



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 27, 2022

2022年5月27日

End of Year Performance

期末音乐会

Congratulations to all of our students for their incredible artistic performances! The Songs of the Seasons was an excellent way for students to demonstrate their year of learning in Performing Arts. Excellent job by Ms. Callan organizing our first ever school-wide performance. She had amazing support from our Operations and Marketing Teams as well as Carlton, Ms. Jules and her husband Jay. Next year we cannot wait to have our parents present for the live performance. We hope you enjoy watching it at home with your children.

恭喜学生们完成了精彩的艺术表演！“四季之歌”是学生展示一年学习表演艺术的绝佳方式。Callan 老师出色地组织了我们的第一次全校范围的演出。她得到了我们运营和市场团队以及 Carlton、Jules 女士和她的丈夫 Jay 先生的大力支持。明年，我们迫不及待地想让各位父母来现场观看孩子们的演出。希望您和孩子们在家里可以开心的观看表演。





SONGS OF THE SEASONS

END OF
YEAR
CONCERT

期末音乐会—四季之歌





Head of School Office Hours

校长开放时间

I would like to remind all families that my door is always open to meet with you. On Tuesdays from 8:00 to 9:00 and Thursdays from 3:15 to 4:15 every week, please feel free to stop in to meet with me. You may also schedule an appointment with Wendy for a time more convenient for you. If you have any concerns, questions, or would just like to say, "hello", I look forward to meeting with you.

我想在此提醒大家，我的大门永远为各位家长敞开，随时欢迎大家的到来。每周二上午 8:00 - 9:00，周四下午 3:15 - 4:15，请随时与我见面。您也可以在您方便的时间通过与 Wendy 沟通安排与我的会议。如果您有任何顾虑、问题，或者只是想打个招呼，都随身欢迎。

Re-Enrollment

老生续费

This is just a reminder that May 31 is the last day to pay your re-enrollment fee. After that, we cannot guarantee your seat in class. While I do not think this will be a problem as we will be enrolling new students during the summer, I encourage you to reserve your child's seat for next school year.

温馨提醒大家 5 月 31 日将是我们老生续费的最后一天。如果错过续费日期，我们将无法保证是否有足够的学位预留。虽然我不认为这是一个问题，因为我们将在夏季招收新学生，我鼓励您为孩子预留下学年的学位。





2022 SUMMER CAMP 2022年夏令营



High Quality Sias IS Foreign Teachers
一流的西亚斯外教师资团队

Leadership Development
着重于学生领导力的培养

"Camp Community" Activities
多样的“营地社区”活动

3 Themes 三大主题

☒ I Believe in Magic 我相信魔法

Illusions & Science Experiments
幻觉与科学实验

☒ Fly Away with Me 跟我一起飞翔

Part 1: Kites & Virtual reality
第一部分：风筝与虚拟现实

Part 2: Planes, Drones & Models
第一部分：飞机、无人机和模型

☒ Make it or Break it 颠覆式创意

Baking, Building, Robots
烘焙，建筑，机器人



Pricing 价格

Application fee : 500RMB / 报名费500元

Free application fee for students enrolled at Sias IS
西亚斯外籍学校在校生免报名费。

(1 week) 仅报一期	4688 RMB 4688元
(2 weeks) 报两期	4588 RMB/week 4588元/期
(3 weeks) 报三期	4488 RMB/week 4488元/期
(4 weeks) 报四期	4288 RMB/week 4288元/期



Newsletter 家校通讯录

May 27, 2022

2022年5月27日

July 4-29, 2022 (4weeks)
2022年7月4日-29日 (为期4周)

Time: 8:30am-5:30pm
时间: 上午8:30—下午5:30

Ages: 3-15 (non-Sias IS students 5-15)
适合年龄: 3-15岁 (非在校生5-15岁)

Registration deadline: June 21
报名截止日期: 6月21日

Early Bird Registration before June 14 and get a free camp package including a Sias Summer Camp T-shirt, hat, water bottle, backpack, and mascot!

早鸟计划: 6月14日前报名, 可免费获赠西亚斯夏令营T恤、帽子、水瓶、背包和吉祥物!

Sleep Over Package: 1600 RMB

过夜套餐: 1600元

(9 years old and above 9岁以上)

*during July 18-22 & July 25-29

7月18-22日和7月25-29日期间

Sias Summer Camps are an all-inclusive package: Breakfast, lunch, snacks, specialized classes, field trips, and English language development on our amazing campus.

Sias夏令营是一个全包式的套餐。早餐、午餐、加餐、专业课程、实地考察, 保险等, 以及在我们令人惊叹的校园里的英语发展。

Camps@siasinternationalschool.org

Contact US

联系方式

19937881661



Scan the code to sign up
扫码报名





Upcoming Events

即将到来的事件

May 31, 3:30-4:30 PM	MYP Parent Tea (In-person) (NAT testing at school on May 30, 3:45-4:15)
5 月 31 日, 下午 3:30-4:30	中学家长会 (线下会议) (5 月 30 日下午 3:45-4:15 将在学校为参会家长开设核酸检测通道)
May 31 to June 3	MAP Testing
5 月 31 日至 6 月 3 日	MAP 测试
June 2, 3:15-4:15	MAP Testing Parent Tea Online
6 月 2 日, 下午 3:15-4:15	MAP 培训家长茶会 线上
June 3	Early Years Sport Day
6 月 3 日	幼儿园运动会
June 7	Early Years Celebration
6 月 7 日	幼儿园庆典
June 9, 9:00-10:00	KG Graduation
6 月 9 日 - 上午 9 点至 10 点	幼儿园大班毕业典礼
June 10	Primary Sports Day
6 月 10 日	小学运动会
June 10	Final Report Card Distribution
6 月 10 日	发放成绩单
June 13, 3:15-4:15	Grade 5 Graduation Ceremony
6 月 13 日, 下午 3:15-4:15	5 年级毕业典礼
June 14, 11:30	Last Day of School Dismissal
6 月 14 日, 11:30 放学	学年最后一天



Student Learning for the Week

本周教学

Grade 1 一年级

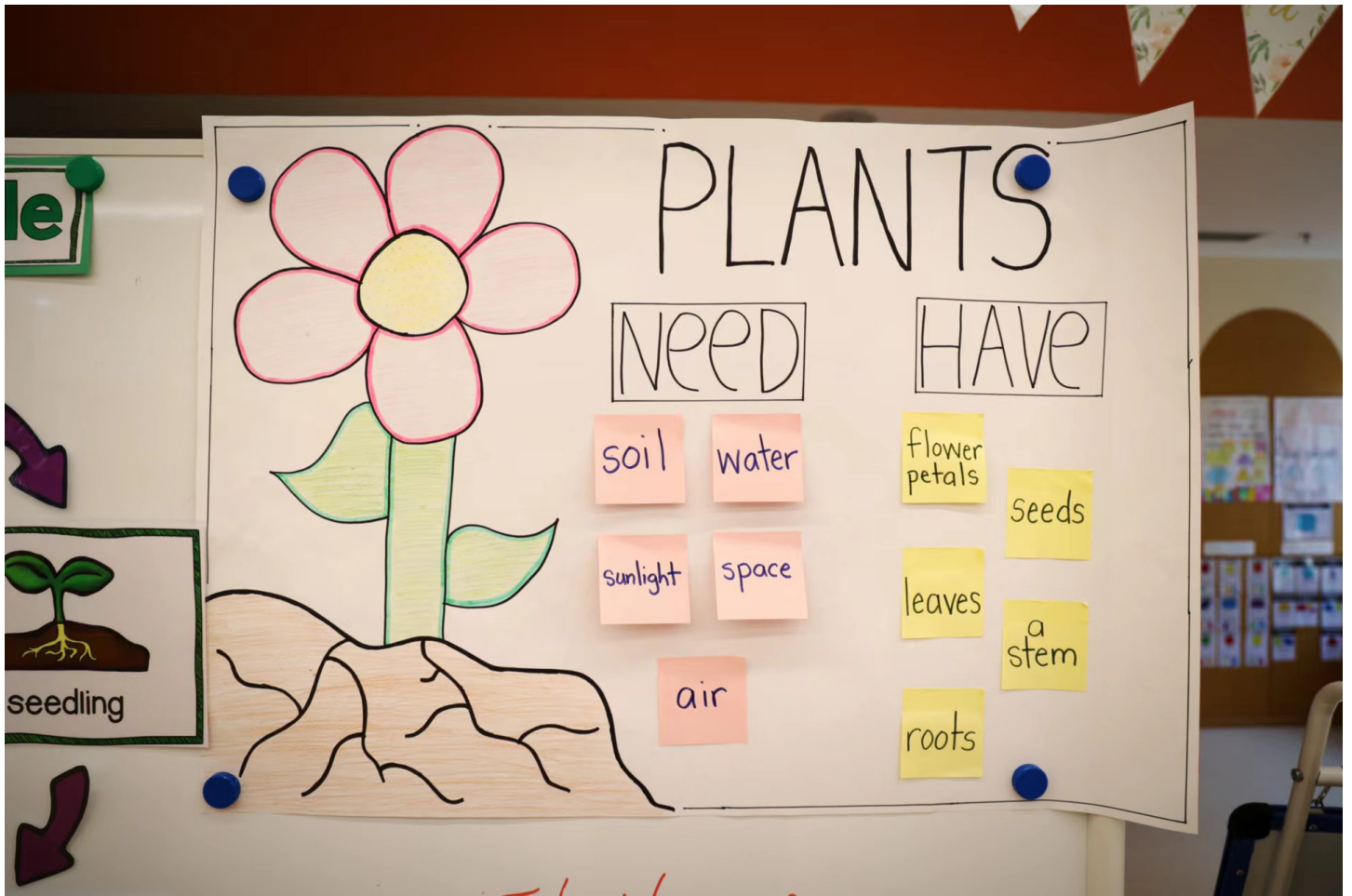
PLANTS

植物

This morning, the students had the opportunity to speak with a plant scientist! The students demonstrated inquirer qualities by coming up with so many questions to ask the scientist! By the end of the video call, these students definitely walked away more knowledgeable about plants.

今天早上，学生们有机会与一位植物学家进行视频交谈。学生们向科学家提出了非常多的问题，充分展现了他们作为探究者的品质！在视频通话结束后，孩子们对植物的奥秘有了更多的了解。







Menus 菜单

5.30-6.3 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	玉米饼 盐水鸡蛋 彩椒土豆丝 金丝面汤	小麦粉 50 黄玉米面 10 鸡蛋 30 土豆 20 彩椒 10 鸡肉 10	全麦南瓜小面包 洋葱炒蛋 西式炒生菜 牛奶玉米片	小麦粉 50 南瓜 20 彩椒 5 脱水洋葱 25 土豆 5 鸡蛋 20 黄油 3 生菜 3 黄玉米面 5 牛奶 15	双色发糕 葱香小入参 五香鹌鹑蛋 枸杞百合粥	南瓜 10 小麦粉 30 胡萝卜 40 细香葱 2 土豆 3 鹌鹑蛋 30 百合 3 香菜 10 枸杞子 5	美式薄饼配果酱 太阳煎蛋 烤培根配罗马生菜 南瓜浓汤	鸡蛋 5 黄油 3 小麦粉 20 苹果酱 15 鸡蛋 30 土豆 2 腊肉 15 (牛肉同) 生菜 5 南瓜 15	牛肉蒸卷 木耳炒鸡蛋 棒打牛魔王 八宝粥	小麦粉 40 牛肉 5 土豆 6 鸡蛋 20 彩椒 15 干木耳 15 绿豆芽 30 牛肉(里脊) 15 桂圆 1 杏仁 1 莲子 1 花生 1 枣(鲜) 1 绿豆 1 黑米 1 糯米 2
加 点	牛奶 葡萄干	牛奶 200 葡萄干 15	酸奶 蒸山药	酸奶 200 山药 15	牛奶 原味水果蛋糕	牛奶 200 黄油 3 鸡蛋 10 淀粉 15	酸奶 枣夹核桃	酸奶 200 枣 20 核桃 20	牛奶 豆沙粽	牛奶 200 糯米 15 豆沙 5
中 餐	泰国香米饭 小炒有机花菜 番茄炖牛腩 清炒莴笋 青菜虾皮汤	五花肉 10 (牛肉回) 土豆 4 牛腩 30 香菜 5 洋葱 3 花生油 3 番茄酱 10 鲜莴笋 30 菜籽油 2 虾皮 2 小白菜 5	奶油菌菇意大利面 香烤翅中 青笋木瓜沙拉 匈牙利牛肉汤	洋葱 13 小麦粉 50 牛肉 15 口蘑 10 鸡腿 15 土豆 10 木瓜 20 鲜莴笋 20 番茄 2 牛腩 5 白蘑菇 3	扬州炒饭 肉末豆腐 豉汁油麦菜 米酒小汤圆	鸡蛋 10 土豆 6 豆腐 10 牛肉 5 豆腐 60 油麦菜 40 彩椒 5 黑芝麻汤圆 15 江米酒 10 优糯米 5	鸡排汉堡 薯条配番茄沙司 蔬果沙拉 玉米浓汤	鸡 40 番茄 10 生菜 40 小麦粉 50 黄瓜 30 花生油 3 土豆 3 番茄酱 5 土豆 20 圣女果 10 白兰瓜 15 干黄玉米 20	广式炒河粉 白灼大虾 茄汁西葫芦 西湖牛肉羹	小麦粉 50 胡萝卜 10 绿豆芽 10 生菜 10 牛肉 25 菜籽油 3 基围虾 15 土豆 4 笋瓜 30 番茄 20 鸡蛋 5
加 点	羊角蜜 葡萄	羊角蜜 75 葡萄 30	蓝莓 圣女果	蓝莓 75 圣女果 75	西瓜 青提	西瓜 75 青提 75	香蕉 哈密瓜	香蕉 75 哈密瓜 75	枇杷柑 菠萝	橘子 75 菠萝 7

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977千卡，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1007千卡，蛋白质36克，优质蛋白功能比大于50%，脂肪占总热量的28%，维生素A301ug，维生素C48mg，维生素E15.9mg，钙340mg，钾1305mg，镁153mg，铁9mg，锌4mg，磷575mg，硒22mg。
5、本周食谱营养评价：平均每日能量与977千卡接近，蛋白质达36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。

5.30 - 6.3 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 Time 7:30-7:55	Tortilla Salted eggs Shredded potatoes with peppers Eggdrop Soup	Wheat flour 50 cornflour 10 Egg 30 Potato 20 Pepper 30 Chicken 10	Whole wheat pumpkin bun Fried egg with onion Western-style fried lettuce Milk cornflakes	Wheat flour 50 Pumpkin 20 Colored pepper 5 Dehydrated onion 25 Soybean oil 5 Egg 20 Butter 3 Lettuce 30 Yellow corn flour 5 Milk 15	Two-color steamed cake Small ginseng with scallions Spiced quail eggs Chinese wolfberry lily porridge	Pumpkin 10 Wheat flour 30 Carrot 40 Chives 2 Soybean oil 3 Quail eggs 30 Lily 3 Fragrant rice 10 Chinese wolfberry 5	American pancakes with jam Sun-shaped fried eggs Roasted bacon with Roman lettuce Pumpkin soup	Egg 5 Butter 3 Wheat flour 20 Apple sauce 15 Egg 30 Soybean oil 2 Bacon 15 (beef) Lettuce 5 Pumpkin 15	Beef steamed roll Fried eggs with fungus Fried beef Eight treasures porridge	Wheat flour 40 Beef 5 Soybean oil 6 Egg 20 Colored pepper 15 Dried fungus 15 Mung bean sprout 30 Beef (tenderloin) 15 Longan 1 Almond 1 Lotus seed 1 Peanut 1 Jujube (fresh) 1 Mung bean 1 Black rice 1 Rice 2
Snack	Milk Raisins	Milk 200 Raisin 15	Yogurt Chinese yam	Yogurt 200 Chinese yam 15	milk Original fruit cake	Milk 200 Butter 3 Egg 10 Starch 15	Yogurt Walnut with jujube	Yogurt 200 Jujube 20 Walnut 20	milk Bean paste rice dumplings	Milk 200 Glutinous rice 15 Bean paste 5
Lunch	Thai rice stir-fried organic cauliflower Braised Beef Brisket with tomato Stir-fried lettuce Dried shrimp soup with green vegetables	Pork belly 10 (beef) Soybean oil 4 Sirloin 30 Coriander 5 Tomato 40 Chives 3 Peanut oil 3 Ketchup 10 Fresh lettuce 30 Rapeseed oil 3 Dried shrimp 2 Pakchoi 5	Cream Mushroom Pasta Roasted chicken wings Lettuce and green papaya salad Hungarian beef soup	Onion 13 Wheat flour 50 Beef 15 Dried mushroom 10 Drumstick 15 Soybean oil 10 Papaya 20 Fresh lettuce 20 Tomato 2 Sirloin 5 White mushroom 3	Yangzhou fried rice Minced pork with bean curd Sautéed lettuce with black bean sauce Rice wine with small dumplings	Egg 10 Soybean oil 6 Beef 5 Tofu 60 Rape 40 Colored pepper 5 Black sesame dumplings 15 Rice wine 10 Sticky rice 5	Chicken sandwich French fries with tomato sauce Fruit and vegetable salad Corn soup	Chicken 40 Tomato 10 Lettuce 40 Wheat flour 50 Cucumber 30 Peanut oil 3 Soybean oil 3 Ketchup 5 Potato 20 Cherry tomato 10 Honey melon 15 Dry yellow corn 20	Fried rice noodles in Cantonese style Braised prawns Zucchini in tomato sauce West Lake beef soup	Wheat flour 50 Carrot 10 Mung bean sprout 10 Lettuce 10 Beef 25 Rapeseed oil 3 Kei Wai Shrimp 15 Soybean oil 4 Winter squash 30 Tomato 20 Egg 5
Snack	Sheep horn honey Grape	Sheep horn honey melon 75 Grape 30	Blueberry Cherry tomatoe	Blueberry 75 Cherry tomato 75	Watermelon Green grape	Watermelon 75 Green grape 75	Banana Cantaloupe	Banana 75 Cantaloupe 75	Orange Pineapple	Orange 75 Pineapple 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.



Sias IS Admissions
招生咨询




Wechat Public Account
微信公众号

Location 地址

4th Longteng Street and Chaoyang Road, Zhengdong New District, Zhengzhou City, Henan Province, China

中国河南省郑州市郑东新区朝阳路与龙腾四街

 19139937077

 admissions@siasinternationalschool.org

 www.siasinternationalschool.org