

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 and students,

Mr. Moody has asked me to write this week's BLAZE article as he is away at the EARCOS Leadership Conference in Bangkok this week. The EARCOS Leadership Conference is an important annual event that gives an opportunity for international educators from across the Asia-Pacific region to meet and discuss significant issues facing all of us. One such issue is the feeling of being busy! Recently, a number of parents, students and teachers have remarked on how busy they feel over the past few weeks. However, I am reminded of something which Mr. Moody shared with the PFO in a recent session when he said, "Don't complain about being busy in school now... Last year we were all complaining about having nothing to do because of the Covid lockdowns!" This is an important point and an excellent reminder to all of us that our perspective matters. We can easily complain about feeling a bit busy, but a more nuanced and healthy perspective might also help us reflect on how lively, engaged and full the past few weeks have been. In reflecting on the past two weeks at IST, we have had the following activities and events on our campus:

- Literacy Lab Conference – Students and teachers hosted visitors from other schools for a two-day student driven conference about how to develop and maintain a Literacy Lab like we have at IST. This event highlights the fact that IST has pioneered this effort and is recognized as a peer leader among other international schools.
- Elementary Movie Night – Elementary students were treated to an in-house movie so that students could sit-back, relax and have fun with friends!
- High School Volleyball (Boys and Girls) – Our sports teams are once again busy doing what they do best...playing sports! Students and coaches are busy in weekly practice and tournaments. No school year feels right without sports teams and opportunities for students to get out and compete with themselves and against opponents. The benefits of these activities help promote a lifelong attitude of hard work and cooperation.
- ACAMIS Tech Conference – As a technology leader, IST hosted more than 170 participants from other regional schools to explore ways to further develop technology in the classroom to enhance student learning. Such events not only promote the current level of teaching and learning at IST but, they help to inspire teachers to take on new challenges to benefit student learning. One such area is the use of

Upcoming World Celebration Dates...

Saturday - October 28, 2023 Czech Independence Day

Commemorates the founding of Czechoslovakia in 1918 with the collapse of the Habsburg monarchy at the end of World War I. After the Czechs and Slovaks formed their separate nations in 1992, the Czechs still celebrate this day as their National Day.

Sunday - October 29, 2023 Republic Day of Turkey

Republic day marks the creation of the Turkish Republic, which replaced the constitution of the Ottoman Empire after having won the war of Independence in 1923

Tuesday - October 31, 2023 Halloween

Halloween (a contraction of "All Hallows' Evening"), is a yearly celebration observed in a number of countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. Typical festive Halloween activities include trick-or-treating, attending costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories, and watching horror films.



BLAZE

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Artificial Intelligence (AI) in teaching and learning. After the Tech Conference, the IST leadership has already begun the important work of developing a useful framework that can help guide our teachers and students in using this powerful tool with creativity and integrity.

- **Artificial Intelligence (AI) Presentations by Holly Clark** – As part of the ACAMIS Tech conference, IST also invited Holly Clark, a top presenter on everything related to education and technology. Events like this should demonstrate to parents and students that IST teachers are always looking for opportunities to bring new and exciting ideas and technologies to our students as part of their learning.
- **UN Day** – We all know UN Day as a great opportunity to wear our favorite cultural dress and enjoy the best meal (and show) in Tianjin! But UN Day serves a unique and special role in an international school because it provides us all with an opportunity to appreciate the many cultures and differences that surround us in our community. At the same time, our celebration helps to remind us that the IST motto of working, learning, and acting together is not just a good lesson for our students in Tianjin, but we are a model of what we all hope the world can become. And UN Day would never be complete without the incredible contributions of our parents on the IST stage and for the incredible food provided during the UN Day lunch! This is always one of the highlights of the year and this year's celebrations were some of the best in recent memory.
- **Parent Conferences** – School is a partnership among families. There is no better symbol of this partnership than parent conferences. Our elementary students are always eager to show their learning through student-led conferences and of course, secondary students are always a little anxious to hear the reflections of their teachers. But regardless of the age of students, conferences give us an opportunity to elevate learning through open and healthy communication. If we consider many of the issues that plague our world today, many of them could be more easily addressed if we focused more time and energy on learning to communicate with each other more effectively. Parent conferences give us this chance because we not only communicate about student learning and progress but, conferences are an opportunity for students to watch their parents and teachers model good communication practices by being open-minded, respectful, and sincere.
- **Ghostly Gala (This Friday)** – The Secondary Student Council has organized an evening of frights, scares, fun and a bit of “madness” to help student blow-off steam, enjoy time with friends and engage in some escapism and imagination. Events like these, and the movie nights are opportunities for students to experience important aspects of childhood that can sometimes be forgotten or lost among all the other activities of school.

This brief list should serve to remind all of us that IST is an incredibly dynamic and hard-working community of learners. And of course, there are always many other, smaller activities happening each day at such a vibrant school as ours! So, while we may feel a bit “busy” from time to time, I think that we should try to keep a positive mindset and perspective and remember that this is precisely what a strong, healthy, and caring school looks like. And of course, none of these activities could be successful without the participation of a strong and healthy community and the guidance of the IST philosophy, “IST is a friendly place where the needs of the student come first...”!

Warm regards,

Michael Conway
Secondary Principal / Deputy Director



the Parent Partnership

Feeling a bit nervous before a test is normal and it can help us focus better and sharpen our mind. But with test anxiety, self-doubt and worry feelings can interfere with our test-taking skills and performance. Test anxiety can affect anyone, whether you are a primary or secondary student, a college student or an employee who has to take tests to promote their career further. The good thing is with some strategies, we can reduce the test anxiety tremendously. So remember to also share this week's Parent Partnership with your children at home.

AFFIRMATIONS TO END TEST ANXIETY AS WE APPROACH A NEW SCHOOL YEAR

"I am going to let my brain rest before the test. Sleeping will help me do better on the test instead of staying up and stuffing myself. I will not sacrifice my valuable dream to continue studying. Instead, I'll call it a night at a reasonable hour."

"My brain changes as I learn new things. My skills and talents will change and develop over time and through life experience. If I'm not where you want to be right now, I have the ability to improve."

"I feel restless, my body is excited and ready to face the challenge of this test."

"I have many great strengths and I can use them to help me do well on the exam. I will think of five of my strengths and write them down. During the test, if I get worried, I will call on my strengths to help me."



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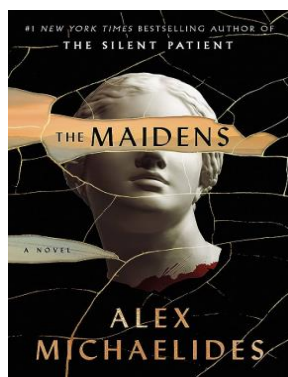
IST Library & Information Literacy Center

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.

Library Week

We have had a wonderful Library Week this week! With Drop Everything and Read, Panda Book Quizzes, and a Book Fair, there has been a lot of energy and excitement in the library this week. Stay tuned next week for photos from the Library Assembly and Book Character Dress Up Day!

Parent Book Club–November 28th @ 8:30 in the library

Our next Parent Book Club selection is the novel *The Maidens* by Alex Michaelides. We will meet to discuss this book on November 28th, in the library. The library has copies of the book in English and Chinese. 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.

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It's Tournament Time

As our first athletics season draws to a close, we head into a tournament frenzy. Our teams have been training hard and preparing all season for the final tournaments, and now the time has arrived.

On October 14th, our MS football teams took part in the ISCOT Football tournament whilst our HS Volleyball teams took part in the ISCOT Volleyball tournament. This was followed by the ISCOT cross country tournament on Wednesday 18 October which had over 120 students take part in a cross-country running event hosted by IST. On Saturday 21 October our MS Badminton teams traveled to Beijing to take part in the ISAC Badminton Tournament which saw nearly 200 badminton players taking part from schools across Beijing and Tianjin.

Here are our coaches write ups from these fantastic tournaments:

MS Girls Football:

On Saturday, 14th October, the MS Girl's football team competed in the ISCOT tournament at Wellington International College.

In our first match of the morning, we played against TEDA. The IST team demonstrated great strength in defence and attack during the first half which ended 1-1. During the second half we applied excellent pressure and were unfortunate not to go ahead when Victoria hit the post. We dominated the remainder of the match and were unlucky not to win as both of the goals awarded to TEDA happened as our players were taken off with injuries. TEDA won the game 2-1.



The second match was against TIS. IST dominated the possession in the first half and were unlucky not to convert any of the amazing throw ins or corners taken by Belize. The first half ended 0-0. In the second half our new goalkeeper, Zoe, made some magnificent saves and was unfortunate to concede an own goal as the ball deflected off one of our own players. We regrouped and fought hard with Chae Won and Victoria coming close to scoring, but it was a last-minute goal from Louise that ended the game 1-1.



Wellington were our opponents for the third game of the day. The first half was full of end-to-end action. With some excellent defending by Alice and Yoon Seo and tremendous goalkeeping from Zoe, we were happy with a 0-0 tie at half time. Wellington started the second half strongly and took the lead. They were strong in defence, and we struggled to break them down. In the dying minutes of the game, an expertly taken free kick by Chae Won floated over the heads of the opposition and found the back of the net! The game ended 1-1.

The final match was to decide 3rd and 4th place. We faced Wellington once again. With nothing to lose, we changed to a 1-4-1 formation. The strength in attack was evident as Sofia came close to scoring when she hit the post! The change of tactics paid off as we won the game 1-0 with an awesome goal by Victoria.



During the tournament, the teamwork and dedication on display was incredible. Each and every member of the team played a part in every game, and you can all be very proud of your achievements. We'll done to you all! The next tournament is in Beijing on November 4th. Bring it on!

Huge thanks to Mathilda for your help as assistant coach. We will miss you at training and support on the pitch. Good luck! (Ms. Lowrey)

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MS Boys Football:

IST hosted the ISCOT middle school boys football tournament on Saturday 14 October, and we welcomed three teams from Tianjin.

Our first game pitted our talent against Wellington College. The game was nervy, with both teams trying to break the deadlock with shots from distance which continuously tested both goalkeepers' skills and concentration. The game ended in a goalless draw, with IST having the better chances and more possession, but Wellington holding on strong.

The games came thick and fast, with TIS our next challenge. We rotated our team ensuring everyone was given game time to impress and show case their talents. TIS played a controlled possession game with IST pressing high and hoping to capitalise on mistakes. Gabriel and Jaden worked effectively and came close a few times, but our efforts went unrewarded. A goal from TIS put us one nil down, so IST went all out attack to and get a goal back, but no such luck. The game ended in 1-0 in defeat.

Our final round robin game was against TEDA. IST knew a win would guarantee a place in the final. A second half goal from Bennoi ensured the victory as we closed out the game 1-0 taking us to the final where we would face the undefeated team of TIS again.

TIS utilised their large squad and their fresh legs showed as they out performed us in the first half. We never gave up and continued to battle hard and press high to try and capitalise on any loss of possession. Unfortunately as we pressed TIS ended up taking advantage of the extra space and the game ended in defeat. Heads were down, but our quality and attitude has much improved and we managed to take second place in the tournament. The next tournament is soon as we continue to learn, work hard and create a winning mentality. We look forward to the challenge of taking on the Beijing schools in the ISAC tournament in November. Good luck IST! (Mr. Lowrey)



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ISCOT CROSS COUNTRY:

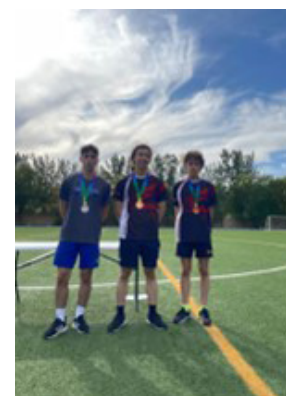
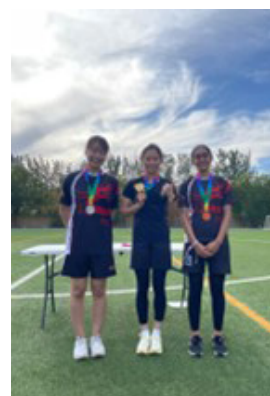
IST hosted the first ISCOT cross country event since Covid-19 hit in 2019. The event had three separate categories with races for u11, u14 and u19 and distances of 1500m, 3000m and 5000m respectively. Over 120 students took part in an action-packed event which saw many close races and a few sprint finishes to decide the winners. IST students dominated the event in all categories with many of our students consistently finishing in the top 10 for all races. In the u11 race, Hao (G4) claimed 1st position overall and Mariia (G5) took 1st place in the girls race. We also had notable performances by Aaron (G3), Noah (G4), Jonas (G4), Oscar (G5), Sofie (G5), Amber (G3), Mina (G3), and Josie (G4) who all finished in the top 10 in their races.

For the MS (under 14 event), IST continued their dominance claiming 9 out of the top 10 spots in the boys race and 7 of the top 10 positions in the girls race. Naif (G8), Bennoi (G6) and Jakub (G8) claimed 1st, 2nd and 3rd respectively in the boys race with Thomas (G8), Gabriel (G7), Ivan (G8), Sunny (G8), Owen (G8), and Takuma (G8) all finishing in the top 10. In the girls race, Louise Springer (G8), Victoria (G6), and Belize (G8) finished in 1st, 2nd and 3rd respectively. Farah (G8), Alice (G8), Claire (G6), and Chae Won (G6) all finished in the top 10.

The HS race was closely contested with the boys race being dominated by two runners leading to a sprint finish in the last lap of the track. Mental fortitude was on show as Isaiah (G12) dug deep to push himself into the lead and take first place in the boys race while Sigge (G9) showed future promise claiming 3rd place overall. Edison (G10), Jonas (G12), William (G9), Brandon (G11) and Jeremy (G11) all finished in the top 10.

In the girls race, Manaka (G10) and Ruchita (G11) fought hard to the finish but fell just short of victory, claiming 2nd and 3rd place respectively. Anna (G12), Tina (G10), Annie (G12), and Aimee (G9) all finished in the top 10.

These are outstanding results from our students, and we hope to see many more of our IST students taking part in this event in the future. (Mr. Kennedy).



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ISAC MS BADMINTON:

On Saturday 21 October our MS badminton teams traveled to Beijing to take part in the ISAC MS Badminton tournament. The tournament format was doubles only and saw nearly 200 students competing from schools all over Beijing and Tianjin. The standard was higher than what our MS students have been used to in the past as this is the first time since COVID that they have had the opportunity to compete outside of Tianjin. Our students gave their all and competed to the best of their abilities showcasing improving skill and fantastic teamwork and sportsmanship. Unfortunately, we were just not at the standard required to make it into the quarter final rounds for the competition. With more games under their belts and a taste of the level of competition that is out there, our students now know what to aim for as they continue to grow and develop their skills. We look forward to seeing them improve and progress in the future. (Mr. Kennedy).



This coming Saturday (28 October) will see our HS volleyball teams taking part in the ISAC Division 1 Volleyball tournament in Beijing where we will take part against the top 8 schools in Beijing and Tianjin. Our 2nd HS girls VB team traveling to TEDA for the ISAC Division 4 tournament to compete against schools from Beijing and Tianjin in what is sure to be a wonderful day of competition. Please wish them luck!

SEASON 2 Sports will be starting in mid November with sign up forms going live next week.

HS Basketball will have their first practice on Monday November 13th and will practice every Monday and Friday.

MS Volleyball practices will begin on Tuesday November 14th and will practice every Tuesdays and Thursday.

If you are interested in these sports, keep your eyes open for the sign up forms that will be sent out next week.

GOOOOO DRAGONS!!!!!!

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 27 OCTOBER 2023

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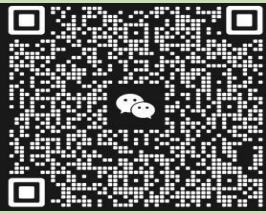
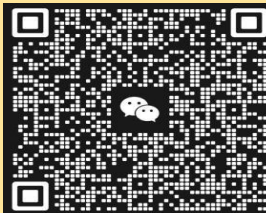
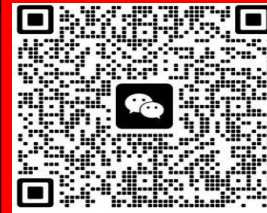


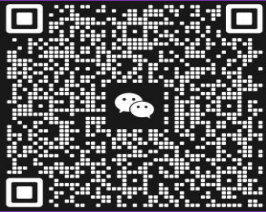
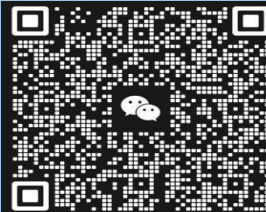
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ACTIVITIES FOR PARENTS

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 ELEMENTARY 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.

Chinese Painting 	Yoga with Vicky 	IST Baby Dragons 	Chinese Dance 	Chinese corner 
ENGLISH Corner 	Zumba Class 			

BLAZE



W E E K L Y

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Japanese Class

Elementary meeting
room

Tuesday
1:30-2:30

zero

¥ 80 per
person

LANGUAGE SCHOOL

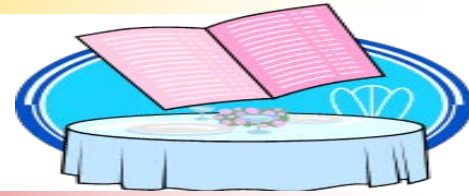
starting from Oct 31st



scan here to
join us



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EAT LEARN LIVE MENU G3-G12					
	Monday 2023-10-30	Tuesday 2023-10-31	Wednesday 2023-11-1	Thursday 2023-11-2	Friday 2023-11-3
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	Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 Allergy: flour, cheese, tomato sauce	Chicken Schnitzel 炸鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Meat Loaf 牛肉面包 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, herb	Chicken Fajita 墨西哥鸡肉 Stir fry Vegetable 炒时蔬 Roasted Potatoes 土豆角 Allergy: Cumin, cajun seasoning, pepper, sour cream, flour	Curry beef 咖喱烩牛肉 Steamed Rice 米饭 Allergy: onion, beef, coconut milk
Asian From The Wok/Noodle Station	Spicy Noodle 重庆小面 Cucumber拌黄瓜 Allergy: wheat, egg, seaweed, sesame	Noodle with Beef Soup 牛肉面 Boiled Vegetable 煮蔬菜 Allergy: beef, flour	Grilled Chicken with Italian Herbs and Cheese 意大利香草芝士烤鸡肉 Stir fry Vegetable 炒时蔬 Allergy: chicken, cheese, milk	Kimbab 韩式饭卷 Fried Rice Cake 辣炒年糕 Allergy: seaweed, sesame, kimchi	Indonesia Fried Rice with Chicken 印尼炒米饭配鸡肉 Stir fry Vegetable 炒时蔬 Shrimp Cracker 虾片 Allergy: samba sauce, onion, egg, ginger, shrimp cracker
Vegetarian		Noodles with Vegetable Soup 蔬菜面	Baked vegetables with herbs and cheese 香草芝士焗蔬菜	Vegetable rice rolls 蔬菜饭卷	Frice Rice with Soya Sauce 酱油炒饭
Soup	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Minestrone 通心粉汤	Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤
Dessert	Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
Nutritional reading over the week		Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
每周营养分析		731	26	104	23
Nutritional recommendation 营养建议		725	25	100	25

EAT LEARN LIVE Chartwells www.compass-group.com.cn

EAT LEARN LIVE MENU NURSERY-G2					
	Monday 2023-10-30	Tuesday 2023-10-31	Wednesday 2023-11-1	Thursday 2023-11-2	Friday 2023-11-3
Snack	Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Vegetable Pie Fruit Cut	Cheese Sandwich Fruit Cut
Set Meal	Stir Fry Noodles 炒面 Stir fry Vegetable 炒时蔬 Vegetable Sticks 蔬菜条 Allergy: flour, soya sauce, oyster sauce	Chicken Curry 咖喱鸡肉 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: coconut, curry paste	Pork Rolls 猪肉卷 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Baked Fusilli w/Meat ball in Bolognese Sauce 螺旋面配牛肉饼 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: beef, onion, soya sauce	Italian Sausage Bean Brasserie 意大利香肠烩豆子 Vegetable Sticks 蔬菜条 Steamed Rice 米饭 Allergy: onion
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		Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)
每周营养分析		730	26	105	24
Nutritional recommendation 营养建议		725	25	100	25

EAT LEARN LIVE Chartwells www.compass-group.com.cn

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

DIARY DATES

Thursday~Friday - November 9~10, 2023
Staff PD

Friday - November 10, 2023
Scholarship Announcement

Thursday~Friday - November 16~17, 2023
Musical Production

Friday - November 24, 2023
Christmas Tree Lighting@Shangri-La

SPORTS DATES

Saturday 28 Oct

ISAC HS Volleyball Tournament Beijing (Boys
@ WAB; Girls @ ISB)

02-04 November -
ACAMIS HS Volleyball Tournament Nanjing

04 November -
ISAC MS Football Tournament Beijing (Venues
TBD)

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.