

Newsletter

2022-2023 家校通讯录

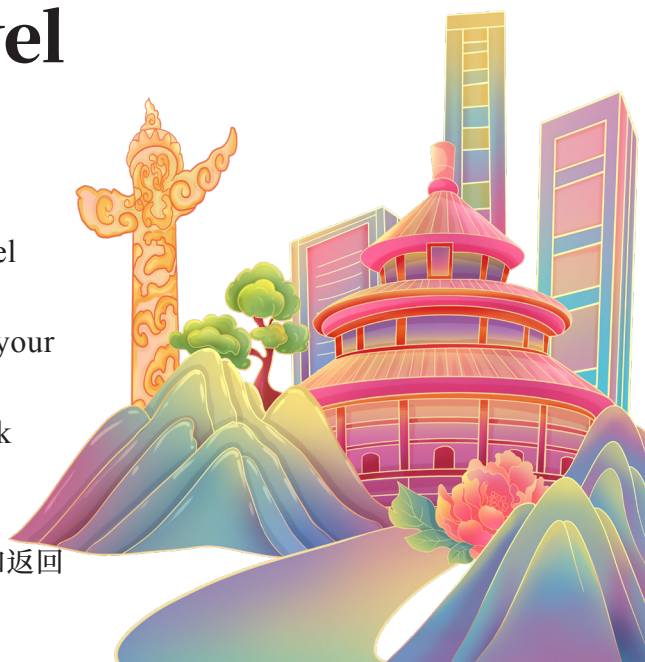
September 30, 2022
2022 年 9 月 30 日

National Holiday Travel 国庆假期出行

Please be reminded to practice safe travel. Remain in Zhengzhou unless travel is necessary. Monitor the travel restrictions in your destination and the requirements for returning to Zhengzhou. You are required to DingTalk your location daily by 9:00 AM.

We will continue to communicate over the holiday break about COVID safety.

请注意安全出行。非必要不离郑。关注目的地的旅行政策和返回郑州的要求。请每天上午 9 点前在钉钉上完成健康打卡。我们将在假期期间持续为您更新新冠疫情防控政策及要求。



Thank you! 致谢!

Parents and staff thank you so much for your flexibility this week as we dealt with the changes caused by the construction company. We were frustrated with the last-minute change but realized it was a blessing in disguise. This is an English idiom that means “a misfortune that turns into a good fortune.” Our Instructional and Operations Teams immediately began working on plans that included ease of arrival/dismissal for parents, meaningful learning experiences, quality food, and a safe, learning environment. Thank you so much to our team for making this happen and for our parents for understanding the challenges and required changes.

各位家长、各位工作人员，非常感谢你们这周在我们处理建筑公司带来的问题时所给予的理解和支持。我们十分沮丧在事情发生前没有得到充分的时间来提前跟大家沟通，但俗话说塞翁失马，焉知非福，我们的教学和运营团队在得到通知后，立即开始制定计划，包括方便家长接送的地点、有意义的学习体验、高质量的食物和安全的学习环境。非常感谢我们的团队共同努力促成了这一切，也感谢各位家长对学校面对挑战作出调整的理解与支持。

OUTDOOR EDUCATION WEEK 户外教学周



Throughout the week, students participated in group activities, such as field day. They have worked on their own writing or drawing/painting while sitting in the quiet. Our little ones have had fun looking for insects, playing in the sand, and flying kites. In addition, each day students went on a field trip that extended their learning. Finally, these learnings aligned with students' Unit of Inquiry. Students didn't lose class time, they GAINED authentic, learning experiences and created memories that will last much longer than classroom based instruction.

在这一周中，学生们参加了集体活动，比如一起去郊游。他们在安静的环境中进行自己的写作或绘画。我们的家小伙伴们都玩得很开心，寻找昆虫，在沙子里玩耍，放风筝。此外，学生们每天都要进行实地考察，以扩展他们的学习体验。最后，这些学习与学生的单元探究相一致。学生们并没有失去课堂时间，他们获得了真实的学习体验，并创造了比课堂教学更持久的记忆。

Forest Park Field Day

森林公园
户外教学日



A Trip to Zhengzhou Zoo 郑州动物园之旅



A Trip to Henan Museum 河南博物馆之旅



A Trip to Sias University 西亚斯学院之旅



A TRIP to ZHENGZHOU Science and Technology Museum

郑州科技馆之旅



ASA Updates

ASA 更新

During October break our school's first soccer team will be competing in a soccer tournament on our school campus. We are very excited to be participating and looking forward to seeing our players learn, grow, and compete.

在十月放假期间，我们学校的第一支足球队将在我们学校校园参加足球比赛。我们非常高兴能够参与进来，并期待看到我们的球员学习、成长和竞争。



Week 4 of ASAs begins October 10th. The first trimester of ASAs will continue until November 25. Please check ASA WeChat groups for photos and activity updates.

第四周的 ASA 课程将于 10 月 10 日开始。第一期的 ASA 课程将一直持续到 11 月 25 日。请及时查看 ASA 微信群消息，了解孩子们的课程更新和活动照片。

Community ASAs also continue after October break.

Mondays: Ultimate frisbee 5:30-7:00 pm (everyone is welcome)

Thursdays: Parent English Classes (registration required)

- Beginner 3:15-4:05 pm
- Intermediate 4:15-5:05 pm

社区 ASA 活动也将在国庆假期后继续开展。

每周一：下午 5:30-7:00，极限飞盘（欢迎大家都来参加）

每周四：家长英文培训（仅限报名家长参加）

Reminder: everyone that enters campus must have a 48-hour Covid test.

Please contact Ms. Kalu (wechat ID: carolcline or email kalu@siasinternationalschool.org) if you have any questions or concerns.

提醒：进入校园需持 48 小时核酸阴性证明。

如果您有任何关于 ASA 课程的问题，请通过（微信号：carolcline 或邮箱 kalu@siasinternationalschool.org）联系卡路老师。

Theme of the Week: Open-minded 本周主题：开放的思想

Open-minded individuals understand and appreciate their own cultures and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view and are willing to grow from experience.

思想开放的人理解并欣赏自己的文化和自己的历史，并对其他个人和社区的观念、价值观和传统持开放态度。他们习惯于寻求和评估各种观点，并愿意从经验中得到成长。



Activities for parents

家长小活动

Encourage your child to try out new things- new food, new games, and new activities.

鼓励孩子尝试新事物 -- 没吃过的东西、没玩过的游戏、做一些新的活动。

Upcoming Events 活动预告

| | |
|-------------------------|--|
| October 11 10 月 11 日 | ManageBac Parent Training Session ManageBac 家长培训会 |
| October 13 10 月 13 日 | Teaching Strategies Parent Training 教学策略（家庭版）培训 |

Menu 菜单

10.10-10.14 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) |
|--|--|--|--|--|--|--|---|---|--|--|
| <div>Breakfast</div> <div>Time 7:30-7:55</div> | Red date mantou Yam millet porridge Marinated Eggs Cabbage with shredded chicken | Wheat flour 50 Jujube (dried) 5 Millet (yellow) 10 Yam 20 Egg (white shell) 30 Cabbage 60 Chicken (x) 15 Soybean oil 3 | Red bean toast Oatmeal with milk French style vegetables Fried egg | Wheat flour 30 Red bean paste 10 Milk 100 Oatmeal 20 Zucchini 60 Soybean oil 5 Egg 30 | Steamed roll with beef Black rice porridge Scallion ginseng Winter melong with dried shrimp | Wheat flour 30 Beef (lean and fat) 10 Black rice 20 Carrot 40 Chive 2 Soybean oil 3 Winter melon 30 Dried sall shrimp 10 Peanut oil 3 | Creme bun Corn Soup Vegetable salad with fruit and egg Buttery cauliflower | Wheat flour 30 Dry yellow corn 20 Cherry Tomatoes 10 Mini Cucumber 5 Lettuce 5 Brandy melon 10 Eggs 15 Colored pepper 5 Cauliflower 40 Butter 3 | Thousand Layer Pancake Wolfberry Lily porridge Stewed loafah with white pepper and egg custard | Wheat flour 35 Rice 1 Lily (dehydrated) 3 Medlar 5 Loafah 60 White mushroom 40 Sunflower seed oil 5 Yellow dry corn kernels 5 Colored pepper 5 Egg 20 Soybean oil 1 |
| Snack | Milk Steamed sweet potato | Milk 200 Sweet potato 10 | Yogurt Pistachio | Yogurt 200 Pistachio 15 | Milk Variety crackers | Milk 200 Flour 10 Egg 5 Sugar 10 Butter 2 | Yogurt Almond | Yogurt 200 Almond 15 | Milk Cranberry Muffin | Milk 200 Wheat flour 10 Butter 5 Eggs 15 |
| Lunch | Yellow Rice Baby cabbage in chicken soup Eggplant with minced meat Potatoes with braised pork Shrimp & greens soup | Yellow Rice 20 Starch (rice) 50 Baby cabbage 30 Soybean oil 4 Eggplant 30 Pork (lean) 30 Beef (For Muslim) Rapeseed oil (green oil) 6 Potato 30 Chinese cabbage 5 Dried small shrimps 2 | Spaghetti with meat sauce Waldorf Salad BBQ roast pork chop Cream of Mushroom Soup | Starch 50 Carrot 10 Onion 20 Beef (lean) 15 Butter 3 Celery 20 Apple 20 Raisins 5 Pork tenderloin 40 Chicken chop (for Muslim) Soybean oil 3 Ketchup 10 White mushroom 30 Milk 100 | Multi-grain rice Scrambled eggs with sweet pepper Stir-fried lotus root Beef and enoki rolls Fish and tofu soup | Rice 60 Red bean filling 5 Colored pepper 50 Egg 30 Peanut oil 5 Yellow carrot 40 Lotus root 40 Soybean oil 5 Tomato 20 Flammulina velutipes 35 Beef (lean and fat) 35 Salad oil 4 Tofu 20 Chive 3 Coriander 3 Crucian carp 20 | Cheese bacon burger Vegetable salad with dressing French fries with ketchup Vegetable soup | Wheat flour 50 Cucumber 10 Tomatoes 20 Lettuce 40 Cheese 10 Bacon 40 Chicken (for Muslim) Peanut oil 3 Tomatoes 5 Mini Cucumber 10 Potatoes 20 Soybean oil 4 Ketchup 5 Broccoli 10 | Braised noodles with pork Stir-fried cabbage Braised shrimp Fruit soup | Noodles 60 Green vegetables 30 Coriander 5 Pork 15 Beef (for Muslim) Chinese cabbage 80 Mixed oil 5 Kiwi shrimp 60 Apple 10 Pear 10 Medlar 5 |
| Snack | Orange Pear | Orange 75 Pear 75 | Banana Hami melon | Banana 75 Hami melon 75 | Green grapes Watermelon | Green grapes 75 Watermelon 75 | Kiwi fruit Apple | Kiwi fruit 75 Apple 75 | Mango Blueberry | Mango 75 Blueberry 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 E15 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.

10.10-10.14 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 | 红枣馒头 山药小米粥 卤水鸡蛋 鸡丝包菜 | 小麦粉 50 枣(干) 5 小米(黄) 10 山药 20 鸡蛋(白皮) 30 圆白菜 60 鸡(肉) 15 豆油 3 | 红豆吐司 牛奶燕麦粥 法式烤时蔬 太阳煎蛋 | 小麦粉 30 红豆沙 10 牛乳 100 燕麦片 20 西葫芦 60 豆油 5 鸡蛋 30 | 牛肉燕麦卷 黑米粥 葱香小入参 海米冬瓜 | 小麦粉 30 牛肉(肥瘦) 10 黑米 20 胡萝卜 40 细香葱 2 豆油 3 冬瓜 30 虾米 10 花生油 3 | 奶香小面包 玉米浓汤 果蔬鸡蛋沙拉 黄油菜花 | 小麦粉 30 干黄玉米 20 全蛋果 10 迷你黄瓜 5 生菜 5 白西兰花 10 鸡蛋 15 彩椒 5 白花菜 40 黄油 3 | 千层饼 枸杞百合粥 白玉菇烩丝瓜 五彩蒸蛋羹 | 小麦粉 35 香米 10 百合(脱水) 3 枸杞子 5 丝瓜 60 白蒟蒻 40 葵花子油 5 黄干玉米粒 5 彩椒 5 鸡蛋 20 豆油 1 |
| 加点 | 牛奶 蒸红薯 | 牛奶 200 红薯 10 | 酸奶 开心果 | 酸奶 200 开心果 15 | 牛奶 多味饼干 | 牛奶 200 面粉 10 鸡蛋 5 白砂糖 10 牛油 2 | 酸奶 大杏仁 | 酸奶 200 杏仁 15 | 牛奶 蔓越莓马芬 | 牛奶 200 小麦粉 10 黄油 5 鸡蛋 5 |
| 中餐 | 黄金大米饭 上汤娃娃菜 肉末茄子 土豆烧肉片 青菜虾皮汤 | 小米(黄) 20 淀粉(大米) 50 娃娃菜 30 豆油 4 茄子 30 猪肉(瘦) 30 牛肉(回) 10 菜籽油(青油) 6 土豆 30 小白菜 5 虾皮 2 | 意式肉酱面 华都夫沙拉 BBQ 猪排 奶油蘑菇汤 | 淀粉 50 胡萝卜 10 洋葱 20 牛肉(瘦) 15 黄油 3 红富士苹果 20 葡萄干 5 猪里脊 40 鸡排(回) 10 豆油 3 番茄酱 10 白蘑菇 30 牛乳 100 | 杂粮米饭 彩椒炒鸡蛋 御香小炒 金针菇肥牛卷 鲫鱼豆腐汤 | 糯米 60 红豆馅 5 彩椒 50 鸡蛋 30 花生油 5 黄胡萝卜 40 藕 40 豆油 5 番茄 20 金针菜 35 牛肉(肥瘦) 30 色拉油 4 豆腐 20 细香葱 3 香菜 3 鲫鱼 20 | 芝士培根汉堡 蔬菜沙拉配千岛酱 薯条配番茄沙司 蔬菜汤 | 小薯粉 50 黄瓜 10 番茄 20 生菜 40 芝士 10 培根 40 鸡肉(圆) 10 花生油 3 小红西虾 10 迷你黄瓜 10 土豆 20 豆油 4 番茄酱 5 西兰花 10 | 肉丝焖面 烩白菜丝 焖大虾 水果汤 | 面条 60 上海青 30 香菜 5 猪里脊 15 牛肉(回) 10 小白口白菜 80 混合油 5 基围虾 60 红富士苹果 10 梨 10 枸杞子 5 |
| 加点 | 橙子 小香梨 | 橙子 75 小香梨 75 | 香蕉 哈密瓜 | 香蕉 75 哈密瓜 75 | 青提 西瓜 | 青提 75 西瓜 75 | 奇异果 苹果 | 奇异果 75 苹果 75 | 芒果 蓝莓 | 芒果 75 蓝莓 75 |

备注：1、我校参考《中国居民膳食指南 2022—学龄儿童膳食指南》，每周营养师食谱，进行计划膳食。2、每1、3、5提供中餐，2、4提供西餐。
本食谱营养评价标准（每100g）：能量 1010千卡，脂肪占总能量的 17.5%，脂肪中 A2/A2a 和 A2a/A2a 的 30%以上，维生素 A240μg，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。
本食谱营养分析表（平均每100g）：能量 1020千卡，蛋白质 38克，优质蛋白功能比大于 50%，脂肪占总能量的 26%，脂肪中 A2/A2a 和 A2a/A2a 的 30%以上，维生素 A287μg，维生素 C67mg，维生素 E16mg，钙 392mg，磷 635mg，钾 1411mg，镁 168mg，铁 7.9mg，锌 9.5mg，硒 27.7mg。
本食谱营养评价：符合每日能量与 1010千卡接近，蛋白质 38克，优质蛋白功能比大于 50%，脂肪占总能量的 1/2 以上，脂肪中 A2/A2a 和 A2a/A2a 的 30%以上，维生素 A 功能比大于 30%，维生素 A、维生素 C、维生素 E 等营养素均达标，铁、锌等无机盐也达标。达到此阶段的学龄儿童膳食营养摄入要求。