



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

After 13 years of primary and secondary schooling, **our Seniors completed their final IB Diploma examinations this week**, with the last exam (Math) held on Wednesday afternoon. On behalf of our entire community, I extend to these wonderful students the heartfelt congratulations of us all. Sometimes the enormity of what lies ahead of us can seem overwhelming, but these students have successfully stared down this incredibly demanding series of examinations, and now have the exciting adventure of university before them (following a few months of sleep-ins, no doubt!) Well done, also, to our high school students who today completed their end of year examinations – enjoy a relaxing weekend!

It was terrific seeing so many parents at school this week, with Thursday being especially busy!

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1. Parents first attended the **final PFO meeting of the year**. I do wish to take a moment to thank our wonderful parents and especially the PFO committee members who commit so much time and effort over the course of each school year in service of our students, our staff, and our parents. This spirit of parental volunteerism is part of the bedrock of our school and community, and sets a wonderful example to our students of the importance of being engaged and taking action for the benefit of others.
2. Following on from the PFO meeting, parents set about preparing for the **Staff Appreciation Lunch**, feeding some 120 members of the IST faculty and support staff! The selection of dishes was amazing and I know everyone in my team was delighted to be treated to such a delicious and generous lunch. Thank you all so very much!
3. Grade 5 parents then attended the **Grade 5 to Grade 6, primary to middle school, transition meeting**.
4. **Korean and Chinese speaking parents** then had a unique opportunity to meet with some of our graduating students in order to learn about their IB Diploma and university application experience!

And next week is busy too (!) starting with the **Grade 3-5 musical performance 'The World is a Village' at 8:30AM on Wednesday morning** in the Han Theatre. Rounding off next week, we have one of the most significant events in our annual calendar, the **Graduation Ceremony for the Class of 2025** in the Han Theatre. Graduation marks the conclusion of the secondary and final compulsory stage of schooling for our students (and the IB Diploma exams!), and thus the end of childhood, and heralds the commencement of tertiary studies and the world of work. We are all so very proud of our graduating students and we are excited to celebrate together their wonderful achievement in earning their high school diplomas. All members of our community are warmly invited to attend the ceremony (please be seated by 3:50PM), but if you can't attend, please consider tuning in on our livestream channel:





INTERNATIONAL
SCHOOL of TIANJIN

Weekly



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<https://youtube.com/live/k9UiCqkO1T8?feature=share>

Please note that we will again be providing **AI assisted text and audio translation** at the afternoon's ceremony. A QR code will be displayed on the screen prior to the commencement of the ceremony, and all you need to do is scan it and select your preferred language. Please also note that you can also opt for sound instead of text, but you will need to bring along a set of ear pods so as not to distract others!

Finally, please note that **IST is co-sponsoring a soccer tournament with the European Chamber of Commerce** to be held here at school tomorrow. We anticipate significant attendance and therefore suggest that IST families avoid coming into school tomorrow should they be considering taking advantage of the school grounds for some peaceful family time!

Time to take a breath - Have a terrific weekend!

Steve Moody (-:
Director





Children lie for similar reasons as adults: fear, worry about consequences, or the belief that lying is easier. Toddlers and preschoolers often fib to feel safe, sometimes denying actions based on your tone. Kids aged 4 to 7 have vivid imaginations and may struggle to separate reality from fantasy, so guiding them on storytelling is important.

As they mature, children become more aware of right and wrong, viewing rules as absolute and wanting to please adults. They also start monitoring fairness among friends, which is key to developing honesty in their social interactions.

As parents, we could 1. Teach Consequences and Values; 2. Model Honesty; 3. Praise Truthfulness and Create a Safe Environment for Our Children.

IST Counseling





Choosing the right career path can be a challenging yet exciting journey for high school students. Here's a step-by-step guide to help you navigate this process:

1. Self-Assessment

- **Identify Interests:** Reflect on what subjects or activities you enjoy. Consider taking career assessments or personality tests available online for free or on BridgeU.
- **Evaluate Strengths and Skills:** Think about your strengths. Are you good at math, writing, or problem-solving? Identify skills you want to develop.

2. Explore Career Options

- **Research Careers:** Look into various fields and occupations. Websites like the Bureau of Labor Statistics (BLS) can provide detailed information about different careers.
- **Job Shadowing and Internships:** Gain firsthand experience by shadowing professionals or participating in internships. This can give you insight into daily responsibilities and work environments.

3. Consider Education and Training

- **Educational Requirements:** Research what education or training is required for your desired careers. Some may require a college degree, while others may need vocational training.
- **Post-Secondary Options:** Explore universities, community colleges, and trade schools. Consider factors like location, cost, and program offerings.

4. Talk to Professionals

- **Informational Interviews:** Reach out to professionals in fields of interest. Ask about their career paths, challenges, and what they enjoy about their work.
- **Networking:** Attend career fairs, workshops, and seminars to meet people who can offer insights and advice.

5. Set Goals

- **Short-Term Goals:** Set goals for what you want to achieve in the next year or two, such as completing certain classes or gaining experience.
- **Long-Term Goals:** Think about where you see yourself in five to ten years. Outline the steps needed to reach that vision.



6. Make a Plan

- **Create a Career Plan:** Based on your interests, research, and goals, outline a plan that includes education, experience, and skills development.
- **Be Flexible:** Understand that career paths are not always linear. Be open to change and new opportunities.

7. Seek Guidance

- **Talk to Counselors:** Utilize school counselors for advice and resources. They can help with college applications, scholarships, and career exploration.
- **Involve Family and Friends:** Discuss your thoughts and plans with family and friends who can offer support and different perspectives.

8. Stay Informed and Adapt

- **Keep Learning:** Stay updated on industry trends and emerging fields. Continuous learning can open new opportunities.
- **Evaluate and Adjust:** Regularly assess your career plan and make adjustments as needed based on your experiences and changing interests.

Summary : Choosing a career path is a personal journey that requires reflection and exploration. Take your time, and remember that it's okay to change your mind as you grow and learn more about yourself and how the world of work.



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IST HEALTH AND
WELLBEING

DEAM

MAY

BETTER CORE

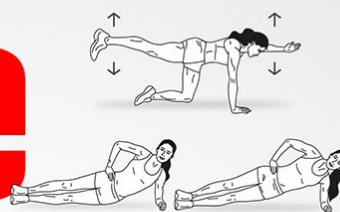
GOOD CORE STRENGTH IS ESSENTIAL FOR STABILITY, BALANCE, AND OVERALL MOVEMENT, AS IT SUPPORTS PROPER POSTURE, PROTECTS THE LOWER BACK, AND REDUCES THE RISK OF INJURIES. IT PLAYS A VITAL ROLE IN ATHLETIC PERFORMANCE, EVERYDAY TASKS, AND FUNCTIONAL FITNESS BY PROVIDING A STABLE FOUNDATION FOR THE BODY.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

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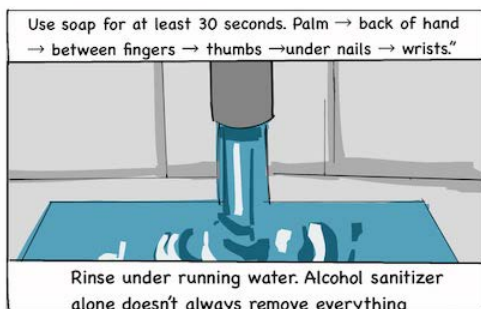
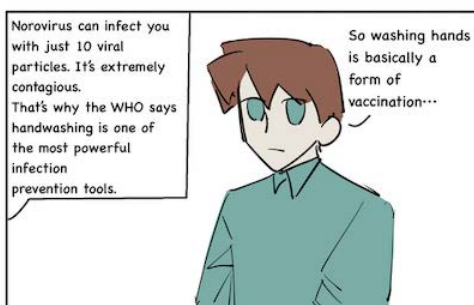
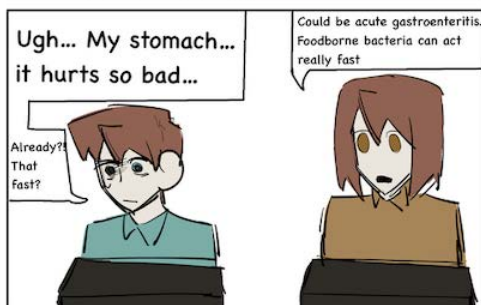
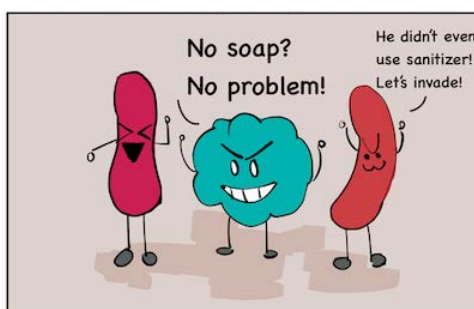
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26 22 side bridges 3 sets 30sec rest	27 60 seconds balance swings 3 sets 30sec rest	28 22 side bridges 3 sets 30sec rest	29 60 seconds balance swings 3 sets 30sec rest	30 24 side bridges 3 sets 30sec rest



A strong tool to prevent infections, Hand Washing

Illustrated by Emi Wen G10

Written by Jeong Min Park G11



Credit Box

<https://www.cdc.gov/clean-hands/about/index.html>

<https://www.cdc.gov/clean-hands/data-research/facts-stats/index.html>



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The World is a Village

Grade 3-5 Show

Date: May 28th, 2025

Time: 8:25 am

Place: IST Theater





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.

Summer Checkout

If your family will be staying in China for all or part of the summer holiday, we encourage you to take advantage of our **summer book checkout**. Students may borrow up to 20 library books over the summer with a signed permission slip. Permission slips went home today and are also available on Toddle and at the library circulation desk.

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.

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.

SUMMER BOOK CHECKOUT

My child, _____ in class _____ has my permission to check out books over the summer holiday.

☐ My child may check out up to ten (10) books for the summer holiday.

☐ My child may check out up to twenty (20) books for the summer holiday.

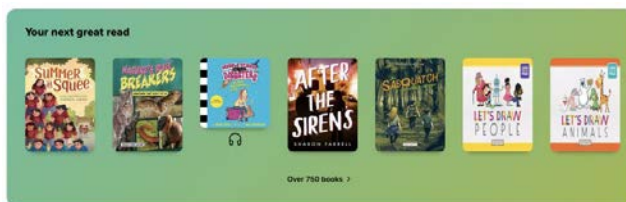
Parent signature: _____

Please Note:

- All books are due the first week of the 2025-26 school year
- You are responsible for any lost or damaged books
- Please do not take IST library books out of China

Return this form by Mon., June 2 | Summer Checkout: June 25 | Please send an extra bag to carry books

IST LIBRARY SUMMER CHECKOUT PERMISSION SLIP



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!



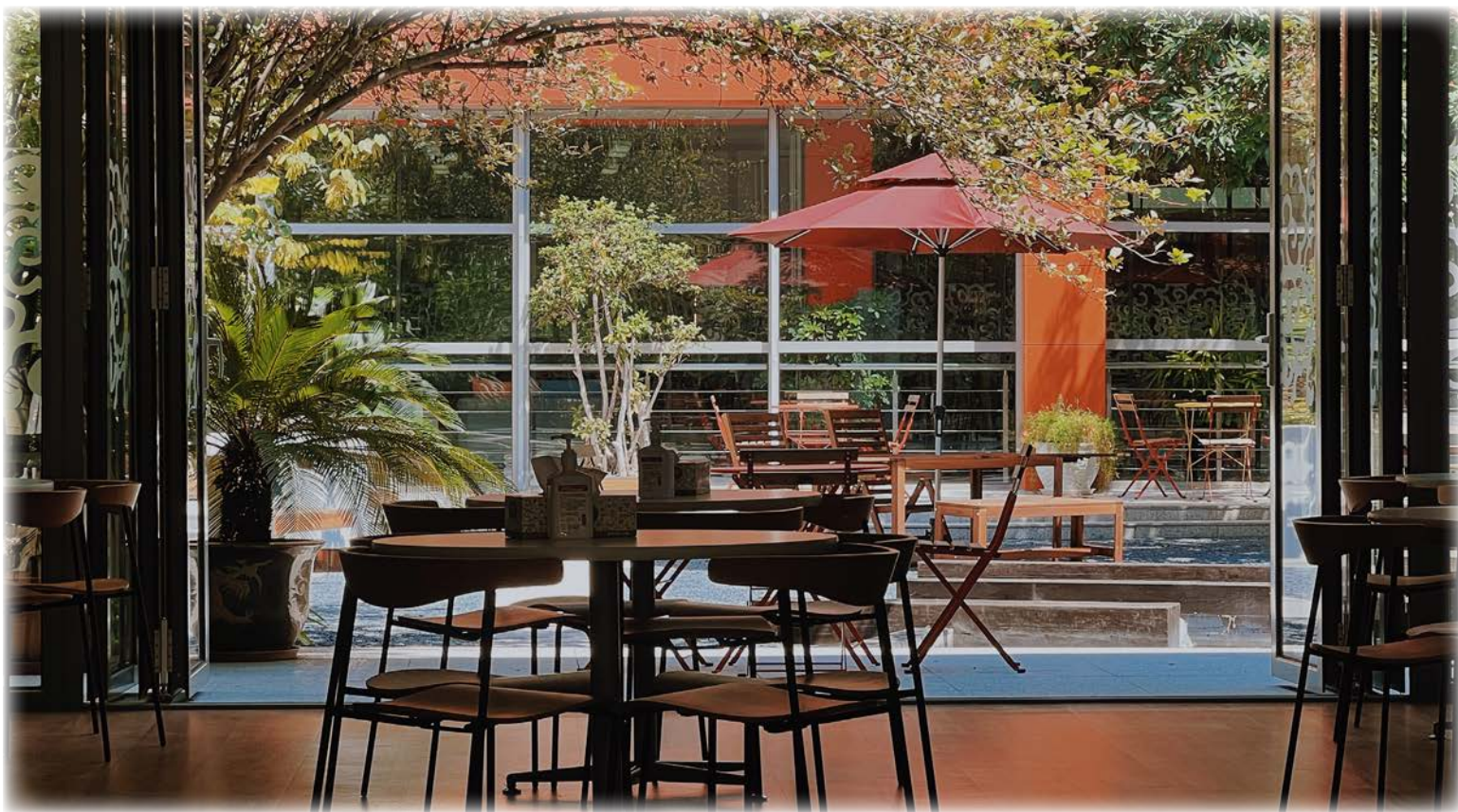
Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30



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
Nutritional reading over the week 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
Nutritional reading over the week 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) 26~30 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
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油蘑菇汁 薯条 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>	Roasted Chicken Leg 烤鸡腿 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 红烧茄子 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
Nutritional reading over the week 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

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.