



郑州郑东新区西亚斯外籍人员子女学校
SIAS INTERNATIONAL SCHOOL OF ZHENGDONG NEW DISTRICT, ZHENGZHOU

Newsletter

家校通讯录

May 20, 2022

2022年5月20日

Epidemic Safety and Control

疫情防控

I know you are tired of hearing this, but please continue to follow strict epidemic safety. There continue to be locally transmitted cases in Zhengzhou. I do not want anything to happen that may jeopardize the end of our school year. Please wash your hands, wear your mask, and limit your contact with others. Soon we will get through this difficult time. Let's all work together to ensure our kids can end the year with an in-person learning environment.

在每一期的家校通讯录里，我都会重复提醒大家，请继续严格遵守疫情防控规范。郑州仍有本地传播病例。本学年即将结束，我不希望发生任何可能危及我们线下授课的事情。请勤洗手、戴口罩，减少与他人的接触。很快我们会度过这段困难时期。让我们共同努力，确保我们的孩子可以在一个线下的学习环境中结束这一年。





Sias IS
西亚斯外籍学校

SONGS OF THE SEASONS

END OF
YEAR
CONCERT

年终音乐会
四季之歌



End of Year Performance

年终表演

We will not be bringing families onto campus for our End-of-Year Musical Performance on Friday, May 27. It will be recorded. We have struggled with this decision for several weeks. We desperately want our students to be able to perform live in front of our parents. They have worked hard to be ready for next week. Even limiting the audience to one family member per child would bring 140 people to our campus. Under the guidance from the Education Bureau and Epidemic Prevention and Control, we are making the safe choice. It truly breaks my heart that we cannot have parents here for the performance, but it would be worse if we couldn't have students learning in-person for the rest of the year. We will provide more information soon about how we will share the recording.

5月27日，星期五，我们将不会邀请各位家长来校参加年终音乐表演。表演将会被录播。为这个决定我们挣扎了好几个星期。我们非常希望学生们能够在父母面前表演。大家都很努力为下周表演做准备。即使把观众限制在每个孩子一位家庭成员，也会带来140人来到校园。在教育局和疫情防控中心的指导下，我们做出了安全的选择。我们不能邀请家长来观看演出，这也让我很伤心，但如果因此导致我们不能让学生在本学年剩下的时间里线下学习，会更糟糕。我们将尽快提供更多关于如何查看录播的信息。



Library news!

图书馆新闻!

All library books and bags must be returned to the library no later than Friday, May 27. If you have lost a library book, please notify your child's homeroom teacher right away.

The library will be closed after May 30 for inventory. Thank you to everybody for taking such good care of our Library and library books this year! We will have many more titles available next year in our brand-new Elementary Library on the fifth floor of the elementary building! We can't wait to see you all there!

Thank you,
Miss Baker

所有图书和借书包必须在5月27日(星期五)之前归还至图书馆。如果您遗失了图书馆的书籍,请立即通知您孩子的班主任。

图书馆将在5月30日后关闭,进行图书盘点。感谢大家本学年对图书馆和图书馆书籍的关心!下一学年,我们将在小学楼五楼崭新的小学图书馆提供更多的图书!我们迫不及待地想在那里见到你们!

谢谢大家!
贝克老师





Sias IS
西亚斯外籍学校

2022 SUMMER CAMP 2022年夏令营

Leadership Development

着重于学生领导力的培养

"Camp Community" Activities

多样的“营地社区”活动



2022 Sias Summer Camp 2022年西亚斯夏令营

Over the last few weeks, we have met with and surveyed parents, students, and teachers to better understand exactly what our community wants in a Sias Summer Camp. We asked our community to dream big and we promised we would do what it takes to create the best summer camp experience possible! The response was overwhelming in favor of being outside, learning independence, and feeling more confident in an English environment. We heard those goals and combined them with some exciting ideas to create a month to remember.

在过去几周里我们一直和家长、学生以及老师们进行沟通，了解大家对夏令营的期待。我们一直请大家不要限制自己的想象，可以随意表达自己的想法，我们也承诺将尽学校所能为大家创造最好的夏令营体验！绝大多数的人都表示希望在户外开展，有独立学习的机会，能够在英文环境中更加自信。我们听到了大家的心声，并将它们与一些不错的想法结合起来，创造出一个值得大家铭记在心的夏令营时光。



We are incredibly pleased to present our 2022 summer camp options. We have it all! Magic, sports, creativity, and even a plane! Check out the details below and register early to get your fun summer camp package for free!

我们非常高兴地介绍 2022 年夏令营项目。各类项目，应有尽有！魔术、运动、创造力，甚至还有一架飞机！请查看详细信息，并尽早报名，以免错过有趣的夏令营礼包！

Reach out to camps@siasinternationalschool.org or Ms. Kalu if you have any questions!
如有任何问题，请联系卡璐老师 camps@siasinternationalschool.org !

Sias Summer Camps are an all-inclusive package: Breakfast, lunch, snacks, specialized classes, field trips, and English language development on our amazing campus.

Sias 夏令营是一个全包式的套餐。早餐、午餐、加餐、专业课程、实地考察，保险等，以及在我们令人惊叹的校园里的英语发展。





Themes-We will have 3 different themes.

我们将有 3 个不同的主题。

The first theme "I Believe in Magic" will use magic to inspire students to be curious about the world around them. We will create scientific experiments, STEAM challenges, and even include the art of illusion to help students grow in their understanding of the magic in the world. Abracadabra!

第一个主题 "我相信魔法" 将使用魔法来激发学生对周围世界的好奇心。我们将创造科学实验, STEAM 挑战, 甚至包括幻觉艺术, 以帮助学生成长, 了解世界上的魔法。阿布拉卡达布拉!

The second theme "Fly Away with Me" will last two weeks. Students will have an opportunity to develop an understanding about how animals that fly inspired various inventions so that humans could fly away. We will use our creativity to innovate flying contraptions, and even have first-hand experiences with building an airplane. Do you want to fly?

第二个主题 "跟我一起飞翔" 将持续两周。学生们将有机会了解飞翔的动物如何激发各种发明, 使人类能够飞走。我们将用我们的创造力来创新飞行装置, 甚至亲身体验建造一架飞机。你想飞吗?

The third theme "Make it or Break it" will help students cultivate their sense of FAIL to learn. We will explore making things using all kinds of materials. We will bake, we will build, and we will bring innovation to Sias. We will also create games, challenges, and contests to improve collaboration and communication.

第三个主题 "颠覆式创意" 将帮助学生培养学习的失败感。我们将探索使用各种材料制作东西。我们将烘烤, 我们将建造, 我们将把创新带到西亚斯。我们还将创造游戏、挑战和竞赛, 以提高合作和交流。

Theme 主题	Dates 日期	Specialty Activities 特色活动
I Believe in Magic 我相信魔法	July 4-8 8:30 am-5:30 pm 6月4日—8日 上午8:30—下午5:30	Illusions & Science Experiments 幻觉与科学实验
Fly Away with Me (part 1) 跟我一起飞翔 (第一部分)	July 11-15 8:30 am-5:30 pm 6月11日—15日 上午8:30—下午5:30	Kites & Virtual reality 风筝与虚拟现实
Fly Away with Me (part 2) 跟我一起飞翔 (第二部分)	July 18-22 8:30 am-5:30 pm 6月18日—22日 上午8:30—下午5:30	Planes, Drones & Models 飞机、无人机和模型
Make it or Break it 颠覆式创意	July 25-29 8:30 am-5:30 pm 6月25日—29日 上午8:30—下午5:30	Baking, Building, Robots 烘焙, 建筑, 机器人



Pricing 价格:

- (1 week) 4688 RMB / 仅报一期: 4688/ 元
(2 weeks) 4588 RMB/week / 报两期: 4588/ 元 / 期
(3 weeks) 4488 RMB/week / 报三期: 4488/ 元 / 期
(4 weeks) 4288 RMB/week / 报四期: 4288/ 元 / 期

Sleep Over Package (1600 RMB) *during July 18-22 & July 25-29 过夜套餐 (1600 元) *7月18-22日和7月25-29日期间

Campers that have completed Grade 3 (9 years old and above) can register for an overnight extension camp. During the evening, Sias will prepare a different activity every night for campers to enjoy. Popcorn and a movie, scavenger hunts, game nights, sports tournaments, pool parties and more! Sias will provide campers with fun, engaging activities that supports our different themes.

The Sleep Over Package includes dinner, snacks, evening activities, boarding in our brand-new student housing.

三年级以上的营员 (9 岁以上) 可以报名参加过夜延长营。在晚上, 西亚斯将为营员们准备不同的活动, 让他们享受。爆米花和电影, 寻宝游戏, 游戏之夜, 体育比赛, 泳池派对等等! 这些都是我们的活动。Sias 将为营员们提供有趣的, 有吸引力的活动, 支持我们不同的主题。

过夜套餐包括晚餐、零食、晚间活动、在我们全新的学生宿舍寄宿。



Registration deadline: June 14

报名截止日期: 6月14日

Early Bird Registration before June 1 and get a free camp package including a Sias Summer Camp T-shirt, hat, water bottle, backpack, and mascot!

早鸟计划: 6月1日前报名, 可免费获赠西亚斯夏令营t恤、帽子、水瓶、背包和吉祥物!



Scan the code to sign up
扫码报名



Student Learning for the Week

本周教学



PreK 3A 3岁班 A班

The colors of my habitat...

我们栖息地的颜色……

Our inquiry under the transdisciplinary theme “Sharing the Planet” took us on a journey to rainforest and research on different animal footprints who live there.

我们在跨学科主题“共享地球”下进行的探究学习，让我们踏上了一次热带雨林之旅，并研究生活在那里的不同动物的足迹。





Students started to explore their own footprints and noticed the differences between animal/human footprints. They wondered how will a rainforest with their own footprints look which lead us to our Rainforest Painting activity.

学生们开始探索他们自己的足迹，并注意到动物和人类的足迹之间的区别。他们非常好奇有自己脚印的热带雨林会是什么样子的，正是这个问题引导了我们的热带雨林绘画活动。



Children work with their senses and colors to create their imaginative habitat...

孩子们用他们的感官和颜色来创造他们富有想象力的栖息地。





Grade4 四年级

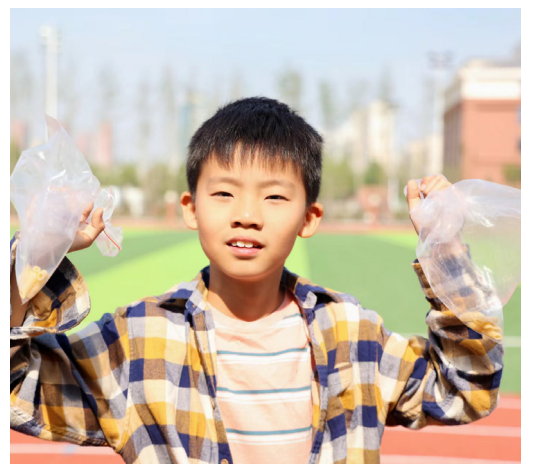
HOW ORGANISMS INTERACT WITH EACH OTHER IN AN ECOSYSTEM

不同生物在生态系统中的相互作用

Population Simulation Results			
Year	# of deer at start	# of deer at end	Survival Predictions
1	6	6	
2	12	12	7, 9, 2, 11, 12
3	24	19	7, 12, 6, 19
4	36	13	7, 20, 14, 9
5	26	21	

In 4th grade, the students are learning about how organisms interact with each other in an ecosystem. Today, the students investigated the relationship between producers and consumers. They thought about how food affects population as they participated in a deer feeding simulation. The students took on the role of deer who needed to collect food to survive.

四年级学生们正在学习不同生物在生态系统中的相互作用。今天，学生们调查了生产者与消费者之间的关系。他们参与了一个鹿群的喂养模拟活动，借此来思考食物是如何影响种群的。学生们扮演了一只鹿的角色，他们要靠收集到食物来生存。





At the end of each “year,” the number of surviving deer reproduced and multiplied. Students examined the deer population over the course of 5 years and learned about an environment’s carrying capacity and how animals expand their feeding range to survive.

在每“一年”年底，幸存的鹿会繁殖，导致种群数量翻倍。学生们在“5年”的时间里研究了鹿群的数量变化，从而了解一个环境的承载能力，以及动物如何通过扩大喂养范围来维持生存。





Art/Space 艺术空间

PAPER MONEY

纸币

In Art/Space, students are now working on production and printing of their banknote - paper money as an artwork. The class was enthusiastically engaged in this activity. Some students have made their initial prints. With each printing proof, students can check and see how to modify their work the next time.

在艺术 / 空间课堂，学生们正在印刷制作一件艺术品，他们的纸币。全班同学对参与这项活动都很有热情。部分学生已经完成了他们的初稿。通过对每份印刷品的检验，学生们可以检查和反思如何修改他们的作品，使下次可以做的更好。





Menus 菜单

5.23 - 5.27 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 Time 7:30-7:55	Vegetable pancake Green beans with pork Stir-fried chinese asparagus Chinese yam sticky rice porridge	Spinach 5 Egg 15 Flour 40 Green beans 20 Beef 15 Chinese asparagus 30 Sweet pepper 10 Chinese yam 5 Sticky rice 10 Peanut oil 6	Hot dog Braised Western style vegetables Shrimp with celery and cashew Corn soup	Flour 10 Chicken 10 Broccoli 40 Celery 35 Cashew 5 Shrimp 10 Corn 20 Butter 6	Seaweed roll Chicken and bean sprouts Quail eggs Millet & Sweet Potato Congee	Starch (wheat) 20 Nori (dried) 5 Mung bean sprouts 30 Chicken (X) 15 Rapeseed Oil (Green Oil) 3 Quail eggs 30 Millet (Yellow) 10 Sweet potato 5	Pork floss bun Buttery asparagus Fried egg Milk oatmeal	Flour 40 Fish 15 Asparagus 60 Egg 30 Milk 10 Oats 10 Butter 6	Multi-grain mantou Tofu and minced pork Mixed vegetable Black rice congee	Flour 50 Corn flour 10 Tofu 20 Minced pork 15 Carrot 20 Potato 20 Green pepper 10 Sweet pepper 10 Black rice 20 Peanut oil 6
Snack	Milk Cashews	Milk 200 Cashews 15	Milk Peach egg tart	Milk 200 Egg 5 Flour 10 Peach 5	Yogurt Taro	Yogurt 200 Taro 15	Yogurt Walnuts	Yogurt 200 Walnuts 15	Milk Sesame cookie	Milk 200 Flour 10 Egg 5 Sesame 3
Lunch	Thai rice Potato with pork Scrambled Eggs and Tomato Garlic Crown daisy Luffa and tofu soup	Rice 80 potato 20 Pork 30 Chicken Tomato 30 Egg 15 Crown daisy 50 Luffa 10 Tofu 5 Peanut oil 10	Spaghetti Bolognese Crispy Cod Fillet Fresh Fruit Salad Seafood Chowder +Cream soup	Wheat flour, 50 Carrot 10 Tomatoes 10 Onion 10 Lettuce 10 Beef 15 Butter 5 The cod 15 Rapeseed oil (green oil) 5 20 with fruit Red Fuji Apple 20 Shrimp with 5 Onion 15	Rice with raisins Eggplant with minced meat Spareribs in red sauce Chinese flowering cabbage with shiitake mushrooms Seaweed and egg drop soup	Raisin 5 Rice 80 Pork chops 20 Lamb chops Eggplant 40 beef 20 Shiitake mushroom 10 Chinese flowering cabbage 60 Non 5 Egg 5 Cilantro 2 Spring onion 3 Corn oil 10	American Sandwich Popcorn Chicken Chef's Salad Potato Soup	Rice 80 Flour, 80 Beef 20 Cheese 5 Tomatoes 10 Lettuce 10 20 eggs Cabbage 60 Lettuce 10 Carrot 20 Potatoes 10 Butter 10	Golden rice Roast chicken wings Stir-fried Chinese lettuce Henan Stew Seaweed & Egg Soup	millet (Yellow) 20 Starch (rice) 40 Chicken wings 20 Rapeseed Oil (Green Oil) 8 Chinese lettuce 30 rice noodles 10 Tofu (X) 5 Chinese cabbage 15 Enoki (fresh) 15 Kelp (fresh) 5 Pork (lean) 15 (beef back) Tomato 15 Chives 3 Nori (dried) 5 Egg (White) 5
Snack	Banana Pear	Banana 75 Pear 75	Kiwi fruit Dragonfruit	Kiwi fruit 75 Dragonfruit 75	Cantaloupe Apple	Cantaloupe 75 Apple 75	Orange Grapes	Orange 75 Grapes 75	Cashews Mango	Cashews 15 Mango 75

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. Weekly diet nutritional evaluation criteria (daily): energy 974 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.

4. Diet nutrition analysis this week (average daily): energy 899 kcal, protein 30 grams, high-quality protein functional ratio more than 50%, fat 29% of total calories, vitamin A 311 ug, vitamin C 37 mg, vitamin E19 mg, calcium 366 mg, potassium 1042 mg, magnesium 131 mg, iron 10 mg, zinc 4.5 mg, phosphorus 544 mg, selenium 22 mg.

5. Nutritional evaluation of this week's diet: the average daily energy is close to 974 kcal, protein is more than 30 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.

5.23-5.27 菜单

注：重量单位均为克

	星期一	带量(克)	星期二	带量(克)	星期三	带量(克)	星期四	带量(克)	星期五	带量(克)
早餐 时间 7:30-7:55	蔬菜煎饼 肉丝炒豆角 清炒莴笋 山药糯米粥	菠菜 5 鸡蛋 15 面粉 40 豆角 20 牛肉 15 芦笋 30 彩椒 10 山药 5 糯米 10 花生油 6	香肠热狗 西式扒时蔬 西芹腰果炒虾仁 玉米浓汤	面粉 10 鸡肉 10 西兰花 40 西芹 35 腰果 5 虾仁 10 玉米 20 黄油 6	海苔卷 鸡丝银牙 五香鹌鹑蛋 小米地瓜粥	淀粉(小麦) 20 紫菜(干) 5 绿豆芽 30 鸡(X) 15 菜籽油(青油) 3 鹌鹑蛋 30 小米(黄) 10 红薯 5	肉松面包卷 黄油有机芦笋 香煎鸡蛋 牛奶燕麦粥	面粉 40 鱼肉 15 芦笋 60 鸡蛋 30 牛奶 10 燕麦 10 黄油 6	杂粮馒头 豆腐肉末 素三丝 黑米粥	面粉 50 玉米面 10 豆腐 20 猪肉末 15 胡萝卜 20 土豆 20 青圆椒 10 彩椒 10 黑米 20 花生油 6
加点	牛奶 腰果	牛奶 200 腰果 15	牛奶 黄桃蛋挞	牛奶 200 鸡蛋 5 面粉 10 黄桃 5	酸奶 芋头	酸奶 200 芋头 15	酸奶 核桃仁	酸奶 200 核桃仁 15	牛奶 芝麻饼干	牛奶 200 面粉 10 鸡蛋 5 芝麻 3
中餐	泰国香米饭 土豆烧肉片 西红柿炒蛋 蒜蓉茼蒿 丝瓜豆腐汤	大米 80 土豆 20 猪肉 30 鸡肉 (回) 西红柿 30 鸡蛋 15 茼蒿 50 丝瓜 10 豆腐 5 花生油 10	意大利肉酱面 香酥鳕鱼排 水果沙拉 奶油海鲜汤	小麦粉 50 胡萝卜 10 番茄 10 洋葱 10 生菜 10 牛肉 15 黄油 5 鳕鱼 15 菜籽油(青油) 5 杂果 20 红富士苹果 20 虾仁 5 洋葱 15	葡萄干米饭 肉末茄子 红烧排骨 香菇菜心 紫菜鸡蛋羹汤	葡萄干 5 大米 80 猪排 20 羊排 (回) 茄子 40 牛肉末 20 香菇 10 菜心 60 紫菜 5 鸡蛋 5 香菜 2 小葱 3 玉米油 10	美式三明治 鸡米花配番茄沙司 厨师沙拉 土豆浓汤	面粉 80 牛肉 20 芝士 5 番茄 10 生菜 10 鸡蛋 20 卷心菜 60 生菜 10 胡萝卜 20 土豆 10 黄油 10	黄金大米饭 烤鸡翅 清炒油麦菜 河南大烩菜 紫菜蛋花汤	鸡翅 20 菜籽油(青油) 8 油菜菜 30 粉条 10 豆腐(X) 5 大白菜 15 金针菇 (鲜) 15 海带 (鲜) 5 猪肉(瘦) 15 (牛肉回) 番茄 15 细香葱 3 紫菜(干) 5 鸡蛋(白皮) 5
加点	香蕉 皇冠梨	香蕉 75 皇冠梨 75	奇异果 火龙果	奇异果 75 火龙果 75	哈密瓜 苹果	哈密瓜 75 苹果 75	橙子 红提	橙子 75 红提 75	腰果 芒果	腰果 15 芒果 75

备注：1、我校参考《中国居民膳食指南 2016——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、周食谱营养评价标准（每日）：能量 977 千卡，蛋白质 34 克，动物及大豆蛋白约 17 克，脂肪占总热量的 30% 以下，维生素 A420ug，维生素 C49mg，维生素 E3.5mg，钙 560mg，钾 1050mg，镁 105mg，铁 8.4mg，锌 8.4mg，磷 350mg，硒 17.5mg。

4、本周食谱营养分析（平均每日）：能量 973 千卡，蛋白质 37 克，优质蛋白功能比大于 50%，脂肪占总热量的 27%，维生素 A316ug，维生素 C69mg，维生素 E14mg，钙 399mg，钾 13773mg，镁 162mg，铁 9mg，锌 4mg，磷 575mg，硒 22mg。

5、本周食谱营养评价：平均每日能量与 966 千卡接近，蛋白质达 37 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、锌等无机盐的含量达到此阶段儿童的膳食营养摄入量。



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