



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

Welcome back to school following what I hope was a most enjoyable **Chunjie Spring Festival** and Lunar New Year holiday. I trust that you all enjoyed the opportunity to travel, relax, catch up with friends and family, and soak in one of the world's truly amazing cultural experiences ... albeit that there were no fireworks in Tianjin this year ;-);

Making well-informed future-oriented decisions that align with our children's abilities and interests—while supporting appropriate pathways towards university matriculation—is essential for enhancing student motivation and academic success as they prepare for the increasingly high-stakes studies and exams that await them in senior high school, and beyond. It was terrific, therefore, to see our Grade 10 parents together with their children in school this past Wednesday for the **IB Diploma course options meeting**. Given the importance of such decisions, we encourage parents to come into school as frequently as they may feel necessary over the coming weeks to ensure that parents and children alike, feel comfortable about the IB Diploma course options and the various pathways to graduation and future university studies that our dynamic school programmes afford.

On a related note, just before the recent holiday, I shared a personal reflection about the importance of assessing our motivations as parents and collaborating with our children to make wise and informed decisions about university, with respect to subject choice and institutional reputation, location, and learning environment. It is my contention that such important decisions should prioritize the best fit for our children's unique needs and interests, rather than focusing solely on prestige. If you didn't read the item but remain interested in reading what is perhaps a less traditional perspective on **'best-fit' versus 'prestige first' approaches in the university application and selection process**, you can click on the following link! <https://mp.weixin.qq.com/s/REbwGEZB5lcawksaVbtVNg>

A reminder that the first week of **CCA Session 2 ends today and that there will be no CCAs next week**. Parents will receive notification of their child/ren's CCA activity schedule for Session 3 shortly and I remind you to please ensure that your child/ren know not to stay after school next week, and that they are also familiar with the schedule for the following weeks so that they are prepared and ready each day. Please also be sure to make all necessary adjustments in your own student pick-up and transportation schedules for next week, and then for the new CCA Session 3 activities, starting Monday 9 March.

Finally, I wish you all the very best for the **Lantern Festival (Yuánxiāojié) this coming Tuesday evening**. For those new to China, the Lantern Festival marks the first full moon of the lunar year and the traditional conclusion to the Spring Festival celebrations. Although fireworks have been banned this year, I am sure that you will still get the opportunity to get out and see the lanterns (possibly lighting your own) and eating rice balls!

All the best for a relaxing weekend!

Steve Moody
Director



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INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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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



THE HIDDEN KEY TO ACADEMIC SUCCESS

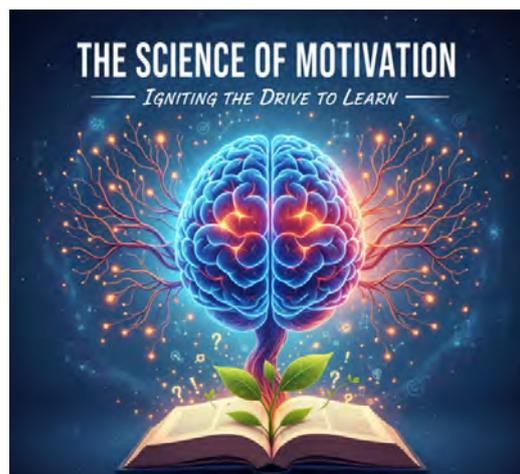
The Hidden Keys to Academic Success

Article 5: The Science of Motivation — Igniting the Drive to Learn

Editor's Note

In this month's installment of *The Hidden Keys to Academic Success*, we explore a force that quietly shapes every academic journey: **motivation**.

Motivation is not simply about working harder, it is about understanding *why* we work, *what* we are working toward, and *who* we are becoming in the process. Recently, our Director, Mr. Steve Moody, shared an important reflection on university choices and the importance of pursuing a “best-fit” path rather than a prestige-first approach. His message speaks directly to the heart of authentic motivation.



The Science of Motivation: Igniting the Drive to Learn

Motivation is the internal energy that drives students to engage, persist, and grow. Neuroscience shows that when we move toward meaningful goals, the brain activates its reward systems, reinforcing effort and building momentum. But the true strength of motivation depends on its source.

Psychologists often distinguish between **extrinsic motivation** and **intrinsic motivation**.

Extrinsic motivation comes from external rewards, grades, rankings, praise, university admissions, or social recognition. These incentives can certainly encourage performance.



However, when students are motivated primarily by status or comparison, their drive can become fragile, easily shaken by setbacks or pressure.

Intrinsic motivation, on the other hand, arises from curiosity, purpose, and personal meaning. It is the quiet but powerful desire to learn because the subject matters to us, to strive because growth itself feels rewarding.

Long-term academic fulfillment is most sustainable when intrinsic motivation is nurtured.

Prestige vs. Purpose: A Motivational Crossroads

In his recent message to our community, Mr. Moody encouraged families to reconsider a prestige-first mindset when choosing universities. He reminded us that while elite institutions admit only a tiny percentage of global students, success flourishes far beyond those narrow pathways.

He emphasized that true educational value lies not in brand names, but in alignment, selecting environments that match a student's strengths, interests, and aspirations. A "best-fit" university fosters confidence, well-being, and long-term growth.

This perspective has profound implications for motivation.

When students pursue goals solely for prestige, external validation becomes the primary fuel. But when they pursue a path aligned with their passions and abilities, motivation becomes deeply personal and resilient. Effort is no longer about proving worth, it becomes about pursuing purpose.



Examples within our own school community illustrate this clearly. High-achieving students with IB scores strong enough for Ivy League or Oxbridge chose instead universities that better matched their ambitions, earning full scholarships, academic freedom, and opportunities tailored to their goals. Their success was not diminished by choosing fit over fame; it was strengthened by it.

Motivation flourishes when students feel ownership of their journey.



Goal-Setting and Sustainable Drive

Understanding motivation also requires clarity in goal-setting. Clear, realistic goals transform aspiration into action. Rather than chasing abstract prestige, students benefit from defining goals that are specific, meaningful, and personally relevant.

A student motivated by genuine interest in medicine, engineering, design, or literature approaches study differently than one motivated solely by rankings. Purpose sharpens focus. It makes discipline feel intentional rather than imposed.

Small, consistent progress reinforces confidence. Each step forward strengthens the internal belief: *I am capable. I am growing.*



Self-Discipline: The Bridge Between Intention and Achievement

Even deeply motivated students encounter moments of doubt or distraction. Self-discipline acts as the bridge between inspiration and accomplishment. It is built through habits, reflection, and consistency.

When students understand their “why,” discipline becomes easier to sustain. A meaningful goal transforms effort from obligation into commitment.

This is why the Director’s message matters not only for university decisions, but for daily learning. When students are encouraged to pursue environments that truly fit them, rather than chasing external status, they develop healthier, more sustainable motivation. They learn to value growth over comparison and purpose over pressure.



Conclusion: Motivation Rooted in Meaning

Motivation is most powerful when it is rooted in identity and purpose. Prestige may inspire short bursts of effort, but alignment fuels lifelong growth.

As we reflect on the Director's words, we are reminded that academic success is not defined by a name on a diploma. It is defined by engagement, resilience, and the courage to choose a path that truly fits.

In nurturing intrinsic motivation, we empower students not merely to achieve, but to thrive.

Coming Next in the Series

■ 6. Digital Wellness for Academic Excellence

Exploring how students can harness technology as a powerful learning tool while maintaining focus, balance, and mental well-being.





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

Voting is now open for the Panda Book Awards! All parents, students, and teachers are invited to vote for their favorite Panda Books (*students in kindergarten to grade 5 will vote during their library classes*). Please scan the QR code to cast your vote for your favorite!

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 the previous school year.

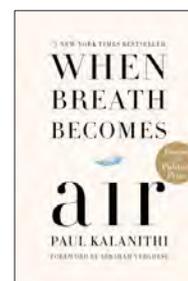
2025-2026 Panda Book Awards
Individual Online Voting



Parent Book Club Mar. 3 in the library

Our next Parent Book Club selection is the memoir *When Breath Becomes Air* by Paul Kalinithi. We will meet in the library to discuss the book on March 3rd 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



Sports Update

Season 3 has started



Middle School sports
Basketball



Tuesday and Thursday practice
3:30- 5:00 pm

High School sports
Football and Badminton
Monday and Friday practice
3:30 - 5:00 pm



Go Blazing Dragons!





BLAZING DRAGONS



Congratulations to all the players who have made the team! Your hard work, dedication, and perseverance have paid off, and this achievement is a testament to your incredible talent and commitment. Each of you has shown remarkable skill and teamwork, and you should be proud of reaching this milestone. As you embark on this exciting journey, remember to support one another and continue pushing your limits. We are excited to see what you will accomplish together, and we wish you all the success in the upcoming season. Well done!

Girls TEAM

- Karin(Goalkeeper)
- Nina (Captain)
- Belize
- Manaka
- Tung He
- Rio
- Zhi Fei
- Heeyu
- Madeline
- Alice
- Ella
- Saga

COACHES: Mr Gabriel
and Mr. Williams



Boys TEAM

- William (Goalkeeper)
- Sigge (Captain)
- Kevin
- Lucas
- Pascal
- Ze Sheng
- Chi Hyeok
- Nathan
- Paul
- Seung Yong
- Noah
- Ian

COACH: Mr. Diegel





Student Highlights

Youyang Zhao



Power, Precision, and Performance on the Water.

From the first pull of the oar to the final sprint across the finish line, Youyang brings determination, strength, and precision to the water.

A dedicated member of the Tianjin Student Rowing Club for five years, Youyang's journey began with a love of swimming at a young age. In 2019, everything changed when she discovered rowing, a sport that quickly became a true passion.

Since then, Youyang has competed at an impressive level in major events including:

- China Cup Rowing City Sprint Finals
- China Masters Rowing Open
- Tianjin Youth Rowing Championships

Versatile and driven, she has raced in single sculls, double sculls, quadruple sculls, and eights, demonstrating both individual focus and powerful teamwork.





Student Highlights



Rowing demands rhythm, balance, and total control, harmony between body, boat, and blade. While endurance has been a personal challenge, Youyang has embraced it head-on, refining every technical detail of her performance. Stroke by stroke, that dedication has led to remarkable success.

The result? Multiple medals and the prestigious ranking of National First-Class Athlete, an outstanding achievement that reflects years of discipline, resilience, and passion. We celebrate not just the medals, but the hard work and character behind them. The water tests strength and determination and Youyang continues to rise to the challenge with every stroke.



Go Dragons!



Week 6 PYP Exhibition

Sort - Identifying Key Messages

WHAT INFORMATION IS MOST IMPORTANT?
WHAT MESSAGES DO WE WANT TO COMMUNICATE?

Consolidating Ideas

Collaborative Discussions

Students participated in a protocol to learn how to guide discussions around the messages they want to communicate regarding their key inquiry findings. They identified the main messages they want their audience to think about, the feelings they would like their audience to feel, and some of the actions they would like their audience to consider.



Writing Process to Reflect

Student used the Writing Process Workshop Strategies to support each other as they revised their weekly reflections.



Games

Teachers have prepared whole-class games for students to share and solidify some of the key findings from their research. A fun way to memorize and orally explain their thinking.



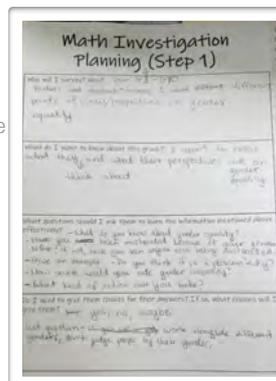
Mentor Meetings

Thank you to all our mentors for supporting our Grade 5 students. Meetings have been another great opportunity for students to solidify their ideas and key findings



Math Investigations

Students have begun exploring how to collect data successfully by designing surveys. They have started investigating what makes a good survey by analyzing different surveys and creating a list of effective features and possible changes that could make surveys better.





Week 6 PYP Exhibition

Sort - Persuasion and Modes of Expression

HOW CAN WE USE MULTIPLE MODES OF EXPRESSION TO PERSUADE?

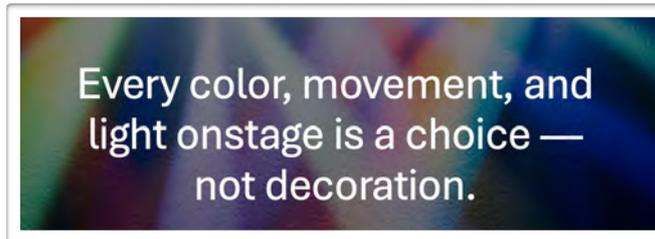
Persuasion and Creating

The Secret Language of Stage

This week, Ms. Bec came in to reinforce some of the learning the students have been developing with their specialist teachers. She planned a great workshop to get students to understand how different techniques and elements are used in theater and drama performances to convey messages and persuade an audience.

Enhancing some of the techniques the grade 5 students have been learning, like storytelling, symbolism, and contrast, as well as bringing new tools like the use of light, costumes, and movement.

A fantastic opportunity for our students as they prepare to begin their CREATIVE process next week!



The FOUR Storytellers

- The actor (dialogue)
- The costume designer (who the character is)
- The lighting designer (how we feel about them)
- The choreographer (how they move and change)



Information Literacy

The students continued entering their sources into NoodleTools, working increasingly independently to locate the correct citation details for each source. They reviewed publication information carefully, demonstrating growing confidence in managing their research documentation. This stage of the inquiry requires patience and persistence, reinforcing the habits of careful documentation and academic honesty that are essential to being principled, responsible researchers during PYPx and beyond.





Student Reflections PYP Exhibition

SNAPSHOT: WEEK 6

There are many actions you can take to not support puppy mills. Some ways you can help are by donating, adopting, and not shopping. If you see puppy mills mistreating pets, contact the AFCD (this information source is from Best Friends Animal Society). Therefore, helping will change the world, stop cruelty, and make people realise what they are doing wrong. For example, I learned that one action people can take is to donate, which helps by giving the pets a better life. As you can see, helping helps, don't choose ease over profit.

My Sentence
 There are many effects of Blue Tree Monitors getting endangered.
 From my research, I can tell you that it is definitely true. Blue Tree Monitors are extinct in their native forest's food chain, which will break and cause other animals to become extinct. If Blue Tree Monitors become extinct, their predators, such as large birds, will have no food and will die of starvation.
 According to my research, Blue Tree Monitors play a crucial role in maintaining the trophic balance in their native forest ecosystem.
 As you can see, therefore effects of Blue Tree Monitor getting extinct are devastating. You might think this will not connect to you, but eventually it will impact us.

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My Sentence
 I never knew that clean energy has many effects.
 According to my research, clean energy effect makes nature will have pollute, make disaster ready, and be better in our life.
 For example, we use traditional energy make nature pollute and excavate traditional energy make more disaster.
 Allowing countries to diversify their economy, driving inclusive economic growth, new jobs, and poverty alleviation.

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Week 6
 Do you know some ways to stop procrastination? Well, there are a lot of actions that you can do. Procrastination can be solved by easy hacks like cleaning your working place and much more. Clean your working place because usually most this direction factors are from working places. You spend a lot of time there so it should be max comfortable some examples from MEL are: dividing a bigger tasks into smaller parts. Or wasting 18 minutes for planning your day and lastly doing harder tasks in the morning. You can therefore see easy ways to fight procrastination.

Week 6 Reflection
 There are many devastating effects of Blue Tree Monitors becoming endangered.
 From my research, this is definitely true. Blue Tree Monitors are extinct in their native forest's food chain, which will break and cause other animals to become extinct. If Blue Tree Monitors become extinct, their predators, such as large birds, will have no food and will die of starvation.
 According to my research, Blue Tree Monitors play a crucial role in maintaining the trophic balance in their native forest ecosystem.
 As you can see, therefore effects of Blue Tree Monitor getting extinct are devastating. You might think this will not connect to you, but eventually it will impact us.

My Week 6 Reflection of PYP X
 Did you know that Ancient Egypt think music is a gift from god? From my research, I can tell you that this is true, also people at the most hardest time using dry bone from a bird, carved in small holes into it so they can make music, and this is the first flute. (from YouTube) For example, people using music to celebrate a successful hunt and can also help our ancestors keep away fear and the darkness, using the first drum they made. Music can also let people feel not being left out, joy, pain, and love. As you can see, music are very innocent for our ancestors when they are in a hard time.



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SMALL Steps Today



PYP Exhibition

Wednesday 18 March 2026

All **Parents** are invited

10:10 - 12:10 am - Han Building



BIG Changes Tomorrow



MS MUN DIMUN Trip

Diplomacy is like jazz: endless variations on a theme. The late Richard Holbrooke said these words as the career ambassador reflected on years of navigating pressing issues of the world. Our Model United Nations students continued on this theme at DIMUN in Beijing, weaving together beautiful notes, resolutions, and speeches in order to find progress and common ground on very contentious issues.



IST was honored to have Seok Young Jung (G11), Na Ye Kim (G11), and Chrystal Ra (G11) all serve chairs on various committees. Under their guidance, our students were well prepared to confidently stand in a crowded room and deliver poignant observations and questions during their deliberations. So good was our senior leader guidance and preparation that it led to several awards at the conference's end. Let's celebrate the individual achievements of the following students:

- Chae Won Woo (G8) - General Assembly 1 - Most Improved Delegate
- Rory Zheng (G8) - Security Council - Most Improved Delegate
- Franz Ferdinand (G7) - Human Rights Council - Most Improved Delegate
- Gavin Na (G7) - World Health Assembly - Most Outstanding Delegate
- Hanano Kato (G9) - General Assembly 3 - Most Outstanding Delegate

The teachers chaperoning got insights into what these delegates were doing when they served as an approving panel for both content and format of their resolutions. There were interesting things like how to monitor and mitigate the proliferation of fentanyl across borders, avoid destruction of civilian infrastructure during conflict, and the stationing of peacekeeping forces in Sudan. Our delegates were engaged with crafting these resolutions through negotiation and parliamentary proceedings. Not only was knowledge required over the topics necessary, but they were able to acquire interpersonal relationships to find the votes needed to carry their



resolutions. Many believe that resolutions and treaties are the essence of progress; however, it is the deliberation taken that truly embody this essence.





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**ISCOT
CHORAL
FESTIVAL**
— 2026 —
AT THE INTERNATIONAL SCHOOL OF TIANJIN

WEDNESDAY, MARCH 4, 2026 | 10AM - 2PM

FEATURING CHOIRS FROM:
International School of Tianjin
TEDA International School
Wellington College Tianjin
Tianjin Juilliard MDP Choir



WEEKLY CCA
SPOTLIGHT
ANNOUNCEMENT

Session 3 CCA
will start on
9th March.
Placement will go to
families next
Monday.

Help needed?

Contact us
activity@istianjin.org.cn

Note

**No CCAs on 2-6
March**



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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



Food theme: Filipino cooking class

Menu:

1. Crispy Kare-kare (crispy pork belly and vegetables with peanut sauce with shrimp paste)
2. Chicken adobo (chicken in a mixture of soy sauce, vinegar, garlic, bay leaves and black peppercorns)
3. Pork Sinigang (pork and vegetables sour soup)
4. Dessert: Ginataang Bilo-Bilo (rice balls/sweet coconut milk)



When: Tuesday March 10th 09:00am-2pm

Where: IST y Kitchen

Host: Ayleen

Cost: 100 RMB per person





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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-G1) 2-6 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Omelette 煎蛋卷 Scallion Pancake 葱油饼 Vegetable Sticks 蔬菜条 <i>Allergy: egg</i>	Baked Fusilli w/Meat Sauce 螺旋面配牛肉酱 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Pork Rolls 肉龙 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Fried Chicken, Curry Omelette Rice 日式炸鸡咖喱蛋包饭 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: egg</i>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <i>Allergy: fish, 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) 712	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 112	Fat 脂肪 (g) 22

Weekly Menu (N-G1) 9-13 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <i>Allergy: cheese, seaweed, sesame</i>	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: milk, wheat</i>	Chicken Burger 鸡肉汉堡 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Pork and Chinese Cabbage Dumplings 猪肉白菜水饺 Vegetable Sticks 蔬菜条 <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) 715	Protein 蛋白质 (g) 35	Carbohydrate 碳水 (g) 118	Fat 脂肪 (g) 23

Weekly Menu (G2-G12) 2-6 Mar

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
Vegetable Lasagna 蔬菜芝士千层面 Stir fry Vegetables 炒蔬菜 <i>Allergy: cheese, wheat</i>	Grilled Chicken with Onion Sauce 煎鸡排洋葱汁 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: soy sauce</i>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <i>Allergy: beef, cheese</i>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <i>Allergy: fish, wheat</i>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <i>Allergy: cream, milk</i>
Vegetables Curry Omelette Rice 咖喱蔬菜蛋包饭 Stir Fried Vegetables 清炒时蔬 <i>Allergy: egg (served on the side)</i>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <i>Allergy: mushroom</i>	Teriyaki pork 日式照烧猪肉盖饭 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce</i>	Kung Pao Chicken 宫保鸡丁 Steamed Vegetables with Garlic 蒜蓉蒸时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce, peanut</i>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: egg, seaweed</i>
Chongqing Spicy Noodles 重庆小面 Fried Egg 煎鸡蛋 <i>Allergy: sesame, wheat, egg (served on the side)</i>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Noodles with pork in Soybean paste 老北京炸酱面 Mixed Vegetables 拌蔬菜 <i>Allergy: soybean, wheat</i>	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables with Sambal 桑巴蔬菜 <i>Allergy: shrimp</i>	Noodles and Vegetables in Chicken Broth 川香鸡面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Noodles with Soybean Paste 炸酱面	Stir Fried Rice Noodles with Vegetables 素炒米粉	Vegetable Kimbab 蔬菜饭卷
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
Rice balls 糯米糍	Cookies 饼干	Strawberry Mousse 草莓慕斯	Banana Bread 香蕉包	Chocolate Cookies 巧克力饼干
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 788	Protein 蛋白质 (g) 32	Carbohydrate 碳水 (g) 112	Fat 脂肪 (g) 25



DIARY DATES

Saturday - February 28, 2026
Scholarship Exams

Wednesday - March 4, 2026
Scholarship Interviews

Wednesday - March 18, 2026
PYP Exhibition

Wednesday~Thursday - March 25~26, 2026
Parent-Teacher Conferences (Afternoon)

Thursday - March 26, 2026
DP Arts Exhibition

SPORTS DATES

2 March –
HSFB Practice 9

3 March –
MSBB Practice 3

5 March –
MSBB Practice 4

6 March –
HSFB TEDA @ IST
ISCOT ES Badminton (G3-5) @ TEDA (12:00-
15:30)

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 3 Sport Schedule

- ☺ Starts Monday, 9 March and ends Friday, 22 March
- ☺ 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.