



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

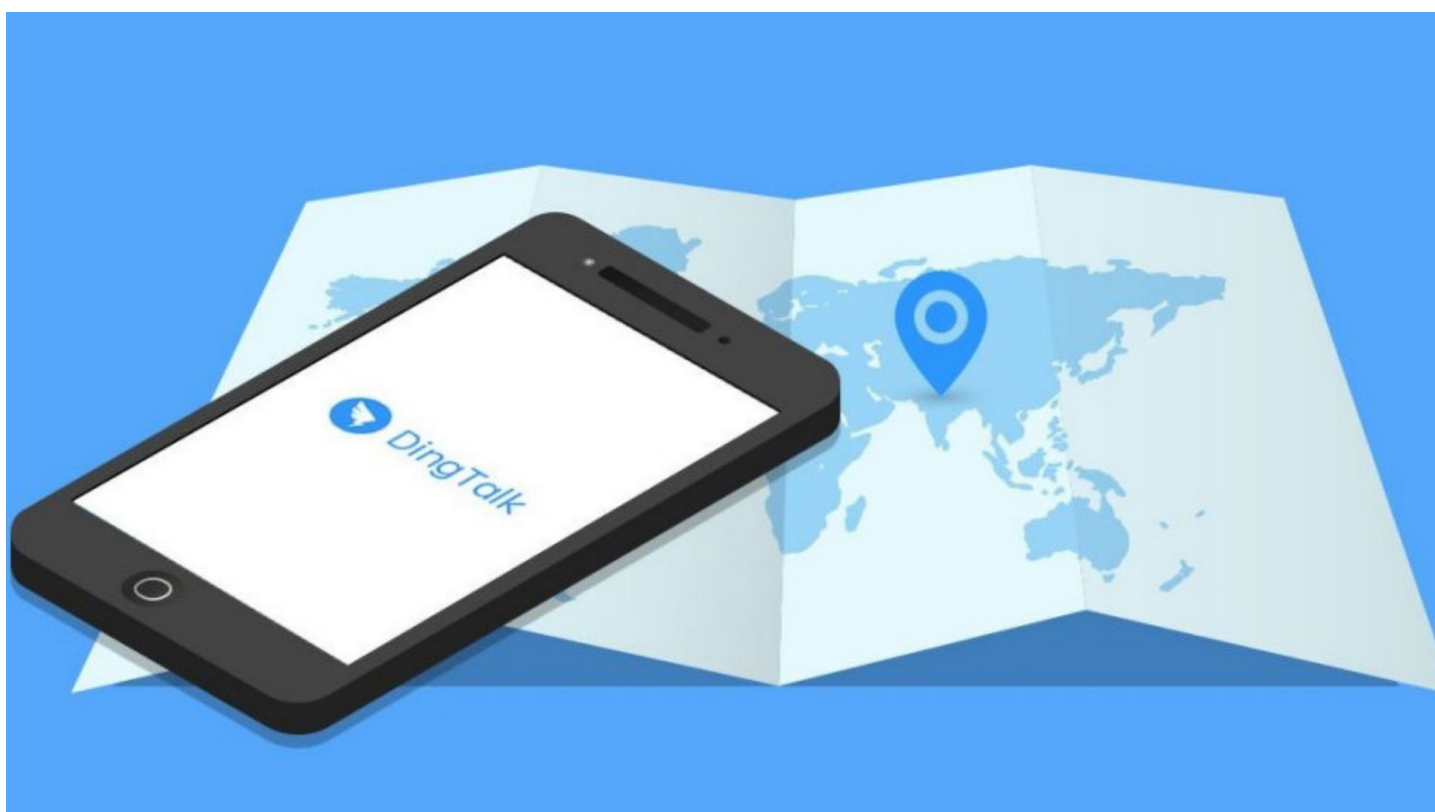
April 22, 2022

2022年4月22日

Epidemic Prevention 疫情防控

While the pandemic continues around the world, please continue doing your part at home to limit the exposure. We want to ensure we do not risk bringing the virus onto our campus causing us to be forced into remote instruction. The Education Bureau and Epidemic Control require us to report our location on DingTalk each weekend. Please continue to do your part to support our students' safety.

虽然全球疫情形势依旧严峻，但请继续尽自己的一份力量，将感染的风险降到最低。我们需要确保我们不会冒险把病毒带进校园导致学生被迫接受线上教育。教育局和疾控中心要求学校每个周末在钉钉上打开上报我们的位置。请继续尽最大的努力保证学生们的安全。





Parent Tea about Student Led Conferences (SLC) on April 27

4月27日关于学生主导型家长会的家长茶会

At 3:30-4:30 on Wednesday, April 27, we will hold a Parent Tea just focused on Student Led Conferences. For many of you, this is a new experience. We hope to inform you of the process and why it is so important to our students' academic development.

在4月27日星期三下午3:30至4:30，我们将举行一个以学生主导型家长会为主题的家长茶话会。对于大部分家长来说，这是一次全新的体验。我们希望先跟大家讲解、介绍整个过程，以及学生主导型家长会对我们学生的学术发展的重要性。





Student Led Conferences (SLC) on April 29- No School (except toddlers)

4 月 29 日学生主导型家长会—无课程安排 (除小小班外)

Student led conferences provide the structure for parents and students to engage in meaningful discussions about student learning.

Parents are true partners in children's learning and growth, and student led conferences provide parents invaluable opportunities to stop, sit and really hear who your child is, and who they want to be. Your child will tell you what they're proud of, and what they want to learn about. Especially for young adolescents and middle grades students, that's not a conversation that frequently happens. Use the time students are taking to open up to you, and respond with support, kindness and undivided attention. Student led conferences are opportunities for both you and your child to connect and feel empowered.

This is an opportunity for your child to demonstrate how as learners they use the various skills that they are learning in a real and significant context. This interaction will add further meaning or significance and importance to the IB Learner Profile for the students themselves and in your understanding of the overall growth of your child.

In an SLC, the student is meant to describe their learning and progress. They may identify and describe goals, show work and evidence of proficiencies, and share reflections upon learning. You are required to be more focused on the learning process as opposed to an assessment grade. Help your children keep their eyes on the big picture and look for noticeable areas of growth or improvement rather than areas of deficiency.

学生主导型家长会为家长和学生参与关于学生学习、进行有意义的讨论提供了结构基础。

在孩子的学习和成长中，父母是真正的伙伴，学生主导型家长会为父母提供了宝贵的机会，让家长停下来，坐下来，真正了解您的孩子是谁，他们想成为怎样的人。您的孩子会告诉您他们对什么感到骄傲，他们想要了解什么。特别是对青少年和初中学生来说，这种对话并不常见。利用学生对您敞开心扉的时间，用支持、善意和一心一意的关注来回应他们。学生主导型家长会对您和您的孩子来说都是产生联系和感受力量的机会。

这是一个您的孩子展示他们作为学习者，如何使用各种技能的机会，他们正在学习的真实且重要的环境。这种互动将会为 IB 学生自身以及您对孩子整体成长的理解增加更多的意义或重要性。

在学生主导型家长会中，学生需要描述他们的学习和进步。他们可能会确定和描述目标，展示学习成果和对知识的掌握程度，并分享对学习的反思。您需要更加关注学习过程，而不是评估分数。帮助您的孩子关注大局，寻找明显的成长或改善的地方，而不是不足的地方。



Upcoming Events

即将到来的事件

Please check out our Events Calendar found here:

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

点击此联系查看活动校历:

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

April 27- 3:30-4:30 Parent Tea about SLC

4 月 27 日下午 3:30 至 4:30 关于学生主导型家长会的家长茶会

April 29 No School (except Toddlers) Student Led Conferences

4 月 29 日 无课程安排 (除小小班外) 学生主导型家长会

May 2 No School for Students to celebrate May Labor Day

5 月 2 日 劳动节, 无课程安排

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 MAP Parent Meeting 3:30 PM - 4:30 PM	22	23
24	25	26	27 Parent Tea about SLC 3:30 PM - 4:30 PM	28	29 SLC Student Led Conferences- No School for Students 8:00 AM - 3:15 PM	30



Parent Tea on MAP Testing

关于 MAP 测试的家长茶会

On Wednesday, we held our second of three Parent Teas focused only on MAP Testing. Parents took a sample MAP assessment and experienced the language challenges. We then discussed how the test is conducted and scored. In May, we will have our third session where we will discuss how the MAP results and assessments, observations, and other data points are used by teachers to evaluate students.

周三，我们举行了第二次家长茶会，重点关注 MAP 测试。家长们接受了一份样本 MAP 评估，并体验了语言挑战。然后我们讨论了如何进行测试和评分。5 月，我们将举行第三次会议，讨论教师如何使用 MAP 结果和评估、观察和其他数据点来评估学生。





Community Time 例会时间

This week Grade 5 students led community time by teaching us about Earth Day. They incorporated students from other grades in their skits to teach us about the impacts of pollution on our environment. Our student's learned a lot and enjoyed the creative performances. Nice work G5!

本周，在五年级的学生带领的例会活动上，他们教教大家关于地球日的知识。他们邀请其他年级的学生参加他们的短剧，告诉我们污染对环境的影响。我们的学生学到了很多，也很喜欢他们有创意的表演。





ASA 课外活动

We have just completed our first week of extended ASAs! It was a wonderful week with horses, singing, instruments, calligraphy, and sports. We hope everyone enjoyed their selected ASAs; however, if you want to make some changes please contact Ms. Kalu (kalu@siasinternationalschool.org) as soon as possible. ASA Payment QRs will be sent out this week. Classes may be withdrawn from this week only. All payments are final. New registrations are still available until each ASA reaches compacity.

我们刚刚完成了第一周的加长延时课程！这一周学生们度过了非常愉快的的时光，包含有马术、歌唱、乐器、书法和体育。我们希望每个学生都喜欢他们选择的延时课；但是，如果您想做任何调整，请尽快联系卡路女士(kalu@siasinternationalschool.org)。ASA 支付信息将在本周发出。仅限本周，所有课程都可以退课。所有的付款视为确定报名。我们将继续开放报名，直到每个 ASA 达到满额。





Student Learning for the Week

本周教学

Grades 2 to 6 2-6 年级

Programming & Robotics

编程和机器人



Everyone loves robots! Our students in grades 2 to 6 have become robotic engineers, using Dash robots to understand the fundamentals of coding!

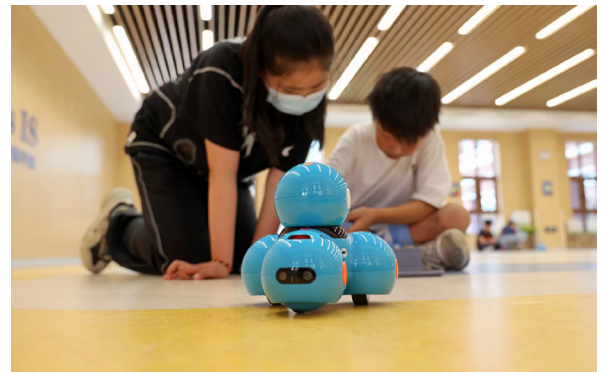
Programming and robotics is not only fun, its an excellent tool for both introducing technology skills and helping the development of children's computational thinking, problem-solving and linguistic skills.

Robots are a great way to introduce design and engineering. They are used in agriculture, health care, the automotive industry, space exploration, fashion, art and almost all careers.

每个人都喜欢机器人！我们 2-6 年级的学生通过使用 Dash（达奇）机器人了解编程的基本原理，成为了一个个机器人工程师。

编程和机器人不仅有趣，它还是一个优秀的工具，既能让孩子们接触科技技能，也能帮助发展儿童的计算思维，解决问题和语言技能。

机器人是一个引入设计和工程学的好方法。它们被用于农业、医疗保健、汽车工业、太空探索、时尚、艺术和几乎各行各业。





Dash robots are a great way for Sias IS students to start learning about robotics as they have the ability to move in all directions, sense objects, flash LED lights and record and playback audio. They can even be coded to sing, dance and respond to voice commands!

We are building a robust and innovative robotics program for Sias IS students!

Dash 机器人是西亚斯的学生开始学习机器人的一个很好的方式，因为他们可以全方位移动，感知物体，闪烁 LED 灯以及记录和回放音频，甚至可以通过编码实现唱歌、跳舞和回应语音命令等功能！

我们正在为西亚斯外籍学校的学生建立一个强大且创新的机器人项目！





Grades 4 | How We Organize Ourselves
4 年级 | 我们如何组织自己

MARKET DAY

市场日

Market Day			
Shift	Producers	Consumers	Monseer
1 (2:55 - 1:00)	• Daniel • Madison • Jennifer • Tomyang • Aarav • Aishan	• Daniel • Madison • Jennifer • Tomyang • Aarav • Aishan	Arthur
2 (1:05 - 1:15)	• Daniel • Madison • Jennifer • Tomyang • Aarav • Aishan	• Daniel • Madison • Jennifer • Tomyang • Aarav • Aishan	Lisa
Clean Up (1:15 - 1:25)	Clean off tables	Clean up floor	Arthur & Lisa

It's market day in 4th grade! For their unit of inquiry into how we organize ourselves, the 4th grade students have been studying the economy. Over the last few weeks, they have been earning and spending money as part of a classroom economy. This week, the students took on the role of producers and consumers during a market day where they sold goods to their classmates and Sias staff members.

今天是四年级的市场日！为了探究单元“我们如何组织自己”，四年级的学生一直在学习经济学。在过去的几周里，作为课堂经济的一部分，他们一直在赚钱和花钱。本周，学生们在市场日扮演了生产者和消费者的角色，向同学和教职工们出售商品。





To sell at the market, students had to apply for a business license, pay rent for their market day stall, and create their product. They tracked expenses and income to calculate their business profits at the end. Some students ran their own business, while others hired employees, or managed the market. Whatever their job, the students learned more about how businesses work inside an economic system and had fun doing it!



为了在市场上销售，学生们必须申请营业执照，为他们的市场日摊位支付租金，并创造他们的产品。他们记录开支和收入，以计算他们的最终利润。一些学生经营自己的摊位，而另一些学生则雇佣员工，或管理市场。无论他们的工作是什么，学生们了解了更多关于生意是如何在经济体系中运转的，并做得很开心！





Menus 菜单

4.18-4.22 Menus

	Monday	Nutritional volume	Tuesday	Nutritional volume	Wednesday	Nutritional volume	Thursday	Nutritional volume	Friday	Nutritional volume
Breakfast Time 7:30-7:55	Tortilla wrap Scrambled eggs with onion Potatoes with sweet peppers Wolfberry lily congee	Wheat flour 20 corn meal 5 Sweet peppers 15 Dried onion 25 Eggs (white) 20 Soybean oil 3 Tudou 20 Rice 10 Lily (dehydration) 3 Wolfberry 5	Almond bun Vegetables in cream sauce Bacon & lettuce Pumpkin & corn soup	Flour 30 Asparagus 20 Carrot 20 Pork 30 Lettuce 10 Pumpkin 10 Corn starch 10	Red date mantou Shredded pork and daikon Zucchini in tomato sauce Rice Congee	Flour 30 Date (dried) 5 Daikon 30 Pork (thin) 10 Soybean oil 6 Bamboo 30 Tomato 20 Rice 10	White toast with apple jam Chirizo Buttery vegetables Oatmeal with milk	Flour 30 Apple jam 10 Lettuce 20 Chicken (X) 20 Butter 4 Color pepper 5 Broccoli 40 Milk (X) 100 Oatmeal 10	Two-color hair cake Colorful steamed Egg Custard Artemisia annua with minced garlic Millet Congee with Chinese yam	Wheat flour 30 Pumpkin 10 Yellow dried corn kernel 5 Colorful pepper 25 Eggs (white skin) 20 Chrysanthemum 40 Soybean oil 3 Xiaomi (Yellow) 10 Chinese yam 20
Snack	Milk Slmonds	Milk 200 Almond 10	Yogurt Corn	Yogurt 200 Fresh corn 15	Milk Chocolate cake	Milk 200 Wheat flour 10 Butter 1 Egg (White) 5 Sugar 2 Chocolate 1	Yogurt Walnut stuffed dates	Yogurt 200 Date (dried) 10 Walnut (dried) 5	Milk Egg Tart	Milk 200 Wheat flour 15 Cream 10 Egg (White skin) 10 Granulated sugar 5
Lunch	Cola Chicken Wings Str-fried cauliflower Kid noodles Pear & water chestnut soup	Chicken wings 40 Coke 10 Soybean oil 6 Sweet pepper 10 Cauliflower 40 Pork belly 10 (beef) flour 40 Carrot 10 Mung bean sprouts 10 Cucumber 10 Spring onion 3 Peanuts (fried) 5 Starch (potato) 3 Water chestnut 15 Pear 20	BBQ pork chops Fruit and vegetable salad Pasta with shrimp Walnut soup	Pork 30 Soybean oil 3 Ketchup 10 Cucumber 20 Cherry tomato 10 Lettuce 30 honeydew melon 15 Flour 40 Green soybean 10 Carrot 10 Tomato 30 Onion 15 Shrimp 15 Soybean oil 3 Walnut (dried) 10 Milk (X) 60	Mutton stewed winter melon Long leaf lettuce in black bean sauce Chicken with garlic stems Multi-grain rice Cilantro & Tofu soup	Carrot 15 Sweet pepper 10 Winter melon 50 Mutton (hind legs) 30 Soybean oil 3 Long leaf lettuce 40 Garlic stems (round) 20 Soybean oil 3 Chicken (X) 20 Rice (X) 70 Red bean paste 5 Tofu 20 Cilantro 3 Shiitake mushrooms 5 Egg (White) 5	Tomato sauce with French fries Potato tuna Cheese beef pizza Japanese flavor soup	Tudou 50 Soybean oil 6 Ketchup 10 Sole 20 Wheat flour 40 Sweet pepper 15 Tomato 20 Dried onion 15 Cow brain 30 Cheese 3 Tofu 10 Enoki (fresh) 10 Kelp 10	Kid-friendly Chicken Stew Flowering cabbage with Shiitake mushrooms Yu Xiang Pork Thai rice Seaweed Egg drop Soup	Potato 20 Sweet pepper 30 Chives [chives, spring onions] 8 Chicken (X) 25 Soybean oil 9 Flowering cabbage 25 shiitake mushrooms 15 Carrot 10 Garlic stem 20 Dried wood ear 5 Pork 20 Rice (X) 60 Tomato 15 Laver (dried) 5 Egg (White skin) 5
Snack	Mango Dragon fruit	Mango 75 Dragon fruit 75	Banana Red grape	Banana 75 Red grapes 30	Pineapple Sweet orange	Pineapple 50 Sweet orange 60	Blueberry Cantaloupe	Blueberry 75 Cantaloupe 75	Tomato Musk melon	Cherry Tomato 60 Musk melon 75
<p>Notes: Sias IS uses the 2016 Chinese Resident Nutritional Guidelines-for School-Aged Children to determine weekly meal plans. Chinese food is served on the Mondays, Wednesdays, and Fridays. Western food is served on Tuesdays and Thursdays.</p> <p>2. Recommended Daily Nutrition: Calories 966, Protein 33 g, Animal/soy protein 16 g, 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.</p> <p>3. Average Daily Nutrition with Week: Calories 973, Protein 37 g, High-quality protein ratio more than 50%, Fat 27% of total calories, Vitamin A 316 ug, Vitamin C 69 mg, Vitamin E 14 mg, Calcium 399 mg, Potassium 1373 mg, Magnesium 162 mg, Iron 9 mg, Zinc 4 mg, Phosphorus 575 mg, Selenium 22 mg.</p> <p>4. Weekly Nutritional Evaluation: Average daily calorie is close to 966 kcal. Protein is more than 37 g with high-quality protein accounting for more than 50% of the total protein. Fat is less than 30% of total calories. Vitamins A, C, E and minerals calcium, iron, and zinc are appropriate for children.</p>										

4.25-4.29 菜单

	星期一	带量	星期二	带量	星期三	带量	星期四	带量	星期五	带量
早餐 时间 7:30-7:55	玉米饼 洋葱炒蛋 彩椒土豆丝 枸杞百合粥	小麦粉 20 黄玉米面 5 彩椒 15 脱水洋葱 25 鸡蛋(白皮) 20 豆油 3 土豆 20 香米 10 百合(脱水) 3 枸杞子 5	杏仁小面包 奶油汁烩时蔬 烤培根配生菜 南瓜粟米汤	面粉 30 芦笋 20 胡萝卜 20 猪肉 30 生菜 10 南瓜 10 玉米面 10	红枣馒头 肉丝白萝卜 茄汁西葫芦 香米白粥	小麦粉 30 枣(干) 5 白萝卜 30 猪肉(瘦) 10 豆油 6 笋瓜 30 番茄 20 香米 10	"白土司配果酱 烤肠配罗马生 黄油时蔬 牛奶燕麦粥	小麦粉 30 苹果酱 10 生菜 20 鸡(X) 20 黄油 4 彩椒 5 西兰花 40 牛乳(X) 100 燕麦片 10	双色发糕 五彩燕麦羹 蒜香茼蒿 山药小米粥	小麦粉 30 南瓜 10 黄干玉米粒 5 彩椒 25 鸡蛋(白皮) 20 茼蒿 40 豆油 3 小米(黄) 10 山药 20
加点	牛奶 美国大杏仁	牛奶 200 杏仁 10	酸奶 嫩玉米	酸奶 200 鲜玉米 15	牛奶 巧克力蛋糕	"牛奶 200 小麦粉 10 黄油 1 鸡蛋(白皮) 5 白砂糖 2 巧克力 1	酸奶 枣夹核桃	酸奶 200 枣(干) 10 核桃(干) 5	牛奶 葡式蛋挞	牛奶 200 小麦粉 15 奶油 10 鸡蛋(白皮) 10 白砂糖 5
中餐	可乐鸡翅 小炒有机花菜 儿童拌面 雪梨马蹄羹	鸡翅 40 可乐 10 豆油 6 彩椒 10 白花菜 40 五花肉 10 (牛肉回) 小麦粉 40 胡萝卜 10 绿豆芽 10 黄瓜 10 小葱 3 花生仁(油炸) 5 淀粉(马铃薯) 3 马蹄 15 雪梨 20	BBQ 烤猪排 蔬果沙拉 虾仁意大利面 西式核桃汤	猪里脊 30 豆油 3 番茄酱 10 黄瓜 20 圣女果 10 生菜 30 白兰瓜 15 小麦粉 40 青大豆 10 胡萝卜 10 番茄 30 洋葱 15 虾仁 15 豆油 3 核桃(干) 10 牛乳(X) 60	冬瓜炖羊肉 豉汁油麦菜 蒜蓉鸡肉丝 杂粮米饭 香菜豆腐羹	胡萝卜 15 彩椒 10 冬瓜 50 羊肉(后腿) 30 豆油 3 油菜 40 蒜薹(圆) 20 豆油 3 鸡(X) 20 稻米(X) 70 红豆馅 5 内酯豆腐 20 香菇 3 鲜香菇 5 鸡蛋(白皮) 5	番茄沙司配薯条 土豆金枪鱼 芝士牛肉披萨 日式味噌汤	土豆 50 豆油 6 番茄酱 10 龙利鱼 20 小麦粉 40 彩椒 15 番茄 20 脱水洋葱 15 牛上腩 30 奶酪(干酪) 3 北豆腐 10 金针菇(鲜) [智力菇] 10 海带 10	儿童大盘鸡 香菇菜心 鱼香肉丝 泰国香米饭 紫菜蛋花汤	土豆 20 彩椒 30 细香葱(香葱、四季葱) 8 鸡(X) 25 豆油 9 菜心 25 鲜香菇 15 胡萝卜 10 蒜薹(圆) 20 干木耳 5 猪里脊 20 稻米(X) 60 番茄 15 紫菜(干) 5 鸡蛋(白皮) 5
加点	芒果 火龙果	芒果 75 火龙果 75	香蕉 红提葡萄	香蕉 75 红提子葡萄 30	菠萝 甜橙	菠萝 50 甜橙 60	蓝莓 哈密瓜	蓝莓 75 哈密瓜 75	圣女果 羊角蜜	圣女果 60 羊角蜜 75

备注：
1、西亚斯外籍学校参考《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、每日食谱营养评价标准：能量 966 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
4、本周食谱营养分析（平均每日）：能量 973 千卡，蛋白质 37 克，优质蛋白质功能比大于 50%，脂肪占总热量的 27%，维生素 A316ug，维生素 C69mg，维生素 E14mg，钙 399mg，钾 1373mg，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。



Sias IS Admissions
招生咨询




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