



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 29, 2022

2022年4月29日

## May Labor Day Holiday 五一假期

The Education Bureau and Epidemic Prevention and Control have reminded us that families are not to travel during the holiday. Families should abide by the two points, one line policy and remain safe in the fight against COVID. Please be careful and help us keep our students and staff safe.

疫情防控相关部门提醒各位家长在假期间尽量避免出游，两点一线，保障疫情期间家人、学生以及教职工的安全。





# Student Led Conferences (SLC)

## 学生主导型家长会

Thank you for participating in our SLCs today! Our students and staff worked incredibly hard to prepare for this demonstration of learning. Please continue the conversations with your children at home. Ask, “What are you learning at school?” “Can you teach me?” “What do you need more practice with?” “Can I help you practice?”

感谢各位家长来校参加此次活动！学生和教职工们为了筹备此次会议付出了很大的努力。回家后请继续与孩子们交流、沟通。问问他们，“你在学校学习哪些知识啊？”“你可以教教我吗？”“在哪些方面你需要加强练习呢？”“我可以帮你一起练习吗？”







## Parent Tea about SLC

### 关于学生主导型家长会的家长茶会

On Wednesday, we held a Parent Tea to help inform parents about the Student Led Conferences. Big thank you to Ms. Jules and Ms. Remi for facilitating the training and for putting parents through a simulated activity like our students. We intend to have more Parent Teas in the future to better inform parents about what makes Sias IS such a special learning environment for students.

周三，我们举办了一场关于学生主导型家长会的家长茶会。非常感谢 Jules 老师和 Remi 老师为我们的培训提供了支持，也感谢你们让家长们像我们的学生一样开展模拟活动。我们打算在今后举办更多的家长茶会，让家长们更好地了解是哪些因素让西亚斯外籍学校为学生创造如此特别的学习环境。





**Sias IS**  
西亚斯外籍学校

# Sias IS Family Appreciation Day

## 西亚斯外籍学校家庭感谢日

感谢有你 · 一路相伴

# Family Appreciation Day

## 家庭感谢日

On Wednesday, May 4, Sias IS students and staff will say thank you to parents. As a new school we recognize that you have many other choices for your kids' education. We are greatly appreciative that you have selected Sias IS. From 2:30-4:15 we will give campus tours of the new construction. We will showcase the soccer field, basketball court, boarding, and primary school. There will be light snacks and refreshments served.

5月4日（下周三）是我们的家庭感谢日。学生和教职工会对您表达感谢。作为一所新学校，我们深知您在孩子的教育方面有许多其他选择。我们非常感谢您选择了西亚斯外籍学校。下周三下午 2:30 至 4:15，我们将参观校园建成的新区域，为您展示足球场、篮球场、学生公寓和小学楼。届时将为您准备简单的茶点。





# Student Learning for the Week

## 本周教学

Grades 2 to 3 2-3 年级

# PRINTING TECHNIQUE

## 印刷技术

Grade 2 and Grade 3 have a combined two period class on Monday afternoon. Students are continuing to develop their printing technique. Different colours. Different shapes. Making a pattern. Only using a minimum amount of paint. Washing the brush every time before painting colours on the object used for printing. Developing an artist's technique and discipline. This week, student's were challenged to think about making a pattern. Placing as many prints as possible on a piece of paper, and to think about shapes and design. It is a bit like building a jigsaw puzzle, not piece by piece, but print by print. I shared a large fish print artwork with the students. I printed this fish print artwork during last week as a demonstration of the final objective of this activity.

2 年级和 3 年级在星期一下午有两节课。 学生们正在继续发展他们的印刷技术。 不同的颜色， 不同的形状， 制作图案。 仅使用最少量的油漆。 每次在用于打印的物体上涂颜色之前都要清洗刷子。 发展艺术家的技术和纪律。 本周， 学生们面临着思考制作图案的挑战。 在一张纸上放置尽可能多的印刷品， 并考虑形状和设计。 这有点像拼图， 不是一块一块的， 而是一个一个地打印。 我与学生们分享了一幅大型鱼版画。 我在上周打印了这幅鱼版画作品， 以展示这项活动的最终目标。







### Prek3-B 三岁班 B 班

# Living and Non-living Things

## 生物和非生物

The new Unit of Inquiry is currently investigating living and non-living things. These ideas tie closely with how our world changes in Spring. All the trees and plants are starting to grow quickly. PreK3-B are learning about insects and other animals. We went to the open space across the road for our double class this morning. Students saw how the park has changed. And we turned over rocks and wood to look for insects. We saw the flowers on the trees, and different seed pods from last year. The children also had a lot of fun climbing up and down the mountain in the park.

新的调查组目前正在调查生物和非生物。这些想法与我们的世界在春天的变化密切相关。所有的树木和植物都开始快速生长。PreK3-B 正在学习昆虫和其他动物。今天早上我们去马路对面的空地上双人课。学生们看到了公园的变化。我们翻了石头和木头寻找昆虫。我们看到了树上的花朵，以及与去年不同的种子荚。孩子们在公园里爬山下山也玩得很开心。







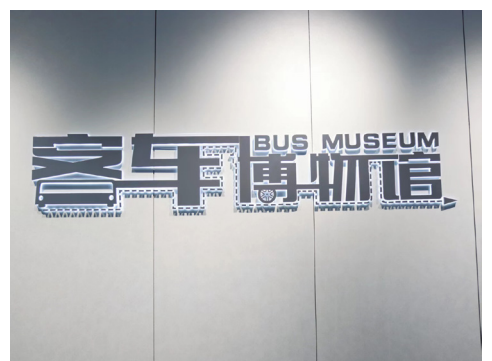
### Grade 4 四年级

# Field Trip—YuTong Bus Company

## 宇通汽车公司的实地考察

What an extraordinary field trip to YuTong Bus Company! We rode an automatic bus and visited the bus museum and factory.

宇通汽车公司的实地考察真是非同寻常！我们坐了一辆自动公共汽车，参观了公共汽车博物馆和工厂。











# Menus 菜单

## 5.3-5.6 Menus

Note: all weights are in grams

	Tuesday	Nutritional volume	Wednesday	Nutritional volume	Thursday	Nutritional volume	Friday	Nutritional volume
<b>Breakfast</b> Time 7:30-7:55	Red bean toast Fried eggs in the sun Shrimp with asparagus Fragrant corn cob	Wheat flour 40 Red bean paste (peeled) 10 Eggs (X) 15 Soybean oil 2 Asparagus (green) [asparagus, asparagus] 30 Kei Wai Shrimp 15 Corn oil 3 Yellow corn 10	Beef steamed roll Spiced quail eggs Loofah with minced meat Millet Congee of Chinese yam	Wheat flour 40 Beef (Fat and thin) (X) 10 Quail eggs 15 Color pepper 5 Towel gourd 30 Pork fillet 15 (back to beef) Rapeseed Oil (Green Oil) 5 Xiaomi (Yellow) 10 Chinese yam 20	Croissant Scrambled eggs with onion Buttered cauliflower Milk oatmeal	Wheat flour 30 Cajiao 10 Dehydrated onion 25 Egg (white skin) 15 Soybean oil 3 Cauliflower 40 Butter 3 Milk (X) 100 Oatmeal 20	Little twistbread with scallions Braised pork slices with mushrooms Bicolor silver teeth Eight treasures porridge	Wheat flour 30 Cajiao 10 Pleuratus ostreatus 40 Pork (lean) 15 (beef back) Peanut oil 1 Mung bean sprouts 40 Soybean oil 1 Black rice 1 Rice (X) 2
<b>Snack</b>	Yogurt Chiffon Cake	Yogurt (X) 200 Wheat flour 20 Eggs (X) 5	milk Dioscorea opposita	Milk 200 Chinese yam 10	Yogurt Salted peanut	Yogurt (X) 200 Peanut (fresh) 15	milk Cranberry biscuit	Milk 200 Wheat flour 15 Butter 2 Eggs (X) 3
<b>Lunch</b>	Chicken steak hamburger Fresh Fruit Salad Thousands of shredded shrimp Hungarian beef soup	Wheat flour 60 Cucumber 10 Tomato 12 Lettuce 10 Chicken (X) 20 Peanut oil 3 Virgin fruit 10 Mini cucumber 10 Red raisin grape 5 Hami melon 35 River shrimp 30 Soybean oil 5 Onion 3 White mushroom 3 Sirloin 5	Yangzhou fried rice Braised chicken wings Open radish Crucian carp bean curd soup	Japonica rice 60 Corn shoots 10 Carrot 10 Edamame 5 Eggs (Local Chicken) 10 Chives 6 Parsley 6 Chicken wings 25 White radish 40 Cajiao 10 Soybean oil 5 Tofu (X) 20 Crucian carp 10	Fried Wudong Noodles in Japanese style Deep-sea cod steak Vegetables Salad with Thousand Island Sauce Cream of Mushroom Soup	Noodles 50 Carrot 20 Mung bean sprouts 20 Onion 30 Shanghai Qing10 Beef (tenderloin) 20 Peanut oil 3 Wheat flour 10 Cod 20 Soybean oil 5 Small tomato 5 Mini cucumber 10 Tomato 10 Lettuce 30 White mushroom 30 Milk (X) 100	Thai spiced rice Braised Beef Brisket with Tomato Shredded cabbage Delicious family photo Almond Jelly soup	Rice (X) 50 Tomato 40 Chives [chives, spring onions] 11 Coriander 10 Sirloin 30 Peanut oil 3 Ketchup 10 Cajiao 10 Cabbage, cabbage 50 Pork (lean) 10 (beef back) Rapeseed Oil (Green Oil) 1 Fresh corn 40 Carrot 15 Lentil edodes 10 Pork chop 15 Lactone tofu 20 Almonds (original) 5 Eggs (X) 20
<b>Snack</b>	Red grape Pineapple	Red raisin grape 75 Pineapple 75	Hami melon Blueberry	Hami melon 75 Blueberry 75	Sheep horn honey Small mango	Sheep horn honey75 Mango 75	Dragon fruit Kiwifruit	Dragon fruit 75 Actinidia chinensis 75

Remarks: 1. Our school refers to the "Chinese residents Dietary guidelines 2016 Mei-Dietary guidelines for School-age Children" to develop weekly diet recipes and plan meals. Chinese food is served on the 1st, 3rd and 5th of each week, and western food is served on the 2nd and 4th of the week. Weekly diet nutritional evaluation criteria (daily): energy 973 kcal, protein 34 grams, animal and soy protein about 17 grams, fat less than 30% of total calories, vitamin A420ug, vitamin C49mg, vitamin E3.5mg, calcium 560mg, phosphorus 350mg, potassium 1050mg, magnesium 105mg, iron 8.4mg, zinc 8.4mg, selenium 17.5mg. This week's diet nutrition analysis (average daily): energy 955 kcal, protein 38 grams, high-quality protein functional ratio more than 50%, fat accounts for 21% of total calories, vitamin A230ug, vitamin C54 mg, vitamin E10 mg, calcium 324mg, phosphorus 492mg, potassium 1037mg, magnesium 134mg, iron 5.8mg, zinc 4mg, selenium 20mg. Nutritional evaluation of this week's diet: the average daily energy is close to 973 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.

## 5.3-5.6 菜单

注：重量单位均为克

	星期二	带量	星期三	带量	星期四	带量	星期五	带量
<b>早餐</b> 时间 7:30-7:55	红豆吐司 太阳煎蛋 芦笋虾仁 香浓玉米糍	小麦粉 40 红豆沙 (去皮) 10 鸡蛋(X) 15 豆油 2 芦笋(绿)[石刁柏、龙须菜] 30 基围虾 15 玉米油 3 黄玉米糍 10	牛肉蒸卷 五香鹌鹑蛋 肉末丝瓜 山药小米粥	小麦粉 40 牛肉(肥瘦)(X) 10 鹌鹑蛋 15 彩椒 5 丝瓜 30 猪里脊 15 (回牛肉) 菜籽油(青油) 5 小米 (黄) 10 山药 20	牛角包 洋葱炒蛋 黄油花菜 牛奶燕麦粥	小麦粉 30 彩椒 10 脱水洋葱 25 鸡蛋(白皮) 15 豆油 3 白花菜 40 黄油 3 牛乳(X) 100 燕麦片 20	葱香小花卷 平菇烧肉片 双色银芽 八宝粥	小麦粉 30 彩椒 10 平菇 40 花生油 1 绿豆芽 40 豆油 1 黑米 1 糯米(X) 2 绿豆 (干) 1 枣(鲜) 1 桂圆 1 杏仁 1 莲子(干) 1 花生(鲜) 1
<b>加点</b>	酸奶 戚风蛋糕	酸奶(X) 200 小麦粉 20 鸡蛋(X) 5	牛奶 铁棍山药	牛奶 200 山药 10	酸奶 盐花生	酸奶(X) 200 花生(鲜) 15	牛奶 蔓越莓饼干	牛奶 200 小麦粉 15 黄油 2 鸡蛋(X) 3
<b>中餐</b>	鸡排汉堡 水果沙拉 千丝万缕虾 匈牙利牛肉汤	小麦粉 60 黄瓜 10 番茄 12 生菜 10 鸡(X) 20 花生油 3 圣女果 10 迷你黄瓜 10 红提子葡萄 5 哈密瓜 35 河虾 30 豆油 5 洋葱 3 白蘑菇 3 牛腩 5	扬州炒饭 红烧鸡翅 开洋萝卜 鲫鱼豆腐汤	粳米 60 玉米笋(罐头) 10 胡萝卜 10 毛豆 5 鸡蛋(土鸡) 10 细香葱(香葱、四季葱) 6 香菜 6 鸡翅 25 白萝卜 40 彩椒 10 豆油 5 豆腐(X) 20 鲫鱼[善头鱼、海附鱼] 10	日式炒乌冬面 深海鳕鱼排 蔬菜沙拉配千岛酱 奶油蘑菇汤	面条 50 胡萝卜 20 绿豆芽 20 洋葱 30 上海青 10 牛肉(里脊) 20 花生油 3 小麦粉 10 鳕鱼[鳕鱼、明太鱼] 20 豆油 5 小西红柿 5 迷你黄瓜 10 番茄 10 生菜 30 白蘑菇 30 牛乳(X) 100	泰国香米饭 番茄炖牛腩 手撕包菜 美味全家福 杏仁豆腐羹	稻米(X) 50 番茄 40 细香葱(香葱、四季葱) 11 香菜 10 牛腩 30 花生油 3 番茄酱 10 彩椒 10 圆白菜、卷心菜 50 猪肉(瘦) 10 (回牛肉) 菜籽油(青油) 1 鲜玉米 40 胡萝卜 15 鲜香菇 10 猪大排 15 内酯豆腐 20 杏仁(原味) 5 鸡蛋(X) 20
<b>加点</b>	红提葡萄 菠萝	红提子葡萄 75 菠萝 75	哈密瓜 蓝莓	哈密瓜 75 蓝莓 75	羊角蜜 小芒果	羊角蜜 75 芒果 75	火龙果 猕猴桃	火龙果 75 中华猕猴桃 75

备注：1、我校参考《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。  
周食谱营养评价标准（每日）：能量 973 千卡，蛋白质 34 克，动物及大豆蛋白约 17 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，磷 350mg，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 955 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 21%，维生素 A230ug，维生素 C54mg，维生素 E10mg，钙 324mg，磷 492mg，钾 1037mg，镁 134mg，铁 5.8mg，锌 4mg，硒 20  
本周食谱营养评价：平均每日能量与 973 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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