



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

I believe that the photo that accompanies my introductory item this week says it all: **we have a truly fantastic PFO and PFO Committee here at IST!** I am sure that those of you who attended last Saturday's PFO Picnic will agree that it was a wonderful day, incredibly well organized and led by our dedicated PFO committee, and a fine testament to the spirit of community and voluntarism that characterizes our school. On behalf of us all, I wish to extend a huge vote of thanks to the committee and to everyone else who helped make this a picnic to remember (including the school's maintenance staff and ais!)



At the beginning of each new school year, **the IST Board of Governors circulates a welcome letter to the IST community** encouraging our community to continue to work together in the spirit of the school's mission and philosophy. This letter was circulated to all parents yesterday. **I would like to draw special attention to the Board's announcement of the pending departure of Juan Tubio (Airbus GM), whose family will be relocating to India.** On behalf of our entire community, I too thank Juan for his wonderful service and support of our school and wish him and his family every happiness in their new home in India.

Amongst the most exciting experiences of each school year are the week-long Week Without Walls excursions, which start in Grade 6. However, in preparing students for these extended periods away from their homes and families, our upper elementary students also go away on progressively longer overnight trips. In Grade 5 students spend two nights away, and in Grade 4 one night. **Yesterday our Grade 4s travelled to Beijing** for their 'How We Express Ourselves' unit of inquiry, spending their first-ever IST school night away from home and school. By all accounts, the students had a terrific time with minimal homesickness and tears ... from the students that is ... I understand a few parents may have struggled at the separation!

Finally, just a little reminder that this year the **Mid-Autumn Festival Holiday** at the end of the **National Day 'Golden Week' Holiday**, and as a result we are having an extended break. The school holidays will run from tomorrow right through until the Mid-Autumn Festival on Monday 6 October, with our community enjoying a full 10 days of holiday time. **Students will return to school for classes on Tuesday 7 October.**

I wish you all a most enjoyable National Day and Mid-Autumn Festival holidays, and lots of yummy moon cakes (or perhaps Haagen-Dazs ice-creamy ones!)

Happy Mid-Autumn Festival! Zhōng qiū kuài lè! 中秋快乐!

Warm regards

Steve Moody
Director

CONTENTS

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





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

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



THE HIDDEN KEY TO ACADEMIC SUCCESS

The Hidden Key to Academic Success: Expanding the Journey

Introduction Article: Revisiting the Foundations

As we embark on this new series, it's important to pause and reflect on the foundation we built last year. The journey toward academic success is not just about mastering content, acing exams, or perfecting study techniques, it's about nurturing the whole person. In our previous series, we explored six key elements that revealed how physical health is the hidden key to unlocking academic potential. Let's revisit those insights and see how they set the stage for the deeper exploration ahead.



A Recap of Last Year's Series

1. **Sleep Hygiene for Academic Excellence**

We delved into the importance of sleep as the cornerstone of learning and memory. Sleep consolidates memories, enhances problem-solving skills, and sharpens focus. Practical strategies included establishing consistent sleep schedules, creating restful environments, and managing screen time to improve sleep quality.

2. **The Impact of Exercise on Learning**

Physical activity fuels brain function, increasing blood flow and promoting the growth of new neurons. We highlighted how aerobic exercises, strength training, and even yoga can boost cognitive performance. Tips for integrating movement into daily routines made it easier to weave exercise into busy lives.

3. **Building Resilience Through Physical Health and Risky Play**

Resilience, the ability to bounce back from challenges, is crucial for academic success. We explored how physical health practices like regular exercise and balanced nutrition enhance emotional resilience. Risky play, such as climbing and jumping, was shown to foster confidence, problem-solving, and coping skills.

4. **Nutrition for Brain Power**

The connection between diet and cognitive function was front and center. Foods rich in omega-3s and antioxidants, like fish and berries, were highlighted as brain-boosting options. We debunked dietary myths and shared practical tips for healthy snacks and meal planning.

5. **Stress Management Techniques for Students and Parents**

Stress is a major roadblock to academic performance, but it's manageable. We discussed mindfulness, relaxation techniques, and time management skills to reduce academic pressure. A supportive home environment was emphasized as key to helping students thrive.





6. Creating a Healthy Study Environment

A dedicated, distraction-free study space can dramatically improve focus. We shared strategies for minimizing interruptions, using organizational tools, and incorporating physical activity breaks for enhanced productivity.

The Bigger Picture: A Holistic Approach to Academic Success

These six elements are not standalone tips, they form an interconnected system that supports both the mind and body. Sleep, exercise, nutrition, and stress management fuel the brain, while resilience and an optimized study environment create the conditions for sustained academic success. Together, they represent a holistic approach that empowers students to perform at their best.

The key takeaway is simple yet profound: **physical health directly impacts academic performance.** From energy levels to emotional balance, a strong foundation of physical well-being allows students to approach challenges with clarity, focus, and confidence.

What's Next: Diving Deeper

This year, we're taking the conversation further. Building on these foundational elements, we'll explore new topics that continue to expand our understanding of how physical and mental health contribute to academic achievement. From the benefits of outdoor learning to the science of motivation, from cultivating emotional intelligence to achieving digital wellness, this series will provide actionable insights to enhance learning and life.

As we dive into these new themes, remember academic success is not just about what happens in the classroom. It's about nurturing the whole person mind, body, and spirit. Together, let's continue the journey toward unlocking every student's full potential.

Stay tuned for the next article:

The Power of Nature: Outdoor Learning and Its Benefits.





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!



20 September ISAC Middle Football

It was a great day of football. Great organisation, great pitch and great spirit from all participating schools.

MS Football Girls

IST was all heart today, and while the results were not ideal, we've seen a lot of development and progress from the start of the season. Girls played with good sportsmanship and never gave up, even when the goals started to pile up against them. Katie is showing great improvement everytime she appears on the field and Estelle is becoming a very important player of the team. Super proud of our team!

Mr. Williams



MS Football Boys

A great learning experience for the boys! In every match, they did their best, achieving mixed results. We had three very close games and managed to win one of them. With some extra practice and by learning how to utilize each other's skills, we have a greater possibility of winning the other two games as well. The host team was just too strong and gave us a lesson in effectiveness and how to shoot the ball between the goalposts. They will definitely move up a division. Jordan remains a rock in defense and had the energy to cross the field on several occasions to create multiple chances for the team. Alessio really stepped up in the final games and made some incredible saves. Well done, IST!

Mr. Silvis.





Monday 22 September

ISCOT HighSchool Volleyball @TIS

IST HS Girls vs. TIS

The IST girls battled through a tough, best-of-three sets and edged out a 2–1 victory. Each set was tightly contested, with long rallies, smart serves, and clutch defense keeping the momentum swinging. The team showed grit under pressure, especially in the deciding set. Staying composed, communicating well, and finishing key points with confidence. It was a high-energy, entertaining match and a well-earned win on the road.

Ms. Lily



IST HS Boys vs. TIS

Our boys ran into a sharp, well-organized TIS squad and couldn't quite find our rhythm. Nerves showed at times. Still, there were bright moments, improved serve receive, a few strong blocks, and better transitions as the match progressed. Most importantly, it's a solid learning step: we'll focus on calming first touches, cleaner setting, and trusting our system so we can compete at our level next time. We keep working and moving forward.

Mr. Ben



Go Blazing Dragons!



ISCOT Football Match

Thursday 25/09/2022

IST vs TIS

MS Girls Game Recap

IST's MS Girls took on our neighbors from TIS in a match that truly felt like two different games. The first half saw the girls a bit hesitant, still searching for the spark to push forward. After the break, they found their fight, pressuring TIS, creating chances, and showing their grit. Claire's energy kept the attack alive, Estelle's determination pushed the team forward, while Chloe and Fiona showed real toughness in key moments. Their effort and improvement were clear to everyone watching. Each match they play brings progress, and their determination shines through. Well done, girls, keep building, step by step!



MS Boys Game Recap

From the opening whistle, IST's MS Boys showed dominance against TIS with quick passes, clever movement, and sharp runs. The lessons from last weekend's match were evident as the boys worked the ball around the defense with smart team play instead of dribbling into pressure. In the midfield, Bennoi and Albert controlled the game beautifully, setting the tempo and creating opportunities. At the back, Hyun Ho was a wall, refusing to let anything through, while Alessio and Thomas stood tall in goal, keeping their area clean. The highlight came when Nico Laux finished off a brilliant one-touch sequence, slotting the ball low into the corner for one of the best team goals of the season. A convincing victory built on teamwork and growth. Excellent work, boys, keep it up!





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.

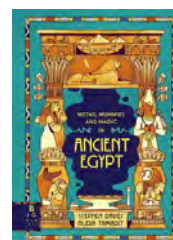
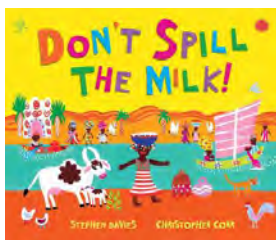
Author Visit November 3 & 4

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: Oct. 28th in the library

Our next Parent Book Club selection is the novel *The Vanishing Half* by Brit Bennett. We will meet in the library to discuss the book on October 28th, at 8:30 am in the library. The library has copies of the book in English, Chinese, and Korean. A digital copy in English is also available upon request.

Please consider joining us in October 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



UN Day Audition

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.



Auditions Close 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 Officer Election Results

CONGRATULATIONS! *Elementary Student Council* OFFICERS



CURTIS LIU
PRESIDENT



NOK LAVINIA HUI
VICE-PRESIDENT



SEO YEON HAN
SECRETARY



TAIYEBBA SHAMS
COMMUNICATION
OFFICER



MAX MA
TREASURER

I'm very excited to share with our community the results of the Student Council Elections held on Friday morning the 19th September. All of our students—Curtis, Seo Yeon, Salma, Max, Lavinia, Cecelia, Taerin, Je In, Taiyeba, Charlotte, Leo, and Shirley—presented exceptionally well on stage in front of the elementary school. They all demonstrated the IST Learner Outcomes of being Principled, Communicators, and Courageous, knowing that there was a chance they might not be selected.

That said, special congratulations should be extended to Curtis, Lavinia, Seo Yeon, Taiyeba, and Max for being selected to be on the ESC Executive Board.

All the ESC advisors and the students' teachers are very proud of their achievements and look forward to seeing what they create and achieve for our school this year!



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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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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



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IST PFO
ART Exhibition
Tour
FRIDAY, OCTOBER 10TH,
10AM

艺术家眼中的
天津
TIANJIN

邀请 10 个国家
31 位艺术家
TIANJIN FROM ARTIST'S
EYES

开幕时间:
EXHIBITION OPENING TIME
2025
10月10日

每日观展时间:
DAILY OPENING HOURS
10:00am - 4:00pm
每周二闭馆 (逢休馆日顺延)

策展人:
Walter 郭景耀



► **TIME**
IST departure 9AM

► **VENUE**
天津环球金融中心

► **ADMISSION FEE**
40rmb/person

► **FOR SIGN-UP**



展览地点:
EXHIBITION LOCATION
天津滨海新区文化中心美术馆(天津) 天津环球金融中心
Tianjin Binhai New Area Cultural Center Art Museum (Tianjin) Tianjin Global Financial Center



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IST PARENT FORUM

ENJOY YOUR
TIME LEARNING
WITH EACH
OTHER IN IST!

Oct.15,
WEDNESDAY
10:05AM - 12:00PM
HAN TC

10:05-10:40 VISUALIZING TEXTS IN SOCIAL SCIENCE--MS.BEKKENK

10:45-11:20 INQUIRY&LEARNING--MS.SUAREZ

11:25-12:00 HIDDEN KEYS TO ACADEMIC SUCCESS-- MR.SILVIS



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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
Nutritional reading over the week 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
Nutritional reading over the week 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) 7-10 Oct

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
	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: beef, herb, soy sauce</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 <u>Allergy: fish, soy sauce</u>
	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: chili, soy, garlic</u>	Yuxiang Chicken 鱼香鸡丝 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Teriyaki pork 日式照烧猪肉盖饭 Stir fry Vegetable 炒时蔬 <u>Allergy: soy sauce</u>	Fried Chicken, Curry Omelette Rice 炸鸡块咖喱蛋包饭 Stir Fried Vegetables 清炒时蔬 <u>Allergy: egg</u>
	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables with Sambal 桑巴蔬菜 <u>Allergy: shrimp, garlic</u>	Stir Fried Pork in Pita Bread 白吉馍夹五花肉 Cucumber Salad 黄瓜拌面筋/素什锦 <u>Allergy: wheat, soy sauce</u>
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Stir Fried Rice Noodles with Vegetables 素炒米粉	Mixed Vegetables Curry 咖喱蔬菜
	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
	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Rice balls 糯米糍	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) 108	Fat 脂肪 (g) 23



DIARY DATES

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

7 October –
MSFB Practice 8

8 October –
MS Badminton Practice 10
ISCOT Cross Country G3-12 @ IST (12:00-
15:30)

9 October –
MSFB Practice 9
MS Badminton Practice 11

10 October –
HSVB Practice 8

11 October –
ISAC HSVB Tournament-Boys @ BIBA; Girls @
WAB
ISCOT MS Badminton (Boys and Girls @ IST)

13 October –
HSVB Boys Wellington @ IST; Girls IST @ Wel-
lington

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.