



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

I trust that you all enjoyed a lovely five-day weekend this past week, taking advantage of the unexpected opportunity to spend time together as a family, and possibly even having the opportunity for a little travel adventure! The IST staff enjoyed a three-day weekend, before returning to school on Tuesday for two productive days' work on various school-wide goals related to learning and teaching.

**Please note that the first session of school-wide co-curricular activities (CCAs) began yesterday.** 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 adjustments to personal transportation arrangements can be made.

We are pleased to announce a new protocol for families using school bus services, starting Monday, 8 September. Parents will now be able to check the real-time location of the specific school bus their children use for morning, afternoon, and CCA trips.

A single bus driver has been added to the parent WeChat group, and they will begin sharing their real-time location as soon as they start the engine. To use this function, please follow the instructions below:

1. Open your bus route WeChat group.
2. Click the '+' symbol at the bottom right corner.
3. Select 'Location.'
4. Choose 'Real-time Location.'
5. Look for the image of the IST school bus.

If you have any questions, please contact Ms. Tracy Feng at 2859-2001.

Each year in September our secondary students head off on 4-5 day **Week Without Walls** excursions around China. These trips align with learning outcomes from our curriculum, and seek to promote independence, teamwork, and community building. Equally importantly, the trips promote a greater appreciation of our amazing host country. Next week our Grades 6-11 students will be travelling to the following locations:

- Grades 6 & 7: Zibo
- Grade 8: Yanqing
- Grade 9: Taishan
- Grade 10: Qingdao
- Grade 11: Xi'an

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On the flip side, and one of the great joys of being a Senior (!), is that our Grade 12 students get to stay here at school for the week to work on various components of their IB Diploma studies!

A reminder to those of you with children too young for school, or with non-IST friends holding foreign passports with very little ones, that **the first gathering of the IST Baby Dragons Play Group is scheduled for this coming Tuesday morning, 9 September**. Please contact Ms. Angela Diao at [angela\\_diao@istianjin.org.cn](mailto:angela_diao@istianjin.org.cn) in the elementary office for further information.

At this time of the year, I like to solicit some early feedback from parents who are new to our school. All new parents should therefore receive a link today to a very brief **New Parent Survey** about your initial impressions of our school – hopefully very positive ones! Thank you in advance for your time and support with this survey, which is an attempt to continue to improve in our service delivery.

And finally, in case you were not aware, **today marks the 31st anniversary of the founding of our school on 5 September 1994**. Students and staff celebrated this important legacy event at school today with a Magnum ice-cream!

I want to thank the many thousands of students, parents, support staff and teachers who have loved and trusted our school over the years, and who have helped support its growth and development into a truly world-class place of learning, and 'simply the best' community!

I have recorded a very brief history of our school below, just in case you were not already aware!

- 5 September 1994: IST (then TIST) opened its doors at 6 Munan Dao, Hexi District.
- August 1997: IST expanded and opened a satellite Middle School for Grades 6-8 just down the road from Munan Dao at a satellite campus in Dali Dao.
- August 1998: IST opened (just for one year) an additional satellite building in Xinhua Lu for our KG3 and Grade 1 students (again just down the road from the main campus).
- January 2001: IST moved into the Qin Building here at 22 Weishan Lu, Shuanggang, Jinnan District.
- May 2005: The graduation of IST's first cohort of Seniors, the Class of 2005 (they are all now fast approaching 40 years of age!)
- June 2011: We inaugurated the new Han Building.
- 5 September 2025: **IST turns 31!**

I wish you all a wonderful weekend!

Warm regards

Steve Moody (-:  
Director





## HS Volleyball Season Opener: A Promising Start

Our HS Volleyball teams (Boys and Girls) kicked off their season with their first match against TEDA. This year, new rules have been introduced, making defending after serving easier, but adding complexity to positional rotations. Both teams adapted well to these changes, showing resilience and determination, though there's still room for growth as the season progresses.

### Girls' Team Highlights

The Girls' team played hard but fell short, losing in two sets (18-25, 18-25). Skills-wise, the team was able to keep up with TEDA, demonstrating solid fundamentals and moments of great play. However, challenges in movement and communication made it difficult to maintain consistent momentum. These areas will be a focus moving forward, as improving teamwork and coordination will allow the team to capitalize on their potential and execute stronger plays.



### Boys' Team Highlights

The Boys' team delivered an exciting performance, earning a 2-1 victory in sets. At times, the team showcased impressive skills, particularly in offensive plays, but consistency remains a key area for improvement. Additionally, block coverage is something the team will need to work on to tighten their defense against more competitive opponents. Despite these challenges, this was a strong debut, and the victory highlights the potential for a successful season.

## Key Takeaways for Both Teams

One of the most significant challenges for both teams was maintaining consistency in serving under pressure. Serving is a crucial part of the game, and managing the mental aspect of this skill will be a focus for the coaches in upcoming practices. Encouraging calmness, confidence, and preparation during these high-pressure moments will go a long way in strengthening both teams' overall performance.



## Final Thoughts

Overall, this was a great first match for both teams, played in a positive and competitive atmosphere. The players showed adaptability to the new rules and the ability to compete at a high level. With continued effort and focus on specific areas of improvement, the season looks promising for both the Girls' and Boys' teams.

Here's to building on this strong foundation as we move forward into the season!





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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](http://darebee.com)

LEVEL I 3 sets

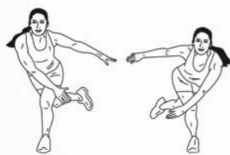
LEVEL II 5 sets

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



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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!



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**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



# OGA

location

Black box and Theater



# Y

¥80 per person







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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

Spanish Class

**Gabriel  
Almanzar**



**Bienvenido**

*Spanish Class  
Tuesday*

**1:30-2:30**

*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



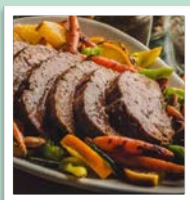




**Food theme: Colombian cooking class**

**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"

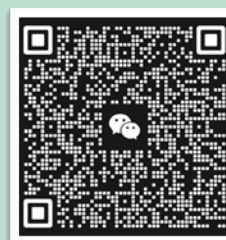


**When:** 17th September 09:00am-2pm

**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







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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) 8~12 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Kimbab 韩式饭卷  <i>Allergy: egg, seaweed</i>	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce, wheat</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: beef, milk, soy sauce</i>	Fried Chicken 炸鸡 Egg Fried Rice with Vegetables 鸡蛋蔬菜炒米饭 <i>Allergy: wheat</i>	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soy sauce</i>
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) 719	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 22

## 15~19 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 <i>Allergy: wheat, cheese</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <i>Allergy: soy sauce, coconut</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, soy sauce</i>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <i>Allergy: egg</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 <i>Allergy: soy sauce, wheat</i>
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) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 20

## Weekly Menu (G3-G12) 8~12 Sept

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 意式通心面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg</i>	Pork with Apple Stewed 法式苹果炖猪肉 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <i>Allergy: milk</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: beef, milk, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 地瓜条 <i>Allergy: breadcrumb</i>
Kimbab 韩式饭卷 Kimchi 辣白菜 <i>Allergy: egg, seaweed</i>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片 Stir Fried Chinese Cabbage 白菜炆面筋 <i>Allergy: soy sauce, chili</i>	Hainanese Chicken Thigh 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <i>Allergy: soy sauce, chili</i>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <i>Allergy: soy sauce, chili</i>	Pork Balls with Egg 龙眼丸子 Stir fry Bean curd 辣炒豆干 Stir Fried Green Vegetables 蒜蓉青菜 <i>Allergy: egg, soy sauce</i>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Noodles with Fish and Pickled Mustard Greens in Sour Soup 酸菜鱼面 Green Vegetables 煮蔬菜 <i>Allergy: wheat, fish</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 素什锦/拌菠菜粉 <i>Allergy: wheat, soy sauce</i>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat, chili</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, soy sauce</i>
	Picked Mustard Greens Noodle Soup 酸菜汤面 <i>Allergy: wheat</i>	Vegetable Dumplings 蔬菜水饺 <i>Allergy: wheat, soy sauce</i>	Happy Cow Burger (spicy bean-based patty) 豆子蔬菜汉堡 <i>Allergy: wheat, chickpea</i>	Spaghetti with Tomato Sauce 番茄意面 <i>Allergy: wheat, soy sauce</i>
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25



## DIARY DATES

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

Saturday - September 20, 2025  
PFO Picnic

Monday~Tuesday - September 29~October 6, 2025  
Chinese National Holiday

Monday - October 6, 2025  
Mid-Autumn Festival

## SPORTS DATES

15 September -  
HSVVB Practice 5

16 September -  
MSFB Practice 5

17 September -  
MS Badminton Practice 6

18 September -  
MSFB Practice 6  
MS Badminton Practice 7

19 September -  
HSVVB Practice 6  
ISCOT ES Table Tennis (G3-5 singles only) @  
IST (12:00-15:30)

20 September -  
ISAC MS Football Exchange-U14 Boys @ Key-  
stone; U14 Girls @ BWYA

## 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.