



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

I hope that all members of our community enjoyed the **Lantern Festival** (*Yuánxiāojié*) this past Tuesday, possibly lighting some lanterns and enjoying some rice balls (*yuánxiāo*).

Our school was delighted to be able to host the ISCOT Choral Festival this Wednesday with Elementary students from IST, Wellington, TEDA and Juilliard (special guests to ISCOT) spending the day practicing and presenting a selection of choral items, including songs from their own schools and shared efforts. I had the opportunity to welcome the visitors and to hear some of the practices, but unfortunately a government meeting dictated that I miss the concert. That said, the practices I saw highlighted the hard work these students and their teachers have put into their singing performances. I did also hear that the culminating concert was delightful too! Congratulations to all of the students, and thank you to them all for bringing the joy of singing into our community.

In welcoming the students, I did highlight for them the central role that singing serves as a timeless universal medium that transcends language barriers (eliminating accents in the process!), effectively conveying stories, emotions, and cultural heritage through melodic expression. Singing fosters community building by bringing people together in shared experiences, reinforcing social bonds, and facilitating the transfer of knowledge across generations. And it makes us all feel good!

Not wanting to spoil the day with my own weak singing voice, I did nevertheless share a verse from a song that I used to teach my own classes, many, many lantern festivals ago! I think you'll agree with the message!

"Listen! Can you hear the sound, of singing, all the world around. High on a mountain, or on a busy city street, everywhere around the world, singing always sounds so sweet. Black or white. Red or Tan. It's the song of the family of man, singing away."

Over the past couple of weeks, I have been singing along (some might say barking!) about the difference between "best-fit" and "Prestige-driven" perspectives on university choices. So, while on the topic of universities, I am pleased to inform members of our Korean community that over the next two weeks we will be hosting visits and presentations by two well-respected universities. **This coming Wednesday we will be visited by admissions officers from Chung-Ang University (CAU)**, generally considered a top-tier private university in South Korea, known for strong programs in social sciences, education, and pharmaceuticals. **Then on Wednesday 18 March, we will be visited by representatives from Sogang University**, recognized for its strong liberal arts, business, and social sciences programmes.

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Also taking place this coming Wednesday is the **Secondary Wellness Day** with regular classes suspended after morning recess to allow students to participate in activities organized by our counselling team and a selection of committed Grade 11 students. A brief secondary assembly hosted by Tiana and Eric will run from 10:05 - 10:20 AM, following which all students will join the activities until lunchtime. Spotlight Activities for the day include

- Learning BaDuanJin (QiGong)
- Fun Cooking with PFO;
- Let's Dance;
- Oobleck Making;
- Cultural Canvas;
- Capture the flag;
- Service Circus;
- Wellbeing Scavenger Hunt

Finally, a reminder that **CCA Session 3 starts on Monday**. Please ensure that your children know what activities they are registered for, on what days, and what your family plans are regarding travel home after school. And, if they need to bring anything special, that they come prepared! If by chance you are uncertain about your children's CCA registration, please email Ms. Guo Ying in our activities office: Ying_Guo@istianjin.org.cn

All the best for a relaxing weekend!

Steve Moody
Director





INTERNATIONAL SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



IST HEALTH AND WELLBEING

DEAM

DROP EVERYTHING AND MOVE

MARCH

RESET



30-DAY CHALLENGE
© darebee.com

1 30 seconds jumping jacks 3 sets 30sec rest	2 40 seconds wall-sit in total	3 30 seconds jumping jacks 3 sets 30sec rest	4 50 seconds wall-sit in total	5 30 seconds jumping jacks 3 sets 30sec rest
6 60 seconds wall-sit in total	7 30 seconds jumping jacks 3 sets 30sec rest	8 1min 10sec wall-sit in total	9 30 seconds jumping jacks 3 sets 30sec rest	10 1min 20sec wall-sit in total
11 30 seconds jumping jacks 3 sets 30sec rest	12 1min 30sec wall-sit in total	13 30 seconds jumping jacks 3 sets 30sec rest	14 1min 40sec wall-sit in total	15 30 seconds jumping jacks 3 sets 30sec rest
16 1min 50sec wall-sit in total	17 30 seconds jumping jacks 3 sets 30sec rest	18 2 minutes wall-sit in total	19 30 seconds jumping jacks 3 sets 30sec rest	20 2min 10sec wall-sit in total
21 30 seconds jumping jacks 3 sets 30sec rest	22 2min 20sec wall-sit in total	23 30 seconds jumping jacks 3 sets 30sec rest	24 2min 30sec wall-sit in total	25 30 seconds jumping jacks 3 sets 30sec rest
26 2min 40sec wall-sit in total	27 30 seconds jumping jacks 3 sets 30sec rest	28 2min 50sec wall-sit in total	29 30 seconds jumping jacks 3 sets 30sec rest	30 3 minutes wall-sit in total



Our world is filled with uncertainty. In response to this lack of clarity, we subconsciously construct our own realities. We take the driver's seat and assert agency over our mindsets.

Being positive or negative isn't merely a personality trait; it's a way of thinking that shapes our mindset. Our brain, much like a muscle, can continually learn new techniques. Training our brains to adopt a more positive outlook brings numerous benefits—not only for those around us but also for ourselves.

We can teach our children the power of positive self-affirmation by helping them identify their strengths, which enables the brain to focus more on the positive aspects of life. Daily positive affirmations can be a powerful tool to rewire their self-perceptions.

IST Counseling



TEACH KIDS THESE POSITIVE AFFIRMATIONS

Challenges help me to
learn and grow!

I only compare myself
to myself!

I believe in myself!

It's ok to ask others for
help when I need it!

Mistakes are invitations to
learn something new!





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.

Mystery March

Calling all detectives! We are celebrating the mystery genre this month with **Mystery March**. From books with ciphers and puzzles to classic detective novels, we have something for everyone. Come check out our collection of mysteries for all ages!



Parent Book Club: Apr. 21 in the library

Our next Parent Book Club selection is the novel *The Vegetarian* by Han Kang. We will meet in the library to discuss the book on April 21st at 8:30 am. The library has copies of the book in English, Chinese, and Korean. A digital copy in English is also available upon request.

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



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



BLAZING DRAGONS



Sports Update

Important dates

Badminton

Friday 6 March ISCOT Elementary @ TEDA
Saturday 14 March HS ISAC @ ISB
Saturday 28 March HS ISCOT @ IST

ACAMIS

Wednesday 15 - Saturday 18 April @ Key



Basketball

Thursday 12 March MS IST vs TIS @ IST
Saturday 21 March MS Boys @ DSP Girls @IST
Tuesday 31 March MS IST vs TEDA @ TEDA
Tuesday 14 April MS Girls IST vs Wellington @ WEL
Tuesday 14 April MS Boys IST vs Wellington @ IST
Saturday 18 April MS ISAC Girls@DSP Boys@CISB
Saturday 9 May MS ISCOT Girls@TIS Boys@TEDA



Football

Friday 6 March HS IST vs TEDA @ IST
Friday 13 March HS IST vs TIS @ TIS

ACAMIS HS

Wednesday 18 - 21 March @ Macau
Saturday 18 April HS ISAC Girls@KEY Boys@DCB
Friday 27 March HS IST vs WEL @ WEL
Friday 24 April EL ISCOT (G1-G5) @ WEL
Saturday 25 April HS Girls @ IST Boys @ TIS



Go Blazing Dragons!





BLAZING DRAGONS



Sports Update

MIDDLE SCHOOL BASKETBALL BOYS

Blazing Dragons	Rising Dragons	Emerging Dragons
(Random order)	(Random order)	(Random order)

Eric Y.
Chikasato
Felix
Bennoi
Yang Yang
Rory
Homer
Roman
Hyun Woo
Albert S.
Albert Y.
Sikai
Jordan
Gavin
Sotaro
Jun Sang

Danny
Mason
Niko L.
Noah
Yassine
Hao
Jensen
Nicolas K.
Jonas K.
Alessio
Oscar
Duo Duo

Vinson
Eric J
Philipp
Jason
Jayden
Eric L
Samuel
Youlin
Jui
Nathan



Coach: Mr. Haines

Coach: Mr. Silvis





BLAZING DRAGONS



Sports Update

MIDDLE SCHOOL BASKETBALL Girls

Blazing Dragons

(random order)

Chloe

Ji Min

Rachel

Ha Yeon (Ruby)

Katie

Grace

Lily (Ha Eun)

Chloe

Ayane

Mariia

Fiona

Chae Won

Claire

Angela

Coach: Ms. Marianna



Go Blazing Dragons!



INTERNATIONAL
SCHOOLS
CONFERENCE
OF TIANJIN



Association of China and Mongolia International Schools



International Schools Athletic Conference





Week 7 PYP Exhibition

Create - Using our Creativity and Imagination

WHAT IS THE BEST WAY TO PERSUADE MY AUDIENCE?
HOW WILL MY SPACE LOOK LIKE?

Planning to Create

Remembering our Key Findings

Teachers prepared a session after our Chinese New Year holiday week to help students remember what their inquiries were about and the key findings from their research.

Finishing our Feel, Think, Do Thinksheets

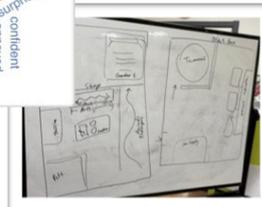
Students have had multiple opportunities to retell their key messages and the feelings they want to evoke in their audience. Connecting this to the most meaningful persuasive techniques and modes of expression as they prepare to design and create next week.

Exploring and Designing our Exhibition Space

Students had the opportunity to visit the Theater and the Black box to explore the space and envision how to use the space in order to showcase what they are thinking of creating. A start to a collaborative task as we want to design the space as a class making sure everyone has the most valuable space for what they want to achieve.

Finalizing and Sending Surveys

Students have been creating their surveys after careful planning and consideration. How can the IST community help you understand your inquiry more? What useful information can the IST community have regarding your inquiry? What age groups would be the most useful to answer your questions? These are some of the questions we have used to guide students in creating their surveys.



AI survey for PYPX

Hi! Our names are Peter and Lachlan from Grade 5L. Our inquiry is about AI in education. We are sending this survey to collect data for our PYPX. This survey is private so that nobody else can see your answers, so please answer the question honestly. Thank you for your time!

Hi, Name: When you submit this form, the owner will see your name and email address.

* Required

1. Are you a []

Elementary homeroom teacher

Secondary homeroom teacher

TA

Specialist teacher

Principal

Other

3. Do you think using games in your lesson is a good choice? * []

Enter your answer

3. Have you ever struggled to talk to someone because they speak a different language than you? 你是否曾經因為對方說的語言與你不同而難以溝通? 다른 언어를 사용하는 사람과 대화하는 데 어려움을 겪어본 적이 있었나요? *

Yes

No

Car safety

Hi! My name is William Du. I am from 5L. I would like you to answer this survey because it will help me gather statistics and data for my PYPX. Thank you!

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

1. Have you ever been involved in a car accident? * []

Yes

No

3. Do you know what pangoline are? 你知道什麼穿山甲嗎? 당신은 pangolin 이 무엇인지 알고있나요? []

Yes

No

Maybe



Week 7 PYP Exhibition

Create - Persuasion and Modes of Expression

HOW CAN WE USE MULTIPLE MODES OF EXPRESSION TO PERSUADE?

Persuasion and Creating

STEM

Students are now adding a final, high-tech layer to their persuasive Merge Cubes. By embedding interactive elements with code and programming responses using Artificial Intelligence, they are transforming their digital crafts into dynamic digital arguments and informational resources that users can explore and interact with through augmented reality.



Music

Students are wrapping up their reflections and providing feedback to their classmates about their jingles. It's wonderful to see them collaborating and supporting each other in such a positive manner. This teamwork creates a friendly atmosphere where each student feels valued and encouraged to express their creativity!



Visual Arts

Students are working individually or in groups to create persuasive artworks using Canva. They are developing their ideas around chosen issues and applying techniques such as contrast, symbolism, exaggeration, and shock value to communicate their message and influence their audience.



PSPE

Students began a new unit on racket games with pickleball. They also explored how athletes can influence society by raising awareness about important issues such as mental health, stress, and identity. Using a discussion poster, students reflected on how sport can be a powerful tool for positive change.



Information Literacy

Students received individualized feedback on their citations and worked thoughtfully to revise and edit their entries in NoodleTools. They checked for completeness and accuracy, making careful adjustments to ensure each source was correctly documented. This stage of reflection and refinement helps students strengthen their attention to detail and take ownership of the quality of their work, reinforcing the habits of principled, responsible researchers during PYPx and beyond.





Student Reflections PYP Exhibition

SNAPSHOT: WEEK 7

WEEK 7

This week, I learned how we can help shelter dogs from my mentor.

We can help shelter dogs, for example, by donating food, water, toys, cushions, blankets, and money to the shelter.

For example lots of dogs in the shelter, so they need lots of money to buy materials

So we can donate some useful materials or money.

I think it connect with SDGs1



There are many horrifying effects of puppy mills on dogs, and urgent care must be taken. This means that many dogs have been affected by human cruelty, and as a result, many dogs have been dying because of people's terrifying actions. According to my notes from the Best Friends Animal Society, animals are getting devastating illnesses. As you can see, if you ever encounter abandoned animals, take them to the vet; otherwise, their death will be in your hands.

Week 7 SEEC paragraph

There are many effects of gender inequality in education, let me outline them for you.

Some effects of gender inequality in education are early marriage, low literacy skill economies, negtive effect societies.

For example, girls will not go to school and stay at home, and take care sibling and cook.

As you can see, there are many effects of gender inequality.



Week 7

Did you know some causes of procrastination? Well, there are a lot of causes; people procrastinate because it's a way of our brain trying to avoid hard work. When we are faced with a task we dislike or fear, your brain releases hormones like adrenaline, which shuts down the "normal thinking brain" that controls your feelings and choices ("Why you procrastinate even when it feels bad."). Then, your brain chooses to avoid the task. That's when you start procrastinating. Sources, such as Julie Marks, say that there are more causes. Some examples are: a lack of interest in the task, feeling overwhelmed, and not having enough time to complete a task. Even small distractions can harm your focus. Moving forward, I'm excited to start creating and planning my week.

PYPX SEEC PARAGRAPH WEEK 7

DO YOU KNOW THAT THERE ARE LOTS OF ACTION WE CAN TAKE AGAINST PUPPY MILLS? FROM MY RESEARCH THE MAIN ACTION WE CAN TAKE IS ADOPT PETS FROM RELIABLE PET STORES. (BEST FRIENDS) FOR EXAMPLE, TRY CONVINCE PET STORES TO OFFER HOMELESS PETS FOR ADOPTION RATHER THAN MILL-BRED PETS. (BEST FRIENDS) ANOTHER EXAMPLE IS WHEN YOU ADOPT, YOU'RE NOT ONLY REFUSING TO SUPPORT PUPPY MILLS BUT ALSO SAVING LIVES OF ANIMALS. (BEST FRIENDS) MOVING FORWARD, I AM REALLY EXCITED TO CONVINCE PEOPLE TO TAKE ACTION.

Week 7 SEEC Paragraph

There are many effect of quality education. This means that if people don't have access to quality education, they won't have futures. According to my note, from (The ABCs of Education) it says that developing countries don't have scholarship and less funding. As you can see that we must make better educations.

Week Seven

My research shows there are many actions to use clean energy.

There are actions we can take in daily life, also there are ways for all the countries to improve. I found this in "globalgoals.org" and "newsela." these actions are important it can make clean energy with no problem. For example, use solar technology, we can use it on vehicles and power bank. Make renewable energy technolgy a global public good, it can make clean energy more widely used. As you can see it is important to take the actions to use clean energy.

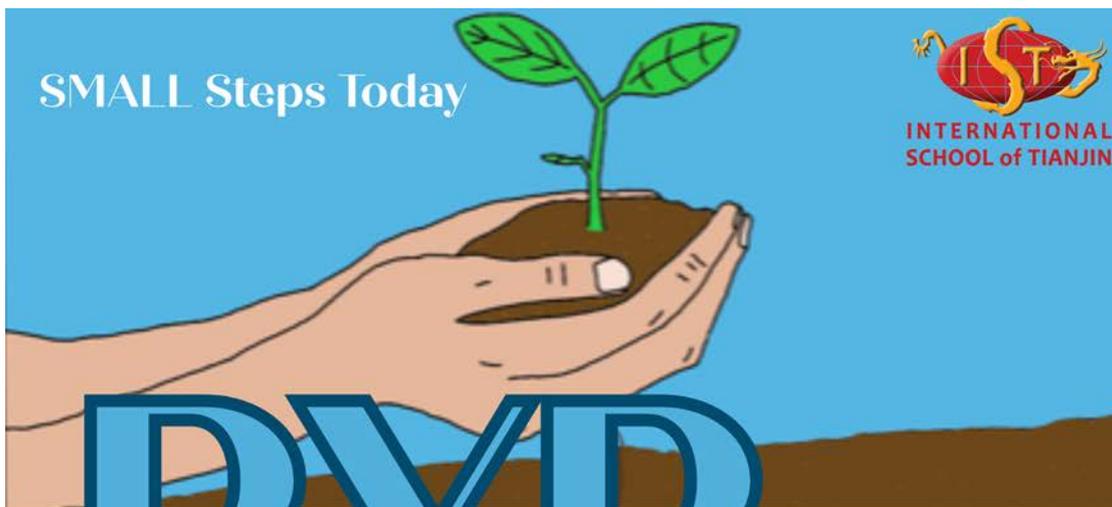


INTERNATIONAL
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SMALL Steps Today



PYP Exhibition

Wednesday 18 March 2026

All **Parents** are invited

10:10 - 12:10 am - Han Building



BIG Changes Tomorrow



THE BLAZE

Working Learning Acting TOGETHER



**We are excited to share that
our production for next year
will be “Fairy Tale High”
directed by Ms Valeria
Rocha!**

**Stay tuned for audition
dates and further details,
which will be announced
shortly. Looking forward to
seeing you at auditions!**



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IB DP ART EXHIBITION

Molly Li

Louisa Gueorguieva

Nina Dobrovodska

Patrick Ji

Edison Park

Ye Seo Choi

Minhee Park

3:30 - 7:00

1ST THEATER

MARCH 26TH 2026



WEEKLY CCA
SPOTLIGHT
ANNOUNCEMENT



ISCOT G3-5
Badminton
Tournament @
TEDA on
6th March Friday

Session 3 CCA
will start on
9th March Monday

Help needed?
Contact us
activity@istianjin.org.cn



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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



PFO COOKING CLUB

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





INTERNATIONAL
SCHOOL of TIANJIN

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1ST Outlet Tour



19th of March, 9:00am - 14:00pm

🌟 Outlet Florence Town, Wuqing 🌟





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) 9-13 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
Penne with Pesto/Cream/Tomato Sauce 意大利面 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 香草烤鸡蛋 <i>Allergy: cheese, egg (served on the side)</i>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: beef, milk, wheat</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Cordon Bleu 蓝带鸡排 Stir fry Vegetable 炒蔬菜 Sweet Potatoes Sticks 红薯条 <i>Allergy: breadcrumb, cheese</i>
Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <i>Allergy: egg (served on the side)</i>	Fried Chicken, Curry Omelette Rice 炸鸡咖喱蛋包饭 Stir Fried Vegetables 清炒时蔬 <i>Allergy: egg</i>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 <i>Allergy: soy sauce</i>	Stir Fried Beef and Mushroom with Black Pepper Sauce 黑椒杏鲍菇炒牛肉 Yuxiang Eggplants 鱼香茄子 Stir fry Vegetables 炒时蔬 <i>Allergy: mushroom</i>	Taiwanese Braised Pork Rice 台式卤肉饭 Stir fry Vegetables 炒时蔬 <i>Allergy: soy sauce</i>
Noodles with Tomato and Egg Sauce 番茄鸡蛋面 Stir Fried Potato with Green Pepper 青椒土豆丝 <i>Allergy: wheat, egg</i>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <i>Allergy: egg, sesame, wheat</i>	Stir Fried Pork in Pita Bread 京酱肉丝/辣椒炒肉配荷叶饼 Mixed Vegetables 混合蔬菜/拌西藕 <i>Allergy: wheat</i>	Spicy Hot Pot 麻辣拌 Noodle 面条 <i>Allergy: wheat</i>
Laver and Egg Soup 紫菜鸡蛋汤	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Yuxiang Eggplants 鱼香茄子	Spicy Vegetables 麻辣蔬菜
Rice balls 糯米糍	Pumpkin Soup 南瓜汤	Red Bean Soup 红豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Mango Mousse 芒果慕斯
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 32	Carbohydrate 碳水 (g) 116	Fat 脂肪 (g) 23



DIARY DATES

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

7 March –
ISAC HS Badminton- Boys @ ISB; Girls @ WAB

9 March –
ACAMIS Golf @ Sanya
HSFB Practice 10

10 March –
MSBB Practice 5
ACAMIS Golf @ Sanya

11 March –
ACAMIS Golf @ Sanya

12 March –
ACAMIS Golf @ Sanya
MSBB TIS @ IST

13 March –
HSFB IST @ TIS

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.