



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents

I trust that you have all been enjoying the glorious early autumn weather over the past week or so, and that you are ready and excited for the Mid-Autumn Festival and National Holiday break coming up in just one week. I imagine that a few parents will have felt that their holiday started a little early, with secondary students away on **Week Without Walls** this past week, thus allowing some quality alone time with their spouses! In all seriousness, the weather really has been wonderful, and perfect for all our secondary students who have been enjoying adventures away from school with their classmates and teachers.

While our Grade 6-11 students have been away on WWW, our G12s have been working hard at school, with a special focus on their **Extended Essays** - mandatory, independent 4,000-word research papers required of all students as part of the IB Diploma 'Core'. And, as we begin to think forward to the completion of their IB studies, graduation, and the adventure of university, it was wonderful to be able to welcome representatives of the **University of British Columbia** to school this week. I trust that those parents who attended found the session informative!

A reminder to parents that Ms. Chuah, our IB Diploma Coordinator, has been holding **IB Diploma Parent Information Forums for Grade 11 and 12 parents** (Grade 6-10 sessions will follow in the near future) about how the home and school can best work together to support students through the two demanding years of the IB Diploma. Following last week's session for Korean parents, **Ms. Chuah will be hosting a session in Chinese and English next Wednesday, 23 September, at 8:30 AM.**

One of the highlights of our school calendar is UN Day (Friday 16 October), when we come together as a community to celebrate our shared humanity. UN Day at IST starts with the Parade of Nations (national costumes), followed by an international concert (student and parent/staff performers), learning activities related to this year's theme (**Action NOW - no more waiting for the future we want!**), and concluding with a delicious international lunch generously provided by our wonderful parents. **Please be sure to look for the item about the UN Day concert later on in Blaze soliciting registrations for concert performances** (registration deadline 22 September!)

Last week I sent out a brief 10-statement '**New Parent Survey**', as we do every year, soliciting feedback on the experiences of new parents at IST thus far. While not every new parent chose to complete the survey, 36 new families did, and I therefore believe the data to be reasonably valid. I would like to share the results with you now, but to keep the data simple I will only share the negative/disagree responses, of which there were only two out of a possible 360! So, all in all, the feedback was extremely positive, although there were a few

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'neutral/undecided' responses. Please also note that there were a couple of written comments; I will not share these here, but please rest assured we will give your comments due consideration!

New Parent Survey Statements (total number of **disagree** responses to the statements recorded in brackets, out of 36 possible responses):

1. Our school website, promotional materials and correspondence with you projected a realistic picture of our school and our programmes. **(0)**
2. Our administration (i.e., director, principals, admissions staff, etc.) were responsive to your enquiries about admission and worked hard to support you throughout the application process. **(0)**
3. Our finance office processed your fee statements and payments politely and efficiently. **(0)**
4. We provided you with helpful information (e.g., in the form of a welcome package containing publications such as the Parent-Student Handbook) to support your induction. **(1/36)**
5. Your first visit/tour of our school was welcoming and informative. **(0)**
6. The New Student and New Parent Orientation sessions were well organised and informative. **(0)**
7. Ongoing communication from our school to you (e.g., Parent Open House, Blaze Newsletter, Website, Toddle, e-notifications, etc.,) has been regular and informative. **(1/36)**
8. Our school appears to be doing its best to support your child/ren as they settle into a new and possibly very different school environment. **(0)**
9. At this early stage of the year you and your children feel pleased that you made the decision to join us here at IST. **(0)**
10. The school's philosophy, as encapsulated in the motto 'Working, Learning, Acting TOGETHER', appears to drive genuinely the climate and culture of our school. **(0)**

Finally, a reminder to all parents that the **10 day National Holiday commences next Friday, with the Mid-Autumn Festival holiday**. Given that next week will be a short week (four days), there will be no edition of Blaze next Friday. I wish our entire community a very happy Mid-Autumn Festival and National Day vacation - **Zhōngqiū Kuàilè! 中秋快乐!**

Steve Moody
Director





INTERNATIONAL
SCHOOL of TIANJIN

Weekly

THE BLAZE

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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.

Around the Library

A few snapshots from the library this week! Whether students are choosing their next book, reading together, or working on a class activity, there is always something happening in the library.



Coming up in the Library

October 12 & 13: Author and illustrator Ben Rothery visits IST for presentations and creative workshops.

October 14 & 15: Fall Book Fair in the IST Library. Parents are warmly invited to stop by during the school day or while on campus for parent-teacher conferences.

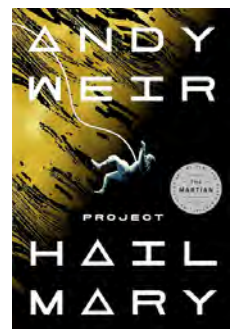
October 26-30: Library Week, Library Assembly, & Book Character Dress Up Day.

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





INTERNATIONAL
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IST

K120rg.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!

Free shipping
for orders over
200RMB.



IST PE Set

¥ 225



IST PE Shirt

¥ 125



IST PE Shorts

¥115

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	0	4	2	0	0	0	0	0	0	3
 Shorts	0	6	3	0	5	0	8	3	10	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

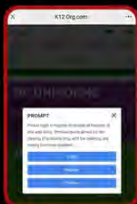


STEP 01

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
Org.com

Uniforms
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.

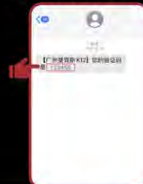
*如未收到邮件，请检查垃圾箱或联系我们。

*No email? Check spam or contact us.



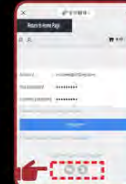
Phone 手机号码

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

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Dear Parents,

We are pleased to share some important information regarding ordering PE kit and school merchandise through our new K12 online shop.

How to Order

All PE kit and merchandise purchases should be made directly through the K12 online store.

The online shop allows families to place orders at any time and have items delivered directly to their preferred address. We only have a few PE uniform available at the front desk. See flyer.

Free Shipping

- Orders of RMB 200 or more qualify for free shipping.
- Orders below RMB 200 will be subject to the standard delivery fee charged by K12.

Size Exchanges

We understand that selecting the correct size can sometimes be challenging.

As size samples are not yet available on campus, K12 has agreed to support families during this transition period:

- If an item is ordered in the wrong size, **there will be no return shipping fee for size exchanges at this time.**
- Once size samples are available at school, families will be able to use these samples to determine the correct size before ordering. At that stage, normal return shipping fees will apply for size exchanges.

Pre-Ordering

Some items may be listed as **pre-order items**.

For pre-orders:

- Orders are placed in advance to secure production.
- Delivery timelines may be slightly longer than for in-stock items.
- K12 will provide estimated delivery dates where applicable.

We encourage families to place orders early, particularly before the start of a new semester or sports season.

Thank you for your support as we transition to the new ordering system. Should you have any questions, please contact the school or K12 customer service team.

Kind regards,

Ben Silvis



Week of 14 September 2026

SCOREBOARD

IST HS Open results:

- Girls Doubles: Hanano/Miranda (IST-1) — Champions, perfect 5-0 (+51); Ruby/Vanessa (IST-2) — 2nd place, 4-1 (+30). A 1-2 finish!
- Girls Singles: Sisi Zhao — 2nd place, 4-1 (+44)
- Boys Doubles: Ivan/Yuntse (IST-A) — 4th place, 4-1 (+34), the top non-Farragut pair alongside a Farragut podium sweep; Jun Seo/William (IST-B) 2-3; Haoyang/Leo 1-4

ISCOT MS Badminton

Boys Singles: 1. Andrew Wang (IST, 4-0), 2. Gary Bu (WEL, 4-0), 3. Anthony Wang (IST, 3-1), 4/5. JunSang Jeun & Rocky Yu (both IST, 3-1, identical 59–33 records) → IST 11, WEL 4

Boys Doubles: Re-ranking by wins changes things here — Jonas Kersting/Nikolas Laux (2 wins) drop out of the top 5 despite their +14. 1. Frank Xu/DuoDuo (IST, 4-0), 2. Nicolas Kersting/Jui Kim (IST, 3-1), 3. Ethan/Johnny (TEDA, 3-1), 4. Dylan/Marcus (TEDA, 3-1), 5. Steven/Joshua (TEDA, 3-1) → IST 9, TEDA 6

Boys combined: **IST 20, TEDA 6, WEL 4, TIS 0 → IST wins**

Girls Singles: 1. Chaeah Park (IST, 4-0), 2. Amy Jiang (IST, 4-0), 3. Xixi (TEDA, 4-0), 4. Ji Yun Kim (IST, 4-0), 5. Andi (TEDA, 4-0) → IST 11, TEDA 4

Girls Doubles: 1. Emily/Queenie (TEDA, 4-0), 2. Silvis/Angela Lu (IST, 4-0), 3. Chaeyoung Baek/Ashley (TIS, 3-1), 4. Amy/Bella (TEDA, 3-1), 5. Lavinia Hui/Christine Zhang (IST, 3-1) → TEDA 7, IST 5, TIS 3

Girls combined: **IST 16, TEDA 11, TIS 3, WEL 0 → IST wins**



IST Sweeps ISCOT Middle School Badminton Championships!

Our IST Middle School badminton teams brought home both the Boys and Girls team titles at this season's ISCOT League tournament, in a dominant performance across all four events.

The girls set the tone early, with Jun Hee Park and Amy Jiang going a perfect 4-0 in singles to finish first and second, while Ji Yun Kim added a fourth-place finish with an unbeaten record of her own. On the doubles courts, Evifinja and Angela Lu swept all four of their matches to claim second place, with Lavinia Hui and Christine Zhang rounding out the top five.

The boys matched that energy. Andrew Wang went undefeated to take the singles crown, backed by Anthony Wang in third and JunSang Jeun and Rocky Yu, who finished in a dead heat for fourth after posting identical 3-1 records. In doubles, Frank Xu and DuoDuo captured the title without dropping a match, and Nicolas Kersting and Jui Kim secured second place — giving IST the top two spots on the podium.

Congratulations to all our players on a fantastic day of badminton, and thank you to our coaches and parent supporters.



IST High School Badminton Open a Big Success!

Last weekend IST hosted the inaugural HS Badminton Open, a friendly tournament giving high school players from IST and neighboring schools a chance to compete outside the regular season. With no overall team trophy on the line, the focus was purely on great badminton, and there was plenty of it.

Our IST players made the most of home court advantage, especially in the girls doubles, where Hanano and Miranda swept all five of their matches to take the title, and teammates Ruby and Vanessa finished right behind them in second for an IST 1-2 finish. In girls singles, Sisi Zhao battled her way to second place, dropping just one match all day.

On the boys side, Ivan and Yuntse were IST's standout pair, going 4-1 in a very strong doubles field to finish fourth, while Jun Seo, William, Haoyang, and Leo all picked up valuable match experience against tough competition.

Thank you to Wellington, Farragut, TEDA, and TIS for making the trip, and congratulations to everyone who played. We hope to make the IST HS Open a regular fixture on the calendar!



DRAGONS

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



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Upcoming

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



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

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WEEKLY CCA
SPOTLIGHT



BADMINTON

THE **CLEAR** IS THE FUNDAMENTAL SHOT EVERY NEW BADMINTON PLAYER SHOULD MASTER. ADOPT A SIDE-ON STANCE AND ROTATE YOUR TORSO TO GENERATE POWER, WHILE MAINTAINING CONTROL OVER YOUR CONTACT POINT AND TIMING THROUGHOUT THE SWING.



高远球是羽毛球初学者最基础、核心的技术。侧身站位，转体发力；挥拍时把控击球点与击球时机。

클리어 샷은 배드민턴 초보자에게 가장 기본적인 기술입니다. 측면 자세를 취하고 몸통을 회전시켜 힘을 만들어 내세요. 스윙하는 동안 타격점과 타이밍을 잘 유지하세요.





UN DAY AUDITION SIGN UP now open!

The IST community is invited to audition for this year's UN Day celebrations. Auditions will be held **after school (3.30pm-5.30pm) on September 24.**

Acts should connect to the theme:

Action NOW:

No more waiting for the future we want!

We welcome singers, dancers, musicians, and performers of all kinds. Performances do not need to be perfect for the audition, but please come prepared to show us something. You are encouraged to highlight your own culture and heritage, or collaborate with friends to learn about theirs.

To audition, you must complete the sign-up form. You can click the link [HERE](#) or scan the QR code provided.

Sign-up closes on September 22.

If you have any questions please reach out to the IST Performing Arts team:

Victoria Lee (Victoria_lee@istianjin.org.cn)

Casey Grove (casey_grove@istianjin.org.cn)

UN Day Audition Sign-Up





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Changlu Salt-Field Tour

Explore • Taste • Experience

Join Us!

Salt-Field Heritage

Discover Changlu's
1,000-Year Sea-Salt History

Seafood & Coastal Fun

Fresh Seafood • Local Activities •
Coastal Experience

September
is the Perfect Time!

All-Inclusive Package

Includes:

- ✓ Entrance Tickets
- ✓ Activities
- ✓ Lunch
- ✓ Tour & Coach

\$118
per person

Date: Tuesday, 22 September

Departure: 8:45 AM
From IST

Comfortable Coach

Scenic Spots

Seafood Feast

Fun Local Activities

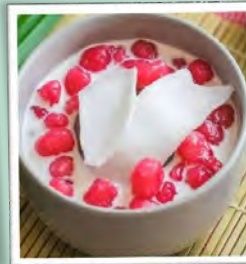


PFO Cooking Club

Food theme : Thai cooking class

Menu :

1. Stir fried seafood with curry powder
2. Thai coconut soup with chicken
3. Glass noodle Thai spicy salad
4. Crispy pears in coconut milk



- When : Wednesday, September 23rd, 9am-2pm
- Where : IST Elementary Kitchen
- Host : Katt & Thapthim
- Cost : 100 RMB per person

- Please join the WeChat group by scanning this QR code





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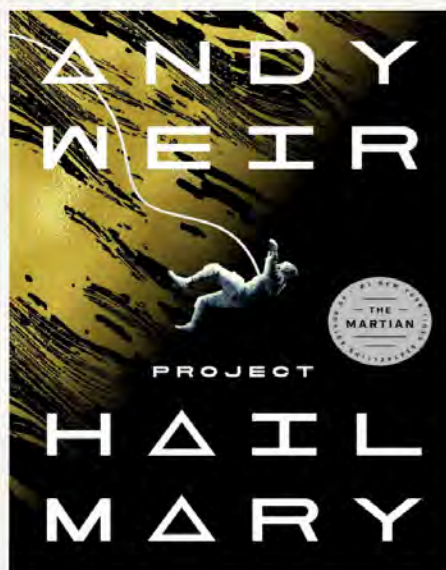
Welcome to IST Parent Book Club



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!





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</i> Main Class 09:00 - 09:50 Start date: 09/03	<i>Zumba</i> Breakdown Class 09:00 - 10:00
<i>English Corner</i> 09:30 - 11:30 Start Date: 09/07	<i>IST Baby Dragon</i> Playgroup 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





INTERNATIONAL
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IST PFO

let's

Join us!

LEARN KOREAN

안녕하세요

Hello

감사합니다

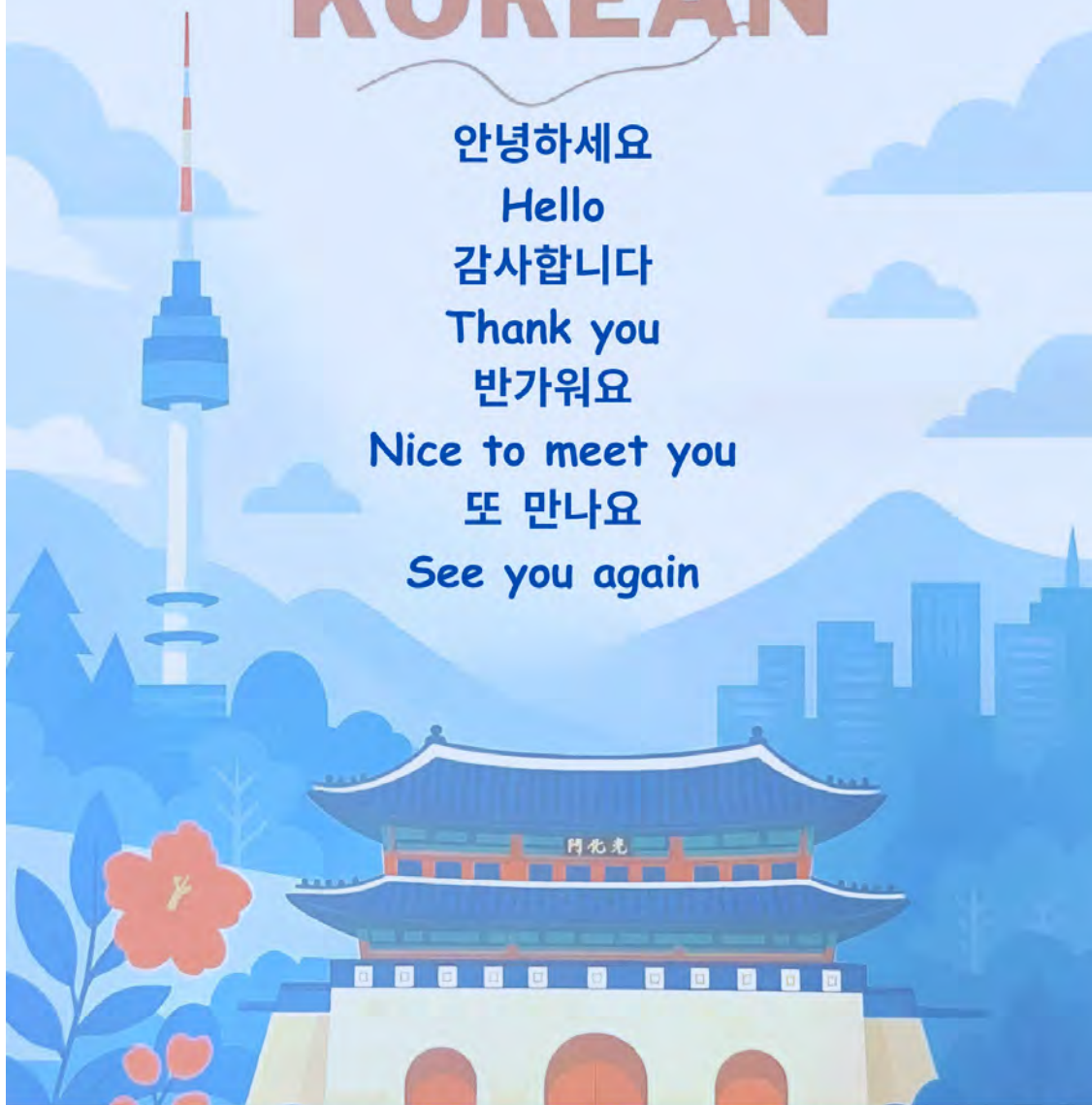
Thank you

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





INTERNATIONAL
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PFO
game club

Come relax, have fun, and socialize!

Card games

Board games

Table games

SCAN TO JOIN!

QR code linking to the PFO game club.



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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!





THE BLAZE

Working Learning Acting TOGETHER

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) 14-18 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
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒蔬菜 <u>Allergy: wheat, cheese</u>	Fried Rice with Ham and Egg 火腿鸡蛋炒饭 Stir fry Vegetable 炒时蔬 <u>Allergy: egg</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <u>Allergy: milk, wheat</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Kimbab 韩式饭卷 Japchae 韩式炒杂菜 <u>Allergy: egg, seaweed</u>
Nutritional reading over the week 每周营养分析		Fruit of the Day	Fruit of the Day	Fruit of the Day
Energy 热量 (Kcal) 712		Protein 蛋白质 (g) 33	Carbohydrate 碳水 (g) 116	Fat 脂肪 (g) 22

Weekly Menu (N-G2) 21-24 Sept

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Teriyaki Rice with Cheese 照烧芝士饭 Vegetable Sticks 蔬菜条 <u>Allergy: cheese, seaweed, sesame</u>	Beef Goulash 红烩牛肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Pork Rolls 肉卷 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	Orleans-Style Chicken Pizza 奥尔良鸡肉披萨 Vegetable Sticks 蔬菜条 <u>Allergy: wheat</u>	
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 (G3-G12) 21-24 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	
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 <u>Allergy: cheese, egg (served on the side)</u>	Beef Goulash 红烩牛肉 Stir fry Vegetable 炒蔬菜 Plain Rice 米饭 <u>Allergy: beef, soy sauce</u>	Cottage Pie 牛肉派 Stir fry Vegetables 炒时蔬 <u>Allergy: beef, cheese</u>	Orleans-Style Chicken Pizza 奥尔良鸡肉披萨 French Fries 薯条 <u>Allergy: wheat</u>	
Bibimbap 韩式拌饭 Boiled Egg 煮鸡蛋 <u>Allergy: egg (served on the side)</u>	Fried Chicken, Curry Omelette Rice 炸鸡块咖喱蛋包饭 Stir Fried Vegetables 清炒时蔬 <u>Allergy: egg</u>	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 <u>Allergy: soy sauce</u>	Fried Rice with Beef 麻辣牛肉炒饭 Stir fry Vegetables 炒时蔬 <u>Allergy: soy sauce</u>	
Noodles with Tomato and Egg Sauce / Spicy Egg Sauce 番茄鸡蛋面/辣炒鸡蛋面 Stir Fried Potato with Green Pepper 青椒土豆丝 <u>Allergy: wheat, egg</u>	Noodle with dumplings 广式云吞面 boiled Vegetable 煮蔬菜 <u>Allergy: wheat</u>	Biangbiang Noodles with Ground Pork Biangbiang 面 Stir Fried Tomato with Egg 西红柿炒鸡蛋 <u>Allergy: egg, sesame, wheat</u>	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/厥根粉 <u>Allergy: wheat</u>	
	Ratatouille 意大利炖蔬菜	Biangbiang Noodles with Tomato and Egg Sauce Biangbiang 面	Fried Rice with Mixed Vegetables 蔬菜炒饭	
Laver and Egg Soup 紫菜鸡蛋汤	Pumpkin Soup 南瓜汤	Tomato and Egg Soup 西红柿鸡蛋汤	Mung Bean Soup 绿豆汤	
Rice balls 糯米糍	Cookies 饼干	Chocolate Cake 巧克力蛋糕	Banana Bread 香蕉包	
Nutritional reading over the week 每周营养分析	Energy 热量 (Kcal) 779	Protein 蛋白质 (g) 35	Carbohydrate 碳水 (g) 121	Fat 脂肪 (g) 23



DIARY DATES

Friday - September 25, 2026
Mid-Autumn Festival

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

Friday - October 16, 2026
UN Day

Wednesday~Thursday - October 21~22, 2026
Parent-Teacher Conferences (Afternoon)
Fall Book Fair

Friday - October 23, 2026
Musical Production Rehearsal

Friday~Saturday - October 23~24, 2026
BEIMUN

Monday~Friday - October 26~30, 2026
Library Week

SPORTS DATES

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

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

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.