



Newsletter

2022-2023 家校通讯录

January 13, 2023
2023年1月13日



I sincerely hope that our students and families were able to rest and recharge during the winter break. Certainly, many families dealt with the lingering effects of COVID. The new year brings many reasons to be optimistic. Our staff are most looking forward to a full semester of in-person learning without interruptions. As we approach the Chinese New Year, please know that the Mills family and I are grateful to be here with you in Zhengzhou and look forward to the good things to come in 2023. Xin Nian Kuai Le!

我衷心的希望我们的学生和家长可以在新年假期期间给自己好好充充电。疫情给很多人都带来了挥之不去的影响，新的一年我们也有了更多的期待。西亚斯外籍人员子女学校希望在新的学期里我们可以按照校历共度完整的一个学期，不再有任何打破线下教学计划的事件。新年的钟声即将敲响，在中国新年即将到来之际，我和我的家人十分感激可以在郑州与大家相聚，并期待着美好的2023年！新年快乐！

Dr. Sam E. Mills
山姆 米尔斯 博士



WFUNA Visit

联合国协会世界联合会代表团来校访问

On the afternoon of January 9, a delegation from the World Federation of United Nations Associations (WFUNA) visited our school. The delegation visited some classrooms and various venues, and learned about the implementation of the IB (International Baccalaureate) in our school. Dr. Mills also explained how we east meets west to build the first international school in Henan Province and cultivate global citizens with innovative leadership.

1 月 9 日下午，联合国协会世界联合会代表团一行来到我校进行参观访问。代表团参观了学校的教室和各类场馆，深入了解了 IB（国际文凭）课程在我校落地实施的情况，以及我校是如何在河南省打造第一所兼容中西的国际学校，培养具有创新领导力的世界公民。



Bonian Golmohammadi, secretary-general of the World Federation of United Nations Associations, highly praised the world-leading education philosophy and student-centered teaching philosophy at Sias IS.

联合国协会世界联合会秘书长 Bonian Golmohammadi（博尼亚·戈莫哈马迪）对西亚斯外籍学校展现出的全球领先的教学理念和以学生为本的办学理念表示赞赏和肯定。

Dr. Shawn Chen, Chair of the Board, was elected as the chairman of the WFUNA in November 2022. 我校理事长陈肖纯博士在 2022 年 11 月被选为联合国协会世界联合会主席。



End of Semester Parents' Tea 新年家长茶话会

Next week, the Sias IS Leadership team will meet with parents to share the big things to come for the spring semester. We will meet in three groups: Early Years, Primary Years, and Middle Years. Please see the schedule below and use the QR Code to register.

下周，西亚斯外籍学校领导团队将会与大家相聚一起探讨新学期我们需要关注的大事件。我们将分别针对幼儿园、小学、中学举办三场家长茶话会。请扫描下方二维码报名活动。



IB Learner Profile for the Month: Principled 本月 IB 学习者目标：有原则的人

They act with integrity and honesty, and a strong sense of fairness, justice, and respect for the dignity of the individual, groups, and communities. They take responsibility for their own actions and the consequences that accompany them.

他们行事正直、诚实，具有强烈的公平、正义感，尊重个人、群体和社区的尊严。他们为自己的行为和随之而来的后果负责。

Activities for parents

家长小游戏

Involve your child in deciding on the rules for a game or activity and then ensure that they stick to the rules that have been decided upon.

让孩子参与决定游戏或活动的规则，然后确保他们遵守已经决定的规则。

Student Learning for the Week 本周教学

Pre-K3B

Back to our Routines! 重回课堂



The Pre-K 3B students are ready to start the new year with a bang! They are easing their way into our familiar classroom routines and enthusiastically taking part in various classroom activities.

3 岁班的学生们已经以极大的热情准备好开始新的一年了！他们正在重新回到我们熟悉的课堂中，并积极地参加各种课堂活动。





This month marks the conclusion of our second unit, How We Express Ourselves, and what better way to share the lessons the students have learned than by showcasing them at the Early Years Learning Celebration on January 19th!

第二个学习单元“我们如何表达自己”即将在本月结束，学生们会在 1 月 19 日的“幼儿园期末结项庆典”上展示和分享他们所学的内容，还有什么方式比这更好呢！

All the Pre-K 3 students have started preparing for this upcoming event. Both classes are working together to ensure that through their presentation, they will successfully demonstrate how children around the world celebrate their birthdays.

所有 Pre-K3 的学生们都已经开始为即将到来的期末结项庆典活动做准备。相信在这两个班的共同努力下，通过演讲的形式，他们会成功地展示给大家世界各地的孩子们如何庆祝生日的。



PreK-4A

WRITERS

作家



Would you believe if I told you can write a book in an RV class or perhaps during remote learning and come to school to publish it?

如果我告诉你，我们可以在房车课上或者远程学习期间写了一本书，然后来学校出版，你会相信吗？

PreK-4A students proved you can do it ,as long as you are stubborn, creative and have a strong will to pursue your goals.

PreK-4A 的学生证明了你可以做到，只要你有毅力，有创造力，有追求目标的坚强意志。

“How We Express Ourselves” is a unique unit helping students to learn variety of means of expressing their ideas and communicating stories that live in real or perhaps, imaginative worlds.

“我们如何表达自己”是一个独特的单元，帮助学生学习各种去表达他们的想法和交流生活中现实的或想象世界中的故事的方法。





Exploring stories helped our young learners to develop imagination by introducing new ideas into their world – ideas about fantastical worlds, other planets, animals, different points in time and invented characters.

探索故事帮助我们的年轻学生通过向他们的世界引入新的想法来发展想象力——关于幻想世界、其他行星、动物、不同时间点和虚构人物的想法。

As a part of Summative Assessment students were given a task to work collaboratively and create a story that later was turned into a book and published as their very first storybook written and illustrated by PreK-4A students.

作为总结性评估的一部分，学生们被要求合作创作一个故事，这个故事后来被变成了一本书，并作为第一本由 PreK-4A 学生编写和绘制的故事书出版。

Our learning experiences will encourage the children to realise that they can, and should, imagine anything they want.

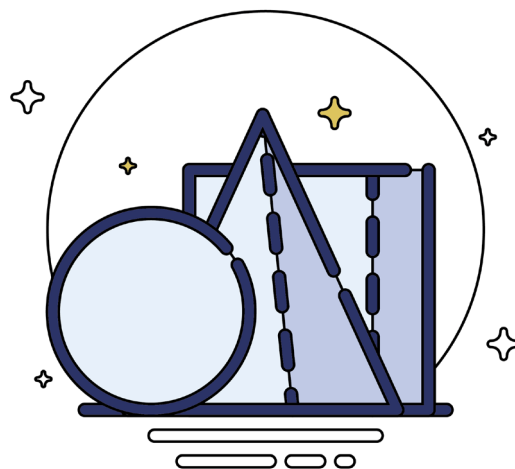
我们的学习经验将鼓励孩子们意识到他们可以，也应该想象他们想要的任何东西。



Grade 2A

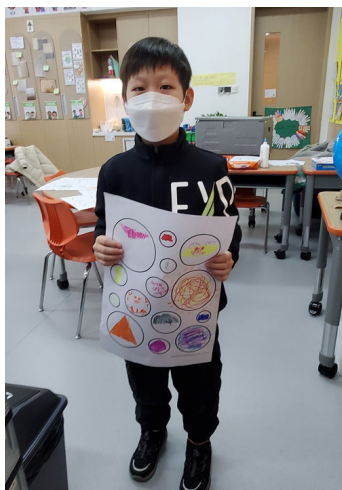
LEARNING ABOUT 2D SHAPES

正在学习二维形状



Students were exploring the properties of the different 2D shapes in our math class. They used manipulatives and combined shapes to create new shapes. They learned about polygons, angles, sides, vertices, and were able to draw a shape when given the properties of that shape.

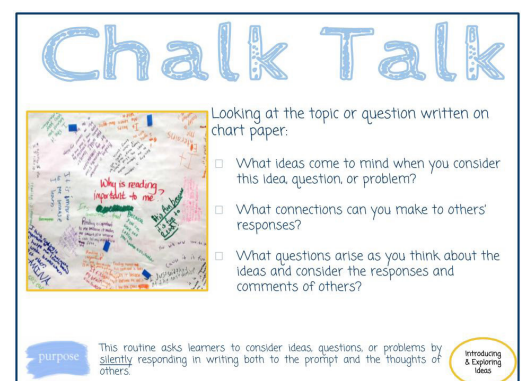
在数学课上，学生们正在探索不同二维图形的特征。他们使用可操作和组合的形状来创造新的形状。他们学习了多边形、角、边、顶点，并且能根据给出的形状特性画出对应的形状。





Grade 2B

self-management skills *communication skills* 自我管理能力和沟通能力



Welcome Back to a brand-new beginning in 2023! Students of Grade 2B have been happy to be back on campus learning and laughing along with their friends. This week students have continued developing their self-management skills and communication skills.

新年伊始，万象更新！欢迎来到这崭新的2023年！二年级B班的学生们终于可以和他们的伙伴们一起学习并分享快乐了。本周我们将继续培养孩子的自我管理能力和沟通能力。

During our math inquiry, students applied their knowledge of 2D shapes to create stain glass artwork. They further extended their understanding of attributes of 2D shapes to study the properties of 3D shapes. They used the thinking routine, Chalk Talk to share their prior thoughts about different 3D shapes and used their communications skills by adding to the knowledge shared by their peers.

在我们的数学探究单元中，学生们运用他们的平面图形知识完成了他们的彩色玻璃窗花作品。接下来，孩子们在充分理解了平面图形的知识后，他们又学习了立体形状的知识。同时运用“粉笔谈话”的方法，他们按照思维惯例分享之前对于不同的立体形状的想法，在此过程中，通过互相分享提高了他们的沟通技能。

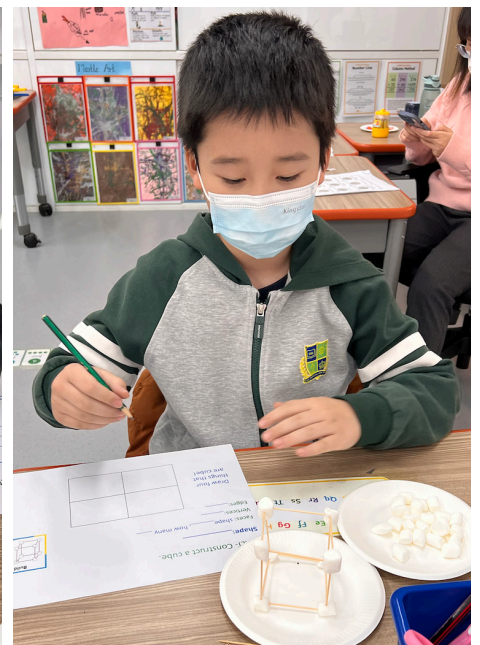
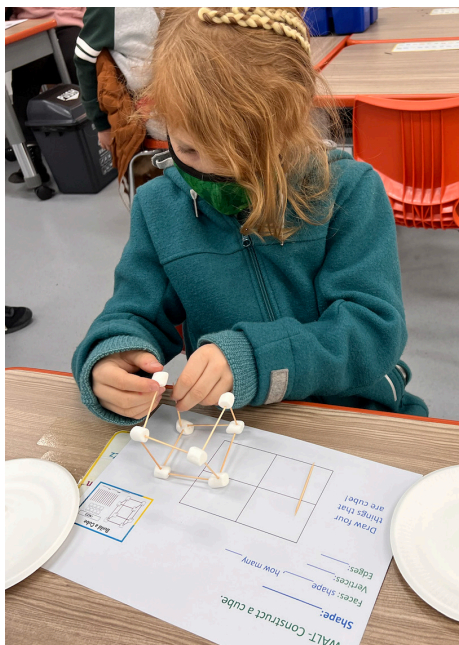
self-management skills



communication skills

To explore the properties of a 3D shape, students used their self-management skills and constructed a cube and rectangular prism using marshmallows and toothpicks. And not to forget the yummy treats they got to enjoy after!

为了探索三维立体形状的特性，学生们使用他们的自我管理建构技能，用棉花糖和牙签创建了一个立方体和四棱柱的形状。哦，最后他们居然用棉花糖的美味来奖励自己！



MYP Mandarin

EAST MEETS WEST TO CELEBRATE THE CHINESE NEW YEAR

中西融合喜迎中国新年

"Ruihu brings blessings to send spring away, auspicious rabbits welcome spring", the Year of the Tiger is coming to an end soon, and the Year of the Rabbit is ushered in. As an explorer and well-rounded person in Sias, MYP students spread Chinese culture, practice the concept of integration of Chinese and Western, and unity of knowledge and action by painting New Year pictures, writing couplets, and decorating the school.

“瑞虎携福送春去，祥兔报喜迎春来”，虎年马上就要结束了，迎来了兔年。作为西亚斯的一名探究者和全面发展的人，MYP 的学生们用画年画、写对联和装扮学校等形式来传播中国文化、实践中西融合、知行合一的理念。

MYP1 students independently explored the Chinese New Year picture culture, created a work of the Year of the Rabbit New Year picture and presented it to a foreign teacher of MYP, and explained the Chinese New Year picture culture in detail and expressed sincere New Year blessings

MYP1 的学生自主探究了中国的年画文化，创作了兔年年画的作品后将其赠送给了 MYP 的外教老师，并且向其详细讲解了中国的年画文化以及表达了真诚的新年祝福。





MYP2 students independently explored the Chinese couplet culture, created a Chinese-English couplet work and presented it to the foreign teacher of MYP, and explained the Chinese couplet culture, the meaning of the couplet and expressed their sincere New Year blessings .

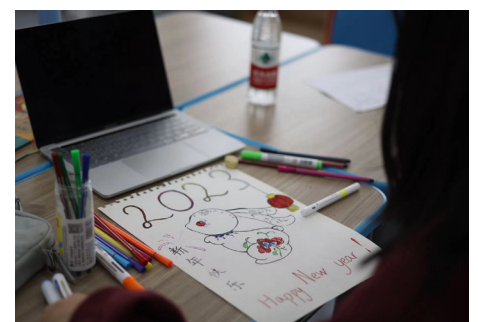
MYP2 的学生自主探究了中国的对联文化，创作了中英结合的对联作品后将其赠送给了 MYP 的外教老师，并且向其详细讲解了中国的对联文化、对联含义以及表达了真诚的新年祝福。

It is a pity that the activity of MYP3 students making and sharing candied haws originally scheduled for this week had to be postponed to next week due to some irresistible factors. They chose to write couplets for the primary school building and kindergarten building to decorate the school during community time, contributing to the festive atmosphere of the campus.

原定于本周进行的 MYP3 学生制作并分享冰糖葫芦的活动因为某些不可抗因素不得不推迟到下周，非常遗憾。他们选择在社区时间为小学楼和幼儿园楼书写对联装扮学校，为校园的节日氛围贡献一份力量。

Finally, we wish you all a happy and safe new year.

最后，祝大家新年快乐，新的一年平安喜乐。





EY/PYP PSPE

Mastering the fundamentals 掌握基础知识



Mastering skills is not a easy or quick task, but when it is achieved there is an overwhelming sense of achievement. During recent PSPE lessons students have been focusing on the fundamental skills of agility, balance and coordination and their growth has been impressive.

掌握技能并不是一项简单又可以迅速完成的任务，但当完全掌握技能时，我们会有一种前所未有的成就感。最近的 PSPE 课程中，学生一直专注于灵活性、平衡感和协调性的基础技能训练，而且他们的学习成长令人印象深刻。





Students are becoming more agile as they complete different movement patterns, learning to move in different directions with control and at increasing speeds. When balancing, students have been practicing holding a range of different positions, and are now demonstrating the focus and body control required to hold these balances for longer periods of time. Some of the biggest growth can be seen with the students hand-eye coordination as students have progressed from moving objects around their body to rolling, throwing and catching different objects, with increasing success. The most pleasing aspect of this has been seeing students working collaboratively to share equipment, throw and catch with each other and celebrate each others successes.

当学生完成不同的运动时，他们变得更加灵活，学会了在不同的方向上控制并以更快的速度移动。在平衡运动时，学生们练习保持一系列不同的姿势，现在展示保持平衡所需的专注力和身体控制力。从移动身体周围的物体到滚动、投掷和捕捉不同的物体，学生的手眼协调能力得到了很大的提升，收获了很多。最开心的是看到学生们合作分享器材，庆祝彼此的成功时的样子。

Looking forward to the next semester we will continue to build on these skills, explore new activities and think about the healthy choices we can all make on a daily basis.

展望下学期，学生将继续学习这些技能，探索新的活动，思考我们每天的健康运动活动。

Menu 菜单

2023.01.16-01.20 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	pine nut with corn Steamed egg soup with shrimp a baked pancake rice porridge with red dates and yam	corn 20 Carrot 10 Edamame 10 Pine nuts (cooked) 3 Soybean oil 3 Eggs 30 Shoepo 3 Sesame oil [sesame oil] 1 Flour 20 Rice (X) 15 Yam 5 Dates (dry, large) 5	Bacon asparagus Scrambled eggs with American mixed beans Whole wheat pumpkin bun Milk with Milk Ceryl	Asparagus 20 Bacon (bacon) 10 Butter 3 Green soybeans 50 Eggs 15 Soybean oil 1 Flour 30 Pumpkin 3 Whole milk powder 20	Minced meat tofu Colorful scrambled eggs Jade steamed buns Walnut porridge	Tofu 60 Beef (lean) 5 Soybean oil 3 Carrot 10 Bell pepper 5 Dried fungus 10 Eggs 25 Peanut Oil 2 Flour 30 Spinach 10 Rice (X) 10 Walnuts (dried) 5 Peanut kernels (raw) 3 Sesame seeds (white) 1	fried egg Grilled sausages with lettuce Meat muffle rolls Milk corn flakes	Eggs 10 Soybean oil 3 Lettuce 10 Chicken 10 Flour 35 Pork floss 3 Yellow cornmeal 5 Milk 15	Braised pork slices with mushroom Steamed egg with minced whitebait Steamed bun with red dates Sweet corn grits	Bell pepper 5 Oyster mushroom 40 Pork (lean) 15 beef (back) Peanut Oil 3 Eggs 10 Whitebait (noodle fish) 3 Flour 45 Dates (seedless) 10 Yellow corn grits 10
		apple banana	Apple 75 Banana 75	blueberry Dragon Fruit	Blueberry 75 Dragon Fruit 75	Fragrant pears Ugly orange	Fragrant pear 75 Ugly Orange 80	mango pineapple	Mango 75 Pineapple 75	kiwi hami melon
Lunch	Soy sauce prawns dried beancurd sticks with green vegetables Fried pancake shreds with Beijing flavor Duck Blood Vermicelli Soup with Winter Bamboo Shoots	Penaeus longhairly 25 Soybean oil 6 Curd bamboo 15 Cabbage 70 Peanut Oil 4 Starch (wheat) 40 Mung bean sprouts 10 Lettuce 10 Beef (hind leg) 15 Fans 10 Fresh winter bamboo shoots 30 Duck Blood (White Duck) 20 Eggs (X) 10 Sesame oil [sesame oil] 2	Western style stewed mutton Fruit and vegetable salad Thai pineapple fried rice Pumpkin soup	Tomato 35 Mutton (lean) 10 Soybean oil 1 Cucumber 20 Virgin fruit 10 Lettuce 30 White melon 15 Fresh corn 10 Starch (rice) 50 Carrot 5 Pineapple 10 Butter 3 Egg (white) 5 Pumpkin 15	Sauteed Shredded Pork in Sweet Bean Sauce Stir-fried small greens Lotus leaf cake Lamb paste noodle soup	thousand sheets Pork (lean) 15 beef (back) Soybean oil 2 Cabbage 80 Onion 40 Flour 20 Starch (wheat) 40 Carrot 10 Shanghai Qing 10 Lamb (lean) 15 Canola oil (green oil) 2	Deep sea cod steak Fruit salad Japanese chicken thigh rice bowl Japanese miso soup	Flour 10 Cod 10 Soybean oil 5 Cherry Tomatoes 10 Mini Cucumber 10 Red grape grape 5 Cantaloupe 35 Japanese rice (standard 1) 50 Onion 10 Broccoli 20 Mouth mushroom (white mushroom) 30 Chicken drumsticks 10 North Tofu 10 Enoki mushroom (fresh) [intellectual mushroom] 10 Kelp 10	Cola Chicken Wings Green broccoli Sesame paste roll Wonton in high soup	Chicken wings 15 Coke 10 Soybean oil 6 Broccoli 30 Flour 70 Pork loin 15 Tahini 3 Tomato 22 Coriander 8 Spinach 22 Beef 13 Sesame oil [sesame oil] 1
		Milk Steamed pumpkin	Milk 200 Pumpkin 50	yoghurt Thousand-layer red bean crispt	Yogurt 200 Flour 10 Red bean paste 5 Butter 3 Egg 1 White sugar 2butter2	Milk Steamed corn	Milk 200 Fresh corn 15	yoghurt French cheesecake	Yogourt 200 Flour 5 Milk pimple 3 Cream 5 Butter 1 Egg 5 White sugar 2	Milk Pistachio

Remarks: 1.Slas 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 E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg,

zinc 5 mg, phosphorus 594 mg, selenium 21

6. Nutritional evaluation of this week's diet: the average daily energy is close to 978 kcal, protein is more than 37 grams, high fat is 100 grams. Carbohydrate is 50 grams. This diet is high in fat and protein, but low in carbohydrates. It is not a balanced diet.

2023.01.16-01.20 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	松仁玉米粒 虾皮蛋羹 发面烙饼 红枣山药大米粥	玉米粒 20 胡萝卜 10 毛豆 10 松子(熟) 3 豆油 3 鸡蛋 30 虾皮 3 芝麻油(香油) 1 小麦粉 20 糯米(X) 15 山药 5 枣(干、大) 5	培根芦笋 美式杂豆炒蛋 全麦南瓜小面包 牛奶配喜瑞尔	芦笋 20 培根 10 黄油 3 青大豆 50 鸡蛋 15 豆油 1 小麦粉 30 南瓜 3 全脂牛奶粉 20	肉末豆腐 多彩炒鸡蛋 翡翠馒头 健脑核桃粥	豆腐 60 牛肉(瘦) 5 豆油 3 胡萝卜 10 彩椒 5 干木耳 10 鸡蛋 25 花生油 2 小麦粉 30 菠菜 10 福来 10 核桃(干) 5 花生仁(生) 3 芝麻子(白) 1	太阳煎蛋 烤箱配生菜 肉松卷 牛奶玉米片	鸡蛋(X) 10 豆油 3 生菜 10 鸡 10 小麦粉 25 鸡肉松 3 黄玉米面 5 牛奶 15	平菇烧肉片 银鱼肉末蒸蛋 红枣馍 香浓玉米馍	彩椒 5 平菇 40 猪肉(瘦) 15 牛肉(匠) 10 花生油 3 鸡蛋 10 银鱼(面条鱼) 3 小麦粉 45 红枣(无核) 10 黄玉米馍 10
加 点	苹果 香蕉	苹果 75 香蕉 75	蓝莓 火龙果	蓝莓 75 火龙果 75	雪梨 丑橘	雪梨 75 丑橘 80	芒果 菠萝	芒果 75 菠萝 75	猕猴桃 哈密瓜	猕猴桃 75 哈密瓜 75
午餐	豉油大虾 青菜炒腐竹 京味炒饼丝 冬笋鸭白粉丝汤	对虾 25 豆油 6 腐竹 15 小白菜 70 花生油 4 淀粉(小麦) 40 绿豆芽 10 生菜 10 牛肉(后腿) 15 粉丝 10 鲜冬笋 30 鸭血(白鸭) 20 鸡蛋 10 芝麻油(香油) 2	西式红烩羊肉 藜菜沙拉 泰式菠萝炒饭 南瓜浓汤	番茄 35 羊肉(瘦) 10 豆油 1 黄瓜 20 圣女果 10 生菜 30 白兰瓜 15 鲜玉米 10 淀粉(大米) 50 胡萝卜 5 菠萝 10 黄油 3 鸡蛋(白皮) 5 南瓜(栗面) 15	京酱肉丝 清炒小青菜 荷叶饼 羊肉蹄汤面	千张 10 猪肉(瘦) 15 牛肉(圆) 10 豆油 2 小白菜 80 色拉油 5 小麦粉 20 淀粉(小麦) 40 胡萝卜 10 上海青 10 羊肉(瘦) 15 菜籽油(青油) 210	深海鳕鱼排 水果沙拉 日式鸡腿盖饭 日式味增汤	小麦粉 10 鳕鱼 10 豆油 5 圣女果 10 迷你黄瓜 10 红提子葡萄 5 哈密瓜 35 糯米 50 洋葱 10 西兰花 20 鸡蛋白(熟) 30 白萝卜 10 北豆腐 10 金针菇 10 海带 10	可乐鸡翅 翠绿西兰花 麻酱卷 高汤馄饨	鸡翅 15 可乐 10 豆油 6 西兰花 30 猪里脊 15 芝麻酱 3 小麦粉 70 麻酱卷 番茄 22 西兰花 20 菠菜 22 牛肉 13 芝麻油(香油) 1
加 点	牛奶 蒸南瓜	牛奶 200 南瓜 50	酸奶 千层红豆酥	酸奶 200 小麦粉 10 红豆沙 5 黄油 3 鸡蛋 1 白砂糖 2	牛奶 蒸玉米	牛奶 200 鲜玉米 15	酸奶 法式芝士蛋糕	酸奶 200 小麦粉 5 奶疙瘩 3 奶油 5 黄油 1 鸡蛋 5 白砂糖 2	牛奶 开水果	牛奶 200 开水果(熟) 10

备注: 1. 我校参考《中国居民膳食指南 2022——学龄儿童膳食指南》制定每周营养食谱, 进行计划膳食。2. 每周 1、3、5 提供中餐, 2、4 提供西餐。3. 因市场供应问题, 部分菜品可能会有所变动, 以实际情况为主。

[illegible]

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, 磷 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。