



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 10, 2022

2022年6月10日

Kindergarten Graduation

幼儿园大班毕业

On Thursday we held our first ever Kindergarten Graduation. Our students were so excited to be recognized and demonstrated great leadership by listening and helping each other. I was especially impressed by Ms. Shakenya, Mr. Alan, and Ms. Chloe for their organizational skills and vision to make the graduation a success. I hope you got to watch the graduation video on WeChat. It was very cute!

周四，我们举行了首届幼儿园毕业典礼。学生们非常开心，因为他们通过倾听和互相帮助得到了一致的认可，并展示了优秀的领导力。我对 Shakenya 老师、Alan 老师和 Chloe 老师的印象特别深刻，她们的优秀的组织能力和远见卓识使毕业典礼十分成功。我希望大家能在微信上观看毕业视频。孩子们非常可爱！





Graduation Celebration

毕业典礼





Grade 5 Graduation 五年级毕业

Thursday afternoon we held our Grade 5 graduation for our four students. They read speeches summarizing their learning and demonstrating gratitude to the teachers and staff who helped them this year. Ms. Madhu, Ms. Rosa, and Mr. Tyrone facilitated a special ceremony including a surprise video with baby pictures for each student.

星期四下午，我们为四个学生举行了五年级毕业典礼。他们朗读了总结自己学习的演讲，并对今年帮助过他们的老师和工作人员表示感谢。Madhu 老师、Rosa 老师和 Tyrone 老师主持了一场特别的仪式，还为每个学生拍了一段宝宝时期照片的惊喜视频。





Primary Sports Day

小学运动会

The rain Thursday night brought in cooler temperatures for our Primary School Sports Day on Friday. That didn't stop our students in G1 to G6 from working up a good sweat in their athletic activities. Coach Catarina and Coach Jonathan did an excellent job creating team-building activities into the Sports Day. Our students did an excellent job cooperating and encouraging each other.

星期四晚上的一场雨为星期五的小学运动会带来凉爽的天气。但这并没有阻止我们一年级至六年级的学生在运动会中挥汗如雨。Catarina 教练和 Jonathan 教练出色地将团队建设活动融入到体育活动中。我们的学生做得很好，互相合作、互相鼓励。





Report Cards

成绩单



On Friday afternoon we sent all final report cards through Managebac. Please check your email to find the report card. If you have questions, want to understand the report better, or would just like to discuss what you read, please contact the homeroom or specialist teachers to schedule time to meet. These report cards are a summary of each

unit of inquiry and the standards that were assessed for the units. You should see a progressive pattern of improvement throughout the year.

周五下午，我们通过 Managebac 寄出了所有孩子的期末报告单。请查看您的邮箱查看学生的报告单。如有任何问题，例如想更好地理解报告单，或者只是想讨论你所阅读到的内容，请联系班主任或专业课老师安排时间见面沟通。这些报告是每个探究单元和为这些单元评估的标准的摘要。您应该会看到孩子们一整年的进步。

MAP Results

MAP 报告

We have shared students' MAP Assessment results with parents that attended all three MAP Parent Teas. This was our compromise to comply with the recommendations from NWEA (parent company for MAP) and International Schools Services (ISS) to hold results until Sias IS has three years of student data. We will be sharing all the students' MAP results at the end of next school year.

我们与完成三次 MAP 家长培训的家长分享了学生的 MAP 评估结果。这是我们遵守 NWEA (MAP 的母公司) 和国际学校服务组织 (ISS) 的建议，即在西亚斯外籍学校获得学生 3 年测试数据之前，保留测试结果。我们将在下学年结束时与家长分享所有学生的 MAP 成绩。



Next Week- Yearbook, Early Dismissal, Make Up ASAs

下周 - 年鉴 / 周二放学时间 / ASA 补课

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We have two more exciting days of school next week. On Monday students will be wrapping up their learning, completing projects, and preparing to move to their new grade in August. On Tuesday we will have time for students to look at their yearbooks, have their friends and teachers sign the yearbooks, and to say goodbye. Dismissal will be at 11:30. If your child has extra paid ASAs, he/she may stay for the afternoon.

很开心下星期我们还有两天在校日。周一学生们将结束学习内容，完成项目，并准备好在8月份迎接他们的新年级。下周二，学生们会收到年鉴并有时间进行翻看，也可以请他们的朋友和老师在年鉴上签名，然后互说再见。下周二放学时间是上午11:30。如果您的孩子有课后延时课程，他/她可以留在学校。

## Yearbooks 年鉴

We had 80 families buy yearbooks for students. We did order some extras for students who would like to purchase them at the last minute. If you would like to buy one for your child, Please scan the QR code, and check your Wechat message.

我们有80个家庭为学生购买了年鉴。我们为那些想在最后一刻购买的学生额外订购了一些。如果您想给孩子订购年鉴，请扫码右方二维码完成订购，详情请查看微信消息。



## After School Activities 课后延时课程

Reminders. All free ASAs are complete for the school year. Next week we will continue to make up ASAs we missed during the COVID lockdown. The schedule has been sent to each ASA WeChat group if there are special classes on Tuesday and Wednesday of next week. Please reach out to Ms. Kalu if you have any questions.

温馨提示: 所有免费ASA在学年结束后便结课。下周，我们将给疫情期间线上教学错过ASA的学生补课。下周二、三如果有ASA课程安排，课程表已经发送至ASA微信群。如果有任何问题请联系Kalu老师。





**Sias IS**  
西亚斯外籍学校

# 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  
第二部分：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)<br>仅报一期 | 4688 RMB<br>4688元        |
| (2 weeks)<br>报两期 | 4588 RMB/week<br>4588元/期 |
| (3 weeks)<br>报三期 | 4488 RMB/week<br>4488元/期 |
| (4 weeks)<br>报四期 | 4288 RMB/week<br>4288元/期 |





# Newsletter

## 家校通讯录

June 10, 2022

2022年6月10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**

\*during July 18-22 & July 25-29  
7月18-22日和7月25-29日期间

(9 years old and above 9岁以上)

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**



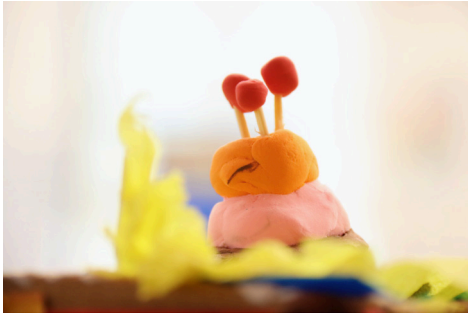
Scan the code to sign up  
扫码报名





# Student Learning for the Week

## 本周教学



G1 一年级

## Genius Hour

### 天才时刻

After many weeks of research and putting it all together, the students finally gave their presentation on what they learned. The students demonstrated inquirer qualities throughout this process of research and became more knowledgeable about their topic. During the presentation, students demonstrated communicator qualities by speaking clearly about their topic and the information they learned. I'm very proud of their work!

经过几周的研究与整合，学生们终于将他们所学的东西做了最终演讲展示。学生们在整个研究过程中表现出了探究者的素质，并对他们所研究的课题有了更深层次的了解。在演讲过程中，学生们通过清楚地谈论他们的课题和所学到的知识展示了沟通者的素质。我为他们感到非常自豪！







Early years end of the year  
**WATER DAY CELEBRATION**  
幼儿园期末水上庆祝活动







# Menus 菜单

## 6.13-6.15 Menu

Note: all weights are in grams

|                                       | Monday                                                                                                                   | Nutritional volume (g)                                                                                                                                                                                                                                | Tuesday                                                                                         | Nutritional volume (g)                                                                                                                                                                        | Wednesday                                                                                                                    | Nutritional volume (g)                                                                                                                                                                                                                                    |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b><br>Time<br>7:30-7:55 | Seasonal vegetable pancakes<br>Spiced quail eggs<br>Fried shrimps with celery<br>Millet gruel and Chinese yam            | Wheat flour 40<br>Carrot 5<br>Shanghai Qing10<br>Quail eggs 30<br>Celery (Green) 30<br>Kai Wai Shrimp 15<br>Corn oil 3<br>Xiaomi (Yellow) 10<br>Chinese yam 20                                                                                        | Toast with jam<br>Steamed eggs with cheese<br>Organic asparagus with butter<br>Milk corn flakes | Wheat flour 50<br>Apple sauce 10<br>Cheese [cheese] 5<br>Egg (white skin) 30<br>Asparagus (Green) 3<br>Butter 3<br>Yellow corn noodles 5<br>Milk 15                                           | Beef steamed roll<br>Fried eggs with fungus<br>Fried beef<br>Eight treasures porridge                                        | Wheat flour 40<br>Beef 5<br>Soybean oil 6<br>Egg 20<br>Colored pepper 15<br>Dried fungus 15<br>Mung bean sprout 30<br>Beef (tenderloin) 15<br>Longan 1<br>Almond 1<br>Lotus seed 1<br>Pear 1<br>Jujube (fresh) 1<br>Mung bean 1<br>Black rice 1<br>Rice 2 |
| <b>Snack</b>                          | Cashew nut<br>Milk                                                                                                       | Cashew nut 15<br>Milk 200                                                                                                                                                                                                                             | Yellow peach egg tart<br>Cranberry biscuit cherry<br>banana<br>yogurt                           | Yellow peach 5<br>Milk 15<br>Eggs (white skin) 10<br>cherries 75<br>bananas 75<br>Yogurt (X) 200                                                                                              | Fresh corn<br>Milk                                                                                                           | Fresh corn 15<br>Milk 200                                                                                                                                                                                                                                 |
| <b>Lunch</b>                          | Thai rice<br>Curry Chicken with Chinese chestnut<br>Braised Beef Brisket with Tomato<br>Broccoli<br>Seaweed and Egg Soup | Rice (X) 60<br>Potato 15<br>Ripe Chinese chestnut 20<br>Chicken (X) 15<br>Rapeseed oil 3<br>Tomato 55<br>Chives 6<br>Coriander 5<br>Srirach 25<br>Peanut oil 3<br>Ketchup 10<br>Broccoli 30<br>Soybean oil 3<br>Laver (dried) 5<br>Egg (White skin) 5 | Chicken sandwich<br>French fries with tomato sauce<br>Fruit and vegetable salad<br>Corn soup    | Chicken 40<br>Tomato 10<br>Lettuce 40<br>Wheat flour 50<br>Cucumber 30<br>Peanut oil 3<br>Soybean oil 3<br>Ketchup 5<br>Potato 20<br>Cherry tomato 10<br>Honey melon 15<br>Dry yellow corn 20 | Yangzhou fried rice<br>Minced pork with bean curd<br>Sauteed lettuce with black bean sauce<br>Rice wine with small dumplings | Egg 10<br>Soybean oil 6<br>Beef 5<br>Tofu 60<br>Rape 40<br>Colored pepper 5<br>Black sesame dumplings 15<br>Rice wine 10<br>Sticky rice 5                                                                                                                 |
| <b>Snack</b>                          | Watermelon<br>Orange                                                                                                     | Watermelon 75<br>Orange 75                                                                                                                                                                                                                            | Cherries<br>Banana                                                                              | Cherries 75<br>Bananas 75                                                                                                                                                                     | Blueberry<br>Cherry tomatoe                                                                                                  | Blueberry 75<br>Cherry tomato 75                                                                                                                                                                                                                          |

Remarks: 1. Sias 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 1119.29 kcal, protein 39.82 grams, high-quality protein functional ratio more than 50%, fat 28% of total calories, vitamin A 222.7 ug, vitamin C 51 mg, vitamin E 17 mg, calcium 274.82 mg, potassium 1486.66 mg, magnesium 172.95 mg, iron 10.372 mg, zinc 5.8 mg, phosphorus 630.26 mg, selenium 31 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.

## 6.13-6.15 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)                                                                                                                                       |
|------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>早餐</b><br>时间<br>7:30-7:55 | 时蔬煎饼<br>五香鸭鸡蛋<br>西芹虾仁<br>山药小米粥            | 小麦粉 50<br>黄玉米面 10<br>鸡蛋 30<br>土豆 20<br>彩椒 10<br>鸡肉 10                                                                                          | 白土司配果酱<br>芝士蒸蛋<br>黄油有机芦笋<br>牛奶玉米片 | 小麦粉 50<br>苹果酱 10<br>奶酪(干酪) 5<br>鸡蛋(白皮) 30<br>芦笋(绿) 3<br>黄油 3<br>黄玉米面 5<br>牛奶 15                             | 牛肉蒸卷<br>木耳炒鸡蛋<br>樟打牛魔王<br>八宝粥  | 小麦粉 40<br>牛肉 5<br>豆油 6<br>鸡蛋 20<br>彩椒 15<br>干木耳 15<br>绿豆芽 30<br>牛肉(里脊) 15<br>桂圆 1<br>杏仁 1<br>莲子 1<br>花生 1<br>枣(鲜) 1<br>绿豆 1<br>黑米 1<br>糯米 2 |
| <b>加点点</b>                   | 腰果<br>牛奶                                  | 牛奶 200<br>葡萄干 15                                                                                                                               | 黄桃蛋挞<br>蔓越莓饼干<br>樱桃<br>香蕉<br>酸奶   | 黄桃 5<br>牛奶 15<br>鸡蛋(白皮) 10<br>樱桃 75<br>香蕉 75<br>酸奶(X) 200                                                   | 鲜玉米<br>牛奶                      | 鲜玉米 15<br>牛奶 200                                                                                                                            |
| <b>中餐</b>                    | 泰国香米饭<br>咖喱板栗鸡<br>番茄炖牛腩<br>豉汁蒸西花<br>紫菜蛋花汤 | 稻米(X) 60<br>土豆 15<br>熟板栗 20<br>鸡(X) 15<br>菜籽油 3<br>番茄 55<br>细香葱 6<br>香菜 5<br>牛腩 25<br>花生油 3<br>番茄酱 10<br>西兰花 30<br>豆油 3<br>紫菜(干) 5<br>鸡蛋(白皮) 5 | 鸡排汉堡<br>薯条配番茄沙司<br>蔬果沙拉<br>玉米浓汤   | 鸡 40<br>番茄 10<br>生菜 40<br>小麦粉 50<br>黄瓜 30<br>花生油 3<br>豆油 3<br>番茄酱 5<br>土豆 20<br>圣女果 10<br>白芦笋 15<br>干黄玉米 20 | 扬州炒饭<br>肉末豆腐<br>豉汁油麦菜<br>米酒小汤圆 | 鸡蛋 10<br>豆油 6<br>牛肉 5<br>豆腐 60<br>油菜菜 40<br>彩椒 5<br>黑芝麻汤圆 15<br>江米酒 10<br>优糯米 5                                                             |
| <b>加点点</b>                   | 西瓜<br>橙子                                  | 西瓜 75<br>橙子 75                                                                                                                                 | 樱桃<br>香蕉                          | 樱桃 75<br>香蕉 75                                                                                              | 蓝莓<br>圣女果                      | 蓝莓 75<br>圣女果 75                                                                                                                             |

备注: 1、我按参考《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 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 1119.29 千卡, 蛋白质 39.82 克, 优质蛋白功能比大于 50%, 脂肪占总热量的 28%, 维生素 A222.7ug, 维生素 C51mg, 维生素 E17mg, 钙 274.82mg, 钾 1486.66mg, 镁 172.95mg, 铁 10.372mg, 锌 5.8mg, 磷 630.26mg, 硒 31mg。  
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。





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

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