



Newsletter

2022-2023 家校通讯录

February 24, 2023
2023年2月24日

Notes from the Head of School's Desk 校长寄语

This week disappeared.

I will share just a few highlights from the very busy week.

一周的学习生活已经结束。让我来与您分享这繁忙一周中的亮点信息。



On Monday we welcomed Mr. Steve Moody, Head of School at the International School of Tianjin. Steve is the President of the ACAMIS Board. In March, we hope the Board will accept our application and approve our membership in the organization. ACAMIS provides opportunities for international schools to compete in sports, hold arts and cultural exchanges, and train professional staff.



本周一，我们迎来了天津国际学校校长 Steve Moody 先生。Steve 是 ACAMIS（中蒙国际学校协会）董事会董事长。3 月份，我们希望中蒙国际学校协会董事会通过我们的申请，并批准我们成为该协会正式成员。ACAMIS 为国际学校提供体育竞赛、艺术文化交流和培训专业人员的机会。



This week I had the opportunity to travel to Changsha and Wuhan to visit a couple international schools. One of the best ways to learn and grow is to observe how other schools are doing things. Steal the best ideas and learn how we can improve our practices. Another reason to visit other schools is to validate the things we do well and compare it to other schools. Below are a few of my observations.

这周我有机会去长沙和武汉参观了几所国际学校。学习和成长的最好方法之一就是观察其它学校是如何运转的。交流好的想法并学习如何提升自我。访问其他学校的另一个原因是将我们做得不错的地方与其他学校进行一些比较。以下是我的一些观察。

- Our instructional staff is very strong.
- I ate lunch in two different school cafeterias. These schools charge more money for meals and our food was significantly better.
- Our facilities and school resources are uncommonly good.
- As we prepare for our high school program, we need to have a strong college counseling department.
- Overall, we have a very strong team that has contributed to a positive school culture and working environment. This was not evident at the other schools I visited.
- 我们的教学团队实力很强。
- 我在这两个不同的学校食堂吃饭。相比较来说，我们的餐费更低且味道更好。
- 我们的设施和学校资源非常好。
- 我们正在筹备高中项目，需要一个强大的大学咨询部门。
- 整体上，我们有一个强大的团队，帮助建立积极的学校文化和提供美好的工作环境。在我访问其他学校时，这一点并不明显。



Sias IS students are working hard preparing for the March 10th performance. I am eager to see the product of their hard work.

Sias IS 的学生们正在为3月10日的演出做准备。我渴望看到他们辛勤排练的成果。

Later in March we are looking forward to welcoming parents to campus for training.

March 28, EY parents will receive Play-Based Learning training. March 30, PY and MY parents will receive Inquiry-Based Learning training.

3月下旬，我们将欢迎家长来学校参加培训。

3月28日，幼儿园家长将接受基于游戏的学习培训。

3月30日，小学和中学家长将接受探究式学习培训。

Theme of the Month: Risk-taker 本月主题：冒险家

Successful entrepreneurs rely on many skillsets when it comes to building businesses and developing new ideas. Hard work, access to capital, and luck all play a role. So, too, does risk-taking. Taking on a big endeavor invariably involves a degree of risk, so it pays to develop the self-confidence and strategic thinking needed to assume those risks.

成功的企业家在创业和开发新想法时依赖于许多技能。努力工作、获得资金的途径和运气都起着作用。风险承担也是如此。做一件大事总是会有一定程度的风险，所以培养承担这些风险所需的自信和战略思维是值得的。

Activities for parents

家长小游戏

Ask your child to reflect on the risks they have taken with their studying. Example prompts: Did/will they use their phonics skills to spell a word independently? Did/will they try a different approach to adding numbers?

让孩子反思他们在学习中所尝试挑战的方面。示例：他们是否会使用他们的自然拼读技能来独立拼写一个单词？他们会尝试不同的加法算法吗？



Student Learning for the Week 本周教学

PreK 3B

HOW WE ORGANIZE OURSELVES 我们如何组织自己

If Pre-K 3B students could be anything, they would be firefighters, doctors, police officers, teachers, chefs, and photographers! The students are having a blast exploring our current unit of inquiry, How We Organize Ourselves.

如果谈及 Pre-K 3B 学生他们长大之后想要做什么，那他们将会是消防员，医生，警察，教师，厨师和摄影师！学生们正在探索我们当前的探究单元 -- 我们如何组织自己。

Learning about the different members of a community and their respective roles help students understand that everyone is part of a community.

了解社区的不同成员及其各自的角色有助于学生了解每个人都是社区的一部分。





Through engaging in playful learning and meaningful activities such as role-playing, dressing up, and interacting with the members of the Sias community, the children are developing a strong awareness of the world around them and the ability to perceive themselves as responsible members of society.

通过参与有趣的学习和有意义的活动，如角色扮演、装扮和与西亚斯社区成员互动，孩子们正在培养对周围世界的强烈意识，以及将自己视为有能力负责任的社会成员。



To provide more meaningful experiences for the children, we visited the new Zhengzhou Museum. The children saw various exhibitions depicting the structure of communities in the past.

为了给孩子们提供更有意义的体验，我们参观了郑州博物馆新馆。孩子们通过观看博物馆的各种展览，更进一步了解了古代社区结构。

We look forward to learning and discovering more about this unit of inquiry.

我们期待学习和发现更多关于这个探究单元的信息。



G3

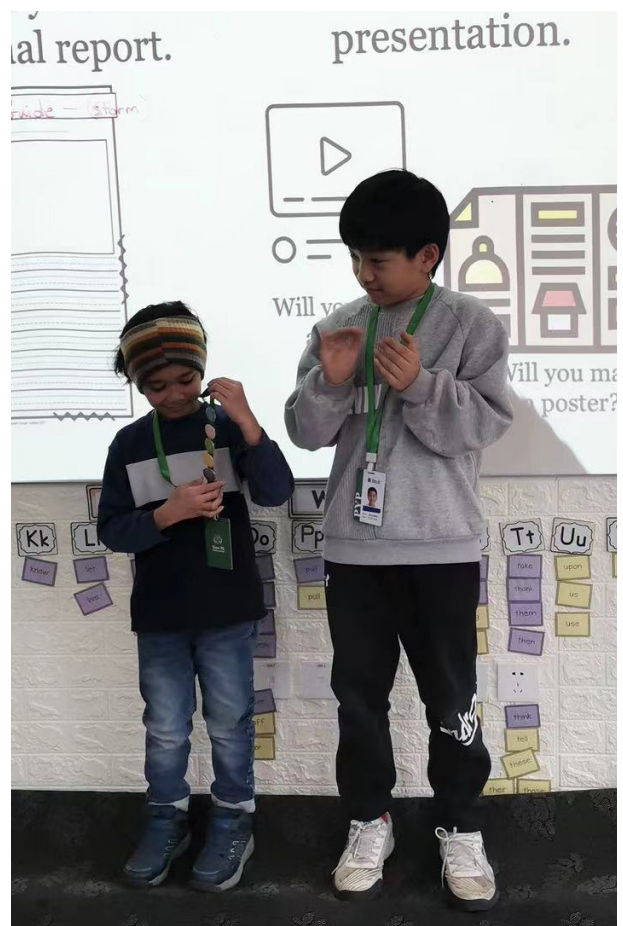
BADGE SYSTEM 徽章系统

Every month, Sias IS focuses on one of the ten IB learner profiles, offering examples how to demonstrate that attribute. However, how can we be certain that our students are demonstrating these qualities consistently over time? That is the question that the G3 students sought to answer. Their solution – to create a criteria list that can be checked off every time a specific behavior is demonstrated.

每个月，Sias IS 都专注于十个学习者品质中的一个，并提供如何证明具有该品质的例子。然而，我们怎么能确定我们的学生随着时间的推移不断地表现出这些品质呢？这是 G3 学生们试图回答的问题。他们的解决方案是创建一个标准列表，每完成列表中的一项行为要求，勾选该选项。

Over the past few weeks, G3 students have been actively and consistently working towards demonstrating expected behaviors for each of the learner profiles. As evidence is submitted or collected, students received a checkmark on their criteria lists, otherwise known as their “Badge Booklet.” Once a list reaches five full rows of checkmarks, the students will earn a badge that displays the respective learner profile.

在过去的几周里，G3 学生一直在积极并持续努力地展示他们的学习者品质目标，在提交或收集证据时，每完成一项，他们的“徽章小册子”标准清单上会用对号勾选进行标记。一旦该列表完成五行，学生将会获得一个徽章，显示其对应的学习者品质。





Since this badge initiative was put in place, students have begun using the learner profile language more often in their everyday speech. Additionally, the badge system fosters a sense of community and encourages students to strive for excellence in their academic and personal lives, promoting the IB's mission to create well-rounded and globally minded individuals. What more could you ask for?

自从徽章计划实施以来，学生们在日常生活对话中更多地使用关于学习者品质的语言。此外，徽章系统培养了一种集体意识，鼓励学生在学术和个人生活中追求卓越，促进了 IB 培养全面发展和具有全球视野的个人使命，还有什么能比这个更好呢？

MYP INTEGRATED SCIENCES

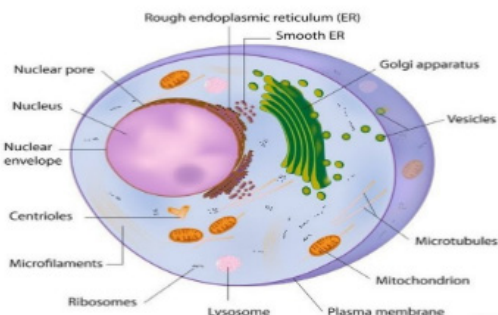
中学综合科学



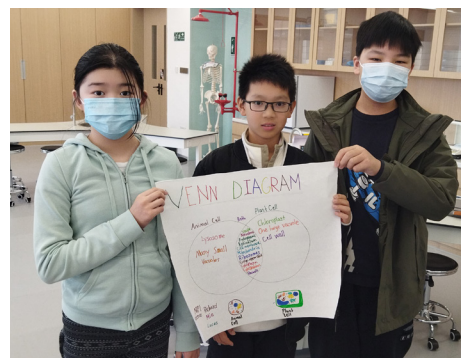
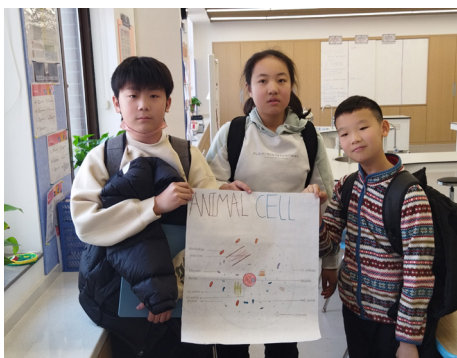
MYP 1

The current unit of inquiry is about cells and their organelles. Students will be examining diverse types of cells including plant vs animal cells, Prokaryotic vs Eukaryotic cells. This unit has a lot of new vocabulary words. Students can expect there to be many unfamiliar words. Cells house the biological machinery that makes the proteins, chemicals, and signals responsible for everything that happens inside our bodies.

Structure of a Typical Animal Cell



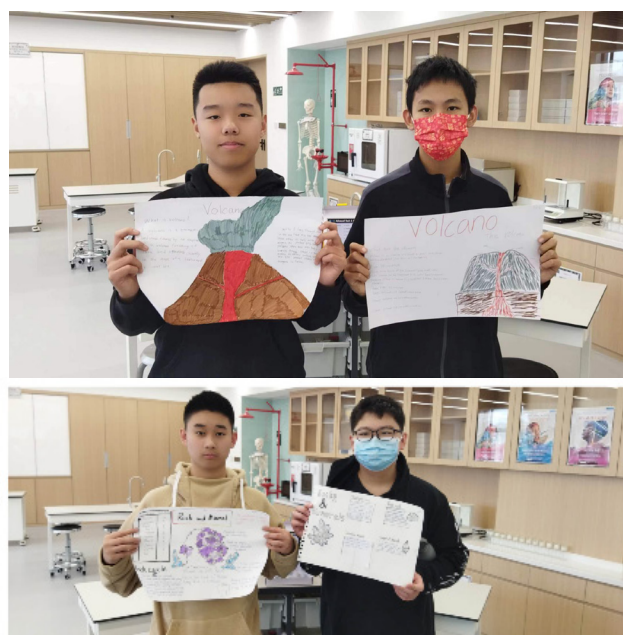
目前的研究单元是关于细胞和它们的细胞器。学生将研究不同类型的细胞，包括植物细胞与动物细胞，原核细胞与真核细胞。这一单元有很多新词汇。学生们可以预料到会有很多新单词。细胞是制造蛋白质、化学物质和信号的生物机制的房子，这些蛋白质、化学物质和信号会影响到我们身体内发生的一切。



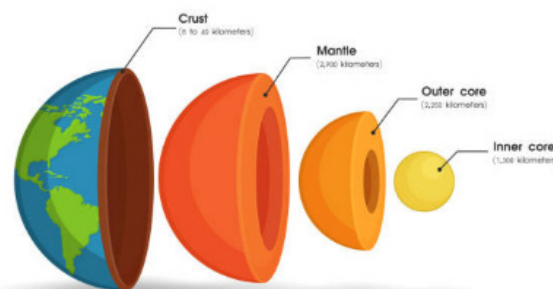
MYP 2

The current unit of inquiry is about the Earth, layers of the Earth, continents, volcanoes, earthquakes, plate tectonics, rocks, and minerals. Rocks are what the crust of the earth is made of. They are the mountains and the bottom of the ocean. They are everywhere on earth but often buried under the soil. Rocks are made of minerals, like quartz, calcite, feldspars, and micas. Most rocks are made from more than one mineral, but quite a few kinds are made from only one mineral. Minerals are not rocks, rocks are made of minerals.

目前的探究单元是关于地球、地球的层、大陆、火山、地震、板块构造、岩石和矿物及其类型。岩石是地壳的组成成分。山和海地部分都是由它们组成的。它们在地球上无处不在，但通常埋在土壤下。岩石是由石英、方解石、长石和云母等矿物构成的。大多数岩石由一种以上的矿物构成，但也有不少岩石只由一种矿物构成。矿物不是岩石，岩石是由矿物组成的。



STRUCTURE OF THE EARTH

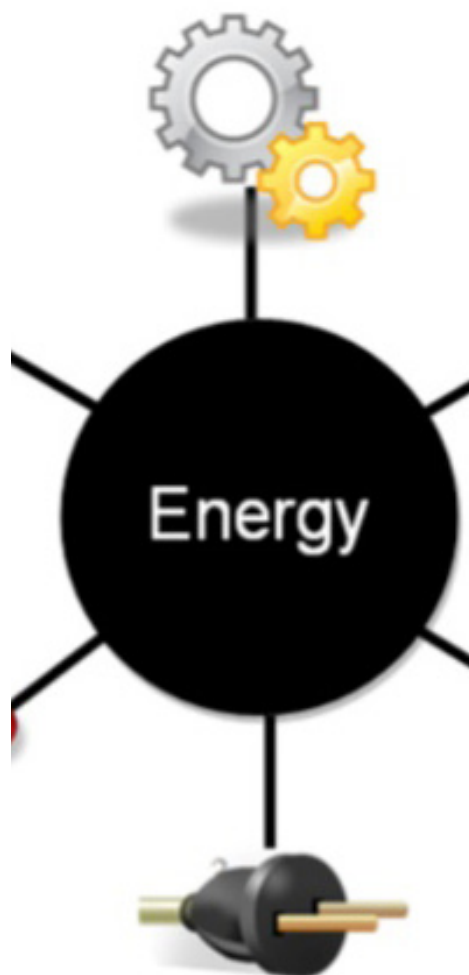
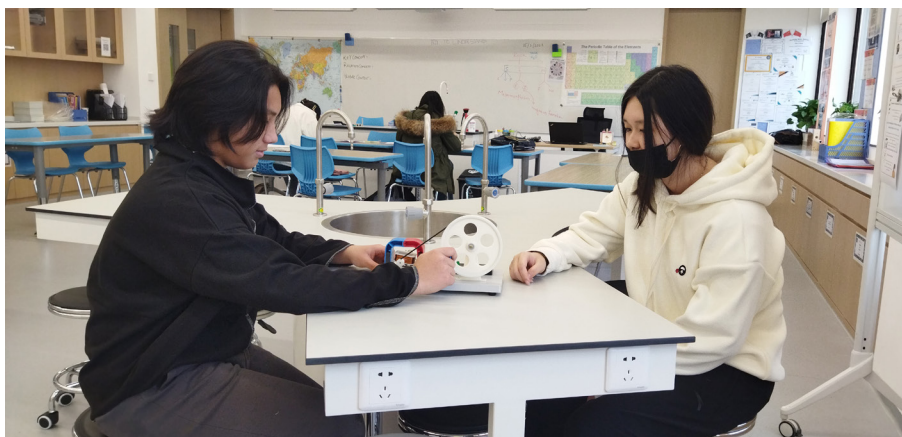




MYP 3

The current unit of inquiry is about Energy and Energy Transformation. During the unit, students will learn how the conversion of one form of energy into another. They will learn about 4 ways of energy transformation which are Piezoelectric (Strain \rightarrow Electrical energy), Friction (Kinetic energy \rightarrow Heat), Electric heater (Electric energy \rightarrow Heat) Photosynthesis (Electromagnetic radiation \rightarrow Chemical energy).

目前的探究单元是关于能源和能源转型。在本单元中，学生将学习如何将一种形式的能量转换为另一种形式的能量。他们将学习压电（应变 \rightarrow 电能）、摩擦（动能 \rightarrow 热能）、电加热器（电能 \rightarrow 热能）、光合作用（电磁辐射 \rightarrow 化学能）4种能量转换方式。





Library

The Opening of Our Brand-New Primary and Middle Years Library

全新小学和中学图书馆正式启用

We are excited to announce the opening of our brand-new Primary and Middle Years library on the fifth floor of the Primary Building. Our library is a state-of-the-art facility that has been designed to provide an exceptional learning experience for our students. It is an important addition to our school, as it provides a rich and diverse collection of resources that support student learning and development.

我们很高兴地宣布，位于我们小学五楼的全新小学和中学图书馆正式启用。我们的图书馆使用最先进的设施，旨在为我们的学生提供卓越的学习体验。它是学生学习的一个重要补充，因为它提供了丰富多样的资源集合来支持我们学生的学习和发展。



Our library features thousands of English fiction and non-fiction books that have been imported from the United States, including Chinese titles.

我们的图书馆拥有数以千计从美国进口的英文虚构类和写实类书籍，包括中文书籍。



The library has quiet study areas for students to work on their homework and projects, as well as a collaborative workspace for group work and the favorite Tinker Time area for games and innovation.

图书馆有安静的学习区供学生完成家庭作业和项目，还有一个用于小组工作的协作工作区和最喜欢的 Tinker Time 游戏和创新区。



Our new Primary Library is essential for promoting literacy, encouraging lifelong learning, providing a safe space, and fostering imagination. We are confident that it will become a central hub of activity for our school community, and we are excited to see the many ways in which it will enhance our students' learning experiences.

我们新的小学图书馆对于促进阅读、鼓励终身学习、提供安全空间和培养想象力至关重要。我们相信它将成为我们学校社区活动的中心枢纽，我们很高兴看到它将以多种方式提升我们学生的学习体验。

We invite all students to bring your parents to visit our new primary library during Student Led Conferences in April. We look forward to seeing you there!

我们邀请所有家长和学生于4月份的学生主导会议期间与您的孩子一起参观我们新的小学图书馆。我们期待在这里见到你！



Menus 菜单

2023.02.27 - 03.03 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	Shredded cabbage Spiced quail eggs Lily glutinous rice porridge Green onion pie	Flour 40 chives 5 Peanut Oil 8 Quail eggs 30 Bell pepper 10 cabbage 50 Pork 10 Beef (Hala)l Canola Oil 3 Glutinous rice 10 Lily 2 Mung bean sprouts 80	Stir-fried broccoli Italian cheese baked eggs Creamy Corn Soup American pancakes with jam	Flour 20 Butter 3 Egg 5 Applesauce 15 Broccoli 30 Soybean oil 3 Cabbage 5 Mouth mushroom 20 Cheese 10 Eggs 20 Dried yellow corn 10 Ham 10 Milk 5	Braised pork slices with oyster mushrooms Stir-fried shredded carrot Black rice porridge Sweet potato rolls	Flour 25 Sweet potatoes 5 Bell pepper 5 Oyster mushroom 40 Pork 15 Beef (Hala)l Peanut Oil 3 White radish 60 Soybean oil 5 Black rice 20	Grilled onion with American bacon Boiled egg Sauteed lily bulbs and celery Milk with oatmeal Sausage hot dogs	Starch 10 Chicken 20 Eggs 50 Fresh Lily 5 Parsley 10 Milk 100 Oatmeal 20 Dehydrated onion 20 Basil 2 Bacon 15	Stir-fried curd bamboo with green vegetables Shredded potatoes with pepper Marinated eggs Egg noodle soup Steamed beef roll	Flour 80 Beef 10 Curd bamboo 15 Cabbage 70 Peanut Oil 4 Potato 20 Bell pepper 10 Eggs 50
Snack	Orange Melon	Orange 75 Melon 75	Pear Blueberry	Pear 75 Blueberry 75	Pitaya Hami melon	Pitaya 75 Hami melon 75	Banana Apple	Banana 75 Apple 75	Pineapple Tangerine	Pineapple 75 Tangerine 75
Lunch	Pork ribs with lotus root Braised diced chicken with pepper and mushroom Stir-fried Shanghai cole Rice with raisin West Lake beef soup	Starch 70 Raisins 3 Lotus 20 Pork chops 15 Beef (Hala)l Soybean oil 8 Bell pepper 15 Fresh shitake mushrooms 10 Chicken drumsticks 15 Shanghai cole 30 Beef 10 Egg 5	Mediterranean roast chicken Caesar salad Pasta with basil pesto Mushroom soup	Lettuce 20 Lemon 5 Chicken drumsticks 20 Soybean oil 4 Noodles 10 Spinach 5 Basil 5 Mouth mushroom 5 Shrimp 5 Squid 5 Flour 10 Olive 5 Bacon 15 Green onions 5 Oyster mushroom 25 mushrooms 25 Enoki mushrooms 25 Sesame oil 2	Cumin lamb Minced eggplant Mushroom Fried with Flowering Cabbage Rice Tomato egg soup	Onion 10 10 green onions Coriander 3 Lamb slices 15 Soybean oil 6 Eggplant 30 Beef 20 Canola Oil 3 Bell pepper 5 Cabbage 25 Fresh shitake mushrooms 15 Rice 35 Tomato 30 Nori 1 Eggs 20 Sesame oil 2	Beef stewed with tomato Mix vegetable salad Whole wheat baguette French fries Spanish seafood soup	Flour 50 Potato 35 Soybean oil 4 Carrot 10 Tomato 20 Onion 5 Parsley 5 Mushroom 5 Beef 15 Hollandaise 5 Cucumber 5 Cherry Tomatoes 5 Asparagus 5 Lettuce 20 Dehydrated onion 5 Dragon Fish 5 Shrimp 2 Squid 2	Saute Spicy Chicken Garlic crown daisy Stir-fried organic cauliflower Golden rice Vegetables and tofu soup	Potato 30 Garlic 10 Onions 3 Fungus 10 Chicken 5 Peanut Oil 3 Bell pepper 30 Artemisia 40 Soybean oil 4 Cauliflower 40 Pork belly 10 Xiaomi Mi 20 Starch 50 ToFu 15 Shanghai cole 15
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Yoghurt Multi-flavored cookies	Yogurt 200 Noodles 15 Egg 5 White sugar 2 Butter 2	Milk Steamed pumpkin	Milk 200 Pumpkin 30	Yoghurt Melaleuca red bean cake	Yogurt 200 Flour 20 Red bean paste 15 Butter 3 Egg 1 White sugar 1	Milk Steamed corn	Milk 200 Fresh corn 30

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 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, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.

2023.02.27 - 03.03 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	手撕包菜 焗绿豆芽 五香鹌鹑蛋 百合糯米粥 葱油饼	小麦粉 40 细香葱 5 花生油 8 鹌鹑蛋 30 彩椒 10 圆白菜 50 猪肉 10 牛肉 (回) 10 菜籽油 3 糯米 10 百合 2 绿豆芽 80	翠绿西兰花 意大利芝士烘蛋 粟米忌廉汤 美式薄饼配果酱	小麦粉 20 黄油 3 鸡蛋 5 苹果酱 15 西兰花 30 油渣 3 小白菜 5 口蘑 20 奶酪 10 鸡蛋 20 干黄玉米 10 火腿 10 牛奶 5	平菇烧肉片 清炒萝卜丝 黑米粥 红薯卷	小麦粉 25 红薯 5 彩椒 5 平菇 40 猪肉 15 牛肉 (回) 10 花生油 3 白萝卜 60 豆腐 5 黑米 20	香烤洋葱配美式培根 水煮蛋 西芹百合 牛奶燕麦粥 香肠热狗	淀粉 10 鸡 20 鸡蛋 50 鲜百合 5 西芹 40 牛乳 100 燕麦片 20 脱水洋葱 20 罗勒 2 培根 15	青菜炒豇豆 彩椒土豆丝 卤鸡蛋 金线面汤 牛肉蒸卷	小麦粉 80 牛肉 10 腐竹 15 小白菜 70 花生油 4 土豆 20 彩椒 10 鸡蛋 50
加 点	椰子 甜瓜	椰子 75 甜瓜 75	皇冠梨 蓝莓	皇冠梨 75 蓝莓 75	火龙果 哈密瓜	火龙果 75 哈密瓜 75	香蕉 苹果	香蕉 75 苹果 75	菠萝 沃柑	菠萝 75 沃柑 75
午 餐	水莲烧肋排 双椒菌菇烧鸡丁 清炒上海青 葡萄牛肉饭 西湖牛肉羹	淀粉 70 葡萄干 3 藕 20 猪大排 15 牛肉 (回) 10 豆腐 8 彩椒 15 鲜香菇 10 鸡腿 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	生菜 20 柠檬 5 鸡腿 20 豆腐 4 面条 10 菠菜 5 罗勒 5 口蘑 5 鲈鱼 5 鱿鱼 5 小麦粉 10 核桃 5 培根 15 大葱 5 平菇 25 鲜香菇 25 金针菇 25 芝麻油 2	孜然羊肉 肉末茄子 香菇菜心 大米饭 番茄鸡蛋汤	洋葱 10 大葱 10 香菜 3 羊肉片 15 豆腐 6 茄子 30 牛肉 20 菜籽油 3 彩椒 5 白菜薹 25 鲜香菇 15 稻米 55 香菇 30 紫菜(干) 1 鸡蛋 20 芝麻油 2	西式番茄烩牛肉 混合蔬菜沙拉 全麦法棍 法式薯条 西班牙海鲜汤	小麦粉 50 土豆 35 豆腐 4 胡萝卜 10 番茄 20 洋葱 5 西兰花 5 牛肉 15 荷兰豆 5 黄瓜 5 圣女果 5 五花肉 10 生菜 20 脱水洋葱 5 龙利鱼 5 虾仁 2 鱿鱼 2	大盘鸡 蒜香茼蒿 小炒有机花菜 黄金大米饭 青菜豆腐汤	土豆 30 蒜薹 10 大葱 3 水发木耳 10 鸡腿 5 花生油 3 彩椒 30 茼蒿 40 白菜 40 白花菜 10 小米 20 淀粉 50 豆腐 15 上海青 15
加 点	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5	酸奶 多味饼干	酸奶 200 面条 15 鸡蛋 5 白砂糖 2 黄油 2	牛奶 蒸贝贝南瓜	牛奶 200 南瓜 30	酸奶 千层红豆酥	酸奶 200 小麦粉 20 红豆沙 15 黄油 3 鸡蛋 1 白砂糖 1	牛奶 蒸玉米	牛奶 200 鲜玉米 30

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。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。

附录 1 中国居民膳食指南 2022——学龄儿童膳食指南

干菜肉菜饼(每只)	配重 1020 干士	蛋白质 35 克	脂肪 35 克	碳水化合物 17.5 克	脂肪占总热量的 35%	维生素 A2700	维生素 C43mg	维生素 E5.3mg	钙 500mg	磷 350mg	钾 1050mg	铁 105mg	钠 6.4mg	钾 6.4mg	钠 17.5%
干菜肉菜饼(每只)	配重 1020 干士	蛋白质 35 克	脂肪 35 克	碳水化合物 17.5 克	脂肪占总热量的 35%	维生素 A2700	维生素 C43mg	维生素 E5.3mg	钙 500mg	磷 350mg	钾 1050mg	铁 105mg	钠 6.4mg	钾 6.4mg	钠 17.5%

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 A87 μ g, 维生素 C67mg, 维生素 E16mg, 钙 392mg, 磷 635mg, 钾 1419mg, 镁 168mg, 铁 7.9mg, 锌 5mg, 硒 27mg。