



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

June 3, 2022

2022年6月3日

## MYP Parent Tea

### 中学家长茶会

On Tuesday, we met with the parents of our rising Grade 6 and 7 students. Our goal was to inform parents of the transition from the PYP to the MYP. We highlighted the new teachers, the interdisciplinary approach to learning, our service learning including the Week Without Walls, and the Bring Your Own Macbook requirement. It was a great first step to adding our MYP and preparing our students and families for the new school year.

周二，我们与即将升入六、七年级的学生家长进行了一次交谈。目的是让家长们了解从小学项目转入中学项目的过程。我们强调了新教师，跨学科的学习方法，我们的服务学习包括“无墙周”，以及“带上学生自己的Macbook”的要求。这是我们加入中学项目计划并为我们的学生和家庭准备新学年迈出的重要的第一步。







# MAP Parent Tea

## MAP 家长茶会

On Thursday we held our third MAP Training for parents. Parents who attended all three MAP sessions will receive their children's MAP scores at the end of this school year. Parents who did not attend will receive their students' scores at the end of the 2022-23 school year. The decision to withhold MAP scores is tied to the recommendation from the owners of the MAP assessments. It is best practice to allow for three years of results before sharing.

周四，我们为家长举办了第三次 MAP 培训。参加所有三场 MAP 课程的家长将在本学年结束时收到孩子的 MAP 成绩。没有参加的家长将在 2022-23 学年结束时收到学生的成绩。保留 MAP 成绩的决定是 MAP 评估负责人的专业建议。最好的做法是，分享之前连续持有学生三年的成绩。





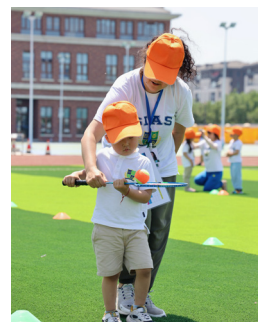


# Early Years Sports Day

## 幼儿园运动会

Friday the Early Years students participated in their first Sports Day. Coach Catarina and Coach Jonathan set up eight stations on the soccer field for students to test their physical fitness and demonstrate their learning for the year. Great leadership by our teachers and an amazing job by our students!

周五幼儿园的学生参加了他们的首次运动会。卡塔琳娜教练和乔纳森教练在足球场上设置了8个赛点，以测试学生的身体素质，并展示他们这一年的学习成果。老师领导得很好，学生们也表现出色！







# Dragon Boat Festival Community Time

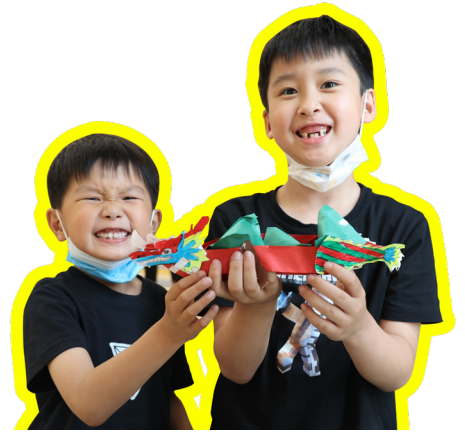
## 例会时间 - 端午节

Our Chinese Teachers led the whole school in a lesson on the history of Dragon Boat Festival. The students played a trivia game, completed a craft together and interacted with each other to build our school community. Thank you to our Chinese Teachers for leading this activity.

I wish each of you a happy Dragon Boat Festival. Enjoy your time with family!

我们的语文老师带领全校师生上了一堂关于端午节历史的课。同学们一起玩问答游戏，一起完成手工作品，互相交流，共同构建我们的校园社区。感谢我们的语文老师领导这次活动。

大家端午安康。享受与家人们在一起的时光！







## End of Year Gifts

## 期末礼物

We have not yet addressed gift giving as a new school. As the end of the year rapidly approaches, I know many families may be considering giving a gift to teachers to say, "Thank you." Please DO NOT purchase expensive gifts for staff. Our teachers appreciate thoughtful cards, notes, videos from students. We do not want to create a school culture where parents feel compelled to one up each other by purchasing more and more expensive gifts. It is not necessary to give ANY gifts to teachers, but a thoughtful card, drawing, video from the students is always appreciated. Thank you for your understanding.

作为一所新学校，我们还没有讨论过送礼物这件事。随着期末的迅速临近，我知道许多家庭可能会考虑送一份礼物给老师，以表示“感谢”。请勿为员工购买贵重礼品。我们的老师很喜欢同学们贴心送的卡片、笔记和视频。我们不想创造一种学校文化，让家长们觉得必须购买越来越昂贵的礼物送给老师。虽然大家不需要送任何礼物给老师，但同学们送我们的卡片、图片、视频总是让我们很感激。谢谢您的理解。

## Upcoming Events

## 即将到来的事件

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 9, 2:00-3:00	Grade 5 Graduation
6月9日, 下午2点至3点	5年级毕业
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 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

HAPPY CHILDREN'S DAY

儿童节快乐

PreK 3A 三岁班 A 班







## PreK 4 四岁班







PreK 3A 三岁班 A 班

# PARENT APPRECIATION

## 感恩家庭

The end of the year is a time to look back and cherish our families, who were a part of our growth, achievements and walked hand in hand to create wonderful memories. So let's take a break, talk about what family means to us, how can we show our gratitude and regardless time of a year always show our dear ones how much we care and love them. We are caring, open-minded and risk-taking citizens of the world!

年末正是回顾和珍惜我们的家庭的时刻，因为他们是见证我们成长、成就，和携手创造美好回忆的重要部分。所以让我们一起休息片刻，谈谈家庭对我们意味着什么，我们如何表达我们的感激之情，无论一年的什么时候，都不要忘了向我们亲爱的家人表达我们有多么爱他们，关心他们。我们是富有爱心、思维开放、敢于冒险的世界公民！







# Menus 菜单

## 6.6-6.10 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 卤水鸡蛋 葱香小入参 香浓玉米糁	小麦粉 40 红薯 5 上海青 10 鸡蛋 30 豆油 3 细香葱 2 胡萝卜 40 黄玉米糁 10	牛角包 芦笋鸡蛋 西芹腰果炒虾仁 牛奶燕麦粥	小麦粉 40 芦笋 35 花生油 3 鸡蛋 15 蒜瓣 15 黄油 3 腰果 5 西芹 25 牛乳 100 燕麦片 20	双色发糕 鸡丝包菜 开洋葱卜 红豆小米粥	小麦粉 40 南瓜 10 茼蒿 60 豆油 6 鸡 15 彩椒 10 白萝卜 40 红豆馅 5 小米 10	红豆吐司 烤肠配罗马生 太阳煎蛋 南瓜浓汤	小麦粉 30 红薯 10 生菜 20 鸡 15 黄油 2 豆油 2 鸡蛋 15 南瓜 15	葱香小花卷 平菇烧肉片 卤干张 八宝粥	小麦粉 40 彩椒 5 平菇 40 猪肉 15 (牛肉四) 花生油 3 豆油 3 干张 25 绿豆 1 黑豆 1 糯米 2 枣 1 杏仁 1 莲子 1 花生 1 桂圆 1
加餐	杏仁 牛奶	杏仁 15 牛奶 200	法式奶酪蛋糕 酸奶	鸡蛋 10 奶酪 15 小麦粉 10 酸奶 200	蒸玉米 牛奶	鲜玉米 15 牛奶 200	原味水果蛋糕 酸奶	黄油 3 鸡蛋 10 淀粉 15 酸奶 200	蔓越莓饼干 牛奶	黄油 5 鸡蛋 3 小麦粉 15 牛奶 200
中餐	米饭 儿童大盒鸡 鱼香肉丝 干锅花菜 水果汤	淀粉 70 彩椒 25 土豆 20 细香葱 5 鸡(X) 25 豆油 6 猪里脊 20 (牛肉四) 蒜蓉 20 干木耳 5 胡萝卜 10 白花菜 30 猪肉 15 (牛肉四) 橄榄油 3 枸杞子 5 红富士苹果 10 梨 10	意大利肉酱面 蔬果沙拉 BBQ 烤猪排 土豆欧芹汤	黄油 3 牛肉 15 胡萝卜 10 淀粉 50 洋葱 10 生菜 30 圣女果 10 黄瓜 20 白兰花 15 猪里脊 40 (牛肉四) 番茄酱 10 豆油 4 土豆 10 西芹 1	泰国香米饭 番茄炒鸡蛋 红烧排骨 清炒油菜菜	糯米 70 番茄 30 鸡蛋 15 菜籽油 9 猪肉排 20 (牛排四) 油麦菜 30	芝士牛肉披萨 水果沙拉 千丝万缕虾 西式核桃汤	奶酪 10 牛 30 番茄 20 脱水洋葱 15 彩椒 15 小麦粉 85 圣女果 10 迷你黄瓜 10 迷迭子葡萄 5 哈密瓜 35 河鲜 15 豆油 3 核桃 10 牛乳 100	家常炒面 香卤鸡心 上汤娃娃菜 紫菜蛋花汤	牛肉 10 小麦粉 70 绿豆芽 15 生菜 15 鸡心 10 豆油 6 娃娃菜 30 紫菜 5 番茄 15 细香葱 3 鸡蛋 5
加餐	菠萝 葡萄	菠萝 75 葡萄 30	火龙果 樱桃	火龙果 75 樱桃 75	香蕉 西瓜	香蕉 75 西瓜 75	青提 橙子	青提 75 橙子 75	蓝莓 羊角蜜	蓝莓 75 羊角蜜 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 978 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 A 420ug，维生素 C 49mg，维生素 E 3.5mg，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 1035 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 28%，维生素 A 305ug，维生素 C 51mg，维生素 E 15mg，钙 426mg，钾 1236mg，镁 160mg，铁 8.9mg，锌 5mg，磷 594mg，硒 21mg。  
5、本周食谱营养评价：平均每日能量与 978 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热量的 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。

## 6.6 - 6.10 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	Seasonal vegetable pancake Marinated egg Ginseng with scallion flavor Fragrant corn cob	Wheat flour 40 Carrot 5 Green vegetable 10 Egg 30 Soybean oil 3 Chives 2 Carrot 40 Corn grits 10	Croissant Asparagus with fried egg Fried shrimps with celery and cashew nuts Milk oatmeal	Wheat flour 40 Asparagus 35 Peanut oil 3 Egg 15 Kei Wai Shrimp 15 Butter 3 Cashew nut 5 Celery 25 Milk 100 Oatmeal 20	Two-color steamed cake Shredded chicken with fried cabbage Boiled radish Red bean millet porridge	Wheat flour 40 Pumpkin 10 Cabbage 60 Soybean oil 6 Chicken 15 Color pepper 10 White radish 40 Red bean paste 5 Miller 10	Red bean toast Roast sausage with chicken Sun-shaped fried eggs Pumpkin soup	Wheat flour 30 Red bean 10 Lettuce 20 Chicken 15 Butter 2 Soybean oil 2 Egg 15 Pumpkin 15	Little twistbread with scallions Braised pork slices with mushrooms Bittern bean curd Eight treasures porridge	Wheat flour 40 Color pepper 5 Oyster mushroom 40 Pork 15 (beef) Peanut oil 3 Soybean oil 3 Bean curd 1 Black rice 1 Rice 2 Jujube 1 Almond 1 Lotus seed 1 Peanut 1 Longan 1
Snack	Almond Milk	Almond 15 Milk 200	French cheesecake Yogurt	Egg 10 Cheese 15 Wheat flour 10 Yogurt 200	Steamed fresh corn Milk	Fresh corn 15 Milk 200	Original fruit cake Yogurt	Butter 3 Egg 10 Starch 15 Yogurt 200	Cranberry biscuit milk	Butter 5 Egg 3 Wheat flour 15 Milk 200
Lunch	Rice Specific saute spicy chicken for children Yu-Shiang Shredded Pork (Sautéed with Spicy Garlic Sauce) Cauliflower in dry pot Fruit soup	Starch 70 Color pepper 25 Potato 20 Chives 5 Chicken (X) 25 Soybean oil 6 Pork fillet 20 (beef) Garlic sprouts 20 Dried fungus 5 Carrot 10 Cauliflower 30 Pork 15 (beef) Olive oil 3 Chinese wolfberry 5 Red Fuji Apple 10 Pear 10	Spaghetti noodles with meat sauce Fruit and vegetable salad BBQ roast pork chops Potato and parsley soup	Butter 3 Beef 15 Carrot 10 Starch 50 Onion 10 Lettuce 30 Cherry tomato 10 Cucumber 20 Honey melon 15 Pork tenderloin 40 (beef) Ketchup 10 Soybean oil 4 Potato 10 Celery 1	Thai-style rice Fried egg with tomato Spare ribs braised in brown sauce Stir-fried vegetables	Rice 70 Tomato 30 Egg 15 Rapeseed oil 9 Pork chop 20 (steak) Vegetable 30	Cheese beef pizza Fresh Fruit Salad Fried shrimp Western-style walnut soup	Cheese 10 Beef 30 Tomato 20 Dehydrated onion 15 Color pepper 15 Wheat flour 85 Cherry tomato 10 Mini cucumber 10 Red raisin grape 5 Honey melon 35 River shrimp 15 Soybean oil 3 Milk 100 Walnut 100	Home-cooked fried noodles Stewed chicken heart with fragrant sauce Baby cabbage in soup Seaweed with egg Soup	Beef 10 Wheat flour 70 Mung bean sprouts 15 Lettuce 15 Chicken heart 10 Soybean oil 6 Baby cabbage 30 Purple seaweed 5 Tomato 15 Chives 3 Egg 5
Snack	Pineapple Grape	Pineapple 75 Grape 30	Pitaya Cherry	Pitaya 75 Cherry 75	Banana Watermelon	Banana 75 Watermelon 75	Raisin Orange	Raisin 75 Orange 75	Blueberry Honey melon	Blueberry 75 Honey melon 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 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.  
4. 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 E 15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg.  
5. 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.





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](mailto:admissions@siasinternationalschool.org)

 [www.siasinternationalschool.org](http://www.siasinternationalschool.org)