



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

May 13, 2022

2022年5月13日

Welcome Back Students

欢迎学生返校

We are so happy to have our students back to school on Thursday and Friday. Thankfully this lockdown was short, but we must be mindful of further lockdowns. Please continue to provide safe epidemic control measures by restricting your movements to two points, one line and avoiding all restricted areas. We have 4.5 weeks of school left and many special activities planned for students. Let's all work together to ensure we finish the year with in-person instruction.

很开心这周四周五学生们可以返校。好在这次郑州的封控时间较短，但是我们仍需注意后续城市封控的可能性。请大家继续关注疫情期间的防控安全，两点一线，避免进入所有的封控、封锁区域。本学年还有四周半的时间就要结束了，学校策划了很多特别活动。让我们一起为学生们的线下教学保驾护航。





Community Time- School Song

例会时间 - 校歌

Today, Ms. Callan and the songwriting ASA shared the original Sias IS school song with our students. We practiced together and it sounds amazing. I am so proud of our students who wrote, choreographed, and rehearsed our school song. Awesome job!

今天，Callan 老师和学校的 ASA 作曲班跟全体在校生分享了原版西亚斯外籍学校校歌。大家一起练习，唱得很好。我很为我们谱写、编排、排练的学生们感到骄傲。你们太棒了！





Upcoming Events

即将到来的事件

May 27- 8:00-9:00 AM	MYP Parent Tea
5月27日 - 上午8点至9点	中学项目家长茶会
May 27- 9:30 AM	End of Year Performance
5月27日 上午9点半	学年末表演
May 31-June 3	End of Year MAP Assessment
5月31日至6月3日	学年末 MAP 测试
June 3	Early Years Field Day
6月3日	幼儿园运动会
June 3	Make up Parent Appreciation
6月3日	家庭感谢日
June 9- 9:00-10:00 AM	Kindergarten Graduation
6月9日 - 上午9点至10点	幼儿园毕业
June 10	Primary School Field Day
6月10日	小学运动会
June 10	Final Report Cards
6月10日	学年末成绩单
June 13	G5 & G6 Graduation
6月13日	五、六年级毕业
June 14 11:30 AM Dismissal	Last Day of School
6月14日 - 上午11点半放学	本学年最后一天



Student Learning for the Week

本周教学

PreK 3A 3岁班 A班

Sharing The Planet

共享地球

In a search of answers to our endless questions about animals, their habitat and needs (Sharing The Planet) our researchers reached out to Ms. Sydney from Arizona University (Phd student in the environmental sciences). We have gathered all the student questions and were exploring possible answer with our expert Ms. Sydney.

在《共享地球》这一探究单元中，为了能找到所有关于动物、它们的栖息地和生存需求等问题的答案，我们的小探究者们有幸联系到了美国亚利桑那大学的一位环境科学在读博士生，Sydney 女士。我们收集了所有学生的问题，并与我们的专家 Sydney 女士一起探讨可能的答案。





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Kindergarten&Grade2 幼小衔接 & 二年级

Full STEAM Ahead

全速启动 STEAM 课程

Full STEAM Ahead- During a previous lesson, students listened to the story, *Iggy Peck, Architect*, and were asked to build a bridge just like Iggy did in the story. Today, students were asked to continue their engineering skills and build a boat. They were restricted to only 1 piece of aluminum foil as they worked with a partner. The goal was to make the boat float with as many friends (shapes) as possible.

全速启动 STEAM 课程—在上一节课中，学生们听了建筑师伊基·派克的故事，并要像伊基在故事中那样建造一座桥。今天，学生们要继续锻炼他们的建造技能，建造一艘小船。他们需要和同伴一起协作，并限制只能使用一张铝箔纸。他们的目标是让船和尽可能多的“朋友们”一起漂浮（“朋友们”由不同形状模块替代）。





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Menus 菜单

5.16 - 5.20 Menus

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	Seasonal vegetable pancakes dried shrimps with white gourd Marinated eggs Egg noodle soup	Wheat flour 40 Carrot 5 Green vegetables10 White gourd 30 Shrimp 10 Peanut oil 3 Egg (White skin) 5 Starch (wheat) 35	Whole wheat toast Steamed eggs with cheese Stewed vegetables in French style Milk cornflakes	Starch (wheat) 25 Egg (White skin) 35 Cheese [cheese] 5 Zucchini 60 Soybean oil 3 Yellow corn flour 5 Milk (strawberry, Kraft) 15	Bean paste rolls Halogen sheets Fried radish with shredded beef Red jujube rice porridge	Wheat flour 20 Bean paste 5 Bean curd 25 Soybean oil 3 turnip 30 Beef (tenderloin) 15 Peanut oil 3 Starch (rice) 15 Jujube (dried) 5	Milky bun Roast sausage with lettuce Fried eggs Western-style walnut soup	Wheat flour 30 Lettuce 10 Chicken (X) 15 Egg (X) 30 Soybean oil 2 Walnut (dried) 10 Milk (X) 100	Miscellaneous grain steamed bread Zucchini in tomato sauce Sliced chicken with cucumber Wheat kernel porridge	Sorghum flour 5 Starch (wheat) 20 Winter squash 20 Soybean oil 6 Cucumber 30 Chicken (X) 15 Starch (rice) 10 Cereal 15
Snack	Milk Cashew nut	Milk 200 Cashew nut 15	Yogurt Tender corn	Yogurt 200 Fresh corn 15	Milk Walnut pie	Milk 200 Wheat flour 15 Walnut (dried) 3 Butter 3	Yogurt Sweet potato	Yogurt 200 Sweet potato 10	Milk Big almond	Milk 200 Big almond 15
Lunch	Rice Cauliflower Kung Pao Chicken Stir-fried green vegetable Fruit soup	Millet(yellow) 10 Starch (rice) 50 Cauliflower 30 Pork (thin) 15 (beef) Olive oil 3 Garlic stems(round) 30 Fresh lettuce 5 Dried fungus 5 Peanuts (fried) 3 Chicken 20 Carotene 15 Green vegetable30 Soybean oil 3 Red Fuji Apple 10 Pear (X) 10 Chinese wolfberry 5	Black pepper beef spaghetti Butter 5 Japanese style chicken steak Fruit and vegetable salad Seafood soup	Wheat flour 50 Carrot 10 Tomato 10 Onion 10 Lettuce 40 Beef (hind legs) 15 Butter 5 Chicken (X) 15 Peanut oil 5 Cucumber 20 Cherry tomato 10 Honeydew melon 15 Shallot 3 White mushroom 10 Kei Wai Shrimp 10 Soybean oil 3	Mixed bean rice Sliced white gourd and meat Fried lamb with cumin Cabbage in soup Vegetable soup with fungus	Starch (rice) 60 Mung bean (dried) 3 White gourd 30 Pork (thin) 15 (beef) Soybean oil 9 Onion 10 Green Chinese onion 10 Coriander 3 Sliced mutton 15 Baby vegetable 30 Green vegetable10 Dried fungus 5	Thai fried rice with pineapple Salad Nicoise Roasted wings Borsch	Fresh corn 10 Starch (rice) 50 Carrot 5 Pineapple 10 Butter 3 Egg (white skin) 30 Potato 15 Cherry tomato 5 Lettuce 10 Sardines [mullet] 15 Drumstick 15 Soybean oil 3 Tomato 10 Onion 5 Beef (thin) 10	Yu type braised noodles Braised prawns Shredded cabbage Tomato and purple seaweed soup	Wheat flour 15 Carrot 10 Bean 10 Soybean sprouts 10 Pork (thin) 25 (beef) Peanut oil 3 Kei Wai shrimp 15 Pepper10 Cabbage 50 Rapeseed Oil (green Oil) 3 Tomato 20 Shallot 5 Coriander 10 Purple seaweed(dried) 10 Soybean oil 1
Snack	Orange Dragon fruit	Orange 75 Dragon fruit 75	Mango Grape	Mango 75 Grape 30	Pineapple Musk melon	Pineapple 75 Musk melon 75	Fragrant pear Apple	Fragrant pear 75 Apple 75	Banana Cantaloupe	Banana 75 Cantaloupe 75

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. Weekly diet nutritional evaluation criteria (daily): energy 974 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 899 kcal, protein 30 grams, high-quality protein functional ratio more than 50%, fat 29% of total calories, vitamin A 311 ug, vitamin C 37 mg, vitamin E19 mg, calcium 366 mg, potassium 1042 mg, magnesium 131 mg, iron 10 mg, zinc 4.5 mg, phosphorus 544 mg, selenium 22 mg.

5. Nutritional evaluation of this week's diet: the average daily energy is close to 974 kcal, protein is more than 30 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.

5.16-5.20 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 时间 7:30-7:55	时蔬煎饼 海米冬瓜 卤水鸡蛋 鸡蛋面汤	小麦粉 40 红萝卜 5 上海青 10 冬瓜 30 虾米 10 花生油 3 鸡蛋(白皮) 35 淀粉(小麦) 5	全麦吐司 芝士蒸蛋 法式焗时蔬 牛奶玉米片	淀粉(小麦) 25 鸡蛋(白皮) 35 奶酪(干酪) 5 西葫芦 60 豆腐 3 黄玉米面 5 牛奶(草莓味、卡夫牌) 15	豆沙卷 卤干张 牛肉丝炒萝卜 红枣香米粥	小麦粉 20 豆沙 5 干张 25 豆腐 3 白萝卜 30 牛肉(里脊) 15 花生油 3 淀粉(大米) 15 枣(干) 5	奶香小面包 烤肠配生菜 太阳煎蛋 西式核桃汤	小麦粉 30 生菜 10 鸡(X) 15 鸡蛋(X) 30 豆腐 2 核桃(干) 10 牛乳(X) 100	杂粮馒头 茄汁西葫芦 青瓜鸡肉片 麦仁粥	高粱面 5 淀粉(小麦) 20 笋瓜 30 番茄 20 豆腐 6 黄瓜 30 鸡(X) 15 淀粉(大米) 10 麦片 15
加点	牛奶 腰果	牛奶 200 腰果 15	酸奶 嫩玉米	酸奶 200 鲜玉米 15	牛奶 核桃派	牛奶 200 小麦粉 15 核桃(干) 3 黄油 3	酸奶 蒸红薯	酸奶 200 红薯 10	牛奶 大杏仁	牛奶 200 大杏仁 15
中餐	双米饭 干锅花菜 宫保鸡丁 清炒上海青 水果汤	小米(黄) 10 淀粉(大米) 50 白花菜 30 猪肉(瘦) 15 (牛肉回) 橄榄油 3 蒜蓉(圆) 30 鲜笋 5 干木耳 5 花生(炒) 3 鸡 20 胡萝卜素王 15 上海青 30 豆腐 3 红富士苹果 10 梨(X) 10 枸杞子 5	黑椒牛肉意大利面 日式鸡排 蔬果沙拉 海鲜汤	小麦粉 50 胡萝卜 10 番茄 10 洋葱 10 生菜 40 牛肉(后腿) 15 黄油 5 鸡(X) 15 花生油 5 黄瓜 20 圣女果 10 白兰瓜 15 小葱 3 白蘑菇 10 基围虾 10 豆腐 3	杂豆米饭 冬瓜肉片 孜然羊肉 上汤娃娃菜 木耳时蔬汤	淀粉(大米) 60 绿豆(干) 3 冬瓜 30 猪肉(瘦) 15 (牛肉回) 豆腐 9 洋葱 10 大葱 10 香菜 3 羊肉片 15 娃娃菜 30 上海青 10 干木耳 5	泰式菠萝炒饭 尼斯沙拉 香烤翅中 罗宋汤	鲜玉米 10 淀粉(大米) 50 胡萝卜 5 菠萝 10 猪肉(瘦) 25 黄油 3 鸡蛋(白皮) 30 土豆 15 圣女果 5 生菜 10 沙丁鱼(沙嘴) 15 鸡腿 15 豆腐 3 番茄 10 洋葱 5 牛肉(瘦) 10	豫式卤面 白灼大虾 手撕包菜 西红柿紫菜汤	小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪肉(瘦) 25 (牛肉回) 花生油 3 基围虾 15 彩椒 10 圆白菜、卷心菜 50 菜籽油(青油) 3 香菇 20 小葱 5 香菜 10 紫菜(干) 10 豆腐 1
加点	橙子 火龙果	橙子 75 火龙果 75	芒果 葡萄	芒果 75 葡萄 30	菠萝 羊角蜜	菠萝 75 羊角蜜 75	香梨 苹果	香梨 75 苹果 75	香蕉 哈密瓜	香蕉 75 哈密瓜 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。

3、周食谱营养评价标准(每日)：能量974千卡，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，钾1050mg，镁105mg，铁8.4mg，锌8.4mg，磷350mg，硒17.5mg。

4、本周食谱营养分析(平均每日)：能量999千卡，蛋白质30克，优质蛋白占比能比大于50%，脂肪占总热量的29%，维生素A311ug，维生素C37mg，维生素E19mg，钙366mg，钾1042mg，镁131mg，铁10mg，锌4.5mg，磷544mg，硒22mg。

5、本周食谱营养评价：平均每日能量与974千卡接近，蛋白质达30克以上，优质蛋白占比总蛋白质的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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