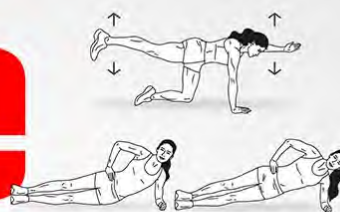




## better core

30-DAY CHALLENGE

© darebee.com



1 60 seconds balance swings 3 sets   30sec rest	2 10 side bridges 3 sets   30sec rest	3 60 seconds balance swings 3 sets   30sec rest	4 10 side bridges 3 sets   30sec rest	5 60 seconds balance swings 3 sets   30sec rest
6 12 side bridges 3 sets   30sec rest	7 60 seconds balance swings 3 sets   30sec rest	8 12 side bridges 3 sets   30sec rest	9 60 seconds balance swings 3 sets   30sec rest	10 14 side bridges 3 sets   30sec rest
11 60 seconds balance swings 3 sets   30sec rest	12 14 side bridges 3 sets   30sec rest	13 60 seconds balance swings 3 sets   30sec rest	14 16 side bridges 3 sets   30sec rest	15 60 seconds balance swings 3 sets   30sec rest
16 16 side bridges 3 sets   30sec rest	17 60 seconds balance swings 3 sets   30sec rest	18 18 side bridges 3 sets   30sec rest	19 60 seconds balance swings 3 sets   30sec rest	20 18 side bridges 3 sets   30sec rest
21 60 seconds balance swings 3 sets   30sec rest	22 20 side bridges 3 sets   30sec rest	23 60 seconds balance swings 3 sets   30sec rest	24 20 side bridges 3 sets   30sec rest	25 60 seconds balance swings 3 sets   30sec rest
26 22 side bridges 3 sets   30sec rest	27 60 seconds balance swings 3 sets   30sec rest	28 22 side bridges 3 sets   30sec rest	29 60 seconds balance swings 3 sets   30sec rest	30 24 side bridges 3 sets   30sec rest



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."



## Performing Adult CPR

Illustrated by Ye Seo Choi G11

Written by Jiyun Lee G11

**Step 1: Check if they are responsive.**  
Tap their shoulder and ask loudly, 'Are you okay?'

**Step 2: If no response, ask someone else to call emergency services immediately and get an AED.**

**Step 3: Look for no breathing or only gasping after opening the airway.**  
If not breathing, start the CPR.

**Step 4: Place your hands on the center of the chest and push hard and fast: about 5cm deep, at 100-120 beats per minute.**

**Step 5: After 30 compressions, open the airway and give 2 breaths.**

**Step 6: Don't stop until emergency help arrives or the person starts breathing again.**  
If needed, use the AED. Turn it on and follow the prompts.

Repeat sets of 30 compressions and 2 breaths.

### Credit Box:

<https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps?srsId=AfmBOoqJ5v1saMg4VpuigAcXxVoMT1UCbUXRx5487OzXglf8rJoTiiLR>  
<https://cpr.heart.org/en/resources/what-is-cpr>





## IST Library & Information Literacy Center

### Our Mission

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

### Library End-of-Year Dates

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



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

### Parent Book Club: May 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 29<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.

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!

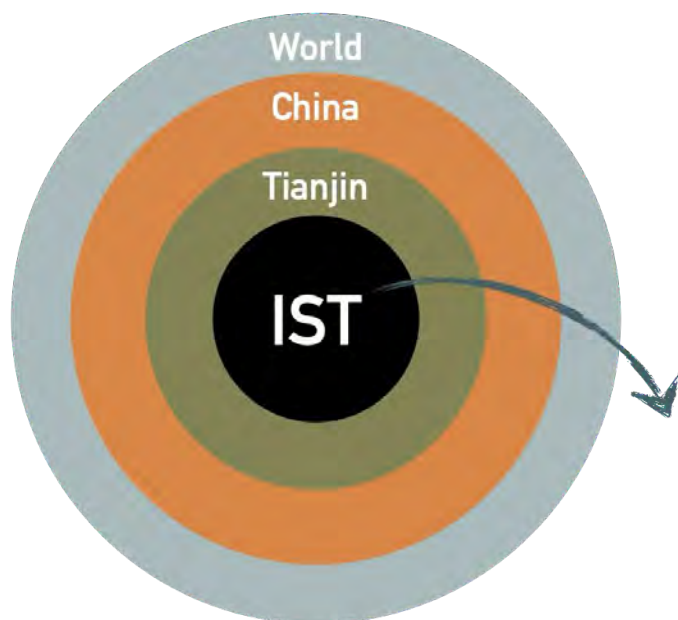


Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30



## ***“Creating a Sustainable IST”***

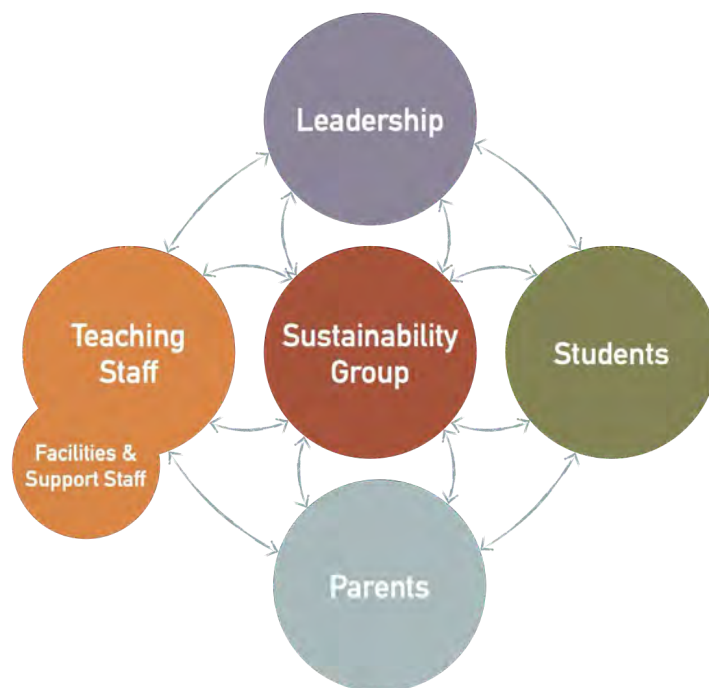
Aligned with our school's motto (*Working, learning, acting together for our common future*), we are thrilled to announce the formation of the parent-led **“Sustainable IST Group”**, a dedicated team of parents committed to promoting environmental consciousness and action throughout our community. This 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.



- To go beyond classroom instruction and foster a deeper understanding of sustainability.
- To support, guide, and implement sustainability efforts.
- Develop and implement innovative solutions and initiatives in collaboration with the school-wide community (Parents, Students, Teaching Staff and Management).
- Leverage the expertise and experience of parents to drive impactful change.
- Foster a sense of ownership and commitment among students, parents, and the school.
- Strive for a sustainable future for generations to come.



We invite all interested parents to join us in this exciting endeavor. Your passion, ideas, and contributions are invaluable.





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Please share your interest in joining the group by contacting us at

[sustainability@istianjin.org.cn](mailto:sustainability@istianjin.org.cn).

or you can click the link below and fill out the form:

<https://forms.office.com/r/1UQByHUpNX>

Let us work together to build a more sustainable future for IST and inspire others to follow our lead!

Sincerely,

The Sustainable IST Group



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**Food theme: Filipino cooking class**

**Menu:**

1. Adobong Baboy (pork stew)
2. Pinakbet with Bagoong(Sauté Veggies with Shrimp Paste)
3. Pininyahang Manok sa Gata( chicken with coconut milk and pineapple)
4. Pancit Canton (fried noodles)
5. Leche Flan (Crème Brûlée Filipino style)



**When:** 13th May **Tuesday** 09:00am-2pm

**Where:** IST Elementary Kitchen

**Host:** Ayleen

**Cost:** 100 RMB per person

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







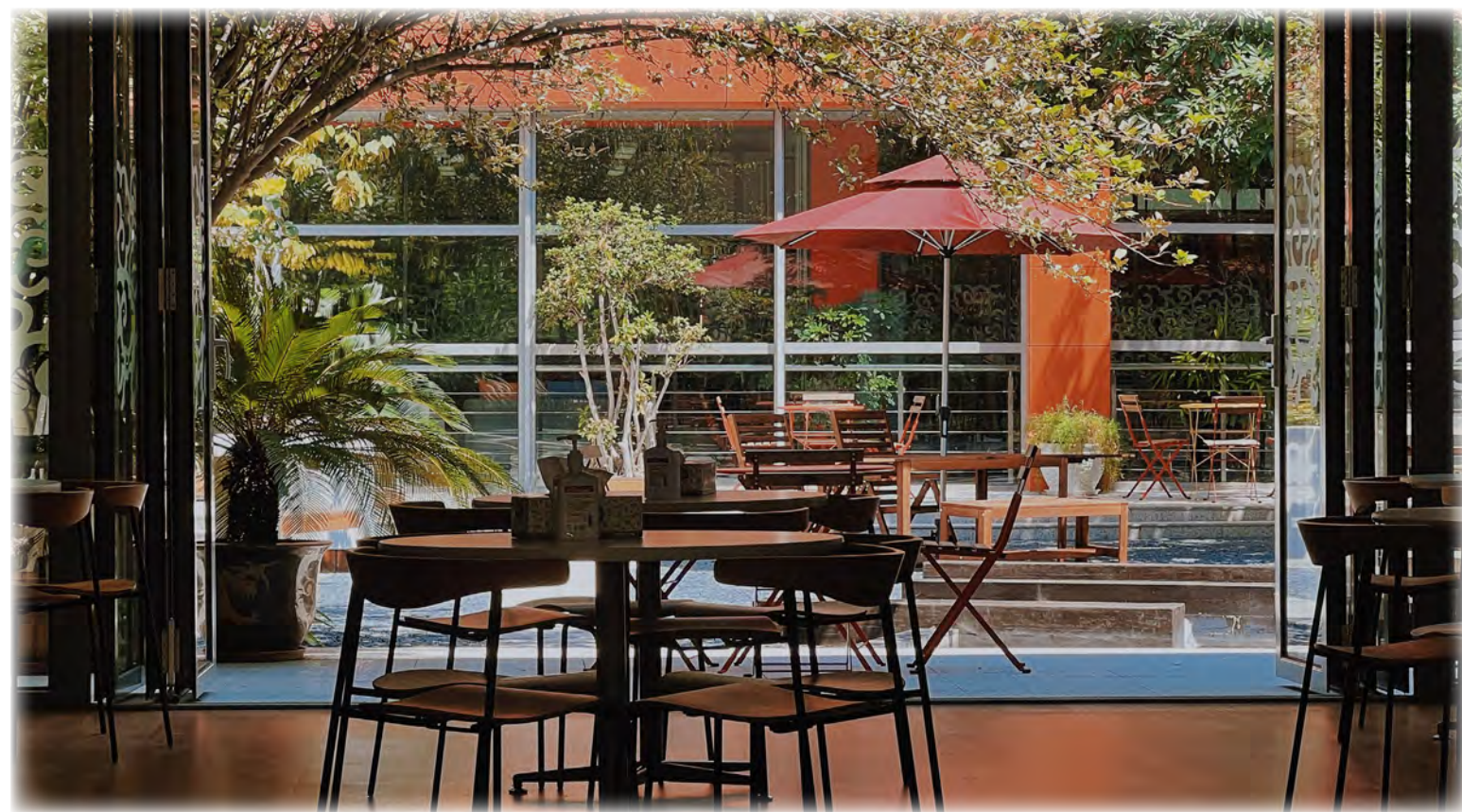
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## Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

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) 5-9 May

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 <u>Allergy: wheat, cheese</u>	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫芦玉米 Vegetable Sticks 蔬菜条 <u>Allergy: beef, soy sauce</u>	Chicken Curry 咖喱鸡 Plain Rice 米饭 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</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) 710	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 20

## Weekly Menu (N-G1) 12-16 May

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 Noodles with Vegetables 蔬菜炒面 Roasted Egg with Cheese 芝士烤鸡蛋 <u>Allergy: egg, cheese, soy sauce</u>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: soy sauce</u>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soya sauce</u>	Chicken Burger 鸡肉汉堡 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Fried Rice with Egg and Sausage 香肠鸡蛋炒饭 Green Vegetables 炒青菜 Vegetable Sticks 蔬菜条 <u>Allergy: soy sauce, egg</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) 715	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19

## Weekly Menu (G2-G12) 12-16 May

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 <u>Allergy: cheese, egg</u>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: beef, herb, soy sauce</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <u>Allergy: fish, soy sauce</u>
Grilled Tofu 香煎豆腐 Stir Fried Tomato with Egg 番茄鸡蛋 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 米饭 <u>Allergy: egg, soy sauce</u>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: chili, soy, garlic</u>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: soy sauce, egg</u>
Fried Noodles with Vegetables 蔬菜炒面 Fried Eggs 煎鸡蛋 <u>Allergy: egg, soy sauce</u>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Pork Rolls 肉龙 Cucumber Salad 拌黄瓜/拌黄瓜根粉 <u>Allergy: soy sauce</u>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 桑巴蔬菜 <u>Allergy: shrimp, garlic</u>	Beef Paomo 牛肉泡馍 Green Vegetables 青菜 <u>Allergy: wheat, soy sauce</u>
	Noodles with Vegetables 蔬菜面	Vegetables Rolls 蔬菜卷	Stir Fried Rice Noodles with Vegetables 素炒米粉	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

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

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

Monday~Friday - May 26~30, 2025  
Middle Years University

Wednesday - May 28, 2025  
Spring Show

Friday - May 30, 2025  
G12 Graduation Ceremony

## 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.