



THE BLAZE

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Dear Parents and Students

Today marks the 81st day of the 2025-26 school year and **our last day of classes for 2025**. It's hard to believe it has been 25 years since the Y2K scare caused global anxiety over potential technology failures. Thankfully, I.T. solutions prevented disaster, however, we now face new technology-related fears, including serious concerns about advanced artificial intelligence (AI) and its potential risks to humanity.

While the threat of extinction is daunting (!), we must also address the urgent matter of social media and its impact on our children's mental health, with increased loneliness, anxiety, fear of missing out, social comparison, and depression significant concerns. As many parents know, we have restricted mobile phone and social media use in school and are encouraging families to disconnect over the holiday season. **This week Australia enacted its groundbreaking decision to delay formal social media account registration for children under 16 years of age**, a decision that has gained global support from parents, educators, and mental health specialists.

I urge all parents to read the seminal book on this topic, *The Anxious Generation*, by Jonathan Haidt, a social psychologist at NYU's Stern School of Business. You can find a brief article by Dr. Haidt celebrating the Australian announcement of this reform at the following link: [Read Here](#).

As the year ends, we typically farewell a few IST families moving to new locations. I'd like to extend my best wishes to all departing families, and especially Heiko and Elina Knatz and their children, Alexander and Katarina, who are returning to Germany after many years in our community. Heiko's contributions to the IST Board and Elina's engagement have been invaluable. **Thank you to all departing IST students and parents** for being a part of the IST family; we wish you happiness in your new journeys and adventures.

During the holiday, I will be attending recruitment fairs to find new teachers for the next school year and will be out of the school until January 12. Mr. Conway will act as Director in my absence. I look forward to sharing news about new staff members joining our community upon my return.

Wishing the entire IST community a relaxing Winter Holiday. Travel safely and enjoy the festivities ... and remember, school starts again on Monday 5 January!

Steve Moody
Director

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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:**
 - Current IST students must have honors/high honors in at least 2 of the last 3 semesters.
 - Non-IST candidates should be in the top 25% of their class.
- **Community Contribution:**
 - Active involvement in CAS activities.
 - Promotion of the IB Diploma Programme.
 - 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.

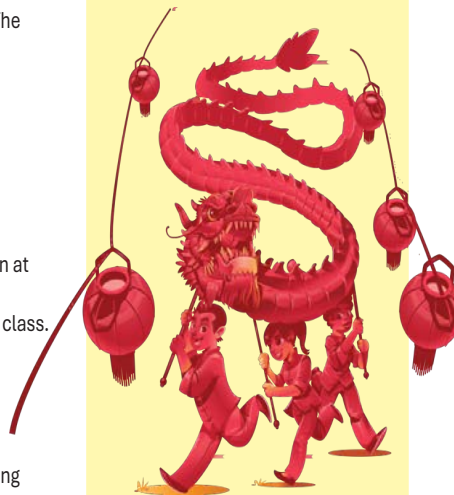
A strong command of English is essential.

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





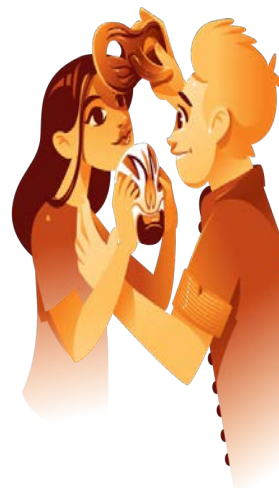
Required Documents

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		



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IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTING AND MOVE

DECEMBER

EPIC CARDIO

— 30-DAY CHALLENGE —



© darebee.com

1 10 high knees slow 10 high knees sprint 5 sets 30sec rest	2 16 climbers slow 5 sets 30sec rest	3 12 high knees slow 12 high knees sprint 5 sets 30sec rest	4 16 climbers fast 5 sets 30sec rest	5 12 high knees slow 12 high knees sprint 5 sets 30sec rest
6 18 climbers slow 5 sets 30sec rest	7 14 high knees slow 14 high knees sprint 5 sets 30sec rest	8 18 climbers fast 5 sets 30sec rest	9 14 high knees slow 14 high knees sprint 5 sets 30sec rest	10 20 climbers slow 5 sets 30sec rest
11 16 high knees slow 16 high knees sprint 5 sets 30sec rest	12 20 climbers fast 5 sets 30sec rest	13 16 high knees slow 16 high knees sprint 5 sets 30sec rest	14 22 climbers slow 5 sets 30sec rest	15 18 high knees slow 18 high knees sprint 5 sets 30sec rest
16 22 climbers fast 5 sets 30sec rest	17 18 high knees slow 18 high knees sprint 5 sets 30sec rest	18 24 climbers slow 5 sets 30sec rest	19 20 high knees slow 20 high knees sprint 5 sets 30sec rest	20 24 climbers fast 5 sets 30sec rest
21 20 high knees slow 20 high knees sprint 5 sets 30sec rest	22 26 climbers slow 5 sets 30sec rest	23 22 high knees slow 22 high knees sprint 5 sets 30sec rest	24 26 climbers fast 5 sets 30sec rest	25 22 high knees slow 22 high knees sprint 5 sets 30sec rest
26 28 climbers slow 5 sets 30sec rest	27 24 high knees slow 24 high knees sprint 5 sets 30sec rest	28 28 climbers fast 5 sets 30sec rest	29 24 high knees slow 24 high knees sprint 5 sets 30sec rest	30 30 climbers slow 5 sets 30sec rest



One of the most important gifts we can give our children is the ability to stand up for themselves respectfully and confidently. At home, you can help by teaching and practicing these simple steps: (1) Use a calm, firm voice and look the person in the eye; (2) Say exactly what you don't like and what you want instead ("Please stop teasing me" or "I-Statement like "I don't want to be touched—please give me space"); (3) If the behavior continues, walk away and tell a trusted adult. Role-play these moments during everyday situations and praise your child every time they use their voice, even if their words come out shaky at first.

This week's parent partnership provides you with some useful phrases you could use and practice with your children.

IST Counseling

PHRASES TO TEACH YOUR KID TO STAND UP FOR THEMSELVES

"People will say negative things, but you get to choose if you want to believe them or not."

"This is a safe space for you to ask me questions."

"Let's role-play, and you can practice what you would say to someone bothering you."

"You are allowed to say 'NO.'"

"You are strong and can stand up for yourself on your own."

"Everyone deserves to be treated with respect, including you."

"Setting boundaries means telling the person what you ARE okay with and NOT okay with."





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.

Ms. Simon's Favorite Reads of 2025

As we wrap up 2025, I'd like to share a selection of my favorite books I read this year, all of which are available in our IST Library. I hope you discover something new to enjoy!

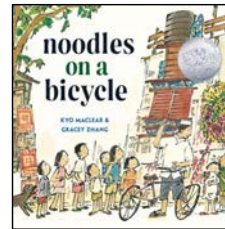
Picture Books

***Noodles on a Bicycle* by Kyo Maclear**

A gentle story about creativity and community, wonderful for sharing aloud.

***The Bakery Dragon* by Devin Elle Kurtz**

A charming tale of a tiny dragon that celebrates kindness.



Middle Grade & Graphic Novels

***Scary Stories for Young Foxes* by Christian McKay Heidicker**

A set of interconnected tales, perfect for brave readers who enjoy animal stories.

***Anzu and the Realm of Darkness* by Mai K. Nguyen (Graphic Novel)**

Beautifully illustrated and full of adventure.

***The Secret Library* by Kekla Magoon**

A magical adventure that celebrates the importance of stories.

***Silverwing* by Kenneth Oppel (Graphic Novel)**

High-stakes adventure story, perfect for readers who enjoy fast-paced stories.

Young Adult

***Everything Sad Is Untrue* by Daniel Nayeri**

A moving and funny memoir of a young refugee.

Adult

***The Memory Police* by Yoko Ogawa**

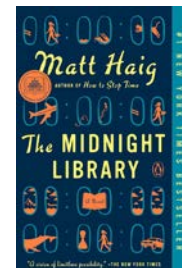
A novel about connection, identity, loss, and what we choose to hold onto.



Parent Book Club Jan. 13th in the library

Our next Parent Book Club selection is the novel ***The Midnight Library*** by Matt Haig. We will meet in the library to discuss the book on January 13th, 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 January 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 Updates



Grade 6 Boys Mini Volleyball at ISB Beijing

What a meaningful first step for our youngest Blazing Dragons. ISB welcomed our Grade 6 boys warmly, and our students were commended for their enthusiasm, up early, on the road to Beijing, and ready to learn.

This 3v3 mini volleyball format emphasizes skill development and Fair Play. Teams kept their own score, which encouraged constant communication with opponents and a shared sense of accountability. Our boys embraced it fully, clear calls, respectful discussions, and a genuine spirit of sportsmanship on every court. It turned the day into a true learning experience.

IST's values were on display throughout. We knew we were there to build skills, and the boys leaned into teamwork and positivity. Nathan, Nicholas, and Philipp stepped up as strong communicators, guiding their groups with encouragement and smart adjustments. Their leadership helped their teams find rhythm and earn some well-deserved wins along the way.

Most importantly, everyone played, everyone improved, and everyone contributed. The talent coming through this group is exciting, confident serves, cleaner passes, and better spacing with each match. Proud of our younger Blazing Dragons for representing IST with friendship, effort, and growth. Go Dragons! 🐉



ISAC Home Tournament Recap

MS Boys Volleyball (Grades 7-8)

Our boys hosted a full day of volleyball at IST and came away with valuable experience, clear growth areas, and plenty to be proud of. Final tally: two wins and two close losses, with every player seeing the court and gaining confidence under match pressure.

Game 1 vs. Daystar Academy

A solid warm-up to start the day. Strong serving set the tone and we strung together some good plays. First contact—both on serve receive and one-touch plays, was inconsistent, which limited our options, but the energy and intent were right. Emphasis going forward: want the ball, play free, and don't fear mistakes.



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Game 2 vs. BCIS

A quality volleyball match with several long rallies. We created chances through hustle and better spacing, but the serve went cold and receive broke down too often. Too many "gifts" turned into points for BCIS, and that was the difference.

Game 3 vs. TIS

TIS applied steady pressure, and our receive struggles continued. The positive: when the first touch was clean, we ran some impressive swings and put down a few emphatic spikes. Not enough to flip the result this time, but the potential was clear.

Game 4 vs. DSP

Lower serving pressure from DSP allowed us to rotate everyone in. Every player got meaningful minutes, touches, and reps in real-game situations. Great for confidence and team chemistry.

Takeaways and next steps

First contact is the priority. Consistent serve receive and cleaner first touches will unlock our offense.

Serve with purpose. Fewer errors and better targets to disrupt opponent systems.

Play bold. Call the ball early, move through the ball, and trust the next play.

Overall, a productive home tournament: competitive sets, two wins in the books, two tight losses, and a team growing fast. Proud of the boys for their effort and attitude, plenty to build on before the next ISAC outing.

Go Blazing Dragons!



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ISAC Middle School Girls

The Middle School Girls Volleyball Tournament in Beijing displayed our young team's impressive performance, both on and off the court. We demonstrated great sportsmanship throughout the event and stood out with the most spirit and energy, led by our enthusiastic captain, Claire and co-captain, Chae Won.

Highlights of the tournament included Claire and pinch server Grace, who both delivered consistent serves, while excellent passing from Chloe Liu, Chloe Wang, Jia, and Jimin kept the game flowing smoothly. Mariia, Angela, Chae Won, and Lily created thrilling rallies that kept everyone engaged.

Although we had a slow start, we improved significantly throughout the day, culminating in a hard-earned set victory in our last match. Looking ahead in our practices, we aim to elevate our game by ensuring 100% of our serves go over the net, improving our defense, and becoming more aggressive in our offensive plays. We are very excited for our next matches with TEDA and TIS!



GO BLAZING DRAGONS



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International Schools Athletic Conference





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Sports Updates



9 December games

In our recent **U14 MS girls volleyball** match against TEDA, our team showed good improvement getting serves over the net and creating a few exciting rallies. However, the energy and enthusiasm weren't quite as high as in our last tournament, and we struggled to make clean passes and successfully get the ball over to the other team. Despite this, the girls are looking forward to improving their performance and becoming more competitive in our next game against TIS!



The **U14 MS Volleyball** team traveled to TEDA on Tuesday December 9th to face off in our first match of the season. We walked into the gym to find them in full practice mode. We tried to get our feet moving and control our touches in a quick warm up, but we struggled to find our rhythm early in the first match. A few missed receives made us lose our aggression, and we ultimately dropped the first set.

We came out strong in the second set, fueled by energy and determination. Good serves kept us in striking distance for a potential win, and we found success in several scrappy rallies that lifted our spirits and inspired hope. Unfortunately, our serving faltered down the stretch, leading to another loss.

Despite the result, we demonstrated good effort throughout the match. Afterward, we reflected together, reminding each other that we can play better. Players emphasized the importance of staying aggressive, calling for the ball, and cheering each other on. These valuable lessons are sure to carry us forward in future matches.

Go Blazing Dragons!



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BLAZING DRAGONS



11 December Update

The MS Boys volleyball team hosted TIS at home, and the energy was electric. With plenty of parents and students in the crowd, it felt like we had an extra player on the court. The bench was loud with encouragement, and the "Ace" chants inspired stronger serves.

Transitioning from the first set to the second, I was thrilled to see our starters maintain the momentum as they passed the responsibility to younger, less experienced players. Everyone elevated their game, and fueled by great team morale, we secured a 2-0 victory. It was a fantastic demonstration of teamwork and support! Thanks again to all community members that showed up and lifted us to victory.



Go Blazing Dragons!

What an exciting match against TIS! Although we had a slow start in the first set, the girls quickly improved their game, showcasing their determination and grit. However, it wasn't enough and TIS took the first set. In the second set, we delivered excellent serves, created thrilling rallies, and chased down every ball, ultimately winning the set and forcing a decisive third set. With outstanding serving that the opposition struggled to receive, we dominated the final set and showed amazing energy and positivity throughout the entire match. It was a fantastic way to kick off our winter break! Coming back, we'll focus on improving our serve receives and creating more offensive opportunities for our next games.

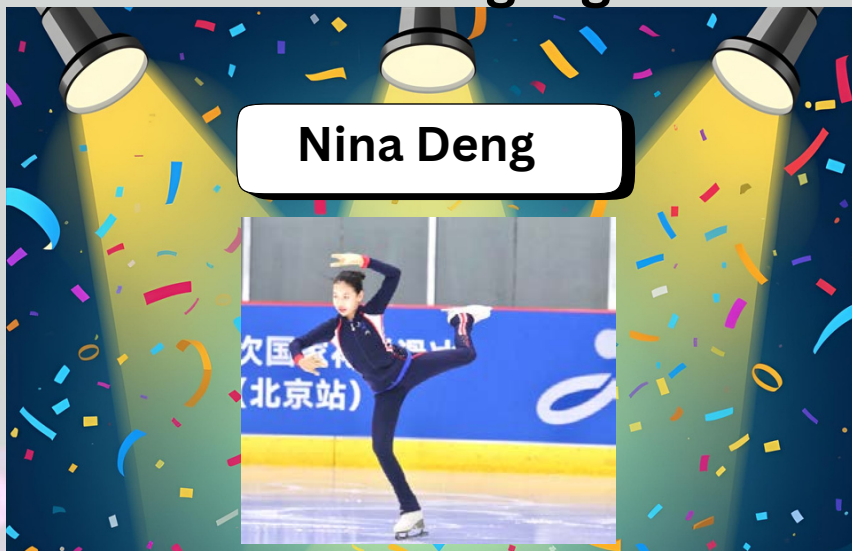


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Student Highlights



Nina, Our Rising Figure Skating Star

At just 12 years old, Nina has already spent six dedicated years on the ice, transforming her love for figure skating into a powerful journey of artistry, resilience, and big dreams.

What began at age six as a spark of fascination watching skaters glide, spin, and soar has become Nina's favorite way to express joy and emotion. "When I skate, I feel like I'm telling a story," she says. Performing for an audience energizes her, and she aims to share the same happiness she feels on the ice with everyone watching.

Nina draws inspiration from her idol, Alexandra Ignatova (Trusova), whose competitive spirit and famous mindset "Why should only boys jump quads? Why not girls?" remind Nina to be bold and persistent. Whenever practice gets tough or a test doesn't go as planned, Nina thinks of Alexandra's example: challenges can be overcome with positivity and hard work.

Big dreams are guiding Nina's future. She trains regularly to strengthen her jumps, spins, and skating skills, with the long term goal of becoming an Olympic champion. After her competitive career, she also hopes to become an Olympic judge, recognizing the talent and dedication of other skaters.

Beyond the medals and milestones, Nina values the friendships she's made through skating. "It's like the whole ice rink is my friend," she shares. Teammates, coaches, and family keep her motivated through every fall and comeback, reminding her that falling is part of getting better.

Off the ice, Nina maintains balance with stretching, strength work, and ballet to build flexibility and coordination, habits that support both her sport and her studies. Education matters to her, and she strives to excel in school as well as on the ice.

We're incredibly proud of Nina's commitment, courage, and heart. Her journey is a shining example of what passion, practice, and perseverance can achieve. Keep gliding toward your dreams, Nina. We'll be cheering you on every step (and spin) of the way!

[HERE](#) is the link to her full interview.

If you'd like your accomplishments to be highlighted as well, please email Mr. Silvis at Ben_Silvis@istianjin.org.cn.



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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



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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) 8-12 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Kimbab 韩式饭卷 <i>Allergy: egg, seaweed</i>	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: milk, wheat</i>	Fried Chicken 炸鸡 Egg Fried Rice with Vegetables 鸡蛋蔬菜炒米饭 <i>Allergy: wheat, egg</i>	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>
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) 719	Protein 蛋白质(g) 26	Carbohydrate 碳水(g) 115	Fat 脂肪(g) 22

5-9 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 <i>Allergy: wheat, cheese</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <i>Allergy: coconut milk</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 <i>Allergy: wheat</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <i>Allergy: soy sauce, wheat</i>
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) 30	Carbohydrate 碳水(g) 109	Fat 脂肪(g) 22

Weekly Menu (G3-G12) 5-9 Jan

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
Spaghetti 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 烤鸡蛋 <i>Allergy: cheese, egg (served on the side)</i>	Cajun Grilled Fish with Cheese 卡真芝士烤鱼 Baked Vegetables 烤时蔬 Roasted Potatoes 烤土豆 <i>Allergy: fish, cheese</i>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <i>Allergy: beef, soy sauce</i>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Sweet Potatoes 烤地瓜 <i>Allergy: wheat</i>
Stir Fried Tomato with Egg 西红柿鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Ground Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: coconut milk</i>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡片 Stir Fried Chinese Cabbage 白菜烧面筋 <i>Allergy: milk</i>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <i>Allergy: soy sauce</i>	Sweet and Sour Fish 糖醋鱼片 Stir fry Mushroom with Chili 干锅杏鲍菇 Stir Fried Cabbage 清炒小白菜 <i>Allergy: garlic, soy sauce, fish</i>
Spicy Ramen with Cheese 芝士辛拉面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, egg (served on the side)</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Tossed Kelp Shreds 海带丝 <i>Allergy: wheat</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/麻根粉 <i>Allergy: wheat</i>	Noodles with Beef Broth 牛肉面 Boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Tonkotsu Ramen 豚骨拉面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat</i>
	Vegetables Curry 咖喱蔬菜 <i>Allergy: coconut milk</i>	Vegetable Dumplings 蔬菜水饺 <i>Allergy: wheat</i>	Noodles with Tomato Soup 番茄面 <i>Allergy: soy sauce</i>	Stir Fried Bean Curd 辣炒豆干 <i>Allergy: soy sauce</i>
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
Cream Puff 奶油泡芙	Donuts 甜甜圈	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Cookies 卡通饼干
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 776	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 24



DIARY DATES

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

Tuesday - January 6, 2026
ELA Entrance Testing

Wednesday - January 14, 2026
PP Exhibition

Tuesday - January 20, 2026
M.A.D.D. Night

Friday~Sunday - January 23~25, 2026
BEIMUN

Monday - January 26, 2026
Secondary Awards Assembly

SPORTS DATES

5 January –
HSBB Practice 8

6 January –
MSVB Practice 9

8 January –
MSVB Wellington @ IST

9 January –
HSBB Practice 9

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.