



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

It is pretty difficult not to feel in good spirits at this time of the year, with the school year in full swing, with gorgeous early Autumn weather, and with the 'Golden Week' holiday break coming up in just one week!

Helping to get us all into the mood of the season is the annual **PFO Community Picnic!** Don't forget to come into school tomorrow (11AM-3PM), along your children and family and friends, for a fun day in the sun together with other members of our international community here in Tianjin, and don't forget a picnic rug and lunch! However, if you do happen to forget to pack a lunch there is no need to worry, as a range of food vendors will be on-site to serve you! A big THANK YOU to the PFO Committee for arranging this special day for us all.

Central to our admissions contract with parents is our commitment to the safeguarding of your family's personal information. As you will be aware, the advent of social media and related technologies have opened the door to ever increasing opportunities for dishonest individuals to seek and take advantage of the personal information of innocent and unsuspecting victims. Over recent weeks I have heard of instances where members of our community have been contacted by individuals claiming to represent official government agencies and asking for personal information, including information about their children, such as the location of their school or family passport numbers.

I think it prudent therefore to remind parents to be cautious about the information you choose to share with unknown persons, unless you are absolutely convinced that they are legitimate. It is very difficult to verify such legitimacy over the telephone, and my advice would therefore to not share any information at all, and simply tell the individual that you will not share personal information over the telephone, and if this is indeed a legitimate request, they should contact you in person along with appropriate official authorization.

Last week, at the request of parents using our school bus service, we introduced a new WeChat user group system for tracking the location of school buses. Thus far we are assuming that all is going well and that the new set-up is working to parental satisfaction. If, however, you have concerns or suggestions, I do encourage you to contact our transportation liaison, Tracy Feng at [tracy\\_feng@istianjin.org.cn](mailto:tracy_feng@istianjin.org.cn) or via your assigned WeChat bus group.

I very much look forward to seeing you all in school tomorrow! Have a wonderful weekend (-:

Steve Moody  
Director

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INTERNATIONAL  
SCHOOL of TIANJIN

*Weekly*

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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!





Dear IST parents,

Our first Parent Partnership highlights the importance of Hugs. Instead of reaching for your phone, try giving your child a warm hug for at least 20 seconds to strengthen your bond.

Hugs support healthy brain and body development, providing essential sensory stimulation. Without physical contact, children's growth can slow.

Hugging can also soothe your child during tantrums, helping them regulate emotions and reduce stress without giving in to their demands.

Additionally, hugs promote resilience by releasing oxytocin, which balances stress hormones and strengthens the immune system, aiding in healing.

A fun tip: next time you hug your child, count to 20; you might be surprised how long 20 seconds is.

IST Counseling





## 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.

### Author Visit November 3 & 4

We are excited to welcome author **Stephen Davies** to IST on the **3rd and 4th of November**. Davies is the author of a wide range of fiction and nonfiction books for children, including *Survivor: Titanic*, *The Yellowcake Conspiracy*, *The Hilda* graphic novel tie-ins, and *The Goggle-Eyed Goats*. You can visit his website here: <https://stephendavies.co.uk>.

He will be running assemblies and workshops for students in ELC through Grade 8. Parents are welcome to attend one of the assembly presentations. A schedule will be shared closer to his visit.



Copies of Stephen Davies' books will be available for students either through pre-order using an order form or for purchase during the author visit days at school. Details will be confirmed and shared soon. Students who purchase a book will have the opportunity to have their books signed by the author.



### Parent Book Club: Sep. 23<sup>rd</sup> 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 23<sup>rd</sup>, 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.





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







Elementary Student Council

## Sleepover!



### Highlights of the sleepover:

- Great food and friends
- Miss Barry ran a successful Minute-to-Win-it competition
- Amazing Talent Show, demonstrating dance, singing and hula-hoop skills of IST students
- Free ice cream vouchers were won
- K-Pop Demon Hunters
- Lots of free time with friends

### Connection and Inclusion

As the school is currently in the connection and inclusion stage of our annual Community Curriculum cycle, beginning the year with the ESC Sleepover was ideal. Elementary students from grades 3-5, both new to the school and experienced with IST, were able to build new bonds and make lasting memories with each other. The students and teachers learned all about the talents and skills of their classmates and worked together in teams to complete challenges and compete in competitions. Most importantly, everyone had a great time and we are all looking forward to the next big ESC events!





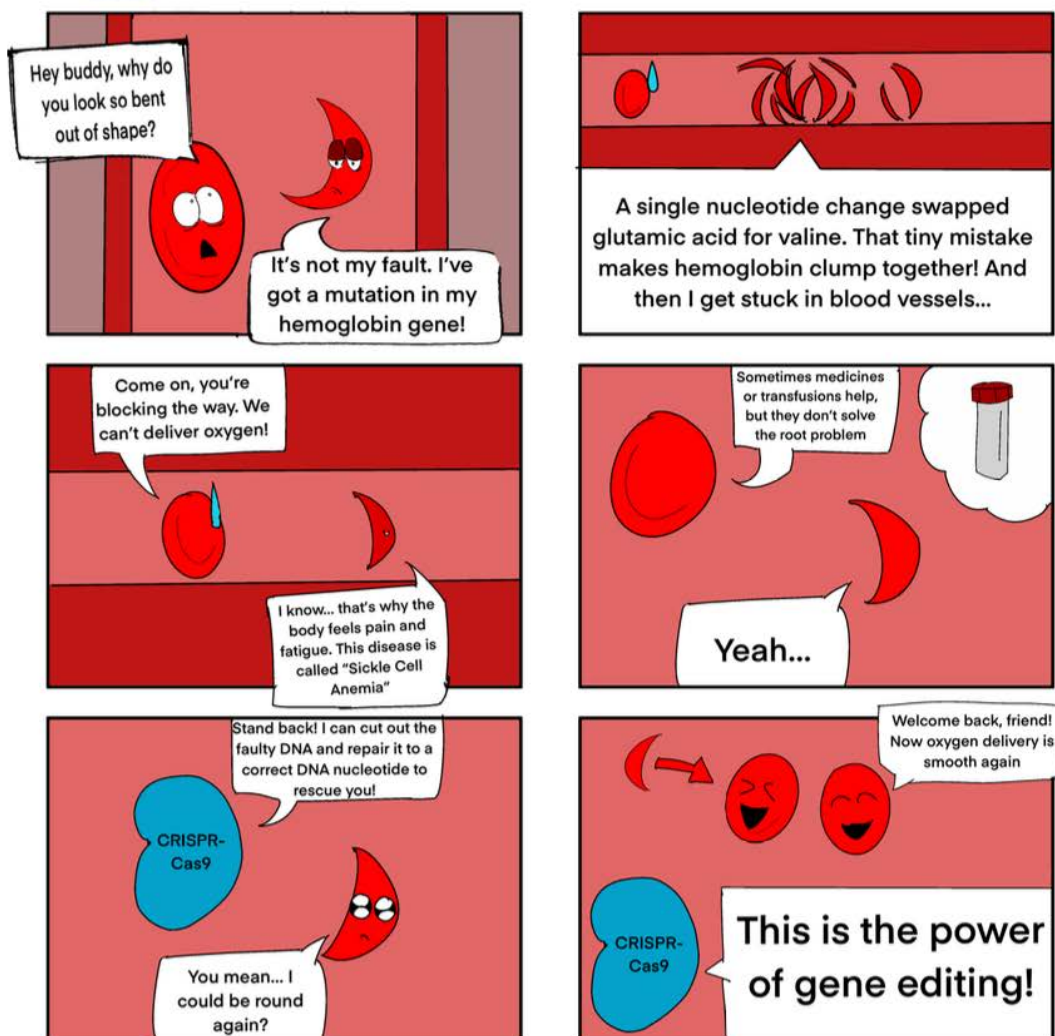
The student cartoon by Jiyun Lee, Ji Yoon Jung, Jeong Min Park, Ye Seo Choi, Hee Yu Cho, and Emi Wen is part of a CAS project for the IB Diploma Programme. As such, the cartoon engages with complex health issues in an effort to bring nuance and perspective to a sensitive topic. This is in keeping with our schoolwide goal where we "champion diversity of thought and the critical thinking and open-minded inquiry and learning across a range of topics and disciplines that deepen conceptual understanding and intellectual growth and independence."



## Sickle Cell Anemia

Illustrated by Emi Wen G11

Written by Medi-comic Members



### Credit Box:

<https://www.biotechacademy.dk/en/high-school-projects/crispr-cas9-the-genetic-engineering-revolution/>

<https://www.mayoclinic.org/diseases-conditions/sickle-cell-anemia/symptoms-causes/syc-20355876>

<https://www.nhlbi.nih.gov/health/sickle-cell-disease>



## College Corner : Upcoming University Visit On-Campus and Online

We have two university visits scheduled for next week—one in person and the other online—for our students and parents:

### 1. UBC University Visit

Poster & Info Sheet attached

Date: September 23, 2025

Time: 1:10 PM - 1:50 PM

Location: HAN Tc

### 2. Boston University Virtual Visit

Register in advance for this meeting :

<https://bostonu.zoom.us/meeting/register/dThxZ02uSlaPpoYAkavZA>

After registering, you will receive a confirmation email containing information about joining the meeting.

Date: September 23, 2025

Time: 8:00 PM China Standard Time

Audience: IST students and parents

Join the  
University of British Columbia

**LEARN ALL  
ABOUT UBC**

International School  
of Tianjin  
September 23, 13:10

Register here and stay connected

Okanagan Campus | Syilx Okanagan Nation Territory

Vancouver Campus | Musqueam Traditional Territory






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2026  
UBC  
Prospective  
Undergraduate  
Student  
Info  
Sheet

**Okanagan  
Campus**  
Sylx Okanagan  
Nation Territory

**Vancouver  
Campus**  
Musqueam  
Traditional  
Territory



THE UNIVERSITY OF BRITISH COLUMBIA

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**PFO**  
**PICNIC**

**SATURDAY**  
**20TH SEPTEMBER 2025**

11:00-3:00PM

School bus

<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

BBOs 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





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**WOW!**

## Take your first Tango



### 25th September

**1:30-3:00**

**100rmb/person**



群聊: IST Tango class



该二维码7天内(09月24日前)有效, 逾期进入无效







INTERNATIONAL  
SCHOOL of TIANJIN

Weekly

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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) 22-26 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
Rice Balls with Seaweed and Cheese 海苔芝士米饭球 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Fried Noodles with Vegetables 蔬菜炒面 Grilled Chicken with BBQ Sauce 煎鸡排烧烤酱 <u>Allergy: wheat, soy sauce</u>	Stir Fried Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: soy sauce</u>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <u>Allergy: fish, wheat</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) 710	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 20

## Weekly Menu (N-G2) 7-10 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Pork Rolls 肉卷 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat, soy sauce</u>	Chicken Burger 鸡肉汉堡 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Pork and Chinese Cabbage Dumplings 猪肉白菜水饺 Vegetable Sticks 蔬菜条 <u>Allergy: soy sauce</u>
	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) 715	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 23

## Weekly Menu (G3-G12) 22-26 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
Baked Rice with Vegetables, Egg and Cheese in Black Pepper Sauce 黑椒芝士鸡蛋焗饭 Stir fry Vegetables 炒蔬菜 <u>Allergy: egg, cheese, soy sauce</u>	Grilled Chicken with Onion Sauce 煎鸡排洋葱汁 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <u>Allergy: soy sauce</u>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <u>Allergy: beef, cheese, soy sauce</u>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <u>Allergy: cream, milk</u>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <u>Allergy: fish, wheat</u>
Eggplant and Potato Stewed 地三鲜 Stir Fried Green Vegetables 清炒小白菜 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, egg</u>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <u>Allergy: soy sauce</u>	Pork Bulgogi 韩式炒猪肉 Stir Fried Cabbage 韩式洋白菜 <u>Allergy: sesame, soy sauce</u>	Kung Pao Chicken 宫保鸡丁 Steamed Vegetables with Garlic 蒜蓉蒸时蔬 Steamed Rice 米饭 <u>Allergy: chili, leek, soy sauce</u>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>
Stir Fried Rice Noodle with Vegetable and Egg 广式蔬菜鸡蛋炒河粉 Green Vegetables 清炒蔬菜 <u>Allergy: egg, soy sauce</u>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Chinese Fried Noodle with Cabbage, Carrot and Braised Chicken Leg 中式炒面配炖鸡腿 <u>Allergy: wheat, soy sauce</u>	Oat Noodles with Fish in Tomato Soup 番茄菠面鱼鱼 Green Vegetables 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Noodles with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 <u>Allergy: soy sauce</u>
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Chinese Fried Noodle with Cabbage and Carrot 蔬菜炒面	Oat Noodles in Tomato Soup 番茄菠面	Braised Diced Potatoes, Carrots, Broccoli and Corn 炖土豆蔬菜
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	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	Rice balls 糯米糍	Fruit Tart 水果塔
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 106	Fat 脂肪 (g) 25





## 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

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

22 September -  
HSVB IST @ TIS

23 September -  
MSFB Practice 7

24 September -  
MS Badminton Practice 8

25 September -  
MSFB TIS @ IST  
MS Badminton Practice 9

26 September -  
HSVB 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.