



# NEWSLETTER

2022-2023 家校通讯录

## Notes from the HOS Desk 校长寄语



This week I had the opportunity to visit other international schools in China. I love learning about what schools do to create innovative learning opportunities for students. Perhaps the greatest benefit is reinforcing our belief that the wonderful programs, curriculum work, and facilities we have at Sias IS are not common at other schools.

本周，我有机会参观了中国其他的国际学校。我喜欢了解其他学校如何为学生创造创新的学习机会。这次参观的最大的好处是加强了我们的信念，即我们在Sias IS拥有的精彩课程，课程工作和设施是在其他学校不常见到的。



I am very proud of our team for working hard to grow our school and programs quickly. Our students benefit from having so many opportunities at such a young school.

我为我们的团队能以这样快速发展我们的学校和课程努力工作而感到非常自豪。我们的学生受益于能够在如此年轻的学校里拥有如此多的机会。



This weekend a team from Sias IS will attend the ACAMIS conference in Guangzhou. This will be our first professional development, in-person, for nearly three years. We are excited for the collaboration with our school peers and the opportunity to learn from others.

本周末，Sias IS的一个团队将参加在广州举行的ACAMIS会议。这是我们近三年来的第一次线下专业发展学术会议。我们很高兴能与其他同行合作，并有机会向他人学习。



Principal Addie Christian and PYP Coordinator Julianna Sali were selected to present to the other schools about building professional learning communities. This is a great honor and recognition for the high-quality team we have created at Sias IS.

校长Addie Christian和PYP协调员Julianna Sali被选中向其他学校介绍如何建立专业学习社区。这是给予我们在Sias IS创建的高素质团队的极大荣誉和认可。



## Theme of the Month: Balanced 本月主题：平衡

Those that are balanced understand the importance of intellectual, physical and emotional balance to achieve personal well-being for themselves and others.

理性、身体和情感的平衡对于个人和他人的福祉的实现至关重要，那些具有平衡能力的人能够理解这一点。

### Activity for parents 家长活动

Encourage your child to participate in a wide variety of structured activities.

鼓励孩子参加各种有组织的活动。



## 2023 Field day 2023年运动会

The 2023 Field day is coming soon. For this event, we have created a special T-Shirt for each grade. It is not required to buy one of these shirts but we do ask that each student wear the color assigned to their grade level. The cost of each T-shirt is 50RMB. If you would like to purchase one please use WeChat to scan the QR code on the poster below. T-Shirts can be purchased until 14:00 Monday 17th April.

2023年运动会即将到来。为了这次活动，我们为每个年级设计了一件特别的T恤。学校不强制大家购买这些T恤，但是我们要求每个学生穿他们年级指定颜色的T恤。每件T恤的成本是50元。如果需要，请使用微信扫描下方二维码于4月17日星期一14:00前购买。



## Upcoming Events 活动预告

We have many upcoming events to be excited about.

我们为许多即将举行的活动感到兴奋。

April 18 4月18日	Zhongyi Lu Primary School Student Exchange (Grades 1-6) 众意路小学学生交流 (1-6年级)
April 21 4月21日	Student Led Conferences (No School) 学生主导会议 (不上学)
April 22 4月22日	Family Fun Day 家庭日活动
April 26-27 4月26-27日	PYP Authorization Visit PYP授权访问
April 28 4月28日	EY Field Day 幼儿园运动会
May 1 5月1日	Holiday (No School) 五一假期 (不上学)
May 2 5月2日	Teacher Professional Workday (No School for Students) 教师工作日 (学生不上学)
May 8-12 5月8-12日	Week Without Walls (MYP only) 无墙之周 (仅限MYP)

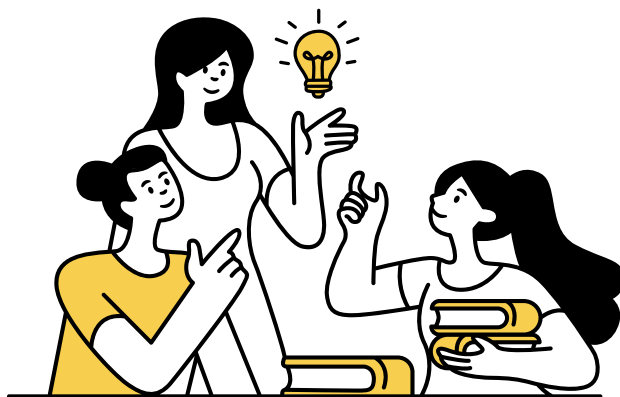


## Student Learning for the Week 本周教学

### PY Mandarin

## New Ways to Explore Mandarin Class

## 探究中文学习新方式



As knowledgeable students in SIAS IS, I can show you what I have learned in mandarin class.  
作为西亚斯外籍学校知识渊博的人，我可以向你展示我学到的中文知识。

The first graders learned the customs of the Dragon Boat Festival and the story of Qu Yuan, and learned about the types and methods of zongzi.

一年级学生学了端午节的习俗以及屈原的故事，了解了粽子的种类和做法。





The second graders sorted out the content of learning more clearly through the study and production of mind maps.

二年级学生通过思维导图的学习和制作，更加清晰地梳理了所学内容。



The third graders made a pop-up book of "Flower Clock" independently to demonstrate what they have learned about "Flower Clock".

三年级学生独立制作《花钟》翻翻书来展示学过的“花钟”知识。



After appreciating many beautiful modern poems, the fourth graders tried to write their own little poems.

四年级学生在欣赏了许多优美的现代诗之后，尝试着写下了自己的小诗。



The fifth graders showed themselves through the textbook drama, reproducing the wonderful plots in the text.

五年级学生通过课本剧尽情展示自己，重现课文中精彩情节。

PreK 3A

## Field Trip to Henan Natural History Museum

## 河南自然历史博物馆实地考察



Our current transdisciplinary theme on sharing the planet has us exploring the central idea that “water is essential to life and comes in many forms.”

我们当前关于共享地球的跨学科主题让我们探索了“水对生命至关重要，并以多种形式存在”的中心思想。

We are in our second week of the unit, diving at the first lines of inquiry, “how water sustains life.” With this in mind, we decided to make a field trip to the Henan Natural History Museum to understand more about the importance of water and how it helps to sustain life.

这是本单元的第二周，我们在探讨第一个问题，“水是如何维持生命的”。带着这样的想法，我们决定去河南自然历史博物馆实地考察，以更多地了解水的重要性，以及它是如何帮助维持生命的。



One of the first exhibits at the museum is on the water cycle, understanding the various forms of water and how the water on earth is part of an endless cycle. The diagram helps the students visualize the concept better.

博物馆的首批展品之一是关于水循环的，了解水的各种形式，以及地球上的水是如何成为无尽循环的一部分的。图表帮助学生更好地将概念形象化。

We also discuss why the Yellow River is the cradle of Chinese civilization and why most ancient civilizations start near riverbanks. Through this, we highlight the importance of water for our survival and the formation, and sustainability of the community, with access to water being a primary consideration in site selection.

我们还讨论了为什么黄河是中国文明的摇篮，以及大多数古代文明起源于河岸的可能原因。通过这种方式，我们强调了水对我们的生存和形成的重要性，社区的可持续性，获得水是选址的首要考虑因素。



We also discover the interesting fact that more than 70% of the earth's surface is water, but more than 97% of this water is seawater, and out of the remaining 3% of freshwater, more than two third are trapped as ice in the two poles and as snow in the mountains. The children gained a better understanding of how precious drinking water is.

我们还发现了一个有趣的事实:地球表面70%以上是水，但其中97%以上是海水，剩下3%的淡水中，三分之二以上以冰的形式困在两极，以雪的形式困在山上。孩子们更加理解了饮用水的珍贵。

We also took the chance to watch a 4D film, "A Turtle Life Journey." We saw up close the various prehistoric animals and plant fossils that fascinated them. We also share that we will visit the Yellow River Museum for our next field trip and look forward to discovering more in the future.

我们还借此机会观看了4D电影《海龟生命之旅》。我们近距离看到了令他们着迷的各种史前动物和植物化石。我们还表示，我们将在下次实地考察中参观黄河博物馆，并期待在未来发现更多。



Grade 3

## Sharing the Planet 共享地球



Field trips are an excellent way to enrich the learning experiences of students. Recently, G3 students have been studying life cycles, traits, environmental change, and our responsibility to the environment through the Sharing the Planet unit of inquiry.

实地考察是丰富学生学习体验的最佳方式。最近，G3学生一直在通过共享地球单元探究生命周期、特征、环境变化以及我们对环境的责任。

As part of this unit, students visited the Zhengzhou Botanical Gardens to observe how greenhouses enable plants to survive in environments outside their natural habitats. Another field trip took them to the Yellow River where they observed and recorded notes on environmental changes and pollution.

作为该单元的一部分，学生们参观了郑州植物园，观察温室如何使植物在自然栖息地以外的环境中生存。另一次实地考察他们来到了黄河，在那里学生观察并记录了关于环境变化和污染的笔记。





These field trips provided students with valuable hands-on experiences that cannot be replicated in the classroom. They allowed students to explore and observe the world beyond their textbooks, and to become more curious and engaged learners. By encouraging students to become natural inquirers and fostering their curiosity, we can help them develop a deeper understanding of our responsibility to environmental change and inspire them to take action.

这些实地考察为学生提供了宝贵的实践经验，这些经验无法在课堂上复制。学生们被允许探索和观察教科书之外的世界，并成为更加好充满好奇和参与度的学习者。通过鼓励学生成为天生的询问者并培养他们的好奇心，我们可以帮助他们更深入地了解我们对环境变化的责任，并激励他们采取行动。



## Math

# Data Analysis 数据分析

This term's unit of inquiry is on Data Analysis. Students will be learning about the practical application of Statistics as well as the theoretical application of Probability.

本学期的探究主题是数据分析。学生将学习统计学的实际应用以及概率论的理论应用。



For this term's projects, MYP 1 will be working on analyzing the data of their daily routines and experimenting with different data displays. MYP 2 and 3 will be working on an interdisciplinary assessment with Individuals and Society. MYP 2 will look at data displays, while MYP 3 will be applying Linear Regression to determine data trends.

在本学期的项目中，MYP 1的学生们将致力于分析他们日常生活中的数据，并尝试不同的数据展示。MYP 2和MYP 3将与个人和社会学科一起进行跨学科评估。MYP 2将研究数据显示，而MYP 3将应用线性回归来确定数据趋势。



Figure 1 Student origami figures that were analyzed last term.

图1上学期分析学生的折纸图

Figure 2 MYP 1 students analyzing their daily routine and using Excel to make data analysis

图2 MYP 1学生分析他们的日常生活，并使用Excel进行数据分析



# College & Career 大学和职业 Connections 连接

Helping SIAS Students & Families Find Their Future  
帮助 Sias 学生和家庭找到他们的未来

## University Spotlight on University of Illinois, Urbana-Champaign 重点介绍 伊利诺伊大学厄巴纳分校



The University spotlight for the newsletter this week is the University of Illinois Urbana-Champaign (UIUC). Located two hours from Chicago the University of Illinois at Urbana-Champaign (UIUC) is an excellent choice for Chinese students seeking to attend university in the United States.

本周时事通讯的大学专题报道为伊利诺伊大学厄巴纳-香槟分校(UIUC)。距芝加哥两小时车程，UIUC是中国学生选择赴美留学的绝佳选择。



**Strong academic programs:** UIUC is consistently ranked as one of the top public universities in the world, with highly-ranked programs in fields such as engineering, computer science, business, and agriculture. The university is also known for its strong research programs and partnerships with industry leaders.

**强大的学术课程：**UIUC连续多年被评为世界顶尖公立大学之一，在工程、计算机科学、商业和农业等领域拥有排名靠前的专业。该大学也以其强大的研究项目和与行业领袖的合作关系而闻名。



**Large Chinese student population:** UIUC has a significant Chinese student population, with over 4,000 Chinese students currently enrolled. This creates a welcoming and supportive environment for Chinese students, who can connect with others from their home country and build a sense of community.

**庞大的中国学生人口：**UIUC拥有大量的中国留学生，目前有超过4000名中国学生在校就读。这为中国学生营造了互帮互助、团结友爱的氛围，使他们可以与同胞们建立联系并建立社区感。



**Chinese language and culture programs:** UIUC offers a wide range of courses and programs related to Chinese language and culture, including language courses, cultural events, and study abroad opportunities in China. This provides an opportunity for Chinese students to maintain their connection to their home culture while also exploring new experiences.

**汉语和文化课程：**UIUC提供各种与汉语和文化有关的课程和项目，包括语言课程、文化活动和在中国的留学机会。这为中国学生提供了一个机会，可以保持与自己家乡文化的联系，同时探索新的体验。



Though highly ranked, it has a 40% acceptance rate and is one of the more economical universities in the United States to attend. If you are interested in learning more, please visit their website at <https://illinois.edu/international/index.html>.

尽管UIUC排名高，但其录取率为40%，是美国较为经济的大学之一。如果您对了解更多信息感兴趣，请访问他们的网站<https://illinois.edu/international/index.html>。

# Menus 菜单

## 4.17-4.21 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	Fried Vermicelli with Soybean Sprouts Shredded cabbage Spicy Quail Eggs Lily glutinous rice Congee Scallion pancake	Quail Eggs 30 Rapeseed oil 3 Pork 10 Beef (halal) Colored Pepper 10 Cabbage 50 Lily 2 Glutinous Rice 10 Vermicelli 10 Soybean Sprouts 75 Corn oil 3 Wheat flour 40 Scallion 5 Peanut oil 3	Roasted Onion with American Bacon Broccoli American pancakes with jam Creamy Corn Soup	Butter 3 Egg 5 Wheat flour 20 Apple sauce 15 Soybean oil 3 Broccoli 30 Dry Yellow Corn 10 Milk 5 Ham 10 Mushroom 10 Bacon 15 Basil 2 Dehydrated Onion 20	Braised Pork Slices with Mushrooms Stir-fried shredded radish Boiled eggs Sweet Potato Rolls Black rice porridge	Sweet Potato 5 Wheat Flour 25 Colored Pepper 5 Mushroom 40 Pork 15 Beef (halal) Peanut oil 3 Soybean oil 5 White Radish 60 Black Rice 20 Eggs 50	Roast Sausage with Roman Lettuce Sauteed Lily Bulbs and Celery Sunny-side-up egg Milk oatmeal Congee Whole wheat toast	Wheat 25 Soybean oil 2 Eggs 30 Celery 40 Fresh Lily 5 Milk 100 Oatmeal 20 Butter 3 Chicken 20 Lettuce 20	Stir-fried bean curd with green vegetables Shredded Potato with Colored Peppers Boiled eggs in water Beef Steamed Rolls Golden Silk Noodle Soup	Wheat flour 80 Beef 10 Rolls of dried bean milk creams 15 Cabbage 70 Peanut oil 4 Colored Pepper 10 Potatoes 20 Eggs 50
Snack	Orange Muskmelon	Orange 75 Muskmelon 75	Pear Watermelon	Pear 75 Watermelon 75	Dragon fruit Apple	Dragon fruit 75 Apple 75	Banana Hami melon	Banana 75 Hami melon 75	Pineapple Citrus	Pineapple 75 Citrus 75
Lunch	Stewed ribs with corn Braised Diced Chicken with Mushrooms and Peppers Stir-fried Shanghai cole Raisin Rice West Lake beef soup	Raisins 3 Rice 70 Fresh corn 50 Carrots 40 Pig ribs 50 Beef (halal) Soybean oil 8 Chicken Leg 15 Fresh Mushroom 10 Colored Pepper 15 Shanghai Qing30 Beef 10 Egg 5	Mediterranean roast chicken Caesar salad Pasta with basil pesto Mushroom soup	Lemon 5 Chicken Leg 20 Lettuce 20 Soybean oil 4 Basil 5 Spinach 5 Noodles 10 Mushroom 5 Shrimp Rice 5 Squid 5 Olive 5 Bacon 15 Wheat Flour 10 Mushroom 25 Scallion 5 Golden Needle Mushroom 25 Sesame oil 2	Braised pork in brown sauce with Potatoes Minced eggplant Mushroom Fried with Flowering Cabbage Rice Tomato egg soup	Pork 25 Beef (halal) Soybean oil 55 Potatoes 55 Eggplant 30 Rapeseed oil 3 Beef 20 Fresh Mushroom 15 Colored Pepper 5 Chinese Cabbage Stalk 25 Rice 55 Tomatoes 30 Laver 1 Eggs 20 Sesame oil 2	French fries Crispy Chicken Rice Flour Mixed vegetable salad Cheese Bacon Burger Corn Soup	Cheese 10 Pork 20 Beef (Halal) Wheat 30 Potatoes 30 Soybean oil 4 Chicken 20 Dutch beans 5 Cucumber 5 Lettuce 20 Asparagus 5 Holy Maiden Fruit 5 Corn 20	Stewed Chicken with Ginger and Wine in Casserole Garlic crown daisy Stir-fried organic cauliflower Golden rice Vegetables and tofu soup	Chicken 20 Potato Chips 5 Fresh Garlic 2 Dehydrated Onion 5 Mint 2 Soybean oil 4 Colored Pepper 30 Chrysanthemum 40 White cauliflower 40 Pork with Five Flowers 10 Beef (Halal) Millet 20 Rice 50 Tofu 15 Shanghai Qing15
Snack	Milk Mixed nuts	Milk 200 Walnut 5 Cashew 5 Hazelnut 5 Almond 5	Yogurt Cookie	Yogurt 200 Egg 5 Wheat flour 20	Milk Steamed yam	Milk 200 Yam 25	Yogurt Crispy cake	Yogurt 200 Egg 5 Wheat flour 20	Milk Steamed corn	Milk 200 Fresh Corn 25

Remarks: 1.Sias 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. 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.

4. 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.

5. 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.

## 4.17-4.21 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	黄豆芽炒粉条 手撕包菜 五香鸭腿 百合糯米粥 葱油饼	鸭鸡蛋 30 菜籽油 3 猪肉 10 牛肉 (回) 彩椒 10 卷心菜 50 百合 2 胡萝卜 40 糯米 10 粉条 10 黄豆芽 75 玉米油 3 小麦粉 40 细香葱 5 花生油 3	香烤洋葱配美式培根 翠绿西兰花 美式薄饼配果酱 粟米忌廉汤	黄油 3 鸡蛋 5 小麦粉 20 苹果酱 15 油 3 西兰花 30 干黄玉米 10 牛奶 5 火腿 10 口蘑 10 培根 15 罗勒 2 脱水洋葱 20	平菇烧肉片 清炒萝卜丝 水煮蛋 红薯卷 黑米粥	红薯 5 小麦粉 25 彩椒 5 平菇 40 猪肉 15 牛肉 (回) 花生油 3 豆腐 5 白萝卜 60 黑米 20 鸡蛋 50	烤肠配罗马生菜 西芹百合 太阳煎蛋 牛奶燕麦粥 全麦吐司	小麦 25 豆腐 2 鸡蛋 30 西芹 40 鲜百合 5 牛乳 100 燕麦片 20 黄油 3 鸡 20 生菜 20	青菜炒腐竹 彩椒土豆丝 水煮蛋 牛肉蒸卷 金丝面汤	小麦粉 80 牛肉 10 腐竹 15 小白菜 70 花生油 4 彩椒 10 土豆 20 鸡蛋 50
加点点	橙子 甜瓜	橙子 75 甜瓜 75	雪梨 西瓜	雪梨 75 西瓜 75	火龙果 苹果	火龙果 75 苹果 75	香蕉 哈密瓜	香蕉 75 哈密瓜 75	菠萝 沃柑	菠萝 75 沃柑 75
中餐	玉米炖排骨 双椒菌菇烧鸡丁 清炒上海青 葡萄干米饭 西湖牛肉羹	葡萄干 3 大米 70 鲜玉米 50 胡萝卜 40 猪大排 50 牛肉 (回) 豆腐 8 鸡腿 15 鲜香菇 10 彩椒 15 上海青 30 牛肉 10 鸡蛋 5	地中海烤鸡 凯撒沙拉 罗勒青酱意大利面 三鲜菌菇汤	柠檬 5 鸡腿 20 生菜 20 豆油 4 罗勒 5 菠菜 5 面条 10 口蘑 5 虾米 5 鱿鱼 5 橄榄 5 培根 15 小麦粉 10 平菇 25 鲜香菇 25 大蒜 5 金针菇 25 芝麻油 2	土豆红烧肉 肉末茄子 香菇菜心 大米饭 番茄鸡蛋汤	猪肉 25 牛肉 (回) 豆油 5 土豆 55 茄子 30 菜籽油 3 牛肉 20 鲜香菇 15 彩椒 5 白菜 25 糯米 55 番茄 30 紫菜 1 鸡蛋 20 芝麻油 2	法式薯条 香酥鸡米花 混合蔬菜沙拉 芝士培根汉堡 玉米浓汤	奶酪 10 猪肉 20 牛肉 (回) 小麦 30 土豆 30 豆腐 4 鸡 20 荷兰豆 5 黄瓜 5 生菜 20 芦笋 5 圣女果 5 玉米 20	台式三杯鸡 蒜蓉茼蒿 小炒有机花菜 黄金大米饭 青菜豆腐汤	鸡 20 马铃薯片 5 鲜大蒜 2 脱水洋葱 5 薄荷 2 豆腐 4 彩椒 30 茼蒿 40 白花菜 40 五花肉 10 牛肉 (回) 小米 20 大米 50 豆腐 15 上海青 15
加点点	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5	酸奶 饼干	酸奶 200 鸡蛋 5 小麦粉 20	牛奶 蒸山药	牛奶 200 山药 25	酸奶 脆皮蛋糕	酸奶 200 鸡蛋 5 小麦粉 20	牛奶 蒸玉米	牛奶 200 鲜玉米 25

备注：1、我校参考《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。

周食谱营养评价标准（每日）：能量 1010 千卡，蛋白质 35 克，动物及大豆蛋白约 17.5 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，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，优质蛋白质功能比大于 50%，脂肪占总热量的 26%，维生素 A87ug，维生素 C67mg，维生素 E16mg，钙 392mg，钾 635mg，钾 1419mg，镁 168mg，铁 7.9mg，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热量的 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。