



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

What a busy week for everyone ... parents too, with the **Secondary Open House** on Tuesday, and the **Elementary Open House and Parent Faculty Organization (PFO) Welcome Morning Tea and Meeting** yesterday. As always it was terrific to meet and chat with our ever-supportive parent community, and to be able to give a special welcome to parents new to our school family.

I do hope that you found the open house events informative and that you enjoyed the opportunity to meet with some of our teachers and to learn more about your children's school experience. If you have any concerns, or additional questions that you would like to ask, or comments about the format of the events, please do not hesitate to contact the elementary and secondary offices to arrange a time to come in and talk.

The PFO has many aims but first and foremost it is a forum for community fellowship and sharing, and I therefore encourage all members of our community to attend the many activities, events and meetings coordinated by the PFO Committee, this year once again under the enthusiastic leadership of Kitty Shen and Anna Centerman. Thank you PFO and PFO Committee members!

As we settle into the new school year, I like to solicit feedback from new parents about their initial experience as new families in our school, all with a view to taking steps to improve our service. **All new parents will receive a separate link next Friday to a very brief 10 question 'New Parent Survey' that should only take a minute or two to complete.** The survey is in English, Chinese and Korean (sorry that we can't cater to all languages), and I do ask new parents to please try to find the minute or two necessary to complete the survey. All new parents should also expect our admissions offices to contact them individually as part of our ongoing efforts to ensure that we better understand your child's school experience and so that we can better tailor programmes and communications to meet their needs.

A gentle reminder that students (and parents!) are required to wear safety helmets if riding bicycles or other wheeled forms of transportation, and that they should not be riding bicycles on the campus grounds, including the fields and running track. Please also remember that while we allow students to stay on campus to play after school and in the weekends, **they must always be accompanied and supervised by their parent/s.** Please support us in keeping your children safe!

Please note that school-wide co-curricular activities (CCAs) commence this coming Thursday (4 September). Please be sure to take note of the days on which your children attend these activities so that they are appropriately prepared and so that any necessary adjust-

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ments to personal transportation arrangements can be made. School CCA buses will arrive home approximately one hour later than on normal school days.

For those of you with children too young for school, or with friends holding foreign passports with very little ones, please be advised that the **IST Baby Dragons Play Group meets Tuesday mornings from 9AM until 11AM** in the KG1 classroom. Participation is free and all are welcome (including other expatriates with infants who do not currently have children in our school). **The first gathering will be Tuesday 9 September.** Please contact Ms. Angela Diao at angela_diao@istianjin.org.cn in the elementary office should you require further information.

In case you are not aware, **next Thursday 5 September, is the 31st anniversary of the founding of our school** in a converted villa at 5 Mu Nan Dao in Hexi District. I can assure you that our school has come a very long way over the intervening 31 years, not just in literal distance from the Wu Da Dao area, but more importantly in terms of campus, facilities, and programmes. I am sure that like me, you are all immensely proud of our wonderful school and the community that makes it so special. We will be sure to celebrate next week, possibly with a small treat for each student!

A reminder that contrary to the hardcopy of the IST calendar which shows **this coming Monday, Tuesday and Wednesday (1-3 September)** as school contact days, **the school will be closed** and thus form a five-day long weekend for students and their families (IST staff will continue to work on Tuesday and Wednesday).

I wish you all a wonderful long weekend, especially given the lovely late summer/early autumn weather that is forecast!

Steve Moody (-:
Director





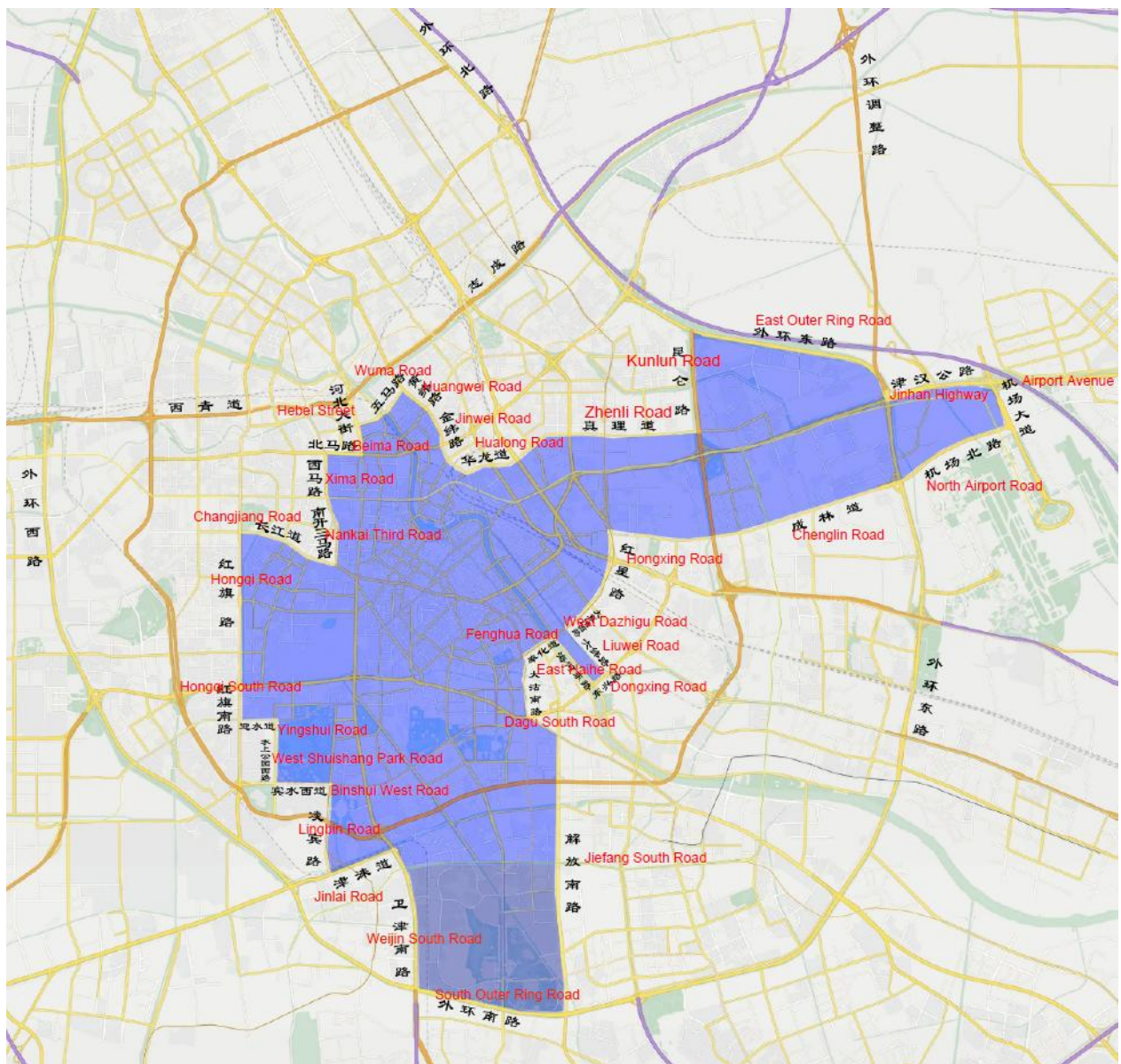
Notice of the Tianjin Municipal Public Security Bureau on Implementing Temporary Traffic Control Measures in Some Areas During the Shanghai Cooperation Organization Tianjin Summit

1. From 7:00 to 22:00 daily from August 30 to September 1, 2025, the traffic management department of the public security organ will, according to road and traffic flow conditions, timely take control measures to restrict motor vehicles from entering the roads within the Outer Ring Road at the following 6 intersections and 15 bridges. Motor vehicles can normally exit the Outer Ring Road.





- From 7:00 to 22:00 daily from August 30 to September 1, 2025, and from 7:00 to 17:00 on September 2, 2025, the traffic management department of the public security organ will, according to road and traffic flow conditions, timely take control measures to restrict or prohibit the passage of vehicles and pedestrians on some roads within the following enclosed area, and timely take closure measures on some expressway exits within the enclosed area.





3. From 7:00 to 19:00 on August 31, 2025, the exits of Jinzhong Road Toll Station and Tianjin Toll Station of Jingjintang Expressway will be closed. Motor vehicles can exit via Yixingfu Toll Station and Airport Economic Zone Toll Station





4. From 15:00 to 22:00 on August 31, 2025, and from 7:00 to 19:00 on September 1, 2025, the entrances of the following expressway toll stations will be closed timely:
- Jin Cang Expressway: Entrances of Jingwang Road Toll Station and Qianbizhuang Toll Station
 - Rong Wu Expressway: Entrances of Guozhuangzi Toll Station, Tuanbo New Town Toll Station, Tuanbo South Toll Station and Xiaosunzhuang Toll Station





INTERNATIONAL
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Open for Students & Parents



UNIVERSITY OF
CALGARY

COME SAY HI!

A member of the Student Recruitment Team will be visiting your school. Learn about university life, programs, admission requirements, awards and more.

When:

Where:

start something.



LEARN MORE

ucalgary.ca/future-students/undergraduate



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IST HEALTH AND
WELLBEING

DEAM SEPTEMBER

Belle of the burn

THIS HIGH-ENERGY CIRCUIT IS DESIGNED TO KEEP YOUR HEART RATE UP AND YOUR MUSCLES FIRING FROM START TO FINISH. ALTERNATING BETWEEN JUMPING JACKS, SIDE-TO-SIDE JUMPS, AND EXPLOSIVE JUMP SQUATS, BELLE OF THE BURN GIVES YOUR LEGS AND LUNGS A SOLID CHALLENGE WHILE KEEPING THE RHYTHM FLUID AND FUN. IT'S A PERFECT GO-TO WHEN YOU NEED A FAST-PACED SWEAT SESSION WITH MINIMAL SPACE AND NO EQUIPMENT.

THE WORKOUT'S STRUCTURE ALLOWS FOR INTENSITY SCALING DEPENDING ON YOUR ENERGY LEVEL OR RECOVERY STATUS. JUMP SQUATS BRING THE BURN WHILE JUMPING JACKS AND SIDE JUMPS MAINTAIN CARDIO OUTPUT AND AGILITY. ADD MUSIC AND YOU'LL FIND YOURSELF BREEZING THROUGH SETS BEFORE THE BURN REALLY KICKS IN - JUST THE WAY WE LIKE IT.



BELLE OF THE BURN

DAREBEE

WORKOUT

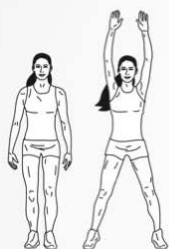
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



4 jump squats



10 jumping jacks



4 jump squats



Welcome to a New Sports Year at IST!

Hello IST community,

I'm Ben Silvis, the Athletic and Activities Director here at IST, and I want to wish everyone an incredible year ahead! At IST, we firmly believe that **academics and athletics** are a powerful combination, and this year we will continue to prove it.

The sports season is already underway! On **Thursday**, we had an exciting start with our **MS Football team** playing their first game against TEDA. You can read a short recap of the game below.



Looking ahead, on **Friday, August 29**, our **HS Volleyball teams** (both boys and girls) will travel to TEDA to kick off their season and test their skills in the local **ISCOT League**.

This season, we're fortunate to have an amazing team of coaches leading our athletes:

- **MS Boys Football:** Coach Ms. Bekkenk, supported by two stellar student assistants, William and Zesheng.
- **MS Football:** Coach Mr. Williams, supported by our High school football stars Zoe and Rio.
- **HS Boys Volleyball:** Coach Ben Silvis (that's me!).
- **HS Girls Volleyball:** Coach Ms. Lily, with invaluable support from Ms. Williams, who shares her expertise whenever possible.
- **MS. Badminton:** Ms. Lucy



A huge thank you to all our coaches for their hard work and dedication—it's shaping up to be a fantastic first season.

Let's make this year one to remember. **GO BLAZING DRAGONS GO!**



MS Girls Game Recap

IST's MS Girls faced off against TEDA on our home ground in a spirited match. Despite a 5-1 loss, the girls displayed grit, determination, and room for growth. Coach Williams expressed satisfaction with their effort and progress. TEDA's standout player made the difference, scoring all 5 of their goals. Claire ensured IST avoided a shutout by netting a goal to bring the final score to 5-1. Great effort, girls—onward and upward!



MS Boys Game Recap

The MS Boys delivered an impressive performance against TEDA, playing as a cohesive team and maintaining a positive attitude throughout. Albert orchestrated the midfield and attack masterfully, while Jordan anchored the defense like IST's own Virgil van Dijk. Nico capitalized on the hard work of the outside players and scored multiple goals, leading the team to a 7-3 victory. Well done, boys—an excellent team effort!



Go Blaze Go



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CROSS COUNTRY



INTERNATIONAL
SCHOOLS
CONFERENCE
OF TIANJIN



JOIN US FOR A FUN AND EXCITING DAY OF RUNNING WITH PARTICIPATING
SCHOOLS: IST, TIS, WELLINGTON, AND TEDA!



8 October 2025



The ISCOT Cross Country Event celebrates connection, inclusion, and community spirit, uniting students, parents, and schools for sportsmanship and meaningful interactions.

Event Schedule:

9:00–9:30:ELC to Grade 2 students run with parents, followed by a shared snack. Parents who want to run from other grades are welcome too.

12:15–14:10: Grades 3 to 12 compete, joined by TIS, TEDA, and Wellington, fostering teamwork and camaraderie.

Join us for a fun-filled day that strengthens community bonds!



IST Library & Information Literacy Center

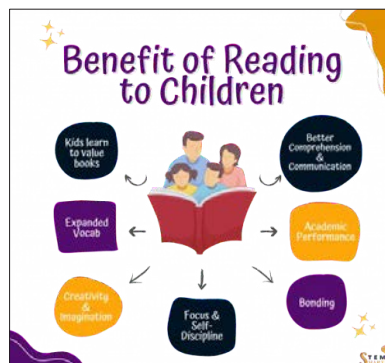
Our Mission

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.



Reading Aloud

Reading with your child at home is one of the most powerful ways to support their learning and growth. Research shows that regular reading not only builds vocabulary and comprehension but also improves focus, creativity, and academic success. Just a few minutes of shared reading each day can strengthen family bonds and foster a lifelong love of books. For recommendations, stop by the IST Library and chat with our librarians—we are always happy to help. For additional resources on supporting reading at home, visit the National Center on Improving Literacy at <https://improvingliteracy.org>.



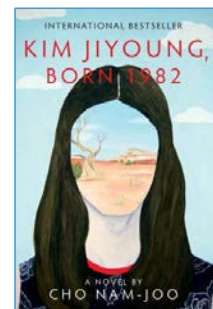
Summer Books

A gentle reminder that library books that were checked out for the summer holidays were due back the first week of school. Please ensure all books that were checked out over the summer have been returned so your child can borrow new books each week.

Parent Book Club: Sep. 23rd in the library

Our next Parent Book Club selection is the novel *Kim Jiyoung, Born 1982* by Cho Nam-Joo. We will meet in the library to discuss the book on September 23rd, at 8:30 am in the library. The library has copies of the book in English, Chinese, Korean, and German. A digital copy in English or Chinese is also available upon request.

Please consider joining us in September for coffee, treats, and lively discussion—even if you didn't have a chance to read the book! Ask our library staff how to join our WeChat group, where we share information about the book club.





IST parents activities

Class	Day	Time	Place
Yoga	Monday Wednesday	8:15-9:15	Theater or Black box
English Corner	Monday	10: 00-11: 30	Elementary meeting room
Korean Class	Monday	1:30-3:00	Elementary meeting room
Chinese Painting	Tuesday	9:30-12:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese Class	Friday	9:00-10:00	Elementary meeting room
Baby Dragon Playgoup	Tuesday	9:00-11:00	Nursery Classroom



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Yoga with Vicky



- 1 Every Monday 8:15
- 2 Every Wednesday 8:15
- 3 Start from 8th September



¥80 per person

OGA

location

Black box and Theater





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English corner

Talk with IST
teacher



Start 8th September
Every Monday at 10:00



Scan the code to join





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**KOREAN
LANGUAGE
CLASS**

감사합니다
**LEARN
KOREAN**

Start from 8th
September

Monday 1:30pm
Elementary Meeting Room
50 RMB per person



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IST Baby dragons Playgroup

Every Tuesday 9-11 am in the Nursery Classroom

starting from 9th September



Come along and meet other parents, enjoy free play and music time with snacks and outside play!

Friends and their children from outside IST are invited too - must be a foreign passport holder.





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Chinese Painting

Welcome to join us!



Cost

5 & below: **RMB100-110**
5 above: RMB 50-80 depending
on the number of participants

Location

Elementary Meeting room
opposite the PFO room

Time

**Every Tuesday from
9:30-12:00**





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IST

**Gabriel
Almanzar**

Spanish Class



Bienvenido

*Spanish Class
Tuesday
1:00 to 2:00 pm*

*50 RMB per
person*





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IST PFO
**WELCOME
LUNCH**



Join us for a delightful lunch
filled with warm conversations,
good food, and a welcoming
community



11th SEP at 11 Am
GOJI Kitchen+bar
Marriot 2nd floor
200RMB/Person





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Zumba Class

— dance with Summer Pang



**Class start 11th September
at 10AM Thursday**

¥50/per person _____

location: Theater or black box



**Minimum 4
people to start
the class**





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Chinese Corner 汉语角

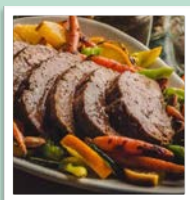




Food theme: Colombian cooking class

Menu:

1. Patacones con hogao "Fried plantains with tomato and onion dip"
2. Rollo de carne con salsa de ron y naranja "Meat roll with rum and orange sauce" / Ensalada de tomate y aguacate "Tomato and avocado salad"
3. Arroz con Coca-Cola "Coca-Cola rice with raisins"
4. Dessert: Torta tres leches "Three milks Cake"

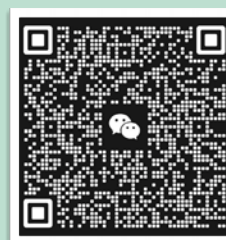


When: 17th September 09:00am-2pm

Where: IST Elementary Kitchen

Host: Gabriel

Cost: 100 RMB per person



Please join the WeChat group by scanning this QR code:



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Sketch houses class



September 18th

Time: Thursday
10:00-12:00

Teresa Cano
Painting Class
(once a month
only)

Activity
50 RMB per
person



QR: IST Teresa Cano Painting Class





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Crochet & Knitting Workshop

GET READY TO HAVE SOME FUN TOGETHER WITH
NEEDLES & STITCHES **ONCE A MONTH!**

- Class suitable for the beginner
- Class fee will include all the materials required
- Please scan the QR code for detail information



THURSDAY, 09 OCTOBER 2025

START FROM 09-11:00 AM



Community-wide Goal:

At IST we share a collective commitment to cultivate a vibrant community that embodies the spirit of open-mindedness as defined by the International Baccalaureate (IB). Within the unique context of our school and host city of Tianjin, our commitment is to further nurture and enhance an inclusive environment where we all critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We will seek and evaluate a range of points of view, listening with a genuine desire to understand, and with a willingness to grow from the experience.





Weekly Menu (N-G2) 25-29 Aug

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Grilled Cheese Toastie 烤芝士三明治 French Fries 薯条 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>	Chicken Teriyaki 日式照烧鸡排 Plain Rice 米饭 <u>Allergy: wheat, soy sauce</u>	Chicken Curry 咖喱鸡 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) 26	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 22

01 ~ 05 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
			Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
			Hamburger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>
			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) 28	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 23

Weekly Menu (G3-G12) 01~05 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
			Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
			Hamburger with Pineapple 牛肉菠萝汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜条 <u>Allergy: wheat, cheese</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>
			Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: soy sauce, egg, wheat</u>	Udon with Chicken in Curry Soup 日式鸡块咖喱乌冬面 <u>Allergy: soy sauce, wheat, egg</u>
			Noodles with Vegetables 蔬菜面	Cheese Pizza 芝士披萨
			Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
			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) 29	Carbohydrate 碳水 (g) 117	Fat 脂肪 (g) 29



DIARY DATES

Monday - September 1, 2025
Long Weekend

Tuesday~Wednesday - September 2~3, 2025
Staff Workday

Friday - September 5, 2025
IST Birthday (31 years old!)

Monday~Friday - September 8~12, 2025
Week Without Walls (G6-12)

Saturday - September 20, 2025
PFO Picnic

SPORTS DATES

4 September –
MSFB Practice 4
MS Badminton Practice 5

5 September –
ISAC AD Fall Meeting
HSVB Practice 4

15 September –
HSVB Practice 5

16 September –
MSFB Practice 5

17 September –
MS Badminton Practice 6

18 September –
MSFB Practice 6
MS Badminton Practice 7

WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2025-2026 SCHOOL YEAR

Please take note of the following dates:

Season 1 Sport Schedule

- ☺ Starts Thursday, 4 September and ends Friday, 14 November
- ☺ 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. Silvis – Athletics & 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.