



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

I trust that you have all been enjoying the lovely early Autumn weather over the past few days or so, and for those of you whose children have been away on **Week Without Walls**, some quality alone time with your spouses! The weather really is wonderful at this time of the year, and perfect for all of our secondary students who have been enjoying adventures away from school with their classmates and teachers.

One of the highlights of our school calendar is **UN Day (Friday, 24 October)**, when to come together as a community to celebrate our shared humanity. UN Day at IST starts with the Parade of Nations (national costumes), followed by an international concert (student and parent/staff performers), learning activities related to our theme (***"BETTER TOGETHER: Fostering a culture of connection and inclusion"***), and concluding with a delicious international lunch generously provided by you, and wonderful parents. Please find additional details later in Blaze, including a formal call to community members to audition for concert performances. Please do start thinking about a significant cultural or national item that you and members of your community might like to perform!

Last week I sent out a brief 10 statement survey to new parents, as we do every year, soliciting feedback on their experience at IST thus far. While not every new parent chose to complete the survey, most did, and I therefore believe the data to be representative of the initial sentiments of our new parents. I would like to share the results with you now, but to keep the data simple I will only share the negative/disagree responses, of which there were none! So, all in all, the feedback was extremely positive, although there were a few 'neutral/undecided' responses. Please also note that there were also a couple of written comments; I will not share these here, but please rest assured we will give your comments due consideration!

New Parent Survey Statements (total percentage of **disagree/negative** responses):

1. Our school website, promotional materials and correspondence with you projected a realistic picture of our school and our programmes. **(0)**
2. Our administration (i.e., director, principals, admissions staff, etc.) were responsive to your enquiries about admission and worked hard to support you throughout the application process. **(0)**
3. Our finance office processed your fee statements and payments politely and efficiently. **(0)**
4. We provided you with helpful information (e.g., in the form of a welcome package containing publications such as the Parent-Student Handbook) to support your induction. **(0)**
5. Your first visit/tour of our school was welcoming and informative. **(0)**
6. The New Student and New Parent Orientation sessions were well organised and informative. **(0)**

CONTENTS

- [Health & Well-being](#)
- [Library](#)
- [UN DAY Audition Sign Up](#)
- [PFO News](#)
- [Menu](#)
- [Diary Dates](#)
- [CCA](#)
- [2025-26 Community-wide Goal](#)





7. Ongoing communication from our school to you (e.g., Parent Open House, Blaze Newsletter, Website, Toddle, e-notifications, etc.,) has been regular and informative. (0)
8. Our school appears to be doing its best to support your child/ren as they settle into a new and possibly very different school environment. (0)
9. At this early stage of the year you and your children feel pleased that you made the decision to join us here at IST. (0)
10. The school's philosophy, as encapsulated in the motto 'Working, Learning, Acting TOGETHER', appears to drive genuinely the climate and culture of our school. (0)

Please note that we will release a community-wide climate survey in November at which time all parents will have an opportunity to share their thoughts on how our school is performing with respect to supporting the social and academic learning of your children, and engaging parents in this shared endeavor. That said, please also remember that our doors are always open, and if you ever have any questions, concerns or suggestions, you just need to reach out and let us know!

I wish you all a most enjoyable weekend, and a very relaxing one for our intrepid WWW travellers who will no doubt be exhausted after their week of adventure!

Steve Moody
Director





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



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

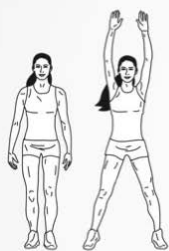
© darebee.com

LEVEL I 3 sets

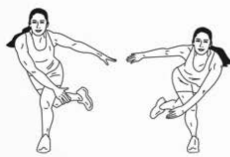
LEVEL II 5 sets

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



INTERNATIONAL
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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

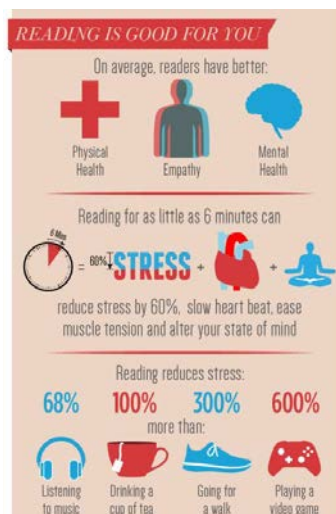
The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.



Reading is Good for You

The benefits of reading go beyond building vocabulary and knowledge. Regular readers tend to show stronger empathy, better mental health, and improved physical well-being. It is also an effective way of reducing stress. Encouraging children to read each day gives them a powerful tool for learning and lifelong health.

Image source: <https://fopl.ca/news/reading-is-good-for-you-infographic/>



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.



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



Blaze

UN DAY AUDITION SIGN UP now open!

The IST community is invited to audition for this year's UN Day celebrations. Auditions will be held **after school (3.30pm-5.00pm) on October 10 and October 12.**

Acts should connect to the theme:

BETTER TOGETHER:

Fostering a culture of connection & inclusion.

We welcome singers, dancers, musicians, and performers of all kinds. Performances do not need to be perfect for the audition, but please come prepared to show us something. You are encouraged to highlight your own culture and heritage, or collaborate with friends to learn about theirs.

To audition, you must complete the sign-up form. You can click the link [HERE](#) or scan the QR code provided.

Sign-up closes on October 7.

If you have any questions please reach out to the IST Performing Arts team:

Victoria Lee (Victoria.lee@istianjin.org.cn)

Casey Grove (casey.grove@istianjin.org.cn)

Becca Alosi (bec_alosi@istianjin.org.cn)

UN Day Audition Sign Up 2025





INTERNATIONAL
SCHOOL of TIANJIN

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**PFO
PICNIC**

**SATURDAY
20TH SEPTEMBER 2025**

11:00-3:00PM

<u>ACTIVITIES</u>	<u>VENDORS</u>
Face Painting	IST Cafeteria
Hairspray	September
Water Fun	D-Mart
Bubble Machine	Galilee Pizza
Tug of War	Yummy Bakery
Bouncy castle	MPJ
Tattoos	Juk Story
Soccer Game	Clown
	SiDe Ice Cream
	Pizza Bianca

BBQs are available for grilling!



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IST parents activities

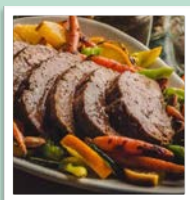
Class	Day	Time	Place
Yoga	Monday Wednesday	8:15-9:15	Theater or Black box
English Corner	Monday	10: 00-11: 30	Elementary meeting room
Korean Class	Monday	1:30-3:00	Elementary meeting room
Chinese Painting	Tuesday	9:30-12:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese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



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"

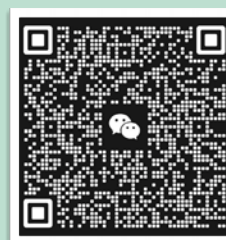


When: 17th September 09:00am-2pm

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





INTERNATIONAL
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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
Nutritional reading over the week 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
Nutritional reading over the week 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) 15~19 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <i>Allergy: wheat, cheese</i>	Chicken Fajita 鸡肉法吉它 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <i>Allergy: wheat, soy sauce</i>	Chili Con Carne 墨西哥牛肉馅 Steamed Black Beans 黑豆 <i>Allergy: beef, soy sauce</i>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <i>Allergy: wheat, soy sauce</i>	Beef Balls in Tomato Sauce 番茄汁牛肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: beef, soy sauce</i>
Stir Fried Tomato with Egg 西红柿鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce, coconut</i>	Thai Basil Stir- Fried Chicken 泰式罗勒炒鸡肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce</i>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <i>Allergy: soy sauce</i>	Honey-Glazed Char Siu Pork 蜜汁叉烧肉 Spicy Dry-pot Cauliflower 干锅菜花 Stir Fry Green Vegetables 清炒蔬菜 <i>Allergy: soy sauce, chili</i>
Spicy Ramen with Cheese 芝士辛辣面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, egg</i>	Tonkotsu Ramen 豚骨拉面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, pork</i>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, soy sauce, egg</i>	Pad Thai with Shrimp 泰式炒河粉 Fried Mixed Vegetable 炒蔬菜 <i>Allergy: shrimp, soy sauce, peanut</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Tossed Kelp Shreds 拌海带丝 <i>Allergy: wheat, soy sauce</i>
	Noodle with Tomato Sauce 番茄面 <i>Allergy: wheat</i>	Noodles with Soybean Paste 炸酱面 <i>Allergy: wheat, soybean</i>	Pad Thai with Vegetables 泰式炒河粉 <i>Allergy: soy sauce, peanut</i>	Spicy Dry-Pot Cauliflower 干锅菜花 <i>Allergy: soy sauce, chili</i>
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) 776	Protein 蛋白质 (g) 32	Carbohydrate 碳水 (g) 116	Fat 脂肪 (g) 22



DIARY DATES

Saturday - September 20, 2025
PFO Picnic

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

Monday - October 6, 2025
Mid-Autumn Festival

Monday - October 20, 2025
Scholarship Announcement

Wednesday~Thursday - October 22~23, 2025
Fall Book Fair
Parent-Teacher Conferences (Afternoon)

Thursday - October 23, 2025
UN Day Run Through

Friday - October 24, 2025
UN Day

SPORTS DATES

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

19 September -
HSVB 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.