



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

Wow, it seems Summer has arrived early this year ... as I write this week's edition of Blaze, it is a very warm 34 degrees C outside - Let's hope that the rain forecast for this weekend cools things down a little!

Along with our Grade 12 students and parents, I am sure you will be pleased to know that after two weeks of toil, the **IB Diploma examinations will be coming to an end on Wednesday (20th)** following which the Class of 2026 will be starting a very well-earned vacation, having now effectively completed their Secondary schooling. Now all that will be left for them to do will be to graduate! A reminder, therefore, that all families are invited to attend the **Graduation Ceremony for the Class of 2026 in the Han Theatre at 3:55 PM on Friday 29 May.**

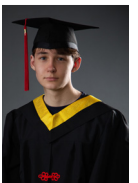
While our Seniors are looking forward to the conclusion of their IB Diploma examinations next week, our **Grade 9-11 high school students** will this weekend be looking forward to the start of theirs, on Monday! A reminder to these students of the importance of getting plenty of exercise and sleep this weekend, and if they haven't already done so, to get their notes and revision plans ready.

Every year as our school prepares to bid a fond farewell to our graduating Seniors, we like to recognize two individual students and to highlight their achievements in front of the entire school community by bestowing upon them **the awards of Valedictorian and Salutatorian**. Both honors share a special place of prominence in the school and are an integral part of our graduation traditions at IST and around the world.



It is my great pleasure therefore to announce the honor of **VALEDICTORIAN for the Class of 2026** has been awarded to **Nina Dobrovodska**. Nina has merited this prestigious academic honor by earning the highest cumulative GPA in the class over the two-year course of the demanding IB Diploma.

I am also delighted to announce that the honor of **SALUTATORIAN for the Class of 2026** has been awarded to **Sigge Centerman** by a vote of his peers. It is the firm decision of the Class of 2026 that Sigge best represents them as a group and has served as an inspiration to his peers over the two years of the Diploma Programme.



Congratulations to these two wonderful representatives of their class, and of our school. Congratulations also to the many other fine young men and women that make up this impressive graduating class!

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Grade 5 students, who are also nearing the end of a major stage in their education, the “Primary” or “Elementary” stage, return to school today following their **three-day camp in Jizhou County**. The trip was no doubt filled with adventure, including a day at Raccoon Jim Adventure Base, a day at Huangyaguan Great Wall, and a day at Jinhai Lake. A reminder also, that all families are invited to attend the **Grade 5 Transition Ceremony, to be held in the Han Theatre at 1:00 PM on Wednesday 3 June**.

One other exciting event taking place this week was a journey to Hangzhou for three of our secondary students who, accompanied by Mr. Zhai, attended the government-sponsored **2026 Global Youth AI Innovation Camp**. Be sure to see the article from Mr. Zhai later in Blaze sharing just some of the exciting details of this wonderful opportunity.

Wishing you the very best, despite the forecast wet weekend weather!

Steve Moody
Director





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER



IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTHING AND MOVE

MAY

WELL, THAT HAPPENED

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 reverse lunges



10 slow butt kicks



10 butt kicks



2 plank walk-outs



2 plank jump-ins



2 heel clicks



10-count hold



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"I'm bored." You've probably heard this from your child many times. It often feels like an urgent problem that parents need to solve immediately. Much of this anxiety stems from our long-held assumptions about boredom. We tend to view it as a purely negative feeling and instinctively try to avoid it. Yet in today's world of constant screens and packed schedules, boredom has been pushed aside — along with its powerful ability to spark creativity and independence. Instead of seeing this uncomfortable feeling as something to fix right away, we can embrace it as a valuable tool to help cultivate creativity and problem-solving skills in our children.

So let your child be bored and allow them to have more free time. The next time your children say, "I'm bored," resist the urge to entertain them.

IST Counseling

~~DON'T~~ LET YOUR KIDS GET BORED, BECAUSE...

It improves
problem-solving
skills

It encourages
creativity &
imagination

It teaches them
to just "be"

It helps them
build a strong
sense of self

Improves
psychological
well-being

Unstructured
time builds
resilience





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.

Summer Reading & Library Dates

As the end of the school year quickly approaches, please note the dates below for returning library books and borrowing books for the summer. Summer is a wonderful time for students to relax, explore new interests, and read for pleasure. Continuing to read over the summer helps students maintain and strengthen their reading skills while also building their imagination and curiosity. Even a small amount of reading each day can make a big difference.

We encourage all students to continue discovering great books throughout the summer months through our summer checkout program. Permission slips for elementary students were sent home today and can also be found at the library circulation desk or on Toddle (permission slips are not required for secondary students).

*** End of Year Library Dates ***

May 22: Last day to borrow library books
May 25-29: All library books & bags returned
May 25-June 2: Library summer checkout

Permission slips for summer checkout will be sent home soon. Students must clear their library accounts before borrowing books for the summer. If you are unsure if your child has overdue books, please contact library staff.

SUMMER BOOK CHECKOUT

My child, _____ in class _____ has my permission to check out books over the summer holiday.

My child may borrow up to ten (10) books for the summer holiday.

My child may borrow up to twenty (20) books for the summer holiday.

Parent signature: _____

Please Note:

- All books are due the first week of the 2026-27 school year
- You are responsible for any lost or damaged books
- Library bags are laundered over the holidays; please send a bag to school
- Please do not take IST library books out of China

Return this form by Mon., May 25	Summer Checkout: May 25-June 2	Please send an extra bag to carry books
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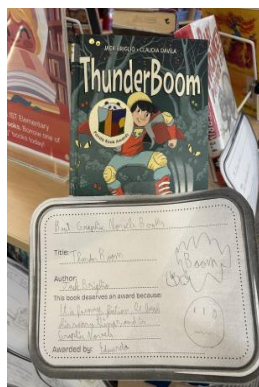
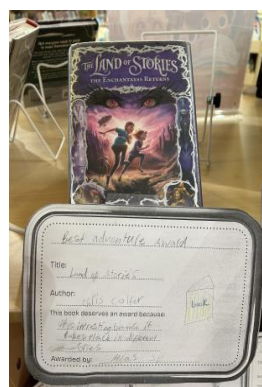
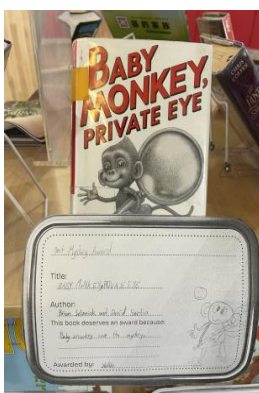
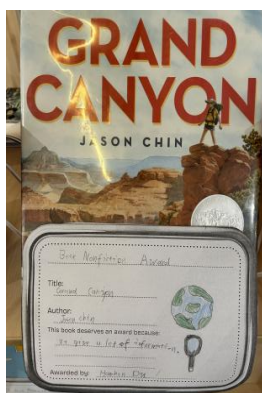
IST LIBRARY SUMMER CHECKOUT PERMISSION SLIP



Books of the Year Awards

As we reflect on a wonderful year of reading, students in grades 2 and 3 created their own “Books of the Year” awards to celebrate stories they especially enjoyed this year. Students chose books in a variety of fun categories and designed award certificates to recognize memorable nonfiction, exciting adventures, and favorite reads.

It has been wonderful to see students sharing and recommending books with one another as we celebrate a year of reading in the library. Stop by the library to borrow one of these “award winning” books!



1ST ELEMENTARY BOOKS OF THE YEAR AWARDS

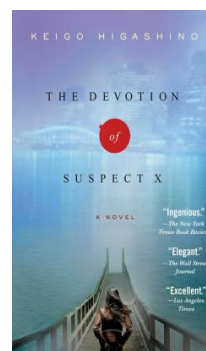
These are the books that IST Elementary students say are the **best books**. Borrow one of these “award winning” books today!

Parent Book Club: May 19 in the Library

Our last Parent Book Club selection of this school year is *The Devotion of Suspect X* by Keigo Higashino. We will meet in the library to discuss the book on Tuesday, May 19th at 8:30 am. The library has copies of the book in English, Chinese, Japanese, and Korean. A digital copy in English or Chinese 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



INTERNATIONAL
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The Girls started with a tough game against TEDA. We had to change our strategy because they had very strong outside shooters, so we switched to a man-to-man defense, and it worked really well. Mariia and Ayane worked effectively at the bottom of the key, receiving passes from Chae Won, Clare, and Grace, which led to several scoring opportunities. We tied the game and went into a 3-minute overtime, where we scored two more points to secure an 18-14 win.

We then played against TIS. They are a very aggressive team, and we had to adjust our play to match their intensity. The girls focused on pivoting more to make informed passes and practiced screening both at the top and below the key. This allowed us to recover after a difficult start and create more scoring opportunities. However, there was not enough time to catch up, and we lost 16-10.

Our final game was against Wellington, which was a slower-paced match. We were able to continue practicing our screening and man-to-man defense, especially as they also had strong outside shooters. The girls played with confidence and secured an 11-8 win, earning us 2nd place overall.

As this was our final tournament of the season, I want to congratulate the girls for their commitment and persistence throughout the season. They have grown tremendously both as individual players and as a team



BLAZING DRAGONS



INTERNATIONAL
SCHOOLS
CONFERENCE
OF TIANJIN



The boys also faced a tough opening match against TEDA, where they had to quickly adjust to the intensity and physical style of play. Despite the challenge, they remained focused, communicated well, and showed great resilience throughout the game.

In their second game against Wellington, the boys came out strong, applying consistent defensive pressure and moving the ball unselfishly on offense. Their teamwork and fast transitions led to an impressive 38-5 victory.

They carried this momentum into their final game against TIS, finishing the tournament with a dominant 40-13 win. Strong defense, smart decision-making, and excellent team chemistry were key to their success.

The boys showed determination, discipline, and great team spirit throughout the tournament. Well done, boys!

Thank you Mariana and KIt for your dedication and efforts to make these teams grow.



BLAZING DRAGONS



Sports Update

Important dates



Season done



Season done



16 May Selected Grade 5
Football tournament at ISB
Beijing



Go Blazing Dragons!





Summer Theatre 2026: Student Voices Take to the (unconventional) Stage



On May 7th, our Grade 9 and 10 Drama students took to the stage for the annual Summer Theatre Performance, an event where students present

their semester performance projects to a live audience of peers, teachers, and community members.

This yearly showcase celebrates not only performance skills, but also the creativity, courage, and collaboration that students develop through theatre-making. This year's performances challenged audiences to think deeply, laugh unexpectedly, and reflect on the ways stories connect to our own lives.

Grade 10 Original Production: "You Chose the Cage (Happily)"

This year, our Grade 10 Drama students took on the ambitious task of writing, directing, and performing their own original piece titled *You Chose the Cage (Happily)*.

The performance explored the growing influence of artificial intelligence and technology in our everyday lives, questioning how much control we willingly hand over and what the consequences of



that might be. Every scene in the production was inspired by real case studies uncovered during the students' research process.

Drawing inspiration from the theatrical techniques of Bertolt Brecht and Augusto Boal, practitioners studied during Semester 2, students experimented with interactive storytelling, direct audience engagement, fragmented scenes, and comedic disruption. The result was a fast-paced and highly engaging performance filled with short, sharp moments of humor, discomfort, and reflection.

The students would like to extend a special thank you to the student volunteers who joined them on stage during



interactive moments of the performance and embraced the challenge with enthusiasm and courage.



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Grade 9 Scripted Performance: “The Things She Held” by Martha Epstein

Our Grade 9 students tackled the demanding and emotionally layered play *The Things She Held* by Martha Epstein.



The play belongs to the genre of memory verbatim theatre and presents a unique challenge: one single character, portrayed collectively by the entire cast, delivering an acceptance speech she is completely unprepared for. Through fragmented memories, racing thoughts, and emotional tangents, the audience is gradually introduced to the experiences, fears, and relationships that shaped the character standing on stage holding her award.

The script is intentionally dense, fast-moving, and extremely wordy — designed to feel like the endless stream of thoughts that can flood your mind at two o’clock in the morning. It



attempts to confuse and overwhelm the audience at times, while also guiding them through the emotional weight of what the character is struggling to let go of.

Our Grade 9 students demonstrated tremendous bravery in approaching such a complex and unconventional piece of theatre. Memorizing and performing this style of text required focus, resilience, and strong ensemble collaboration. Their performances drew thoughtful and engaged responses from the audience and showcased their growing confidence as performers.

Thank You to Our Community

We would like to sincerely thank the secondary



students and staff members who attended the Summer Theatre performances. Your support, thoughtful feedback, and enthusiastic applause meant a great deal to the performers, who worked incredibly hard throughout the semester to bring these productions to life.

Performing original and experimental theatre requires courage, vulnerability, and trust — and our students rose to the challenge beautifully. We are proud of the risks they took, the stories they shared, and the conversations they sparked within our community.



Empowering the Next Generation of AI Innovators: IST Students at the Global Youth AI Innovation Camp 2026

This week, three talented IST students represented our school at the Global Youth AI Innovation Camp 2026 in Hangzhou, China. Organized by the World Digital Education Alliance, this truly international event brought together 27 teams with members from 23 different countries, creating a rich environment of cross-cultural collaboration and shared innovation in artificial intelligence.

The students, Mohamed Adem Arfaoui, Rory Zheng, and Homer Pei, were accompanied by Mr. Zhai, who had spent all day Saturday presenting and leading workshops at the "AI in Action: Future of K-12 Education" conference in Beijing before returning to Tianjin that night and setting off with the team for Hangzhou the very next morning. It was the kind of whirlwind turnaround that quietly speaks to the dedication IST teachers bring to creating opportunities for their students.



The camp, held from 10–14 May at Zhejiang Polytechnic University of Mechanical and Electrical Engineering, was packed with project-based learning, expert mentorship, and immersive industry visits. What truly stood out was how the students harnessed AI to pursue projects rooted in their own passions — a powerful demonstration of how technology can amplify student agency, giving young people the tools to explore who they are, what they care about, and how they want to shape the world around them.

Adem channelled his love of gaming into a fully playable car racing game built with AI assistance. His game lets players race through famous cities around the globe. It was a striking example of how AI enables students to move from personal interest to tangible creation at remarkable speed.

Rory, only 14 years old and already ranked fourth nationally in golf for his age group, turned his passion for the sport into a professional-quality website. Without any prior knowledge of HTML, CSS, or JavaScript, he used AI tools to build a platform that helps golfers find their perfect course, complete with real tournament information and prize details. Tasks that once required a year-long web design course were accomplished in a single morning.

Homer brought his curiosity about finance to life, using AI to develop a quantitative model capable of devising strategies to optimise investment returns, trained on real world stock market data. It was a genuinely sophisticated project that demonstrated how AI can open doors to complex problem solving for young innovators.

Beyond their individual projects, all three students mastered drone flight, progressing from computer simulations to



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piloting real drones with precision through hoops and poles on a physical obstacle course. They also visited the Hangzhou Embodied Intelligence Exhibition Center and the Beijing University of Aeronautics and Astronautics Hangzhou Innovation Institute, and engaged with leading AI experts and industry professionals throughout the week.

The camp concluded with a presentation showcase and closing ceremony, where each student received a certificate of achievement. Throughout the five days, Adem, Rory, and Homer demonstrated curiosity, teamwork, and resilience — taking full ownership of their learning and returning with not only new skills, but also a deeper sense of who they are and what they are capable of.

What these three students accomplished this week offers an exciting preview of the kind of passion-driven, experiential learning that IST will be bringing to even more students through the launch of our new Innovation and Entrepreneurship pathway next year. Designed to give students dedicated time and structure to pursue their own projects as part of the curriculum, the pathway will capture the same spirit of hands-on innovation that defined this camp — and will be available to all Grade 9 and 10 students, providing them with the opportunity to find their voice, explore their interests, and build something that matters to them.

We are grateful to Mr. Zhai for making this learning experience possible, and immensely proud of Adem, Rory, and Homer for representing IST so well on a global stage. Their achievements remind us of what becomes possible when students are empowered to follow their passions — and we look forward to seeing many more such stories as we launch our new Innovation and Entrepreneurship pathway.



Beyond Sight Trip to Bethel



Beyond Sight, a CAS project run by Grade 11 students Seok Young, Shirley, and Karin, have recently organized on a community trip to Bethel, a nonprofit caretaking organization for visually impaired children in Beijing. We got to interact with visually impaired children, engaging in multi-sensory activities to foster empathy and strengthen communication skills.

We started our day off with some musical activities. IST community sang multiple songs for the visually impaired kids, including <Twinkle Twinkle Little Star> in Chinese. It was great to see many of them sing along with us and play different instruments along with the piano. Bethel's curriculum focuses greatly on musical activities, and the children actively engaged with different musical instruments as sound is one of their core senses.





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In the afternoon, IST community members and children at Bethel enjoyed craft-making sessions, engaging with materials like clay, papers, buttons, crayons, bottle caps, pom pom balls, etc. It was wonderful to see the visually impaired children engage with tactile, olfactory, and auditory senses when interacting with these materials. Some of us made long, colorful paper chains, and others combined different materials to produce craft. During the process, we learned to collaborate with the children, communicate actively with them verbally and through hand gestures.



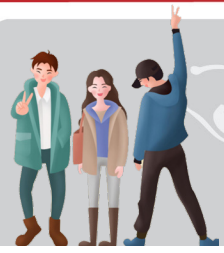
We also donated some supplies to Bethel, including crayons and braille pencil caps, and Seok Young's tactile picture book made for the Personal Project. *Beyond Sight* also purchased meaningful educational supplies, like braille-makers and braille poker cards.

Moving forward, we plan to hold educational

workshops for students, teachers, and parents to enhance braille awareness and promote engagement with the visually impaired community.

Thank you to all participants, IST teachers and staff members, and children and staff members at Bethel! And to the IST community for their ongoing support for *Beyond Sight*!





Grade 6 | Individuals & Societies | Unit 3 A Walk Through Living Faith in Tianjin

For this Unit, our Grade 6 students explored one of life's most universal questions: What guides us? What is our inner moral compass?

Through our unit Bridging Faith & World Religions, students examined major faiths, belief systems, morals, and ethics – not just as ideas, but as lived experiences. We began by watching Morgan Freeman's documentary series on faith, sparking thoughtful discussions about how people find meaning and direction. Using ABC Clio resources in, students researched the core beliefs and practices of the world's five major religions.

Learning extended beyond the classroom. In the school kitchen, students prepared dishes connected to different cultural and religious traditions, exploring the stories, celebrations, and values behind each meal. This hands-on experience fostered curiosity and appreciation for both differences and shared human values.

The unit culminated in a field trip across Tianjin, visiting Dabei Buddhist Monastery, Guwenhua Jie and Tianhou Temple, and St. Joseph's Catholic Church. Students observed rituals, sketched symbols, asked questions, and connected their learning to real-world experiences, engaging not as tourists, but as thoughtful researchers of lived belief in our Community.



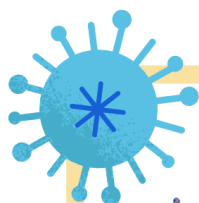


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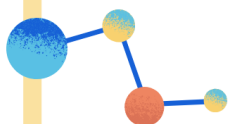
IST

WEDNESDAY MAY 22ND / 11:30AM - 12:50 PM



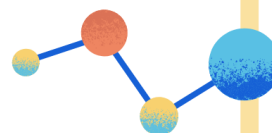
LET'S HAVE FUN!

SCIENCE FAIR



GRADE
8

Parents and community
members are warmly
welcome to attend – come
out and celebrate our
young scientists!



To be held on the second
floor of the Han building



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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



PFO Hiking to JiXian

Date: May 16 Saturday

-  Meeting Time: 6:30 AM — IST
-  Departure: 7:00 AM — North Gate of AoCheng
-  End of Hike: 3:30 PM
-  Arrival in Tianjin: 6:30 PM

Open to IST community
Children: Ages 6 and above

Normal Price: ¥140/person

PFO Subsidy: ¥100/person

Your Cost: Only ¥40/person



Organizer IST PFO

Please scan the code to join






PARENT FACULTY ORGANIZATION
INTERNATIONAL SCHOOL OF TIANJIN

AI Translation
Glasses will be
provided!

**Wednesday
20th May**

8.15 - COFFEE AND SNACK

9.00 - WELCOME AND PFO UPDATE

9.10 - DIRECTOR & PRINCIPAL INTRODUCTION

9.30 - UPCOMING EVENTS WITH PFO

TEACHER APPRECIATION DAY

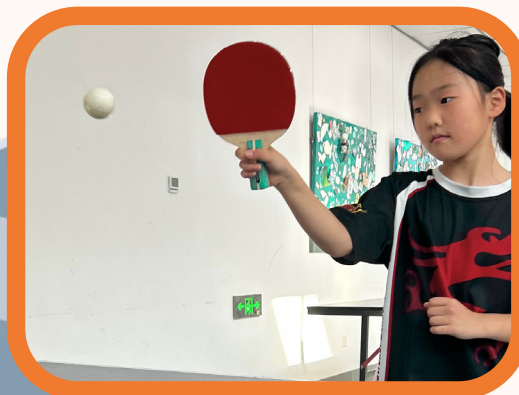
Meeting held in the Teacher's centre on 2nd floor in Han building.
Take the big black staircase to the left of the library.



WEEKLY CCA
SPOTLIGHT

Elementary Table Tennis

After nine training sessions, the children have mastered the basic skills of forehand and backhand attacking strokes, and are able to practice two-point left-push and right-attack combinations. In the last two lessons, they have learned simple serving and receiving techniques. They also took part in team group matches and individual competitions, applying the basic skills they have learned in actual games.





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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) 18-22 May

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>	Bolognese Pizza 肉酱比萨 Stir fry Vegetable 炒时蔬 <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) 722	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 119	Fat 脂肪 (g) 22

25-29 May

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) 18-22 May

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 in Tomato Sauce 番茄猪肉丸 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 <i>Allergy: milk</i>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 Roasted Potatoes 烤土豆 <i>Allergy: milk, wheat</i>	Fish and Chips 鱼条薯条 Vegetable Salad 蔬菜色拉 <i>Allergy: fish, wheat</i>	Cola-Braised Chicken Cutlet 可乐鸡排 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>	Tomato Curry Beef 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <i>Allergy: coconut milk</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>
Fried Noodles with Cabbage 中式炒面 Daikon Salad 拌白萝卜 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 Cantonese Sausage 广式腊肠炒米粉 Green Vegetable 炒时蔬 <i>Allergy: soy sauce</i>	Penne alla Carbonara 奶油芝士培根焗管面 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat, cream, mushroom</i>	Noodles with Beef Broth 牛肉面 Boiled Vegetable 煮蔬菜 <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>	Penne with Cream and Mushroom Sauce 奶油蘑菇面 <i>Allergy: wheat, cream, mushroom</i>	Noodles with Tomato Soup 番茄汤面 <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 银耳红豆羹
Pineapple Cake 菠萝糕	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) 789	Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 25



DIARY DATES

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

Monday~Friday - May 18~22, 2026
Secondary Exams (G9-11)

Wednesday - May 20, 2026
Departing Families Session
Teacher Appreciation Day

Saturday - May 23, 2026
European Chamber Soccer Tournament & Family Day

Wednesday - May 27, 2026
N-G2 Spring Show

Thursday - May 28, 2026
Secondary Sports Day & Sports Awards

Friday - May 29, 2026
G12 Graduation Ceremony

Friday~Thursday - May 29~June 4, 2026
Middle Years University

SPORTS DATES

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.