



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

Following on from last week's announcement about a new 'Parent Emergency Notification' WeChat communication channel, **yesterday morning we carried out an earthquake evacuation drill**, one domain of our safeguarding framework that seeks to ensure that our community is prepared to respond effectively in event of an emergency. I am pleased to report that following the simulation of an earthquake, during which all students and staff "ducked and covered", we were able to evacuate and register all adults and children on campus in under five minutes (actually 4m49s), which is always our goal. Student conduct was excellent, demonstrating that they fully understand both the procedures and the importance of such practices.

I do need to report that a few parents on campus at the time failed to follow the guidelines, in spite of advance notice sent to all parents prior to the drill. Unfortunately, the parents attempted to exit the buildings and campus during the simulation (when they should have been hiding under tables and desks!) and then initially failed to line up in the correctly designated registration point (Station 31 on the school running track). I do appreciate that it is difficult for parents to keep themselves apprised of all campus safety procedures, but given that we grant our parents significant campus access freedoms, it really is important that parents attempt to pay close attention to these procedures and related expectations for conduct; as adults we all set an example for our students. That said, all parents were successfully registered in the correct location in less than five minutes, so well done!

We did receive some requests from parents this morning asking that the school provide greater advance notice of such practices. While I appreciate that this would most certainly be more convenient for parents, the fact of the matter is that evacuation drills are intended to protect community members, not to enhance convenience. Evacuation drills necessarily need to come as somewhat of a surprise to community members so that we can more authentically gauge the effectiveness of our existing systems to improve them and thus better safeguard our community.

While addressing notions of community safeguarding, and within the context of our school's 'Community Curriculum' which seeks to promote shared practices through which we work together to build student wellbeing and resilience, I encourage all parents to read (or listen to, using the WeChat AI translation video) the item in Blaze about deepening our focus on healthy digital habits. As a school and community, we are asking all families to consider committing to a voluntary **Digital Well-Being Pledge**. From December 12, 2025 (start of winter break) to February 17, 2026 (Chinese New Year), we ask you to consider pausing your children's access to social media platforms. Please read on to find out more and to register your pledge!

A reminder to all parents that today marks the end of Season 1 of our Co-Curricular Activities

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INTERNATIONAL
SCHOOL of TIANJIN

Weekly

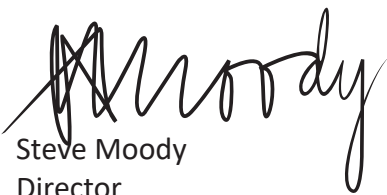
THE BLAZE

Working Learning Acting TOGETHER

ties (CCA) programme. Season 2 will commence on Monday 24 November. Please contact Ms. Guo Ying in the Activities Office if you have any questions: Ying_Guo@istianjin.org.cn

Finally, one of the highlights of the school year is always the annual musical production, with this year's show **"Joseph and the Amazing Technicolor Dreamcoat"**. Students have been working incredibly hard over many months to bring this show to our community, and I urge you to demonstrate your support by coming along to enjoy the show next week. Tickets cost just RMB 20, and are available from Reception in the Han Foyer. **Tickets are available for either Thursday 20 or Friday 21 November.** As they say in show business, "Break a Leg" and get your tickets before the sell-out!

Warm regards, and all the best for a relaxing weekend!


Steve Moody
Director





International School of Tianjin Scholarship Program

The International School of Tianjin (IST) is excited to announce its scholarship program for students in their final two years of school. This initiative serves two key purposes:

1. **Support for Current IST Students:** We offer exceptional educational opportunities to talented students facing financial challenges.
2. **Enrichment for Non-IST Students:** We welcome talented non-IST students to enhance our diverse community and the quality of our IB Diploma Programme.

Scholarship Details

Types of Scholarships

Scholarships are available for students entering Grade 11, with awards lasting up to two years:

- **Full Scholarships:** Cover all tuition and capital fees for Grades 11 and 12.
- **Tuition Scholarships:** Cover tuition fees only for Grades 11 and 12.
- **Bursaries:** Cover half the tuition fees for Grades 11 and 12.

Benefits

Students in the scholarship program will receive an excellent education, culminating in the IST High School Diploma. As an IB World School, students also have the chance to earn a full IB Diploma, *recognized by top universities worldwide*.

Selection Process

Each year, up to three scholarships or bursaries may be awarded to current IST students, with an equal number available for non-IST applicants. The selection includes:

- **Examinations**
- **Formal Interviews**
- **Final Decision by the IST Scholarship Committee**

Criteria for Selection:

- **Academic Excellence:**
 - o Current IST students must have honors/high honors in at least 2 of the last 3 semesters.
 - o Non-IST candidates should be in the top 25% of their class.
- **Community Contribution:**
 - o Active involvement in CAS activities.
 - o Promotion of the IB Diploma Programme.
 - o Leadership within the school community.
- **Financial Need:** Consideration for current IST students needing financial assistance. (Non-IST students **DO NOT** need to demonstrate financial need.)

Eligibility

Students of *all nationalities* are encouraged to apply. Current IST students with financial difficulties can apply, but families may receive only one full scholarship at a time.

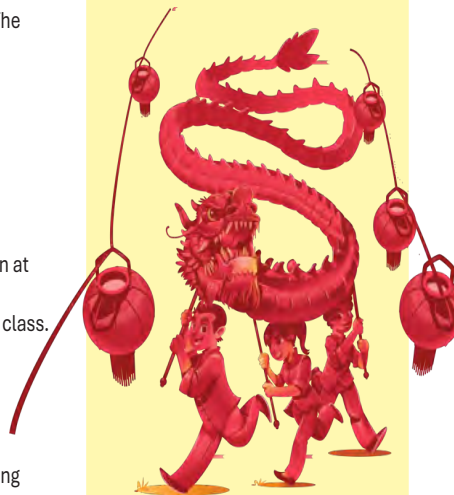
A strong command of English is essential.

Application Process

To apply, candidates should request an application package from the school.

Key dates:

- **Application Deadline:** 3:30pm, Friday, February 13, 2026
- **Scholarship Examinations:** Saturday, February 28, 2026 (9:00am–2:30pm)
- **Interviews:** Around March 4, 2026
- **Award Announcement:** Late March/early April 2026





Required Documents

From the Student:

- Personal statement covering your interests and reasons for applying.
- Previous two years' report cards from your school. (Including IST students)
 - Certificates for any honors or awards received.
- At least two character reference letters (non-family).
 - IST students do not need a character reference but should give the names of two teachers who agree to support the application.
- Any other relevant details.

From the IST Parent (if applicable):

- A formal letter explaining financial circumstances.
- A letter from an employer stating that tuition is not covered by the company.
- Non-IST students **DO NOT** need to demonstrate financial need.



Application Fee

A **2,000 RMB** application fee is required, with the following conditions:

1. **Refunds:** Full scholarship recipients or those not awarded a scholarship will receive a complete refund.
2. **Tuition Scholarships/Bursaries:** The fee will be credited towards the standard application fee.
3. **Declined Offers:** Candidates who decline a scholarship offer forfeit the fee.

Scholarship Selection Process

Application

To apply for a scholarship, students must submit the **Scholarship Application Form and Fee by 3:30pm on Friday, February 13, 2026**. This form collects personal details and educational history.

Important:

- Attach all required documents (see 'Required Documents' section).
- Incomplete or late applications will not be considered.

Examinations

Exams will take place at the school on **Saturday, February 28, from 9:00am to 2:00pm**. Students will complete three papers:

1. **Mathematics** (9:00am–10:30am)
Focus: Mathematical skills and problem-solving.
2. **English** (10:45am–12:15pm)
Focus: Reading comprehension and essay writing.

3. Science (12:30pm–1:45pm)

Focus: General problem-solving, logic skills, and scientific writing (not based on specific course content).

Interview

After the exams, selected candidates will be invited for an interview with the selection panel, which includes the Director, Secondary Principal, Diploma Coordinator, and IST Board of Governors members. Discussion topics will include the student's potential contributions to the school and their short- and long-term goals. Feel free to bring supporting materials to the interview.

Interviews will be scheduled for March 4 unless otherwise notified.

Results

Candidates will receive their results by **late March/early April**. Good luck!



Scholarship Application Form

Student Information				
Family Name		First Name		Gender (Male / Female)
Date of Birth (mm/dd/yy)			Age at time of application	
Nationality & Citizenship	Native Language	Language at Home		Other Languages
Email Address				
Schools Attended (Begin with current school)				
Grade(s)	School Name	Location (city/country)	Language(s) of Instruction	Dates Attended mm/yy – mm/yy

Please complete all parts of this application form



Parent Information		
MOTHER		
Family Name	First Name	Nationality & Citizenship
Company Name		Position
Mother Signature	Cell Number	Email
FATHER		
Family Name	First Name	Nationality & Citizenship
Company Name		Position
Father Signature	Cell Number	Email

GUARDIAN (If Applicable)		
Family Name	First Name	Nationality & Citizenship
Guardian Signature	Cell Number	Email
Address in Tianjin		



INTERNATIONAL
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Weekly

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IST HEALTH AND
WELLBEING

DEAM NOVEMBER



1 I've done 12,000 steps today!	2 I've done 12,000 steps today!	3 I've done 12,000 steps today!	4 I've done 12,000 steps today!	5 I've done 12,000 steps today!
6 I've done 12,000 steps today!	7 I've done 12,000 steps today!	8 I've done 12,000 steps today!	9 I've done 12,000 steps today!	10 I've done 12,000 steps today!
11 I've done 12,000 steps today!	12 I've done 12,000 steps today!	13 I've done 12,000 steps today!	14 I've done 12,000 steps today!	15 I've done 12,000 steps today!
16 I've done 12,000 steps today!	17 I've done 12,000 steps today!	18 I've done 12,000 steps today!	19 I've done 12,000 steps today!	20 I've done 12,000 steps today!
21 I've done 12,000 steps today!	22 I've done 12,000 steps today!	23 I've done 12,000 steps today!	24 I've done 12,000 steps today!	25 I've done 12,000 steps today!
26 I've done 12,000 steps today!	27 I've done 12,000 steps today!	28 I've done 12,000 steps today!	29 I've done 12,000 steps today!	30 I've done 12,000 steps today!



For children, embarrassment can be a big emotional challenge. Parents can help by staying calm when they feel embarrassed and by taking their children's feelings seriously, even if they seem trivial.

Instead of brushing off kids' emotions, parents could offer support and reassurance that these feelings won't last forever. Encouraging children to move on from their mistakes and praising their resilience helps them respond better to embarrassment, teaching them that it's a normal part of life they can handle.

IST Counseling



Announcement from the Counseling Office

Join us for an informative parent presentation on ways to effectively support your child's healthy online habits.

- Date: Nov. 18 Tuesday
- Time: 10:00-11:00
- Location: IST Han TC



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



We were thrilled to welcome author **Stephen Davies** to IST on November 3 and 4. During his two-day visit, Stephen worked with students from Nursery through Grade 8, inspiring them with his storytelling, humor, and insight into the life of an author.

Students learned where ideas come from, how stories grow from real-life adventures, and what it takes to turn imagination into a finished book. From lively storytelling sessions in the Early Years to creative writing workshops with older students, Stephen encouraged everyone to see that every reader has a story to tell.

We're grateful to have had the opportunity to host his visit, and we can't wait to see how our students' own stories continue to take shape.

Parent Book Club Dec. 2nd in the library

Our next Parent Book Club selection is the novel *My Brilliant Friend* by Elena Ferrante. We will meet in the library to discuss the book on December 2nd, at 8:30 am. 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 December 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





ACAMIS Volleyball Tournament

IST Blazing Dragons Shine in Nanjing! 🔥

The 2025 ACAMIS Orange Division Volleyball Tournament, held at Nanjing International School, was a truly memorable experience for our IST Blazing Dragons. Over four days of exciting competition, both our boys' and girls' teams displayed incredible determination, teamwork, and sportsmanship, representing IST with pride on and off the court.

The tournament provided far more than just a series of matches; it was an outstanding opportunity for our students to grow beyond the classroom. Through sport, they learned lessons about resilience, communication, leadership, and collaboration, skills that cannot be taught through textbooks alone. Every serve, dive, and rally revealed not only athletic ability, but also character and commitment to the team.

The girls' team finished in fourth place after a thrilling three-set match against TIS. They played with composure and courage, never giving up and showing how much they had developed throughout the season. Their ability to regroup, push forward, and fight for every point was inspiring to see. The boys' team also finished in fourth place, battling hard against Harrow Beijing in their final match. Their performance was defined by excellent defense, consistent teamwork, and great energy throughout the game.



One of the proudest moments of the tournament came when the boys' team was honored with **The Spirit of ACAMIS Award**, selected by the other participating schools. This special award recognizes the team that demonstrates the highest level of sportsmanship, positivity, and respect, both on and off the court. It was a wonderful acknowledgment of their character and conduct during the event.





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Alongside the team achievements, several students were individually recognized for their outstanding efforts and qualities. **Sigge, Paul, Belize, and Manaka** each received the **Student-Athlete Award**, honoring their leadership, commitment, and all-around excellence as players and role models. In addition, **Karin** received a heartfelt thank-you from her coach for the exceptional volleyball skills, technique, and attitude she brought to the team. Her steady presence and strong fundamentals made her a key contributor to every match.

As always, none of this would have been possible without our incredible parents. A huge thank you goes out to our **Blazing Parents** for their continued encouragement, enthusiasm, and trust. Your support is what allows students to experience moments like these, moments that challenge them, teach them to persevere, and help them understand the value of teamwork, effort, and community.

Although both teams may have just missed out on medals, they return home with something even more meaningful: growth, pride, friendship, and memories that will last a lifetime. Every athlete should feel proud of what they achieved in Nanjing.

Congratulations to our IST Blazing Dragons for their outstanding effort, spirit, and representation of our school community.

Go IST! Go Blazing Dragons! Go Blazing Parents! ❤️ 🔥 🙌



Sports & CCA Update

It's been a quieter week as we transition between sports seasons. Middle School is moving into volleyball, with a fantastic number of students signing up, while High School shifts focus to basketball.

Our first CCA session has officially wrapped up, and sign-ups for the second session are now complete. The new session will begin on November 24th, and the final CCA schedule will be published next week.

A huge thank you to all our coaches, CCA sponsors, and students for making this first sports season and CCA session such a great success!

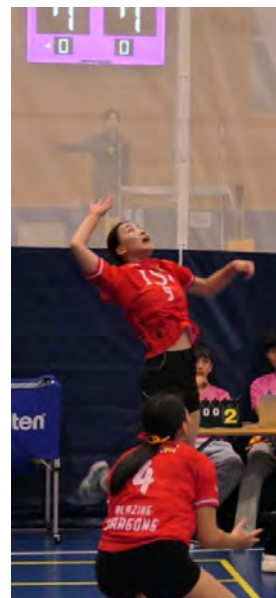
Highlights from Sports Season 1

- Football: Stellar progress from our girls' teams, and a fantastic **ISCOT Championship win** for the Middle School boys.
- Volleyball: Both our ACAMIS boys and girls squads achieved impressive fourth-place finishes, and the boys' team proudly received the prestigious **Spirit of ACAMIS Award for outstanding sportsmanship and teamwork**.
- We also had a second HS volleyball team competing in an ISAC tournament.
- Badminton: A large Middle School team represented IST strongly, competing in both ISCOT and ISAC competitions.
- Cross Country: We had a **whole-school ISCOT Cross Country** event, with many excellent performances and podium finishes from IST students across age groups — a great display of endurance and spirit!



- Elementary Football: Our youngest Blazing Dragons enjoyed a wonderful home tournament here at IST, **showing great teamwork** and winning many exciting games.
- **ISAC golf team victory** and individual prizes.

Congratulations to all our student-athletes for their effort, enthusiasm, and school pride. Let's carry this motivation and energy into our next CCA session and the new sports season.





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Go Blazing Dragons! 🔥



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International School of Tianjin
IST

Music by Andrew Lloyd Webber
Lyrics by Tim Rice

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Art by Jia & Ji Min

November 20 + 21, 2025
7:00 pm

A School production in
arrangement with The
Really Useful Group Limited

Tickets: 20 RMB
Purchase Location: Front
desk, HAN building

Lucky draw prizes
sponsored by:

CONRAD
TIANJIN
天津康莱德酒店

甜心
TIAN XIN
and light entertainment

youngster
耀星版

SMOKI & C9
PIZZA BIANCA
FISH & POTATO C6
Bistro de Paris 巴黎小馆
99930 99931

合尔齿科
Dental Clinic



Dear IST Families,

As part of our **Community Curriculum**—the shared practices we nurture together to build student wellbeing and resilience—we are deepening our focus on healthy digital habits.

Recent parent questions about platforms popular with younger middle and early high school students remind us that these choices shape every family in our school.

The evidence is unequivocal: for students aged 9–15, regular social media use is associated with increased anxiety, disrupted sleep, lower self-esteem, and heightened risk of cyberbullying. These formative years are when resilience, focus, and authentic relationships take root; early digital pressures can quietly weaken that foundation.

Leading child-development experts therefore recommend **delaying social media until at least the later high school years** and then introducing it only with clear boundaries and active parental guidance. While each family decides what fits best, the research strongly supports **postponement** as the most protective path.

A Community Commitment: **The Digital Well-Being Pledge** To live out this guidance as a united school community, we invite you to join an **optional, school-wide initiative** tied to our long-term wellbeing goals:

From December 12, 2025 (start of winter break) to February 17, 2026 (Chinese New Year), we pause our children's access to social media platforms.

This 10-week **Digital Reset** offers:

- Restored sleep and study rhythms
- Space for face-to-face friendships and family connection
- A shared experience that reinforces resilience

No pressure to join—this is a supportive choice for families who wish to align with the Community Curriculum's emphasis on balanced growth.

Parent Round Table – Let's Begin Together! Join us the week of **December 1–5, 2025** (exact date TBA) to review the research, exchange practical strategies, and decide if the Pledge suits your family, or, if you would like to make the pledge now, please use the link below!

[Digital Well-Being Pledge \(Dec 12, 2025 - Feb 17, 2026 – Fill out form\)](#)

Thank you for your ongoing partnership in raising confident, resilient, and joyfully engaged young people.

Warm regards,
Michael Conway
Deputy Director / Secondary Principal



  			
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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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, 20. November 2025
START FROM 09:30 -11:30 AM



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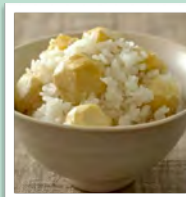
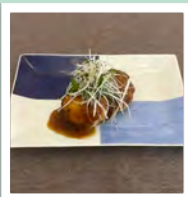


PFO COOKING CLUB

Food theme: Delicious Japanese cooking class

Menu:

1. Lotus Root Chicken Meatballs with Grated Daikon radish Sauce
2. Grilled Salmon on Magnolia Leaf with Walnut Miso Glaze
3. Steamed Rice with Chestnuts
4. Matcha Pudding



When: Tuesday 25th November 09:00am-2pm

Where: IST Elementary Kitchen

Host: Toshiyuki & Tomoko

Cost: 100 RMB per person



Please join the WeChat group by scanning this QR code:



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Wednesday
Nov 26th
9:30am-2pm

Holiday Bazaar

Come and Join the IST
community to celebrate the
Holiday Season & Festivities

With over 30 vendors
Free Entry

International School of Tianjin, No. 22, Weishan Nan Lu, Shuanggang, Jinnan District, Tianjin,
300350,
天津经济技术开发区国际学校天津分校, 中国天津市津南区(双港)微山南路22号, 邮编: 300350
Tel: +86 22 2859 2001





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Let's Jingle and Mingle!

CHRISTMAS LUNCH

4th December, 2025

11AM Thursday

Attire: Red or White

The Mesh Four Points Sheraton

Scan Qr Code to Join





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) 10-14 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Baked Rice with Seaweed and Cheese 海苔芝士焗饭 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Baked Fusilli w/Meat Sauce 螺旋面配牛肉酱 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</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) 108	Fat 脂肪 (g) 22

Weekly Menu (N-G2) 17-21 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Fried Chicken, Curry Omelette Rice 日式炸鸡咖喱蛋包饭 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: egg</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: 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) 715	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 111	Fat 脂肪 (g) 23

Weekly Menu (G3-G12) 17-21 Nov

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
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <u>Allergy: cheese, egg</u>	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</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</u>
Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: egg</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>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Steamed Rice 米饭 <u>Allergy: soy sauce</u>	Stir Fried Beef and Mushroom with Black Pepper Sauce 黑椒杏鲍菇炒牛肉 Yuxiang Eggplants 鱼香茄子 Stir fry Vegetables 炒时蔬 <u>Allergy: mushroom</u>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>
Chongqing Spicy Noodles 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <u>Allergy: egg, sesame, wheat</u>	Stir Fried Pork in Pita Bread 京酱肉丝/辣椒炒肉配荷叶饼 Mixed Vegetables 混合蔬菜/拌面藕 <u>Allergy: wheat</u>	Japanese Udon with Chicken 乌冬面 Green Vegetables 炒时蔬 <u>Allergy: wheat</u>
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Yuxiang Eggplants 鱼香茄子	Japanese Udon with Vegetables 乌冬面
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	Rice balls 糯米糍	Mango Mousse 芒果慕斯
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) 110	Fat 脂肪 (g) 23



DIARY DATES

Monday - November 17, 2025
Musical Rehearsal (All Day)

Thursday~Friday - November 20~21, 2025
Musical Production (Night Time)

Friday - November 28, 2025
Christmas Tree Lighting@RITZ

SPORTS DATES

17 November –
HSBB Practice 3

18 November –
MSVB Practice 3

20 November –
MSVB Practice 4
Musical Production

21 November –
HSBB Practice 4
Musical Production

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.