



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students,

Mr. Moody has asked me to write this week's BLAZE article while he and other school leaders attend a leadership conference. Gatherings like this keep IST connected to the wider community of international schools and to the principles those schools share.

Last week brought two of the fall's milestones: UN Day and Parent-Teacher Conferences. UN Day was, as always, a celebration of the many cultures and traditions within our community. This year it was also a genuine learning event. Our Grade 10 Humanities students led presentations for students in Grades 6 through 9 on the benefits and costs of globalization. For many of them, it was the first time they had taught a room of younger peers, and they did it well.

The more important lesson of the day, however, was not about globalization. Every group that presented was nervous beforehand. Every group finished the job. I often tell parents that children need to take risks, feel the discomfort that comes with performing, and push through it. UN Day showed exactly that.

This matters because schools everywhere are seeing more students struggle with ordinary setbacks. In the most serious cases, students avoid school or withdraw from parts of school life altogether. It is natural for parents to want to shield their children from anxiety, but avoidance tends to make the problem larger, not smaller. Children grow more capable by meeting manageable challenges, with adults beside them rather than in front of them.

That is why last week's conferences were encouraging. The parents I spoke with came ready to work with teachers on how to support their children through difficulty, not around it. We are grateful for that partnership, and your children will benefit greatly from the depth of your commitment.

We often judge a school by its IB Diploma results, placements, and rankings. Those matter. But much of the most valuable work at IST happens in ordinary weeks: teachers holding students to a standard, and students learning responsibility, patience, and how to recover from a bad day. In the weeks ahead, secondary students will rehearse for the school musical, compete in sports and MUN, and volunteer for Mr. Nel's research initiative. Our elementary students will prepare for the winter show and continue their inquiry work across every grade. Some days they will succeed and some days they will not. Both are part of an education, and we will keep helping them work, learn, and act together.

Please note that our second season of IST Sports will begin next soon! Hopefully, students have been able to join multiple fun and engaging sports! As always, we will continue to look forward to cheering for the IST teams and all of our wonderful student-athletes.

Warm regards,

Michael Conway
Deputy Director / Secondary Principal

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Monday 19 October 2026

Dear All,

What a fantastic day we had on Wednesday! We were blessed with beautiful weather, an incredible turnout, and a vibrant atmosphere during our annual ISCOT Cross Country event.

The day began with a race for parents and our youngest students. What an exciting 1500m race it was! The pace at the front was so fast that I needed to use my bike to keep up with the leading pack of runners. A quick question for the parents: can you still keep up with your child?

The action continued with the PYP 4 and PYP 5 race, and what a battle it was. Every student gave their absolute best and crossed the finish line before we knew it. It was a wonderful display of dedication, perseverance, and the drive to achieve. The race was a fantastic showcase of our Dragon Values in action.

Following the elementary races, our MYP 1 to MYP 3 athletes took on the challenging 3000m course. They certainly did not hold back, demonstrating impressive speed, determination, and endurance throughout the entire race.

The student competition concluded with the High School race, and what a way to finish the day. With some runners completing the 5000m course in just over 24 minutes, it was clear that they had given everything they had out on the course.

The event concluded with the always-entertaining Teachers' Race. Mr. Guggenheim, Mr. Williams, Ms. Mickey, Mr. Mu, Ms. Mariana, Coach Gabriel, and Mr. Ben all took on the 5000m challenge. Despite their best efforts, however, they could not quite match the impressive times set by our High School runners! Congratulations to everyone who participated and gave their best effort.

Thank you for making this year's ISCOT Cross Country such a memorable event. We hope to see you all back on the course again next year!
Go Dragons! 🐉





RESULTS

U11 (1500m)				
Gender	Placing	Student Name	School Name	Time
M	1	Loues	TEDA	5'23"
M	2	Luke	IST	5'32"
M	3	Ewan	IST	5'42"
M	4	Berton	WCIT	5'42"
M	5	Daniel	WCIT	5'54"
M	6	Leo	WCIT	6'05"
M	7	Wesso	WCIT	6'07"
M	8	Tad	IST	6'09"
M	9	Jason	IST	6'20"
M	10	Marek	IST	6'27"
Gender	Placing	Student Name	School Name	Time
F	1	Yun	IST	7'27"
F	2	Zoe	IST	7'49"
F	3	Benice	WCIT	7'53"
F	4	Alice	IST	7'54"
F	5	Mia	IST	7'55"5
F	6	Sadie	TEDA	7'55"8
F	7	Taerin	IST	8'01"
F	8	Aoi	IST	8'02"
F	9	Jenny	WCIT	8'05"
F	10	Sebin	IST	8'20"

U14 (3000m)				
Gender	Placing	Student Name	School Name	Time
M	1	Sotaro	IST	10'29"
M	2	Marcus Li	TEDA	10'35"
M	3	Albert S	IST	11'11"
M	4	Nicolas	IST	12'05"
M	5	Albert Y	IST	12'39"
M	6	Dylan Li	TEDA	12'46"15
M	7	Jun Sang	IST	12'46"77
M	8	Aaron	IST	12'49"
M	9	Stephen	WCIT	13'01"
M	10	Noah A	IST	13'05"
Gender	Placing	Student Name	School Name	Time
F	1	Mariia	IST	14'45"
F	2	Elena	WCIT	15'35"
F	3	Emily	WCIT	15'40"
F	4	Taisiia	IST	15'41"
F	5	Amy Che	WCIT	16'29"
F	6	Lilian Sun	WCIT	16'34"
F	7	Emiliya	WCIT	16'45"
F	8	Bella Xie	TEDA	17'07"41
F	9	Katie Guo	TEDA	17'07"73
F	10	Amber Li	IST	17'12"

U19 (5000m)				
Gender	Placing	Student Name	School Name	Time
M	1	Evan Platt	TIS	22'40"
M	2	Jeffery Hao	IST	22'42"
M	3	Zesheng Xu	IST	23'24"
M	4	Ian Choi	IST	23'32"
M	5	Bennoi	IST	23'33"
M	6	Seo Jun Oh	TIS	24'23"
M	7	Byeong	TIS	25'22"
M	8	Craig Platt	TIS	25'36"
M	9	Lucas	TIS	25'37"
M	10	Amy Lu	TEDA	25'47"
Gender	Placing	Student Name	School Name	Time
F	1	Mariya	IST	25'43"
F	2	Belize	IST	26'31"
F	3	Alice Chang	IST	27'51"
F	4	Nora	IST	28'08"
F	5	Esther Li	TEDA	29'30"
F	6	Ayami	IST	29'49"
F	7	Leonie Sautel	IST	30'01"
F	8	Lina Kang	TIS	31'50"
F	9	Miranda	IST	32'14"
F	10	Maddie	IST	32'48"

We did not forget the little ones. I tried to congratulate each and every one. It was a very tight race between Dylan John and Brady. In the end Brady had just a bit more left in the tank and finished first. While the not far behind Jessica, Mia and Lily were running for 1st place. In the end Jessica had the most power left and crossed the finish line first. Well done Dragons!



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



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This Saturday our HS Girls Volleyball team will play here at IST. Come and support our teams. Gym doors will open at 8:45. In both gyms there will be games as WAB, Keystone and DSP will compete to become the ISAC HS Volleyball champion. If you can't make it. Don't worry you can still enjoy the action by using our live stream



LIVE STREAM



What an exciting week for our High School Volleyball program as the ACAMIS team selections were announced!

Please join us in congratulating the following students on their selection to represent IST at the ACAMIS Volleyball Tournament in Hong Kong (October 28–31 at HKA). This is a tremendous achievement and a testament to their hard work, dedication, and commitment throughout the season.

We are incredibly proud of their accomplishment and wish them the very best as they prepare to compete against some of the top schools in the region. Go Dragons! Boys



Boys	Girls
Ivan	Sisi Zhao
Paul	Belize
Jun Seo	Nora
Yuntse	Nana
Bennoi	Crystal
Zesheng	Zoe
Chi	Hanano
Noah	Vanessa
Hao Yang	Karin
Felix	Tung He Wang
Nathan	Alice
Pascal	Miranda



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



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Weekly CCA
Spotlight

Rocket Science First Launch!



After six weeks of designing, building, and testing, the Science Club students launched their first rockets! Their hard work paid off as the rockets soared into the sky.

See us in
action





Liberal Arts Colleges Come to IST

On Wednesday, 14 October 2026, IST welcomed representatives from sixteen US liberal arts colleges for our Liberal Arts College Fair. Over the afternoon, students and families met admissions staff in person, asked questions and learned more about what a liberal arts education offers.

The participating colleges were Bryn Mawr, Carleton, Colorado College, Sarah Lawrence, Trinity College (Hartford), the College of Wooster, Juniata, Lafayette, Mount Holyoke, Occidental, Rhodes, Trinity University (San Antonio), Denison, Gettysburg, Hamilton and the University of Richmond.

Many families know less about liberal arts colleges than about the large research universities that usually dominate the conversation. These colleges are generally smaller, with discussion-based classes, professors who know their students by name and a curriculum that encourages students to explore several subjects before choosing a major. This approach fits well with the breadth of the IB Diploma, and several of these colleges offer generous financial aid to international students. The fair gave families the chance to hear about this directly from the people who read and decide on applications.

We were also glad to open the fair to students and parents from other schools in Tianjin, and we welcomed students and families from Nankai School. Students moved from table to table asking about course flexibility, undergraduate research, and daily life on a small residential campus. Parents, many of whom were meeting liberal arts colleges for the first time, asked about financial aid, support for international students and graduate outcomes. Several of our Grade 10 to 12 students used the afternoon to start or refine their college lists, while younger students and their parents began to learn how US admissions work, which will help them in the years ahead.

Our thanks go to the visiting representatives for their time and for the care they took in speaking with our students, and to the IST staff and student volunteers who helped the afternoon run smoothly.

Families who would like to follow up with any of the colleges they met, or who missed the fair and would like guidance on liberal arts options, are welcome to contact the College Counselling Office or scan the QR code below.



Ambika Jyothi G B
College Admissions Counsellor





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Love & Protection Safety is Always by Your Side

Make knowledge
for safer
tomorrow

A Practical Talk on Protecting Your Child's
Health, Safety and Well-being



Date **October 29** (Thursday)

Translation
glasses provided



Time **10:00 AM – 11:30 AM**



Venue **HAN Teacher Center**

Host: Tianjin
Children's Hospital

What You'll Learn

- Common health and safety risks children may face
- How to prevent and respond to emergencies
- Practical tips for everyday protection at home, school and in the community
- Hands-on practice: CPR & Heimlich maneuver for choking prevention



Because their safety
matters!



Scan the QR code
to join us



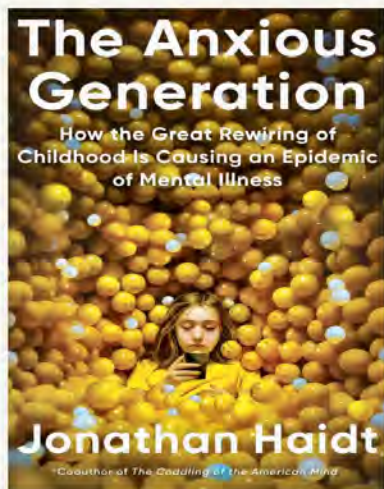
Welcome to IST Parent Book Club



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

This month's book is *The Anxious Generation*. The library has copies in English, Chinese and Korean. A digital copy in English is also available upon request.

Our next meeting is October 29th at 8.30am in the Library.



Please scan the QR code to join!





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Holiday Bazaar

*Come along to IST and enjoy
the festivities of the
holiday season!
With over 30 vendors and
free entrance!*

**When: Wednesday,
25th November 2026
from 9:30am to 2pm**

**Where: IST Han Building 2nd floor
(outside teacher center)**



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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

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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Working Learning Acting TOGETHER



PFO
game club

Come relax, have fun, and socialize!

Card games

Board games

Table games

SCAN TO JOIN!

The graphic is a vibrant, multi-colored poster for the PFO game club. It features a central illustration of various board and card games, including Uno cards, chess pieces, and dice. The background is a bright, rainbow-like gradient with starburst effects. Three circular icons on the left side represent card games, board games, and table games. A yellow banner in the center contains the text 'Come relax, have fun, and socialize!'. At the bottom, a blue banner says 'SCAN TO JOIN!' next to a QR code.



INTERNATIONAL
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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!





INTERNATIONAL
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Weekly

THE BLAZE

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IST PFO

let's

Join us!

LEARN KOREAN

안녕하세요

Hello

감사합니다

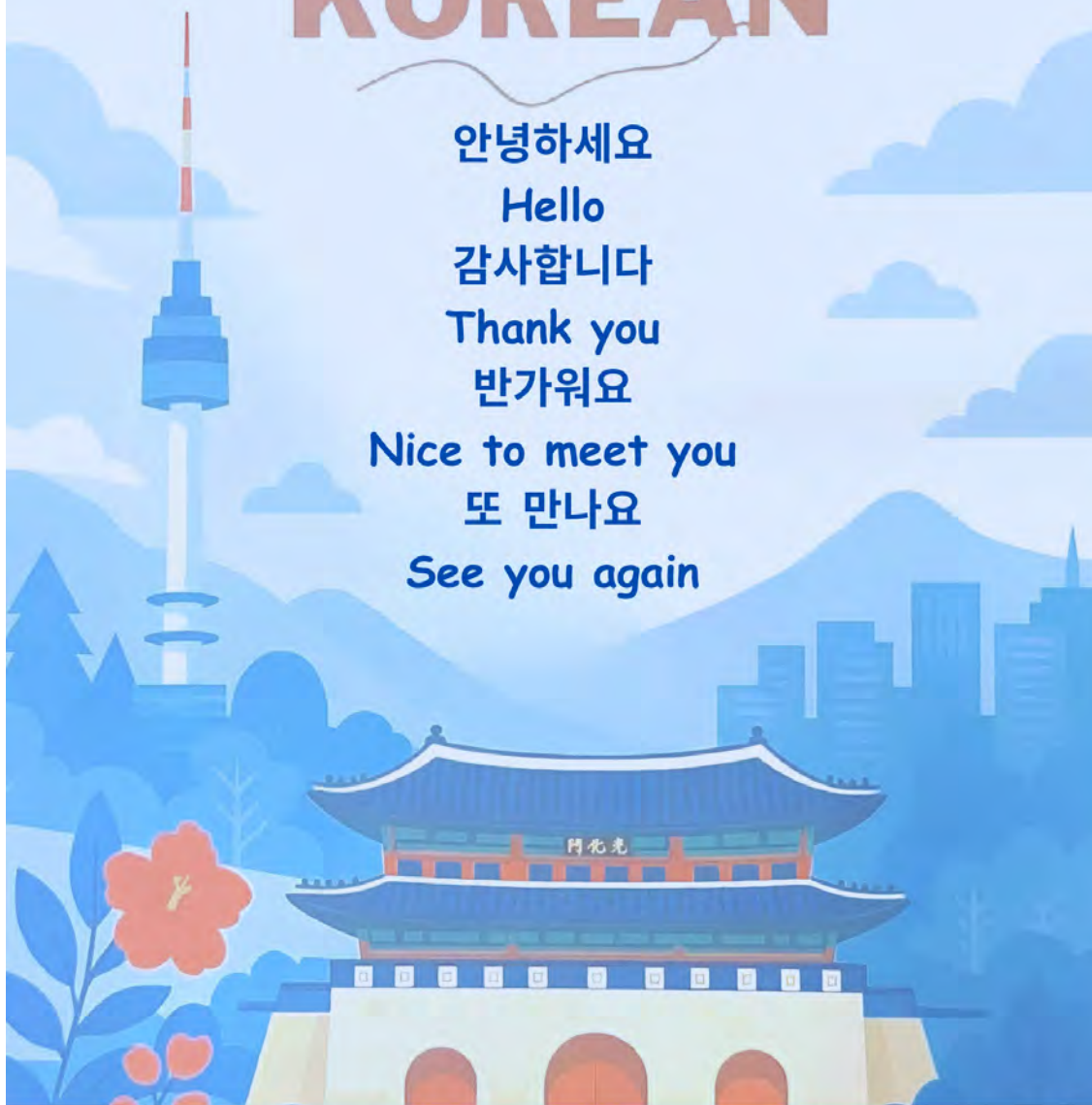
Thank you

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!





INTERNATIONAL
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Crochet & Knitting Workshop

LEARN TO CREATE YOUR OWN
BEAUTIFUL HATS AND SCARFS FOR WINTER!

- Thursday, 05 November
2026 from 09:30 - 11:30 AM
- Scan the QR code to register
and for more details





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) 19-23 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Kimchap 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>	Orleans-Style Chicken Pizza 奥尔良鸡肉披萨 Vegetable Sticks 蔬菜条 <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) 725	Protein 蛋白质 (g) 28	Carbohydrate 碳水 (g) 119	Fat 脂肪 (g) 23

26-30 Oct

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) 26-30 Oct

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 zucchini 素炒西葫芦 Sour-Spicy Shredded Potatoes 醋溜土豆丝 <i>Allergy: garlic, soy sauce, fish</i>
Spicy Ramen with Cheese 芝士辛辣面 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 with Green Pepper 青椒土豆丝 Cauliflower with Chili Sauce 辣炒菜花 <i>Allergy: wheat</i>	Pork Dumplings 猪肉水饺 Mixed Vegetables 什锦菜/麻根粉 <i>Allergy: wheat</i>	Beef Pho 越南牛肉粉 Stir Fry Green Vegetables 炒青菜 <i>Allergy: chili</i>	Tonkotsu Ramen 豚骨拉面 boiled Vegetables 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 Zucchini 素炒西葫芦 <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

Friday~Saturday - October 23~24, 2026
BEIMUN

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

SPORTS DATES

Oct 24 (Sat):
ISCOT MSFB Tournaments — B+G @ IST; ISAC
HSVVB Tournaments — Boys @ DSP, Girls @
IST; ISAC MS Badminton Tournaments — Boys
@ ISB, Girls @ WAB ISCOT HSVVB Tournaments
— B+G @ IST;

Oct 28-31 (Wed-Sat):
ACAMIS Volleyball @ HKA

Oct 31 (Sat):
ISAC MSFB Tournaments — Boys @ BCIS;
Girls YCIS @ DCB

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.