INTERNATIONAL SCHOOL of TIANJIN

Weekly Friday 27 November 2026

THE BLAZE

Working Learning Acting TOGETHER



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Dear Parents

It was wonderful seeing so many members of our community in school this past Wednesday for **the PFO Winter Bazaar**, one of two annual seasonal celebrations and food and shopping extravaganzas (the other being the Chinese New Year Bazaar). Thank you to our PFO Committee and parents for arranging such a terrific event. As always, I took the opportunity to purchase a few items to give away to students and community members in the lucky-dip draw at the **final assembly for the calendar year, scheduled next Friday afternoon at 2:30 PM**. EVERYONE is invited!

The annual bazaars, tied as they are to major seasonal festivals, always herald the start of a school holiday, with the Winter Bazaar getting everyone in the seasonal spirit for the three-week Winter Holiday which starts in just two weeks! Also adding to the seasonal cheer are a series of performances from our students, starting with the **Ritz-Carlton Tree-Lighting Ceremony** this evening (6:30 PM), and followed by the **Shangri-La Tree-Lighting Ceremony** this coming Wednesday (2 December) at 6:30PM. And then we have the **Elementary Winter Show** next Friday morning at 8:30 AM! Please do try to join us to celebrate the season with performances by our wonderful students.

Yesterday I sent home a brief note alerting parents to the current circulation of the **Influenza A virus** amongst our community members. Please do keep unwell children at home, and at least until they are fever-free for at least 24 hours. Please also consider sending them to school following their illness with an N95 mask for the first one or two days to help further control the spread of the virus.

Finally, I want to thank those members of our community who took a few minutes to complete the **2026-27 Parent Climate Survey**, one of the key annual surveys that we release in order to gather feedback from you about how well our school is performing relative to a range of criteria, and also where we need to improve. Although the survey was collated by language demographic, the results are combined in the data shared below. Additionally, for simplicity, **I have recorded the number of parents who 'did not endorse' each statement.** In total, 145 parents responded, so a single person not endorsing a statement equates to 1/145.

I am very pleased to report that the two worst-performing statements received just two 'do not endorse' ratings, with only one or no parents choosing not to endorse the other 23 criteria. I believe it fair to say that our community has overwhelmingly endorsed our general performance, albeit that area that were identified that we need to look at more closely (primarily identified through written comments). I have copied all comments below the survey that do not refer to an individual for your reference (only two). We will certainly give all comments careful consideration!

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In the meantime, I do strongly encourage parents who may be feeling isolated or uncertain, or disappointed or frustrated with any aspect of our school's performance to please contact us directly. I promise you that we will listen carefully and treat all concerns with the serious attention that they demand. Thank you all for this most valuable feedback, and for entrusting your children's education to our school.

I wish you all the very best for a relaxing weekend.

Steve Moody
Director







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2026-27 IST PARENT CLIMATE SURVEY: 145 RESPONSES IN TOTAL

Part 1: Philosophy and Guiding Statements
1. Our school tries to be true to its philosophy (e.g. IST is a friendly place: we promote a partnership between the home and school; acceptance of the views of others; student collaboration; creative thinking; real world application; individual differences; honesty and courage; respect for others, and our host country and environment.) **[0 do not endorse responses]**
2. Our school does a good job encouraging the development of the IB Learner Profile dispositions in our students (e.g., communicator, balanced, open-minded, thinker, caring, reflective, etc.) **[1 do not endorse response]**
3. Our school website and promotional documents provide a realistic and honest picture of IST's educational beliefs and practices to families. **[0 do not endorse responses]**
4. Our school provides a safe, warm and welcoming environment for our students. **[1 do not endorse response]**
5. For the most part my child/ren are proud of their school and enjoy the environment and their studies. **[0 do not endorses]**
Part 2: Parental Partnerships
1. Our school is open and welcoming to parents and promotes home and school partnerships that support the learning and wellbeing of IST students, including responding constructively to parental questions and concerns. **[1 do not endorse response]**
2. Our school actively supports the PFO in an attempt to ensure that parents have opportunities to be involved in school life, and in events and activities beyond the school. **[0 do not endorse responses]**
3. Our school attempts to provide meaningful opportunities for parents to learn more about the school and its programmes, including events such as New Student Orientation, Open House, homeroom presentations, education forums led by both IST faculty and others. **[0 do not endorse responses]**
4. Our school supports parental access to the school campus and facilities, including outside of regular school hours. **[1 do not endorse response]**
5. As a parent I feel welcome and included as a member of our school community. **[0% do not endorse]**
Part 3: Teaching and Learning
1. Our school sets appropriately challenging standardrds and expectations for learning and behavior. **[1 do not endorse response]**
2. Our school helps students develop critical thinking and problem-solving skills, and to become effective inquirers and independent learners. **[0 do not endorse responses]**
3. Our school ensures students an appropriate level of choice and voice, along with opportunities to become actively engaged and to give service to others. **[1 do not endorse response]**
4. Our school inspires students to take risks and generate innovative ideas and solutions using relevant media and technologies. **[1 do not endorse reponse]**
5. Our school generally provides for the varied needs of my child. **[1 do not endorse response]**
Part 4: Operations and Facilities
1. Our school provides high quality facilities, furnishings, and equipment. **[0 do not endorse responses]**
2. Our library, teaching materials and technology provision are excellent and meet the needs of our students and community, in terms of quality, accessibility and variety. **[0 do not endorse responses]**
3. Our school's contract services (security, cleaning, transportation, cafeteria, grounds) are of a suitable standard. **[2 do not endorse]**
4. Our school website, newsletter, e-notifications and social media forums provide relevant and timely information about our school, programs and events. **[0 do not endorse responses]**
5. Our school monitors, plans for, and is appropriately prepared to respond to crises and emergency situations (e.g. Fire Drills, AQI monitoring, Fog Days, etc.). **[0 do not endorse responses]**
Part 5: Personnel
1. Our Director is friendly and approachable and works hard to effectively manage the diverse functions of our school, with a genuine commitment to meeting the needs and the interests of the school and school community. **[0 do not endorse responses]**
2. Our Secondary Principal is friendly and approachable and works hard to effectively manage the interests of our Secondary School. **[2 do not endorse responses]**
3. Our Elementary Principal is friendly and approachable and works hard to effectively manage the interests of our Elementary School. **[0 do not endorse responses]**
4. Our teachers are friendly, approachable, and professional. **[0 do not endorse responses]**
5. Our office and operational staff are professional, approachable, and helpful. **[1 do not endorse response]**

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2026-27 IST PARENT CLIMATE SURVEY: PARENTAL RESPONSES

- We are very grateful for the English support our daughter has received. Thanks to the teachers' kind and careful support, her English has improved a lot, and she has become more confident. Thank you so much for helping her grow!

- We appreciate the opportunities IST provides for parents. However, we sometimes feel that more detailed explanations would be helpful, especially about school events and procedures.

- PYP1 Curriculum could be too challenging for some 5-year-olds. Although I can see the effort for individual learning plans. More guidance for parent role could be helpful. A suggestion: plan more time for the introduction during Elementary Open House and PTCs.

- As a parent, I would love to see more opportunities for children to take creative risks, think critically, reason independently, and have greater voice and choice in their learning. I believe these are areas we can continue to strengthen as a school community. Providing children with more time and opportunities to explore different ways of learning (academically), make mistakes, experience challenges, and learn from failure would help them develop confidence and independence as learners. I also believe that encouraging reflection is essential, as it helps children recognise their imperfections, embrace challenges, and see mistakes as valuable opportunities for growth and learning.

- We would appreciate receiving more detailed information earlier. When information is delayed, we sometimes feel anxious because we don't know what to expect. Sometimes, the school bus is driven too roughly, and I feel concerned about the safety of the young children on board.

- Lunch for KG children looks unhealthy (hamburger, pizza, spaghetti, lasagnas, fries everyday... are junk food) and low quality. Food seems to be the main improvement point, thank you. 2. Every Friday, children eat ice creams or chocolate with candies which is not healthy for them.

- Why has the school not a swimming pool / swimming activity / partnership with a swimming pool? Learning to swim is a vital skill, so many schools in other countries offer this opportunity as part of the curriculum. It would be great to consider this or share rational if already considered and decided not possible.

- My child loves the school's large sports field, the playground outside the classroom, and the spacious library. Even during a short visit to Korea, my child couldn't wait to return to IST.

- I really appreciate that parents have access to the library and other school facilities, as well as the various community groups

- My child (KG2) joined IST without any prior English learning, but he can now say some words in English. It was very touching to hear him humming English songs. I am grateful to his teachers!

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- Thank you for always keeping the school clean and well-maintained.
- I hope the school bus driver will pay more attention to safety while driving.
- I appreciate the teachers who warmly welcome the children every morning.
- Is it safe for children to return to school while still having nits (lice eggs) in their hair? Aren't these eggs contagious? I am unclear about the school's safety standards; the presence of nits can easily lead to cross-infection among students.
- The children really enjoy school. I am grateful for the teachers' positive guidance, which encourages the children to voice their concerns and questions, receiving timely and patient responses in return. In an environment where they feel heard and respected, the children have become increasingly willing to express themselves and think critically—as a parent, I find this truly heartening. Thank you, teachers!
- I hope for better communication among the teaching staff. It feels like the process for developing personalized learning plans for new students could be more efficient. My child struggles with English, which makes it difficult to follow lessons; there is a need for more effective support to address these language challenges, as my child currently feels quite frustrated and anxious. While the teachers themselves are excellent, the coordination and communication between them could be improved.
- The school's handling of the head lice issue has been insufficiently rigorous. When a case is identified, allowing the affected student to return to school after only one day at home is ineffective and only leads to further transmission among other children. I am not satisfied with the school's approach to health and hygiene.
- Regarding academic progress, curriculum planning, and feedback on student performance, there is room for greater specificity and transparency.
- As a parent of a student who joined the school mid-term, I feel somewhat isolated and unsupported. I am unfamiliar with the services the school offers, the information parents need to know, and how to use platforms like Toddle. I would appreciate it if a dedicated staff member could be assigned as a point of contact, as I am still not very clear about the full range of services available at the school.
- Given the child's current limited language proficiency, many of the questions are not applicable. As parents, we are also not entirely clear about the learning expectations for each subject. We would appreciate the availability of better bridging courses.
- The teaching approach balances established standards with room for flexibility: the child is able to keep up with the requirements while also being encouraged to ask bold questions and devise their own solutions. There are frequent opportunities in class to express ideas and experiment; our child often comes home and proactively

shares, "Today, I thought of..." It is clear that the school is genuinely fostering students who can think critically and are willing to take risks—we are very grateful to the teachers.

- Could you provide sample answers for different score ranges? For instance, what level of response is required for a high score, what might a mid-range response look like, and what characterizes a low-scoring response? As the student is currently in a phase of exploration, having such concrete examples would be very helpful.

- Lunchtime for secondary school students is too late; I would like to see it scheduled a bit earlier.

- The new gymnasium is beautiful.

- The new gymnasium is both beautiful and highly functional!

- The school's marketing efforts need improvement. For instance, you have to type in a very long name to find the school on a map, and a web search for "international schools in Tianjin" either yields no results or places the school very far down in the search rankings.

- We are truly grateful to the teachers for their professionalism, approachability, and kindness. No matter the scale of an issue, the children are always met with patience and see their concerns addressed effectively—which gives us, as parents, great peace of mind. Our interactions with the principal of the primary division have also left us with an impression of sincerity and a pragmatic, dedicated approach to school management. The administrative and operations staff are equally professional and helpful, ensuring that daily communication and tasks are handled efficiently and smoothly. Knowing that our children are growing up surrounded by such admirable and caring individuals puts us completely at ease. Our heartfelt thanks go out to the entire faculty and staff.

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International School of Tianjin Scholarship Program

The International School of Tianjin (IST) is excited to announce its scholarship program for students in their final two years of school. This initiative serves two key purposes:

1. **Support for Current IST Students**: We offer exceptional educational opportunities to talented students facing financial challenges.
2. **Enrichment for Non-IST Students**: We welcome talented non-IST students to enhance our diverse community and the quality of our IB Diploma Programme.

Scholarship Details

Types of Scholarships

Scholarships are available for students entering Grade 11, with awards lasting up to two years:

- **Full Scholarships**: Cover all tuition and capital fees for Grades 11 and 12.
- **Tuition Scholarships**: Cover tuition fees only for Grades 11 and 12.
- **Bursaries**: Cover half the tuition fees for Grades 11 and 12.

Benefits

Students in the scholarship program will receive an excellent education, culminating in the IST High School Diploma. As an IB World School, students also have the chance to earn a full IB Diploma, ***recognized by top universities worldwide.***

Selection Process

Each year, up to three scholarships or bursaries may be awarded to current IST students, with an equal number available for non-IST applicants. The selection includes:

- **Examinations**
- **Formal Interviews**
- **Final Decision by the IST Scholarship Committee**

Criteria for Selection:

- All applicants **MUST** have a parent or legal guardian residing with them during their studies in Tianjin. **IST DOES NOT provide boarding facilities of any kind to students.**
- **Academic Excellence**:
  - Current IST students must have honors/high honors in at least 2 of the last 3 semesters.
  - Non-IST candidates should be in the top 25% of their class.
- **Community Contribution**:
  - Active involvement in CAS activities.
  - Promotion of the IB Diploma Programme.
  - Leadership within the school community.

Eligibility

Students of ***all nationalities*** are encouraged to apply. Current IST students with financial difficulties can apply, but families may receive only one full scholarship at a time.
A strong command of English is essential.

Application Process

To apply, candidates should request an application package from the school.

Key dates:

- **Application Deadline**: 3:30pm, Friday, February 5, 2027
- **Scholarship Examinations**: Saturday, February 20, 2027 (9:00am–2:30pm)
- **Interviews**: Around March 3, 2027
- **Award Anouncement**: Late March/early April 2027



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- **Financial Need**: Consideration for current IST students needing financial assistance. (Non-IST students **DO NOT** need to demonstrate financial need.)

Required Documents



From the Student:

- Personal statement covering your interests and reasons for applying.
- Previous two years' report cards from your school. (Including IST students)
  - Certificates for any honors or awards received.
- At least two character reference letters (non-family).
  - IST students do not need a character reference but should give the names of two teachers who agree to support the application.
- Any other relevant details.

From the IST Parent (if applicable):

- A formal letter explaining financial circumstances.
- A letter from an employer stating that tuition is not covered by the company.
- Non-IST students **DO NOT** need to demonstrate financial need.

Application Fee

A **2,000 RMB** application fee is required, with the following conditions:

1. **Refunds**: Full scholarship recipients or those not awarded a scholarship will receive a complete refund.
2. **Tuition Scholarships/Bursaries**: The fee will be credited towards the standard application fee.
3. **Declined Offers**: Candidates who decline a scholarship offer forfeit the fee.

Scholarship Selection Process

Application

To apply for a scholarship, students must submit the **Scholarship Application Form** and **Fee** by **3:30pm on Friday, February 5, 2027**. This form collects personal details and educational history.

Important:

- Attach all required documents (see 'Required Documents' section).
- Incomplete or late applications will not be considered.

Examinations

Exams will take place at the school on **Saturday, February 20**, from **9:00am to 2:00pm**. Students will complete three papers:

1. **Mathematics** (9:00am–10:30am)
   Focus: Mathematical skills and problem-solving.
2. **English** (10:45am–12:15pm)
   Focus: Reading comprehension and essay writing.
3. **Science** (12:30pm–1:45pm)
   Focus: General problem-solving, logic skills, and scientific writing (not based on specific course content).

Interview

After the exams, selected candidates will be invited for an interview with the selection panel, which includes the Director, Secondary Principal, Diploma Coordinator, and IST Board of Governors members. Discussion topics will include the student's potential contributions to the school and their short- and long-term goals. Feel free to bring supporting materials to the interview.

Interviews will be scheduled for March 3 unless otherwise notified.

Results

Candidates will receive their results by **late March**. Good luck!

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Scholarship Application Form

Student Information				
Family Name		First Name		Gender (Male / Female)
Date of Birth (mm/dd/yy)		Age at time of application		
Nationality & Citizenship	Native Language	Language at Home		Other Languages
Email Address				
Schools Attended (Begin with current school)				
Grade(s)	School Name	Location (city/country)	Language(s) of Instruction	Dates Attended mm/yy – mm/yy

Please complete all parts of this application form

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Parent Information		
MOTHER		
Family Name	First Name	Nationality & Citizenship
Company Name		Position
Mother Signature	Cell Number	Email
FATHER		
Family Name	First Name	Nationality & Citizenship
Company Name		Position
Father Signature	Cell Number	Email

GUARDIAN (If Applicable)		
Family Name	First Name	Nationality & Citizenship
Guardian Signature	Cell Number	Email
Address in Tianjin		

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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.

Winter Holiday Book Borrowing


IST LIBRARY
HOLIDAY CHECKOUT

My child, _____ in class_____, has my permission to check out up to **ten (10) books** over the winter holiday.

Parent name: _____

Parent signature: _____

Please Note:
- Please return the signed permission slip by Dec. 7
- All **overdue books** must be returned before holiday checkout
- All books are due the week of **Jan. 5–8, 2027**
- You are responsible for any lost or damaged books
- Please do not take IST Library books out of China

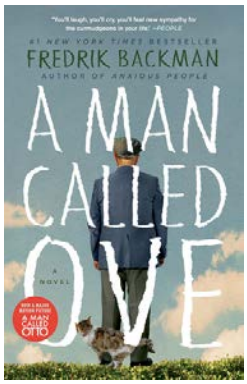
All students may borrow up to ten books from the IST library over the winter holidays. This is a great opportunity to encourage reading over the holiday break.

Please ensure your child returns any overdue books and brings a signed permission slip, available from the homeroom teacher, the library circulation desk, or Toddle (secondary students do not need a permission slip).

If you would like reading recommendations for the holidays, please stop by any time and speak to one of our friendly library staff members. We have great books for adults at the IST Library, too. Check out a few of our featured adult reads below!



Parent Book Club: Jan. 28th



Our next book selection is the novel A Man Called Ove by Fredrik Backman. We will meet to discuss the book on Thursday, January 28th 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 join 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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23 November 2026

Scoreboard
HS Basketball
Girls IST vs WCHIT 53-9 WIn
Boys IST vs WCHIT 14-29 Loss

HS Basketball vs Wellington

Our HS basketball teams hosted Wellington at IST in two very different contests.
The girls started strongly and never looked back, dominating from the opening tip-off to secure an impressive 53-9 victory. Their relentless defensive pressure created numerous opportunities on the fast break, allowing them to score consistently throughout the game.
The boys faced a tough challenge against a well-organized Wellington defense. Despite working hard throughout the game, they struggled to find scoring opportunities and eventually fell 29-14. While the result was not what they hoped for, the game provided valuable learning experiences that will help the team continue to improve.

Congratulations to all players for their effort and sportsmanship. Both teams will be back in action on Monday, 30 November. We hope to see plenty of support from the IST community!

Go Blazing Dragons! 🐉🔥



📅 **Upcoming**
November
- **Nov 30 – HSBB TEDA @ IST**

December 2026
- **Dec 5 – ISAC MSVB Exchange—**
  - **Boys @ IST;**
  - **Girls @ IST**
  - **Boys @ ISB (a second team)**
  - **Boys and Girls U12 @Keystone**
- **Dec 7 – HSBB TIS @ IST**
- **Dec 10 – MSVB IST @ TIS**
- **Dec 14–31 – Winter Holidays**

January 2027
- **Jan 1–4 – Winter Holidays/New Year Holidays**
- **Jan 8 – ISCOT MSVB**
  - **Girls IST @ Wellington;**
  - **Boys Wellington @ IST**
- **Jan 9 – ISCOT HSBB Tournaments—**
  - **Boys @ TIS;**
  - **Girls @ Wellington**
- **Jan 11 – MSVB IST @ TEDA**
- **Jan 16 –**
  - **ISAC HSBB Tournaments—**
    - **Boys @ DSP,**
    - **Girls @ IST;**
  - **ISCOT MSVB Tournaments—**
    - **Girls @ TEDA,**
    - **Boys @ TIS**
- **Jan 20–23 – ACAMIS Basketball @ IST Will have a live stream but better to come and watch the live games**
- **Jan 23 – ISAC MSVB Tournaments—**
  - **U14 Boys @ BCIS;**
  - **U14 Girls @ DSP**
- **Jan 25 – Sports Season 3 Starts**

Athletic Director Ben Silvis Ben_silvis@istianjin.org.cn

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WEEKLY CCA SPOTLIGHT

Session 2 CCAs Have Started!











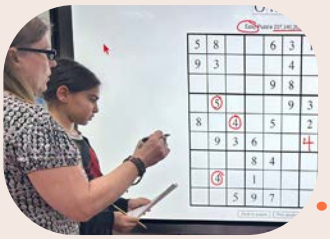





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PARENT FACULTY ORGANIZATION
INTERNATIONAL SCHOOL OF TIANJIN

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Food theme : PIZZA BIANCA Cooking Class

Menu :

1. Bruschetta alla Marinara
2. Bruschetta alla Ricotta with Honey
3. Sardinia Tuna with white Bean and Tomato Salad
4. Spaghetti Puttanesca

(& Tiramisu is provided for dessert)



- When : Wednesday, December 2nd, 10am-2pm
  (The class starts at 10:00 am this time.)
- Where : IST Elementary Kitchen
- Host : The chef of PIZZA BIANCA
- Cost : 100 RMB per person

Please join the WeChat group by scanning this QR code ☞

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Community-wide Goal:

In a world shaped by rapid technological change, including the continued rise of social media and Al, 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.



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MENU

Weekly Menu (N-G2)

16-20 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Scallion Pancake 葱油饼 Stir fry Cauliflower and Egg 番茄鸡蛋菜花 *Allergy: wheat, egg*	Beef Macaroni 番茄肉酱面 Stir fry Vegetable 炒蔬菜 *Allergy: wheat, dairy*	Chicken Teriyaki 照烧鸡排 Stir fry Vegetable 炒蔬菜 *Allergy: breadcrumb*	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 *Allergy: wheat*	Chicken Curry 咖喱鸡 Stir fry Vegetable 炒时蔬 *Allergy: coconut milk*
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) 29	Carbohydrate 碳水（g) 115	Fat 脂肪（g) 29

23-27 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	Carrot Cake Fruit Cut	Ham Sandwich Fruit Cut
Egg and cheese in Tomato Sauce Toast 番茄鸡蛋吐司 Stir fry Vegetable 炒蔬菜 *Allergy: wheat, egg, dairy*	Popcorn Chicken Wrap 鸡米花卷饼 Stir fry Vegetable 炒蔬菜 *Allergy: wheat, cheese*	Bolognese Pizza 肉酱披萨 Stir fry Vegetable 炒蔬菜 *Allergy: wheat, cheese*	Chicken Burger 鸡肉汉堡 French Fries 薯条 *Allergy: wheat*	Bacon Fried Rice with Cabbage, Carrot and Corn 火腿鸡蛋炒饭 Stir fry Cauliflower 炒时蔬 *Allergy: egg*
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) 727	Protein 蛋白质（g) 28	Carbohydrate 碳水（g) 110	Fat 脂肪（g) 25

Weekly Menu (G3-G12) 23-27 Nov

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 *Allergy: cheese, mushroom, egg (served on the side)*	Chicken Quesadilla 芝士鸡肉饼 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 *Allergy: wheat, cheese*	Bolognese Pizza 肉酱披萨 Potato Wedges 土豆角 Stir fry Vegetable 炒蔬菜 *Allergy: soy sauce, milk*	Beef Burger 牛肉汉堡 French Fries 薯条 *Allergy: wheat*	Grilled Fish with Black Pepper Sauce 黑椒煎鱼排 Mashed Potatoes 土豆泥 Stir fry Vegetable 炒蔬菜 *Allergy: fish, wheat, egg*
Yuxiang Eggplant 鱼香茄子 Stir Fried Tofu with Cabbage 白菜爆豆腐 Fried Egg 虎皮鸡蛋 *Allergy: soy sauce, tofu, egg (served on the side)*	Fish Fillet Curry 咖喱鱼排 Stir Fried Green Vegetables 清炒蔬菜 Steamed Rice 米饭 *Allergy: fish*	Deep Fried Chicken Leg 香酥鸡腿 Steamed Chinese Cabbage 蒜蓉娃娃菜 Winter-Melon Stewed 烩冬瓜 *Allergy: wheat*	Stir Fried Chicken Slices with Lemongrass 香茅炒鸡肉 Stir fry Sliced Potato 风味土豆片 Stir Fried Mixed Vegetables 泰式蔬菜 *Allergy: soy sauce*	Bacon Fried Rice with Cabbage, carrot and corn 培根蔬菜炒饭 Stir fry Vegetable 炒时蔬 *Allergy: soy sauce*
Noodles with Vegetables in Soybean paste Korean Style 韩式炸酱面 Boiled Egg 煮鸡蛋 *Allergy: wheat, egg (served on the side)*	Pork Dumplings 猪肉水饺 Stir Fried Cabbage 酸辣蕨根粉/洋白菜 *Allergy: wheat*	Rice Noodles with Fish in Tomato Soup 番茄鱼米粉 Boiled Vegetables 煮蔬菜 *Allergy: fish*	Tteokbokki with Pork and Cheese 芝士猪肉炒年糕 Cabbage Salad Korean Style 韩式拌洋白菜 *Allergy: cheese*	Potato Noodles with Chicken and mushroom Broth 鸡汤菌菇土豆粉 Green Vegetables 煮蔬菜 *Allergy: mushroom*
	Zucchini and Egg Dumplings 西葫鸡蛋水饺	Rice Noodles with Vegetables 蔬菜米粉	Tteokbokki with Cheese 芝士炒年糕	Fried Rice with Mixed Vegetables 蔬菜炒饭
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
Mochi 糯米糍	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) 798	Protein 蛋白质(g) 34	Carbohydrate 碳水(g) 130	Fat 脂肪(g) 29

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INTERNATIONAL SCHOOL of TIANJIN

Weekly

THE BLAZE

Working Learning Acting TOGETHER

Diary Dates

Wednesday - December 2, 2026
Christmas Tree Lighting@Shangri-La

Friday - December 4, 2026
N-Grade 5 Winter Show (Day Time)

Monday~Friday - December 7~11, 2026
G9-11 Secondary Exams

Monday~Monday - December 14, 2026~January 4, 2027
Winter Holiday

Wednesday - January 6, 2027
ELA Entrance Testing

Tuesday - January 12, 2027
End of Q2 / Semester 1 Ends (45/90 Days)

Sports Dates

Nov 21 (Sat):
ISAC ES (U11) Table Tennis Exchange @ WAB

Nov 23 (Mon):
HSBB Wellington @ IST

Nov 30 (Mon):
HSBB TEDA @ IST

Dec 5 (Sat):
ISAC MSVB Exchange —
Boys @ IST;
Girls @ IST
Boys @ ISB (a second team)
Boys and Girls U12 @Keystone

Dec 7 (Mon):
HSBB TIS @ IST

Dec 10 (Thu):
MSVB IST @ TIS

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 2 Sport Schedule

- ☺ Starts Monday, 23 Nov and ends Friday, 26 Feb
- ☺ 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.

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