



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

I trust that you are enjoying the beautiful late Spring/Early Summer weather and looking forward to the upcoming summer vacation (winter for those of us returning to the Southern Hemisphere!) With just three more weeks of school before the end of the 2024-25 school year, all of our schedules are starting to become very busy.

These past three days our **Grade 5 students have been on an adventure to Jizhou County**. Despite what have no doubt been fun times engaging with their classmates on challenging outdoor learning challenges and experiences, I am pretty sure that they will be keen to return home to Mum and Dad, and their own beds! Spending increasingly long periods away from our parents is part of the experience of growing up and next year our transitioning fifth graders will join the rest of the secondary school on the longer Secondary Week Without Walls (WWW) excursions.

The only group of Secondary students who don't attend WWW are our Seniors, who are heavily committed to their IB Diploma studies and examinations. After 13 long years of primary and secondary schooling, all of our Seniors will have completed their final examinations by next Wednesday, following which they will be **FREE TO SLEEP IN!** We are immensely proud of our Senior students, and know that they will have performed really well in their exams. Don't forget, Class of 2025 Graduation Ceremony, 3:55PM, Friday 30 May!

We do tend to expect rather a lot from our Senior students, and I am very pleased to remind members of our Korean and Chinese speaking community that next week **several of our graduating students will be hosting meetings for parents** during which they will share details about their school experience, study habits, university application processes, etc. These two meetings, delivered in Korean and Chinese, will be held next **Thursday 22 May from 2-3PM** in two separate spaces in the Han Teacher Center, and we strongly encourage Chinese and Korean speaking parents of children of all ages to come along and participate in discussions about the experiences and learning journeys of these wonderful young representatives of our school and community.

**The final PFO Meeting for the year is also scheduled on Thursday**, and I urge as many parents as possible to show your support and to come along to celebrate another wonderful year at IST for our terrific parent community, and another incredible year of efforts taken by parents to support our school and community. The final meeting is followed by the PFO **'Staff Appreciation Lunch'**, yet another PFO undertaking! On behalf of all teachers and support staff, I extend our sincere thanks for this annual and incredibly thoughtful and generous effort on the part of our ever supportive parent community. **You are WONDERFUL!**

While the Seniors are looking forward to the conclusion of their examinations, **High School students** will likely now be starting to feel a little anxious with **Grade 9-11 examinations starting on Tuesday** (and ending on Friday). Examinations are only one of several important assessment tools employed by schools, but it is nevertheless incredibly important for students to gain practice in test taking and examinations as they get closer to graduation and university matriculation. We encour-

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urge all parents of High School students to support their children through next week's examinations, by providing warm encouragement, by not exaggerating the importance of the exams (they are important, but they are not matters of life and death!), and by ensuring that they eat, exercise and sleep well. Your further guidance and encouragement with the preparation of study notes and study schedules will also greatly support their preparations!

I wish to draw your attention to a couple of minor adjustments to the published school calendar for 2025-26. In order to confirm dates for a consultant to work with all of our staff on professional development related to writing instruction, we have needed to move one PD Day from September to November. The Board has approved this change, and we are hopeful that this change, coming early as it has, will not cause undue inconvenience. Please see the changes in the following tables, with the original calendar to the left and the updated one to the right in yellow and orange. Note that the October holiday has been reduced by one day and now ends on 6 October, and the November PD Days have been increased from 2-3, with days moved to the beginning of the week (10th to 12th). Thank you for your support!

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

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

September '25							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B	1	2	3	4	5	6	7
⊗	8	9	10	11	12	13	14
A	15	16	17	18	19	20	21
B	22	23	24	25	26	27	28
⊗	29	30	1	2	3	4	5

October '25							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
⊗	29	30	1	2	3	4	5
A	6	7	8	9	10	11	12
B	13	14	15	16	17	18	19
A	20	21	22	23	24	25	26
B	27	28	29	30	31	1	2

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

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

November '25							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B	27	28	29	30	31	1	2
A	3	4	5	6	7	8	9
B	10	11	12	13	14	15	16
A	17	18	19	20	21	22	23
B	24	25	26	27	28	29	30

December '25							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
A	1	2	3	4	5	6	7
B	8	9	10	11	12	13	14
⊗	15	16	17	18	19	20	21
⊗	22	23	24	25	26	27	28
⊗	29	30	31	1	2	3	4

Three quick notes:

- I wish to draw your attention to the **American Chamber of Commerce (AmCham) Blood Donation announcement** published further on in this week's Blaze. I encourage families to consider supporting this most worthy community wellbeing effort initiated by AmCham and held on Sunday, May 18th at United Family Hospital.
- The principals are hosting a **departing families meeting** on Wednesday. All departing parents should have received an invitation, but if not please contact the school office for details.
- Please also note that next week is the **last week of Co-Curricular Activities** for the year.

Wishing you the very best, and a wonderful weekend!

Steve Moody  
Director



Lately, I've been talking with some secondary students about how friendships change and what to do when we're upset with a friend. Some said they just keep it to themselves to avoid drama—but what if staying silent actually makes things worse?

Research shows that calmly and respectfully talking through problems can make friendships stronger. It helps people feel closer and less stressed. But when we avoid conflict, we often grow apart without realizing it.

A lot of us fear speaking up because we think it'll lead to a fight. But it's not about whether we talk—it's about how we do it. Learning to handle conflict the right way can actually protect our friendships, not break them.

IST Counseling

## 5 WAYS TO MODEL HEALTHY CONFLICT FOR KIDS



"Dad and I are having a disagreement, but we have had disagreements before and we will work this out."

"Mom and I were having a hard time working together, but we have a plan now and we are feeling better."

"Mom was angry with me because I hurt her feelings. I told her I was sorry and she has forgiven me."

"Dad and I are frustrated right now, but remember how you've felt frustrated before and worked it out? Dad and I will, too."

"Dad and I are going to take a few minutes to talk so we are being clear and careful with what we want to say to each other."







## 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.

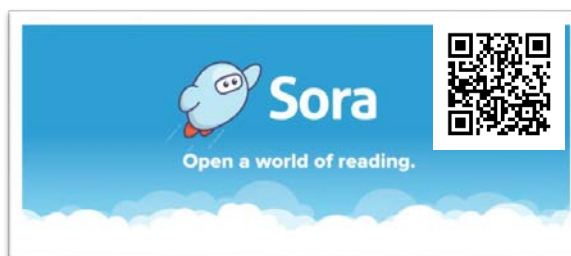
If your family will be staying in China for all or some of the summer holiday, we encourage you to take advantage of our **summer book checkout**. Students who wish to check out books over the summer must return a signed permission slip; these will go home later this month. Students who return a signed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

**Ebooks and audiobooks** are also available through Sora (Overdrive). This is a great alternative to physical books when traveling, and there is a wide-range of new and high-interest titles available.

All students in grades 4 and up have IST library Sora accounts. Parent accounts can also be created upon request. Please contact the IST Library Coordinator to request an account or login details at [Linnea\\_Simon@istianjin.org.cn](mailto:Linnea_Simon@istianjin.org.cn).

To access the digital library, download Sora from the App store (recommended for mobile devices), scan the QR code, or use this link: <https://soraapp.com/library/istianjin>.\*

\*VPN may be required to access.



### 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



## Blaze Article

### Lights, Laughter, and Real Talk: 2025 Summer Theatre at IST

On the afternoon of May 8th, the IST Summer Theatre program returned for a second season. Grade 9 and Grade 10 Drama students presented audiences with their final performances of the semester, showcasing a mix of comedy, creativity, and heartfelt storytelling.

This program is more than just an end-of-year showcase—it's a growing opportunity for middle and high school students to explore diverse theatrical forms in unconventional performance spaces. Whether it's classic scripts or experimental formats, IST students are proving that great theatre can happen anywhere.

### Grade 9: Quick Changes and Quick Laughs

The Grade 9 class performed “*6 Reasons You Should Have Stayed Home Sick Today*” by E.M. Bell. A sharp, witty comedy, the play dives into all-too-familiar scenarios—social anxiety, surprise tests, dreaded PE lessons, and, of course, “the reason that shall not be named.”

Joanna, Nora, Vanessa, and Ruby delivered a whirlwind of energy, each portraying multiple characters with distinct voices, costumes, and comic timing. Their performance was a dynamic display of range and versatility—fifteen characters, four actors, countless laughs.

### Grade 10: Stories That Stay With You

The Grade 10 Drama students took a more introspective turn with “*Echoes of Insecurity*”—an original production written, directed, and performed by Shirley, Na Ye, Kanna, Claudia, Crystal, and Tung He. Starting with a seemingly innocent game of *Never Have I Ever*, the performance unfolded into a moving exploration of the fears and doubts faced by teens today.

Inspired by personal stories and real-world case studies—including biographies of famous athletes—the play tackled themes of identity, change, and social pressure. Using Brechtian techniques like direct address, multilingual dialogue, visual signage, and episodic structure, the performers invited the audience into their world—only to challenge them to think critically about what they saw.



INTERNATIONAL  
SCHOOL of TIANJIN

Weekly



# THE BLAZE

Working Learning Acting TOGETHER



IST HEALTH AND  
WELLBEING

## DEAM MAY

### BETTER CORE

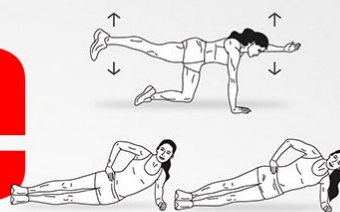
GOOD CORE STRENGTH IS ESSENTIAL FOR STABILITY, BALANCE, AND OVERALL MOVEMENT, AS IT SUPPORTS PROPER POSTURE, PROTECTS THE LOWER BACK, AND REDUCES THE RISK OF INJURIES. IT PLAYS A VITAL ROLE IN ATHLETIC PERFORMANCE, EVERYDAY TASKS, AND FUNCTIONAL FITNESS BY PROVIDING A STABLE FOUNDATION FOR THE BODY. 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

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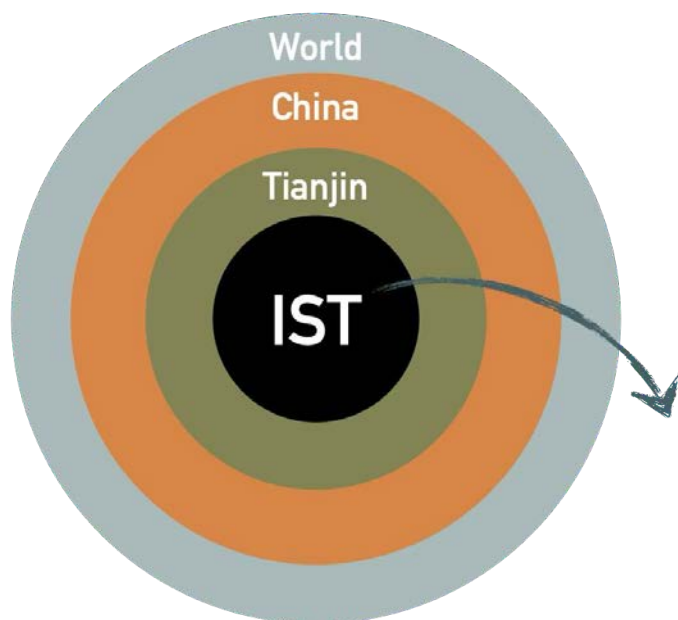
1 60 seconds balance swings 3 sets   30sec rest	2 10 side bridges 3 sets   30sec rest	3 60 seconds balance swings 3 sets   30sec rest	4 10 side bridges 3 sets   30sec rest	5 60 seconds balance swings 3 sets   30sec rest
6 12 side bridges 3 sets   30sec rest	7 60 seconds balance swings 3 sets   30sec 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





## ***“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.

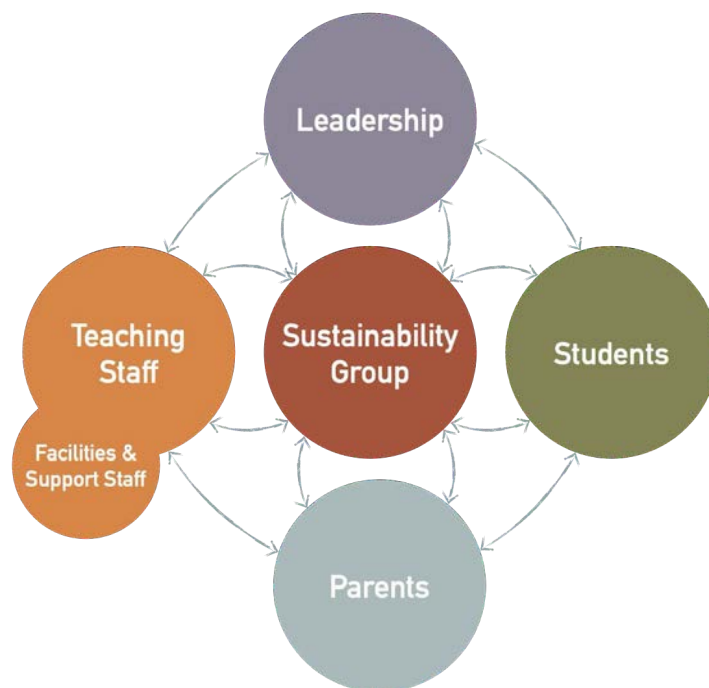


Aligning IST's sustainability efforts with the global initiatives.





- 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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*Weekly*

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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



INTERNATIONAL  
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*Weekly*

# THE BLAZE

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*PFO Meeting  
Please come and  
join in!*

**Thursday  
22nd May**

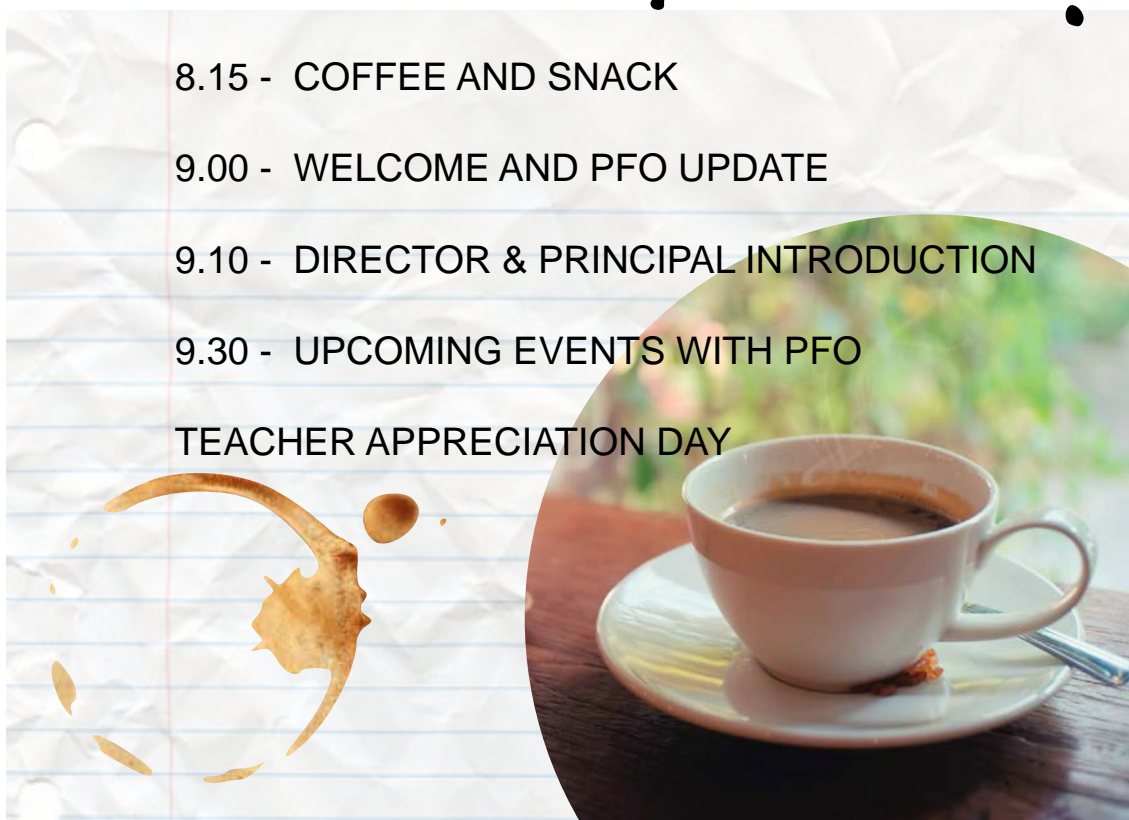
8.15 - COFFEE AND SNACK

9.00 - WELCOME AND PFO UPDATE

9.10 - DIRECTOR & PRINCIPAL INTRODUCTION

9.30 - UPCOMING EVENTS WITH PFO

TEACHER APPRECIATION DAY



Meeting held in the Teacher's centre on 2nd floor in Han building.  
Take the big black staircase to the left of the library.





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Weekly



# THE BLAZE

Working Learning Acting TOGETHER

**AmCham China**  
TIANJIN  
中国美国商会·天津



  
天津市血液中心  
TIANJIN BLOOD CENTER

 天津和睦家医院  
Tianjin United Family Hospital

## Blood Donation for a Good Cause Love Without Borders

爱无国界，天津因你更温暖

**May 18 (Sun)**

09:30 - 11:30

Tianjin United Family Hospital



SCAN HERE!

### Beneficial Policies for Blood Donors:

#### For donor's immediate family Members

Within 5 years: free blood usage equal to the amount of blood donation

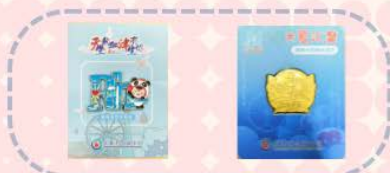
#### For donor himself or herself

Within 5 years: free blood usage 5 times the amount  
After 5 years: free blood usage equal to the amount

### Benefits:

Commemorative coin of Tianjin Blood Center

Gifts (Choose one out of four)



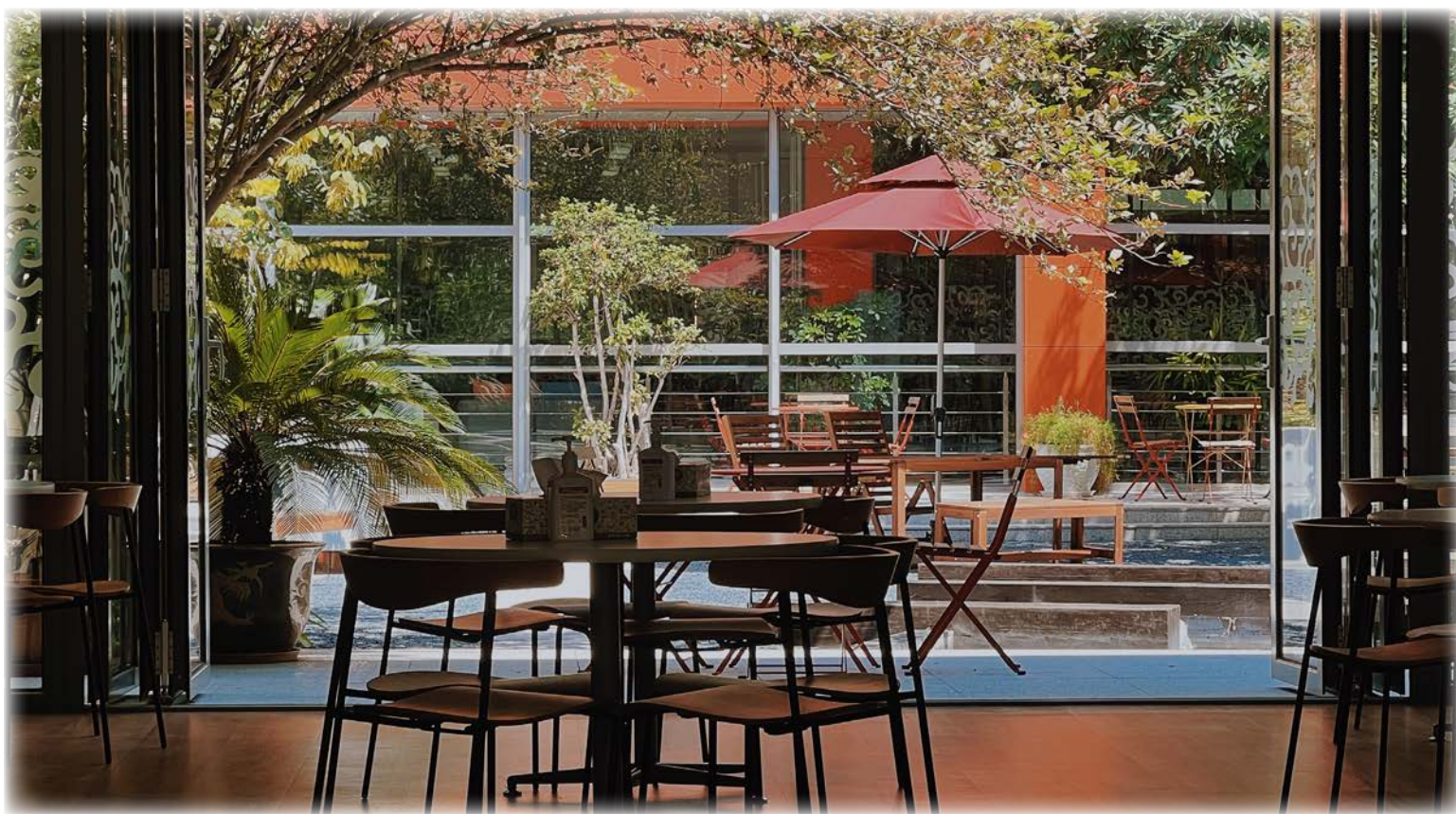




## Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

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) 19-23 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 炒蔬菜 <u>Allergy: wheat, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, soy sauce</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡 Fried Potatoes 土豆条 <u>Allergy: wheat</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: soy sauce</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) 25	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 22

## 26 ~ 30 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
Macaroni in Tomato Sauce 番茄意面 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, wheat</u>	Pork Dumplings 猪肉水饺 Stir fry Corn 炒玉米粒 <u>Allergy: soy sauce, wheat</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, breadcrumb</u>	Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</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) 725	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

## Weekly Menu (G2-G12) 19-23 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Fish Stewed with Cream Sauce 蒜香奶油龙利鱼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: milk, cream</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡块 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Grilled Pork Loin with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat, soy sauce</u>
Stir Fried Eggplant 红烧茄子 Stir Fried Zucchini 素炒西葫芦 Fried Egg 虎皮鸡蛋 <u>Allergy: egg, soy sauce</u>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Deep Fried Green beans 干煸豆角 <u>Allergy: soy sauce</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: soy sauce, breadcrumb</u>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Green Vegetables 炒蔬菜 <u>Allergy: soy sauce, egg</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Potatoes with Green Pepper 青椒土豆丝 Stir Fried Cabbage 清炒白菜 <u>Allergy: garlic, soy sauce</u>
Noodles with Tomato and Egg Sauce 番茄鸡蛋面 Dried Tofu with Green Pepper 青椒土豆丝 <u>Allergy: wheat, egg</u>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/拌三丝 <u>Allergy: wheat, soy sauce</u>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱牛筋面/洋葱菜 <u>Allergy: sesame, wheat</u>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: Chili</u>	Noodles in Beef and Tomato Soup 番茄牛肉面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>
	Vegetables Wrap 蔬菜卷	Vegetable Dumplings 蔬菜水饺	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Noodles in Tomato Soup 番茄汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Vegetable and Egg Soup 蔬菜鸡蛋汤	Millet Congee 小米粥
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Rice Balls 糯米糍
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25





## 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

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.