



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents,

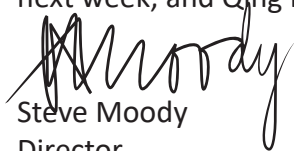
I trust that this week's improving weather has you all feeling in the mood for a vacation, because **we have Spring Break starting this weekend!** A parent asked me this week if we schedule the holiday to align with the traditional Christian 'Easter' vacation (which this year comprises Good Friday, today, followed by Easter Sunday and Easter Monday). The answer to that question was no, because IST is a secular school, so we do not formally celebrate any religious holidays, instead adhering to Chinese statutory holidays, which coincidentally happen to include Qingming, or Tomb Sweeping Day this coming Sunday. We do, however, have a series of vacations that occasionally coincide with non-Chinese holidays, including Easter, but this is not intentional. IST's Spring Vacation is always scheduled to coincide with the first week of April, irrespective of when Easter falls.

I want to thank the many parents (and students and staff) who completed a quick **IST Board survey** earlier this week regarding the possibility of adding two tennis courts on the northern side of the new gymnasium. Actually, this was not part of the school's long-term facilities development plan but was brought to the board as a suggestion and they felt it worth considering before proceeding with the grassing of the area, hence their decision to survey your opinion. The survey indicated a slightly stronger preference for tennis courts over grass by parents and staff and an exactly 50:50 split amongst students. Given that this was not part of the plan, the **Board has decided to proceed with grass at this time**, but to record the tennis courts for further consideration in the development of the five-year strategic plan.

A small group of four IST students had the exciting opportunity to attend the inaugural ACAMIS '**Making Music Festival**' hosted at Hangzhou International School last week. Do be sure to read the article prepared by Mr. Grove later in Blaze!

Finally, and I promise for the last time (!), on behalf of the Grade 11 students leading **the initiative to install solar panels on the roof of the new gym**, I hope to encourage parents to consider sponsoring a panel (or giving a small monetary contribution towards a collective panel). The deadline for fundraising falls this weekend, so this is the very last opportunity to support this important fund-raising effort to help make our school just a little greener. Please see the reminder later in Blaze, and please consider supporting this most worthy student-led sustainability effort.

I wish all members of our community a most relaxing and enjoyable Spring Break vacation next week, and Qing Ming Festival this Sunday. Travel safely!


Steve Moody
Director

CONTENTS

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



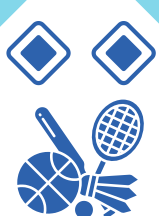


INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTING AND MOVE

APRIL



30 burpees	29 burpees	28 burpees	27 burpees	26 burpees
25 burpees	24 burpees	23 burpees	22 burpees	21 burpees
20 burpees	19 burpees	18 burpees	17 burpees	16 burpees
15 burpees	14 burpees	13 burpees	12 burpees	11 burpees
10 burpees	9 burpees	8 burpees	7 burpees	6 burpees
5 burpees	4 burpees	3 burpees	2 burpees	1 burpee



When your child feels socially anxious, finding the right words can make a big difference. In moments of worry about talking to others, joining a group, or being around people, gentle and supportive phrases can help them feel understood, safe, and encouraged. This week's Parent Partnership provides you with some calm and caring things you can say to help ease their anxiety and build their confidence.

IST Counseling

PHRASES FOR WHEN YOUR KID FEELS SOCIALLY ANXIOUS

- ✦ "Focus on one person or one small group at a time. Go at your own pace."
- ✦ "You don't have to do anything you're not comfortable with. Just be yourself."
- ✦ "You're not alone. Many people feel nervous in big gatherings, including me."
- ✦ "Remember how awesome you are! Don't trust every worried thought that makes you doubt yourself."
- ✦ "It's okay to take a break when a situation is causing you fear."





IST Library & Information Literacy Center

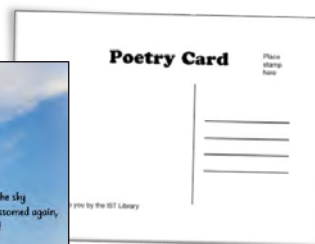
Our Mission

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.

April is Poetry Month

We are celebrating poetry all month long at the IST library! Stop by to pick up a free poetry postcard, create your own poems with our big magnetic poetry board, or explore a selection of poetry books for all ages.

Whether writing something silly or something thoughtful, poetry is a wonderful way to express ideas and emotions. We look forward to seeing the creative poems our students come up with this month!



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



Girls HS Football IST 1-0 Wellington

IST, despite missing key players who were resting after the ACAMIS tournament, produced a strong first half. They created a couple of good chances, while IST's goalkeeper remained untroubled and the interval arrived goalless. After several halftime substitutions IST began to assert themselves, carving out a string of genuine opportunities. A well-taken penalty was eventually drilled into the top-left corner to settle the contest. Final score: IST 1-0 Wellington.





THE BLAZE

Working Learning Acting TOGETHER



BLAZING DRAGONS



Boys HS Football IST 1-2 Wellington

The boys fought hard, but we came up just short in a 2-1 loss to Wellington. Early in the game we didn't get forward with enough speed or give ourselves the right options early, which allowed Wellington's pressure defense to settle in and disrupt our rhythm. Going forward, the focus is clear: look for passing options before we receive the ball. When we scan early, we can get the ball moving quicker, play through pressure, and create our own chances. We'll learn from this, regroup quickly, and come back stronger.





BLAZING DRAGONS



IST HS Badminton Open 2026



IST hosted its first **High School Badminton Open**, welcoming teams from TEDA, Wellington, and FDIS (Farragut Tianjin) alongside IST. The event featured multiple categories: girls' singles, boys' singles, girls' and boys' doubles, and mixed doubles. Running from 8:30 a.m. to 2:30 p.m., the tournament saw over 150 matches and a fantastic display of badminton. For IST students, it was an excellent chance to compete against a variety of opponents—especially valuable practice for our ACAMIS players. With many high-level games packed into a short window, it was a very successful day for all participants.





BLAZING DRAGONS



IST HS
Badminton Open
2026



Girls Doubles: Zoe and Farida 1st place

Boys Doubles: Thomas and Yun-Tse

Girls Singles: Hanano and Miranda both 2nd
place

Mixed Doubles: William and Hanano 3rd Place





BLAZING DRAGONS



Sports Update

Important dates



Badminton ACAMIS

Wednesday 15 - Saturday 18 April @ Key



Basketball

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

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





Artistry and Collaboration: Highlights from the Inaugural Making Music Festival

Last week, six of our IST student musicians had the wonderful opportunity to travel to Hangzhou International School to participate in the inaugural Making Music Festival alongside peers from HIS, NIS, and QSI Shenzhen. Representing both Orchestra and Concert Band, our students joined fellow young musicians for an intensive day-and-a-half of rehearsals, sectionals, and performance. It was, by any measure, a demanding musical experience, but also an exciting and deeply worthwhile one, reminding us that some of the richest learning takes place when students step beyond the familiar and into a wider community of music-making.



The challenge presented itself from the very first rehearsal. In many cases, students were encountering the music for the first time and were immediately called upon to sightread with confidence, adapt to unfamiliar teaching approaches, and find their place within a newly formed ensemble. It was a rigorous beginning, requiring concentration, flexibility, and no small amount of courage. Our students met that challenge admirably, approaching the experience with maturity, openness, and a clear readiness to grow.

As the festival progressed, it was especially rewarding to see that early nervousness begin to give way to increasing confidence and connection. Students became more secure in their playing, more aware of the musicians around them, and more responsive to the musical demands of the ensemble. By the time of the final performance, what stood out



most clearly was not the pursuit of perfection, but the remarkable speed and depth of the students' growth. That shared sense of progress gave the performance its true meaning and made it a fitting culmination of the work that had preceded it.



In many respects, this was the most significant outcome of the festival. Music, at its heart, is communication through collaboration, and this experience offered students a meaningful opportunity to live that truth in practice. They were not simply preparing notes and rhythms for performance, but learning to listen with care, respond with sensitivity, and contribute to something larger than themselves. In doing so, they helped to build a musical community that extended well beyond the classroom.

As the first IST students ever to participate in this new festival, they also helped establish what will no doubt become a valued annual tradition. We are incredibly proud of the maturity, courage, and commitment they demonstrated throughout the experience, and we congratulate them warmly on representing IST with such positivity, poise, and musical purpose.



EARTH DAY 2026

SECONDARY SCHOOL

APRIL 21ST

MONDAY, APRIL 21ST



Our Power, *Our Planet.*



A full day of hands-on workshops, creative challenges, and community action – celebrating the planet we share together.

WHAT'S ON



Plantable seed
paper making



T-shirt
upcycling



Climate
board game



Sustainability
photo challenge

End-of-day assembly



Student speakers share their sustainable projects + live performances to close out the day



SWAP DAY!

GIVE YOUR OLD ITEMS A NEW HOME!



BRING YOUR ITEMS TO
SCHOOL ON:
MONDAY APRIL 13
TUESDAY APRIL 14

COME AND CHOOSE
SOMETHING NEW ON:
MONDAY APRIL 20
TUESDAY APRIL 21

BROUGHT ITEMS MUST BE IN GOOD
CONDITION, SUCH AS:

- CLOTHES
- BOOKS (NO RIPPED OR MISSING PAGES)
- TOYS
- OTHER SMALL ITEMS

PLEASE DO NOT BRING!!:

- BROKEN OR DAMAGED ITEMS
- CLOTHES
- BOOKS WITH MISSING PAGES

*DO YOU HAVE THINGS YOU NO LONGER USE?
BRING THEM TO SCHOOL AND SWAP THEM
FOR SOMETHING NEW!*

REUSE • REDUCE WASTE • SHARE WITH OTHERS



INTERNATIONAL
SCHOOL of TIANJIN

Weekly



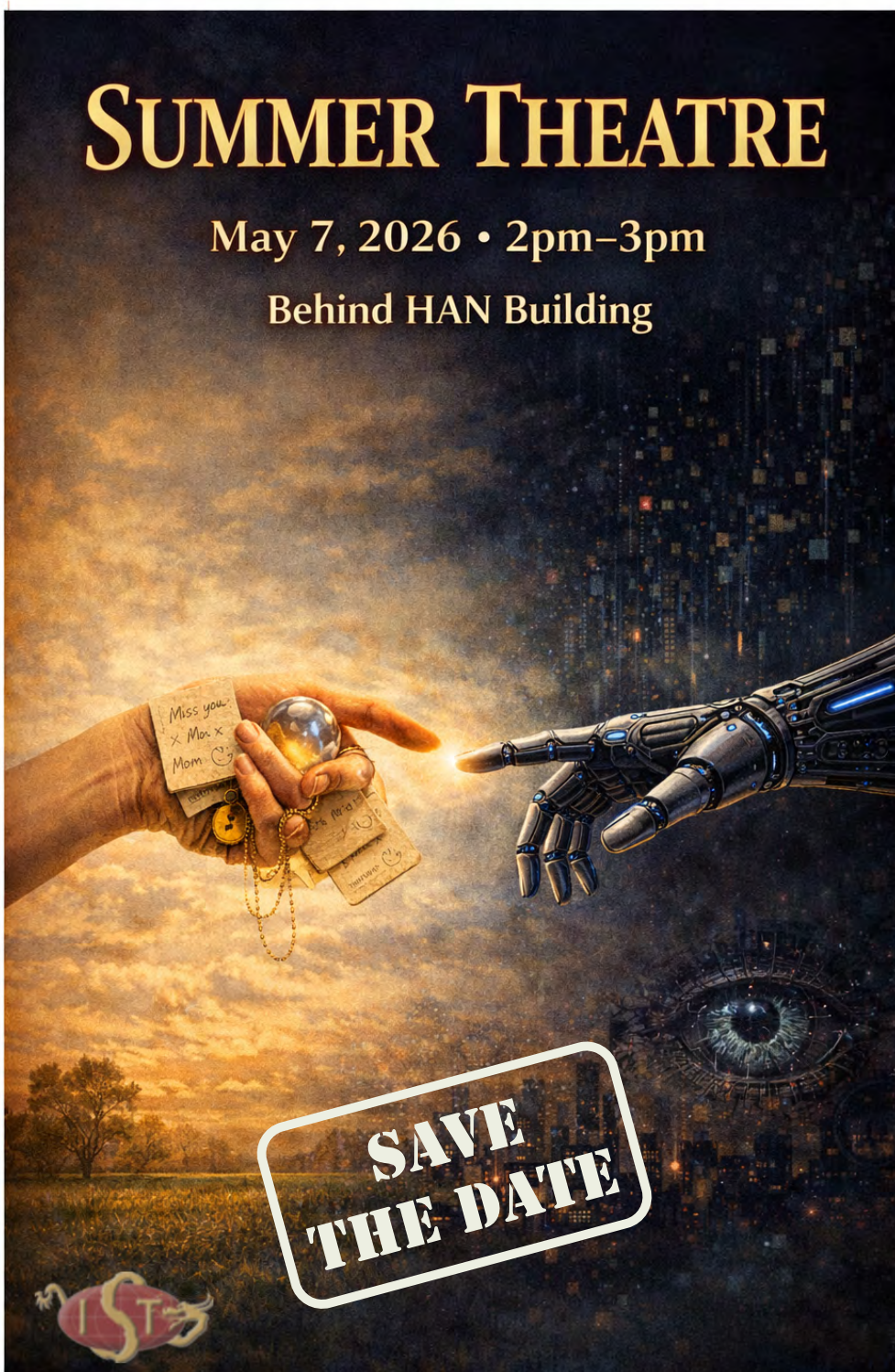
THE BLAZE

Working Learning Acting TOGETHER

SUMMER THEATRE

May 7, 2026 • 2pm–3pm

Behind HAN Building





WEEKLY CCA
SPOTLIGHT

SWIFT PLAYGROUND CODING

Swift Playground is an iPad app that teaches programming to kids via game play. This week we focused on understanding and applying basic programming fundamentals such as loops, functions, and conditional statements. Students who have had more sessions since the beginning of the year are working on more advanced concepts, such as basic algorithms and variables. Together, we help Byte navigate complex puzzles by using various tools we learn along the way.





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



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





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) 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) 13-17 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
Spaghetti with Pesto/Tomato/Cream Mushroom Sauce 意大利面搭配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒时蔬 Roasted Egg with Herb 烤鸡蛋 <i>Allergy: cheese, egg (served on the side)</i>	Cajun Grilled Fish with Cheese 卡真芝士烤鱼 Baked Vegetables 烤时蔬 Roasted Potatoes 烤土豆 <i>Allergy: fish, cheese</i>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <i>Allergy: beef, soy sauce</i>	Turkish Shawarma 土耳其烤鸡腿肉 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒时蔬 Roasted Sweet Potatoes 烤地瓜 <i>Allergy: wheat</i>
Stir Fried Tomato with Egg 西红柿鸡蛋 Sautéed Spicy String Beans 干煸豆角 Steamed Rice 米饭 <i>Allergy: egg, soy sauce</i>	Ground Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: coconut milk</i>	Hainanese Chicken Thigh Curry 海南鸡腿饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <i>Allergy: chili, soy sauce</i>	Stir Fried pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <i>Allergy: soy sauce</i>	Sweet and Sour Fish 糖醋鱼片 Stir fry Mushroom with Chili 干锅杏鲍菇 Stir Fried Mixed Vegetables 清炒时蔬 <i>Allergy: garlic, soy sauce, fish</i>
Spicy Ramen with Cheese 芝士辣拉面 Boiled Egg 煮鸡蛋 <i>Allergy: wheat, egg (served on the side)</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir Fried Potatoes 清炒土豆丝 Tossed Kelp Shreds 海带丝 <i>Allergy: wheat</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/厥根粉 <i>Allergy: wheat</i>	Noodles with Beef Broth 牛肉面 Boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Tonkotsu Ramen 豚骨拉面 boiled Vegetables 煮蔬菜 <i>Allergy: wheat, egg</i>
Laver and Egg Soup 紫菜鸡蛋汤	Vegetables Curry 咖喱蔬菜 <i>Allergy: coconut milk</i>	Vegetable Dumplings 蔬菜水饺 <i>Allergy: wheat</i>	Noodles with Tomato Soup 番茄面 <i>Allergy: soy sauce</i>	Stir Fried Mushroom with Chili 干锅杏鲍菇 <i>Allergy: soy sauce</i>
Pumpkin Soup 南瓜汤	Mung Bean Soup 绿豆汤	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Tomato and Egg Soup 西红柿鸡蛋汤
Cream Puff 奶油泡芙	Mini Muffins 小麦芬			Cookies 卡通饼干
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 776	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 116	Fat 脂肪(g) 24



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

- 13 April –
HSFB Practice 15
- 14 April –
MSBB Boys Wellington @ IST; Girls IST @
Wellington
- 16 April –
ACAMIS Badminton @ IST?
MSBB Practice 9
- 17 April –
ACAMIS Badminton @ IST?
HSFB Practice 16

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.