



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

As always, it has been wonderful to see you all in school this week attending **Parent-Teacher-Student Conferences**; participation in these meetings is an essential part of our home and school partnership, and we greatly appreciate your active engagement and support. I trust that you will have found the opportunity to meet with your children's teachers to have been a valuable experience, and that both you and your children have a clearer understanding of how their school experience and learning are progressing. I also trust that parents of elementary students will have been impressed by their children's independence and insights into their own learning as a result of the 'student-led' nature of the Quarter 3 conferences. A reminder to all parents that teachers are very happy to schedule additional meetings should you wish to talk further; simply contact the teacher directly to request a meeting or contact the school office.

I am sure that those parents who attended conferences yesterday will have embraced the opportunity to visit the wonderful **IB Diploma Visual Art Exhibition** on display in the Han Theatre. The collection of works was truly impressive, as was the imaginative manner in which each student chose to curate their works. On behalf of our talented artists (and their teacher!), I extend our community's congratulations on a superb exhibition. Here are just a few examples of the wonderful works on display.

CONTENTS

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





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Aligned with the conferences and exhibition, **yesterday marked the final day of the third quarter**, and thus the final quarter of the school year commenced today. The start of the fourth quarter is an exciting but busy time, and especially so for our IB Diploma students who will finish classes after just two more weeks of school in preparation for their final examinations. And while it isn't exam time for our younger students, it is nevertheless a really important time of the year, with greater student maturity allied with student-teacher relationships at their strongest, manifesting in optimal learning. Do be sure to set goals with your children based on the feedback received during the conferences - onward unto success!

The start of the fourth quarter coincides with the launch of the final quarter **Community Curriculum** focus on 'Celebrations and Reflection', with an overarching focus on reflection, growth mindset and transitions. More specific areas for our attention as a community include the following:

- **Global Citizenship Focus:** ethical lifestyles, choices & service
- **Physical Health & Wellbeing Focus:** ethics, equity, and communication
- **Community Questions**
 - What have we learned as a community?
 - How can we grow and share our experiences?
- **Key Events**
 - Earth Day (21 April): School-wide sustainability projects involving students, staff, and parents.
 - Middle Years University Grades 6-10 (29 May to 4 June)
 - Graduation & Transition Ceremonies (29 May and 3 June, respectively): Celebrate achievements and prepare for transitions.

Finally, and without wanting to bombard you too many times, a gentle reminder that the **Grade 11 Solar Panel Initiative** continues, with some 30 more panels needing to be sponsored by next Friday's deadline to achieve their target of 95 units. Please see the reminder later in Blaze, and please consider supporting this most worthy student-led sustainability effort.

Steve Moody
Director





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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



THE HIDDEN KEY TO ACADEMIC SUCCESS



Article 6: Digital Wellness for Academic Excellence

In today's academic world, technology is both a powerful tool and a potential distraction. From research and collaboration to revision platforms and university applications, digital devices are central to student learning. However, without intentional use, they can fragment attention, increase stress, and undermine motivation.

Digital wellness is not about limiting access to technology, it is about using it wisely and purposefully.

The Attention Challenge

Neuroscience shows that constant notifications and task-switching reduce deep focus and memory retention. Each interruption forces the brain to reset, making learning less efficient and more exhausting. Over time, this can lead to procrastination, reduced confidence, and heightened anxiety.

ATTENTION



The issue is not technology itself, it is unmanaged use.

What Is?

Digital wellness means using technology in ways that support productivity, mental health, and long-term goals. Three simple principles can help:

Intentional Use – Begin with purpose. Ask: *Why am I using this device right now?*

Structured Focus – Work in uninterrupted intervals and silence non-essential notifications.

Balance and Recovery – Protect sleep and well-being by establishing device-free time, especially before bed.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)



Small habits can make a significant difference:

- Keep phones out of reach during study
- Turn off notifications during focused work
- Avoid multitasking across multiple screens
- Create a “digital sunset” before sleep



Technology and Motivation

Digital habits directly influence motivation. Constant comparison on social media can shift focus from personal growth to external validation. In contrast, using technology to explore interests, develop skills, and engage meaningfully with learning strengthens intrinsic motivation.

When digital use aligns with personal goals, it becomes empowering rather than distracting.

Mastery Over Distraction

Academic excellence today requires more than intelligence and effort. It requires the ability to protect attention and prioritize long-term growth over short-term stimulation.

When students learn to control their devices rather than be controlled by them, they strengthen one of the most important foundations of success: sustained, focused engagement.

Coming Next:

7. 🧠 *Resilience and Academic Grit — Why setbacks are essential to long-term success..*





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IST Library & Information Literacy Center

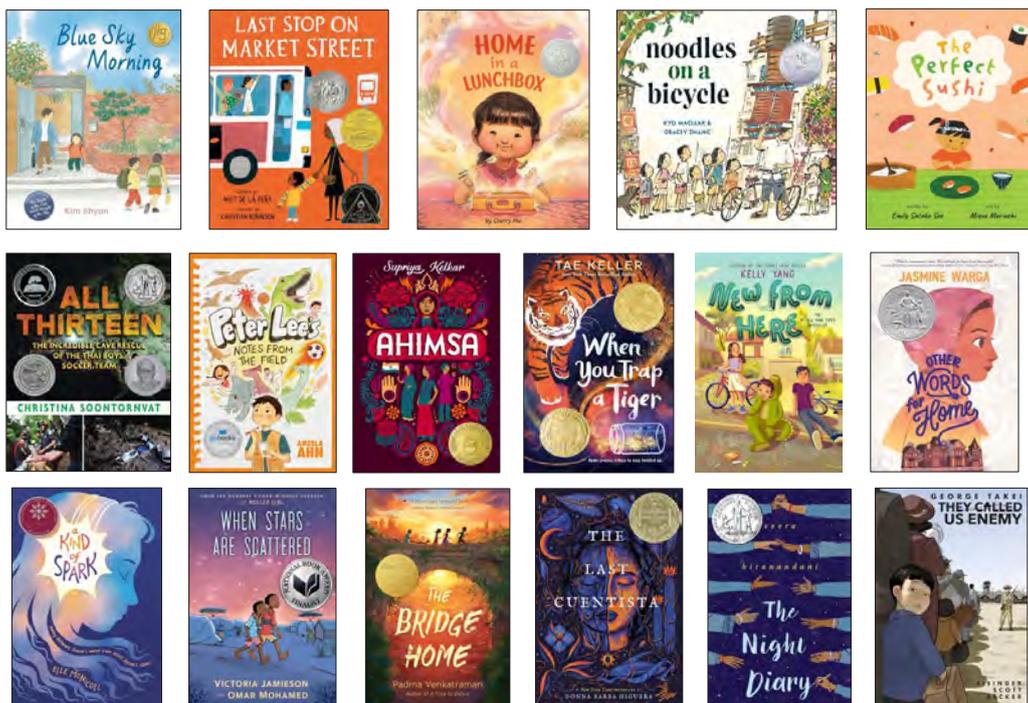
Our Mission

The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

International Children’s Book Day – April 2

April 2 marks International Children’s Book Day, a global celebration of books that inspire imagination, empathy, and a love of reading in young people around the world. The day is held on the birthday of Hans Christian Andersen, whose stories continue to be read across cultures and generations.

To celebrate International Children’s Book Day, we’ve selected a collection of stories that reflect a range of voices, perspectives, and experiences. Stop by the library to check one out!



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



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BLAZING DRAGONS



Association of China and Mongolia International Schools



Across an intense and competitive ACAMIS tournament, both our IST girls and boys demonstrated tremendous character, growth, and unity. While results did not always reflect the quality of play – with several matches decided by narrow margins, unlucky moments, or facing very strong opposition – our teams consistently showed grit, perseverance, and commitment to one another. The girls produced moments of excellent football, earned important victories, and finished strongly, while the boys displayed resilience, defensive growth, and courageous performances against older and more experienced teams. Most importantly, both squads represented IST with integrity, teamwork, and positivity throughout the event, proudly earning the Spirit of ACAMIS Award. Though the scoreboard may not tell the full story, the determination, sportsmanship, and camaraderie shown across the tournament were a true reflection of who we are as Blazing Dragons.





BLAZING DRAGONS



ISAC U14 Basketball Division 3 Boys Exchange Tournament
Saturday, March 21, 2026 | DSP Gym, Beijing

Our Middle School boys traveled to Beijing early Saturday morning to compete in the ISAC Exchange Tournament, ready to test themselves against strong opposition.

In the opening game against YCIS, the team faced an energetic start from their opponents. After a challenging first quarter, IST began to find their rhythm and battled hard to close the gap from 13 points down to just 7 by halftime. Despite a determined second-half effort, YCIS maintained their composure and secured a 36-24 win. The boys showed resilience and valuable adjustments as the game progressed.

The second matchup against CISB saw a confident response from IST. Demonstrating strong teamwork and fighting spirit, the boys executed their plays effectively and controlled the tempo of the game. Importantly, younger players gained meaningful court time and experience. IST's consistent effort led to a well-earned 41-27 victory.

In the final game against tournament hosts DSP, the boys delivered their strongest performance of the day. It was a tightly contested battle, with DSP narrowly leading 11-9 at halftime. IST remained composed, intensified their defensive pressure, and capitalized on key opportunities in the second half to claim a 26-17 win.

The tournament was a fantastic display of growth, teamwork, and determination. The boys represented IST with pride and competitive spirit throughout the day.
Go Blaze!





BLAZING DRAGONS



ISAC U14 Basketball Division 3 Girls Exchange Tournament
Saturday, March 21, 2026 | IST Gym, Tianjin

Our Middle School girl's basketball team showed outstanding determination and growth in today's game against TIS. The players worked exceptionally well together, demonstrating strong teamwork through effective zone defense, fighting hard for rebounds, and confidently applying new strategies we've been developing in practice, including the stack play.

It was especially encouraging to see the girls listening closely, adapting during the game, and putting newly learned skills into action under pressure. Their communication, effort, and willingness to support one another were clear highlights. As we continue to build confidence and consistency, our focus will be on sharpening passing accuracy, improving shooting under pressure, developing attacking strategies against one-to-one defense, and strengthening overall game awareness and understanding.

A fantastic effort from the entire team, a true example of growth, resilience, and learning in action. We are proud of the progress these girls are making!

Final Scores

DSP- 28- 8 IST

IST 13 - 8 TIS B

TIS A 7 - 13 IST

BCIS 22-6 IST

Go Blazing Dragons





BLAZING DRAGONS



ISAC U12 Basketball

Saturday, March 21, 2026 | Dulwich College Beijing

Our Middle School Rising Dragons basketball team headed to Dulwich College Beijing for a hard-fought Saturday campaign, coming away with a couple of tough losses and an excellent win against the hosts.

In the first game, the boys faced a strong KWA team that has been training together for three years. It was a tough matchup, but our boys put up a valiant fight, holding them to a 6-4 score at halftime. The efforts of captain Danny Lin were admirable throughout.

Despite our strong defense, KWA pulled away in the second half to win 16-7. The opposing coach praised our defensive structure and ability to use size effectively – a clear reflection of key players Duo Duo and Nico.

The second game was a nail-biter against Dulwich College, with IST taking an early lead and executing some excellent plays. The teamwork of our starting five, including point guard Hao Jing and the Lin brothers, kept the pressure on throughout. Some late-game drama saw it come down to the final shot, but the boys held their nerve to secure a 15-13 win for IST.

In the final game against Harrow Beijing, we stayed competitive through the first half and had several strong moments. It was also a great chance for all players to get valuable time on the court. Despite a 32-22 loss, there were lots of highlights – including Jensen's sharp defensive plays and a memorable first basket of the season for Yassine. The boys fought hard until the final whistle.

Plenty to learn from – and plenty to celebrate.

Final Scores

KWA - 17- 6 IST

IST 15 - 13 DCB

HBJ 32 - 22 IST






BLAZING DRAGONS



Sports Update

Important dates

Badminton

Saturday 28 March HS ISCOT @ IST
ACAMIS
Wednesday 15 - Saturday 18 April @ Key




Basketball

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 27 March HS Football @ Wellington
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!








Student Highlights

Riding High with Carla (G8) and Belize (G10)



In this month's feature, we're highlighting two students who share the same passion for the sport and the bond between rider and horse: Carla in Grade 8 and Belize in Grade 10. They currently train side by side at the Brain Equestrian Club. Though their journeys began in different places and at different times, they now share the same arena, the same dedication, and the same quiet understanding that true progress in equestrian sport comes from patience, trust, and partnership.

Carla's story began when she was five. Over the past eight to nine years, she has built a strong foundation in dressage, competing in Germany and once in China. Moving to China introduced her to show jumping, a discipline she has embraced with enthusiasm and hopes to continue when she returns to Germany. For Carla, riding is more than competition, it's a partnership. She loves the rhythm of training in the saddle and the calm of working with horses on the ground: going for walks, doing groundwork, and steadily deepening that essential rider-horse connection. With guidance from the same trainer she started with years ago, Carla has gained valuable experience riding both young and more challenging horses, a journey that has shaped her confidence and sharpened her feel as a rider.





Student Highlights



Belize's path took flight at age ten. After some on-and-off beginnings, she has trained consistently for the past four years, focusing on show jumping with her steadfast partner, Lightning. Every Sunday, for two dedicated hours, Belize and Lightning refine their timing, balance, and communication, a partnership that has carried them into three competitions and onto the podium with second-place finishes in both the 30 cm and 60 cm events. For Belize, the arena is a sanctuary. Horse riding is the time she recovers from a busy week and reconnects with her best friend, Lightning, finding joy in each stride and confidence in every successful jump.

Now, at the Brain Equestrian Club, their stories intersect. Carla and Belize push one another to grow, offering encouragement from the rail and quiet nods of recognition when a hard-earned skill finally clicks. They share the early mornings, the careful warm-ups, the measured plans set by coaches, and the small victories that only riders truly notice—softer hands, a tidier line to a fence, a horse that pricks its ears and says, "I understand." Their progress is steady and deliberate, built on respect for their horses and commitment to their craft.



Together, Carla and Belize exemplify the Dragon spirit: resilient, humble, and always learning. As they continue to train and compete, we're excited to see where their journeys lead, both in the arena and beyond. Ride on, Dragons. We're cheering for you every stride of the way.

Go Dragons!



**THANK YOU
FOR MAKING A
DIFFERENCE!**



With your help, our CAS project IST Donation successfully provided educational supplies to Xingzhixing Kindergarten.



Our team personally visited the kindergarten and helped set up the supplies, bringing this project to life.

We truly appreciate your support and look forward to making an even greater impact together in the future!





We keep telling students to find their passion! But What If We Helped Them Find Their Story Instead?

IT STARTS EARLY

As parents, it's natural to want the very best for your child. Often that vision includes a prestigious university, and we understand why, it feels like the surest path to success.

But here's what we see every day at IST: the students who thrive beyond graduation aren't just the ones with an impressive university name on their resume. They are the ones who know who they are, what they stand for, and how to turn ideas into action.

And that doesn't start in Grade 10. It starts the moment your child walks through our doors.



LEARNING BY DOING

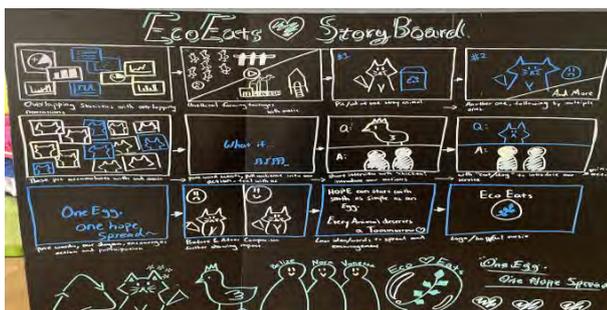
Experiential Learning Across Every Year Group

From the earliest years, our students are learning by doing. Every field trip, every outdoor exploration, every community visit, these aren't just fun days out of the classroom. They are intentional learning experiences.

When an Early Years student visits a local farm and asks where their food comes from, that's inquiry in action. When a Primary student explores a local market and connects it to what they are studying about economics or culture, that's real-world understanding taking root.

When a Middle Years student steps into a new city on a school trip and navigates unfamiliar situations, that's resilience, adaptability, and independence being built in real time.

This is experiential learning, and it is one of the most powerful foundations we offer at IST. It teaches students to be curious, to ask questions, and to connect what they learn in the classroom to the world around them. Year after year, it builds into something remarkable.



STUDENT LEADERSHIP IN ACTION

From Classroom to Conference to Community

By the time students reach Secondary, you can see the impact of that foundation. Recently, two student groups traveled to a leadership conference in Beijing, where they presented their own project ideas to peers from schools across the region.

They used coaching techniques they have developed through our student-led Literacy Lab unique to IST, skills like active listening, asking the right questions, and guiding each other through problem-solving. These aren't skills taught in a textbook. They're built through years of experiential learning, collaboration, and being trusted to take ownership of their own growth.

Even more exciting, both groups received an ACAMIS grant to bring their projects to life. One group is already on the ground sourcing ethically raised, eco-friendly-fed chickens to help our community eat healthier.

These students aren't just learning about sustainability, they are becoming social entrepreneurs. They are networking, pitching ideas, managing real projects, and making an impact before they've even entered university. And none of that happened overnight. It's the result of years of learning experiences that taught them to think critically, act boldly, and care deeply.



FINDING THEIR STORY

Helping Students See Their Own Journey

Our Grade 10 students have been doing deeply reflective work, looking back at their journey through after-school activities, academic achievements, sports, PYPx, and Personal Projects.

Every field trip they took, every project they led, every challenge they faced, it all tells a story. And when the time comes to choose a university path, the students who understand their own story, not just their grades, are the ones who make choices that truly fit who they are and who they want to become.



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A diploma opens a door.

But it's everything your child does before, during, and beyond that diploma that builds the career, the character, and the life.

The grades matter. The university matters. But so does the child who asked questions on a field trip in Early Years, who explored a new city with courage in Middle School, who raised chickens for their community in Secondary, and who looked back at their whole journey and said — *"I know who I am and where I'm going."*

That story starts early. And we're building it together here at IST, with your partnership, every step of the way.

What story are you helping your child tell?



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 PANELS

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>



WEEKLY CCA
SPOTLIGHT

Ballet

During the first three lessons, we learn the RAD basic hand and foot positions. We also work in groups to practice and complete Gallop and Skips steps.





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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 : Hungarian cooking class

Menu :

1. tavaszi borsóleves - Spring pea soup
2. cigánypecsenye sült burgonyával és uborkasalátával - Gypsy roast with fried potatoes and cucumber salad
3. palacsinta - Pancake with cinnamon filling



- When : Tuesday, April 14th, 09:00am-2pm
- Where : IST Elementary Kitchen
- Host : Dora
- Cost : 100 RMB per person

- Please join the WeChat group by scanning this QR code





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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) 30 Mar-3 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Kimbap 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: seaweed, sesame, egg</i>	Pork Dumplings 猪肉水饺 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: milk, wheat</i>	Fried Chicken 炸鸡 Egg Fried Rice with Vegetables 鸡蛋蔬菜炒米饭 <i>Allergy: wheat, egg</i>	Spaghetti Bolognese 意大利肉酱面 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 722	Protein 蛋白质(g) 27	Carbohydrate 碳水(g) 115	Fat 脂肪(g) 22

13-17 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Spaghetti with Tomato Sauce 番茄意面 Stir fry Vegetables 炒时蔬 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, cheese, egg</i>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Corn 炒玉米粒 <i>Allergy: coconut milk</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 <i>Allergy: wheat</i>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce, wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 722	Protein 蛋白质(g) 30	Carbohydrate 碳水(g) 109	Fat 脂肪(g) 22

Weekly Menu (G2-G12) 30 Mar-3 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Chole with Chickpeas and Tomatoes 鹰嘴豆咖喱 Mixed Vegetable Curry 咖喱蔬菜 <i>Allergy: chickpea</i>	Pork Balls Stewed with Tomato Sauce 番茄猪肉丸 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: milk</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <i>Allergy: milk, wheat</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Cacciatore 红烩鸡 Stir fry Vegetable 炒时蔬 <i>Allergy: soy sauce</i>
Kimbap 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: egg, seaweed</i>	Indonesia Fried Rice with Chicken Kebab 印尼炒米饭配鸡肉串 Stir fry Vegetables 炒时蔬 Shrimp Cracker 虾片 <i>Allergy: samba sauce</i>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 <i>Allergy: wheat</i>	Spicy Ground Pork Thai Style 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <i>Allergy: fish sauce, chili</i>	Pork Stewed with Pickled Chinese Cabbage 酸菜白肉 Stir fry Potatoes with Chili 干锅土豆片 <i>Allergy: chili</i>
Oil-Splashed Noodles 油泼面 Cucumber Salad 拌黄瓜 Fried Eggs 煎鸡蛋 <i>Allergy: wheat, egg</i>	Rice Noodles / Rice with Fish in Pickled Mustard Greens Soup 酸菜鱼粉/饭 Green Vegetables 煮蔬菜 <i>Allergy: fish</i>	Fried Rice Noodles with Char Siu Pork 叉烧肉炒米粉 Green Vegetable 炒蔬菜 <i>Allergy: soy sauce</i>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <i>Allergy: shrimp, wheat</i>	Spaghetti Bolognese 肉酱面 Stir fry Vegetable 炒蔬菜 <i>Allergy: wheat</i>
	Indonesia Fried Rice with Vegetables 蔬菜炒饭 <i>Allergy: soy sauce</i>	Rice Noodles with Vegetable 素炒米粉 <i>Allergy: soy sauce</i>	Happy Cow Burger (spicy bean-based patty) 豆子蔬菜汉堡 <i>Allergy: wheat, chickpea</i>	Spaghetti with Tomato Sauce 番茄意面 <i>Allergy: wheat</i>
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Millet Congee 小米粥	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳莲子红豆羹
Banana Bread 香蕉包	Chocolate Cookies 巧克力饼干	Cream Puff 奶油泡芙	Banana Bread 香蕉包	Mochi 麻团
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 789	Protein 蛋白质(g) 33	Carbohydrate 碳水(g) 110	Fat 脂肪(g) 25



DIARY DATES

Sunday - April 5, 2026

Qingming (Tomb Sweeping Day)

Monday~Friday - April 6~10, 2026

Spring Break

Monday - April 13, 2026

Elementary School Class Photo Day

Tuesday - April 14, 2026

Secondary School Class Photo Day

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

28 March -

ISCOT HS Badminton @ IST

30 March -

HSFB Practice 13

31 March -

MSBB IST @ TEDA

3 April -

HSFB Practice 14

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.