



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

What better way to end a school week than to spend an evening at school being entertained by our wonderful student performers! I am delighted to congratulate the cast, crew and their staff advisors on a wonderful opening night performance of this year's musical ***"Joseph and the Amazing Technicolor Dreamcoat"***. Opportunities to enjoy the performing arts can sometimes be limited, and it was therefore a genuine pleasure to see the fruits of several months of incredibly hard work come together in glorious technicolor last night. The audience was wowed by the tremendous singing, acting, and dancing of our talented performers, and by the skilled way in which the stage crew coordinated all aspects of the performance, from sets and costumes to sound and lights. The best news, however, is that our community gets the opportunity to see the show again at this evening's closing night performance. Congratulations to all involved and thank you to our ever-supportive community for coming along!

CONTENTS

- [Scholarship Announcement](#)
- [Health & Well-being](#)
- [Parent Partnership](#)
- [Library](#)
- [PE News](#)
- [Secondary](#)
- [PFO News](#)
- [Menu](#)
- [Diary Dates](#)
- [CCA](#)
- [2025-26 Community-wide Goal](#)

While on the topic of Arts performances, I wish to remind all parents that you are invited to attend two upcoming hotel tree lighting ceremonies, with the IST elementary choir and an ensemble of secondary musicians performing at both. **The first tree lighting ceremony will be held at the Ritz-Carlton Hotel next Friday evening at 6:30PM**, followed by a performance at the same time the following Wednesday at the Shangri-la Hotel. Please come along to show your support and to enjoy the seasonal cheer.

Earlier this week all families should have received a link to our annual **'Parent Climate Survey'**, a reminder about which was sent out again yesterday (note that we only solicit one survey response per family, so links were sent to mothers' email accounts only). Please do take the 2-3 minutes needed to complete the survey as it provides invaluable feedback about areas in which our community feels the school is doing a terrific job, and other areas where perhaps we could improve further. The survey will remain open until 4PM on Monday, 1 December, with additional reminder notices to be sent out next week. Thank you for your support!

I also wish to encourage parents to consider committing to the **Digital Well-being Pledge** that was promoted in last week's Blaze in recognition of the well documented evidence that shows that regular social media use is associated with increased anxiety, disrupted sleep, lower self-esteem, and heightened risk of cyberbullying. While there is no pressure to join, we do hope that you will join us in pausing your children's access to social media platforms between 12 December (start of the Winter Holiday) and 17 February (Chinese New Year). You can formally commit your support to this undertaking by clicking on the following link: [Digital Well-Being Pledge \(Dec 12, 2025 - Feb 17, 2026 – Fill out form\)](#)





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER

Finally, a reminder that the second season of CCAs begins on Monday. Please ensure that you know which activities your children have committed to, and on which days these activities are being held, so that you can make the necessary adjustments to your children's daily transportation schedule.

Wishing you all a wonderful weekend, and a well-deserved rest for our talented –and no doubt exhausted– student performers!

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.

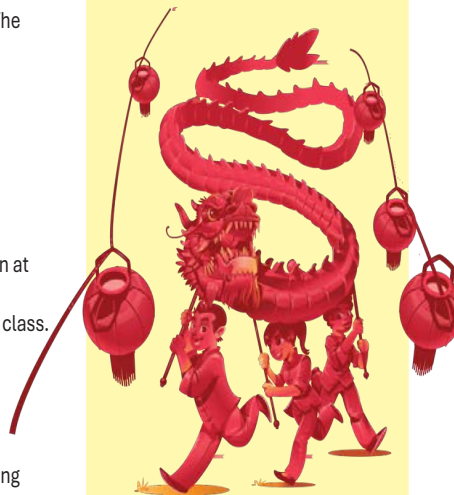
A strong command of English is essential.

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
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



IST HEALTH AND
WELLBEING

DEAM NOVEMBER

12K
STEPS
30-Day Challenge



© darebee.com

Hit 12,000 steps
every day for 30 days.

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!



Conflict is a part of life, and everyone has the right to their opinion. Differences in ideas are natural. Through respectful communication, we can resolve conflicts peacefully and strengthen our relationships.

Active listening is crucial for fostering respectful disagreement. Teaching children to manage strong emotions helps them respond calmly in conflicts. We can also encourage a both/and mentality: different opinions don't mean someone is wrong, as many situations have multiple valid perspectives. Instead of saying, "You're wrong, that movie was funny!" they could say, "I loved the movie, but it seems you didn't. I'd like to hear your thoughts."

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.

Celebrating Nonfiction November

This November, explore the real world through our diverse nonfiction collection at the library. With books for all age levels, there's something for everyone. Whether you're interested in history, science, or personal stories, find books that inform and engage. Celebrate learning and discovery with us this month during Nonfiction November. Stop by and pick up something new to read!

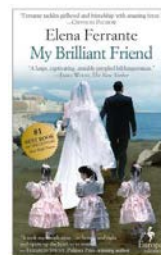


Parent Book Club Dec. 2nd in the library

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





Blazing Dragons Sports Update

Our new season is underway, and the students who signed up are already making their mark! High school boys and girls have tipped off their basketball campaigns, with the ACAMIS tournament at Harrow Beijing set as the season highlight from 4–7 February 2026.

Meanwhile, our middle school girls and boys are spiking into volleyball—an exciting opportunity to showcase their skills in our local ISCOT league and the larger ISAC tournaments alongside schools from across Beijing.

Key dates

November

- Monday 24th — HS Basketball: IST vs WEL, Girls @ IST
- Monday 24th — HS Basketball: IST vs WEL, Boys @ WEL

December

- Monday 1st — HS Basketball: IST vs TIS @ TIS
- Thursday 4th — MS Volleyball: IST vs TIS @ IST
- Saturday 6th — MS Volleyball Exchange:
- U14 Boys Volleyball IST D3 @ IST (Exchange)
- U14 Girls Volleyball IST D3 @ DSP (Exchange)
- U12 Boys Volleyball IST @ ISB Beijing
- Tuesday 9th — MS Volleyball: IST vs TEDA @ TEDA

January

- Thursday 8th — MS Volleyball: IST vs WEL @ IST
- Saturday 10th — ISCOT MS Volleyball Girls @ TIS
- Saturday 10th — ISCOT MS Volleyball Boys @ IST
- Monday 12th — HS Basketball: IST vs TEDA @ IST
- Saturday 17th — HS Basketball:
- U19 Boys Basketball IST D3 @ IST
- U19 Girls Basketball IST D2 @ YCIS
- Saturday 24th — ISCOT HS Basketball Girls: IST (hosted by TEDA)
- Saturday 24th — ISCOT HS Basketball **Boys @ IST**
- Saturday 24th — MS Volleyball Tournaments:
- U14 Boys Volleyball IST D3 @ DSP (Tournament)
- U14 Girls Volleyball IST D3 @ TIS (Tournament)

February

- Thursday 5th — Chess (G4–12), 12:00–15:30 @ WEL
- Wednesday–Saturday, Feb 4–7 — HS ACAMIS Basketball @ Harrow Beijing (HBJ)



Coaches' Corner

We're thrilled to have an all-star coaching lineup guiding our athletes this season! Mr. Schaaf is energizing the High School Girls Basketball squad, while Mr. Silvis is driving the High School Boys with focus and intensity. Ms. Williams is building a confident and cohesive Middle School Girls team. Our Grade 6 Boys are in great hands with Ms. Bekkenk, who's nurturing fundamentals and teamwork. And with a fantastic turnout for Middle School Boys, Mr. Diegel and Mr. Silvis are leading our Grade 7 and 8 teams, ensuring every athlete gets top-notch coaching, playing time, and chances to shine.

Go Blazing Dragons!



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

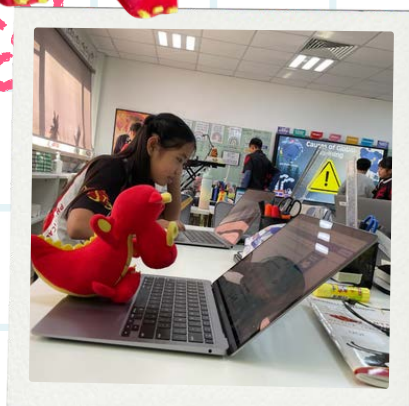


DouDou's Diary

Meet Dou Dou the Chinese Dragon, IST's spirited yearbook mascot, which has been busy joining Grade 5 in their daily lives!

Follow DouDou's journey as it captures unforgettable memories and spreads school pride throughout Grade 5!

Created by G11 IST's Donation Group
(Na Ye, Serim, Da Hyeon, Tiana)



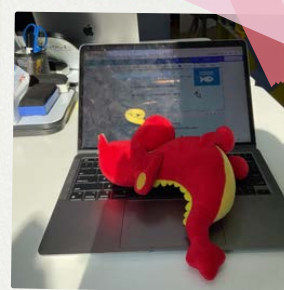
Nov. 10th

Doudou using a laptop to create a presentation for the Grade 5 Sharing the Planet Parent Tea!



Nov. 10th

Doudou giving presentation tips to Lucca!



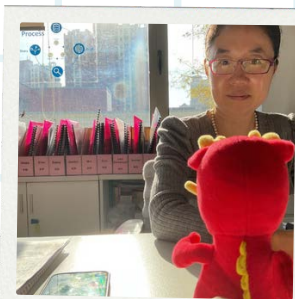
Nov. 10th

Doudou, "Creating presentations makes me sleepy!"



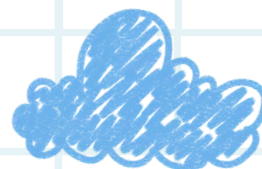
Nov. 5th

Doudou discussing his presentation with the Grade 5 panda.



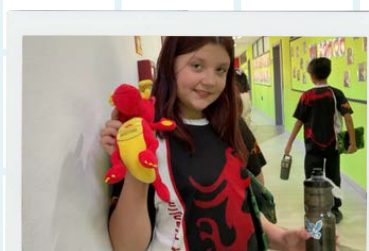
Nov. 11st

Doudou meeting his Chinese class teacher!



Nov. 11st

Doudou studying history in
Chinese class



Nov. 11st

Doudou filling up his water
bottle for P.E. class.



Nov. 11st

Doudou practicing
Capoeira in P.E class!



Nov. 12nd

Doudou (with some new clothes on) with
Grade 5 students and their parents
after their presentations.





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



Nov 12nd

Doudou (with some new clothes on) with Grade 5 students and their parents after their presentations.





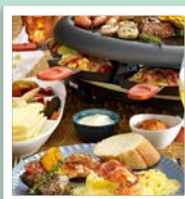
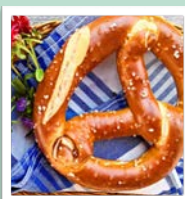
			
Class	Day	Time	Place
Yoga	Monday Wednesday	8:15-9:15	Theater or Black box
English Corner	Monday	10: 00-11: 30	Elementary meeting room
Korean Class	Monday	1:30-3:00	Elementary meeting room
Spanish Class	Tuesday	1:00-2:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese Corner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

Menu:

1. „Kinderpunsch“ Hot, sweet and spicy.
2. „Brezel“ Germany's most famous salty bread.
3. „Raclette“ prepare your individual pan and enjoy with delicious melted Swiss Raclette cheese.
4. Dessert: „Kaiserschmarrn“ fluffy shredded pancake, served warm with powdered sugar.



When: 3rd. December 09:00am–2pm

Where: IST Elementary Kitchen

Host: Birte, Tina and Koby

Cost: 100 RMB per person

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





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



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





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



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





THE BLAZE

Working Learning Acting TOGETHER

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) 24-28 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
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>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <u>Allergy: beef, milk, 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) 729	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 107	Fat 脂肪 (g) 26

01-05 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich 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>	Chicken Quesadilla 鸡肉芝士饼 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) 725	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

Weekly Menu (G3-G12) 24-28 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
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, fish</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</u>	Pork Loin Schnitzel with Black Pepper Sauce 黑椒猪排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat</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 Stir Fry Cabbage with Chili 手撕包菜 <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 炒青菜 <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 清炒小白菜 <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/拌三丝 <u>Allergy: wheat</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</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
Cream Puff 奶油泡芙	Doughnuts 甜甜圈	Banana Bread 香蕉包	Cookies 卡通饼干	Strawberry Mousse 草莓慕斯
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 786	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 26



DIARY DATES

Friday - November 28, 2025

Christmas Tree Lighting@RITZ

Wednesday - December 3, 2025

Christmas Tree Lighting@Shangri-la

Departing Families' Session

Friday - December 5, 2025

G3-5 Winter Show (Day Time)

Monday~Friday - December 8~12, 2025

Secondary Exams (G9-11)

Monday~Friday - Dec 15, 2025~Jan 2, 2026

Winter Holidays

Tuesday - January 6, 2026

ELA Entrance Testing

Wednesday - January 14, 2026

PP Exhibition

SPORTS DATES

24 November -

CCA Session 2 Starts

HSBB Girls Wellington @ IST;

Boys IST @ Wellington

25 November -

MSVB Practice 5

27 November -

MSVB Practice 6

28 November -

HSBB Practice 5

ISCOT Secondary (G6-12) Table Tennis

Singles @ Wellington

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 2 Sport Schedule

- ☺ Starts Monday, 24 November and ends Friday, 27 February
- ☺ 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.