

2022-2023 家校通迅录

Notes from the HOS Desk 校长寄语



I have heard from many families and staff that are still buzzing from the Family Fun Day event last weekend. We had perfect weather to bring families and friends together for an enjoyable morning. Lisa Hu and her team did an excellent job organizing the event, for which she deserves big thanks. I was so impressed with our parents and the creativity of their booths. Thank you to all families who participated and worked at the event. I can't wait to see what our teams come up with next year to make Family Fun Day even better!

上周的家庭欢乐日活动让家长和员工们都兴奋不已。天气也非常好,可以把家人和朋友们聚在一起度过一个愉快的早晨。Lisa Hu和她的团队组织得非常出色,应该给她们大大的感谢。我们的家长和他们的创意摊位给我留下了非常深刻的印象。感谢所有参与和工作的家庭。我迫不及待地想看看我们的团队明年会有什么更好的想法使家庭欢乐日更加完美!





This week I have been enjoying watching the updates from our MYP students on their Week Without Walls experience. We have intentionally shared the updates with all families as we believe this is a unique opportunity for our students to look forward to as they get to MYP 1.

这周我一直在欣赏我们的MYP学生在他们无墙周体验中的更新。我们有意向所有家庭分享这些更新,因为这是我们的学生在MYP1时期一个独特的机会。









www.siasinternationalschool.org







On Wednesday, our Strategic Planning Team worked with Dr. Teresa Arpin to develop "end results" or action items for our five strategic development goals. Much work is done behind the scenes on top of IB visits and WASC preparation. Our school staff is amazing in how hard they work to support the rapid growth of Sias IS. We will share the final plans with all families once it has been approved by the Board of Directors.

本周三,我们的战略规划团队与Teresa Arpin博士一起为五个战略发展目标制定了"终极目标"或行动项。这是在IB访问和WASC准备工作之外另一个大量的工作。我们学校的工作人员非常努力地支持Sias IS的快速增长。一旦董事会批准,我们将与所有家庭分享最终计划。

Monday, May 15 is the last day to pay tuition early to receive the 1000 rmb discount. After May 31, we will not be able to guarantee a seat for our current students if they have not paid the reenrollment fees by then. We are pleased with the excitement from new students wanting to join Sias IS. I strongly encourage families to pay their reenrollment fees ASAP.

5月15日星期一是提前支付学费以获得1000元人民币优惠的最后一天。5月31日之后,如果学生未支付学费,我们将无法保证他们的学位。我们很高兴看到新学生们对想要加入SIAS IS的兴奋感。我强烈建议大家尽快支付学费。









Theme of the Month: Knowledgeable 本月主题:博学多识

Someone who is knowledgeable has or shows a clear understanding of many different facts about the world or about a particular subject.

一个博学的人拥有或表现出对于世界上许多不同的事实或特定主题的清晰理解。

Activity for parents 家长活动

Ask your child about what they are learning in school and engage them in conversations about it: "Why do you think that is an important thing to know about?"

"Can you think of anything happening in the world today that might be similar to that aspect of history?"

询问孩子在学校学习的内容,并与他们进行对话:

"你认为那是一个重要的知识点吗?"

"你能想到任何今天世界上正在发生的事情与历史的某个方面类似吗?"



Upcoming Events 活动预告



May 17-18	KG Visit
5月17-18日	大班访问
May 18	Parent Session (Intro to Personal Project MYP5; College Counseling)
5月18日	家长会(个人项目MYP5简介;大学咨询)
May 19	PYP Exhibition
5月19日	小学展览
May 20	Open Day
5月20日	开放日
May 22-25	WASC Visit
5月22-25	WASC 访问
May 22-31	MAP Testing
5月22-31日	MAP测试
May 26	Art Exhibit & EOY Concert
5月26日	艺术展览和EOY音乐会



Student Learning for the Week 本周教学

KGA

Supporting a community takes a Community

社区支持







KG students have been learning how a community works. With so many different roles and responsibilities, we went deeper to see how the community system works together. Through various activities, KG discovered that the community needs to work together to get a job done.

KG的学生一直在学习社区是如何运作的。有了这么多不同的角色和责任,我们更深入地了解了社区系统是如何协同工作的。通过各种活动,KG的学生发现社区需要共同努力才能完成工作。













Students used this knowledge to communicate opinions, be open-minded in their thinking, and allow others to voice their opinions.

学生们利用这些知识来交流意见,思想开放,并允许他 人发表意见。

Using these communication skills, students decided real items in our bakery would be better. Baking cookies was not only delicious, but fostered more teamwork skills so we could all benefit in the end!

利用这些沟通技巧,学生们决定在我们的面包店里做真正的东西会更好。烤饼干不仅美味,还培养了更多的团队合作技能,这样我们最终都能受益!







G1

Sharing the Planet Exploring Living Things 共享地球——生物探索







The first graders have begun an inquiry into their final unit of the year "Sharing the planet", where the students have been exploring living things. Students have taken a deep dive into understanding the natural structures of living things and their functions.

一年级学生已经开始他们今年的最后一个单元"共享地球——生物"的探索。学生们深入了解了生物的自然结构及 其功能。

As writers and creatives, students have written informational books about plants and have made posters of their favorite animals with a strong focus on their natural structures and functions.

同学们作为作者和创作者,写了关于植物的 书,并制作了他们最喜欢的动物的海报,重点 探索了它们的自然结构和功能。





The students consolidated their learning with an amazing outdoor adventure to the Zhengzhou Zoo and were able to make connections in their learning, with a scavenger hunt and different fun activities.

学生们在郑州动物园进行了一次令人惊叹的户外探险,巩固了他们的学习,并通过不同的有趣的寻宝活动在学 习中建立了联系。











College & Career 大学 & 职业 Connections

关联

Helping Sias IS Students & Families Find Their Future 帮助Sias IS学生和家庭构建未来

Using IXL To Prevent Summer Academic Decline 使用 IXL 防止夏季学业下降



Summer is an excellent time for students to recharge their batteries and take a break from the academic demands of school. However, it's essential to continue building and maintaining academic skills to avoid summer academic decline. One way to do this is by using IXL, an online learning platform that offers personalized practice in a wide range of subjects. IXL is just one of the tools offered by Sias IS to develop and maintain the academic skills of students.

暑假是学生在学校的学术生活中按下暂停键,在休息中养精蓄锐绝的佳时机。但是,学生们必须继续培养和保持学术技能,以避免暑假学业下滑。保证学生学术水准的其中一种方法是使用 IXL,这是一个在线学习平台,它为学生提供广泛主题的个性化练习。 IXL 只是 Sias IS 提供的用于培养和保持学生学术技能的工具之一。









Here are some tips on how to use IXL to build and maintain academic skills over the summer: 以下是有关如何在暑假使用 IXL 建立和保持学术技能的一些提示:

- Set a schedule: Make sure your child works on IXL on a regular basis.
 设定时间表:确保您的孩子定期使用IXL。
- Choose appropriate skills: You can use the diagnostic feature on IXL to determine which skills your child needs to work on.

选择适当的技能: 您可以使用IXL 上的诊断功能来确定您的孩子需要学习哪些技能。

- Track progress: IXL offers progress reports that show your child's performance over time. Use these reports to track your child's progress and celebrate their achievements. 跟踪进度: IXL 提供进度报告,显示您孩子一段时间内的表现。使用这些报告来跟踪您孩子的进步并鼓励他们所取得的成就。
- Make it fun: Offer incentives for completing certain milestones, and make learning on IXL a fun and rewarding experience.

让它变得有趣:完成某些里程碑提供奖励这一功能使在 IXL 上学习成为一种有趣而有益的体验。

By using IXL to build and maintain academic skills over the summer, your child will be better prepared for the next school year and avoid the summer slide. Here is the link to the IXL website, https://www.ixl.com/.

学生通过在暑假期间使用 IXL 培养和保持学术技能,他们将更好的为下一学年的学习做准备,避免暑期学术能力滑坡。这是 IXL 网站的链接,https://www.ixl.com/



Menus 菜单

2023.05.15-05.19 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	Fried shredded pork with carrots Fried bean sprouts with vinegar sauce Boiled egg Green onion pie Egg noodle soup	Mung bean sprouts 80 Peanut Oil 8 Carrot 30 Pork 10 Beef (Halal) Soybean oil 2 Eggs 50 Flour 40 Chives 5 Starch 5 Egg 5	Grilled sausages Roman lettuce Baked eggs with cheese Coconut bread cornflakes with milk	Lettuce 20 Chicken 20 Butter 6 Bell pepper 3 Cheese 3 Eggs 28 Noodles 50 Coconut 1 Milk 10 White sugar 2 Yellow cornmeal 5 Milk 15	Shredded potatoes with pepper Stir-fried Shanghai cole Boiled egg small steamed twisted roll Millet sweet potato porridge	Potato 20 Bell pepper 10 Shanghai (Ding 30 Soybean oil 3 Eggs 50 Flour 20 Onions 2 Millet 10 Sweet potatoes 5	Pork neck with mushrooms with black pepper Butter cauliflower Sun omelettes Milk with Cirrel Caterpillar bread	Mouth mushroom 20 Pork 10 Beef (Halal) Soybean oil 4 Bell pepper 5 Cauliflower 40 Butter 6 Eggs 35 Whole milk powder 20 Flour 35	Stir-fried potato carrot and pepper Small fried dough sticks Boiled egg Beef soup (Homemade)	Bean curd sheets 10 Carrot 10 Enoki mushroom 10 Soybean oil 2 Flour 30 Fennel seed 5 Eggs 50 Noodles 3 Comstarch 3 Soybeans 5 Tofu skin 15 Kelp 3 Peanut kernel 3 Beef 25
Snack	Melon Pear	Melon 75 Pear 75	Watermelon Kiwi	Watermelon 75 Kiwi 75	Banana Pineapple	Banana 75 Pineapple 75	American Orange Cherry tomatoes	American Orange 75 Cherry tomatoes75	Hami melon Apple	Hami melon 75 Apple 75
Lunch	Stir-fried shrimp with broccoli Spiced bean curt Hankou hot dry noodles Fried boiled egg Glutinous rice balls in rice wine	Broccoli 20 Shrimp 10 Soybean oil 2 Thousand sheets 20 Noodles 25 Carrot 5 Mung bean sprouts 5 Cucumber 5 Beef 5 Sesame oil 2 Eggs 60 Glutinous Rice 15 Starch 10 Goji berry 2	Roast potato with tuna Onions with American bacon French salad Khao Pad Sub Pa Rod Seafood soup	Potatoes 25 Dragon fish 5 Cucumber 20 Tomatoes 20 Lettuce 20 Fresh Corn 10 Rice 50 Carrot 5 Pineapple 10 Butter 3 Eggs 15 Scallion 3 White Mushroom 10 Shyther 10 Soybean oil 3 Dehydrated Onion 20 Basil 2 Bacon 15	Braised lamb with scallions Stir-fried bean curd stick with cabbage Scrambled eggs with tomatoes Rice Mung bean water	Scallion 10 Mutton 20 Soybean oil 2 Shredded Tofu 20 Cabbage 70 Corn oil 4 Tomatoes 30 Eggs 15 Rapeseed oil 3 Xiaomi 20 Mung Bean 310	Crispy chicken cuttet with herbs Fruit and vegetable salad Spaghetti bolognese with cheese powder French fries Creamy mushrom soup	Chicken 20 Soybean Oil 4 Cucumber 20 Chery Tomatoes 10 Lettuce 30 Honeydew Melon 15 Pasta 45 Color Pepper 10 Gnion 10 Carrot 15 Tomato 15 Tomato 15 White MUSHROOM 30 Cow Milk 100 Potato 30	Braised crispy meat Stir-Tired sliced cucumber Braised beef noodles Multi-layer steamed bread	Starch 5 Pork 15 Beef (halal) Soybean oil 2 Cucumber 80 Peanut Oil 5 Flour 115 Red Carrot 45 Onion 35 Shanghai Qing 65 Beef 30
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Multi-flavored cookies Yoghurt	Flour 15 Egg 5 White sugar 10 Butter 2 Yoghurt 200	Taro Milk	Taro 20 Milk 200	Melaleuca red bean cake Yoghurt	Flour 20 Red bean paste 15 Butter 3 Egg 1 White sugar 2 Yoghurt 200	Boiled peanuts Milk 200	Peanuts 20 Milk 200
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. Due to market supply problems, some dishes may be changed, based on the actual situation. 4. 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. 5. 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 E 15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg. 6. 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 4 mg, vitamin E 3.6 mg, ratio and ratio more than 30% of total energy; the content of vitamins such as vitamin A 420 ug, vitamin E 3.5 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.4 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg.										

Fig. 6. Nutritional evaluation of this week's diet the average daily energy is close to 978 kral, 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 vitam A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.

2023.05.15-05.19 菜单										
	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)
무%	胡萝卜炒肉丝 醋溜银芽 水煮蛋 葱油饼 鸡蛋面汤	绿豆芽 80 花生油 8 胡萝卜 30 猪肉 10 牛肉 (回) 豆油 2 鸡蛋 50 小麦粉 40 细香粉 5 淀粉 5	美式烤肠 罗马性莱 芝士烟蛋 椰蓉面包 牛奶玉米片	生業 20 鸡 20 黄油椒 3 奶酪 28 面条 50 椰子 1 牛奶糖 2 黄玉椒面 5 牛奶 15	彩椒土豆丝 清炒上海青 水煮蛋 小米塩瓜粥	土豆 20 彩椒 10 上海青 30 豆油 3 鸡蛋 50 小麦粉 20 小麦葱 2 小米 10 红薯 5	黑板口蘑烧猪颈肉 黄油花菜 太阳煎蛋 牛奶配造猫尔 毛毛虫面包	口藤 20 猪肉 10 牛肉(回) 豆油 4 彩被 5 白花菜 40 貴油 6 鸡蛋 35 全脂牛奶粉 20 小麦粉 35	热觉三丝 简香小油条 水葱蛋 牛肉刺烧汤 (自制不辣)	干张 10 胡萝茸 10 豆芽菇 10 豆豆油 2 小麦香蛋 50 鸡蛋 50 鸡蛋 50 鸡蛋 50 鸡蛋 50 鸡蛋 50 鸡蛋 50 鸡蛋 20 蛋白 15 海生仁 3 牛肉 25
加点	甜瓜 香梨	甜瓜 75 香梨 75	西瓜 猕猴桃	西瓜 75 猕猴桃 75	香蕉 菠萝	香蕉 75 菠萝 75	美国大甜橙 圣女果	美国大甜橙 圣女果	加密	哈蜜瓜 75 苹果 75
午餐	西兰花炒虾仁 五香卤豆皮 汉口恐干面 虎皮鸡蛋 米酒汤圆	西兰花 20 虾米 10 豆米 20 面排 2 20 面排 25 胡绿豆瓜肉油 55 黄斑瓜 55 中麻油 60 糯米 15 淀粉子 15 淀粉子 2	晉烤土豆配吞拿鱼 洋葱配炭式培根 法式田团沙拉 秦式波罗沙饭 海鲜汤	土豆 25 5 发 25 5 发 10 20 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	大惠扒羊肉 小白菜炒豆筋 番茄炒鸡蛋 黄金大米饭 绿豆水	大意 10 羊肉 20 豆油 2 豆腐 20 小白菜 70 玉米油 4 香茄 30 鸡蛋 15 菜籽油 3 小米 20 大米 50 绿豆 310	晉草脆皮鸡排 蔬果沙拉 意大利肉酱面配芝土粉 奶油蘑菇汤	鸡肉 20 豆油 4 黄瓜 20 圣女果 10 白兰瓜 15 小麦粉 20 彩椒 10 牛肉 10 洋蘑菇 10 白剪 30 牛乳 100	黄烟酥肉 演費瓜片 红矮牛肉面 千层饼	淀粉 5 猪肉 15 牛肉 (回) 豆油 2 黄瓜 30 花生油 5 小麦粉 115 红胡萝卜 45 洋葱 35 上海青 65 牛肉 30
加点	混合坚果牛奶	核桃 5 腰果 5 棒子 5 杏仁 5 牛奶 200	多味饼干酸奶	面粉 15 鸡蛋 5 白砂糖 10 黄油 2 酸奶 200	芋头 牛奶	芋头 20 牛奶 200	千层红豆酥 酸奶	小麦粉 20 红豆沙 15 黄油 3 鸡蛋 1 白砂糖 2 酸奶 200	铁棍山药 牛奶	山药 20 牛奶 200