



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

It has been terrific to see so many parents in at school over the course of this week, enjoying a range of activities and events, starting with **M.A.D.D. Night on Tuesday evening**, a celebration of **Music, Art, Drama, and Design**. Both floors of the Han Foyer were filled with beautiful art works, and the foyer stage and our music and drama classrooms hosted a range of performances and design products for our community to enjoy. I was especially impressed to hear some of our beginner instrumentalists playing flutes and other instruments, and after just a couple of months practice! The evening concluded with a selection of performances in the Han Theatre, including song and dance, drama (I'm now just a little concerned about rabbits!), and instrumental pieces, including a fun (and very well performed) item by elementary students Max and Curtis – wonderful stuff!

A good number of parents also turned out for the **PFO meeting on Wednesday**, which was followed by a series of parent educational forum topics presented by IST teachers. Another highlight was the **Grade 10 Personal Project Exhibition** on Thursday, the culminating event for the MYP, in which students demonstrate the development of ATL skills and knowledge in the MYP through their own independent research projects. Here are just a few of the topics covered: 'Crochet & Relaxation', 'Sensory Ease', 'Egyptian Mummification', 'The World Through Food', 'Graffiti', and through an economics lens, 'How Consumption Affects Price'. Congratulations to all of our amazing G10 students, and their projects!

This week parents of elementary should have received a note with the results of this week's basic **health screening** from the school nurse. Secondary parents will receive their children's result next week. Please contact Nurse Hongman at Hongman_Zhang@istianjin.org.cn if you did not receive the results, or if you have any questions.

Finally, and rounding out the week, **all parents should have received electronic copies of their children's Semester 1 Progress Reports today**. Please note that hard copies were available upon request, and can still be obtained via the school office upon further request. We are all very proud of the progress students have made over the first part of the school year and know that they will continue to develop and shine in Semester 2, too. I am sure that you will enjoy celebrating your child/ren's learning and setting some goals together for the new semester. Should you have any questions or concerns about your child/ren's learning progress, please do not hesitate to contact the homeroom or subject teachers.

One of the bitter-sweet moments in the school year is the announcement of the departure of current faculty along with the counterbalancing announcement of the arrival of new faculty. We will have an opportunity to deal with the 'bitter' part of the process later, but

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INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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for now I wish to highlight the 'sweet', and I am therefore delighted to introduce to you the two wonderful new teachers who will join our community in August:

- Ms. Kate Bark: MYP Design
- Ms. Marium Ahmad: MYP Science and Math

I wish you all a wonderful 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:**
 - 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.

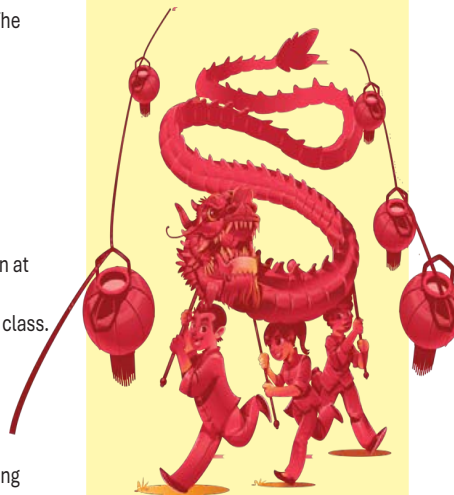
A strong command of English is essential.

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
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IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTHING AND MOVE

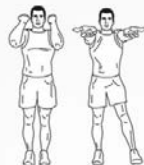
JANUARY 1ST

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 step jacks



20 step bicep extensions



20 step seal jacks



20 elbow clicks




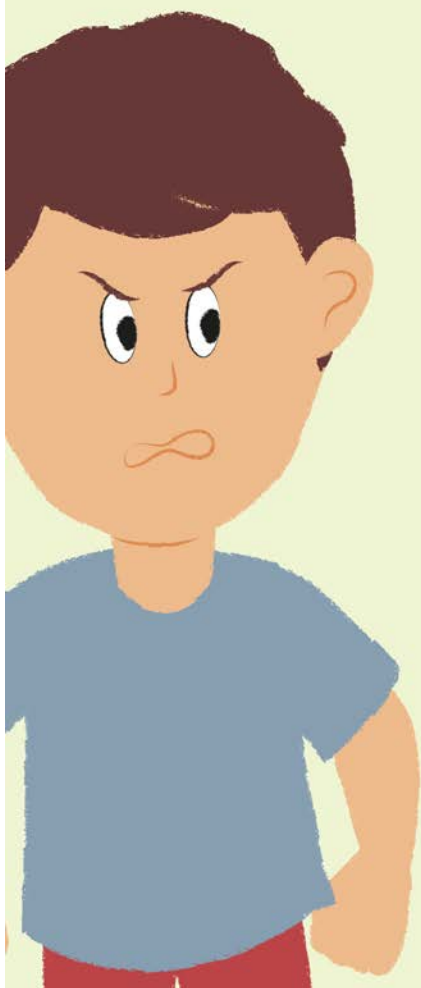
20 W-extensions





Anger, being a fundamental human emotion can make us feel something has gone wrong or someone has wronged us. Anger is not equivalent to aggression although angry people do sometimes behave aggressively, but not always. Anger can be a fuel that is dangerous when out of control, however when we teach our children to use anger productively it can energize us to identify and confront problems.

IST Counseling



HOW TO HELP KIDS WORK THROUGH ANGER

- ① **Help your child understand how anger can be felt in the body.** Stomach aches, rising temperature, and increased energy are all ways anger can be physically felt.
- ② **Teach them about triggers: "When a situation, person, or action activates intense feelings such as anger."**
- ③ **Create an anger action plan** for how to deal with anger when it surfaces.
- ④ **Open the conversation** about anger and explore the benefits of this feeling.
- ⑤ **Encourage them to take note** of their anger triggers.
- ⑥ **Collaborate with them on keeping track** of anger triggers for prevention ie. the actions or situations that seem to commonly ignite BIG feelings.



IST Library & Information Literacy Center

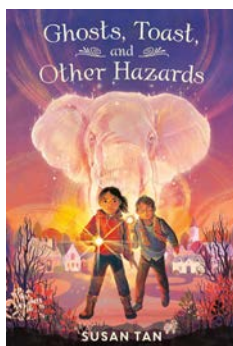
Our Mission

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.



Panda Book Awards

The Panda Book Awards is a reading initiative which invites students and teachers from participating international schools in China and beyond to vote for their favorite book published in recent years. Panda Book nominees meet selection criteria that focus on social justice, diversity and inclusion by authors and illustrators from across the world. Panda Book Awards voting will begin February 23rd.



This week IST librarians recommend ***Ghosts, Toast, and Other Hazards*** by Susan Tan, from the Older Nominees List. *Ghosts, Toast, and Other Hazards* is a spooky, funny middle-grade adventure about two kids who stumble into a mystery filled with ghosts, unexpected dangers, and a very unusual town—where bravery, friendship, and curiosity are the keys to surviving what lurks just out of sight. To borrow *Ghosts, Toast, and Other Hazards* or any of the Panda Book Award nominees from across six categories, please stop by the IST library. To learn more about the awards, visit: <https://libguides.isb.cn/friendly.php?s=pandabookawards>.

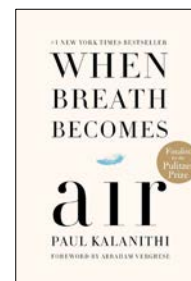


Parent Book Club Feb. 24 in the library

Our next Parent Book Club selection is the memoir ***When Breath Becomes Air*** by Paul Kalanithi. We will meet in the library to discuss the book on February 24th at 8:30 am. The library has copies of the book in English, Chinese, Korean, German, and French. A digital copy in English is also available upon request.

Please consider joining us for coffee, treats, and lively discussion—even if you didn't have a chance to read the book! Ask our library staff how to join our WeChat group, where we share information about the book club.

Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30





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BLAZING DRAGONS



24 January Sports Update

ISCOT Tournament Preview: HS Girls and Boys

It's ISCOT weekend for our high school teams!

HS Girls

Traveling to TEDA to face local Tianjin rivals: TIS, Wellington, and TEDA. Wishing our girls a strong day on the road—bring the energy and defense!

HS Boys

Home tournament at IST. If you can't make it in person, no worries—there's a live stream. See the link below.

Boys Tournament Schedule (at IST)

8:30–9:00: Arrival & Warmups

9:00–10:00

Court 1: IST vs TEDA

Court 2: Wellington vs TIS

10:00–11:00

Court 1: IST vs TIS

Court 2: TEDA vs Wellington

11:00–12:00

Court 1: IST vs Wellington

Court 2: TIS vs TEDA

LIVE STREAM AVAILABLE THROUGH TEAMS:

[ISCOT HS Basketball LIVE STREAM | Meeting-Join | Microsoft Teams](#)

You can share the link with your community.
Recording will start on the 24 January at at
8:55am

Also in action

Our Middle School Volleyball teams are on the road to Beijing for their final ISAC Tournament.

Pack the gym, tune in to the stream,
and cheer loudly.

Go Blazing Dragons!



INTERNATIONAL
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Week 2

Wonder - Narrowing our passions

WHAT AM I MOST INTERESTED IN?
WHAT COULD I INQUIRE ABOUT?

MAKING INFORMED CHOICES

Students continued to draw inspiration from a range of guest speakers and used their reflections to begin making informed decisions about their Exhibition inquiries. They explored their passions and interests, justified their choices, and considered opportunities to collaborate with peers who shared similar interests.

Guest Speakers

Ms Bradley spoke to students about access to water, followed by a challenge to help them understand the difficulties some communities face.

Grade 6 students visited to share their PYP Exhibition experiences, including lessons learned and challenges faced.

Mr Liu from Auntie R's Dog Shelter shared his volunteer work caring for rescued dogs and ways students can support animal welfare.

Mr Gabriel and Ms Christina from the Sustainable IST Initiative explained sustainability and highlighted projects already taking place in our school community, helping students connect their passions to real community needs.

Ms Tara shared her personal migration story, helping students understand the reasons, challenges, and opportunities linked to migration.





Week 2

Wonder - Narrowing our passions

WHAT AM I MOST INTERESTED IN?
WHAT COULD I INQUIRE ABOUT?

All about Me & Choosing my Inquiry

Students reflected on their interests, strengths, and personal passions to generate inquiry ideas. They then narrowed their choices, selected a focus, and explained why it is meaningful and worth exploring during the Exhibition.

Collaboration

Students explored common interests and were placed in possible inquiry groups. Through discussion, they refined groupings to ensure shared interests, then began developing research questions and writing their lines of inquiry.



Week 2

Wonder - Persuasion and Modes of Expression

HOW CAN WE USE MULTIPLE MODES OF
EXPRESSION TO PERSUADE?

Persuasion and Creating

Music

Students are focusing on creating their own jingles while learning about the characteristics that make jingles memorable. In groups, they are collaborating to determine the tempo of their jingle, choose the instruments they want to use, and create melodies based on a catchphrase they have agreed upon.





Persuasion and Creating

PSPE

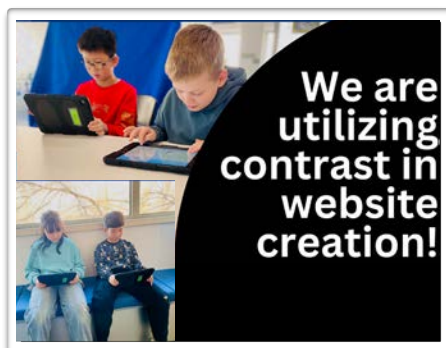
Students create body symbols they can flash - to develop the concept of symbolism and how symbols can be used to communicate ideas without using words. Students played korfbal and tried their symbols to communicate with their teammates.



Persuasion and Creating

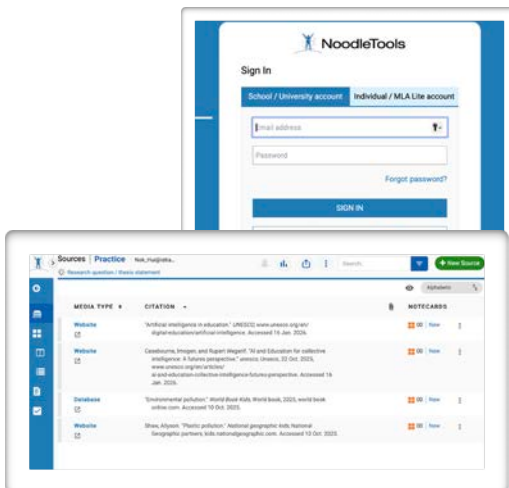
STEM

Students are building websites in Canva as part of their STEM learning, with a focus on using contrast intentionally. They are learning how designers use contrast to highlight key information, improve readability, and persuade audiences. This experience strengthens both their technical skills and creative problem-solving.



Information Literacy - Research Skills

We used the student-friendly search engines that students learned about last week to find a website that is related to their chosen issues. They then located information like the website and article name, author, and date, and created a citation using NoodleTools.





Student Reflections

SNAPSHOT: WEEK 2

My Sentence

Listening to a variety of guest speakers, I learned many different things.

One thing I learned from the volunteer is that lots of dogs are not treated fairly at puppy mills. One thing I learned from Mrs. Jara is that people in Vietnam need to migrate because of war.

For example, lots of dogs and cats are killed after they can't give any more birth. Another example, lots of people died when they are on the boat while they are trying to migrate.

Moving forward I want to learn more ways to stop these issues while raise awareness.

My Sentence

Listening to a variety of guest speakers, I learned many different things.

One thing I learned from Tom Wang is that different music can change people's feelings.

For example, Tom showed music with a creepy music. It turns like a scary movie and it change the music to a sad music. Music it turns not creepy.

This experience changed my thinking about music that make me so impressed for music.

My Sentence

This week after a mix of guest speakers and their topics, I have finally found my own topic!

From Tom Wang's music presentation, I finally found what I should do: respect for MUSIC. People nowadays are less interested in old style music, so I want to change their perspective.

I was inspired because of how art is such an important part of life. I want people to respect music from the past.

This is why I'm interested about music. I have successfully found my topic.

My Sentence

Listening to a variety of guest speakers, it helped me chose my inquiry for my PYPX.

One thing that I learned from Mr. Liu is if you want a dog or cat, adopt rather than shop because adopting is a better option.

For example, if you shop from puppy mills, the puppy gets taken away from his or her mom. And if a cat or dog can't give more birth it gets killed or abandoned.

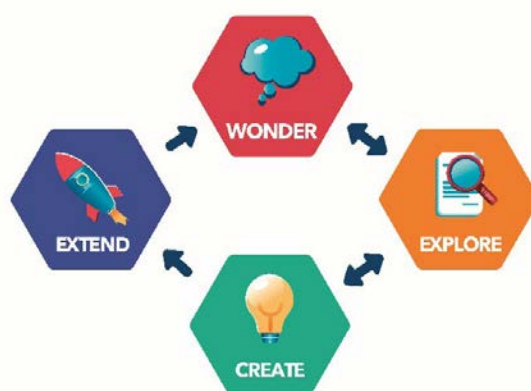
This information made me feel really bad. Moving forward I want to do my PYPX about it.



The MYP Personal Project Exhibition: Showcasing Independent Inquiry at IST

On Thursday, IST's Grade 10 students proudly showcased their learning at the MYP Personal Project Exhibition, marking the culmination of their journey through the Middle Years Programme (MYP).

As the final project of the MYP, the Personal Project requires students to complete a sustained, independent inquiry into a topic of personal interest. Over several months, students took ownership of their learning by engaging with the **IST MYP Inquiry Cycle: Wonder, Explore, Create, and Extend**.



MYP Inquiry Cycle

International School of Tianjin

Students began by **wondering**, identifying an area of genuine curiosity and setting a clear learning goal. They then **explored** their topic through research, skill development, and planning, drawing on a range of sources to deepen their understanding. During the **create** phase, students applied their learning by producing a product that demonstrated both knowledge and skill development. These products reflected the wide range of interests, talents, and passions across the Grade 10 cohort.

Several projects explored the relationship between culture, identity, and everyday life. Nora examined the connection between food and culture, drawing on her Spanish and Chinese heritage and her passion for cooking. Her project explored how cultural traditions shape what people eat, and how food, in turn, reflects identity, values, and community. Similarly, Nana focused on Japanese cuisine, creating a recipe book and preparing traditional dishes for the Exhibition.



Through her project, she explored cooking methods and the cultural stories behind each dish while sharing her learning with the school community.

Other students pursued creative inquiries grounded in skill development and historical understanding. Sisi's project was inspired by her interest in painting and her desire to refine her artistic techniques. By researching artists from the Dutch Golden Age, she explored how historical styles and methods can inform contemporary practice, culminating in an original artwork created using techniques from the period. Belize also explored creativity through art, creating an artwork and accompanying book that examined the emotional and psychological connection between humans and animals. Inspired by her love of horse riding and her aspiration to become a veterinarian, Belize investigated how interactions with animals can support emotional wellbeing and reduce stress.

A number of projects demonstrated strong technical and problem-solving skills. Ivan's project focused on product design, drawing on his experience in design and woodworking. He explored ergonomic and functional design principles, material selection, and structural stability with the goal of designing a comfortable and practical sofa. Mario applied digital and computational thinking by designing an app to help users find their ideal car. His system connected a database of car information with an artificial-intelligence tool that asked users targeted questions and generated personalised recommendations.

The Exhibition also highlighted students applying scientific understanding to global challenges. Ethan was inspired by the documentary *The Most Dangerous Ways to School* and designed a low-cost solar disinfection device that uses sunlight to sterilise water. Through his project, he explored the science behind how and why sunlight can disinfect water, demonstrating how scientific knowledge can be applied to real-world issues. Vanessa explored history, belief, and technology through her project on Ancient Egyptian civilisation. She created a detailed model illustrating the mummification process and aspects of daily life.

While the Personal Project has now concluded, the final **extend** phase encourages students to reflect on the impact of their work and consider how their learning might continue beyond the project itself. For some students, this reflection has already sparked ideas that may develop into **CAS experiences**, **Extended Essay topics**, or even inform future **university study or career pathways**.

The Personal Project Exhibition provided students with an authentic audience and an opportunity to articulate their learning journey, reflect on their growth as independent learners, and celebrate the diversity of passions across the Grade 10 cohort. Together, these projects highlight the creativity, perseverance, and critical thinking that sit at the heart of the MYP and learning at IST.



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<div>    </div>			
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: Korean cooking class

Menu:

1. Gimbap (Korean seaweed rice rolls)
2. Soy sauce Tteokbokki (royal court-style rice cakes in soy sauce)
3. Jjolmyeon (spicy chewy noodles with fresh vegetables)
4. Algamja (Korean highway rest-stop sweet and salty potatoes)



When: 28th January 09:00am-2pm

Where: IST Elementary Kitchen

Host: Jiyeon Kim & helpers

Cost: 100 RMB per person

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





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Chinese Bazaar

Wednesday Feb 11th
9:30 a.m. - 2 p.m.

Come along to IST and enjoy
the joys and festivities of the
Chinese New Year!

With over 30 vendors

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



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)

26-30 Jan

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>	Hot Dog 热狗 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Schnitzel with Curry Sauce 咖喱鸡排 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut milk</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) 109	Fat 脂肪 (g) 26

02-06 Feb

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</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: breadcrumb</u>	Beef Burger 牛肉汉堡 French Fries 薯条 <u>Allergy: wheat</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) 26-30 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
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>	Hot Dog 热狗 French Fries 薯条 <u>Allergy: wheat</u>	Chicken Schnitzel with Black Pepper Sauce 黑椒鸡排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <u>Allergy: wheat</u>
Stir Fried Eggplant and Potato 茄子炖土豆 Stir Fried Tofu with Chinese Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, tofu, egg (served on the side)</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, egg</u>	Chicken Stewed with Coconut Sauce 马来西亚椰菜鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Sweet and Sour Chicken 糖醋鸡柳 Stir fry Sliced Potato with Green Pepper 青椒土豆片 Green Vegetables 清炒时蔬 <u>Allergy: garlic, soy sauce</u>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Stir Fried Chinese Cabbage and Tofu 白菜烩冻豆腐 <u>Allergy: soy sauce, egg</u>
Stir Fried Rice Noodle with Vegetables and Egg 蔬菜鸡蛋炒面 Green Vegetables 清炒蔬菜 <u>Allergy: wheat, egg (served on the side)</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 with Fish Ball Soup 鱼丸面 Boiled Vegetable 煮蔬菜 <u>Allergy: wheat, fish</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) 790	Protein 蛋白质 (g) 30	Carbohydrate 碳水 (g) 116	Fat 脂肪 (g) 26



DIARY DATES

Monday - January 26, 2026
Secondary Awards Assembly

Friday~Friday - February 6~13, 2026
Grade 12 Mock Exams

Monday~Friday - February 9~13, 2026
China Week

Friday - February 13, 2026
Scholarship Application closed

Monday~Friday - February 16~20, 2026
Chinese New Year Holiday

Wednesday - February 25, 2026
DP Option Afternoon

Saturday - February 28, 2026
Scholarship Exams

SPORTS DATES

24 January –
ISAC MSVB Tournament-Boys @ DSP;
Girls @ TIS
ISCOT HSBB Tournament-Boys @ IST;
Girls @ IST hosted by TEDA

26 January –
HSBB Practice 13
Sports Season 3 Starts
HSFB Practice 1

29 January –
HSFB Practice 2

30 January –
HSBB Practice 14

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.