



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

In the wake of the devastating flooding in Nepal and the recent earthquakes in Colombia and Venezuela, and in recognition of our responsibility to ensure that our community is well prepared for emergency situations, **we carried out an earthquake drill at school yesterday.** I am delighted to again report that our community demonstrated exemplary conduct throughout the exercise, and that once again every person on the campus was registered within our target time of 5 minutes. I want to thank those parents who were on campus during the practice for participating and for helping to model appropriate conduct. Should you wish to learn more about our safeguarding practices, you can visit our school website at this link: <https://www.istianjin.org/emergency-procedures/>

In addition to telephone calls from our elementary and secondary office, at this time of the year I like to personally solicit some early feedback from parents who are new to our school. All new parents will therefore receive a link on Monday to a very short **New Parent Survey** about your initial impressions of our school – hopefully very positive ones! Thank you in advance for your time and support with this survey, which is an attempt to continue to improve the quality of our service delivery.

A reminder that **the PFO will host our annual picnic tomorrow between 11:00 AM and 3:00 PM** here at school. There will be a wide range of fun activities and food vendors, and plenty of opportunities to relax and enjoy being a member of our wonderful international community. I wish to extend enormous thanks to our PFO and committee for all of their efforts to make this such a special day for our community.

The PFO Picnic also just so happens to coincide with **the 32nd anniversary of the founding of our school in a converted villa at 5 Munan Dao in Heping District on 5 September 1994.** I can assure you that our school has come a very long way over the intervening 32 years, not just in literal distance from the Wudadao area, but more importantly in terms of campus, facilities, and programmes. I am sure that like me, you are all immensely proud of our wonderful school and the community that makes it so special. Students and staff (and parents who were lucky enough to be here) celebrated this important legacy event at school today with a Magnum ice-cream!

I want to thank the many thousands of students, parents, support staff and teachers who have loved and trusted our school over the years, and who have helped support its growth and development into a truly world-class place of learning, and with 'simply the best' community!

I have recorded **a very brief history of our school** below, just in case you were not already aware!

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- 5 September 1994: IST (then TIST) opened its doors at 6 Munan Dao, Heping District.
- 1997: IST expanded and opened a satellite Middle School for Grades 6-8 just down the road from Munan Dao in Dali Dao.
- 1998: IST was formally accredited by the Western Association of Schools and Colleges (WASC)
- 1998: IST opened (for just one year) an additional satellite building in Xinhua Lu for our KG3 and Grade 1 students (again just down the road from the main campus).
- 2001: IST opened the Qin Building here at 22 Weishan Lu.
- 2002: IST was authorized to offer the IB-MYP and IB-Diploma programmes
- 2005: IST was jointly accredited by WASC and the Council of International School (CIS), and authorized to offer the IB-PYP. We also graduated our first cohort of Seniors, the Class of 2005 (they are all now fast approaching 40 years of age!)
- 2011: We opened the new Han Building.
- 2026: We opened the new Dragon Arena.
- **5 September 2026: IST turns 32!**

Finally, in case you haven't noticed already, **a rather nasty flu virus is currently circulating in our community**, with a number of staff and students (and no doubt parents) feeling rather unwell. I encourage all parents to keep sick children at home if they are feeling unwell and showing symptoms in order that they recover more quickly and so that they do not pass on their illness to others. Thank you!

I look forward to seeing many of you at tomorrow's picnic, and wish you all a wonderful weekend, especially given the lovely late summer/early autumn weather that is forecast!

Warm regards

Steve Moody (-:
Director





INTERNATIONAL
SCHOOL of TIANJIN

Weekly



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IST Library & Information Literacy Center

Our Mission

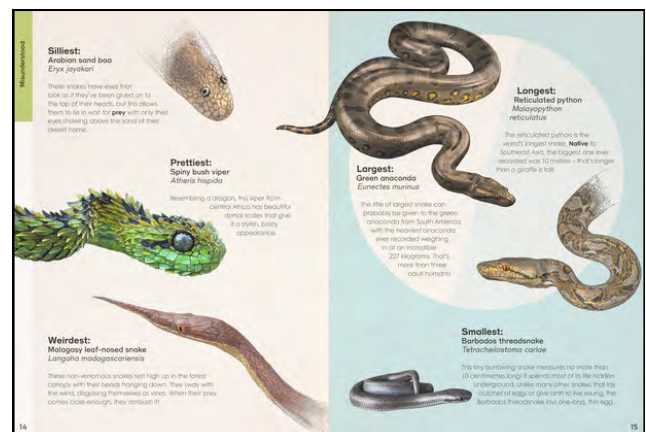
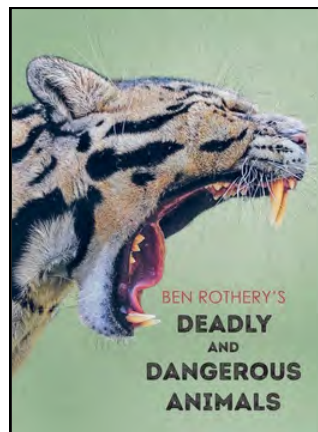
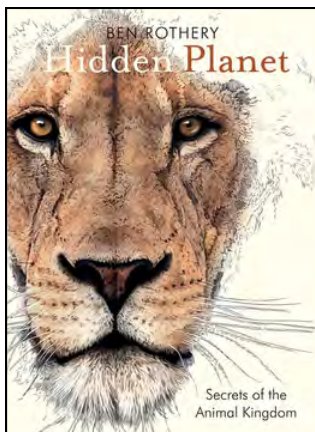
The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

Author Visit: Ben Rothery

We are excited to welcome award-winning author and illustrator Ben Rothery to IST on **October 12 and 13**.

Ben is the creator of beautifully illustrated nonfiction books celebrating wildlife and the natural world, including *Hidden Planet*, *Deadly & Dangerous Animals*, and his newest book, *Wild Wonders*.

During his visit, Ben will be sharing his work with IST students through presentations and creative workshops. More details, including a schedule for his visit, will be shared closer to the date. You can learn more about Ben and his work here: <https://www.benrotheryillustrator.co.uk>

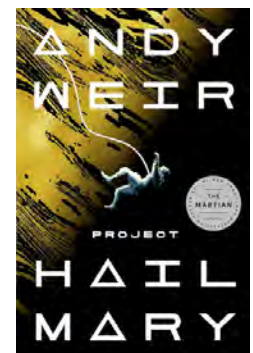


Parent Book Club: September 24th

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





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IST

KI20rg.com Uniforms • Teamwear • Merchandise

**ORDER
PE UNIFORM
ON WeCHAT**

IST Online Shop

Scan the QR code to follow the official account and click the "Shop".



商店 Shop

school code:
ist2101

You can now order PE uniform directly through WeChat - it's quick and easy!



¥ 225

IST PE Set



¥ 125

IST PE Shirt



¥ 115

IST PE Shorts

UNIFORM STOCK UPDATE

Still available at the front desk.

Size	3-4Y	5-6Y	7-8Y	9-10Y	11-12Y	2XS	S	M	L	XL
 Top	1	4	5	0	0	0	1	2	1	3
 Shorts	0	7	6	1	5	2	9	5	11	4



Easy & Convenient
Order anytime, anywhere



Official Uniform
Quality you can trust



Quick Delivery
To your home



Need Help?
Contact us via
WeChat or Email

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www.k12org.com

HOW TO ORDER 下单指南



STEP 01

扫码关注公众号；
点击“商店”进入网店。

Scan the QR code to follow the
official account and
click the "Shop".

商店 Shop



STEP 02

输入学校代码后，注册账号
(可用邮箱/手机/微信/QQ注册)。

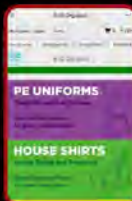
Enter your school code.
Register your account
by Email, Phone, WeChat or QQ.



STEP 03

注册成功后填写学生信息
(可添加多个学生信息)。

Register your "Child".
You can register multiple children.



STEP 04

选择所需的商品进行下单；
如有定制信息，请填写正确；
确认订单后进行结算。

Choose the item. Fill in the customized
information if they are needed.
Double check the information before you
submit the order.

school code:
ist2101

K12 | Uniforms
Org.com | Teamwear
Merchandise

☎ 020-84717760

☎ 18124287760

✉ inquiries@k12org.com



WeChat 客服微信

* Customer service online time: 09:00-12:00, 13:00-17:30 (Legal workdays)

* 客服在线时间: 09:00-12:00, 13:00-17:30 (法定工作日)

* Please leave a message on WeChat or email for the rest of the time, we will reply you ASAP.

* 其余时间请于微信或邮箱留言，我们会尽快与您联系。

www.k12org.com

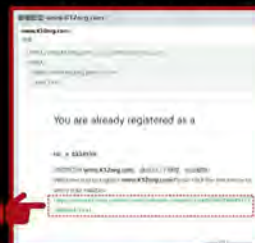
HOW TO REGISTER 注册指南

Email 邮箱

填写邮箱地址注册，点击验证邮件的绿色链接激活。
After email registration, check your inbox and click the green link
to activate your account.

* 如未收到邮件，请检查垃圾箱或联系我们。

* No email? Check spam or contact us.



Phone 手机号码

输入手机号码注册，
填写验证码后完成注册
Enter your phone,
enter the SMS code to register.



Wechat / QQ

微信/QQ授权即可登陆。
Login with WeChat/QQ.



Easy & Convenient
Order anytime, anywhere



Official Uniform
Quality you can trust



Quick Delivery
To your home



Need Help?
Contact us via
WeChat or Email



Week of 31 August 2026

🏆 SCOREBOARD

MS ⚽ Football Girls IST vs TEDA 5-0 🔥 WIN

MS ⚽ Football Boys IST vs TEDA 8-2 🔥 WIN

HS 🏐 Volleyball Girls IST vs TEDA 0-2 Loss

HS 🏐 Volleyball Boys IST vs TEDA 0-2 Loss

👤 COACH'S NOTE

MS Girls Football

Good team cohesion shown. We will continue to improve our use of space through passing.



MS Boys Football:

When we work act and learn together, we all grow, and when we focus on what goes on Amongst each other, we become confident and spirited. That was exactly what happened on the field during the match against TEDA. If students played or not, we acted as a team and that is what makes us strong and what allowed us to continue to grow.





HS Girls Volleyball

The girls fought hard in their season opener against TEDA but fell short 25-22 and 25-19. With better communication and consistent serves, this team has plenty of promise!



MS DRAGON OF THE WEEK

Mariia

S – Spirit

Led her team in a truly positive, constructive, and inspiring way.

Evifinja

A – Achievement

Scored multiple times in a commanding display of skill.

Julia

D – Dedication

Showed strength and stamina in the vital center midfield position.



HS DRAGON OF THE WEEK

N-Nuturing

This week's Dragon of the Week goes to the whole team for demonstrating the N in DRAGONS – Nurturing! Through their encouragement, teamwork, and willingness to support one another, they helped create a positive and inclusive atmosphere where everyone felt valued. That's what being a Dragon is all about! 🔥

HS Boys Volleyball

We struggled from the beginning and never really found our rhythm. TEDA served strongly from the start, and with too many of our serves going out or into the net, we were unable to gain any traction or momentum. We know what we need to work on in the coming weeks and will use this experience to improve.



MS DRAGON OF THE WEEK

S- Spirit

This week's Dragon of the Week goes to the whole team for embodying the S in DRAGONS – Spirit! Every single player brought energy, encouragement, and positivity, creating a motivating atmosphere where everyone could thrive. That's what being a Dragon is all about!



HS DRAGON OF THE WEEK

G - Growth

Felix and Pascal both embraced the opportunities for learning and embodied the Growth

A – Achievement

Hao Yang definitely demonstrated this value throughout the entire game. Despite receiving some difficult passes, he stayed focused and delivered several impressive sets to our attackers.



Following our new leadership selection process, we are proud to announce the student-athletes who have been selected to serve as Team Captains and Vice Captains for Season 1. These students were chosen through a thoughtful process that included athlete nominations, coach input, and a review of leadership qualities aligned with our DRAGONS values. Our goal was not simply to select leaders, but to identify and develop student-athletes who will positively influence their teams throughout the season. The selection process was guided by the principles outlined in The Blazing Dragons Leadership Program, with an emphasis on leadership, character, and service.



**Season 1 Team Leadership
Middle School Girls Football**

Captain: Mariia

Vice Captain: Fiona

Middle School Boys Football

Captain: Jordan

Vice Captain: Albert S.

High School Girls Volleyball

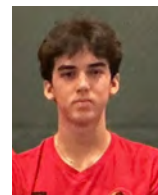
Captain: Karin

Vice Captains: TungHe and Belize

High School Boys Volleyball

Captain: Paul

Vice Captain: HaoYang



As representatives of IST Athletics, these student leaders have accepted an important responsibility. They are expected to uphold and model the DRAGONS values of Dedication, Respect, Achievement, Growth, Openness, Nurturing, and Spirit, serving as positive role models for teammates both on and off the field and court. Being chosen as a captain is not simply a title. It is a commitment to leading by example, supporting teammates, promoting sportsmanship, fostering inclusion, and helping create a positive team culture. We are confident that these leaders will represent the Blazing Dragons community with pride and integrity throughout the season.

Congratulations to all of our captains and vice captains. We look forward to seeing you lead with courage, character, and commitment as you honor the DRAGONS values and continue building the legacy of IST Athletics.

Go Dragons! 🐉🏆



D – Dedication R – Respect A – Achievement G - Growth O –
Openness N – Nurturing S – Spirit



Q1

Community Curriculum

Q1-Connection & Inclusion



Growing Together: How Our Students Choose Their Action Groups

This term, our secondary students took part in one of the highlights of our Community Curriculum: the Action Group Market — a lively, hands-on session where students "shopped around" to discover the groups they wanted to be part of for the year ahead.

But long before the market opened its doors, students were already doing the real work: thinking mindfully about their own growth.

Two Questions, One Purpose

Every student — whether stepping into the role of Student Steward or joining as an Active Participant — was guided by two simple but powerful questions:

Where do I want to grow? (Within Myself)

Students reflected on new skills to build, topics to explore, and challenges they were ready to take on.

With whom do I want to grow? (Among Others)

Students considered the people they'd be working alongside — who they could support, and who might inspire them to do their best.

At the market itself, this reflection came to life. Students browsed each Action Group, asked questions, and weighed up not just what they'd be doing, but who they'd be doing it with — a small but meaningful act of intention-setting before committing to a group.



Two Roles, One Community
Our Action Groups run on a simple but effective model:

- Student Stewards step up as organizers and group guides — practising positive leadership, keeping their groups active and on track, and learning by supporting others.
- Active Participants bring energy and ideas — supporting their Stewards, contributing actively, and helping the whole group grow.

Both roles matter equally. Leadership and participation are simply two ways of showing up for the same shared goal.

Rooted in Something Bigger
What made this year's Market especially meaningful was how clearly students connected their choices to our community's foundations — the roots that ground everything we do:

- Within Myself — self-knowledge, resilience, confidence
- Among Others — respectful relationships, community, service
- Beyond Ourselves — caring for the wider world

Watching students articulate why a particular group aligned with their own growth, and who they hoped to grow alongside, was a genuine highlight for our

Student Stewards and staff alike.
A Community Built on Mindful Choices
This process — reflect, connect, commit — is more than just sign-up logistics. It's a small but powerful practice in self-awareness, intentional community-building, and shared leadership. It's inclusion and diversity in action: every student finding their place, and every group made stronger by the differences each person brings.



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INTERNATIONAL SCHOOL OF TIANJIN
COLLEGE ADMISSIONS

INFORMATION SESSION



The University of British Columbia



VANCOUVER CAMPUS



OKANAGAN CAMPUS

ADMISSIONS INSIGHT
CAMPUS LIFE
OPEN Q&A



16 September 2026

1:10PM – 2:10PM



IST Han Teacher Centre
International School of Tianjin
22, Weishan South Road



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WEEKLY CCA SPOTLIGHT

Session 1 CCAs Have Started!



SESSION 1 DATES: AUG 31ST - NOV 13TH



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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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1ST PFO PICNIC 2026

SATURDAY, SEPTEMBER 5

SCHEDULE

10:30
-
11:30



YOGA CLASS



GRASS OUTSIDE
THE NEW GYM

11:00
-
3:00



ROCK
CLIMBING



OLD GYM

11:40
-
12:40



STUDENT
PERFORMANCE



OUTSIDE
KINDERGARTEN
ENTRANCE

12:45
-
1:25



PADEL
TRAINING



PADEL
COURT

1:30
-
3:00



PARENTS VS.
STAFF & STUDENTS
FOOTBALL GAME



SIDE
FOOTBALL FIELD



CELEBRATE IST'S
32ND BIRTHDAY
WITH ME!



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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





PFO Lucky Draw

★ Prizes ★

1 Dental Clinic
Gift Package
RMB 500 × 2



2 Muscle & Joint
Rehabilitation
Gift Card
RMB 780 × 2



3 Japanese Restaurant
Dining Voucher
RMB 500 × 2



4 Japanese Airline
Gift Sets
10 Sets



5 United Family Healthcare
First Aid Kit
10 Sets



6 Stand Fan
from united family
10 Units



7 Yakult Gift Packs
5 Packs



8 Many Little
Surprise Gifts



9 TJS Orchestra /
Concert Performances
Tickets
RMB 180 × 2



10 MDP Open Day
Passes
RMB 100 × 10



Thank you for your support and good luck! ★





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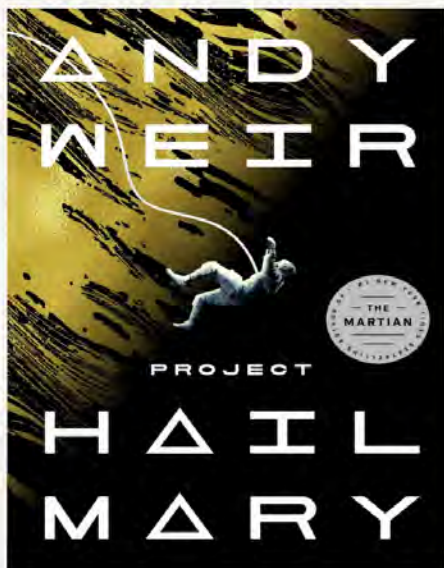
Welcome to IST Parent Book Club



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

This month's book **PROJECT HAIL MARY** by **ANDY WEIR**. The library has copies in English, Chinese and Korean. A digital copy in English is also available upon request.

Our next meeting is September 24th at 8.30am in the Library.



Please scan the
QR code to join!





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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: 09/11
<i>Korean Class</i> 13:30 - 14:30 Start Date: 09/07	<i>Japanese Class</i> 13:30 - 14:30 Start Date: 09/08			<i>IST Parents' Choir</i> 11:30 - 12:30 Start Date: 08/28

- 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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1ST 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: 1ST Elementary meeting room





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IST PFO

let's

Join us!

LEARN KOREAN

안녕하세요

Hello

감사합니다

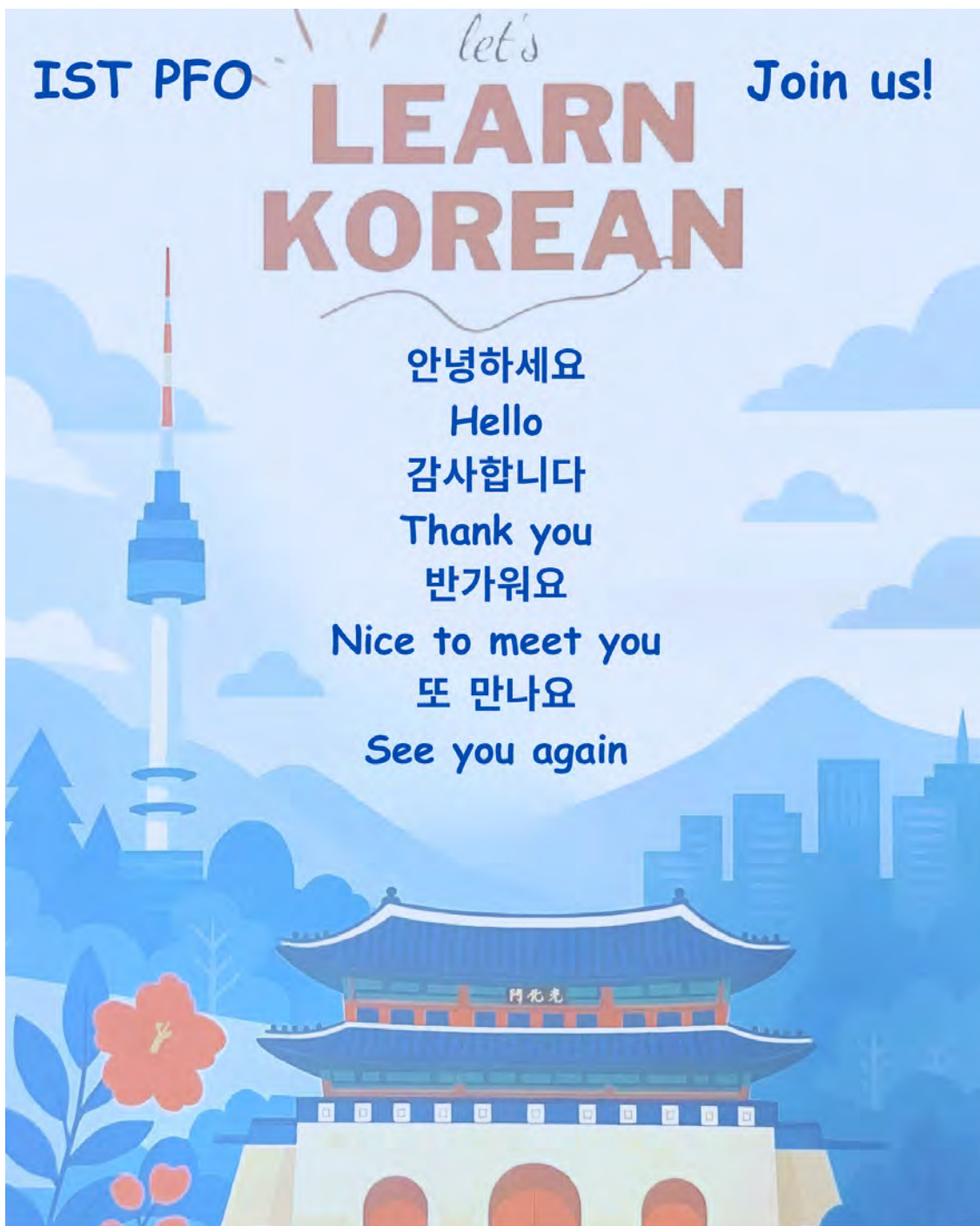
Thank you

반가워요

Nice to meet you

또 만나요

See you again



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

Class fee: RMB40/person

Class starts on 7th September

Scan the code to join!





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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



走近汉语 自在交流 乐在中国

Discover Chinese, Enjoy China

Starting date: 11th September
Every Friday 09:00 - 10:30am
Scan the code to join in!





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JAPANESE CLASS

JOIN OUR CLASS AND
IMMERSE YOURSELF IN THE
CULTURE AND CHARM OF
JAPAN

IST PFO

CLASS SCHEDULE:

Tuesday

1:30 - 2:30 PM



BASIC GRAMMAR



CULTURAL INFO



SIMPLE VOCABULARY

RMB 40 PER PERSON
Scan the code to join
Classes starts on 8th September





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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) 31 Aug-04 Sept

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>	Beef Curry 咖喱牛肉 Stir Fried Vegetables 炒青菜 <i>Allergy: wheat, egg</i>	Fried Chicken 炸鸡 Egg Fried Rice with Vegetables 鸡蛋蔬菜炒米饭 <i>Allergy: wheat, egg</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) 725	Protein 蛋白质(g) 28	Carbohydrate 碳水(g) 119	Fat 脂肪(g) 23

07-11 Sept

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>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <i>Allergy: wheat</i>	Grilled Chicken in Pita Bread 烧饼夹鸡肉 Stir fry Shredded Potatoes 清炒土豆丝 <i>Allergy: wheat</i>	Beef Burger 牛肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 <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) 30	Carbohydrate 碳水(g) 112	Fat 脂肪(g) 25

Weekly Menu (G3-G12) 07-11 Sept

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 意大利面配罗勒/番茄/奶油蘑菇汁 Stir fry Vegetable 炒蔬菜 Roasted Egg with Herb 烤鸡蛋 <i>Allergy: cheese, egg (served on the side)</i>	Beef Quesadilla 牛肉芝士饼 Baked Vegetables 烤时蔬 Roasted Potatoes 烤土豆 <i>Allergy: cheese, wheat</i>	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 <i>Allergy: beef, soy sauce</i>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <i>Allergy: wheat</i>	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 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>	Stir Fried Pork with Kimchi 辣白菜炒猪肉 Stir fry Vegetables 炒时蔬 <i>Allergy: soy sauce</i>	Hainanese Chicken Thigh 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 Basil Minced Pork 泰式猪肉饭 Stir fry Vegetables 泰式蔬菜 <i>Allergy: fish sauce, chili</i>	Sweet and Sour Fish 糖醋鱼片 Stir fry Mushroom with Vegetables 杏鲍菇炒蔬菜 <i>Allergy: garlic, soy sauce, fish</i>
Spicy Ramen with Cheese 芝士牛拉面 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/麻根粉 <i>Allergy: wheat</i>	Noodles with Seafood Broth 三鲜打卤面 boiled Vegetable 煮蔬菜 <i>Allergy: shrimp, wheat</i>	Tonkotsu Ramen 豚骨拉面 boiled Vegetable 煮蔬菜 <i>Allergy: wheat, egg</i>
	Fried Rice with Kimchi 辣白菜炒饭 <i>Allergy: soy sauce</i>	Vegetable Dumplings 蔬菜水饺 <i>Allergy: wheat</i>	Noodles with Tomato Sauce 番茄面 <i>Allergy: soy sauce</i>	Stir Fried Mushroom with Vegetables 杏鲍菇炒蔬菜 <i>Allergy: soy sauce</i>
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Mung Bean Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	Tomato and Egg Soup 西红柿鸡蛋汤
Mochi 糯米糍	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	Mango Mousse 芒果慕斯
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

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

September 2026

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):

HSVIB 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.