

2023-24 IST Community-wide Goal: Understanding and Promoting the Diversity of Knowledge (IBLP)

Our community welcomes and values the multiplicity of interests, ideas, and beliefs and values that exist within our international community living here in Tianjin, and beyond, and we are committed to providing a safe, open-minded, and inclusive environment for all. In embracing physical and socio-cultural diversity, we also champion diversity of thought and the critical thinking and open-minded inquiry and learning across a range of topics and disciplines that deepens conceptual understanding and intellectual growth and independence. We listen carefully when considering alternative points of view, and we are willing to grow and change as a result of sincere intellectual inquiry and discourse. We will engage with issues and ideas that have local and global significance, we challenge injustice, and we take personal and professional responsibility for our roles, responsibilities and actions, and their consequences.



Dear Parents

I trust that you have all been enjoying the glorious early Autumn weather over the past week or so, and for those of you whose children have been away on **Week Without Walls**, some quality alone time with your spouses! The weather really has been wonderful, and perfect for all of our secondary students who have been enjoying adventures away from school with their classmates and teachers.

As you know we are a three programme IB Continuum World School, and every now and then the IB makes programme decisions that have implications for our students. One of the most recent decisions relates to language course selections in the MYP and how they pertain to course selections in the IB Diploma. One of the new requirements is that **any student taking a Language and Literature course (A, or Group 1) in Grades 9 and 10, may not transfer to a Language Acquisition course (B, or Group 2) in the IB Diploma**; they either need to take the course at the A level, or choose a different B course. Please read the summary guidelines that we have prepared in response to these regulations further on in Blaze, which while seeking to ensure compliance with the IB, also seek to safeguard the learning needs of the individual student.

The IB has also made a change in the dates for the IB Diploma examinations, moving them forward by about a week. In response to this change **we have decided to adjust the date of our Graduation ceremony for Grade 12 students, moving it forward from 31 May to 24 May**. With exams finishing two weeks prior to the later date (31st), a number of students are likely to feel stuck in Tianjin while they await graduation; this way they only need to wait one week. Please be sure to make note of this in your diaries (and you published IST calendar).

One of the highlights of our school calendar is **UN Day (24 October)**, when to 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 our theme ("**Working, learning and acting together to ensure healthy lives and promote well-being for all at all ages**" based on UN Sustainable Development Goal #3), and concluding with a delicious international lunch generously provided by our parents. Next week we will send out a formal call for community concert performances ... so please start thinking about any

Upcoming World Celebration Dates...**Saturday - Sep 16, 2023 Mexico's Independence Day**

The Grito de Dolores ("Cry of Dolores"), was uttered from the small town of Dolores, near Guanajuato in Mexico, on September 16, 1810 by Miguel Hidalgo y Costilla, a Roman Catholic priest. It is this event that marks the beginning of the Mexican War of Independence. Since October 1825, the anniversary of the event is celebrated as Mexican Independence Day.

Friday~Sunday - Sep 15~17 2023 Jewish New Year

Rosh Hashanah is the Jewish New Year. It is a two-day celebration, which begins on the first day of Tishrei. The day is believed to be the anniversary of the creation of Adam and Eve, the first man and woman, and their first actions toward the realization of humanity's role in God's world.



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significant cultural or national item that you and members of your community might like to perform!

Last week I sent out a brief 10 statement survey to new parents, as we do every year, soliciting feedback on their experience at IST thus far. I do apologise that the survey was initially sent out to 'all' families; hopefully not too many of you will have been inconvenienced! In the end we had a reasonable response, or roughly 50% of our new parents; while not ideal, I still believe the data to be reasonably valid. I would like to share the results with you now, but to keep the data simple I have only shared the negative/disagree responses. All in all, the feedback was very positive and affirmative. Please also note that there were a number of written comments; I will not share these here, but please rest assured we will give your comments due consideration!

New Parent Survey Statements and results (total number of **negative** responses to the statements recorded in brackets):

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. **(1)**
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. **(0)**
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, Seesaw, Website, ManageBac, e-notifications, etc.,) has been regular and informative. **(2)**
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. **(1)**
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)**

Thank you to all parents who completed the survey. I wish you all a most enjoyable weekend!



Steve Moody
Director



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Placement Guidelines

The following guidelines shall inform the Grades 9-12 course selections and placement of students in IB MYP and IB Diploma Group 1 Language and Literature (A) and Group 2 Language Acquisition (B) courses at the International School of Tianjin. While seeking to comply with guidelines prescribed by the IB, IST's own philosophy commits the school to making decisions that we believe are in the best interest of the individual student. Our school will therefore consider departures from these strict guidelines, but only following formal petition to the IB MYPC and/or IB DPC, and the Secondary Principal. The Director shall have the final decision in any parental challenge to placement decisions made by the Secondary School Leadership Team.

- Students in Grades 9 and 10 are required to register for two language courses, one from Group 1 (Language A) and one from Group 2 (Language B).
 - o In instances where a student has first language level proficiency in two languages, they may take two Language A classes, subject to availability. In all instances one of these classes would necessarily need to be English as only two language options are available in the MYP. In the IB Diploma, however, it is possible to take two Languages A, and English as a Language B.
 - o In the rare instance when there is no clearly developed first language, or when no Language A option available, the student will register for the two most suitable Language B courses on general offer, one of which must necessarily be English.
 - o At the MYPC and Secondary Principal's determination, a student may initially be registered for just one Language B course (English) in order that additional English language support classes be provided to better prepare the student for general studies in English. In such cases the student will nevertheless be required to select a Language A course in Grade 11 to register for the IB Diploma; if this is not English, it will most likely be a self-taught Language A not previously available in MYP course offerings.
- Students enrolled in a given Language A course in Grades 9 and/or 10 (currently English, Korean, and Chinese) may only continue with the same language in the IB Diploma if it continues to be taken as a Group 1 Language and Literature (A) course. In other words, students may not study a language option as a Group 1 (A) language in MYP and then continue with the same language as a Group 2 (B) option in the IB Diploma. They can, however, opt to continue with the language as an additional Language A within the Group 2 additional languages framework. One or other of these Language A courses may be taken as a self-taught language (SL level only) if not already provided in the school's own course offerings.
- Students who do not want to study two Languages A in the IB DP but are otherwise fluent in English and another language may choose ONE of these at Language A as their Group 1 (A) course requirement but must then register for an additional Group 2 (B) language course (possibly an online course through an authorized provider, such as Pamoja, and at their own expense). NOTE: The Language B course taken in Group 2 may not have been previously studied as a Group 1 (A) option in Grade 9 or 10.
- Students who have previously studied a language at MYP Phase 4 or higher in both Grades 9 and 10, and (achieving an MYP grade of 5 or higher) may not enroll in an Ab Initio course in the same language in the IB Diploma and must choose at least Language Acquisition B (SL), or an Ab Initio course in an additional language (possibly an online course through an authorized provider, such as Pamoja, and at their own expense).
- Students in Grades 11 and 12 may select a third language course (A or B) in place of a Group 6 (Arts) option, subject to availability (possibly an online course through an authorized provider, such as Pamoja, and at their own expense).

NOTE: Students enrolled in the IST Diploma only, may be granted language course selection dispensations that depart from those criteria prescribed for the IB MYP and IB Diploma, subject to availability and approval by the IB DPC and Secondary Principal.

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选课指南

以下指导原则适用于IST国际学校9-12年级学生对IBMYP和IBDP第一组语言文学(A)课程和第二组语言习得(B)课程如何进行课程选择和分配。在寻求遵守IB规定的指导方针的同时,IST的原则是做出我们认为最符合每个学生利益最大化的决定。因此,只有向IB MYP协调员或者IBDP协调员,以及中学校长提出正式申请后,我们才会考虑偏离这些严格的指导方针。如果家长对中学领导团队所作出的决定提出疑问,总校长将拥有最终决定权。

- 9年级和10年级的学生需要学习两门语言课程,一门是第一组(语言A)课程,一门是第二组(语言B)课程。
 - 如果学生对两门语言都有第一语言水平的熟练程度,视情况而定,他们可以选修两门语言A课程。因为MYP只有两种语言可供选择,在所有情况下,其中一门课程必须是英语。然而,在IBDP课程中,学生们可以选修两门语言A课程,英语可以作为语言B课程。
 - 在极少数情况下,如果没有明确的第一语言,或者没有适合的语言A选项,学生可以选择两门最合适的语言B课程,其中一门必须是英语。
 - 经MYP协调员和中学校长决定,学生最初也可以只选择一门语言B课程(英语),以便为学生提供额外的英语课程,更好地为学生的英语学习做好准备。在这种情况下,学生仍然需要在11年级IBDP选择一门语言A课程,如果不是英语,很可能是在之前MYP课程中没有提供的进行自修的语言A课程。
- 在9年级或者10年级(目前为英语,韩语和中文)学习语言A课程的学生,如果该课程继续作为第一组语言文学(A)课程,则只能继续选择相同的语言。换句话说,学生在MYP学习第一组(A)语言的课程,不能在IBDP课程中变成第二组(B)语言的课程。但是,他们可以选择继续将该语言作为第二组额外语言框架内的额外语言A课程。如果学校的课程设置中没有提供这些语言A课程,这些语言A课程可以作为自修课(仅限SL)。
- 学生如果不想在IBDP中学习两门语言A课程,英语和其他语言流利的学生可以在语言A中选择其中一门作为他们的第一组(A)课程,但必须选择额外的第二组语言(B)课程(可能是通过授权提供商,如Pamoja提供的在线课程,费用自理)。请注意:第二组的语言B课程可能没有在前9/10年级的第一组语言(A)课程中学习过。
- 9/10年级学生的语言课程在MYP Phase 4 水平以上的,并且(MYP成绩达到5以上),不能在IBDP选择相同语言的Ab Initio课程,必须至少选择语言习得B (SL)课程,或者作为一个附加的Ab Initio课程(可能是通过授权提供商提供的在线课程,如Pamoja,并费用自理)。
- 11和12年级的学生可以选择第三门语言课程(A或B)来代替第6组(艺术类)课程,这取决于可行性(可能是通过授权提供商,如Pamoja提供的在线课程,费用自理)。

注意:仅参加IST DP课程的学生,可能会被授予与IBMYP和IBDP课程规定的标准不同的语言课程选择权,但必须经过IBDP协调员和中学校长的批准。

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과목 배정 가이드라인

아래 가이드라인은 IST에서의 9-12학년 코스 선택 및 IB MYP와 IB 디플로마 그룹 1 언어의 문학(A), 그룹 2 언어 습득(B) 코스 배정에 대해 알려드립니다. IB가 규정한 가이드라인을 따르면서 IST만의 교육 이념을 통해 개별 학생을 위한 최선의 선택을 할 수 있도록 할 것입니다. 따라서 학교는 이들 엄격한 가이드라인에서 벗어나는 예외 사항은 IB MYP 코디네이터 및/또는 IB 디플로마 코디네이터 그리고 중고등부 교장에게 정식 신청이 있을 경우 고려할 것입니다. 중고등부 리더십 팀이 내린 배치 결정에 학부모가 이의 제기를 할 경우에 대한 최종 결정권은 학교장에게 있습니다.

- 9-10학년 학생은 그룹 1(언어A)에서 하나, 그룹 2(언어 B)에서 하나 총 2개의 언어 코스를 수강해야 합니다.
 - 두 가지 언어를 제 1 언어 수준으로 구사하는 학생의 경우 상황에 따라 언어 A를 두 개 선택하여 공부할 수 있습니다. MYP에서는 두 가지 언어 옵션만 제공되므로 모든 경우에 있어 하나는 반드시 영어이어야 합니다. 하지만 IB 디플로마에서는 두 개의 언어 A와 영어를 언어 B로 선택이 가능합니다.
 - 제 1 언어가 명확하지 않거나 언어 A 옵션을 선택할 수 없는 경우 가장 적절한 두 개의 언어 B 과목을 선택할 수 있으며 이때 하나는 반드시 영어이어야 합니다.
 - MYP 코디네이터와 중고등부 교장의 결정에 따라 학생이 영어로 전반적인 학습을 더 잘 준비하기 위한 추가 영어 서포트를 받는 경우 처음에는 한 개의 언어 B 코스(영어)만 수강할 수 있습니다. 하지만 이 경우에도 학생은 IB 디플로마 이수를 위해 11학년에서는 언어 A 코스를 선택해야 합니다. 이때 언어 A는 MYP에서 제공되지 않는 독학 언어 A(Self-taught language A)가 될 수도 있습니다.
- 9/10학년 또는 10학년에서 언어 A 코스(현재 영어, 한국어, 중국어)을 수강한 학생은 IB 디플로마에서 그룹 1 언어 및 문학(A)으로 계속 수강할 경우 동일한 언어로만 선택할 수 있습니다. 즉, MYP에서 그룹 1 언어 A를 공부한 후 IB 디플로마에서 같은 언어를 그룹 2 B 옵션으로 선택할 수 없습니다. 하지만 그룹 2 추가 언어 프레임워크 안에서 해당 언어를 추가 언어 A로 선택하여 공부할 수 있습니다. 만약 학교 자체 코스에서 제공되지 않는 언어일 경우 하나 혹은 다른 이들 언어 A 코스는 독학 언어(SL만 가능)로 수강할 수 있습니다.
- 만약 IB 디플로마 프로그램에서 두 개의 언어 A 과정을 공부하고 싶지 않지만 영어 혹은 다른 언어가 유창하다면 이들 언어 중 하나를 그룹 1(A) 언어 A로 선택하고 추가로 그룹 2 (B) 언어 코스를 신청해야만 합니다 (Pamoja와 같은 공식 인가를 받은 업체를 통한 온라인 코스, 비용 개인 부담) 주의: 9/10학년에서 그룹 1 (A) 옵션으로 선택한 언어를 그룹 2에서 언어 B로 선택할 수 없습니다.
- 9/10학년에서 언어를 MYP Phase 4 혹은 높은 레벨로 공부하고 MYP 성적 5 또는 그 이상을 받은 학생은 IB 디플로마에서 해당 언어를 Ab Inioo 코스로 수강할 수 없으며 반드시 언어 습득 B(SL)로 수강하거나 또는 Ab Initio 코스를 추가 언어로 수강해야 합니다. (Pamoja와 같은 공식 인가를 받은 업체를 통한 온라인 코스, 비용 개인 부담)
- 11/12학년은 가능 여부에 따라 그룹 6(예술) 옵션 대신에 세 번째 언어 코스(A 또는 B)를 선택할 수 있습니다. (Pamoja와 같은 공식 인가를 받은 업체를 통한 온라인 코스, 비용 개인 부담)

주의: IST 디플로마 학생은 IB MYP, IB DP를 위해 서술된 이들 규정과 별개로 가능 여부와 IB 디플로마 코디네이터, 중고등부 교장의 승인에 따라 언어 코스 선택을 할 수 있습니다.

the Parent Partnership

PARENTING SELF-TALK WHEN YOUR KID HAS AN ANGRY OUTBURST

"I cannot control their emotions. I can only control how I respond to them."

"I will not take their anger personally. I will listen and allow them the space to be heard."

"I will use this as an opportunity to connect with my child."

"I will connect with myself before reacting."

"These feelings will pass. Breathe."

"This is not urgent. My child is just feeling BIG feelings that will pass."

"I accept their anger and will collaborate with them to prevent these outbursts."

"They are safe. I am safe. I am capable of handling the situation."

"I will not respond until I feel regulated to de-escalate the situation."



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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.



Support Reading at Home

Here are a few ways parents can support their child's early literacy development and encourage reading at home.

1. **Read Every Day.** Find a time to read with your child every day. This helps show that reading is an important priority.
2. **Make a Space for Reading.** Create a comfortable, consistent place at home where you can read together, enjoy books, and talk about what you're reading.
3. **Visit the Library.** Parents are always welcome at the IST Library. Plan a time to visit with your child after school and explore the library together. Create excitement by involving your child in the process of choosing books to read together.
4. **Librarians are Resources.** Ask the IST Librarians which books are appropriate for your child and which books kids are excited about.
5. **Partner with Teachers.** Work with teachers to understand their approach to literacy and ask how you can help at home. Find ways to extend school literacy lessons when you're at home.



Image: <https://talkingisteaching.org>

Parent Book Club—October 17th @8:30 in the library

Our next Parent Book Club selection is the novel *Please Look After Mom* by Kyung-Sook Shin. We will meet to discuss this book after the National Holidays, on October 17th. The library has copies of the book in English, Chinese and Korean. A digital copy in English or Chinese is also available upon request.

All interested parents are welcome to join us for a book discussion, coffee, and treats, even if you haven't had a chance to read the book. Contact one of our library staff to join our WeChat group.

Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30

New Merchandise for Schools

For this new school year, we have made some new IST sports water bottles and umbrellas, come by the advancement office (Han building 1st floor across from IT) to grab yours!



IST 2023 SPORTS WATER BOTTLE

SECURE LOCK

WITH STRAP

780 ML

¥38 FOR ONE
¥70 FOR TWO

***FOR COLD AND WARM WATER (≤50°C)**

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FRIDAY 15 SEPTEMBER 2023

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ACTIVITIES FOR PARENTS

Several activities and classes are available for Parents at IST. Want to enjoy Yoga or Chinese dance? To meet with other parents and do an activity that you like ? Do not hesitate, come and try!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15/9:15am Yoga with Vicky 80rmb/class	9:00/11:00am IST Baby Dragons Playgroup FREE Under 4's PFO Room	8:15/9:15am Yoga with Vicky 80rmb/class	8:15/9:15am Yoga with Vicky 80rmb/class	8:30/10:00am Chinese corner Free
9:30/11:30am English corner FREE ELEMENTRAY MEETING ROOM	9:30am/12am Chinese Painting 5 & below 100-110 rmb/class 6 above 50- 80even/class depending on the number of participants	10:00/10:50AM Zumba class ¥ 60/per person THEATER		
	9:30/11:00am Chinese Dance 60-80rmb/class			

All classes are held at IST, Black Box (Yoga/Chinese Dance) and in the room opposite to PFO room (Yoga/Painting). Scan the below QR codes to join the We Chat groups and get more information.

<p>Chinese Painting</p>	<p>Yoga with Vicky</p>	<p>IST Baby Dragons</p>	<p>Chinese Dance</p>	<p>Chinese corner</p>
<p>ENGLISH Corner</p>	<p>Zumba Class</p>			

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PFO COOKING CLUB

Food theme: The Japanese cooking class

Menu:

- Tempura
- Chirashi Zushi
- Suimono Soup
- Dashimaki Egg
- Mitarashi Dango



When: 20th Sep 9:30am-2pm

Where: IST Elementary Kitchen

Host: Rie Sasakabe

Cost: 100 RMB per person

Please join the WeChat group by scanning this QR code:
Max 16 participants, first-come first-served.



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PFO PICNIC

Bring a picnic blanket and pack your lunch or you can buy from food and drink vendors at the event!

SATURDAY, SEPTEMBER 23

11:00AM~3:00PM

Activities:

- Face Painting
- Hair Dye
- Tattoos
- Water Fun
- Football Game
- Bubble Machine
- Tug of War
- Bouncy Castle

Vendors:

- Korean Chicken
- Dmart
- Trolley
- LeCrobag bakery
- Clown. & Cotton Candy
- Man Pin Jian (MPJ)
- Indian food
- Business Tianjin
- Richie's Bakery
- Yummy Bakery



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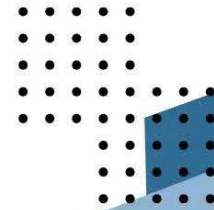


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BOAT
TOUR

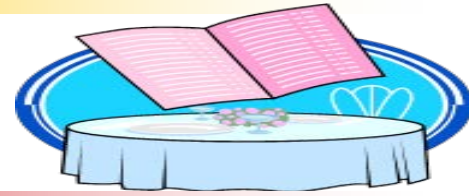
26 september

**BOAT TICKET
100 RMB**

Boat tour on Hai He

River, walk in Ancient
Culture Street and lunch
at Italian Street.Leaving IST at 8.30am
coming back at 3pm.Valid until 9/15 and will update upon joining
groupSCAN THE QR CODE
TO JOIN THE GROUP

BLAZE



WEEKLY

Working Learning Acting TOGETHER

MENU G3-G12

	Monday 2023-09-18	Tuesday 2023-09-19	Wednesday 2023-09-20	Thursday 2023-09-21	Friday 2023-09-22
Salad/Fruit	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
Western From The Grill Station	Penne Tomato with Creamy Cheese Sauce 奶油芝士焗面 Stir fry Vegetable 炒时蔬 Allergy: milk, flour, cheese	Grilled Chicken with Pepper Sauce 黑椒汁煎鸡排 Stir fry Vegetable 炒时蔬 Sauteed Potatoes with Onion 洋葱炒土豆 Allergy: onion, black pepper sauce	Chili Con Carne 墨西哥炒牛肉馅 Steamed Black Beans 蒸黑豆 Steamed Rice 米饭 Allergy: beef, pepper, onion, cumin, cajun seasoning, black beans	Chicken Burger 鸡肉汉堡 French Fries 薯条 Allergy: chicken, flour, tomato, cucumber, lettuce, mayonnaise	beef Ball 牛肉丸 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, herb
Asian From The Wok/Noodle Station	Sauteed Tomato and Egg 西红柿炒鸡蛋 Sliced Potatoes with Pepper 青椒土豆丝 Steamed Rice 米饭 Allergy: wheat, egg	Fried Noodles with Chicken and Vegetables 蔬菜鸡肉炒面 Allergy: flour, oyster sauce, soya sauce, cabbage, egg	Braised Pork Taiwan Style 台湾卤肉 Stir fry Vegetable 炒蔬菜 Steamed Rice 米饭 Allergy: pork, soya sauce, egg, potato, sugar	Noodle with Pork in Korean Bean Paste 韩式炸酱面 Fried Egg 煎鸡蛋 Allergy: egg, bean	Chicken Teriyaki 日式照烧鸡排 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 Allergy: Soya sauce, green garlic, ginger, breadcrumb
Vegetarian		Fried Noodle with Vegetable 蔬菜炒面	Stir Fried Potatoes with Carrots 炒土豆胡萝卜	Noodle with Vegetable in Korean Bean Paste 韩式蔬菜炸酱面	Spaghetti with Tomato Sauce 番茄意大利面
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Borch 罗宋汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤
Dessert	Swiss Roll 瑞士卷	Mini Muffin 小玛芬	Mousse 木司	Carrot Cake 胡萝卜蛋糕	Chocolate Cake 巧克力蛋糕
Nutritional reading over the week 每周营养分析		Energy 热量 (Kcal) 715	Protein 蛋白质 (g) 26	Carbohydrate 碳水化合物 (g) 102	Fat 脂肪 (g) 16
Nutritional recommendation 营养建议		725	25	100	25

MENU NURSERY-G2

	Monday 2023-09-18	Tuesday 2023-09-19	Wednesday 2023-09-20	Thursday 2023-09-21	Friday 2023-09-22
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Cookies Fruit Cut	Banana Bread Fruit Cut	Vegetable Sandwich Fruit Cut
Set Meal	Margherita Pizza 比萨 Sweet Corn and Broccoli 玉米粒西兰花 Vegetable Sticks 蔬菜条 Allergy: flour, tomato sauce, cheese, herb	Sauteed Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Rice 米饭 Allergy: soya sauce	Baked Beef Macaroni 小弯牛肉面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: flour, beef, tomato sauce, herb	Teriyaki Chicken 日式照烧鸡排 Cauliflower with Tomato Sauce 番茄菜花 Rice 米饭 Allergy: chicken, crumb, cauliflower, tomato	Pork Stew 卤肉饭 Vegetable Sticks 蔬菜条 Rice 米饭 Allergy: pork, soya sauce
Fruit	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Drinks	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult	Milk/Yoghurt/Yakult
Nutritional reading over the week 每周营养分析		Energy 热量 (Kcal) 726	Protein 蛋白质 (g) 24	Carbohydrate 碳水化合物 (g) 105	Fat 脂肪 (g) 27
Nutritional recommendation 营养建议		725	25	100	25

Morning snack offer available at 6 rmb, Snack are only available for daily set lunch consumers.

DIARY DATES

Saturday - September 23, 2023
PFO Picnic

Friday - September 29, 2023
Mid-Autumn Festival Day

Monday~Friday - October 2~6, 2023
National Holidays

Tuesday - October 24, 2023
UN Day

SPORTS DATES

21-Sep
MS Football (vs TIS)

23-Sep
ISCOT MS Badminton Tournament

25-Sep
HS Volleyball (vs TGA)

26-Sep
MS Football (vs TGA)

28-Sep
MS Football (vs WC)

WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2023-2024 SCHOOL YEAR

Please take note of the following dates:

Season 1 Sport Schedule

- ☺ Starts Monday, 4 Sep and ends Friday, 17 Nov
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Season one includes:

- ☺ HS Football -(Mondays and Fridays 15:30 – 17:00)
- ☺ MS Basketball-(Tuesdays and Thursdays 15:30 – 17:00)
- ☺ HS Badminton-(Mondays and Fridays 15:30 – 17:00)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Kennedy – Athletics Director
(byron_kennedy@istianjin.org.cn)
- ☺ Mr. Silvis – 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.