



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents,

Just one week to go until the Winter Vacation - I do hope (like me!) that you are all looking forward to this opportunity to spend extended time together with your children, and perhaps also the opportunity to travel and visit family, friends, and far off and exotic places! I will be returning home with Ms. Reston to visit our families, including our aging parents, and our two daughters, both of whom we will fly across from Melbourne to be with us in NZ. I hope that you will forgive me a moment of boastful parental pride, but this week my youngest daughter received her final examination results from the University of Melbourne School of Medicine ... and passed! If you were to ask Taylor about the foundations of her personal learning success, she would tell you the breadth and character of the IB Diploma, the support of her IST teachers, both of which were supplemented by the opportunity to actively participation in school sports and other activities.

CONTENTS

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

Although the holiday is rapidly approaching, we nevertheless remain very busy here at school. Hot on the heels of the recent musical production and tree lighting ceremony, **this morning our Grade 3 to Grade 5 students presented a wonderful collection of performances about the "Mystery at Magpie Manor"** for their parents and our community. Congratulations to our wonderful G3-G5 performers, and the staff that helped prepare them; it really was a terrific show that delighted the audience.

Less exciting, but equally important, **next week it is time for our high school students to undertake their Semester 1 examinations**. This weekend will be an important time for Grade 9-11 students to update and review their notes and reflect on their learning over the past four months. While a little stressful, examinations at this age are an important practice experience for what is required for university matriculation, and university studies in general. But please do remind your children, that while important, these exams are just one of several assessments that have been administered this semester; there is therefore no need to feel overly anxious!

Finally, I wish to thank the many parents who completed the annual **Parent Climate Survey**. I have copied the results of the survey below for your further reference, outcomes which I think you will find impressive, overall. I have only recorded the "Do not endorse" responses to keep the data set a little more manageable. Please note that 1% "Do not endorse" rounds up to two parents not endorsing the statement. The poorest performing indicator was related to the school's contracted services (Pt.4 #3: gardening, buses, cafeteria, cleaning and security), with 4% "Do not endorse" responses, or 7 parents. It is unclear if an individual service was deemed to be most at fault as there were separate comments about buses, cafeteria, and cleaning. I will respond to one comment about the buses being too old with smelly engines: please note that our very oldest bus is just five years old, and





our inspections have indicated that there appears to be no transfer of engine odors to the interior of the buses ... it could be a smelly driver though!

There were also several other comments (both affirming and constructive) that we will do our best to investigate further. I do, however, encourage parents to contact us directly if a given matter is of significant concern to you (for instance, one parent mentioned that there was too much homework and that her child was working until 1:00 AM, which is clearly a problem that needs to be addressed!) Thank you again for your support!

All the best for a relaxing weekend!

Steve Moody
Director





Part 1: Philosophy and Guiding Statements
1. Our school tries to be true to its philosophy (e.g. IST is a friendly place: we promote a partnership between the home and school; acceptance of the views of others; student collaboration; creative thinking; real world application; individual differences; honesty and courage; respect for others, and our host country and environment.) [0% do not endorse]
2. Our school does a good job encouraging the development of the IB Learner Profile dispositions in our students (e.g., communicator, balanced, open-minded, thinker, caring, reflective, etc.) [0% do not endorse]
3. Our school website and promotional documents provide a realistic and honest picture of IST's educational beliefs and practices to families. [1% do not endorse]
4. Our school provides a safe, warm and welcoming environment for our students. [0% do not endorse]
5. For the most part my child/ren are proud of their school and enjoy the environment and their studies. [1% do not endorse]
Part 2: Parental Partnerships
1. Our school is open and welcoming to parents and promotes home and school partnerships that support the learning and wellbeing of IST students, including responding constructively to parental questions and concerns. [0% do not endorse]
2. Our school actively supports the PFO in an attempt to ensure that parents have opportunities to be involved in school life, and in events and activities beyond the school. [0% do not endorse]
3. Our school attempts to provide meaningful opportunities for parents to learn more about the school and its programmes, including events such as New Student Orientation, Open House, homeroom presentations, education forums led by both IST faculty and others. [0% do not endorse]
4. Our school supports parental access to the school campus and facilities, including outside of regular school hours. [1% do not endorse]
5. As a parent I feel welcome and included as a member of our school community. [0% do not endorse]
Part 3: Teaching and Learning
1. Our school sets appropriately challenging standards and expectations for learning and behavior. [1% do not endorse]
2. Our school helps students develop critical thinking and problem-solving skills, and to become effective inquirers and independent learners. [1% do not endorse]
3. Our school ensures students an appropriate level of choice and voice, along with opportunities to become actively engaged and to give service to others. [0% do not endorse]
4. Our school inspires students to take risks and generate innovative ideas and solutions using relevant media and technologies. [0% do not endorse]
5. Our school generally provides for the varied needs of my child. [0% do not endorse]
Part 4: Operations and Facilities
1. Our school provides high quality facilities, furnishings, and equipment. [0% do not endorse]
2. Our library, teaching materials and technology provision are excellent and meet the needs of our students and community, in terms of quality, accessibility and variety. [0% do not endorse]
3. Our school's contract services (security, cleaning, transportation, cafeteria, grounds) are of a suitable standard. [4% do not endorse]
4. Our school website, newsletter, e-notifications and social media forums provide relevant and timely information about our school, programs and events. [1% do not endorse]
5. Our school monitors, plans for, and is appropriately prepared to respond to crises and emergency situations (e.g. Fire Drills, AQI monitoring, Fog Days, etc.). [0% do not endorse]
Part 5: Personnel
1. Our Director is friendly and approachable and works hard to effectively manage the diverse functions of our school, with a genuine commitment to meeting the needs and the interests of the school and school community. [0% do not endorse]
2. Our Secondary Principal is friendly and approachable and works hard to effectively manage the interests of our Secondary School. [1% do not endorse]
3. Our Elementary Principal is friendly and approachable and works hard to effectively manage the interests of our Elementary School. [0% do not endorse]
4. Our teachers are friendly, approachable, and professional. [3% do not endorse]
5. Our office and operational staff are professional, approachable, and helpful. [1% do not endorse]



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.

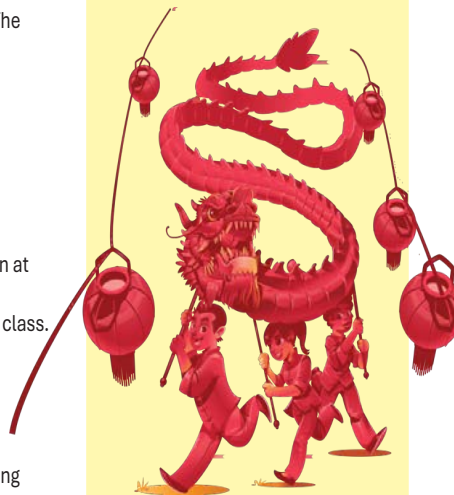
A strong command of English is essential.

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		



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



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



It's completely normal for children and teens to feel anxious sometimes—whether it's a big test, a friendship worry, or something happening at home. One of the kindest, most effective ways you can help is by teaching them gentle self-talk phrases they can use the moment worry shows up. Here are 7 simple, powerful lines to practice together when everyone is calm.

Say them out loud together at bedtime, stick them on the bathroom mirror, or turn them into a fun call-and-response game in the car. The more familiar these words become during peaceful moments, the more naturally your child will reach for them when anxiety knocks.

You can also pair the phrases with these quick calming strategies:

- Slow belly breathing (in for 4, hold for 4, out for 6)
- Squeezing and relaxing fists or toes
- Naming five things they can see to come back to the present

Your calm presence and these small tools together tell your child, "You're not alone, and you've got this."

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.

New Books

Stop by the library to browse the wide selection of new books that arrived last week, including fiction and nonfiction, graphic novels and picture books. With books for elementary and secondary students, as well as adults, there's something for everyone!



Winter Holiday Book Borrowing



All students may borrow up to ten books from the IST library over the winter holidays. This is a great opportunity to encourage reading over the holiday break.

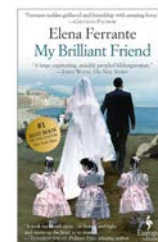
Please ensure your child returns any overdue books and brings a signed permission slip, available from the homeroom teacher, the library circulation desk, or Toddle (secondary students do not need a permission slip).

If you would like reading recommendations for the holidays, please stop by any time and speak to one of our friendly library staff members.

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



IST Boys Basketball vs. TIS

TIS has long been a tough matchup for IST, and this meeting reflected that standard. TIS earned a 59 vs 45 win by building their lead gradually each quarter, no big runs, just steady, disciplined basketball. Their pressure defense closed passing lanes, forced tough shots, and turned a few interceptions into points the other way.



IST showed grit throughout. Our best stretch came in the third quarter, when tighter help defense and a couple of key steals sparked transition chances and trimmed the margin. Each time we threatened to make it a one-possession game, TIS answered with a timely three or a strong finish at the rim.

Looking ahead, our focus is on handling pressure with poise: strong pivots, convincing pass fakes, and meeting the pass, while sharpening off-ball movement through harder cuts and better screening angles to create space. We also want to push into early offense before the defense is set and commit to paint touches to keep our shot quality high.

The effort, energy, and composure were clear; the difference was consistency under sustained pressure. We'll build on these reps and be sharper for the rematch.

IST Girls Basketball vs. TIS

The girls opened strong, establishing the tempo early with crisp ball movement and confident finishing. For much of the first half, IST dictated pace and spacing, getting into sets quickly and defending with purpose.

Midway through the third quarter, fatigue crept in and the rhythm slipped. A few rushed or telegraphed passes turned into transition chances for TIS, and their smart screening freed shooters to chip the lead down to five. A well-timed rotation brought fresh legs and composure back to the floor. IST responded by tightening up the passing, communicating better through screens, and contesting perimeter looks.



Down the stretch, the defense was the difference—on-ball pressure funneled drives into help, closeouts were sharper, and we forced multiple empty trips. Offensively, the girls played with patience, valuing the ball and getting touches in the paint before making the extra pass to open teammates.

We'll use this game to prepare more deliberately for TIS's screening actions and stay locked in on three-point threats. Overall, it was a resilient, team-first performance and a well-earned win.



BLAZING DRAGONS



Community Sports Weekend Preview

It's a busy and exciting weekend for IST athletics:

Grade 6 Boys U12 Mini Volleyball at ISB Beijing:

- Our Grade 6 boys head to ISB for their first-ever U12 Mini Volleyball tournament, played 3v3 on a badminton court with a 2-meter net. Mr. Diegel and Ms. Bekkenk will be on the sidelines coaching and cheering them on through a fast, fun format—great experience for our youngest Dragons.
- MS Girls Volleyball at DSP (ISAC): The Middle School girls travel to DSP for their ISAC tournament. Ms. Tara will lead the team with her trademark energy and guidance, and Mandy will be on duty to keep everyone safe and organized. Best of luck on the road!
- MS Boys Volleyball (Grades 7–8) hosting at IST (ISAC): We're hosting the ISAC tournament on campus this Saturday, with first serve at 10:00 a.m. Schools joining us include DSP, Daystar, BCIS, and our local friends from TIS. Please come out, fill the stands, and support our boys—your energy makes a difference.

Let's represent IST with passion, sportsmanship, and loud support.



BLAZING DRAGONS

Sports Updates



IST Boys Basketball vs. TIS

TIS has long been a tough matchup for IST, and this meeting reflected that standard. TIS earned a 59 vs 45 win by building their lead gradually each quarter, no big runs, just steady, disciplined basketball. Their pressure defense closed passing lanes, forced tough shots, and turned a few interceptions into points the other way.

IST showed grit throughout. Our best stretch came in the third quarter, when tighter help defense and a couple of key steals sparked transition chances and trimmed the margin. Each time we threatened to make it a one-possession game, TIS answered with a timely three or a strong finish at the rim.

Looking ahead, our focus is on handling pressure with poise: strong pivots, convincing pass fakes, and meeting the pass, while sharpening off-ball movement through harder cuts and better screening angles to create space. We also want to push into early offense before the defense is set and commit to paint touches to keep our shot quality high.

The effort, energy, and composure were clear; the difference was consistency under sustained pressure. We'll build on these reps and be sharper for the rematch.

IST Girls Basketball vs. TIS

The girls opened strong, establishing the tempo early with crisp ball movement and confident finishing. For much of the first half, IST dictated pace and spacing, getting into sets quickly and defending with purpose.

Midway through the third quarter, fatigue crept in and the rhythm slipped. A few rushed or telegraphed passes turned into transition chances for TIS, and their smart screening freed shooters to chip the lead down to five. A well-timed rotation brought fresh legs and composure back to the floor. IST responded by tightening up the passing, communicating better through screens, and contesting perimeter looks. Down the stretch, the defense was the difference-on-ball pressure funneled drives into help, closeouts were sharper, and we forced multiple empty trips. Offensively, the girls played with patience, valuing the ball and getting touches in the paint before making the extra pass to open teammates.

We'll use this game to prepare more deliberately for TIS's screening actions and stay locked in on three-point threats. Overall, it was a resilient, team-first performance and a well-earned win.

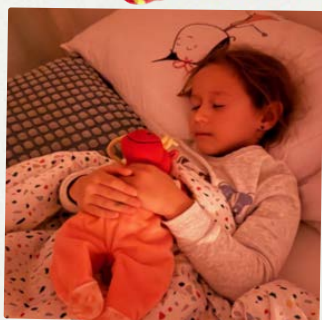


DouDou's Diary

Meet Dou Dou the Chinese Dragon, IST's spirited yearbook mascot, which has been busy joining Grade 1 in their daily lives!

Follow DouDou's journey as it captures unforgettable memories and spreads school pride throughout Grade 1!

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



Nov. 25th
Doudou's sleepover with Nina.



Nov. 26th
Reading fun in the library.



Nov. 27th
Kitty cuddles with Bella.



Nov. 26th
Never enough reading for Doudou.



Nov. 26th
Holiday Bazaar treats.



Nov. 25th
What's the time Doudou?





			
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



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) 8-12 Dec

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
Cajun Tofu and Mixed Bean Tacos 卡真豆腐杂豆玉米卷 Potato Wedges 土豆角 <i>Allergy: Tofu, bean, soy sauce</i>	Pork Balls Stewed with Tomato Sauce 番茄猪肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: milk</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: milk, wheat</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Grilled Chicken Thigh with Black Pepper Sauce 黑椒煎鸡腿肉 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce</i>
Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: egg, seaweed</i>	Indonesia Fried Rice with Chicken Kebab 印尼炒米饭配鸡肉串 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 <i>Allergy: samba sauce</i>	Hainanese Chicken Thigh 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <i>Allergy: chili, soy sauce</i>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <i>Allergy: fish sauce, chili</i>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir fry Mushroom 干煸杏鲍菇 <i>Allergy: mushroom</i>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Rice Noodles / Rice with Fish in Pickled Mustard Greens Soup 酸菜鱼粉/饭 Green Vegetables 煮蔬菜 <i>Allergy: fish</i>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <i>Allergy: shrimp, wheat</i>	Noodles with Beef Soup 牛肉板面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat</i>
	Indonesia Fried Rice with Vegetables 蔬菜炒饭 <i>Allergy: soy sauce</i>	Noodles in Vegetable Sauce 打卤素面 <i>Allergy: wheat</i>	Happy Cow Burger (spicy bean-based patty) 豆子蔬菜汉堡 <i>Allergy: wheat, chickpea</i>	Spaghetti with Tomato Sauce 番茄意面 <i>Allergy: wheat</i>
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Mochi 麻团	Ginger Cookies 姜糖饼干	Cream Puff 奶油泡芙	Carrot Cake 胡萝卜蛋糕	Banana Bread 香蕉包
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 25



DIARY DATES

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

6 December –
ISAC MSVB
Ex-change-U14 Boys @ IST;
U14 Girls @ DSP

8 December –
HSBB Practice 7

9 December –
MSVB IST @ TEDA

11 December –
MSVB Practice 8

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.