



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

I hope that this week's edition of Blaze finds you having enjoyed wonderful National Day and Mid-Autumn Festival holidays. Fortunately, the weather was lovely right up until our return to school on Tuesday, but unfortunately, **we have experienced a miserable time ever since, with incessant rain and cold temperatures.** The forecast for next week promises warmer weather and therefore we haven't turned on the heating boilers just yet. I do, however, strongly urge parents to ensure that their children bring something warm to wear in school, every day, just in case!

The rainy weather did mean that we had to postpone the **ISCOT** (IST, TIS, TEDA, and Wellington) **cross country running event** this past Wednesday, but we have managed to reschedule it for next Wednesday instead. Parents are reminded that you are welcome to attend and even join in when the ELC up to Grade 2 students run (and walk!) from 9:00 AM to 9:30 AM. The Grade 3 to 12 students will run in the afternoon between 12:15 PM and 2:15 PM (but no parent participants at this level, sorry).

A reminder to US Passport holders that **consular officers from the US Embassy in Beijing will be visiting our school on Tuesday** to meet with teachers, parents and Grades 9-12 students. If you are a US citizen, you are welcome to attend from 1:10 PM to 1:40 PM in the Han TC, with topics including university matriculation in the USA for US citizens.

At the end of each quarter of the school year, IST provides parents with feedback on their children's learning and school experience, with parent-teacher conferences scheduled at the end of the first and third quarters, and semester written progress reports issued at the end of the second (Semester 1) and fourth quarters (Semester 2). Please note that **Q1 parent-teacher conferences are scheduled for Wednesday and Thursday, 22-23 October.** Traditionally we have sent home predetermined interview times to Elementary parents, while allowing Secondary students to arrange their own conference schedule. **This year we will trial a new system and use the 'Schools Buddy' conference APP,** which is aligned with the APP that we use for the CCA registration process. Details on how to register for conferences will be shared with you next week.

As part of our commitment to international accreditation, our school actively supports our accreditation agencies in their evaluations of other international schools by releasing our staff to join carefully selected teams of experienced educators trained in the relevant evaluation protocols. **Next week, our Secondary Principal, Mr. Conway, will co-chair a CIS/WASC visiting team at an international school in Shenzhen,** and will therefore be absent from IST. Should you have any queries in his absence, please feel free to direct them to me, to the Secondary Deputy Principal, Mr. Schaaf, or for programme specific questions, to Ms. Chuah (IB-DP) and Ms. McCord (IB-MYP).

Unfortunately, the forecast for this weekend is **RAIN! RAIN! RAIN!** Nevertheless, I hope that you have a wonderful weekend and take the opportunity to snuggle up with your children and enjoy a good book or movie!

Warm regards

Steve Moody
Director

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INTERNATIONAL
SCHOOL of TIANJIN

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IST HEALTH AND
WELLBEING

DEAM OCTOBER

Push-up Challenge

***ARE YOU JOINING US IN
THE 30 DAY PUSH-UP
CHALLENGE!***



30 Day Push Up Challenge for Beginners

Day 1 - 2 Sets of 5 Push Ups	Day 16 - 5 Sets of 5 Push Ups
Day 2 - 2 Sets of 6 Push Ups	Day 17 - 5 Sets of 6 Push Ups
Day 3 - 3 Sets of 4 Push Ups	Day 18 - 5 Sets of 7 Push Ups
Day 4 - 3 Sets of 5 Push Ups	Day 19 - 6 Sets of 5 Push Ups
Day 5 - 2 Sets of 4 Push Ups <small>Recovery</small>	Day 20 - 4 Sets of 4 Push Ups <small>Recovery</small>
Day 6 - 3 Sets of 5 Push Ups	Day 21 - 6 Sets of 5 Push Ups
Day 7 - 3 Sets of 6 Push Ups	Day 22 - 6 Sets of 6 Push Ups
Day 8 - 3 Sets of 7 Push Ups	Day 23 - 6 Sets of 7 Push Ups
Day 9 - 4 Sets of 5 Push Ups	Day 24 - 7 Sets of 5 Push Ups
Day 10 - Rest Day	Day 25 - Rest Day
Day 11 - 4 Sets of 5 Push Ups	Day 26 - 7 Sets of 5 Push Ups
Day 12 - 4 Sets of 6 Push Ups	Day 27 - 7 Sets of 6 Push Ups
Day 13 - 4 Sets of 7 Push Ups	Day 28 - 7 Sets of 7 Push Ups
Day 14 - 5 Sets of 5 Push Ups	Day 29 - 2 Sets of 5 Push Ups <small>Recovery</small>
Day 15 - 3 Sets of 4 Push Ups <small>Recovery</small>	Day 30 - 5 Sets of 10 Push Ups <small>Final Day Challenge</small>

Fitness House



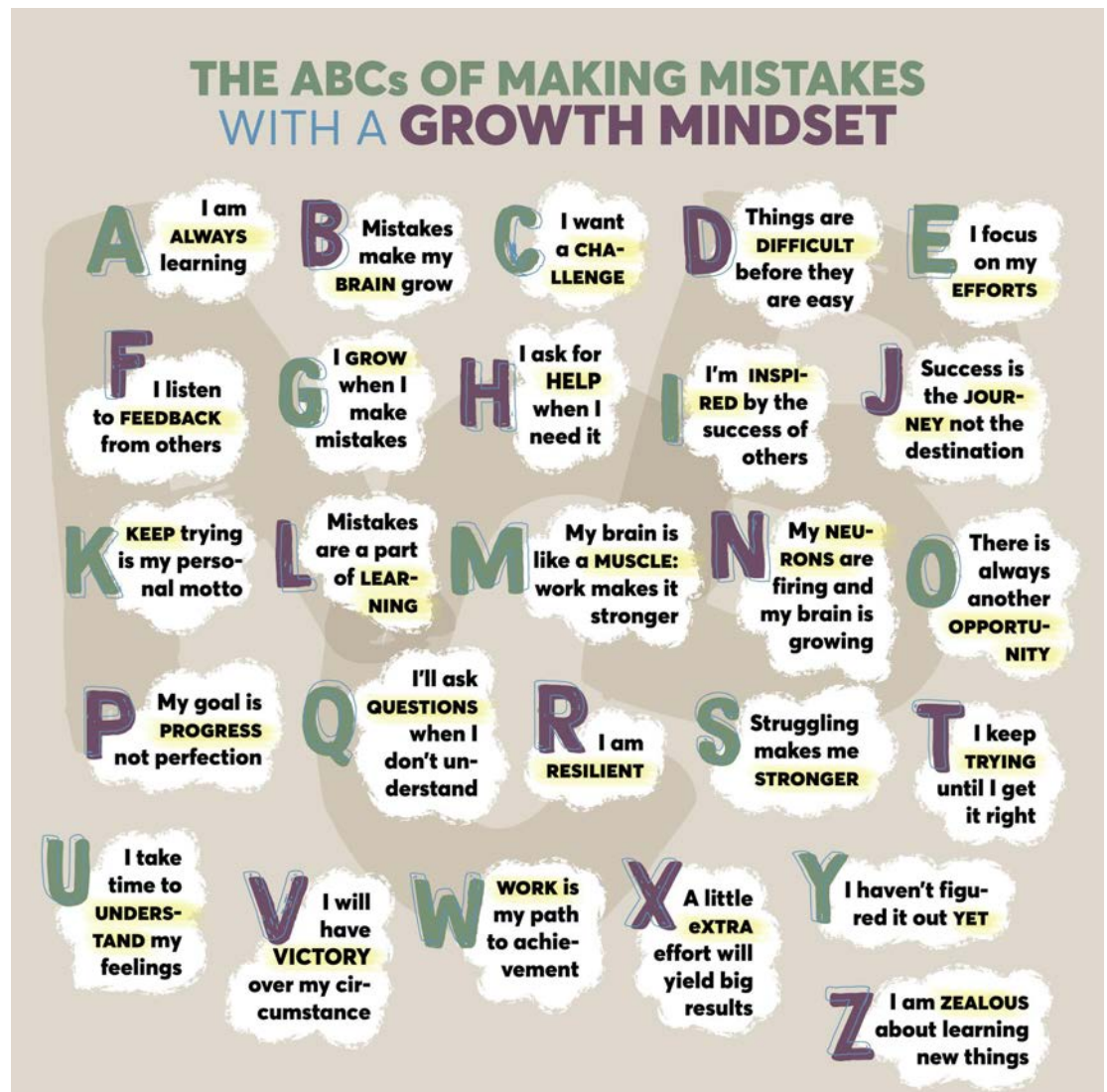


"I'm not smart enough." "I'm not a math person." "I'll never understand this."

Many students hold beliefs that negatively affect their academic performance. A fixed mindset suggests that abilities are innate and unchangeable, leading to a focus on appearing smart, avoiding challenges, and struggling with setbacks. In contrast, a growth mindset views abilities as developable through effort and learning from failures. It emphasizes skill development, resilience, and the importance of hard work in overcoming challenges.

This week's Parent Partnership presents the ABCs of fostering a growth mindset in your child.

IST Counseling





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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!



15 October 2025



Postponed from the 8th

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!



7 October 2025 MS Football

MS Boys Game Recap

IST's MS Boys battled Wellington in an exciting and evenly matched game that ended in a 2–2 draw. The boys came close to victory but were a bit unfortunate with a couple of goals conceded. A beautifully executed one-two between Nico Laux and Albert led to a well-worked team goal, while Bennoi added another with



an impressive dribble and confident finish. Yassine played a very active game, constantly threatening Wellington's defense and creating several dangerous chances. He truly deserved a goal for his effort, but that's the way football goes. Despite the draw, the boys displayed strong teamwork, creativity, and resilience, a showing they can be proud of. Well done, IST!



MS Girls Game Recap

Fresh off a well-deserved holiday, IST's MS Girls faced a challenging match against Wellington. Despite a week without practice, the team showed grit and determination from start to finish. The girls pressed higher, followed the ball with better awareness, and created several close chances near Wellington's goal. Estelle covered the field tirelessly, chasing every ball, while Fiona positioned herself well and kept the goal clean on multiple occasions. Chae Won's persistence paid off as she managed to squeeze in a goal, sparking great excitement from the team and supporters. Though Wellington proved too strong in the end, the fighting spirit of the IST girls was on full display. Each match continues to show their progress and heart, well done, girls!



Go Blazing dragons!



IST Library & Information Literacy Center

Our Mission

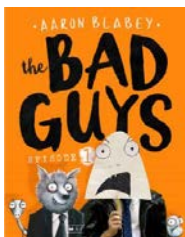
The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

Library Week: Oct. 27-Oct. 31

We're kicking off Library Week with a **Book Fair** the week before and wrapping up with an elementary **Library Assembly** on Friday, Oct. 31. Throughout Library Week, students can look forward to **Drop Everything and Read**, the **Panda Book Awards** launch, **book quizzes with prizes**, and more.

Key dates:

- **Book Fair (Library):** Wed, Oct. 22, 8:00 a.m.–6:30 p.m. and Thu, Oct. 23, 8:00 a.m.–5:00 p.m.
- **Library Assembly & Book Character Dress-Up Day:** Fri, Oct. 31, 8:30 a.m. in the IST Theater. Students are encouraged to come as their favorite book character. Need ideas? Check out some great costumes from previous years, below.
- **Author Visit:** Mon, Nov. 3 and Tue, Nov. 4. UK author **Stephen Davies** will present at assemblies and workshops for students in ELC through Grade 8.



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





<div>    </div>			
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
Spanish Class	Tuesday	1:00-2:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese Corner	Friday	9:00-10:00	Elementary meeting room
Baby Dragon Playgroup	Tuesday	9:00-11:00	Nursery Classroom
Parents Workshop	Once a month	Flexible	Elementary meeting room




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IST
**PARENT
FORUM**

**ENJOY YOUR
TIME LEARNING
WITH EACH
OTHER IN IST!**

**Oct.15,
WEDNESDAY**
10:05AM - 11:20AM
HAN TC

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

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



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*PFO Meeting
Please come and
join in!*

**Wednesday
15th October**

8:15 - COFFEE AND GERMAN SNACKS

9:00 - WELCOME AND PFO UPDATE

9:10 - DIRECTOR & PRINCIPAL INTRODUCTION

9:30 - G4 PERFORMANCE

9:45 - UPCOMING EVENTS WITH PFO

10:00 - PARENT EDUCATION FORUM



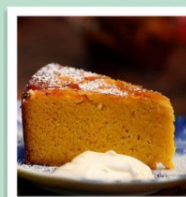
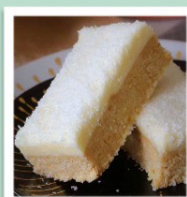
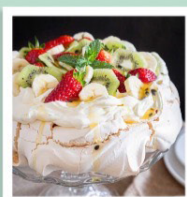
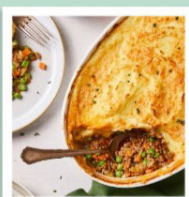
Meeting held in the Teacher's centre on 2nd floor in Han building.
Take the big black staircase to the left of the library.



Food theme: New Zealand cooking class

Menu:

1. Shepherds Pie
2. Pavlova
3. Lemon and Coconut slice
4. Orange and Almond Cake (gluten and dairy free)



When: 22nd October 09:00am-2pm

Where: IST Elementary Kitchen

Host: Anna

Cost: 100 RMB per person

Please join the WeChat group by scanning this QR code:
Max 16 participants, first-come first-served.





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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) 13-17 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <u>Allergy: egg</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡 Fried Potatoes 土豆条 <u>Allergy: wheat</u>	Potato, Bacon and Cheese Pie 土豆培根芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</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) 33	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 25

20 - 24 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	
Spaghetti in Tomato Sauce Toast 意面吐司 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, breadcrumb</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	UN 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) 610	Protein 蛋白质 (g) 22	Carbohydrate 碳水 (g) 76	Fat 脂肪 (g) 17

Weekly Menu (G3-G12) 13-17 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Fish Stewed with Cream Sauce 蒜香奶油龙利鱼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <u>Allergy: milk, cream</u>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Chicken 炸鸡块 French Fries 薯条 <u>Allergy: wheat, soy sauce</u>	Grilled Pork Loin with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat, soy sauce</u>
Stir Fried Eggplant 红烧茄子 Stir Fried Zucchini 素炒西葫芦 Fried Egg 虎皮鸡蛋 <u>Allergy: egg, soy sauce</u>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Deep Fried Green beans 干煸豆角 <u>Allergy: soy sauce</u>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <u>Allergy: soy sauce, breadcrumb</u>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Green Vegetables 炒蔬菜 <u>Allergy: soy sauce, egg</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Mushroom with Chili 干锅香脆菇 Stir Fried Cabbage 清炒白菜 <u>Allergy: garlic, soy sauce</u>
Noodles with Tomato and Egg Sauce 番茄鸡蛋面 Dried Tofu with Green Pepper 青椒土豆丝 <u>Allergy: wheat, egg</u>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/特三丝 <u>Allergy: wheat, soy sauce</u>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱面筋/洋白菜 <u>Allergy: sesame, wheat</u>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <u>Allergy: Chili</u>	Noodles in Beef and Tomato Soup 番茄牛肉面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat, soy sauce</u>
	Vegetables Wrap 蔬菜卷	Vegetable Dumplings 蔬菜水饺	Rice Noodles in Vegetable Soup 河粉蔬菜汤	Noodles in Tomato Soup 番茄汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean and Job's Tears Soup 红豆薏米水	Vegetable and Egg Soup 蔬菜鸡蛋汤	Sweet Potato Congee 红薯粥
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Rice Balls 糯米糍
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 29	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 26



DIARY DATES

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

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

14 October –
MSFB Wellington @ IST

15 October –
MS Badminton Practice 12

16 October –
MSFB Practice 10
MS Badminton Practice 13

17 October –
HSVB Practice 9
ISCOT ESFB (G1-5) @ IST (12:00-15:30)

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.