

# Newsletter

2022-2023 家校通讯录

September 16, 2022  
2022年9月16日

## Curriculum Night 家长信息分享会

On Wednesday we had our first Curriculum Night of the school year. It was great seeing so many parents join us to learn more about the IB curriculum. These are important events and we hope that you continue to attend to stay engaged in the instruction that takes place in school. One great piece of feedback we received is the need for more interpreters to help our teachers communicate with our non-English speaking parents. We will work on that for the future.



周三我校举办了本学年第一场家长信息分享会。能看见这么多家长参加，认证了解有关IB课程体系，我们真的很高兴。我们希望大家保持积极，继续参加学校举办的此类活动，持续关注教学信息。我们也收到了家长们的反馈，后续的活动我们会保证会请更多的翻译人员在分享会上为外教进行翻译。

# MAP Testing

## MAP 测评

Students in Grades 1 to 8 will be taking the MAP assessment September 19 to 23. Please make sure students get plenty of rest each night and come to school to give their best effort.

一至八年级的学生将在 9 月 19 至 23 日进行 MAP 测评。请确保学生在测评期间得到充分的休息，在测评期间发挥最好的状态。



# MAP Results

## MAP 测评结果

The test results from MAP are one of many assessment tools we use to identify students' strengths and weaknesses. NWEA, the parent company of MAP, recommends a school does not share its MAP results for three years until there is a trend to show historical data. Last year we agreed to share MAP results with parents once they have attended three MAP/Assessment parent training courses. We will again offer the MAP training to parents this fall. At the end of the school year, June 2023, we will have three years of MAP data as a school and will share all MAP results after the final assessment for the school year.

MAP 的测评结果是我们用来判断学生所擅长的方面和所需要提高的方面众多评估工具之一。MAP 的母公司 NWEA 建议，一所学校在公开学生测评历史数据的趋势之前，需要拿到学生连续三年的 MAP 测评成绩。去年，我们同意在家长参加了三期 MAP 家长培训课程后，分享评核结果。今年秋季，我们将再次为各位家长提供 MAP 培训。在本学年结束，即 2023 年 6 月，我们将拥有我校学生三年的 MAP 测评数据，并将在本学年的最终测评后分享所有 MAP 测评结果。



## Grand Opening September 24 9 月 24 日开学典礼

We are excited to invite our families to the Grand Opening Ceremony on Saturday, September 24. The gates will open at 6:30. We would like all the families to be in their seats by 7:15. At 7:25 all students will need to be lined up near the stage, prepared to sing the school song.

诚邀您和家人参加 9 月 24 日星期六的开学典礼。下午 6:30 开始入场。请您在 7:15 前落座。7:25 所有的学生需要在主舞台旁边列队等待，准备上台演唱校歌。

## Community Activities 社区活动

Parent English lessons have begun. We still have some spaces in the intermediate class. If you are interested, please contact Ms. Kalu.

家长英文培训课程已经开始。中级班还有一些名额。如果您感兴趣，请与卡路老师联系。

We are also excited to start a new community sports activity. On Monday's from 5:30-7:00 pm, Sias IS welcomes parents to join teachers for a fun sport that everyone can enjoy: Ultimate Frisbee. As with all events, please remember only parents with 48-hour Covid test and green codes will be allowed on campus. This will be a reoccurring event each Monday! Join us to learn a new sport and get some exercise.

很高兴我们开展了一项新的社区运动活动。每周一下午 5:30-7:00，西亚斯外籍学校欢迎所有家长来参加一项适合所有人玩的趣味运动：极限飞盘。与所有活动一样，请记住，只有持有 48 小时核酸阴性检测报告和健康码绿码的家长才可以进入校园。以后每周一都会有这项活动，快来加入我们，一起学习一项新的运动，锻炼锻炼吧！

# Air Quality Updates

## 空气质量更新

Friday morning, two doctors and a nurse from the First Affiliated Hospital of Zhengzhou University came to campus to visit Sias IS. They observed our students, learning environments, and surrounding construction and made the following comments and recommendations.

- The learning environment is very good for students. It is free from construction smells.
- Students need to eat more fruit and vegetables and drink more water. Due to the changing season, many students have dry noses. Students need a balanced diet, including their dinner.
- Windows should be opened when the air is good outside to encourage fresh air exchange.
- Nurse Emily should follow up with the students who have experienced nose bleeds. No other similar symptoms were found such as skin irritations or other indicators of formaldehyde inhalation.
- Parents should take their students to the hospital for blood tests if there are ongoing concerns.

周五上午，我们邀请了两位来自郑州大学第一附属医院的医生和一位护士来学校指导。他们通过观察学生状态、了解校园环境及周边建筑，作出如下建议。

1. 学习环境对学生来说非常好。它没有建筑气味。
2. 学生需要多吃水果和蔬菜，多喝水。由于季节的变化，许多学生的鼻子都很干。一日三餐都需要均衡膳食。
3. 当室外空气良好时，应打开窗户，加强空气流通。
4. 艾米丽护士将跟进出现流鼻血现象的学生。未发现如皮肤刺激或其他由甲醛超标引起的症状。
5. 如果家长们有持续的担忧，建议带学生去医院做血液检查。

We have shared the information about all of the steps we have taken on we have taken on campus and continue to take to ensure our air is safe for students and staff.

我们已经与大家分享了我们在校内所采取的相关措施，我们将继续努力确保为学生和教职员工维持健康的空气质量。



# Air Quality Testing 空气质量检测

In order to demonstrate our commitment to having clean air for students and staff and to show that our school buildings are safe, we will continue to test the air monthly for the next three months. Based on the results we will determine if the tests should continue in the future. We will share all results with you. If you have recommendations for different testing companies, please feel free to let us know.

为了践行我们对为学生和教职员工提供安全健康的空气的承诺，并证明校舍是安全的，我们将在接下来的三个月继续每月测试空气质量。根据测试结果，我们将决定后续是否应该继续进行测试。我们将与您持续分享所有的结果。如果您推荐不同的测试公司，请随时反馈给我们。

## STUCO 2022-2023 2022-2023 学年学生会

This year's Student Council class representatives (grades 4-8) were elected after being voted by their classmates this week. On Friday, we celebrated the newly elected class representatives who shall now go on to form the Student Council for this academic year.

今年的学生会班级代表（4年级-8年级）是由各班同学在本周投票后选出的。在本周五的社区时间，我们庆祝了新当选的班级代表们，他们将组成本学年的新一届学生会。

Next week the class representatives shall decide if they want to nominate themselves for the Student Executive Council. The roles of the executive council include: President, Vice President, secretary, treasurer and social officer.

下周这些班级代表将决定他们是否想提名自己成为学生执行委员会的一员。执行委员会的职务包括：主席、副主席、秘书、财务主管和社联。

Sias Student Council 2022/23:  
2022-2023 学年学生会成员：

Barbie Dong- Grade 8 八年级  
Mark Channa- Grade 8 八年级  
Jerry Shi- Grade 7 七年级  
Aubrey Jing- Grade 7 七年级  
Jason Zhai- Grade 7 七年级  
Nadia Mierzejewjsa- Grade 6 六年级  
Kevin Hao- Grade 6 六年级  
Vincent Wang- Grade 5 五年级  
Lisa Han- Grade 5 五年级  
Yuki Chen- Grade 4 四年级  
Angela Chen- Grade 4 四年级



# Theme of the Month- Inquirer

## 本月主题—询问者

They 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.

学生们培养了天生的好奇心。他们获得必要的技能来进行调查和研究，独立学习。他们积极地享受学习，这种对学习的热爱将贯穿他们的一生。

### Activities for parents

#### 家长小活动

Develop an understanding of the Internet. Work with your son or daughter when the Internet is being used and try to instill the understanding that some Internet sites are not reputable.

发展对互联网的一种新的理解。当您孩子正在使用互联网时，和他們一起研究，试着向他们灌输一些网站是没有良好信誉的这一认识。



# Student Learning 本周教学



## Sias International Hospital GRAND OPENING 西亚斯国际医院“正式开业”



Congratulations to PreK-4A students for successful completion of our first formative assessment! The past few weeks our students have been exploring different community roles, safety standards and how relationships are built within different communities. On our stage of “Finding Out” we decided to test our students understanding and engagement. As a result, we have our own small hospital to explore, inspire and learn from each other. Special thanks to Nurse Emily and our Families for huge support.

祝贺 PreK-4A 班的学生们成功完成了第一次形成性评估！在过去的几周里，我们的学生一直在探索社区里不同的角色、安全标准以及如何在不同的社区中建立关系。在探究的“发现”阶段，我们决定测试我们的学生对社区的理解和参与度。因此，我们有了自己的小医院来互相探索、激励和学习。特别感谢校医 Emily 和家人们给予的大力支持！



# Capture the Flag

## 腰旗橄榄球



# Menu 菜单

## 9.19-9.23 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)
<b>Breakfast</b>  <b>Time 7:30-7:55</b>	Scallion fragrant florets Marinated eggs Shredded cabbage Lily and glutinous porridge	Wheat flour 40 Eggs (white shell) 30 Color pepper 10 Cabbage 50 Beef 10 Rapeseed oil (green oil) 3 Glutinous rice (sticky rice) 10 Lily (dehydrated) 2	Bean paste toast Broccoli Baked Egg with Cheese corn soup	Wheat flour 20 Red bean paste (peeled) 2 Low fat milk powder (high calcium and high iron, Nestle) 1 Butter 1 Egg (X) 27 Broccoli 30 Soybean oil 3 Sweet Pepper 3 Cheese [cheese] 3 Dry yellow corn 20	Sweet Potato Rolls Braised Beef slices with Mushrooms Zucchini in tomato sauce Black Rice porridge	Wheat flour 25 Sweet Potato 5 Color Pepper 5 Mushroom 40 Beef 15 Peanut oil 3 Bamboo Shoot and Melon 30 Tomatoes 20 Soybean oil 3 Black Rice 20	Hot dog Sun-shaped fried eggs Sauteed Lily Bulbs and Celery Milk oatmeal porridge	Starch (wheat) 10 Chicken (X) 20 Egg (X) 30 Soybean oil 2 Fresh Lily 5 Celery 40 Milk (X) 100 Oatmeal 20	Steamed Beef Rolls Simmered Tofu&Beef Spiced Quail Eggs Egg drop soup	Wheat flour 80 Beef (fat and lean) (X) 10 Tofu (X) 60 Beef (lean) 5 Soybean oil 2 Quail Eggs 30 Egg (native chicken) 10
<b>Snack</b>	Orange Blueberry	Orange (X) 75 Blueberry 75	Huangguan Pear Grapes	Pear (X) 75 Grapes (X) 75	Pitaya Hami melon	Pitaya 75 Hami melon 75	Banana Apple	Banana 75 Apple (X) 75	Pineapple Mango	Pineapple 75 Mango 75
<b>Lunch</b>	Rice with raisins Stewed pork ribs and corn Stir fried Beans with Shredded Pork Stir fried green vegetable West Lake beef soup	Starch (rice) 70 Raisin 3 Fresh corn 40 Carrots 15 Scallion 5 Coriander 5 Fresh Lentinus edodes 10 Pork Ribs 30 Chicken (for Muslim) Peanut oil 3 Beans 20 Beef (lean) 25 Rapeseed oil (green oil) 3 Green vegetable 30 Soybean oil 4 Egg (X) 5	Bolognaise spaghetti Butter Seasonal Vegetables Fresh Fruit Salad Country style soup	Wheat flour 70 Beef 20 Onion 5 Carrot 5 Tomatoes 10 Color Pepper 5 Broccoli 40 Butter 5 Cherry tomato 5 Mini Cucumber 5 Lettuce 15 Potatoes 5 Cabbage 20 Beef (loin) 5	Fried Rice with Pineapple Stewed mutton Baby vegetable with fragrant mushrooms Crucian carp and tofu soup	Fresh Corn 10 Starch (rice) 50 Carrot 5 Pineapple 10 Butter 3 Egg (white shell) 15 Tomatoes 35 Mutton (lean) 30 Soybean oil 6 Color Pepper 5 Cabbage Stalk 25 Fresh Lentinus edodes 15 Tofu (X) 20 Scallion 3 Coriander 3 Crucian carp 20	Whole wheat baguette Steak Tomato sauce with French fries Vegetable salad with dressing Goulash soup	Wheat flour 50 Steak 40 Potatoes 20 Soybean oil 5 Tomato sauce 10 Mini tomatoes 5 Mini Cucumber 10 Tomatoes 12 Lettuce 30 Onion 3 White Mushroom 3 Beef Brisket 5	Henan steam noodles Garlic garland chrysanthemum Stir fried organic cauliflower Braised Duck Breast Luffa and Tofu Soup	Wheat flour 15 Radish 10 Beans 10 Soybean sprouts 10 Beef 15 Peanut oil 2 Color Pepper 30 Chrysanthemum 40 Soybean oil 4 Cauliflower 40 Duck (X) 25 Tofu (X) 10 Luffa 10
<b>Snack</b>	Milk Steamed sweet potato	Milk 200 Sweet Potato 10	Yogurt Multi flavor biscuit	Yogurt (X) 200 Flour 15 Egg (white) 5 White granulated sugar 10	Milk Portuguese Egg Tart	Milk 200 Wheat flour 15 Cream 10 Egg (white shell) 10 White granulated sugar 5	Yogurt Thousand Layer Red Bean shortbread	Yogurt (X) 200 Wheat flour 20 Red Beans 15 Butter 3 Egg (X) 1 White granulated sugar 2	Milk Walnut pie	Milk 200 Wheat flour 15 Walnut (dry) 3 Butter 1

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)

5. Diet nutrition analysis this week (average daily): energy 1000 kcal, protein 50 g grains, high-quality protein (animal) more than 30%, fat 20% of total calories, vitamin A 500 ug, vitamin C 51 mg, vitamin E 20 mg, calcium 420 mg, potassium 1200 mg, magnesium 100 mg, iron 0.5 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.

## 9.19-9.23 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	葱香小花卷 盐水鸡蛋 手撕包菜 百合糯米粥	小麦粉 40 鸡蛋(白皮) 30 彩椒 10 圆白菜、卷心菜 50 牛肉 10 菜籽油(青油) 3 糯米(江米) 10 百合(脱水) 2	豆沙吐司 翠绿西兰花 芝士焗蛋 玉米浓汤	小麦粉 20 红豆沙(去皮) 2 低脂奶粉(高钙高铁、雀巢) 1 黄油 1 鸡蛋(X) 27 西兰花 30 豆油 3 甜椒 3 奶酪(干酪) 3 干黄玉米 20	红薯卷 平菇烧肉片 茄汁西葫芦 黑米粥	小麦粉 25 红薯 5 彩椒 5 平菇 40 牛肉 15 花生油 3 笋瓜 30 番茄 20 豆油 3 黑米 20	香肠热狗 太阳煎蛋 西芹百合 牛奶燕麦粥	淀粉(小麦) 10 鸡(X) 20 鸡蛋(X) 30 豆油 2 鲜百合 5 西芹 40 牛乳(X) 100 燕麦片 20	牛肉燕麦卷 肉末豆腐 五香鸭鸭蛋 金丝面汤	小麦粉 80 牛肉(肥瘦)(X) 10 豆腐(X) 60 牛肉(瘦) 5 豆油 2 鸭鸡蛋 30 鸡蛋(土鸡) 10
加 点	橙子 蓝莓	柑橙(X) 75 蓝莓 75	皇冠梨 葡萄	梨(X) 75 葡萄(X) 75	火龙果 哈密瓜	火龙果 75 哈密瓜 75	香蕉 苹果	香蕉 75 苹果(X) 75	菠萝 芒果	菠萝 75 芒果 75
中餐	葡萄干米饭 美味全家福 肉丝炒豆角 清炒上海青 西湖牛肉羹	淀粉(大米) 70 葡萄干 3 鲜玉米 40 胡萝卜 15 细香葱(香葱、四季葱) 5 香菜 5 鲜香菇 10 猪肉排 30 猪大排 30 鸡蛋(回) 3 花生油 3 豆角 20 牛肉(瘦) 25 菜籽油(青油) 3 上海青 30 豆油 4 鸡蛋(X) 5	意大利肉酱面 黄油时蔬 水果沙拉 乡村浓汤	小麦粉 70 牛肉 20 洋葱 5 胡萝卜 5 番茄 10 彩椒 5 西兰花 40 黄油 5 圣女果 5 迷你黄瓜 5 生菜 15 土豆 5 圆白菜、卷心菜 20 牛肉(里脊) 5	泰式菠萝炒饭 西式红烩羊肉 香菇菜心 鲫鱼豆腐汤	鲜玉米 10 淀粉(大米) 50 胡萝卜 5 菠萝 10 黄油 3 鸡蛋(白皮) 15 番茄 35 羊肉(瘦) 30 豆油 6 彩椒 5 白菜茎 25 鲜香菇 15 豆腐(X) 20 细香葱 3 香菜 3 鲫鱼 20	全麦法棍 小西红柿 5 番茄沙司配薯条 蔬菜沙拉配干品酱 匈牙利牛肉汤	小麦粉 50 牛排 40 土豆 20 豆油 5 番茄酱 10 小西红柿 5 迷你黄瓜 10 茼蒿 40 花菜 40 鸭(X) 25 豆腐(X) 10 丝瓜 10	豫式卤面 蒜蓉茼蒿 小炒有机花菜 香卤鸭胸 丝瓜豆腐汤	
加 点	牛奶 蒸红薯	牛奶 200 红薯 10	酸奶 多味饼干	酸奶(X) 200 面粉 15 鸡蛋(白皮) 5 白砂糖 10	牛奶 葡式蛋挞	牛奶 200 小麦粉 15 鸡蛋(白皮) 10 白砂糖 5	酸奶 千层红豆酥	酸奶(X) 200 小麦粉 20 红豆 15 黄油 3 鸡蛋(X) 1 白砂糖 2 白砂糖 2	牛奶 核桃派	牛奶 200 小麦粉 15 核桃(干) 3 黄油 1

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。

周食量(按体重)：每日应食量为前次体重的10%。蛋白质的摄入量：每日每kg体重应摄入蛋白质35g，动物及大豆蛋白占17.5g。脂肪占总热量的30%以下。维生素A 4200μg，维生素C 69mg，维生素E 5mg，钙560mg，磷350mg，钾1050mg，镁105mg，铁8.4mg，锌8.4mg，硒17.5mg。

本周食谱营养分析(平均每日): 能量 1020 千卡, 蛋白质 38 克, 优质蛋白质功能比大于 50%, 脂肪占总能量的 26%, 维生素 A87 $\mu$ g, 维生素 C67mg, 维生素 E16mg, 钙 392mg, 磷 635mg, 钾 1419mg, 镁 168mg, 铁 7.9mg, 锌 5mg, 硒 27mg。

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