



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

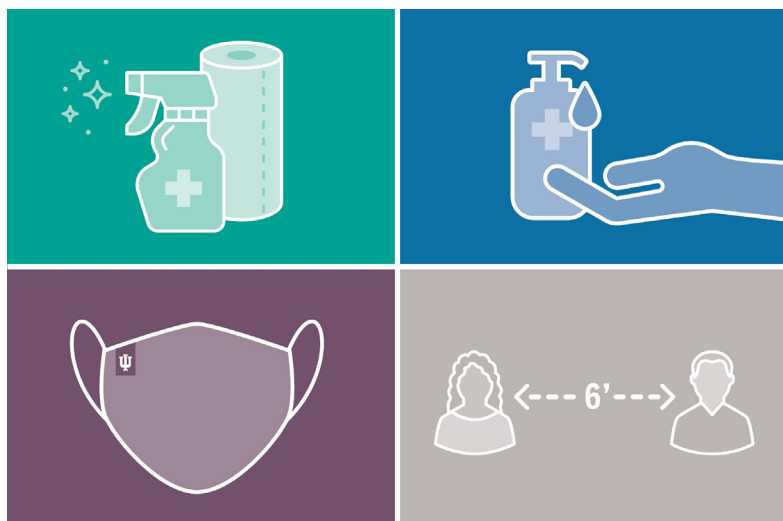
家校通讯录

March 26, 2022

2022年3月26日

COVID Safety 疫情防控

I know we are all exhausted and worried about the pandemic. We must continue to be vigilant, wear our masks, keep social distance, and limit our exposure to others. This week I had a meeting with all of the schools in the Zhengdong New District where the leadership emphasized the need to be safe. Thank you for doing everything possible to help keep our school open for the students to have in-person learning.



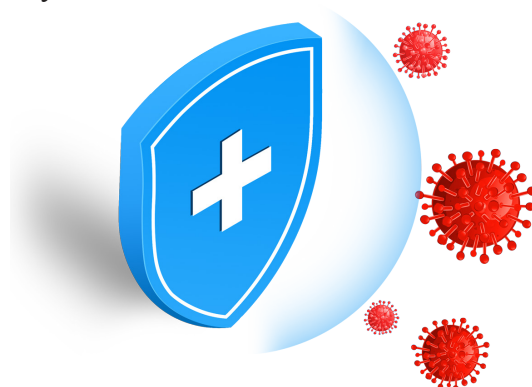
我知道大家都很疲惫，也都很担心疫情。我们必须继续时刻保持警惕。戴上口罩，保持一定的社交距离，减少与他人的接触。这周我和郑东新区的所有学校都参加了疫情防控会议，负责人强调了保证疫情期间安全的必要性。十分感谢各位家长对学校工作的大力支持，为学生们线下学习提供保障。

Here are the main points we need you to cooperate with:

1. Strengthen health check, wear masks and wash hands frequently
2. Avoid clustering and stick to "Two points and one line"
3. Get vaccinated against COVID-19 as soon as possible
4. Do not leave Zhengzhou unless necessary, and report your itinerary in time
5. Pay attention to epidemic prevention and control information

以下几点需要各位家长配合：

1. 加强健康检测，戴好口罩，勤洗手
2. 避免聚集，坚持“两点一线”
3. 尽快接种新冠疫苗
4. 非必要不离开郑州，及时报备行程
5. 关注疫情防控信息





Strategic Planning

战略规划

Over the past few weeks, I have been working on our Strategic Plan for the school. The first step is to collect data through a SWOT Analysis. I meet with groups to discuss the Strengths, Weaknesses, Opportunities, and Threats for Sias IS. This week I met with one student representative from each class and we had a fantastic discussion.

在过去的几周里，我一直在为学校制定战略规划。第一步是通过 SWOT 分析收集数据。我与各小组讨论西亚斯国际学校的优势、劣势、机会和威胁。这周我和每班的学生代表见了面，我们进行了一次精彩的讨论。



After School Activities

课后延时课程

We would like to offer our school community an opportunity to understand more about our paid ASAs. Parents of students that have registered for a paid ASA will receive a QR-code invitation to join a Wechat group for those ASAs. If you would like to join the group, please scan the QR when you receive it from the Sias IS Wechat account. In this group, parents can expect to receive updates and photos for the ASA. Individual student progress will not be posted in the group. Each group will also be monitored by Ms. Kalu.

If you have any questions or feedback about ASAs, please contact Ms. Kalu.kalu@siasinternationalschool.org

我们将为学生提供了解关于我们的付费 ASA 更多信息的机会。报名付费 ASA 的学生家长将收到二维码邀请，加入 ASA 微信群。如果您想加入该微信群，请在收到 Sias IS 企业微信账号发送的二维码后，扫描该二维码。在这个群里，家长可以收到关于 ASA 的更新和一些照片。学生的个人进度将不会在群内公布。每个微信群也将由 Kalu 老师负责监管。

如果您对 ASA 有任何问题或反馈，请联系 Ms. Kalu.kalu@siasinternationalschool.org



Kindergarten Led Community Time 每周例会—幼儿园主导

Community Time is when we bring our entire student body and staff together to connect and learn from one another. This week Kindergarten taught the school part of their morning routine with 8 Kung Fu movements they practice from the Shaolin Temple. Students loved learning the movements and the Kindergarten teachers were excellent teachers.

每周例会时间是我们把所有的学生和教职员工聚集在一起，互相交流、互相学习。这周幼儿园的小朋友们给大家展示并教授了每天早上他们都会做的一部分活动，包括他们从少林寺学习的8个功夫动作。学生们喜欢学习这些动作，幼儿园的小朋友们都是优秀的小老师。





Student Ping Pong Tournament

学生乒乓球比赛

Sias IS hosted its first student intramural ping pong tournament on Saturday. Students from Grade 3 and above joined the friendly tournament. Each student demonstrated healthy competition and great sportsmanship. We will continue to offer friendly tournaments for others sports in the near future.

周六，西亚斯国际学校举办了第一场学生校内乒乓球比赛。三年级及以上的同学报名参加了这场友谊赛。每个学生都表现出健康的竞争精神和良好的体育精神。不久，我们将继续举办其他体育项目的友谊赛。



Spring Break

春假

April 2-10 is Spring Break. There will be no school this week. We do not know what kind of travel limitations there will be, but please safe if you are traveling and report your travel plans to school. We will provide a survey next week for you to report your travel plans.

4月2日至10日是春假时间。学生在此期间放假。我们不知道将会有什么样的旅行限制，但如果您正在旅行，请注意安全，并向学校报备您的旅行计划。我们将在下周发送一份调查问卷供您报备您的旅行计划。

SPRING BREAK

APRIL 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Student Learning for the Week

本周教学

G3 & G5

三年级 & 五年级

World of Science

科学世界



Sharing the Planet

共享地球



How the World is Organized

世界是如何组织的 >>

An enrichment class for G3 and G5 combined. G3 is starting a new PYP Unit of Inquiry about 'Sharing the Planet.' This includes learning about living organisms and life cycles.

G5 is starting a new PYP Unit of Inquiry about "How the World is Organized."

本次探究活动由三年级和五年级共同参与。三年级正在开启一个关于“共享地球”的新的PYP探究单元。这包括了解生物体和生命周期。五年级正在开启一个关于“世界是如何组织的”新的PYP探究单元。





In this class, students went on a field trip to our local forest park to study Spring flowers. We collected flower samples.

In the classroom, students learnt kitchen chromatography to separate the colour pigments from petals of different flowers. We did this experiment with water, alcohol and vinegar as the solvents. Students were fascinated with this adventure in practical chemistry. We can see how the apple flowers and peach flowers have very different pigments. We can compare how pigments behave in different solvents.

As the G3 and G5 Units of Inquiry continue, students will learn more about how plants and animals (especially pollinators) have interdependent life cycles. How the natural world is organized in systems. And, how humans develop systems, and their impact on the world through time.

Science by Doing. Science by Discovery.

在这节课上，学生们去了我们当地的森林公园，一起考察春天的花朵。我们收集了很多花朵样本。

在课堂上，学生们学习了色谱分析法，从不同的花瓣中分离色素。我们使用水、酒精和醋作为溶剂来完成这个实验。学生们对这种有趣的实践化学实验感到非常着迷。我们可以看到苹果花和桃花拥有非常不同的色素，也可以比较颜料在不同溶剂中的表现。

随着三年级和五年级单元学习的深入，学生们将更多地了解植物和动物（特别是传粉者）的生命周期是如何相互依赖的。自然世界是如何在系统中组织起来的。以及人类如何开发系统，以及它们随着时间的推移对世界的影响。

亲自动手，发现科学。



PreK-3A | Plant life cycle 三岁班 | 植物生命周期



Awaken your senses... 唤醒你的感官...

There are so many ways to interact with nature and so many ways to discover creative talents of children and this time we've combined them both. Our Inquiry of "Plant life cycle" is wrapping up and now it's time for reflections and expressing ourselves through different ways.

我们有很多与自然互动的方式，也有很多发现孩子们创造才能的方式，而这次我们将两者结合起来。我们对“植物生命周期”的探究即将告一段落，现在是时候通过不同的方式来反思和表达自我了。





To observe the changes in nature and express our understanding of change through art, PreK-3A little artists headed to the park to discover spring colors.

What is your favorite spring color? Grab your watercolors and look for answers in the park!

为了观察大自然的变化，并通过艺术表达我们对变化的理解，PreK-3A 小艺术家们前往公园去发现春天的色彩。

你最喜欢春天里的什么颜色？拿起你的水彩，在公园里寻找答案吧！

PreK-3A Artists

PreK-3A 的小艺术家们





Grade 2 | World of Science

二年级 | 科学发现 探究科学



Thursday 2022.03.24.

Science by discovery. Science by inquiry.

Theme: What shapes our world?

2022.03.24. 周四

发现科学，探究科学

主题：是什么塑造了我们的世界？

Today was the final class for this project. It is amazing how focused the students were today. They worked quietly. A pair of students at each table. Clearly, the students were thinking and concentrating on each making the features they wanted to demonstrate.

今天是这个项目的最后一课。今天的学生如此专注，真是令人惊讶。他们安静地作业，每张课桌有两名学生。显而易见，学生们在思考和专注于他们想要展示的每一个特征。





The students are so creative. They all invented their own ways to make the features. I love teaching a class like this. It is the teacher's role to create the learning space, and design the learning activity. And then, the students follow their own direction and make magic happen.

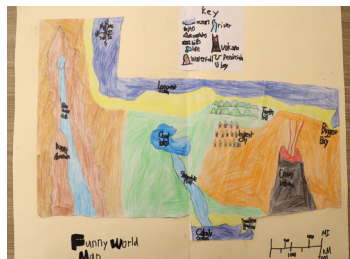
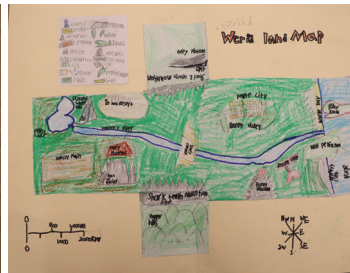
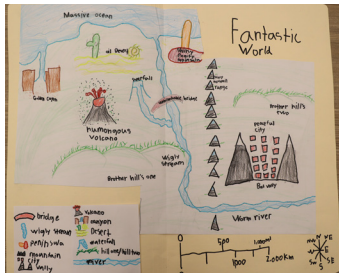
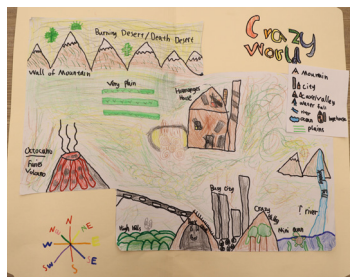
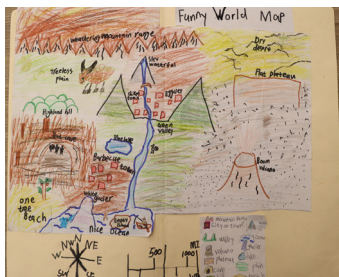
学生们很有创造力，他们都发明了自己的方法来制作这些特征。我非常喜欢教这样的课。教师的角色是创造学习空间，设计学习活动。然后，学生们按照自己的方向，尽情发挥创造力。



Thank you Grade 2 class. Thank you, Ms. Liz Gandara for giving the students so much knowledge about landforms in our world. And thank you, Ms. Jane for always supporting each student so fully. Students will now be challenged to write a description of their Planet Cube. This is the final exercise.

谢谢二年级的同学们。谢谢 Liz 老师教给了学生这么多关于我们世界的地貌知识。Jane 老师，谢谢你一直以来对每个学生的全力支持。

学生们接下来将被要求写一篇关于他们自己星体的描述。这也是最后的练习作业。





Menus 菜单

Week 7 第七周

	Monday 星期一	带量	Tuesday 星期二	带量	Wednesday 星期三	带量	Thursday 星期四	带量	Friday 星期五	带量
早餐 Breakfast 时间 7:30-7:55	蔬菜煎饼 vegetable fritter 肉末炒豆角 String beans with minced meat 清炒莴笋 Stir-fried Chinese asparagus 山药糯米粥 Chinese yam sticky rice congee	菠菜 5 鸡蛋 15 面粉 40 豆角 20 牛肉末 15 莴笋 30 彩椒 10 山药 5 糯米 10 油 6	黄金玉米饼 Sweet Corn Cake 青菜溜肉片 Green vegetable with pork (Hui: beef) 彩椒水晶冬瓜 Sweet peppers with winter melon 浓香玉米糝 Cream of corn soup	玉米面 10 面粉 30 牛肉片 30 上海青 40 冬瓜 35 彩椒 5 黑米 10 油 6	红豆卷 red bean roll 鸡丝银牙 Shredded chicken and bean sprouts 茄汁西葫芦 Zucchini in tomato sauce 小米地儿粥 Sweet potato & millet porridge	红豆 5 面粉 35 鸡肉 30 绿豆芽 20 番茄 10 西葫芦 30 红薯 10 小米 10 油 6	白吐司配果酱 Toast with Jam 早餐玉米片 Cornflakes 黄油有机笋 Sautéed asparagus 芝士燕麦 Cheesy egg custard 芝士燕麦牛奶燕麦粥 Oatmeal with milk	面粉 40 果酱 5 玉米面 10 芦笋 60 芝士 2 鸡蛋 30 牛奶 10 燕麦 10 黄油 6	杂粮馒头 Multigrain steamed buns 黄金豆腐 Tofu with mixed vegetables 春韭炒香干 Dried tofu with Chinese chives 黑米粥 Black rice congee	面粉 50 玉米面 10 豆腐 20 胡萝卜 20 香干 10 韭菜 30 彩椒 10 油 6
加餐 Snack	牛奶 milk 盐焗腰果 cashew	200+15	酸奶 yogurt 芋头 taro	200+15	牛奶 milk 葡式蛋挞 egg tart	200+40	酸奶 yogurt 核桃仁 walnuts	200+15	牛奶 milk 芝麻饼干 sesame cookies	200+30
中餐 Lunch	五常米饭 Rice 土豆烧肉片 Fried potatoes with pork 西红柿炒蛋 Scrambled Egg and tomato 酸甜小白菜 Pickled beets 丝瓜豆腐汤 Luffa fruit tofu soup	大米 80 土豆 20 猪肉 30 鸡肉 (回) 西红柿 30 鸡蛋 15 小白菜 70 丝瓜 10 豆腐 5 油 10	意式肉酱面 Spaghetti bolognese (Hui: beef) 西式炒生菜 Stir-fried lettuce 香酥鳕鱼排 Crispy cod fillet 西芹苹果沙拉 apple & celery salad 南瓜浓汤 Pumpkin soup	意面 80 牛肉末 15 生菜 60 鱼肉 25 西芹 50 苹果 10 南瓜 10 油 10	葡萄干米饭 Rice with raisins 西兰花虾球 Broccoli and shrimp balls 红烧排骨 Braised ribs 香菇菜心 Shiitake mushrooms and Chinese greens 豆花鸡蛋汤 Tofu egg drop Soup	葡萄干 5 大米 80 猪排 20 羊排 (回) 西兰花 40 虾仁 20 香菇 10 菜心 60 豆腐 5 鸡蛋 5 香菜 3 小葱 3 油 10	鸡肉芝士焗饭 Cheesy chicken rice casserole 芝麻煎龙利鱼 Sesame grilled sole fillet 有机花菜沙拉 Broccoli 土豆玉米浓汤 Cream of Potato & corn soup	大米 80 鸡肉 20 芝士 5 芝麻 1 龙利鱼 20 花菜 60 生菜 10 胡萝卜 20 彩椒 20 蘑菇 10 土豆 10 玉米 5 油 10	黄金大米饭 Rice 烤鸡翅 Chicken wing 清炒油麦菜 Stir-fried greens 大烩菜 Henan Stew 凤凰玉米羹 Egg drop and corn soup	小米 10 大米 75 鸡翅 40 油麦菜 70 大白菜 10 粉条 5 豆干 5 金针菇 10 猪肉 20 牛肉 (回) 玉米 5 油 10
加餐 Snack	香蕉 banana 皇冠梨 pear	75+75	砂糖橘 tangerine 火龙果 dragon fruit	75+75	哈密瓜 cantaloupe 苹果 apple	75+75	橙子 orange 红提 red grape	75+75	芒果 mango 蓝莓 blueberry	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 983 千卡，蛋白质 37 克，优质蛋白质功能比大于 50%，脂肪占总热量的 28%，维生素 A302ug，维生素 C62mg，维生素 E22mg，钙 387mg，钾 1203mg，镁 188mg，铁 7mg，锌 6.5mg，磷 629mg，硒 21mg。

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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