



THE BLAZE

Working Learning Acting **TOGETHER**



Dear Parents

Just one week to go until the start of the Spring (Chinese New Year) Festival, and with it comes a weeklong holiday for all of us, not to mention for all of China! In preparation for this very special holiday, widely considered the largest annual human gathering and national celebration in the world, we have lined up a series of learning and cultural sharing experiences and activities for our community to enjoy, both in and outside of class, and most notably including a Temple Fair, a professional Lion Dance, and the PFO Chinese New Year Bazaar. Be sure to see the flyer further on in Blaze for further details.

Giving service to our community, and others beyond IST, is a cornerstone of our school philosophy, and I was therefore incredibly proud of three of our IB Diploma students who arranged this week's blood donation drive in an effort to support Tianjin's blood banks.



I want to thank Sigge, Jason and Conbo for a terrific effort coordinating the event, and the students, staff and parents who volunteered to give blood in order to help save the lives of others. Please read more about this service activity in next week's edition of Blaze. In the meantime, I hope you won't mind me including a little comic in recognition of our brave blood donors!

A gentle reminder to all parents who choose to stay at school with their children after classes have finished for the day, and this is that you must supervise your children at all times, and this is especially true when they are in the playgrounds using the outdoor equipment. We have noticed increasing incidents where children are outside playing on equipment unaccompanied by their parents, and because IST staff are not on duty at these times, there is a heightened risk of inappropriate and unsafe play. If you wish to allow your children to stay and play after school, the rule is very simple: you must supervise them yourselves. Thank you!

A reminder also that the deadline for IST's IB Diploma (Grades 11-12) scholarship applications will be upon us soon (note that we have delayed the deadline until Monday 23 February). If you know someone in the Tianjin community who might be deserving and in need of one of these prestigious scholarships, please direct them to the IST website at the following link: <https://www.istianjin.org/scholarships/>

Finally, a quick shout out for our High School athletes competing at the ACAMIS HS Basketball Tournament this weekend at Harrow in Beijing – *Go BLAZE!*

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:

- Support for Current IST Students:** We offer exceptional educational opportunities to talented students facing financial challenges.
- 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 23, 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 Monday, February 26, 2025**. 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 5 unless otherwise notified.

Results

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



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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



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Parent Information

MOTHER

Family Name	First Name	Nationality & Citizenship
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Company Name	Position
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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
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Guardian Signature	Cell Number	Email
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Address in Tianjin



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IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTHING AND MOVE

FEBRUARY

KLINGON CONDITIONING

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 fast push-ups



4 slow push-ups



10-count hold



10 fast squats



10 slow squats



10-count hold



2 fast pull-ups



2 slow pull-ups



10-count dead hang



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Our mental health is affected by how we think, which impacts what we do. That's why it's important to push back against negative self-talk.

Quite often anxious children engage in negative and unsupportive self-talk, such as "I can't do it" or "Everyone is doing better than me."

Positive self-talk improves our children's self-confidence, offers a calming effect and empowers them to adopt a "problem-solving" mindset.

Positive self-talk doesn't occur instinctively as our brains are naturally inclined toward negativity. Therefore it requires awareness and consistent practice.

This week's Parent Partnership offers you some positive self-talks when our children are feeling anxious.

IST Counseling

"My body can handle feeling anxious. It always passes."

"This is a false alarm. I'm totally safe."

"My anxiety is telling me something. What is it saying?"

"I breathe in calm and breathe out worry."

"I can handle this feeling. I am strong."

"Anxious feelings can't hurt me."

"Anxious thoughts can't hurt me."



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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.

February is Love of Reading Month

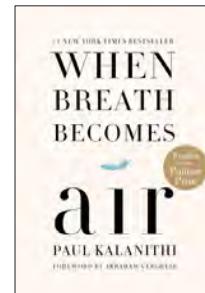
February is Love of Reading Month, and we are celebrating all the stories that make us laugh, think, wonder, and want to share with others. Stop by the library this month to try a “Blind Date with a Book”: choose a wrapped book based on a few clues and take home a surprise! You can also browse a display of IST Elementary’s favorite books and check out something new to fall in love with this month.



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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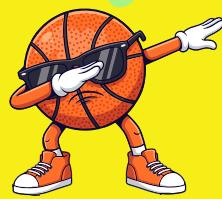


BLAZING DRAGONS



5-7 February

ACAMIS WEEKEND HIGH SCHOOL



BASKETBALL

Live Game
Broadcast



Live Photo
Stream



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Association of China and Mongolia International Schools



International Schools Athletic Conference





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BLAZING DRAGONS

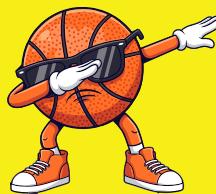


ACAMIS Orange Division Basketball Hosted By Harrow Beijing

Day 1 Pool Play - Thursday 5th February 2026				Day 2 Pool Play - Friday 6th February 2026							
Time	Court	BOYS/GIRLS	Team	Time	Court	BOYS/GIRLS	Team				
09:00	1	BOYS	SIS	vs	NIS	09:00	2	BOYS	TIS	vs	IST
10:15	1	GIRLS	HBJ	vs	NIS	10:15	2	GIRLS	IST	vs	SIS
11:30	1	BOYS	TIS	vs	SIS	11:30	2	BOYS	HKA	vs	HBJ
12:45	1	GIRLS	TIS	vs	HKA	12:45	2	GIRLS	SIS	vs	NIS
14:00	1	BOYS	NIS	vs	IST	14:00	2	BOYS	SIS	vs	HBJ
15:15	1	GIRLS	TIS	vs	IST	15:15	2	GIRLS	HKA	vs	HBJ
16:30	1	BOYS	TIS	vs	HBJ	16:30	2	BOYS	NIS	vs	HKA

Day 3 FINALS Saturday 7th February

Time	Court	BOYS/GIRLS	Team	Time	Court	BOYS/GIRLS	Team
09:00		GAME A-GIRLS SEMI- FINAL 1ST VS 4TH		09:00		GAME B-GIRLS SEMI FINAL- 2ND VS 3RD	
		GIRLS	VS			GIRLS	VS
10:15		GAME C-BOYS SEMI- FINAL 1ST VS 4TH		10:15		GAME D-BOYS SEMI FINAL- 2ND VS 3RD	
		BOYS	VS			BOYS	VS
11:30		BOYS- 5 AND 6TH PLACING-5 VS 6		11:30		GIRLS- 5TH AND 6TH PLACING- 5 VS 6	
		BOYS	VS			GIRLS	VS
12:45		BOYS- 3RD AND 4TH PLACING LC VS LD		12:45		GIRLS-3RD AND 4TH PLACING- LA VS LB	
		BOYS	VS			GIRLS	VS
14:00		GIRLS- CHAMPIONSHIP GAME Court 1					
		vs					
15:15		BOYS-CHAMPIONSHIP GAME Court 2					
		vs					



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Association of China and Mongolia International Schools



International Schools Athletic Conference





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BLAZING DRAGONS



Dear all,

It's been a challenging but spirited start for our Blazing Dragons. Both teams gave their best this afternoon—sometimes that doesn't result in a win, but it does offer valuable lessons as we look ahead.

The boys faced a tough TIS Macau side that came out strong from the perimeter, and we struggled to find our rhythm. They'll look to bounce back against NIS at 2:00 p.m. The girls opened with a confident win over SIS, playing with excellent tempo, and will take on TIS right after the boys.

Friday, 6 February will be a busy day with three games for each team as round-robin play continues. Saturday's schedule is attached and will depend on our final placings once the round robin concludes late Friday.

For tonight: dinner, some study time for most, and an early night to reset for tomorrow.

Go Blazing Dragons!





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The ISCOT Chess Competition was a memorable event for students who participated in it. It brought together students from international schools in Tianjin. Eunchan Gil, Je In Kim, Youjun Xu, Evan Lee, Eason Chen, Leonardo Mitsueda Magri, Stella Moon, Lucca Pearce, Noah Hansmeier, Adam Dobrovodsky, Nicolas Kersting, Emily Chen and Seton Craig representing IST achieved an impressive progress after three rounds of intense games for elementary and five rounds for secondary in the competition. Their dedication and teamwork were evident in their every move. They should be proud of their accomplishment.





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They all enjoyed playing the games and made friends with peers who had the same interest. Our IST students played together as a team, supporting and encouraging each other throughout the competition, which also winning praise for sportsmanship.

It wasn't just about winning for these students. They really loved playing chess and found joy in the process. The competition was a chance for them to show their talents and improve their skills.

The ISCOT Chess Competition was a wonderful experience for everyone involved in this friendly and supportive environment.

Special thanks to Ms. Eva Sun and Mr. Leo Laroche for leading the teams of traveling to Wellington College for the event.

Regards,





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Week 4 PYP Exhibition

Explore - Finding answers to our questions

WHAT SOURCES HELP ME THE MOST?
WHAT ARE THE MAIN IDEAS I AM FINDING?

Questions, Sources, Summarizing

This week students brainstormed specific guiding questions to continue their research. They looked for new sources of information that would help them answer these questions. They focused on the ability to summarize with their teachers to start identifying the main ideas that are coming out from their research.

Collaboration, Organization and Communication - Mentors

Students found out who their mentors were and began to write emails to introduce themselves and their inquiries. They are starting to set up meeting times and will join their mentors starting week 5 (Monday Feb 2nd).



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Week 4 PYP Exhibition

Explore - Persuasion and Modes of Expression

HOW CAN WE USE MULTIPLE MODES OF
EXPRESSION TO PERSUADE?

Persuasion and Creating

Specialist Teachers

After four weeks of unpacking, exploring, and creating, students shared their creations during a creation workshop and reflected on the different persuasive techniques and modes of expression they experienced. Some of the key learnings that emerged from this experience were:

- Developing an understanding of what creating and sharing can look like
- Identifying different modes of expression and persuasive techniques
- Applying persuasive techniques using a range of modes of expression
- Recognizing how combining multiple elements can strengthen the impact of a message
- Connecting context and message to appropriate persuasive techniques and modes of expression
- Understanding their own strengths and choosing ways of presenting information that help them feel confident



**CAN YOU RECOGNIZE THE MODES
AND PERSUASIVE TECHNIQUES?
HOW DID THEY PERSUADE YOU?**





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Student Reflections PYP Exhibition

SNAPSHOT: WEEK 4

My Sentence

This week I researched about how AI can help students and learned that AI can affect I in aesterday, with me helping students learn better. Although not understand how to use it to help students in the right time for example, using notes in the Cornell format helped me read my notes easily and I have a lot of space to do the bullet points.

One challenge when I was writing Cornell notes I didn't really sure how to do the summaries but when I got the sentence starters it became easier.

Moving forward, I will use these skills I do with Cornell notes and use my notes in my PYPX.

My Sentence

This week I researched about penguins and learned that being a good researcher means to checking if our word was trustworthy.

This skill is important because researching is the most important things in all of the PYPX.

A piece of evidence that really stuck with me was from a video for penguins. It showed me that why people was kill penguins.

Moving forward, I will use these skills to research more information for my PYPX.

My Sentence

This week, I learned some interesting facts about gender inequalities and stereotypes that I never knew before.

For example, according to newsela, harmful gender stereotypes can be a danger to both girls and boys.

This means that boys are discriminated against for acting like girls, leading to physical fights. Girls are told to be quiet and stay at home, leading to dropping out of school or experiencing violence.

Moving forward I plan to use my research skills to learn more about gender stereotypes and inequalities.

My Sentence

This week I researched out about anxiety and how affect me and learned how a good researcher means being good note and not getting distracted.

This skill is important because we have to listen in our everyday lives and helps us stick to task.

One challenge I had was people asked me the question for notebooks and it was hard for me to focus when people were asking me while I was doing another person.

Moving forward I will use them skills to answer questions and listen to people when they ask about PYPX.

My Sentence

This week we were assigned our mentor and I am hoping to meet soon.

I am excited about Miss Monroe being my mentor because I have an interest in my topic.

For example, one challenge I had was when she emailed me, she wrote the times she was available and it was very hard for me to organize the schedule.

Now that I've got my mentor I organized my schedule and hope we meet soon.

My Sentence

This week I found out that Mr. Pearce is our mentor we were bound to ask the time that he have for a meeting.

This skill is important because we will write more easily in the future.

One challenge I had was that it so slow to type the email so me and my partner will take turn to type it.

Moving forward I will write a list of question about Mr. Pearce to ask and search.



China Week Plan

CHUNJIE

DATE : Feb. 9th~ 13th

Schedule of the week

- Monday: Fuzi Writing on the Calendar PRK-5 in Chinese Class
- Tuesday: Normal class
- Wednesday: Temple Fair (details attached below)
- Thursday: making jiaozi (dumpling) in Kitchen during Chinese class
- Friday: closing show by Grade 5 (details attached below)

Temple Fair

- Opening show-Lion Dance by professional actors at 9: 45 between Han and Qin Building
- Session One: Nursery- G1
- Session Two: Grade 2- Grade 5
- PFO Chinese Bazaar 9:30-2:00 2nd floor in Han building

Session One

Nursery-Grade 1

8:30-9:30

Opening Show: Service Circus

Temple Fair Activities

Session Two

Grade 2- Grade 5

10:10-11:10

Opening Show: Chinese Kongfu

Temple Fair Activities

Closing Show

Dragon Dance

performed by Grade 5

3:05 Friday in the Gym



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DP Option Afternoon

25 February, Wednesday

2:30 pm – 4:15 pm

Han TC

Busses available:

- 13:30 pick-up from Aocheng
- 13:50 pick-up from Garden Villa
- 16:15 return from IST

Explore IB DP subject choices, selection requirements, and meet subject teachers, the DP Coordinator, and the College Admissions Counsellor.



IST: A world-class IB education with a personal touch.



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IST parents activities

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



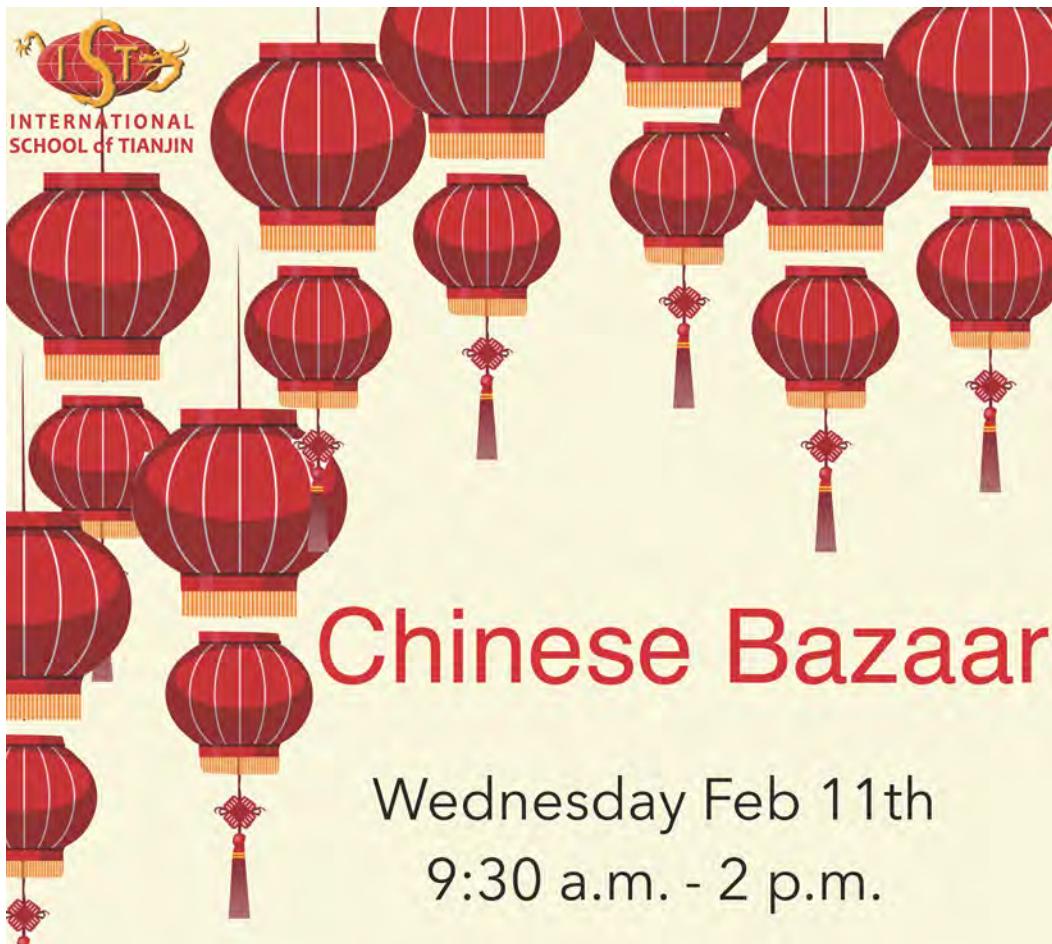
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Chinese Bazaar

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)微山路22号, 邮编: 300350
Tel: +86 22 2859 2001



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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) 9-13 Feb				
Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <i>Allergy: cheese, seaweed, sesame</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) 722	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 115	Fat 脂肪 (g) 22

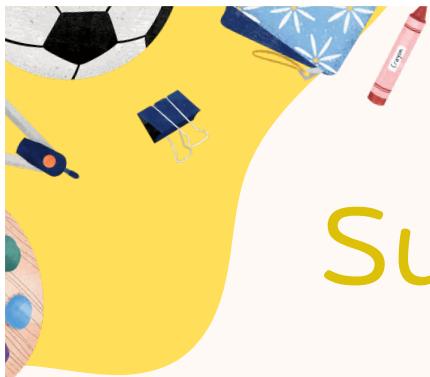
23-27 Feb				
Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 <i>Allergy: wheat, cheese</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 玉米粒 <i>Allergy: coconut 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) 9-13 Feb				
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
Chole with Chickpeas and Tomatoes 鹰嘴豆咖喱 Mixed Vegetable Curry 咖喱蔬菜 <i>Allergy: chickpea</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 干烧杏鲍菇 <i>Allergy: mushroom</i>
Oil-Splashed Noodles 油泼面 Cucumber Salad 榨黄瓜 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
Banana Bread 香蕉包	Cookies 卡通饼干	Cream Puff 奶油泡芙	Carrot Cake 胡萝卜蛋糕	Mochi 麻团
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



THE BLAZE

Working Learning Acting TOGETHER



WEEKLY CCA
SPOTLIGHT
CLASSROOM EXTENSION

Super Speech

This week we read
and act out
The Flustards
Dr. Seuss

When I come in, I always feel
powerful, and I feel like it will
be a fun time. I am always
excited to do Super Speech!

From Julian G3



[Click to see us
in action](#)



THE BLAZE

Working Learning Acting **TOGETHER**

DIARY DATES

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

7 February -
ACAMIS Basketball @ HBJ

9 February -
HSFB Practice 5

13 February -
HSFB Practice 6

23 February -
Sports Season 3 Starts
HSFB Practice 7

24 February -
MSBB Practice 1

26 February -
MSBB Practice 2

27 February -
CCA Session 2 Ends
HSFB 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 (CCAs) (ying_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang - Activities Officer (Sports) (durian_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.