



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

April 15, 2022

2022年4月15日

NAT Test Results

核酸检测结果

The Education Bureau is requiring all students to provide NAT test results on Monday to enter the school building. Please send your children to school with their results.

教育局要求所有学生在周一进入学校时提供核酸检测报告。请让学生带着检测报告入校。





Community Time Talent Show

才艺表演一周例会

Fourteen of our students performed their talents for our school during Community Time. I am so impressed with their musical, artistic, and creative abilities. It takes a lot of courage to perform in front of your peers and our students demonstrated amazing leadership by putting those fears aside and performing.

在本周例会上，我们有 14 位学生在全校师生面前展示了自己的风采。他们的音乐、艺术和创造能力给我留下了深刻的印象。在这么多同学面前表演需要很大的勇气，学生们战胜了恐惧，践行了惊人的领导力才能。





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Student Led Conferences (SLC) 学生领导会议

Our Student Led Conferences will be on Friday, April 29. There will be no school (except for toddlers). Parents will schedule time with the homeroom teachers to come to school and have their students demonstrate their learning for the year. Our students will highlight their personal growth and set goals for their future. SLCs are another example of how Sias IS students demonstrate leadership and take ownership over their learning.

我们的学生领导会议将在 4 月 29 日星期五举行。这一天学生无课程安排 (除了 Toddler 小小班的孩子)。家长将与班级老师一起安排时间来学校, 学生们会展示他们一年里的学习成果。我们的学生将突出他们的个人成长, 并为他们的未来设定目标。SLC 是西亚斯外籍学校学生展示领导力和掌握学习自主权的另一个例子。

Events Calendar 活动校历

The events calendar on our website is now live. The link is below. It will be continually updated with school-wide events. As our school grows, it will include music and athletic events, parent training and special events.

<https://www.siasinternationalschool.org/news-school-events/events-calendar>

我们网站上的活动校历已经开始实时更新啦。下面是该校历的链接。我们会不断在此更新全校的各项活动。随着学校的不断发展, 它将同步包括音乐和体育赛事、家长培训和一些特殊活动。

<https://www.siasinternationalschool.org/news-school-events/events-calendar>

Parent Tea/MAP Training 家长会 / MAP 家长培训

Part two of our three part MAP training will be held on Thursday, April 21 from 3:30 to 4:30. Parents will take a sample MAP test so please arrive early so we can start on time. We will also provide Seesaw support to parents. The QR code to sign up is below.

4 月 21 日下午 3:30 到 4:30, 我校将举办第二场 MAP 家长培训 (共三场)。家长们将会亲自参加一场 MAP 模拟测试, 请大家尽量提前几分钟到场, 确保我们的测试按时开始。届时我们也会为各位家长提供 Seesaw 支持。请扫描下方二维码报名本次活动。





Student Learning for the Week

本周教学



Prek 3B 三岁班 B

寻找复活节彩蛋

The IB aims to foster an international mindset in students, to develop the characteristics of the IB Learner Profile, and enable students to acquire knowledge, conceptual understanding and learning methods.

IB 致力于培养学生的国际情怀，发展国际文凭学习者培养目标中的各种特质，以及让学生学习掌握知识，概念性理解和学习方法。





Understanding how and why other countries celebrate festivals is an important part of the cultivation of an international mindset. By letting children dye Easter eggs and make Easter masks they were able to understand the customs of Easter, egg hunts and to experience the Easter atmosphere and international cultures.

了解庆祝不同国家的节日文化是国际情怀培养中重要的一部分，让孩子们制作复活节彩蛋制作复活节面具，了解复活节的习俗，进行寻找复活节彩蛋活动 eggs hunting，来感受复活节氛围，感知国际文化。





Kindergarten | Art/Space
幼小衔接班 | 艺术空间

A CORE THEME AROUND SEA LIFE 海洋生物



Kindergarten started their new IB PYP Unit of Inquiry this week. How the World Works, with a core theme around Sea Life. Marine animals and plants, and the impacts of humans in the marine ecosystem. In Wednesday's World of Science class this week, Kindergarten listed names for more than 30 different animals. AMAZING!

幼儿园本周开始了他们新的 IB PYP 探究单元 - “世界是如何运行的”，以海洋生物为核心主题。海洋动植物，以及人类对海洋生态系统的影响。在本周三的科学世界课上，幼儿园小朋友们列出了 30 多种不同动物的名字。简直太棒了！





Today's class started with a read-aloud book, the children's classic by Eric Carle, "A House for Hermit Crab". After that, students started to learn about printing. The technique was carefully demonstrated step by step. How much paint to apply? The importance of always washing the brush? The need to press around all the edges and points when printing. Careful planning and placement to use as much of the paper as possible. The Kindergarten class were really amazing, and printed an ecosystem of gorgeous rainbow coloured fish. Over the rest of this UoI, Art/Space learning will continue with a theme of the marine ecosystem, and a focus on mastering and perfecting basic printing skills.

今天的课程以朗读埃里克·卡尔（Eric Carle）的经典儿童读物《寄居蟹之家》开始。之后，学生们开始学习印刷。一步一步仔细地演示了这项技术。该涂多少油漆？经常洗刷子有多重要？打印时需要按压周围所有的点和边缘。仔细规划和摆放以尽可能最大限度地使用同一纸张。幼儿园班真是太棒了，印出了绚丽多彩的生态系统，犹如一条彩虹般的鱼。在该探究单元的下一步学习中，艺术 / 空间课将继续以海洋生态系统为主题，并专注于掌握和完善基本的印刷技能。





Grade 4 四年级

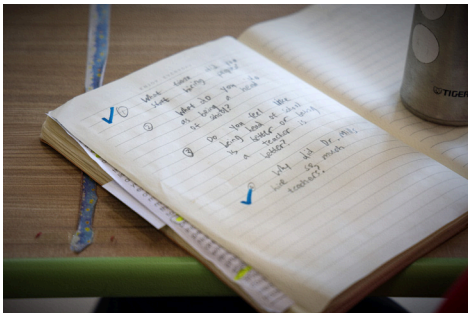
ECONOMY

经济



4th grade began their classroom economy this week, and they are having a blast! Students earned money for their class job and through class bonuses. They paid money for rent and fines. Students learned how to withdraw and deposit money in the bank. They also talked about saving and spending money.

本周，四年级学生开始了他们的课堂经济，他们玩得很开心！学生们通过课堂工作和课堂奖金挣钱。他们付了房租和罚款。学生们学会了如何在银行取款和存款。他们还谈到了储蓄和消费。





At the end of the week, students attended a class auction. Some students purchased items with their extra money. Other students are saving money to purchase their table seats so they can stop paying rent. 4th grade will continue their classroom economy simulation next week to learn financial responsibility.

周末，学生们参加了一场班级拍卖会。一些学生用额外的钱购买物品。其他学生正在攒钱购买他们的桌子座位，这样他们就可以不用付房租了。四年级下周将继续他们的课堂经济模拟，学习财务责任。





Menus 菜单

4.18-4.22 Menus

	Monday 星期一	Nutritional volume 带量	Tuesday 星期二	Nutritional volume 带量	Wednesday 星期三	Nutritional volume 带量	Thursday 星期四	Nutritional volume 带量	Friday 星期五	Nutritional volume 带量
早餐 Breakfast 时间 Time 7:30-7:55	芝麻煎饼 Sesame pancake 葱香小入参 Carrots with Chinese onion 木耳炒鸡蛋 Scrambled eggs with woodenear 红豆小米粥 Red bean Millet Congee	面粉 50 Flour 50 胡萝卜 40 Carrot 40 洋葱 2 Chinese onion 2 木耳 15 Woodenear 15 鸡蛋 30 Egg 30 彩椒 15 Sweet peppers 15 红豆 5 Red bean 5 小米 10 Millet 10 油 6 Oil 6	麻蓉蒸卷 Sesame sauce steamed roll 清炒丝瓜 Sauteed Sponge Gourd 棒打牛魔王 (豆芽牛肉丝) The King of Bull (shredded Beef with Bean Sprouts) 香浓玉米糁 Fragrant corn cob	面粉 50 Flour 50 丝瓜 40 Towel gourd 40 青红椒 10 Green and red pepper 10 豆芽 30 Bean sprouts 30 牛肉丝 30 beef 30 玉米糁 10 Corn grits 10 油 6 Oil 6	千层饼 Multi-layer steamed bread 时蔬肉末蒸蛋 Steamed eggs with minced meat & spinach 鸡丝包菜 Chicken & cabbage 百合糯米粥 Sticky rice porridge with Lily	面粉 50 Flour 50 菠菜 20 Spinach 20 牛肉末 5 Minced beef 5 鸡蛋 20 Egg 20 鸡肉丝 15 Chicken 15 包菜 60 Cabbage 60 百合 5 Lily 5 糯米 10 Sticky rice 10 油 6 Oil 6	全麦南瓜小面包 Whole wheat pumpkin bun 太阳煎蛋 Sunny side up fried eggs 法式烩时蔬 French style zucchini 纯牛奶配玉米片 Cornflakes with milk	面粉 50 Flour 50 南瓜 20 Pumpkin 20 鸡蛋 30 Egg 30 西葫芦 60 Zucchini 60 牛奶 100 Milk 100 玉米片 10 Cornflakes 10 油 6 Oil 6	鲜肉小笼包 Xiao Long Bao 蒜蓉生菜 Garlicy lettuce 香卤鸡心 Stewed chicken hearts 牛肉蔬菜粥 Beef and vegetable soup	猪肉末 25 Minced pork 25 生菜 40 Lettuce 40 鸡心 30 Chicken heart 30 香菜 5 Cilantro 5 胡萝卜 10 Carrot 10 青菜 20 Green vegetable 20 牛肉 10 Beef 10 小葱 5 Spring onion 5 油 6 Oil 6
加餐 Snack	牛奶 milk 腰果 cashew	200+20	酸奶 yogurt 蒸红薯 Sweet potato	200+75	牛奶 Milk 蔓越莓玛芬 Cranberry muffin	200+70	酸奶 yogurt 葡萄干 Raisins	200+25	牛奶 milk 抹茶饼干 Green tea cookies	200+30
中餐 Lunch	牛肉炒面 Fried noodles with beef 豉油大虾 Prawns with soy sauce 翠绿西兰花 Broccoli 鸡丁烧茄子 Eggplant with chicken 青菜虾皮汤 Dried Shrimp & greens soup	面条 80 Noodles 80 洋葱 20 Onion 20 绿豆芽 10 Mung bean sprouts 10 牛肉 20 Beef 20 上海青 10 Shanghai Qing10 西兰花 30 Broccoli 30 鸡肉 20 Chicken 20 茄子 30 Eggplant 30 虾皮 2 Dried shrimp 2 油 10 Oil 10	意大利海鲜炒饭 Italian seafood fried rice 香烤牛里脊配蘑菇汁 Beef tenderloin with mushroom sauce 法式田园沙拉 French vegetables salad 土豆忌廉汤 Cream of Potato soup	米饭 80 Rice 80 虾仁 10 Shrimp 10 鸡蛋 10 Egg 10 葱 2 green onion 2 胡萝卜 10 Carrot 10 玉米粒 5 Corn 5 牛肉 30 Beef 30 蘑菇 10 Mushroom 10 生菜 20 Lettuce 20 西红柿 20 Tomato 20 小黄瓜 20 Cucumber 20 土豆 20 Potato 20 油 10 Oil 10	杂粮米饭 Multi-grain rice 酱烧肉丁 Braised pork 清炒小芹菜 Stir-fried celery 海带烧肉片 (鸡) Pork fried with kelp (chicken) 西湖牛肉羹 West Lake beef soup	米饭 80 Rice 80 猪肉丁 30 Pork 30 芹菜 50 Celery 50 彩椒 10 Sweet pepper 10 海带 40 Kelp 40 鸡肉片 20 Chicken 20 香菇 10 Shiitake mushroom 10 豆腐 5 Tofu 5 香菜 5 Cilantro 5 牛肉 10 Beef 10 鸡蛋 5 Egg 5 油 10 Oil 10	菌菇鸡肉奶油面 Cream of chicken and mushroom noodles 西式红烩羊肉 Stewed mutton 里昂土豆配西生 菜 Potatoes with lettuce 蔬菜汤 Vegetable soupH7:17	面条 80 Noodles 80 蘑菇 20 Mushroom 20 鸡肉 20 Chicken 20 胡萝卜 20 Carrot 20 西芹 20 Celery 20 青豆 10 peas 10 羊肉 30 Mutton 30 土豆 30 Potato 30 包生菜 30 iceburg lettuce 30 彩椒 10 Sweet pepper 10 西兰花 10 Broccoli 10 番茄 20 Tomato 20 油 10 Oil 10	泰国香米饭 Thai rice 蒜蓉菜心 Garlicy Chinese flowering cabbage 蟹黄豆腐 Braised tofu 香菇粉蒸鸡 Steamed mushroom chicken 西红柿紫菜汤 Tomato & Seaweed soup	米饭 80 Rice 80 菜心 60 Chinese flowering cabbage 60 彩椒 10 Sweet peppers 10 豆腐 60 Tofu 60 香菇 30 Shiitake mushroom 30 鸡肉 40 Chicken 40 西红柿 20 Tomato 20 紫菜 10 Nori 10 香菜 10 Cilantro 10 小葱 5 Spring onion 5 油 10 Oil 10
加餐 Snack	香梨 Pear 哈密瓜 Cantaloupe	75+75	橙子 Orange 火龙果 Dragon fruit	75+75	菠萝 Pineapple 苹果 Apple	75+75	香蕉 Banana 蓝莓 Blueberry	75+75	芒果 Mango 羊角蜜 Cantaloupe	75+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。
周食谱营养评价标准（每日）：能量 966 千卡，蛋白质 33 克，动物及大豆蛋白约 16 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。
本周食谱营养分析（平均每日）：能量 1024 千卡，蛋白质 38.8 克，优质蛋白质功能比大于 50%，脂肪占总热量的 25%，维生素 A360ug，维生素 C59mg，维生素 E22mg，钙 355mg，钾 1293mg，镁 171mg，铁 13mg，锌 6mg，磷 630mg，硒 22mg。
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。

Location 地址

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