



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

As Spring kicks into action and we begin to transition out of the greyish brown of a long winter into the warmth & sunlight of a new season, I am reminded why we have cause to feel so very grateful to live here in Tianjin! For some unfortunate folk –think of those poor souls stuck in locations like Guangzhou and Shanghai– all they have is green, green and more green, and they never get to experience the joyous colourful bursts of new life and promise that those of us enjoy here in Tianjin, in a city of four seasons! I certainly feel appreciative of the change of season, and I trust that like me, the arrival of warmer weather and Spring blossoms has you feeling energized and excited for the months ahead as we move towards the start of the fourth and final quarter of the 2025-26 school year this coming Thursday.

The highlight of the week was most definitely the **Grade 5 PYP Exhibition** on Wednesday morning. Our terrific students shared their inquiries and the processes that they have worked through over the past two months or so, from their first wonderings about issues that concern them and how they might help persuade others to share their concerns and create change, through in-depth research, action, and ultimately the sharing of their learning. Like all members of our community, I am incredibly proud of these students who demonstrated without doubt that they are just about ready to leave the primary part of their educations behind them and advance to secondary school. Congratulations Grade 5!

A reminder to all parents that **Parent-Student-Teacher Conferences are scheduled for next Wednesday and Thursday** afternoons. By now you should have received a confirmed schedule for your assigned meeting times, but if you haven't, please contact your child's homeroom teacher or the school office so that they can be arranged. I would like to encourage parents to do their best to be punctual to their meetings so that they are able to start –and therefore finish– on time, thus not interfering with the next scheduled conference for the given teacher. If you find that you have insufficient time, you can contact the teacher or school office to arrange an additional time to meet. Please do attend these important meeting as they are a wonderful means by which to better understand your child's broader school experience, to celebrate their learning, and to set new goals for the final quarter of the school year. We look forward to seeing you next week!

Coinciding with the conferences will be this year's **IB Diploma Visual Art Exhibition** which will be held in the **Han Theatre next Thursday evening from 3:30-7:00PM**. All community members are cordially invited to pop into the theatre during their conference visits and to join us in honoring these talented artists.

CONTENTS

- [Health & Wellbeing](#)
- [Parent Partnership](#)
- [Library](#)
- [PE News](#)
- [Elementary](#)
- [Secondary](#)
- [Arts](#)
- [CCA](#)
- [PFO](#)
- [2025-26 Community-wide Goal](#)
- [Menu](#)
- [Diary Dates](#)





THE BLAZE

Working Learning Acting TOGETHER



Earlier this week all parents should have received an email message from three Grade 11 students who are leading a fund-raising charge to install solar panels on the roof of the new gymnasium. **The students hope to encourage all IST families to consider donating a solar panel** (or part of one) in pursuit of their ambition to reduce our carbon footprint and demonstrate a future oriented commitment to sustainability in our school, and beyond. Look out also for an AI video from the girls that was posted on WeChat today, and should you happen to have missed their message, please simply scan the accompanying QR code. Thank you for your generous support!

Finally, a request that parents remind their children of the importance of **wearing seatbelts when on the school bus**. While the bus ayis encourage students to wear their belts, it is not uncommon for some students to undo them as soon as the ayi returns to her seat.

I wish you all a sunny and spring-filled weekend in amongst the buds and blossoms!

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

30 seconds jumping jacks 3 sets 30sec rest	40 seconds wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	50 seconds wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest
60 seconds wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	1min 10sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	1min 20sec wall-sit in total
30 seconds jumping jacks 3 sets 30sec rest	1min 30sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	1min 40sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest
1min 50sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	2 minutes wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	2min 10sec wall-sit in total
30 seconds jumping jacks 3 sets 30sec rest	2min 20sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	2min 30sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest
2min 40sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	2min 50sec wall-sit in total	30 seconds jumping jacks 3 sets 30sec rest	3 minutes wall-sit in total



Most of us parents have lost our cool in front of our children at least once. It happens. And it's not too hard to find reassuring statements like "It's okay, it happens to everyone," or "Don't worry, everyone makes mistakes."

But when we are the ones who messed up, those statements don't really take away the guilt we feel.

Yelling at your child happens-What you do after is what counts.

IST Counselig



PHRASES TO REPAIR AFTER YELLING AT YOUR KID



- ✦ "I made a mistake by yelling, and I'm sorry. Your emotions matter."
- ✦ "My reaction upset you. I want to know how you're feeling."
- ✦ "You're safe to openly express your hurt. I'm listening."
- ✦ "This is not your fault. I will learn to communicate without yelling."





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.

Women's History Month

In honor of Women's History Month and International Women's Day (March 8), we've curated a special display highlighting the achievements of women throughout history. From trailblazers in science to innovators in the arts, we have books for all ages that celebrate the contributions of women across the globe. Stop by the library to explore these inspiring stories and check out one of our featured books!



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



IST Football IST vs TIS

In their inaugural match, the IST Blazing Dragons faced off against TIS, ultimately falling 0-4. Despite the scoreline, it was a spirited contest where our untested players demonstrated impressive grit and physicality. The team showcased strong intent throughout the game, highlighting their potential for future development. This match served as a valuable learning experience, offering promising signs for the season ahead. The Blazing Dragons are eager to build on this foundation as they continue to grow and refine their skills.





BLAZING DRAGONS



IST Football IST vs TIS

In their season opener, the IST Blazing Dragons boys fell 1-2 after a hard-fought contest. The first half proved challenging as the team needed time to settle, and TIS capitalized to take a 2-0 lead. After halftime, the Dragons responded with smart adjustments and renewed intensity. Nathan set the tone with energetic pressing that created real pressure and a string of chances. With around 10 minutes to play, Paul delivered a superb corner that Sigge met with a beautiful header to pull one back. A touch more on-field awareness and quicker give-and-go combinations might have changed the outcome, but the second-half surge showed clear promise. As the boys continue to grow and refine their play, there's plenty to build on. Go Dragons!



INTERNATIONAL SCHOOLS CONFERENCE OF TIANJIN



Association of China and Mongolia International Schools



International Schools Athletic Conference





BLAZING DRAGONS



The ISAC High School Badminton tournament took place at ISB. The IST team departed early to compete in this important event. This year, the level of play was highly competitive. We had five boys' teams and six girls' teams attend and compete. All our student-athletes effectively showcased their techniques and game strategies on the court against a variety of opponents. However, the pressure of the competition led to more mistakes than usual.

After the round robin, we had Ivan/Yun-Tse, Hanano/Miranda, and Shirley/Xenia advance to the playoff round. In the playoff rounds, the boys' doubles team of Ivan and Yun-Tse fought hard before losing their Round of 16 match against the KWA boys. In the girls' doubles competition, Hanano and Miranda faced Shirley and Xenia in the first playoff round. Playing well, Hanano and Miranda secured their place in the top eight. Unfortunately, they lost in the quarterfinals to the WAB girls.

Throughout the tournament, the IST players demonstrated true IST sportsmanship, both on and off the court. As this was their first tournament of the season, the experience provided valuable lessons. The team learned a great deal from their competitors, which will be excellent preparation for the upcoming ISCOT tournament, to be held at IST in just two weeks.





BLAZING DRAGONS



Sports Update

Important dates

Badminton



Saturday 28 March HS ISCOT @ IST
ACAMIS

Wednesday 15 - Saturday 18 April @ Key



Basketball



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



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!





THE BLAZE

Working Learning Acting TOGETHER



Elementary Student-Led Conferences
Wednesday 25 March: 14:30 – 18:30
Thursday 26 March: 15:30 – 18:30

We are looking forward to meeting with you to discuss your child's progress at our upcoming Student Led Conferences. Invitations were sent home on the 9th March and were due to be returned by the 13th March. If you haven't received one yet, please contact your child's homeroom teacher. For families with more than one child, we pre-scheduled your appointments so they are conveniently timed.

In student-led conferences, students actively participate in assessing and evaluating their learning progress and objectives by presenting and reflecting on their own performance. They present learning goals that they have achieved and those that they hope to achieve before the end of the year.

Confirm or Change Your Appointment

Parents are asked to return the "reply half" of the invitation as soon as possible (if you haven't already done so) to confirm the appointment or to request a different date or time.

Specialist Teachers

World Languages, PE, music, STEM and Library teachers will be available for visits from particular grades. If you would like a separate meeting, please schedule one through Angela in the Elementary Office.

Child Minding

There will be child-minding for IST students in the K-2 playroom and 3-5 Clubhouse on both days. This service is for IST-enrolled students only and only for the time period in which you have your conferences (supervising siblings). Please use this service throughout the conferences so that you can give your undivided attention to your child whose conference you are attending. If your child is remaining at school in the afternoon, you need to be here to either supervise them or book them into the child-minding service.

Bus Schedule

Wednesday, March 25, 2026

Bus 1

Departing Aocheng	Departing Garden Villa (side gate)	Departing Hai Yi (north gate)	Departing IST
12:25	12:30	12:50	14:25
13:25	13:30	13:50	15:35
14:25	14:30	14:50	16:35
15:25	15:30	15:50	17:35
16:25	16:30	16:50	18:45



THE BLAZE

Working Learning Acting TOGETHER



Bus 2

Departing Ritz-Carlton	Departing Arcadia	Departing IST
12:25	12:35	14:25
13:25	13:35	15:35
14:25	14:35	16:35
15:25	15:35	17:35
16:25	16:35	18:45

Thursday, March 26, 2026

Bus 1

Departing Aocheng	Departing Garden Villa (side gate)	Departing Hai Yi (north gate)	Departing IST
14:25	14:30	14:50	16:35
15:25	15:30	15:50	17:35
16:25	16:30	16:50	18:45

Bus 2

Departing Ritz-Carlton	Departing Arcadia	Departing IST
14:25	14:35	16:35
15:25	15:35	17:35
16:25	16:35	18:45

If you have any further questions, don't hesitate to contact your child's Homeroom teacher or me through the Elementary office.

Regards,

Elementary Principal



Week 9 PYP Exhibition

Share - Setting up for our audience.

HOW WILL WE ENGAGE OUR AUDIENCE?
WHAT WILL I SHARE WITH MY AUDIENCE?

Bringing it all Together.

Ms. Barry and Ms. Lowrey

This whole process has been a success thanks to the guidance, commitment and care of our two G5 Homeroom teachers. We want to thank them for having the patience, flexibility, creativity, and courage to support the needs of all students during this process. Supporting students to carry out a personal inquiry with such dedication is not an easy endeavor. Thank you!



Ms. Lowrey



Ms. Barry

“ The best teachers are those who show you where to look but don't tell you what to see”

Alexandra K. Tenfor

Finishing our Creations

Students continued working during Create Mornings with the guidance of their Create Coaches. The focus was on refining ideas and responding to feedback, ensuring that their messages were clear and impactful.

We also want to thank our Create Coaches for coming into this process with such a positive attitude and trying something new. You made this new initiative possible!



Ms. Joshi



Ms. Mariana



Ms. Simon



Ms. Craig



Li Laoshi



Wang Laoshi



Fu Laoshi



Mr. Tschoepel



Ms. Lee

Proofreading our SEEC Reflections

Homeroom teachers and students spent time proofreading SEEC paragraphs, making sure ideas were clearly communicated. Some students chose to print their reflections for easy access, while others kept them digital to reduce waste.





Week 9 PYP Exhibition

Share - Setting up for our audience.

HOW WILL WE ENGAGE OUR AUDIENCE?
WHAT WILL I SHARE WITH MY AUDIENCE?

Setting Up and Tweaking

On Wednesday afternoon, students had the opportunity to stay after school to begin setting up in the theatre. Ms. Barry and Ms. Lowrey organized buses and supervision so students could transport materials, arrange furniture, and begin designing their exhibition spaces.

A plan had been developed in advance to assign each group a space within the theatre, ensuring all groups had what they needed. Our facilities team supported us by preparing and delivering tables, boards, whiteboards, chairs, easels, and stands—thank you for making this possible!

With materials ready in their designated areas, students began experimenting with the layout and design of their spaces. Teachers were present to support and guide, creating a collaborative and productive environment.

Practice, Feedback, Practice

Students spent Thursday, Friday, and Monday finalizing their setups. During this time, they also practised their oral presentations in their exhibition spaces, receiving feedback from peers and teachers. This process helped build confidence and refine their delivery in preparation for their final presentations.

Introducing the PYP Exhibition to our Community

Two weeks ago, students began brainstorming ideas for how to introduce the Exhibition to the community. They explored different possibilities—songs, skits, rolling announcements—and decided to lead a live introduction in the foyer.

With support, students developed a script to introduce their inquiries, giving the audience a snapshot of what to expect inside the theatre. Each group contributed lines and worked to connect their ideas smoothly from one group to the next.

A special thank you to Mr. Joseph for setting up the microphones and speakers, and for creating a welcoming space with the Learner Profile displays.



PYP Exhibition

What is your inquiry about?

Why did you choose to inquire about this?

What are your lines of inquiry?

Why is this an important issue/opportunity for you?

What were some of the key ideas you learned from your research?

What persuasive techniques and modes of expression have you used to persuade your audience?

Introducing our PYP Exhibition to PARENTS and IST (Students and Teachers)

Central Idea:
People express ideas and persuade others to care about issues of significance

Brainstorming Ideas:

1. Sing a song with hand gestures
2. Speaking a story (to foreshadow our topic: My inquiry is procrastination: do you know that people who procrastinate are the people that work too much? Does that sound familiar come and join me and I will give you some advice) to introduce the exhibition
3. Poster MAP - with everyone's name, their inquiries, and where they are placed
4. Students popping out from different places with microphones
5. Everyone says something and then moves into the stage area (foyer) to make a PYPX team.
6. Rhetorical question, small scene, jingle (1 min)
7. 10 min
8. A group introducers and starts the flow of other groups.
9. Start by saying a message: (Do it loud and written) Please STOP your conversation in 3 mins! Thank you now as the Grade 5 students introduce their Exhibition.
10. End: Please wait 1 minute and then enter the Theater to enjoy our PYP exhibition. To give time to students to walk over to their exhibition spots.

Responsibility

- Write about your group and you will see
- Brainstorm actions and words your group will use
- Find groups if you want to collaborate with another group (to make smooth intro)
- Create the banner
- Practice all together
- Create small signs - for the audience to come and join you
- Gather things we need (speakers and microphones, megaphone, big rolling paper, spray paint)





THE BLAZE

Working Learning Acting TOGETHER



Week 10 PYP Exhibition

Our Exhibition!

Sharing with our IST Community - CONGRATULATIONS TO OUR STUDENTS!!!!





THE BLAZE

Working Learning Acting TOGETHER



Week 10 PYP Exhibition

Our Exhibition!

Sharing with our IST Community - CONGRATULATIONS TO OUR STUDENTS!!!!





THE BLAZE

Working Learning Acting TOGETHER



Week 10 PYP Exhibition

Our Exhibition!

Sharing with our IST Community - CONGRATULATIONS TO OUR STUDENTS!!!!





ONE SCHOOL.
ONE SUN.
ONE SUSTAINABLE FUTURE.

CONTACT EMAIL:
na_ye_kim@istianjin.org.cn

SOLAR PANEL DONATIONS

SCAN THE QR CODE TO DONATE!

Project Overview

Na Ye, Tung He and Da Hyeon from Grade 11 are initiating this CAS project to install **95 high-efficiency solar panels** to generate clean and renewable electricity for the new gym!

By your contribution it will help with **reducing energy costs** and **lowering our environmental impact**.

Each solar panel produced by company **Jinko** is **1134 x 2278 mm** in size and produces **585 watts of power**, meaning that the total system will generate a total capacity of approximately **55 kilowatts (kW)** of electricity.

This equates to powering more than 900 LED light bulbs in our campus!

Cost

One panel costs **2400 RMB**.

YOU CAN TAKE PART by donating as a:

- Class
- Family
- Friends
- Company

Option of donating $\frac{1}{4}$ (600 RMB), $\frac{1}{3}$ (800 RMB) or $\frac{1}{2}$ (1200 RMB) of a solar panel is also available!

Together, **WE** can make our school a **greener place!**

DONOR HONOR SYSTEM

- DIAMOND**
20+ SOLAR PANELS
- GOLD**
10+ SOLAR PANELS
- SILVER**
5 SOLAR PANELS
- BRONZE**
1 SOLAR PANEL

Following the number of solar panels donated, donors will be recognized on the honor wall at our school campus!

Benefits

Hands-on Sustainability Learning
Students can learn directly from a real renewable energy system on campus, gaining practical knowledge about clean energy, climate change, and sustainable technology.

STEM Education Opportunities
The solar panels can be used in science, engineering, and environmental studies, allowing students to analyze real energy data and understand how renewable energy works.

LEED Certificate

"Your donation not only powers our school – it helps to create a **LEED Gold certified sustainable campus.**"

Learn more about LEED here:
<https://www.usgbc.org/leed>



INTERNATIONAL
SCHOOL of TIANJIN

Weekly



THE BLAZE

Working Learning Acting TOGETHER



IB DP ART EXHIBITION

Molly Li

Louisa Gueorguieva

Nina Dobrovodska

Patrick Ji

Edison Park

Ye Seo Choi

Minhee Park

3:30 - 7:00

IST THEATER

MARCH 26TH 2026



WEEKLY CCA
SPOTLIGHT

PTC-25&26

No CCA

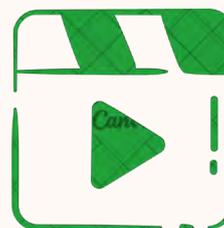
Badminton

This week we practice

Forehand Net Lift Drills

Coach voice — front-court training is the focus of this badminton session. Jump-over (hurdle) exercises help develop lighter, more agile footwork.

[Click to see us
in action](#)





THE BLAZE

Working Learning Acting TOGETHER



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
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



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

Working Learning Acting TOGETHER

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) 23-27 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
Spaghetti with Pesto/Tomato/Cream Mushroom Sauce 意面配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 烤鸡蛋 <i>Allergy: cheese, mushroom, egg (served on the side)</i>	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: wheat, cheese</i>	Nacho Fries with Ground beef 墨西哥风味肉酱芝士土豆条 Stir fry Vegetable 炒蔬菜 <i>Allergy: soy sauce, milk</i>	Beef Burger 牛肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Stir fry Vegetable 炒蔬菜 <i>Allergy: fish, wheat, egg</i>
Stir Fried Eggplant, Potato and String Bean 东北乱炖 Stir Fried Tofu with Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 <i>Allergy: soy sauce, tofu, egg (served on the side)</i>	Fish Fillet Curry 咖喱鱼排 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <i>Allergy: fish</i>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <i>Allergy: wheat</i>	Orleans-Style Roasted Chicken Legs 奥尔良烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Green Vegetables 清炒时蔬 <i>Allergy: soy sauce</i>	Stir Fried Pork Slices with Lemongrass 香茅炒猪肉 Stir fry Sliced Potato 风味土豆片 Stir Fried Mixed Vegetables 泰式蔬菜 <i>Allergy: soy sauce</i>
Noodles with Vegetables in Soybean paste Korean Style 韩式炸酱面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, egg (served on the side)</i>	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <i>Allergy: wheat, egg</i>	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 <i>Allergy: cheese</i>	Rice Noodles with Fish in Tomato Soup 番茄鱼面 Boiled Vegetables 煮蔬菜 <i>Allergy: fish</i>	Coconut Curry Chicken Noodles 椰香咖喱鸡面 Green Vegetables 炒时蔬 <i>Allergy: wheat, coconut</i>
Laver and Egg Soup 紫菜鸡蛋汤	Noodles with Vegetable Sauce 蔬菜面	Tteokbokki with Cheese 芝士炒年糕	Noodles with Vegetables 蔬菜面	Coconut Curry Vegetable Noodles 椰香咖喱面
Mochi 糯米糕	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	Mini Muffin 小蛋糕	Banana Bread 香蕉包	Chocolate Cake 巧克力蛋糕
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 792	Protein 蛋白质 (g) 32	Carbohydrate 碳水 (g) 126	Fat 脂肪 (g) 29



DIARY DATES

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

Thursday - March 26, 2026
DP Arts Exhibition

Sunday - April 5, 2026
Qingming (Tomb Sweeping Day)

Monday~Friday - April 6~10, 2026
Spring Break

Tuesday - April 21, 2026
Earth Day

Wednesday~Thursday - April 22~23, 2026
Spring Book Fair

Monday~Friday - April 27~May 22, 2026
IB Diploma Exams

Friday - May 1, 2026
May Day Break

SPORTS DATES

21 March –
ACAMIS Football @ TIS Macau
ACAMIS Leadership Conference @ AISG
ISAC MSBB Exchange-U14 Boys @ DSP; U14
Girls @ TIS

23 March –
HSFB Practice 12

24 March –
MSBB Practice 8

27 March –
HSFB IST @ Wellington

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.