



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students,

What a terrific week we have had, not just in terms of the lovely weather (not so humid!) but also with students and teachers alike settling into the regular rhythm of the school day and week. As I have welcomed and farewelled students and parents at the start and end of each school day these past couple of weeks, I have asked several about how the year has started and whether or not they are feeling included and settled, and I can honestly and proudly report that the feedback has been very positive indeed!

That said, teachers will begin to push a little harder now that classes are settling into regular routines, and it is inevitable that some students (and parents!) may start to experience a little uncertainty about our learning expectations, and this sometimes results in feelings of anxiety. There is, however, one simple mantra that I encourage students and parents to remember, and that is that **there is no such thing as silly question, just silly people too shy to ask them!** If you are at all uncertain about anything whatsoever, please never be too shy to ask us for help, especially at this early stage of the school year, and even more so if you are new to our school.

And, just in case you are feeling a little uncertain, I am pleased to remind you that our **start of year orientation programme for parents** commences next week, with three really important gatherings planned to help you feel better informed about and connected to our programmes and community. I encourage all parents, both new and returning, to plan to come into school next week and to take advantage of these opportunities to meet with other parents and our faculty:

- **Secondary Open House (Tuesday)**
- **PFO New and Returning Parent Meeting (Thursday)**
- **Elementary Open House (Thursday)**

A reminder also to parents that we will be taking student photos next week, so if you want your children to look their best, you may like to plan for a new haircut or a special wardrobe selection to align with their assigned photo day!

- **Secondary, Monday**
- **Elementary, Tuesday**

Finally, we were delighted to be able to welcome **our new Grade 4 teacher, Ms. Celeste Staal**, into school this past Monday following a delayed arrival due to an unanticipated surgical procedure. I want to thank the Grade 4S parents for their patience in awaiting Ms. Staal's arrival and know that together with the rest of our community, we will all extend an especially warm welcome as she settles into the excitement and adventure of living in Tianjin. Judging by this photo, Ms. Staal already appears to have won the hearts of her new class!

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INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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I wish you all a most enjoyable weekend.

Moody

Steve Moody
Director



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.

Reading Aloud

Reading with your child at home is one of the most powerful ways to support their learning and growth. Research shows that regular reading not only builds vocabulary and comprehension but also improves focus, creativity, and academic success. Just a few minutes of shared reading each day can strengthen family bonds and foster a lifelong love of books. For recommendations, stop by the IST Library and chat with our librarians—we are always happy to help. For additional resources on supporting reading at home, visit the National Center on Improving Literacy at <https://improvingliteracy.org>.



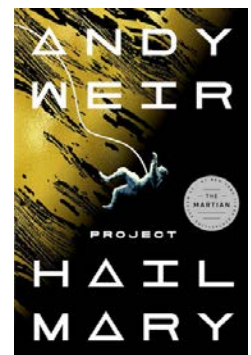
Volunteers Welcome

The library is always grateful to the parents that come in and assist with shelving books or other library tasks. If you are interested in volunteering for an hour once a week or every few weeks, please contact Lisa Fang in the library (lisa_fang@istianjin.org.cn).

Parent Book Club: September 24th

Our next book selection is the novel **Project Hail Mary** by Andy Weir. We will meet to discuss the book on Thursday, September 24th at 8:30 am in the library. 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



Week of 17 August 2026

Building Leaders: A New Team Captain Selection Process

As our athletic season gets underway, we are excited to introduce a new tradition in how team captains are selected at IST. In previous years, captain selection often happened quickly, with a simple show of hands. While this approach identified team leaders, it did not always provide student-athletes with a clear understanding of what being a captain truly means or what responsibilities come with the role.

This year, for the first time, we have introduced a more thoughtful captain selection process. Student-athletes are invited to nominate themselves or a teammate, and coaches also play an important role in identifying those who demonstrate leadership qualities both on and off the field.

Our goal is not simply to choose captains, but to develop leaders. Through this process, students gain a better understanding of the role of a captain, including the importance of communication, sportsmanship, accountability, teamwork, and serving as a positive role model. We also hope to help future captains develop the leadership skills they will need to support and guide their teams throughout the season.

We are excited to see our student-athletes step forward and embrace these leadership opportunities. Team captains for the First Season will be announced next week. Good luck to all our nominees, and thank you for helping us build the next generation of IST student leaders!

Go Blazing Dragons! 🐉🔥

A few important messages:

- MS and HS train on **MONDAY and THURSDAY**.
- MS Badminton also has a Wednesday session from **2:30-4:30pm**

*NOTE: No food allowed in both Gyms! Qin Gym and the SMACK Gym.

Upcoming

August 2026

- Aug 27 (Thu): MSFB TEDA @ IST
- Aug 28 (Fri): HSVB IST @ TEDA

September 2026

- Sep 3 (Thu): ISAC ADs Fall Meeting @ Keystone
- Sep 12 (Sat): ISCOT Badminton Invitational MS+HS @ IST
- Sep 18 (Fri): ISCOT G3-5 Table Tennis @ IST
- Sep 19 (Sat): ISAC MSFB Exchange — U14 Boys @ BWYA; U14 Girls YCIS @ DCB
- Sep 21 (Mon): HSVB IST @ TIS
- Sep 24 (Thu): MS Girls IST @ Wellington; Boys Wellington @ IST; MSFB TIS @ IST

October 2026

- Oct 9 (Fri): ISCOT ESFB G1-5 @ IST
- Oct 10 (Sat): ISAC XC Championships ES @ ISB
- Oct 12 (Mon): MSFB IST @ Wellington
- Oct 17 (Sat): @ IST; ISAC XC MS/HS @ KWA
- Oct 21 (Wed): ISCOT CROSS Country @ IST
- Oct 24 (Sat): ISCOT MSFB Tournaments — B+G @ IST; ISAC HSVB Tournaments — Boys @ DSP, Girls @ IST; ISAC MS Badminton Tournaments — Boys @ ISB, Girls @ WAB ISCOT HSVB Tournaments — B+G @ IST;
- Oct 28-31 (Wed-Sat): ACAMIS Volleyball @ HKA
- Oct 31 (Sat): ISAC MSFB Tournaments — Boys @ BCIS; Girls YCIS @ DCB

Athletic Director Ben Silvis
Ben_silvis@istanjin.org.cn



Special Announcement

If you have a child in Middle School Sports (Monday and Thursday) who cannot come home with the 5pm sport bus they can join the CCA bus at 4:30pm starting from August 31.



GRADE 1 VISITS THE FIRE STATION

Wonder • Explore • Build Community



Grade 1 learners and teachers visited Tianjin Fire and Rescue as part of their inquiry into community groups and how they work together towards a common goal.

Learning from Our Community Helpers

As part of their inquiry into community groups and how they work together towards a common goal, our Grade 1 learners enjoyed an exciting visit to the local fire station.

The trip began with a sense of wonder as learners explored the station, met firefighters, and learned about the equipment used to keep people safe. Through questions and observation, learners discovered how firefighters work together as a team to respond to emergencies and support the community.

The visit highlighted the importance of serving others, respecting others, and helping to build community. Learners saw how every firefighter has an important role and how teamwork, responsibility, and communication help them achieve their shared goal of protecting and assisting others.

This valuable experience connected classroom learning to the real world and encouraged learners to think about how they can contribute positively to their own communities. By learning from community helpers, our Grade 1 learners took another step in their journey as growing global citizens who understand the power of working together to make a difference.



Learners discovered how specialised firefighting equipment helps firefighters keep the community safe.



Exploring inside a fire engine gave learners a first-hand understanding of emergency response vehicles.



Trying on firefighter equipment helped learners understand the important role community helpers play in protecting others.

GLOBAL CITIZENSHIP CONNECTION



Wonder (I Care)



Explore (I Am Aware)



Build Community



Events Coming Up!

Join the fun, support your school, and make great memories!

 ICE CREAM SALES Aug 21
Fridays at 12:15 PM • Cafeteria
Bring cash to purchase ice cream. Proceeds support Elementary Student Council events, charities, and student-selected recess, playroom and clubhouse equipment.

 SLEEPOVER TALENT SHOW AUDITIONS
Aug 25 & 26
Grades 3-5 only • 12:25 PM • Mr. Crisp's Classroom
Prepare a song, dance, instrumental performance, or special act. Sign up using the QR code. The talent show will take place during the Sleepover!

 WATER FUN DAY | Aug 28
More details coming soon.

 STUDENT COUNCIL OFFICER SPEECHES & VOTING | Sept 4
IST Theatre 8:30 AM
Grades 1-5 students and parents of running candidates are welcome to attend. Voting will take place in classrooms via QR code.

 THE SLEEPOVER | Sept 11-12
Grades 3-5 • Sleep in the theatre, activities in the gym and on the field. Food provided. Bring a sleeping bag, pillow, pajamas, toiletries, flashlight, water bottle, and a book. No phones, candy, or electronics. Pickup: 9:00 AM Saturday from the Han Foyer.

More event-specific registration details will be shared soon.





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WATER FUN DAY

**A GREAT WAY TO
CELEBRATE THE START
OF THE SCHOOL YEAR!**

WHEN: FRIDAY 28TH AUGUST
TIME: G3-5: 10.30AM - 11.30AM
ELC-G2: 1.30 - 2.30PM

**WHAT TO BRING: THE CHILDREN WILL NEED TO BRING THE
FOLLOWING IN A CLEARLY NAMED BAG ...**
SWIMMERS WITH A T-SHIRT OR SHORTS WITH A T-SHIRT
A HAT, SUNSCREEN, TOWEL, AND/OR SHOES THAT CAN GET WET
THEY WILL CHANGE AT SCHOOL

**PARENTS ARE MOST WELCOME TO COME
ALONG AND JOIN THE FUN, FUN, FUN!**



IST Secondary Open House

August 25, 2026

Dear Parents,

Welcome to the IST Secondary Open House. This year, our theme is Confidence. Confidence is not something a school gives a child but it is something that we can help them build in partnership with parents and families. Today is a chance to see that process at work, in the school, in the programme your child is learning, and in the partnership between home and school that carries it forward.

This year, the Open House is organized around three areas of confidence: confidence in the school, confidence in what your child is learning, and confidence in yourselves as parents. In place of the earlier workshop format, we are running a set of Special Interest Presentations, short sessions on specific topics, so you can choose the ones most relevant to your child and your family.

9:40 to 9:50 Welcome Refreshments

Han Building Main Foyer

Welcome Message, IST Theater

9:50 to 10:20 Welcome by the Principal, Michael Conway

Special Interest Presentations

10:30 to 11:30, in three rooms. Each presentation runs for its listed slot; the IB Diploma & College Confidence and Design X & EntreX sessions repeat in a second slot for parents who cannot make the first. Refreshments are available throughout in the Atomic Cafe.

Time	Han TC	Literacy Lab 1	Literacy Lab 2
10:30 to 10:45	IB Diploma & College Confidence Ellie Chuah and Ambika, Grades 9 to 12	Community Curriculum & Wellbeing Wendy Bekkenk and Rebecca Jiang, Grades 6 to 10	Design X & EntreX Zhai Hao, Grades 9 to 10
10:50 to 11:10	The MYP: Challenges and Success Kit Haines, Grades 6 to 10	Toddle for Parents (English and Chinese) Joe Schaaf and Neo Zhang, All Grades	Design X & EntreX (repeat) Zhai Hao, Grades 9 to 10
11:15 to 11:30	IB Diploma & College Confidence (repeat) Ellie Chuah and Ambika, Grades 9 to 12	Community Project Geoff Diegel, Grades 6 to 9	Counseling Your Students to Manage Stress Rebecca Jiang, Grades 6 to 10

	Pick-up Time	Departure time
Bus 1	Aocheng 8:50am – Garden Villa 8:55am – Haiyi Changzhou I (North Gate) 9:15am – IST	11:45am for all buses
Bus 2	Ritz-Carlton 8:50am – Arcadia 8:55am – IST	



What IB Actually Is, and Why IST Is the Place to Pursue It!!

For many of our families, especially those new to Tianjin or transferring from a national curriculum, the IB Diploma Programme can look unfamiliar at first glance. This month, we walk you through what it actually is, and why IST is the place to pursue it. Results only mean something in context, and IST has been delivering the IB Diploma Programme for over 20 years. That depth of experience shows directly in our results.

At its core, the IB asks students to study six subject groups simultaneously: their first language, a second language, individuals and societies, sciences, mathematics, and or the arts. Three subjects are taken at Higher Level, three at Standard Level. At IST, we offer meaningful choice within every one of these six groups, and students whose interests extend beyond what's available on campus can access them through our Pamoja Education online partnership. A student's academic direction is never limited to what fits our timetable. It's a world-class IB education, with a personal touch.

Around the six subjects sits the IB core: Theory of Knowledge, the Extended Essay, and Creativity, Activity, Service. IST offers three distinct pathways to graduation: the IST Diploma; the IST Diploma with IB certificate; or the IST Diploma with the full IB Diploma. The IST Diploma itself is the equivalent of a standard high school diploma, recognized internationally (accredited by WASC and CIS), so every graduating student leaves with a credential that stands on its own, regardless of how far into the full IB Diploma Programme they choose to go. This gives families real flexibility in how deeply their child engages with the programme, something we'll return to later in this series.

Results That Speak for Themselves.

In the Class of 2026, 28 of 30 candidates were awarded the full IB Diploma. IST's pass rate stood at 93%, against an IB global pass rate of 81%. Our average diploma score was 36, against a global average of 30.5. Nine of our students scored above 40 points, and 30% of the cohort placed in the highest bands. Across individual subjects, IST's average score was 5.56 out of 7, against a world average of 4.93.

Beyond the Score: Where Students Go.

These results translate directly into where our students go next. Over the past five years, IST graduates have earned places at some of the most recognized universities in the world, across every region our families care about. In the United States, our graduates have been accepted to Cornell, Columbia, Brown, Johns Hopkins, and New York University, along with specialist art and design institutions including Pratt Institute, Parsons, the Savannah College of Art and Design, and the Rhode Island School of Design. In the United Kingdom, offers have come from Cambridge, Imperial College London, University College London, and King's College London. In Canada, our students have enrolled at the University of Toronto, the University of British Columbia, and McGill. In Australia, offers have come from the University of Melbourne and the University of Sydney. Across Asia, our graduates have been accepted to Seoul National University, Yonsei, Korea University, KAIST, and Sungkyunkwan University in Korea; the University of Hong Kong and the Hong Kong University of Science and Technology in Hong Kong; Kyoto University and Waseda in Japan; and the National University of Singapore and Nanyang Technological University in Singapore. This spread matters for a reason beyond prestige. It shows that an IB Diploma opens doors across every major destination our third-culture families are actually considering, not just one region or one type of institution. And the outcomes go beyond admission alone: more than 100 IST graduates have earned university scholarships over the past five years, averaging more than \$52,000 USD each. Over the coming months, we'll walk you through what the IB Diploma actually asks of your child, why its difficulty is meaningful, and what it prepares them for, in university and in life beyond it.



CCA ENROLLMENT ANNOUNCE ON MONDAY 24 AUG

VIA EMAIL AND SCHOOLSBUDDY



Still available:

MONDAY

TABLE TENNIS (PYP4-6)
DIGITAL ART (PYP4-6)
SECONDARY MIST (MYP1-DP1)

TUESDAY

FUN WITH PAPER (PYP1-3)
IST FITNESS (MYP3-DP2)

WEDNESDAY

TENNIS (PYP4-6)
ELEMENTARY BADMINTON (PYP4-6)
SWIFT CODING ADVENTURE (MYP1-5)

THURSDAY

FASHION DESIGN (PYP4-6)
LIBRARY (PYP4-6)

Contact us via email:
Activity@istianjin.org.cn

Upcoming

- 31 AUG CCA starts
- 14-15 OCT no CCA PTC
- 13 CCA finish



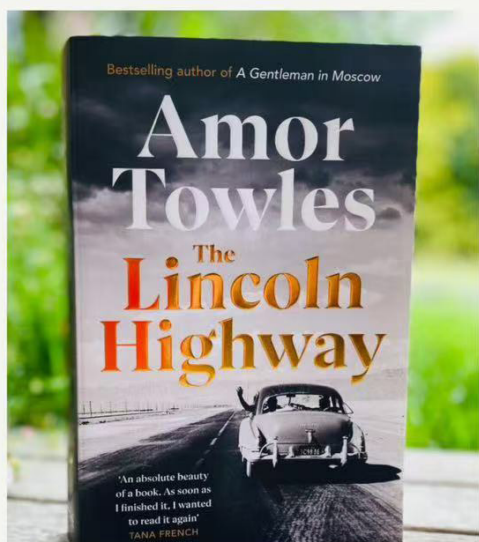
Welcome to IST Parent Book Club



Come along to our monthly meet up to discuss books and enjoy coffee & treats!

This month's book is *The Lincoln Highway* by Amor Towles. The library has copies in English, Chinese and Korean. A digital copy in English is also available upon request.

Our next meeting is August 20th at 8.30am in the Library.



Please scan the
QR code to join!





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*AI Translation will be
provided.
Please come and join in!*

**Thursday
27th August**

8.00 - COFFEE AND SNACKS

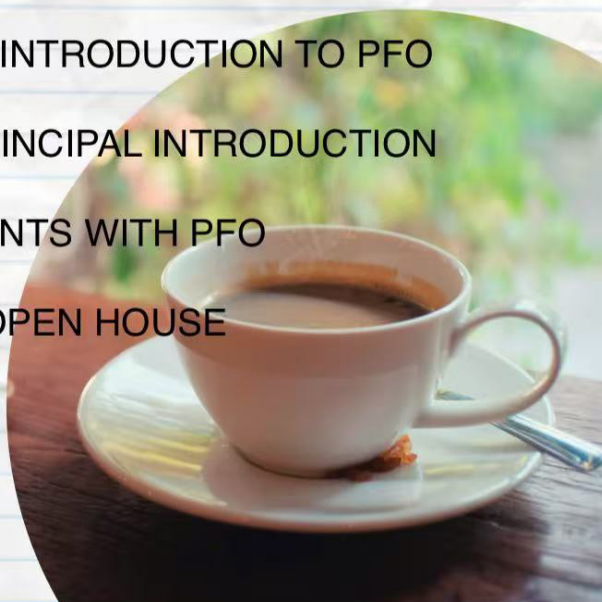
8:30 - MEETING WITH THE ELEMENTARY SPECIALISTS

9.00 - WELCOME AND INTRODUCTION TO PFO

9.20 - DIRECTOR & PRINCIPAL INTRODUCTION

9.40 - UPCOMING EVENTS WITH PFO

10.05 - ELEMENTARY OPEN HOUSE



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



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JOIN US PFO PICNIC 2026

VENDORS

Clown, Yummy Bakery, Galilee Pizza,
MPJ, D-Mart, New Century Hospital,
September, Cafeteria, He'er Dental

VENDORS

Milu, Yakult, Juk Story, CSA, Zero,
Yiben, Animal Shelter, Pizza Bianca

ACTIVITIES

Temporary Tattoo & Nail, Face Painting,
Hair Spray, Water Fun, Photo Booth,
Jumping castle, Soccer game,
Rock Climbing



Saturday September 5
11:00Am - 03:00Pm





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IST PFO Welcome Lunch



**Join us for a delightful lunch filled
with warm conversations, good food,
and a welcome community!**



**Prizes worth RMB4000
will be drawn via raffle
tickets!!!**

Date: Friday, 11th September 11:00 am

Address: Marriott Hotel Convention Center

Price: 200RMB/person





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IST PFO Parent Activities 2026-2027



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Yoga</i> 08:15 - 09:15 Start Date: 09/02	<i>German Class</i> 09:00 - 10:30 Start Date: 09/01	<i>Yoga</i> 08:15 - 09:15	<i>Zumba Main Class</i> 09:00 - 09:50 Start date: 09/03	<i>Zumba Breakdown Class</i> 09:00 - 10:00
<i>English Corner</i> 09:30 - 11:30 Start Date: 09/07	<i>IST Baby Dragon Playgroup</i> 09:00 - 11:00 Start Date: 09/15			<i>Chinese Corner</i> 09:00 - 10:30 Start Date: 09/04
<i>Korean Class</i> 13:30 - 14:30 Start Date: 09/07	<i>Japanese Class</i> 13:30 - 14:30 Start Date: 09/08			

- The PFO offers a variety of fun activities and classes for parents at IST! Whether you want to stay active, explore a new language, or simply connect with other parents, there is something for everyone. Come join us and enjoy some time together!
- Please check the poster for each class for more information and sign-up. We hope to see you there!





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IST PFO

YOGA CLASS

With: Vicky

Class schedules:

Mon. 8:15-9:15 am

Wed. 8:15-9:15 am

RMB 80/person



REGISTER NOW!
SCAN THE CODE
TO JOIN!



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IST PFO

ENGLISH CORNER

Conversation with native English
speaking teachers to build confidence,
friendship and community.

The more you practice
the better you get.

Join Our English Corner to practice and
boost your English Skills in a welcoming,
casual, community setting !

Starting Date: 2026/09/07(Monday)

Time: 9:30 - 11:30 am

Location: IST Elementary meeting room





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let's LEARN KOREAN

안녕하세요

Hello

감사합니다

Thank you

반가워요

Nice to meet you

또 만나요

See you again

Join us!

Class time: Monday 1:30 - 2:30 PM

Class fee: RMB40/person

Class starts on 7th September

Scan the code to join!



IST PFO



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IST PFO

LEARN

GERMAN

*Take your German
to the next level!*

GERMAN CLASS
FOR INTERMEDIATE LEARNERS

A2 / B1



STARTS
1 SEPTEMBER



TUESDAYS
9:00 – 10:30



ELEMENTARY
MEETING ROOM

RMB 50 per person.
Scan the code to join.





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Welcome to the IST Baby Dragons Playgroup



Come along and meet other parents, enjoy free play and music time with snacks and outside play!

Friends and their children from outside IST are invited too - must be a foreign passport holder.



Every Tuesday, 9:00 - 11:00 AM.
It will be held in the Nursery room.
Starting from 15th September.





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IST PFO

NEW Sessions available
starting on 3rd September!



Zumba Main: Thursday, 9:00-9:50 am

Zumba Breakdown: Friday, 9:00-10:00 am

RMB 50 per person (Minimum 4 to start the class)

Scan the code to join
and Dance with Summer!





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IST PFO

CHINESE
CORNER

汉语角

走近汉语 自在交流 乐在中国

Discover Chinese, Enjoy China

Starting date: 4th September
Every Friday 09:00 - 10:30am
Scan the code to join in!





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PFO
game club

Come relax, have fun, and socialize!

Card games

Board games

Table games

SCAN TO JOIN!



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Love to sing?

Join our new
IST Parents'
Choir!

Whethre you have choir
experience or simply enjoy
singing, everyone is welcome!

Let's sing, have fun,
and make beautiful
music together!

Interested?
Scan the QR code
and join our group!





Community-wide Goal:

In a world shaped by rapid technological change, including the continued rise of social media and AI, as well as growing geopolitical tensions and a lack of empathy for the needs of others, at IST, our community shares collective commitment to nurture internationally minded learners who embody the IB learner profile disposition of **Thinker**.

Within our school and host city of Tianjin, we will ask thoughtful questions, evaluate information critically and ethically, and use reasoned evidence to understand complex challenges and choose actions that reduce harm. Together, we will think deeply about others' perspectives and work to help make our world a better place.





Weekly Menu (N-G2)

17-21 Aug

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Spaghetti Bolognese 番茄肉酱面 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <u>Allergy: breadcrumb</u>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Cauliflower 炒时蔬 <u>Allergy: egg</u>	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut milk</u>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 729	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 109	Fat 脂肪 (g) 27

24-28 Aug

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Spaghetti in Tomato Sauce Toast 意面吐司 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat</u>	Chicken Quesadilla 鸡肉芝士饼 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 <u>Allergy: wheat, cheese</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat</u>
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 725	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 110	Fat 脂肪 (g) 25

Weekly Menu (G3-G12) 24-28 Aug

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Spaghetti with Pesto/Tomato/Cream Mushroom Sauce 意面配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 烤鸡蛋 <u>Allergy: cheese, mushroom, egg</u> (served on the side)	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: wheat, cheese</u>	Bolognese Pizza 肉酱披萨 Potato Wedges 土豆角 Stir fry Vegetable 炒蔬菜 <u>Allergy: soy sauce, milk</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat</u>	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Mashed Potatoes 土豆泥 Stir fry Vegetable 炒蔬菜 <u>Allergy: fish, wheat, egg</u>
Yuxiang Eggplant 鱼香茄子 Stir Fried Tofu with Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 <u>Allergy: soy sauce, tofu, egg</u> (served on the side)	Fish Fillet Curry 咖喱鱼排 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 <u>Allergy: fish</u>	Chicken Stewed with Coconut Sauce 马来西亚椰菜鸡肉饭 Stir fry Vegetable 炒时蔬 <u>Allergy: coconut, milk</u>	Orleans-Style Roasted Chicken Legs 奥尔良烤鸡腿 Spicy Dried Bean Curd 麻辣豆干 Green Vegetables 清炒时蔬 <u>Allergy: soy sauce</u>	Stir Fried Pork Slices with Lemongrass 香茅炒猪肉 Stir fry Sliced Potato 风味土豆片 Stir Fried Mixed Vegetables 泰式蔬菜 <u>Allergy: soy sauce</u>
Noodles with Vegetables in Soybean paste Korean Style 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, egg</u> (served on the side)	Noodles with Ground Pork 猪肉臊子面 boiled Vegetables 煮蔬菜 Boiled Egg 卤鸡蛋 <u>Allergy: wheat, egg</u>	Rice Noodles with Fish in Tomato Soup 番茄鱼米粉 Boiled Vegetables 煮蔬菜 <u>Allergy: fish</u>	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 <u>Allergy: cheese</u>	Scallion Oil Chicken Udon 葱油鸡拌乌冬面 Green Vegetables 炒时蔬 <u>Allergy: wheat, coconut</u>
	Noodles with Vegetable Sauce 蔬菜面	Rice Noodles with Vegetables 蔬菜米粉	Tteokbokki with Cheese 芝士炒年糕	Scallion Oil Vegetables Udon 葱油蔬菜乌冬面
Kelp Soup 海带汤	Pumpkin Soup 南瓜汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Red Bean Soup 红豆汤	Tomato and Egg Soup 西红柿鸡蛋汤
Cranberry Cookies 饼干	Mini Muffins 小麦芬	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Cookies 卡通饼干
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 792	Protein 蛋白质 (g) 32	Carbohydrate 碳水 (g) 126	Fat 脂肪 (g) 29



DIARY DATES

Monday - August 24, 2026
Secondary Student Photo Shoot Day

Tuesday - August 25, 2026
Elementary Student Photo Shoot Day
Secondary Open House

Thursday - August 27, 2026
Elementary Open House

Saturday - September 5, 2026
IST Birthday
PFO Picnic

Monday~Friday - September 14 ~18, 2026
Week Without Walls (G6-G12)

Friday - September 25, 2026
Mid-Autumn Festival

Monday~Friday - September 28 ~ October 4, 2026
Chinese National Holiday

SPORTS DATES

August 2026

Aug 27 (Thu): MSFB TEDA @ IST
Aug 28 (Fri): HSVB IST @ TEDA

September 2026

Sep 3 (Thu):
ISAC ADs Fall Meeting @ Keystone

Sep 12 (Sat):
ISCOT Badminton Invitational MS+HS @ IST

Sep 18 (Fri):
ISCOT G3-5 Table Tennis @ IST

Sep 19 (Sat):
ISAC MSFB Exchange — U14 Boys @ BWYA;
U14 Girls YCIS @ DCB

Sep 21 (Mon):
HSVB IST @ TIS

Sep 24 (Thu):
MS Girls IST @ Wellington; Boys Wellington @
IST; MSFB TIS @ IST

WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2026-2027 SCHOOL YEAR

Please take note of the following dates:

Season 1 Sport Schedule

- ☺ Starts Monday, 31 Aug and ends Friday, 13 Nov
- ☺ 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.