



Newsletter

2022-2023 家校通讯录

September 9, 2022
2022年9月9日

Best Wishes for Mid-Autumn Festival 中秋节快乐

From our Sias IS family to your family, we wish you a joyful Mid-Autumn Celebration! Please enjoy your time with family and try not to eat too many mooncakes.

西亚斯外籍人员子女学校全体人员公主您和家人中秋快乐，阖家幸福！祝您和家人度过一个愉快的假期，但是不要吃太多月饼哦。



No School Monday 周一放假

This is just a friendly reminder that there is no school on Monday, September 12 in observance of the Mid-Autumn holiday.

温馨提示，9月12日，周一不上课，属于中秋节假期。

2022年9月						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

* 学生在校天数 21天

After School Activities (ASAs)

课后特色课程

ASAs have officially started. We offer over 70 different activities for our students. This week it was exciting to see the horses back on campus; watch kids playing basketball, soccer, badminton, and ping pong; hear music and laughter; and create so many new things. We will be opening Wechat groups for all paid ASAs starting next week. Please join the groups so that you can see photos and group feedback from their time in ASAs.

课后特色课程正式开展。我们为学生提供超过 70 种不同的活动。本周，我们很高兴看到小马驹重返校园；观看孩子们打篮球、踢足球、打羽毛球和乒乓球；听到音乐声和大家的笑声；创造了很多新事物。从下周开始，我们将为所有付费课程开放微信群。请加入群聊，这样您就可以看到孩子们在课上的照片和课程反馈。



Soccer Tournament

足球比赛

We have been invited to attend a soccer tournament that will be hosted on our campus during the October break. We would like to know if our students have enough interest to join. This tournament is for students from 9-12 years old. Please scan the code and fill in the survey if you are interested.

我校被邀请参加十月假期期间将在本校举办的足球比赛。我们想知道我们的学生是否有兴趣加入。这个比赛是为 9-12 岁的学生举办的。如果您有兴趣，请扫描二维码并填写调查问卷。



Parent English Lessons 家长英文课程

We still have a few spaces left for our English lessons starting next Thursday, September 15. Beginner lessons will be held 3:15-4:15. Intermediate lessons will be held from 4:15-5:15. Please scan the code below to register for one of these classes or to let us know a time you would like to start a class next term.

9 月 15 日，下周四即将开课的英文课程还有一些名额。初级课程上课时间为下午 3:15-4:15。中级课程上课时间为下午 4:15-5:15。如有意向，请扫描下方二维码报名，或者填写您下一期意向开课的时间。



Student Council 学生会

The Sias IS Student Council is proud to announce that the first annual Student Council Elections will officially begin next week on Tuesday. There will be three weeks of elections, each signifying a different stage in the overall election.

The first week will be to determine Student Representatives. The elections will be separated by grade. Fourth and fifth grade will have their own separate election, where they will elect two representatives from each grade. MYP will be a little different, as the whole of MYP will have six representatives in total, each representing the whole of MYP. Good luck to all those that are taking part!

西亚斯外籍学校的学生会成员在此自豪地宣布：首届年度学生会成员选举将于下周二正式开始。本次选举将持续三个星期，每个星期都代表着整个选举进入不同阶段。

第一周将确定学生代表。选举将以年级为单位。四年级和五年级将单独开展选举，每个年级选出两名学生代表。MYP 会有一点不同，因为整个 MYP 总共有六位学生代表，每位学生都代表整个 MYP。祝所有参与的学生好运！



IB Learner Profile of the Month

本月 IB 学习者培养目标

The IB Learner Profile has 10 attributes that describe a broad range of human capacities and responsibilities that go beyond academic success. Here is a link to learn more:

IB 学习者培养目标一共有 10 项，描述了广泛的超越学术成功的人类能力和责任。扫描右方二维码，了解更多信息：



Every week we shall celebrate our theme of the month by publishing it here in the newsletter with information and an activity you can do in the home with your child.

每周，我们都会在家校通讯录上发布我们的探究主题，包括相关信息以及您可以在家和孩子一起做的活动。

The Sias IS theme of the month for September is...
9 月的探究主题是 --

INQUIRERS 探究者

Inquirers develop their natural curiosity. They acquire the skills necessary to conduct inquiry and research and show independence in learning. They actively enjoy learning, and this love of learning will be sustained throughout their lives.

探究者培养他们天生的好奇心。他们获得了进行探究和研究的必要技能，并在学习表现出独立性。他们积极地享受学习，这种对学习的热爱将会贯穿他们的一生。

Activity in the home... 家庭活动

Encourage areas of your child's interest by visiting the library to borrow books that explore these topics.

通过去图书馆借阅关于鼓励孩子感兴趣的领域的
相关探究主题书籍。



Upcoming Events 活动预告

September 12
9月12日

No School
假期

September 14
9月14日

**Curriculum
Night**
家长信息分享会

September 24
9月24日

**Grand
Opening**
开学典礼

Student Learning for the Week 本周教学





MOONCAKE 月饼

Festivals and different events are one of the best practices for young learners to understand the world and different cultures.

PreK-4A students invited expert mommies and grandmas to help them understand why and how we celebrate Mid-Autumn Festival. We shared our stories, learnt from each other how to make mooncakes, and created bonds with our families who are an important part of our learning community.

庆祝各种节日和活动是学生们了解世界和不同文化的最佳方式之一。

PreK4A 班的学生们邀请了专业的妈妈们和奶奶们来帮助他们理解为什么要庆祝中秋节以及如何庆祝中秋节。我们分享了中秋节的故事，互相学习如何制作月饼，并借此与家人们建立了更紧密的联系，因为他们也是我们学习社区里的重要组成部分。

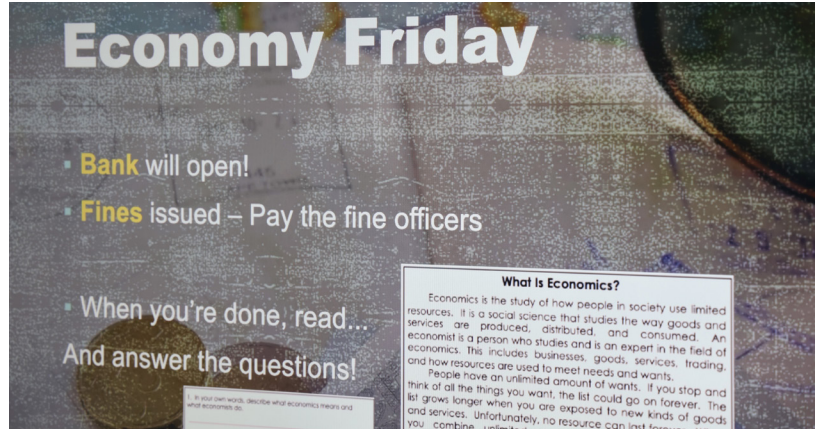


ECONOMY FRIDAY

经济星期五



This week was the first Economy Friday in 4th grade! Over the school year, 4th grade will take each Friday to inquiry into the economy. Prior to this day, students have applied for and been hired for class jobs. They will earn money for their jobs at the end of each month. Students can also earn bonus money in various ways. Sometimes, students receive fines for breaking classroom "laws." For their first Economy Friday, students were able to deposit or withdraw money from the bank and pay any fines they were issued this week. Through this process, the students are learning what it is like to be a part of the economic system. 4th graders will continue to learn about what the economy is and how it works each Friday!



本周是四年级的第一个“经济星期五”！在接下来的整个学年里，四年级每周五都会探究经济学。在此之前，学生们已经申请了不同的课堂工作并被成功聘用。他们将在每个月底为各自的工作赚到工资。学生们还可以通过各种方式获得奖金。有时，学生也会因为违反课堂“法律”而受到罚款。在本周的第一次“经济星期五”中，学生们体验了从银行存款或取款，并支付了本周受到的任何罚款。通过这个过程，学生们正在学习并成为经济体系的一部分。四年级学生将在以后的每周五继续了解经济学和它是如何运作的！



Happy Moon Festival 2022

中秋节快乐

Two weeks into the PYP Visual Arts Course, Sias IS students, explored "Who They Are" through a range of Fun Art Activities and Play. An environment conducive to high quality Art education created in the PYP Art Studios and school corridors aims to stimulate students' understanding and respect of each other. The Mid-Autumn Festival celebrations in China beautifully coloured students' inquiry into Culture, opening their mind to becoming Caring individuals.

Erwin Bryan Utchanah, M Ed
PYP Visual Arts Teache

在 PYP 视觉艺术课程开始的两周里，西亚斯外籍学校的学生们通过一系列有趣的艺术活动和游戏来探索“我们是谁”。我们在 PYP 艺术教室和学校走廊中创造了一个有利于高质量艺术教育的环境，旨在激发学生对彼此的理解和尊重。庆祝中国传统节日中秋节能帮助学生们深入文化探究，打开心灵成为更有爱心的人。

PYP 视觉艺术老师
Mr. Utchanah



Menu 菜单

9.13-9.16 Menu								
Note: all weights are in grams								
	Tuesday	Nutritional volume (g)	Wednesday	Nutritional volume (g)	Thursday	Nutritional volume (g)	Friday	Nutritional volume (g)
Breakfast Time 7:30-7:55	Milk oatmeal White toast with jam Shrimp with asparagus Western style egg roll	Milk 100 Oatmeal 20 Wheat flour 50 Applesauce 10 Asparagus 30 Shrimp 1 Corn oil 3 fresh corn 2 Onion 2 Sandwich ham 2 egg 25	Millet and sweet potato porridge Lotus-Leaf-Like Pancake Stir-fried onion with egg Mixed vegetable	Millet 10 Sweet potato 5 Wheat flour 20 Pepper 5 Dehydrated onion 25 Eggs 20 Soybean oil 3 Potato 15 Carrots 15 Mung bean sprouts 15 Rapeseed oil 3	Pumpkin soup Whole wheat bun Baked egg with cheese Potato with tuna	Pumpkin 15 Wheat flour 50 Sweet pepper 3 Cheese 3 Eggs 20 Potato 30 Dragon fish 20 Soybean oil 3	Wheat kernel porridge Raisin steamed cake Chicken with cucumber	Starch (rice) 10 Cereal 15 Wheat flour 20 Raisins 5 White granulated sugar 1 Mung bean sprout 40 Pepper 5 Soybean oil 10 Cucumber 30 Chicken 15
Snack	Pear Honey pomelo	Pear 75 Grape 75	Dragon fruit Apple	Dragon fruit 75 Apple 75	Honey melon Kiwi fruit	Honey melon 75 Kiwi fruit 75	Banana Orange	Banana 75 Orange 75
Lunch	Beef spaghetti with tomato sauce Broccoli in butter Chicken with chestnut Creamy mushroom soup	Wheat flour 25 Carrot 10 Tomato 10 Onion 20 Lettuce 30 Beef 15 Butter 6 Chicken 40 Potato 15 Cooked chestnut 5 Rapeseed oil 3 White mushroom 30 Milk 100	Thai rice Braised beef brisket with tomato Garlic baby cabbage Stewed pork ball with red sauce Seaweed and egg soup	Rice 70 Red bean filling 5 Onion 10 Scallion 10 Coriander 3 Sliced beef 15 Soybean oil 9 Winter melon 30 Pork 15 Beef(Muslim) Pepper 10 Loofah 40 Black sesame dumplings 10 Rice wine 5	Sandwich Grilled chicken wings Vegetable and fruit salad Country style soup	Noodles 50 Cucumber 30 Lettuce 50 Bacon 20 Eggs 40 Chicken wings 20 Rapeseed oil 3 Cherry tomatoes 10 White melon 15 Potato 5 Carrot 5 Cabbage 20 Beef 5	Yangzhou fried rice Dragon fish with black bean sauce Stir-fried cauliflower West Lake beef soup	Japanica rice 60 Corn shoots 10 Carrot 10 Edamame 5 Egg 10 Butter 3 Dragon fish 15 Cauliflower 30 Beef 15 Olive oil 3 Beef 10 Egg (x) 5 Soybean oil 1
Snack	Yellow peach pie Yogurt	Wheat flour 10 Yellow peach 10 Butter 2 White granulated sugar 1 Yogurt 200	Boiled salty peanuts Milk	Peanut 15 Milk 200	French Cheesecake Yogurt	Wheat flour 10 Cheese 15 Egg 10 Yogurt 200	Steamed corn Milk	Corn 15 Milk 200

Remarks: 1.SIac 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 E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 12 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.

9.13-9.16 菜单									注：重量单位均为克	
	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	牛奶燕麦粥 白土司配果酱 芦笋虾仁 西式蛋卷	牛乳 100 燕麦片 20 小麦粉 50 苹果酱 10 芦笋 30 基围虾 15 玉米油 3 鲜玉米 2 洋葱 2 三明治火腿 2 鸡蛋 25	小米地瓜粥 荷叶饼 洋葱炒蛋 素三丝	小米 10 红薯 5 小麦粉 20 彩椒 5 脱水洋葱 25 鸡蛋 20 玉米油 3 土豆 15 胡萝卜 15 绿豆芽 15 菜籽油 3	南瓜浓汤 全麦小面包 芝士焗蛋 土豆金枪鱼	南瓜 15 小麦粉 50 甜椒 3 奶酪 3 鸡蛋 20 芝士焗蛋 土豆 30 龙利鱼 20 豆油 3	麦仁粥 提子发糕 双色银牙 青瓜鸡肉片	淀粉(大米) 10 麦片 15 小麦粉 20 葡萄干 5 白砂糖 1 绿豆芽 40 彩椒 5 豆油 10 黄瓜 30 鸡 15		
加餐	皇冠梨 蜜柚	皇冠梨 75 葡萄 75	火龙果 苹果	火龙果 75 苹果 75	西贡密 奇异果	西贡蜜 75 奇异果 75	香蕉 橙子	香蕉 75 橙子 75		
中餐	番茄牛肉意大利面 黄油西兰花 板栗鸡 奶油蘑菇汤	小麦粉 25 胡萝卜 10 番茄 10 洋葱 20 生菜 30 牛肉 15 黄油 6 鸡 40 土豆 15 熟板栗 5 白蘑菇 30 牛乳 100	杂粮米饭 萝卜炖牛腩 冬瓜肉片 清炒丝瓜 米酒汤圆	稻米 70 红苕饭 5 洋葱 10 大葱 10 香菜 3 牛肉片 15 豆腐 9 冬瓜 30 猪肉 15 牛肉(回) 10 彩椒 10 丝瓜 40 黑芝麻汤圆 10 江米酒 5	总汇三明治 烤鸡翅 菜籽油 3 韭菜沙拉 乡村浓汤	面条 50 黄瓜 30 生菜 50 培根 20 鸡蛋 40 鸡翅 20 菜籽油 3 圣女果 10 白兰瓜 15 土豆 5 胡萝卜 5 卷心菜 20 牛肉 5	扬州炒饭 豉汁龙利鱼 干锅花菜 西湖牛肉羹	糯米 60 玉米笋 10 胡萝卜 10 毛豆 5 鸡蛋 10 黄油 3 龙利鱼 15 白花菜 30 牛肉 15 橄榄油 3 牛肉 10 鸡蛋(X) 5 豆油 1		
加餐	黄桃派 酸奶	小麦粉 10 黄桃 10 黄油 2 白砂糖 1 酸奶 200	盐焗花生 牛奶	花生 15 牛奶 200	法式奶酪蛋糕 酸奶	小麦粉 10 奶酪 15 鸡蛋 10 酸奶 200	蒸玉米 牛奶	鲜玉米 15 牛奶 200		
<p>备注：1、我校参考《中国居民膳食指南 2022——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。</p> <p>周食谱营养评价标准（每日）：能量 1010 千卡，蛋白质 35 克，动物及大豆蛋白质约 17.5 克，脂肪占总热量的 30%以下，碳水化合物 220g，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。</p> <p>本周食谱营养分析（平均每日）：能量 1020 千卡，蛋白质 37.1 克，动物及大豆蛋白质约 18.5 克，脂肪占总热量的 26%，维生素 A87 微克，维生素 E3.7mg，钙 587mg，磷 335mg，钾 1419mg，镁 168mg，铁 7.9mg，锌 8mg，硒 27mg。</p> <p>本周食谱营养评价：平均每日能量与 1010 千卡接近，蛋白质达 30 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。</p>										