



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

It was terrific to see a strong turnout of parents and students on Wednesday (from IST and other schools) to attend a **visit by admissions officers from Chung-Ang University (CAU)**, generally considered a top-tier private university in South Korea. Although I only speak Korean in my 'Blaze-in-Brief' WeChat announcements (!) I understand that the officers spoke very enthusiastically about the reputation of the IB in Korea and how very well it prepares students for university. **This coming Wednesday (18 March), we will also be visited by representatives from Sogang University!**

Also taking place on Wednesday was the **Secondary Wellness Day** where students participated in a range of wellness activities organized by our counselling team and a group of committed Grade 11 students. On behalf of our students, I would like to extend heartfelt thanks to the parents who came into school to help with the student cooking activity ... I'm not sure how healthy pancakes are, but everyone was feeling pretty darned well and happy after eating them!

As parents in our school, you will be aware that community service and sustainability are central tenets in our school philosophy and in the IB and international school world's definitions of international-mindedness. **I am delighted, therefore, to give you advance notice of a service and sustainability initiative led by three of our Grade 11 students who are determined to ensure that our new gymnasium is powered by solar energy.** On Monday the students will email all families in an effort to remind you of the importance of committing to renewable energy sources and to encourage you to consider donating a solar panel to our school in support of their worthy cause. To show our support, Ms. Reston and I have purchased the first panel, and the IST Board will soon follow suit. I do hope that you will consider joining us, but if the per panel cost of RMB 2,400 is a little too expensive for you, you might consider joining together with another family or two to reduce the per family cost. A wall of recognition will share the names of all donors. Thank you in advance for your support and please do be sure to look out for the announcement on Monday (along with reminders in subsequent editions of Blaze!)

Another really exciting announcement that will soon be shared in detail with our community involves the replacement of the current Grade 9–10 MYP Design course with a **new 'Innovation and Entrepreneurship' pathway comprising two subjects — Entrepreneurship (EntreX) and Sustainable Design (DesignX).** Offered at two distinct levels, the new model reimagines MYP learning pathways around inquiry-to-innovation progressions, cultivating entrepreneurial mindsets, and establishing signature partnerships with a world-class university collaborator (Grade 10 students have the option of earning university credit with the University of Delaware!)

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The new pathway is designed to maximize student agency and choice, provide meaningful developmental scaffolding from Grade 9 into Grade 10, and create powerful bridges towards future studies.

We look forward to sharing more details in the coming weeks, but in the meantime, here are **the foundations of the two new course options**, both of which will be studied in Grade 9, and one of which will continue to be pursued in Grade 10 (with optional college credit, if students and parents would like their work moderated by the university):

DesignX – Sustainable Design

- Design thinking & systems analysis
- Sustainability & circular economy
- Human-centered design
- Interdisciplinary reasoning
- Creative problem-solving

EntreX - Entrepreneurship

- Business model canvas
- Customer discovery & validation
- Value proposition design
- Lean startup methodology
- Entrepreneurial mindset development

Two final reminders for next week: 1) the **PYP Exhibition** is scheduled for next Wednesday morning, so please try to pop into school to celebrate this important culminating project presentation by our Grade 5 students; and, 2) High school athletes head off to Macao on Wednesday for the **ACAMIS Soccer Tournament – GO BLAZE!**

All the best for a relaxing weekend!

Steve Moody
Director





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



We all love seeing our children being polite, helpful, and easy to get along with. It's a joy when they happily let us tie their shoes, put on sunscreen, or finish their vegetables without a fuss! But child psychologist Becky Kennedy gently reminds us of something important: when kids learn to say "yes" mainly to keep adults happy, they can grow up feeling anxious, tired, and unsure of their own worth.

The good news? We can help our children develop real confidence and kindness at the same time—without turning them into people who always put others first at the cost of themselves.

When children grow up knowing it's okay to care about others and care about themselves, they become kind, strong, and confident young people—the kind of adults the world really needs.

IST Counseling



RAISING KIDS TO BE MORE THAN PEOPLE PLEASERS

"Our worth isn't

based on how much
we do for others."

"Be who you are.

You don't have to
prove your worth
to anyone."

"True friends will

appreciate you for who
you are, not for what
you do for them."



"It's natural to

want to be liked, but
you can't control what
others think of you."

"You don't have

to agree with everyone.
Your thoughts, opinions
and voice matter."

"You don't have

to feel guilty about
saying 'no.' It's part
of self-care."



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 Winners announced

We are excited to announce the **2025–2026 Panda Book Awards winners**. The Panda Book Awards is a reading initiative that invites students and teachers from participating international schools in China and around the world to vote for their favorite books published in the previous school year.

Each year, students read from a shortlist of titles and votes for the books they enjoyed the most. Congratulations to all of the authors and illustrators whose books inspired so many of our readers. Thank you as well to the students who participated by reading, discussing, and voting for their favorites!



New Korean Books

We would like to extend a heartfelt thank you to the **Korean class moms and Korean PFO members** for their generous donation of Korean-language books to the library. Special thanks to **Kim Jiyun, Han Jeong Lim, Seyoung Kim, Lee Sunjin, Alice Jin, Jiyoung Lee, and Ha Sun Yoon** for their support and generosity.

Working together, the group organized funds and purchased a wonderful collection of new titles for both elementary and secondary students. The book list was developed in collaboration with the library, and the result is a diverse selection of engaging stories, comics, and informational books for our students to enjoy. The new books are now ready to borrow, so please stop by the library to see the new additions to our collection!



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

Badminton

Friday 6 March ISCOT Elementary @ TEDA

Our Grade 3-5 boys and girls had a fantastic time participating in a well-organized badminton experience at TEDA. Students competed in both singles and doubles matches, with everyone playing at least five games throughout the event. The competition against TEDA was spirited and fun, giving our young athletes the chance to challenge themselves, show great sportsmanship, and support one another. There were plenty of smiles, and even a few tears, as some matches were won and others were lost, but every game brought valuable lessons, resilience, and growth.

[Link to some photos of the experience.](#)





BLAZING DRAGONS



Sports Update

Important dates



Badminton

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 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!



INTERNATIONAL
SCHOOLS
CONFERENCE
OF TIANJIN



Association of China and Mongolia International Schools



International Schools Athletic Conference





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BLAZING DRAGONS



Thursday 12 March MS IST vs TIS @ IST

Our Dragons hit the court for their first matches this season. With such a large group, we fielded two teams against TIS, who also brought two squads.

Under Coach Haines, the Rising Dragons earned a clear 23-4 victory, with every selected player contributing and getting minutes. Coach Silvis led the Blazing Dragons to a dominant 27-3 win, and all players saw the floor.

Both teams showed great teamwork and energy. Next steps: sharpen our shooting accuracy and raise overall fitness so we can apply pressure for the entire game. Great start, Dragons!





Week 8 PYP Exhibition

Create and Share - Communicate my Message

ARE OUR WORDS AND CREATIONS EXPRESSING THE MESSAGES WE WANT TO COMMUNICATE?

Creating and Sharing

Planning Oral Presentations

Students began planning their oral presentations using a graphic organizer. Prompt questions helped them sequence and organize their ideas as they reflected on their inquiry process, themselves as learners, their findings, and the key messages they want their audience to understand.

My Oral Presentation Steps

My Central Idea: _____

My Lines of Inquiry:

- _____
- _____
- _____

Step 1: My Introduction (How to Start)

Say hello:
"Hello everyone. My name is _____."

Tell them your topic:
"Today I will talk about _____."

Ask a question to get attention (choose one or write your own):

- "Have you ever wondered about _____?"
- "Did you know that _____?"
- "How many of you have seen _____?"

My question: _____

Tell them why it matters:
"This is important because _____"

Tell them what you will talk about:
"First, I will talk about _____ Then, I will share _____ Finally, I will tell you _____"



Finalizing SEEC Reflections

Students continued developing their SEEC reflections and worked on formatting them. They were making sure their reflections clearly communicated their inquiry while thoughtfully using images, fonts, layout, and backgrounds to strengthen their ideas.

These reflections capture the most important thoughts, feelings, findings, and experiences students had each week, showing the process each student has gone through. They also highlight students' growth as communicators, particularly as writers, as their SEEC paragraphs become more precise and effective. Together, they serve as a record of each student's learning journey.

WEEK 1

This week, through various trips, I was taught and show many different things. Going on different trips and listening to the BYD guide, I know something about cars. For example when I go to the BYD exhibition, I learn how the BYD cars are made. Moving forward I want to do something about technology because BYD uses technology in the cars.

WEEK 2

This week, I learned why water is so important. We did an experience where we walked for 30 minutes with 5 liters of water, because we were learning about people who need to do that every single day! For example, 1 billion people have to do this every day, and the water doesn't come clean. Moving forward, I want to continue studying this, but don't use it for my topic.

Week 3

This week, I learned how to search with reliable websites. I chose to use the NewsELA website because I could change the difficulty level of the text from easier to harder. For example, Wikipedia is not trusted because the website allows people to change the information. Now I want to use a different website to find more information about my topic.

WEEK 4

This week, I had good news about my PYP. My mentor replied to my email, and we set the meeting time. My mentor is Mr. Schaaf, and we combined the time. I learn more about my topic to answer my question. For example, I learned more about why people have language barriers. Now I know how to highlight text alone.

Week 5

There are several reasons why language barriers exist in communication. From my research, some causes include different jargon, slang, dialects, and accents. The main cause, however, appears to be when people speak different languages. This might be because people move to different places that speak different languages. According to UNESCO, 90% of people don't learn in a language they know well, that is over 250 million students! This shows how big and important this topic is. As you can see, there are many reasons why language barriers exist.

Week 6

Language barriers can have a big effect on children and adults. This means the kids learn worse because they don't know the teacher language. Language barriers can cause children and adults to struggle with education, healthcare, and (some times) jobs. According to Language Barrier Sites for Children, "It's a problem for children because they do not understand what the teacher is saying. And for adults, it is a problem because they do not understand what the doctor is saying. As you can see in language barriers have many effects and problems on children and adults."



Week 8 PYP Exhibition

Create and Share - Communicate my Message

ARE OUR WORDS AND CREATIONS EXPRESSING
THE MESSAGES WE WANT TO COMMUNICATE?

Persuasion and Creating

Create Mornings

Students also began their creation process. On Monday, Wednesday, and Friday mornings, groups met with an assigned specialist teacher to plan and design the spaces and creations they would use to deliver their persuasive messages. Students are applying persuasive techniques learned throughout the unit, such as storytelling, contrast, symbolism, and repetition, while using multiple modes of expression, including visuals, words, sound, and movement.

Throughout the week, creative thinking, discussion, experimentation, and testing ideas were central to the process. Students often refined or changed their ideas as they received feedback. Collaboration and communication between students and teachers have been essential, as creativity requires ongoing reflection, flexibility, and adjustment rather than following a fixed formula.





Student Reflections PYP Exhibition

SNAPSHOT: WEEK 8

WEEK 8

THIS WEEK, I DECIDED HOW TO CREATE A CAGE THAT WOULD PERSUADE PEOPLE TO CARE ABOUT PUPPY MILLS.

TOGETHER WITH MY GROUP, WE DECIDED THAT WE WANT OUR AUDIENCE TO THINK THAT "WE NEED TO STOP PUPPY MILLS BECAUSE IT'S HORRIFIC".

TO MAKE THEM THINK THIS, WE DECIDED TO CREATE A CAGE FROM PUPPY MILLS WITH TRASH AND DISGUSTING THINGS IN IT. TO DO THIS, WE USED SYMBOLISM, CONTRAST AND ARE GOING TO USE SOUND AND VISUALS. HOPEFULLY, WHEN THEY'RE GOING TO GO IN THE CAGE, THEY'RE GOING TO FEEL MOVED, SPEECHLESS, AND WORRIED. BY FINISHING OUR CREATION, MY GROUP HOPES THAT THE PEOPLE WILL TAKE ACTION AFTER OUR PYPX AND ADOPT RATHER SHOP.

Week 8

This week, I sent out my math survey about procrastination. I got 46 responses from elementary and secondary teachers, plus grade 5-12 students. In my survey, I asked them questions like: How much time can you focus on a task? Or what are some ways you can focus? According to my data, 50% of people I surveyed said that they can focus on average of 1 hour or more. Another thing that I found is that 20 people said they liked to use a checklist or a to-do list. You can therefore see why audience research is an essential step in the process, because I will later surprise my exhibition audience with my data to make them think, feel, and do what I say.

This week, we started our create stage. As we planned, we made a timeline that includes four impactful periods in the art history. The timeline is going to be used to show the audience about the different characteristics of the different periods, and how people used arts to express feelings through art during those periods. (This is because we believe that people should respect the old styles of expression and understand the innovation of our ancestors.) For example, we want our audience to feel inspired, and that the arts could be very impactful overtime. After our presentation, we want our audience to feel that the arts are very important, and that we cannot live without the arts. We are still working on creating, and we will soon be on the set up stage.

Curtis

Week Eight

I decided that I wanted my audience to think that "clean energy is important."

To make them think this, I decided to create a cospace and a slides show. In the cospace, I am going to use symbolism, contrast and visual. In the slide show I use words, contrast, and sound.

By doing this, I want my audience to feel terrified about the effect of traditional energy.

Hopefully, they will not use traditional energy and instead use clean energy like solar, wind, water, geothermal

WEEK 8

Planning My create stage I understand that people are persuaded different ways. Some people are persuaded by words, visual, and some by doing something. For example, if I were to ask some people questions it could or couldn't effect how they think about gender inequalities. Moving forward, I will try and use other persading techniks.

Week 8 Reflection

This week, I decided how to create something that would persuade people to care about Blue Tree Monitor.

Together with my group, we decided that we wanted our audience to think about what effect it would bring to the environment if the Blue Tree Monitor went extinct.

To make them think this, we decided to make a 3-box display that describes a 3-scene, and that scene describes Blue Tree, Monitor in the environment (wild, in its habitat), Blue Tree Monitor getting traded, and Blue Tree Monitor in the cage, and by using contrast, visuals, and symbolism.

From our craetion we want our audience to feel guilty for what human had done to the Blue Tree Monitor and not buying Blue Tree Monitor and the action.

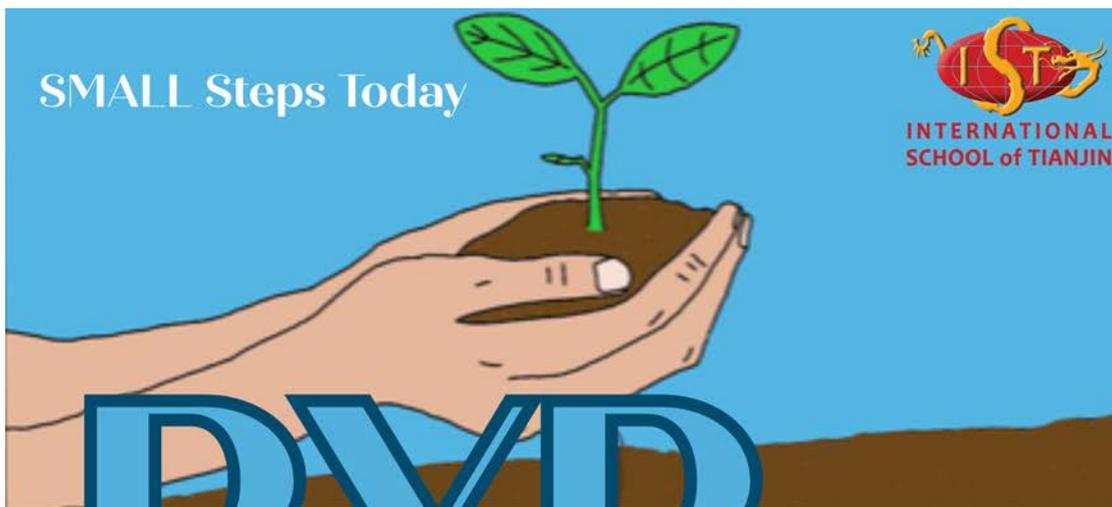


INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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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



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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

Session 3 CCA Started this week!



[Click to see us
in action](#)





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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



INTERNATIONAL
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1ST Outlet Tour



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

🌟 Outlet Florence Town, Wuqing 🌟





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PFO BAKE SALE

All items will be RMB 5 each
All proceeds will go to PFO fund

Wednesday March 25th
9:00 am - 12:00 pm

one stand in deli marche
one stand in Kindergarten entrance



THE BLAZE

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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)

16-20 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
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <i>Allergy: wheat, cheese</i>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <i>Allergy: egg</i>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i>	Hot Dog 热狗 French Fries 薯条 <i>Allergy: wheat</i>	Pork Schnitzel with Curry Sauce 咖喱猪排 Stir fry Vegetable 炒时蔬 <i>Allergy: coconut milk</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) 729	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 109	Fat 脂肪 (g) 27

23-27 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
Spaghetti in Tomato Sauce Toast 意面吐司 Stir fry Vegetable 炒蔬菜 <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: breadcrumb</i>	Beef Burger 牛肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</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) 725	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23

Weekly Menu (G2-G12) 16-20 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
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: wheat, cheese</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat, cheese</i>	Fish Stewed with Cream Sauce 蒜香奶油龙利鱼 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: milk, fish</i>	Hot Dog 热狗 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Schnitzel with Black Pepper Sauce 黑椒鸡排 Stir fry Vegetable 炒时蔬 Pasta 意大利面 <i>Allergy: wheat</i>
Stir Fried Tomato with Egg 西红柿炒鸡蛋 Sauteed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Stir Fried Rice with Pork Sausage and Egg 腊肠蛋炒饭 Stir Fry Cabbage with Chili 手撕包菜 <i>Allergy: soy sauce, egg</i>	Chicken Stewed with Coconut Sauce 马来西亚椰菜鸡肉饭 Stir fry Vegetable 炒时蔬 <i>Allergy: coconut, milk</i>	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 <i>Allergy: garlic, soy sauce</i>	Pork Stew with Quail Eggs and Potatoes 五花肉炖土豆鹌鹑蛋 Stir Fried Chinese Cabbage and Tofu 白菜冻豆腐 <i>Allergy: soy sauce, egg</i>
Stir Fried Rice Noodle with Vegetables and Egg 蔬菜鸡蛋炒面 Green Vegetables 清炒蔬菜 <i>Allergy: wheat, egg (served on the side)</i>	Popcorn Chicken Wrap 鸡米花卷饼 Mixed Vegetables 混合蔬菜/拌三丝 <i>Allergy: wheat</i>	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 麻酱面筋/洋白菜 <i>Allergy: sesame, wheat</i>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <i>Allergy: chili</i>	Noodles with Fish Ball Soup 鱼丸面 Boiled Vegetable 煮蔬菜 <i>Allergy: wheat, fish</i>
	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	Banana Bread 香蕉包	Mochi 糯米糍	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

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

16 March –
HSFB Practice 11

17 March –
MSBB Practice 6

19 March –
ACAMIS Football @ TIS Macau?
MSBB Practice 7

20 March –
ACAMIS Football @ TIS Macau?
ACAMIS Leadership Conference @ AISG

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.