



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

Unfortunately, it does seem that the early fingers of winter have already begun to poke us with a notable cooling off of the weather this past week; **the forecasts for next week show lows around 2-3 degrees C!** I think that it is therefore time for parents to ensure that your children come to school each day with multiple layers of clothing so that they can keep warm and comfortable.

Earlier this week IST hosted several **consular officers from the US Embassy in Beijing** who came to meet with teachers, parents and Grades 9-12 students. I share this news again because they told me that they felt IST to be the nicest international school campus that they had experienced visiting!

It was terrific seeing so many parents in school on Wednesday for the PFO meeting and education forum, as well as for the **ISCOT Cross Country** running race. It was especially nice to see a number of parents joining in with the KG1-Grade 2 students on their 1KM jog ... the only disappointment was failing to see Mr. Wallace break out of a walk into a gentle trot! And this afternoon, we also hosted the ISCOT Elementary Soccer Tournament!

By now all parents should have received invitations to attend next week's **Parent-Teacher Conferences**. Elementary teachers should have sent home pre-determined times on Wednesday, while secondary students, who are afforded the responsibility to seek out their teachers to schedule times, should have started sharing these with you yesterday. If you haven't sighted your invitation times yet, please check with your children or reach out to the school.

I do need to apologise for the **late change in plan and decision not to use the Schools Buddy App** that allows parents to register their interviews independently and electronically. We did purchase the software and have been trialing the system over the past week but unfortunately several glitches have been identified in the data transfer meaning that the system is not yet accurately and reliably recording registrations. We therefore opted to stick with the old system one last time, until the third quarter conferences by which time we should have all glitches ironed out!

A reminder to all parents that **UN DAY is next Friday, 24 November**. I have copied a summary of relevant aspects of the day's schedule for your reference. Please do try to join us, and thank you all in advance for providing a generous and delicious international lunch for our community – you are wonderful!

1. **Parade of Nations:** 08:30AM in the avenue between the Han and Qin buildings
2. **Concert:** 09:00AM to 10:00AM in the Han Theatre

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3. **International Lunch:** 11:30AM to 1:45PM in the gymnasium and cafeteria
4. **Whole School Photograph:** 2:35PM in the avenue between the Han and Qin buildings

Finally, I'd like to give all parent drivers (and their drivers) a gentle reminder that **IST campus roads are not Grand Prix racetracks**, and that **our internal speed limit for cars is 5 km/h**. I know that 5 km/h might seem very slow, but with children crossing the school roads between the school footpaths and carparks, a very real danger exists for a speeding driver not to see a child and to hit them. **Please driv**

Wishing you all a wonderful weekend!

Steve Moody
Director



BETTER TOGETHER

*Fostering a culture of
connection and inclusion*





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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 Recovery	Day 20 - 4 Sets of 4 Push Ups Recovery
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 Recovery
Day 15 - 3 Sets of 4 Push Ups Recovery	Day 30 - 5 Sets of 10 Push Ups Final Day Challenge

Fitness House





Gratitude is more than simply saying thank you. Gratitude also involves intentionally recognizing and appreciating the positive aspects of life.

Here are 2 Gratitude exercises you could try with your child. Let us take opportunities to celebrate the beauty in the everyday and build a foundation for a more compassionate and fulfilling life.

1. Gratitude list

This practice is quite basic and requires individuals to list things they are grateful for. Some study says that only with three items, people begin to experience the effectiveness of this practice.

2. Gratitude jar

Writing down things you are grateful for on small slips of paper and placing them in a jar every day. At the end of the week or month, reading through the slips of paper will help provide a reminder of the positives.

IST Counseling





What a Race, IST! 🏃🏃🏃🎉

The race is done, and what a *perfect* day it turned out to be! The energy was electric as students, staff, parents, and our friends from Wellington, TEDA, and TIS came together to make this event unforgettable. From the competitive runners chasing glory to the recreational runners pushing their limits, everyone brought their best to the track today.

It was especially heartwarming to see several parents joining the early morning race with their children, creating beautiful moments of teamwork and support. And for the parents who didn't run, your cheers and encouragement from the sidelines made all the difference! 🎉

Everybody who gave their best today was a star, and we couldn't be prouder of the effort, spirit, and camaraderie on display. Of course, in every race, there are always some *really fast stars*—and here are the **superstars** from Wednesday:

ELC-G2 Category:

- 🥇 1st: Lola (IST)
- 🥈 2nd: Timo (IST)
- 🥉 3rd: Ella (IST)

G3-G5 Girls Category:

- 🥇 1st: Thea (Wellington)
- 🥈 2nd: Elena (Wellington)
- 🥉 3rd: Ali Song (Wellington)



Though IST didn't have a top 3 finisher, our runners showed incredible determination with 5 finishing in the top 10:

🌟 Evifinja (4th), Se Yoon (5th), Amber (8th), Amy Jiang (9th), and Elena (10th).

G3-G5 Boys Category:

- 🥇 1st: Aron (IST)
- 🥈 2nd: Lucas (Wellington)
- 🥉 3rd: Avery (IST)

Other IST top 10 finishers included:

🌟 Ewan (4th), Tad (6th), Max (7th), Hyun Jin Cho (8th), and Iyed (10th).



Middle School Girls Category:

- 🥇 1st: Estelle (IST)
- 🥈 2nd: Emily (Wellington)
- 🥉 3rd: Bella (TEDA)



Middle School Boys Category:

- 🥇 1st: Bennoi (IST)
- 🥈 2nd: Albert (IST)
- 🥉 3rd: Sataro (IST)



High School Girls Category:

- 🥇 1st: Cathy (Wellington)
- 🥈 2nd: Belize (IST)
- 🥉 3rd: Manaka (IST)

IST girls dominated the race, claiming **9 out of 10 spots** in this category. What a fantastic effort!



High School Boys Category:

- 🥇 1st: Sigge (IST), sprinting past Eason (Wellington) in the last 100m!
- 🥈 2nd: Eason (Wellington)
- 🥉 3rd: Gabriel (IST)



Congratulations to all the runners for their outstanding performances, and a huge thank you to everyone who came out to support this amazing event. Whether you were running, cheering, or helping behind the scenes, today truly showcased the power of teamwork and community. Let's carry this momentum forward and look forward to more days like this! 🎉👏🌟



Monday 13 October ISCOT Volleyball

IST High School Girls Volleyball ISCOT Recap

The Blazing Dragons girls also faced the challenge of playing after a long school day, but despite not maintaining the same high level and spirit they showed during the tournament, they still delivered a solid performance.

The opposition wasn't as strong, and a **2-0 win** was inevitable. However, this match highlighted the importance of consistency and focus, regardless of the opponent. Well done to the team for getting the job done, and let's aim to bring tournament-level energy to every game. Keep it up, Blazing Dragons!



IST High School Boys Volleyball ISCOT Recap

The Blazing Dragons faced Wellington in a local league match, and while it wasn't our sharpest performance, the team still managed to secure a **2-1 victory in sets**. Playing volleyball after a long school day is no easy task, requiring a challenging shift in focus from academics to athletics.

Unfortunately, we couldn't match the level of play from last Saturday. Our touches weren't as stable, making it harder to feed the ball to our setters, and our serves lacked consistency, giving Wellington too many easy points and opportunities to fight back. The key takeaway is clear: we need to stay **100% focused** to reach our base level of play. Without that focus, every match becomes an uphill battle. Onwards and upwards, 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. Please scan the QR code on the order form if you would like to order some of the author's books.



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



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AUTHOR VISIT / ORDER FORM

作者见面会订购单



Steve Davies writes picture books, chapter books, young adult novels and educational books. Many of his books are set in West Africa, particularly the Sahel region – the southern 'shore' of the Sahara Desert which includes parts of Mali, Burkina Faso and Niger. Steve Davies 撰写图画书、章节书、青少年小说和教育书籍。他的许多作品都以西非为背景，尤其是萨赫勒地区——撒哈拉沙漠的南岸，包括马里、布基纳法索和尼日尔的部分地区。



The Ancient Egypt Sleepover

Paperback
平装
Age: 8+
70RMB



Survivor Titanic

Paperback
平装
Age: 8+
80RMB



Steve Davies



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LIBRARY WEEK **BOOK AN ADVENTURE**

OCTOBER 27-31 2025





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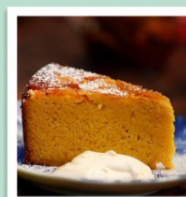
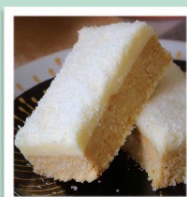
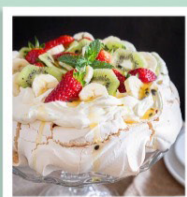
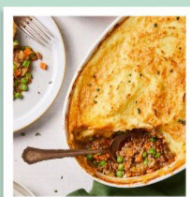
  			
Class	Day	Time	Place
Yoga	Monday Wednesday	8:15-9:15	Theater or Black box
English Corner	Monday	10: 00-11: 30	Elementary meeting room
Korean Class	Monday	1:30-3:00	Elementary meeting room
Spanish Class	Tuesday	1:00-2:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese Corner	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



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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AIRBUS TOUR

6TH NOVEMBER, 2025



Discover Airbus with Us
An Exclusive Parents Experience!

FOR
SIGNUP



Time: 9:30AM Departure from IST



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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) 20-24 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	
Macaroni with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油 蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <u>Allergy: breadcrumb</u>	Nacho Fries with Ground beef 墨西哥风味肉酱芝士土豆条 Stir fry Vegetable 炒蔬菜 <u>Allergy: beef, soy sauce, milk</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	UN DAY
Stir Fried Cabbage with Chili 手撕包菜 Grilled Tofu with Vegetables 家常豆腐 Steamed Egg with Vegetables 蔬菜蒸蛋 <u>Allergy: egg, soya sauce</u>	Beef Stewed 黄焖牛肉 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: chili, soya, garlic</u>	Chicken Stewed with Coconut Sauce 马来西亚椰菜鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Roasted Chicken Leg 烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Stir Fried Green Vegetables 香菇油菜 <u>Allergy: soy sauce</u>	
Noodles with Vegetables in Soybean paste Korean Style 炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: soybean, wheat, egg</u>	Spicy Hot Pot 麻辣拌 Noodle 面条 <u>Allergy: soy sauce, wheat</u>	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 <u>Allergy: cheese</u>	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: soy sauce, egg</u>	
	Udon in Vegetable Soup 蔬菜乌冬面	Tteokbokki with Cheese 芝士炒年糕	Noodles with Vegetables 蔬菜面	
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Cream Corn Soup 奶油玉米汤	
Banana Bread 香蕉包	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 29



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

18 October –
ISCOT MSFB Tournament: Boys @ TIS; Girls @
Wellington

20 October –
HSVB Practice 10

21 October –
MSFB Practice 11

24 October –
HSVB Practice 11

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.