



Sias IS
西亚斯外籍学校

2022-2023

Newsletter

2022-2023 家校通讯录

March 17, 2023
2023年3月17日

Happy St. Patrick's Day! 圣帕特里克节快乐！

The luck of the Irish brought us a beautiful snowstorm. I hope you all took many photos with your families.

来自爱尔兰人的祝福，给我们带来了一场美丽的大雪。希望大家和家人都用相机记录下了这场美丽的雪景。





This week I was fortunate to visit other international schools in China with the Zhengdong New District Education Bureau. It was a great opportunity for me to help educate our leadership at the Education Bureau about what makes international education at Sias IS so valuable to the community. Being the first and only internationally licensed school in Henan carries great responsibility as we need to set a very high standard for our quality of education. Fortunately, we compare very well to other international schools.

本周，我有幸随郑东新区教文体局领导参观了中国的其他国际学校。这对于我来说是一个很好的机会，可以更加直观的让大家了解是什么让西亚斯国际教育对社区如此有价值。作为河南省第一所也是唯一一所获得国际许可的学校，我们肩负着巨大的责任，因为我们需要为我们的教育质量设定一个非常高的标准。幸运的是，事实证明我们在这方面取得了巨大成功。





Margaret Sullivan's visit: United States Consulate General's Office Visit to Sias IS

玛格丽特·沙利文访问： 美国总领事馆办公室访问西亚斯外籍人员子女学校

On Wednesday, Margaret Sullivan and Simon visited Sias IS. The Consulate General's office had heard about our international school and wanted to visit campus. Ms. Sullivan introduced the concept of female heroes to our Grade 3 students in relation to International Women's Day. She also spent time with our MYP students discussing the United States University system and the different types of college programs. At the end of their visit, our staff from the USA shared a meal to develop a deeper connection and understand the services offered by the Consulate for American citizens. We look forward to a return visit from the Consulate.

周三，玛格丽特·沙利文和西蒙访问了 Sias IS。总领馆办公室听说了西亚斯国际学校，有意参观访问。沙利文女士向三年级的学生介绍了与国际妇女节有关的女性英雄的概念。她还花时间与我们的 MYP 学生讨论了美国的大学体系和不同类型的大学课程。在访问的最后，他们与外籍学校来自美国的工作人员共进午餐，加深了彼此之间的联系，并了解了领事馆为美国公民提供的服务。我们期待着领事馆的再次访问。





On Saturday we kick off our new enrollment season. We have nearly 80 families joining our Open Day event. Our team works hard to put on these events and always do a great job. I appreciate their hard work to grow our school. I also greatly appreciate our families who recommend Sias IS to their friends. Together we will build a world-class school.

本周六我们将迎来新的入学季。有近 80 个家庭报名参加开放日活动。外籍学校团队全力以赴地筹办这些活动，并且总是做得十分出色。我很感谢大家为学校的发展所做的努力。我也非常感谢我们的家长朋友向自己的朋友推荐 Sias IS。我们将一起建设世界一流的学校。



Family Fun Day

西亚斯外籍学校家庭日



Family Fun Day is coming up on April 22! We are very excited about this event as it is an opportunity for us to open our campus to our community for a day of fun, food, and entertainment. Family Fun Day is all about family participation so we would like to invite parents to get involved.

2022 年 4 月 22 日迎来我们首届西亚斯外籍学校家庭日。我们都非常期待这一天的到来，因为它是我们向社区开放校园以享受一天的乐趣、美食和娱乐的机会。家庭日是关于家庭参与的，所以我们想邀请家长们更多地参与进来。

One exciting part of a Family Fun Day is class led booths. Each class can design a booth and use it to sell goods, services, or use their creativity. Students collaborate to create a small business promoting real life experiences that result in real world learning.

家庭日一个令人兴奋的环节是班级组织的展位。每个班级都可以设计一个摊位，并用它来销售商品、服务或发挥他们的创造力。学生们彼此合作，通过创建一个小型商业项目，提升真实的生活经验，从而达到在现实的世界中学习的目的。

We need parent volunteers to make sure each class is well represented during this process. In addition to class booths, there are other exciting parent opportunities we can discuss with you if you are interested, please register by scanning the QR code below before 16:00 on Monday. Thanks for your support!

我们需要家长志愿者来确保在活动筹备和组织的过程中每个班级都能及时接收到重要信息。除了班级展位外，我们还想与您商讨其它可能的家长参与的机会。如您感兴趣，请扫描下方二维码，于周一下午 16:00 前报名。感谢您的支持！



ASA Registration

ASA 报名

The buzz around campus this week was all about new ASAs! It is so exciting to be starting a new season of ASAs and so many new opportunities for Sias learners to grow and enjoy their passions. This season we offered over 100 ASAs!

这周校园里都在讨论新的 ASA！很高兴开始新一季的 ASA，为 Sias 学习者提供了许多新的成长机会，让学生们享受自己的热爱。本阶段我们提供了 100 多种 ASA 选择！

On Monday, over 150 student parents successfully registered their child for ASAs. That is an amazing turnout for the first day of registration. We were met with difficulty when our WeChat payment option failed. Parents reached out with kindness and patience as our ASA and finance team worked to resolve the issue. I am grateful that I had the opportunity to chat with many of you directly, and work with an excellent team to complete the registrations. We created a solution to use Alipay while we reached out to WeChat so that we can confidently use the payment option in the future. By Wednesday, parents were able to register and pay directly in WeChat!

周一，超过 150 名学生家长成功为他们的孩子报名了 ASA 课程。第一天我们迎来了惊人的注册人数。当我们遇到了微信支付选项失败的困难时，当我们的 ASA 和财务团队努力解决这个问题时，家长们表现出了宽容和耐心。我很感谢有机会与大家直接沟通，并与优秀的团队一起完成本次报名。最后采取了使用支付宝的方案，同时我们同步了微信数据，这样我们就可以放心地使用支付选项。周三，家长们可以直接在微信上注册和付款！

The new platform we are using to register for ASAs will provide us an excellent opportunity to register for ASAs and Camps coming up in the weeks and months to come. Now that our new ASAs registration has officially closed if you need to register for ASAs please reach out to me directly and I will support you through that process.

我们正在使用的 ASA 报名的新平台将为我们提供一个极好的机会来报名未来几周或几个月即将到来的全美 ASA 和夏令营。现在我们新的 ASA 注册已经正式结束，如果您需要报名 ASA，请直接联系我，我会在这个过程中协助您报名。

If you would like to check your ASA enrollment, please scan this QR code and enter the student ID number. You will be able to see their registration.

如果您想查看您的 ASA 报名情况，请扫描此二维码并输入学生学号。
您将能够看到学生的注册情况。

Regards,
顺颂商祺，

Ms. Kalu 卡璐老师

WeChat: carolcline
kalu@siasinternationalschool.org



Theme of the Month: Caring

本月主题：关爱

Acts of kindness can make the world a happier, caring place for everyone. They can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more caring and positive community.

善良的行为可以让世界成为一个更快乐、更有爱心的地方。它们可以增强自信、掌控力、幸福感和乐观情绪。他们可能还会鼓励其他人重复他们自己经历过的好事——为一个更有爱心和积极的社区做出贡献。

Activities for parents

家长小游戏

Practice random acts of kindness. Simple things like holding the door for someone or helping carry bags shows that you are aware of others and want to help them.

随心做一些善举。一些简单的事情，比如帮别人扶门或帮别人提物，都表明你意识到别人并想要帮助他们。

Upcoming Events

活动预告

Time 时间	Content 内容	Venue 地点
3:15-4:15pm, March 21st 3 月 21 日下午 3 点 15-4 点 15 分	MYP Parent session about Week without Walls 中学家长举行“冲破围墙的一周”	Lecture Hall 报告厅
March 28th from 3:15-4:15 3 月 28 日 3:15-4:15	Parent Session for KG Parents: KG to G1 Transition KG 家长家长会:KG 到 G1 过渡	Lecture Hall 报告厅
March 28th from 3:15-4:15 3 月 28 日 3:15-4:15	Parent Session for PreK3 & PreK4 Parents: What is Play-Based Learning? PreK3 和 PreK4 家长会议:什么是“游戏化学习”?	EY MPR 多功能教室
March 31st from 3:15-4:15 3 月 31 日 3:15-4:15	Parents Session for MYP: Inquiry Based in MYP MYP 家长会议:研究性学习	Lecture Hall 报告厅
A session for PYP parents will be scheduled after spring break. 为 PYP 家长安排的会议将在春假后举行		

Student Learning for the Week

本周教学



KG A

LIVING THINGS HELP LIVING THINGS

生物互助



During the 3rd unit of inquiry, students have dived into the idea: All living things go through a process of change. To better understand the concept of change, our class traveled to the plant market to purchase plants and seeds. We read stories and listened to songs then acted out the changes. Now, we are observing our plants as they grow.

在第三个探究单元中，学生们深入探讨了这个问题：所有生物都经历着变化的过程。为了更好地理解变化的概念，我们班级前往花卉市场购买了植物和种子。我们读故事，听歌曲，然后通过表演展示生物的变化过程。现在，我们正在观察植物的生长过程。



Go further in the unit, our young scholars took on the responsibility to care for a living thing. Students went through the process of reading about pets, choosing which pet to get, and naming them. Meet Jimmy and Jack, our class Hamsters. We are very responsible in caring for and cleaning the home of our new family members.

在更深一步的学习中，我们班级的小小青年学者们就担起了关爱小生命的重任。学生们经历了阅读有关宠物的故事、选择要养的宠物并为它们命名的过程。认识了我们的仓鼠吉米和杰克。我们还非常负责任地照顾和清洁我们新的家庭成员杰克和吉米的家。



College & Career 大学和职业 Connections 连接

COLLEGE AND CAREER 大学和职业

*Helping SIAS Students & Families
Find Their Future.*

帮助西亚斯外籍学校的学生和家庭
找到他们的未来。

At Sias IS, we focus on preparing your son or daughter for the future. The Sias College and Career Connection section of the Sias weekly newsletter offers tips and information to support your son or daughter's future university and career journey. This weekly article will provide informational tips to help prepare for universities, information regarding future career opportunities, or highlight a university and its programs.



我们专注于为您孩子的未来做好准备。Sias IS 每周时事通讯的 Sias 大学和职业相关部分提供该类信息，以支持您孩子未来的大学和职业旅程。这篇每周时讯文章将为他们提供未来选择大学和择业的有用信息，或者大学及其课程的主要介绍。



MYP

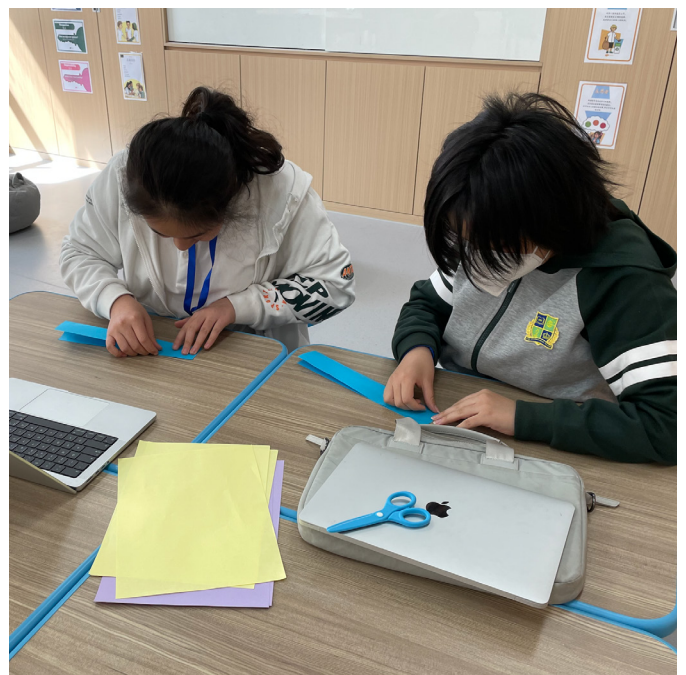
Chinese Language and Literature 中文语言与文学

Chinese Language and Literature classroom follows the 3I teaching philosophy: Inclusive, informative and Innovative. We want students to be inspired in our dynamic and welcoming classroom and develop them into lifelong learners.

中文课堂遵循3I的教学理念，即Inclusive — 包容性，Informative — 知识性，以及Innovative — 创新性。我们希望通过打造充满活力和舒适的课堂激发学生们的学习兴趣，培养他们成为终身学习者。

MYP-1 is learning narrative. The focus of the unit is to understand the thoughts and emotions that the author wants to convey through the analyzing the content of the text. When reading an article, students should not only understand the meaning expressed by the words, but also the meaning behind the words. Meanwhile, students are asked to connect what they have learnt in the classroom with their real-life experience.

MYP-1 正在学习的内容是记叙文。学习的重点是通过分析文章内容的分析，理解作者所要传递的思想与情感。学生在阅读文章时，不仅要能够理解文字所表达意义，同时也要感知文字背后的意义。同时，他们也需要把总结出的道理或思想感情与自己的生活相联系。





MYP-2 is focusing on characters in literature. Students need to understand different ways to create characters and the effects of using different writing strategies, like using antidotes to show the reader character traits rather than list them and comparison. They also need to reflect on themselves through the analysis of the characters' traits.

MYP-2 正在学习的单元是关于文学作品中的角色。通过本单元的学习，他们需要了解不同的塑造人物方法以及其所带来的表达效果，例如以小见大，对比等。同时，他们也需要通过对人物的品质的分析进行自我反思，见贤思齐。

The subject MYP-3 is working on novels. Students need to understand the basic elements of the novel and basic methods of analyzing the novel, and be able to interpret the content of the novel and the characters in the novel from multiple perspectives. They are encouraged to bring themselves into the stories, developing their empathy to have a better understanding of the characters and the themes.

MYP-3 正在学习的主题是小说。学生需要了解小说的基本要素，掌握分析小说的基本方法，能够从多角度来解读小说内容以及小说中的人物。同时，课堂也会鼓励学生们把自己带入进故事情节中，培养他们的同理心，帮助他们更好地感知人物，理解主题。

Menus 菜单

2023.03.20 - 03.24 Menu										
Note: all weights are in grams										
	Monday	Nutritional volume (g)	Tuesday	Nutritional volume (g)	Wednesday	Nutritional volume (g)	Thursday	Nutritional volume (g)	Friday	Nutritional volume (g)
Breakfast	Garlic loafah Roasted tofu with cabbage Boiled egg millefeuille Red dates and yam porridge	Carrot 20 Loofah 75 Fresh garlic 5 Soybean oil 5 Tofu 10 Chinese cabbage 20 Flour 50 Rice 15 Yam 5 Date 5 Eggs 50	Grilled sausages with romaine lettuce American scrambled eggs with mixed beans American crepes with jam Milk with Carrel	Lettuce 20 Chicken 20 Butter 6 Green soybeans 50 Eggs 30 Soybean oil 3 Flour 20 Apple sauce 15 Milk 20	Stir-fried cabbage with local pork Shredded potatoes with pepper Spiced quail egg Rice cake Red bean millet porridge	Cabbage 30 Pork 10 Beef (Hala) Soybean oil 2 Potato 20 Bell pepper 10 Yellow cornmeal 50 Xiaomi Ma 10 5 red bean paste Quail eggs 30	Tuna with potato Sun omelettes Red bean toast Milk oatmeal	Potato 30 Tuna 20 Soybean oil 5 Eggs 30 Flour 40 Red bean 10 Milk 100 Oatmeal 20	Fried pork slices with white gourd Saute organic cauliflower r Boiled egg Vegetable rolls Eight treasure porridge	White gourd 30 Pork 15 Beef (Hala) Soybean oil 6 Colored Pepper 10 Cauliflower 40 Wheat flour 30 Carrot 10 Scallion 3 Black rice 1 Rice 2 Mung bean 1 Longpan 1 Peanut 1 Eggs 50
Snack	Tangerine Pineapple	Tangerine 75 Pineapple 75	Dragon Fruit Banana	Dragon Fruit 75 Banana 75	Hami melon Koria pear	Cantaloupe 75 Koria pears 75	Kiwi Mango	Kiwi 75 Mango 75	Apple Orange	Apple 75 Orange 75
Lunch	Braised prawns Stir-fried oyster mushrooms with garlic sprout Noodles with diced meat and tomato sauce Silver fungus apple soup	Shrimp 60 Garlic sprout 30 Oyster mushroom 50 Soybean oil 5 Noodles 65 Carob 50 Fresh shiitake mushrooms 20 Pork 35 Beef (Hala) Peanut Oil 4 Dried silver fungus 1 Apple 10	Bacon withmini potatoes Fruit salad Japanese style chicken leg rice Country soup	Potato 35 Bacon 15 Soybean oil 2 Cherry Tomatoes 10 Mini Cucumber 10 Red grape grape 5 Cantaloupe 35 Japonesa rice 50 Onion 10 Broccoli 20 Mouth mushroom 30 Chicken drumsticks 50 Carrot 5 Cabbage 20 Beef 5	Asparagus and shrimp braised eggplant Crispy fried dough sticks Mutton soup	Asparagus 30 Kiwei shrimp 15 Corn Oil 3 Bell pepper 20 Eggplant 70 Peanut Oil 5 Flour 30 Pea vermicelli 5 Bean curd sheets 10 Lamb slices 10	Grilled beef tenderloin with mushroom sauce and fried vegetable salad Chicken burger Goulash soup	Potatoes 15 Cherry Tomatoes 5 Mini Cucumber 5 Lettuce 30 Mushrooms 10 Beef 30 Soybean oil 3 Flour 50 Cucumber 10 Tomato 12 Chicken 40 Peanut Oil 3 Onion 3 White Mushroom 3 Brisket 5	braised pork with preserved vegetable in soy sauce Fried beancurd with green vegetables Yu style brine noodles Seaweed and egg soup	Curd bamboo 15 Cabbage 70 Peanut Oil 7 Pork 15 Beef (Hala) Soybean oil 2 Wheat flour 15 Radish 10 Bean 10 Soybean sprouts 10 Pork 15 Tomato 15 Scallion 3 Porphyr 5 Egg 5
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5	Cranberry cookies Yoghurt	Flour 15 Butter 5 Egg 3 Yogurt 200	Steamed corn Milk	Fresh corn 25 Milk 200	Mini cake Yoghurt	Flour 20 Eggs 5 Yoghurt 200	Purple sweet potato Milk	Purple sweet potato 25 Milk 200
Remarks: 1.Slas IS uses the 2016 Chinese Residents Nutritional guidelines-for School-Aged Children to determine weekly meal plans. 2. Chinese food is provided on Monday, Wednesday and Friday, and Western food is served on Tuesday and Thursday. 3. Due to market supply problems, some dishes may be changed, based on the actual situation. 4. Weekly diet nutritional evaluation criteria (daily): energy 978 kcal, protein 34 grams, animal and soy protein about 17 grams, fat less than 30% of total calories, vitamin A 420 ug, vitamin C 49 mg, vitamin E 3.5 mg, calcium 560 mg, potassium 1050 mg, magnesium 105 mg, iron 8.4 mg, zinc 8.4 mg, phosphorus 350 mg, selenium 17.5 mg. 5. Diet nutrition analysis this week (average daily): energy 1035 kcal, protein 38 grams, high-quality protein functional ratio more than 50%, fat 28% of total calories, vitamin A 305 ug, vitamin C 51 mg, vitamin E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg. 6. Nutritional evaluation of this week's diet: the average daily energy is close to 978 kcal, protein is more than 37 grams, high-quality protein accounts for more than 1 / 2 of total protein, and the energy supply ratio of fat is less than 30% of total energy; the content of vitamins such as vitamin A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.										

2023.03.20-03.24 菜单									
注：重量单位均为克									
	星期一	星期二	星期三	星期四	星期五	星期六	星期日	星期一	星期二
早餐	蒜香丝瓜 白菜烧豆腐 水煮蛋 千层饼 红枣山药大米粥	胡萝卜 20 丝瓜 75 鲜大蒜 5 豆腐 10 豆腐 10 大白菜 20 小麦粉 50 稻米 15 山药 5 枣 5 鸡蛋 50	生菜 20 鸡 20 黄油 6 青大豆 50 鸡蛋 30 豆油 3 小麦粉 20 苹果酱 15 全脂牛奶粉 20	土猪肉炒圆菜 彩椒土豆丝 五香鹌鹑蛋 黄面发糕 红豆小米粥	圆白菜 30 猪肉 10 牛肉（同） 豆油 2 土豆 20 彩椒 10 黄玉米面 50 小米 10 红豆 5 鹌鹑蛋 30	土豆金枪鱼 太阳煎蛋 红豆吐司 牛奶燕麦粥	土豆 30 金枪鱼 20 豆油 5 鸡蛋 30 小麦粉 40 红豆 10 牛乳 100 燕麦片 20	冬瓜肉片 小炒有机花菜 水煮蛋 蔬菜卷 八宝粥	冬瓜 30 猪肉 15 牛肉（同） 豆油 6 彩椒 10 白白菜 40 小麦粉 30 胡萝卜 10 小葱 3 黑米 1 稻米 2 绿豆 1 桂圆 1 花生 1 鸡蛋 50
加餐	枇杷柑 菠萝	枇杷柑 75 菠萝 75	火龙果 香蕉	火龙果 75 香蕉 75	哈密瓜 库尔勒香梨	哈密瓜 75 库尔勒香梨 75	猕猴桃 芒果	猕猴桃 75 芒果 75	苹果 橙子
午餐	焖大虾 蒜苗炒平菇 肉丁茄汁面 银耳苹果汤	基围虾 60 蒜苗 30 平菇 50 豆油 5 面条 65 豆角 50 鲜香菇 20 猪肉 35 牛肉（同） 花生油 4 干银耳 1 苹果 10	培根迷你土豆 水果沙拉 日式鸡腿盖饭 乡村浓汤	土豆 35 培根 15 豆油 2 圣女果 10 迷你黄瓜 10 红提子葡萄 5 哈密瓜 35 梗米 50 洋葱 10 西兰花 20 口蘑 30 鸡腿 50 胡萝卜 5 圆白菜 20 牛肉 5	金针菇肥牛卷 红烧茄子 酥香小油条 羊肉汤	金针菇 15 肥牛 15 土芹 5 千张 5 玉米油 3 甜椒 20 茄子 70 花生油 5 小麦粉 30 豌豆粉丝 5 羊肉片 10	香烤牛里脊配蘑 菇汁 薯条蔬菜沙拉 鸡排汉堡 匈牙利牛肉汤	土豆 15 圣女果 5 迷你黄瓜 5 生菜 30 蘑菇 10 牛肉 30 牛肉 30 小麦粉 50 黄瓜 10 番茄 12 鸡 40 花生油 3 洋葱 3 白蘑菇 3 牛腩 5	腐竹 15 小白菜 70 花生油 7 猪肉 15 牛肉（同） 豆油 2 小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪肉 15 番茄 15 细香葱 3 紫菜 5 鸡蛋 5
加餐	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	蔓越莓饼干 酸奶	小麦粉 15 黄油 5 鸡蛋 3 酸奶 200	蒸玉米 牛奶	鲜玉米 25 牛奶 200	迷你蛋糕 酸奶	小麦粉 20 鸡蛋 5 酸奶 200	蒸紫薯 牛奶

备注：1、我处参考《中国居民膳食指南2022——学龄儿童膳食指南》制定每周带量食谱，进行计划膳食。2、每周1、3、5提供中餐，2、4提供西餐。3、因市场供应问题，部分菜品可能会有所变动，以实际情况为主。

周食谱营养评价标准（每日）：能量1010千卡，蛋白质35克，动物及大豆蛋白17.5克，脂肪占总能量的30%以下，维生素A420μg，维生素C49mg，维生素E35mg，钙560mg，磷350mg，钾1050mg，钠105mg，铁84mg，锌84mg，硒17.5mg。

本周食谱营养分析（平均每日）：能量1020千卡，蛋白质38克，优质蛋白功能比大于50%，脂肪占总能量的26%，维生素A87μg，维生素C67mg，维生素E16mg，钙302mg，磷635mg，钾1410mg，钠168mg，铁79mg，锌5mg，硒27mg。

本周食谱营养评价：平均每日能量与1010千卡接近，蛋白质达30克以上，优质蛋白占总蛋白质的1/2以上，脂肪的供能比低于总能量的30%，维生素A、维生素C、维生素E等维生素和钙、铁、锌等无机盐的含能达到此阶段儿童的膳食营养摄入量。