



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

Welcome back from what I hope was a most enjoyable and relaxing Spring Break vacation with your children. With this holiday now behind us, we commence the final sprint towards the end of the year, a critical time for learning and a really busy time with a number of important legacy events.

Perhaps the most significant of all school events is the annual graduation of the Grade 12 Senior Class, this year scheduled on Friday 29 May, just six weeks away! **Today, however, marks the last formal day of school for our Grade 12 students** who, after 15 years of elementary and secondary schooling, commence a week of study in preparation for the commencement of their IB Diploma final examinations on Monday 27 April. If you happen to see one of our Seniors over the next several weeks, be sure to lend your encouragement to them (and their stressed parents!) as they embark on this very challenging and stressful undertaking!

Although we are not yet fully cleared to open our new gymnasium for student use, we were pleased to allow the Grade 11 and 12 students to visit and try out the new gym on Wednesday afternoon so that the Seniors at least had a chance to use it before concluding their classes. On a related note, **I am sure that you will join with me in congratulating the three Grade 11 students who spearheaded the Solar Panel Initiative** on the successful achievement of their ambitious effort to raise RMB 228,000 to purchase 95 solar panels for the new gym. The girls wrote to our community on Wednesday this week to share this exciting news and to thank you all for your generous contribution to the initiative. I wish to thank you all too!

Please note that the girls **have not yet been able to identify one donor** who accidentally failed to record their name when registering their donation. If you have not already checked the sponsor list that the girls circulated on Wednesday and confirmed that your name appears on the list, please do check the timestamp below to see if this donation belongs to you – we would hate to miss you on the donor wall! If this payment was yours, please call the school office or email Na Ye at Na_Ye_Kim@istianjin.org.cn

Missing Donor	RMB 2400 donation	Payment made on 2026-03-28 09:44:38
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Please be sure to note three important events taking place at school next week, additional details about which are recorded later on in Blaze:

- **Changes to the Grade 9 and 10 MYP Design Course** from next year. Parents of current G8 and G9 students (and any other grades!) are welcome to join their children in an information session to be held in the Han TC at 8:25 AM on Monday morning.

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- **Earth Day:** We will celebrate Earth Day on Tuesday.
- **Spring Book Fair:** Wednesday and Thursday.

Finally, **the IST Board of Governors will meet next week** to review the first draft of the operating budget for the 2026-27 school year, and to determine whether there will be any adjustment to school fees for the new school year. I think it important to acknowledge that the Board has not increased fees for several years now, in recognition of our school's non-profit status and our ongoing commitment to ensuring that our fees remain the least expensive in Tianjin. Following the meeting the Board will release a community announcement about its decision, along with a **non-binding 'intent to return' survey** that asks you to please share your current intentions about your child/ren's continued attendance at IST for the new school year.

Wishing you all a wonderful weekend!

Steve Moody
Director





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTING AND MOVE

APRIL

BURPEE 30-DAY CHALLENGE
© darebee.com

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



Body image is how you see and feel about your own body. Many teenagers focus on things they don't like about their appearance while ignoring their good qualities. During puberty, rapid body changes can make students feel awkward, unhappy with their weight or height, and less confident. Both boys and girls struggle with this, especially because of edited "perfect" images on social media and teasing from others. Parents can help by talking openly about body changes, praising efforts and personality instead of looks, limiting social media time, and being positive role models by speaking kindly about their own bodies.

IST Counseling



BODY CONFIDENT PHRASES FOR YOUR KIDS...

"All bodies are different, **and they all deserve love.**"

"I love my body. **It gives me** the strength to play and have fun."

"I will hug and hold my body. It is safe."

"My body changes, **my worth doesn't.**"

"My body is my friend, and **I will treat it with kindness.**"

"My body is **perfect, whole, and complete** just as it is."





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!



Book Fair

We are excited to host our Spring Book Fair in the IST Library on April 22-23, from 8:00 am to 4:00 pm.

Parents are warmly welcome to visit and explore the selection with their children. All elementary classes will have a scheduled visit to the Book Fair on Wednesday.

If you would like your child to purchase books, please send them with some money. This is a wonderful opportunity to build your home library with a wide range of engaging English-language books for all ages.

Parent Book Club: Apr. 21 in the library

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

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



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



INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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**BOOK
FAIR**

HOSTED BY BOOK WIN

DATES:
22 & 23 April 2026

TIME:
8:00 AM - 4:00 PM

at the IST LIBRARY



BLAZING DRAGONS



IST Badminton – ACAMIS Tournament Day 1 Recap

A strong opening day for IST as our badminton team picks up four wins in Stage 1 of the ACAMIS Tournament!

Competing in Group 2, our shuttlers came out with energy and determination, securing victories against CAIS, ISD, AXIS, and SIS. The highlight of the day was a commanding 4-1 win over ISD, where all five events went IST's way except for a tough girls singles loss.

It wasn't all smooth sailing, however. VSA proved to be a class above, handing IST a 5-0 defeat, while SCIS HQ also showed their quality with a convincing 4-1 win. These results give our players a clear picture of where the bar is set as the tournament progresses.

Across the five events – boys and girls singles, boys and girls doubles, and mixed doubles – IST showed great depth and team spirit. When it mattered most, players stepped up and delivered in crunch moments to get the team over the line.

A special shoutout goes to our Boys Doubles pair Yun tse and Thomas and singles player Han Ho, who all ranked 2nd overall in the pool thanks to their excellent individual performances. Their consistency and skill earned them a place in the individual elimination rounds, which kick off on Friday afternoon. Go get it! With a 4-2 record, IST finished 3rd overall in their pool, earning a spot in the Shield Cup for Day 2. Our team will now face NIS, ISNS, and XIS as they battle it out for the Shield title.

The pool stage is done – now the real competition begins. Time to bring home some silverware!



ACAMIS LIVE STREAM QR CODES



BLAZING DRAGONS



Girls Basketball vs Wellington (Away)

The IST Girls traveled to Wellington for a hard-fought away fixture, narrowly falling 16-21 in a game that could have gone either way.

Despite the final score, the girls led for much of the match and delivered one of their strongest all-around performances of the season.

The team is clearly beginning to click – communication was stronger, movement was purposeful, and our strategies are starting to take shape in real game situations. Offensively, the attack looked far more organized, with better spacing and decision-making. Shooting accuracy has improved significantly, creating more scoring opportunities, though we will continue working to build consistency and confidence under pressure.

While the result didn't fall our way, this performance showed real growth and progress. The girls should be proud of how they competed and represented IST – we are moving in the right direction

Go Blazing Dragons!





BLAZING DRAGONS



MS Boys Basketball IST vs Wellington

The IST Boys secured a strong 24-12 victory over Wellington in a game they controlled from start to finish. The team dominated possession, created numerous scoring opportunities, and showed clear progress in their overall organization and teamwork.

While the result was convincing, the performance also highlighted important areas for growth. We missed several open chances that could have extended our lead further – capitalizing on those opportunities will be a key focus moving forward. Maintaining composure with the ball and staying calm under pressure is another area we will continue to develop.

Overall, it was a solid and well-deserved win, with plenty of positives to celebrate and clear goals to work on in upcoming practices. Great effort from the boys!

Go Blazing Dragons!





BLAZING DRAGONS



Sports Update

Important dates



Badminton ACAMIS

Wednesday 15 - Saturday 18 April @ Key



Basketball

Saturday 18 April MS ISAC Girls@DSP Boys@CISB
Saturday 9 May MS ISCOT Girls@TIS Boys@TEDA



Football

Friday 17th April Boys and Girls IST vs TEDA@ IST
Saturday 18 April HS ISAC Girls and Boys both@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!





EARTH DAY 2026

SECONDARY SCHOOL

APRIL 21ST

TUESDAY, 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



INTERNATIONAL
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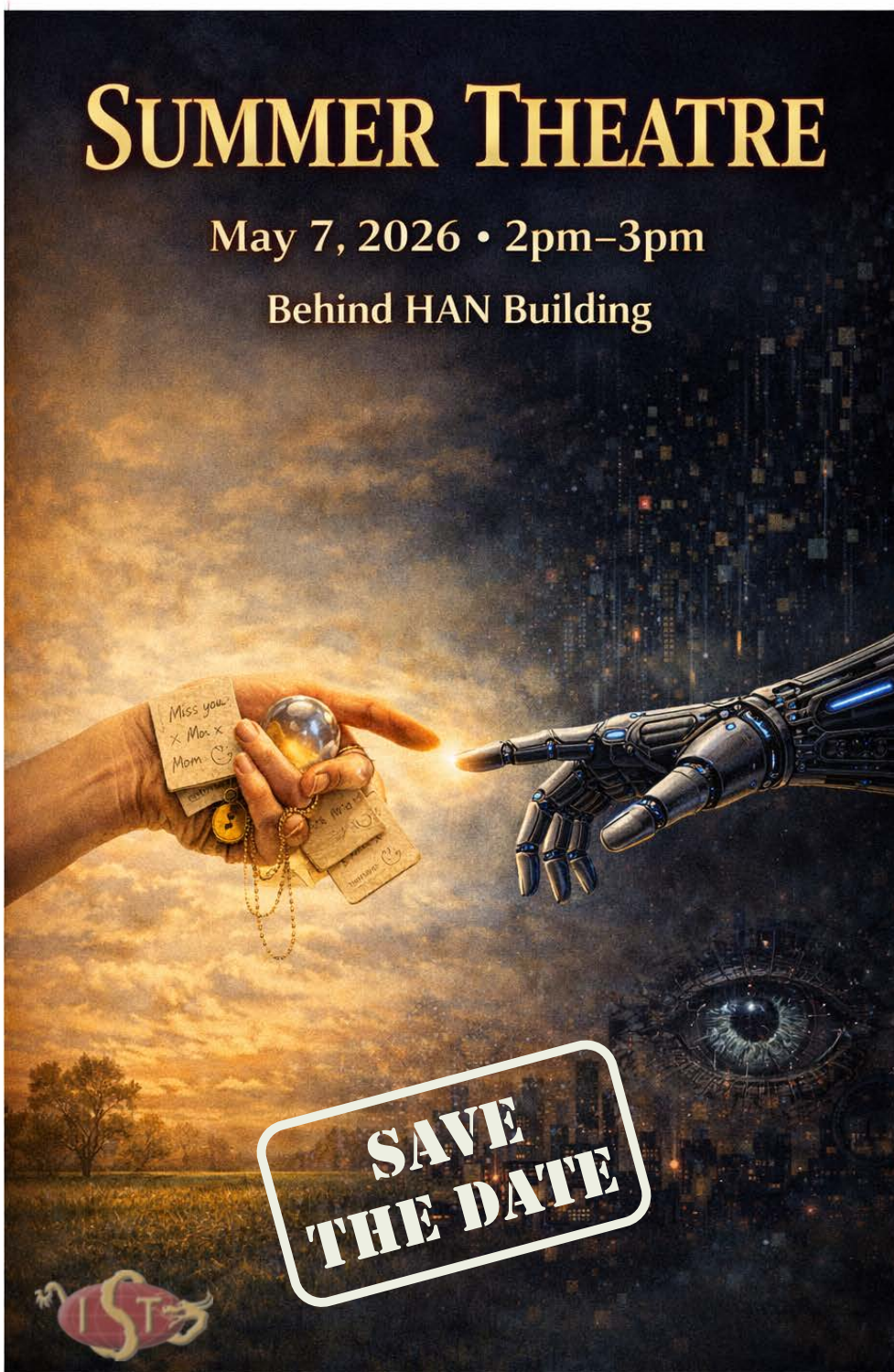
THE BLAZE

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SUMMER THEATRE

May 7, 2026 • 2pm–3pm

Behind HAN Building





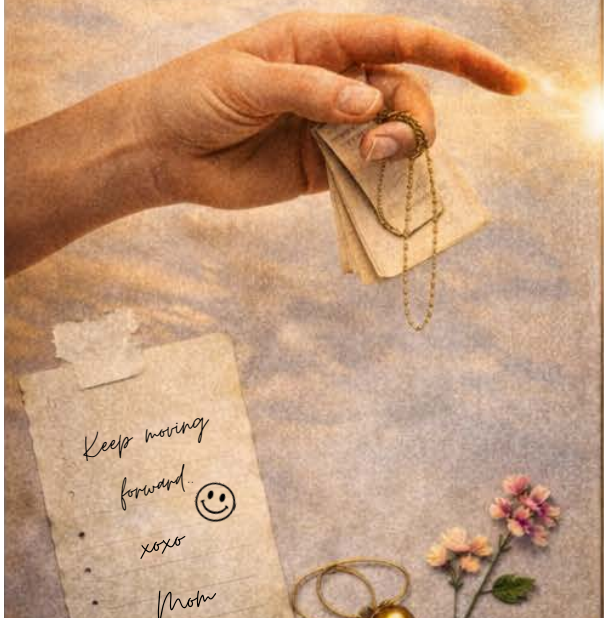
The Things She Held

By Martha Epstein
Grade 9 Drama

A simple speech spirals into chaos—Big Bang theories, awkward love, childhood memories, and thoughts that won't stay in order. It's fast, funny, and beautifully confusing—like your brain at 2am.

This is a story about the one thing we're all bad at: letting go

Mengchun Fu
Hanano Kato
Farida Li
William Song
Victoria Zhang



You Chose the Cage (Happily)

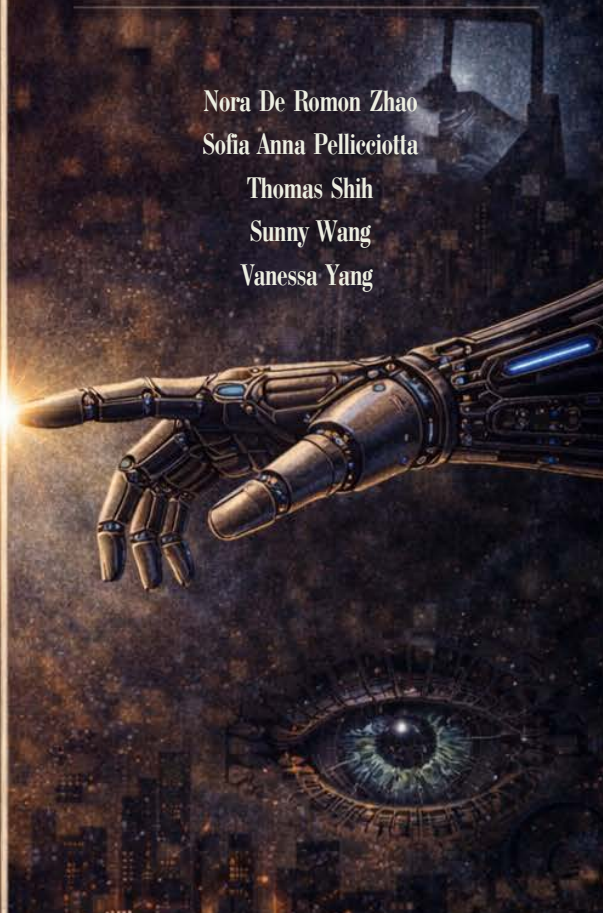
An Original Play
Grade 10 Drama

Picture this: It's Christmas, you're stressed—so you ask AI: “What do I buy mum?” Easy, right?

Suddenly everyone's hooked: essays, recipes, even therapy. It's funny. Familiar. Comforting. Until it isn't.

Because the more we rely on it... the stranger—and darker—things start to feel.

Nora De Romon Zhao
Sofia Anna Pellicciotta
Thomas Shih
Sunny Wang
Vanessa Yang





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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



Chinese Calligraphy

WEEKLY CCA
SPOTLIGHT



Students in Chinese Calligraphy CCA explore Chinese culture through the art of traditional brushwork. Using authentic calligraphy tools, students discover the beauty and meaning behind each stroke while building focus, patience, and confidence through hands-on practice. In the process, students strengthen their calligraphy writing skills, learn essential techniques, and create their own original calligraphy works to take pride in, all while enjoying a calm, relaxing moment where they can slow down, feel the rhythm of brush and ink, and experience the artistry of Chinese writing.





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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) 20-24 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
Omelette 煎蛋卷 Scallion Pancake 葱油饼 Vegetable Sticks 蔬菜条 <i>Allergy: egg</i>	Baked Fusilli w/Meat Sauce 螺旋面配牛肉酱 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Pork and Chinese Cabbage Dumplings 猪肉白菜水饺 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	Fried Chicken, Curry Omelette Rice 日式炸鸡咖喱蛋包饭 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <i>Allergy: egg</i>	Fish and Chips 鱼条薯条 Vegetable Sticks 蔬菜条 <i>Allergy: fish, wheat</i>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 712	Protein 蛋白质(g) 33	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 22

Weekly Menu (N-G1) 27-30 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <i>Allergy: cheese, seaweed, sesame</i>	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <i>Allergy: beef, soy sauce</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <i>Allergy: milk, wheat</i>	Chicken Burger 鸡肉汉堡 Vegetable Sticks 蔬菜条 <i>Allergy: wheat</i>	
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 715	Protein 蛋白质(g) 35	Carbohydrate 碳水(g) 118	Fat 脂肪(g) 23

Weekly Menu (G2-G12) 20-24 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
Vegetable Lasagna 蔬菜芝士千层面 Stir fry Vegetables 炒蔬菜 <i>Allergy: cheese, wheat</i>	Grilled Chicken with Onion Sauce 煎鸡排洋葱汁 Stir fry Vegetable 炒蔬菜 Mashed Potatoes 土豆泥 <i>Allergy: soy sauce</i>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <i>Allergy: beef, cheese</i>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <i>Allergy: fish, wheat</i>	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Mashed Sweet Potatoes 红薯泥 <i>Allergy: cream, milk</i>
Vegetables Curry Omelette Rice 咖喱蔬菜蛋包饭 Stir Fried Vegetables 清炒时蔬 <i>Allergy: egg (served on the side)</i>	Steamed Rice with Vegetables and Sausages 广式腊肠饭 Stir fry Vegetables with Mushroom 香菇油菜 <i>Allergy: mushroom</i>	Chicken Teriyaki 日式照烧鸡排 Stir Fried Vegetables 炒时蔬 <i>Allergy: wheat</i>	Kung Pao Chicken 宫保鸡丁 Steamed Vegetables with Garlic 蒜蓉蒸时蔬 Steamed Rice 米饭 <i>Allergy: soy sauce, peanut</i>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <i>Allergy: egg, seaweed</i>
Chongqing Spicy Noodles 重庆小面 Fried Egg 煎鸡蛋 <i>Allergy: sesame, wheat, egg (served on the side)</i>	Noodles with Beef Soup 牛肉清汤面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Noodle with Pork dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>	Noodles with pork in Soybean paste 老北京炸酱面 Mixed Vegetables 拌蔬菜 <i>Allergy: soybean, wheat</i>	Noodles and Vegetables in Chicken Broth 川香鸡面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat</i>
	Fried Rice with Cucumber, Carrot and Corn 蔬菜炒饭	Noodle with Vegetables 广式蔬菜竹升面	Noodles with Soybean Paste 炸酱面	Vegetable Kimbab 蔬菜饭卷
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 银耳红豆羹
Rice balls 糯米糍	Cookies 饼干	Strawberry Mousse 草莓慕斯	Banana Bread 香蕉包	Chocolate Cookies 巧克力饼干
Nutritional reading over the week 每周营养分析	Energy 热量(Kcal) 788	Protein 蛋白质(g) 32	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 25



DIARY DATES

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

18 April –
ACAMIS Badminton @ IST?
ISAC HS Football Tournament-Boys @ DCB;
Girls @ Keystone
ISAC MSBB Tournament-U14 Boys @ CISB;
U14 Girls @ DSP

20 April –
HSFB Practice 17

21 April –
MSBB Practice 10

23 April –
MSBB Practice 11

24 April –
HSFB Practice 18
ISCOT ESFB G1-5 @ Wellington (12:00-
15:30)

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 May
- ☺ 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.