

Newsletter

2022-2023 家校通讯录

December 2, 2022
2022 年 12 月 2 日

SIAS IS GOT Talent 西亚斯达人秀



The president of the Student Council, Nadia Mierzejewska, was part of the judging panel, as well as, tasked with overseeing the integrity of the process itself. She had this to say about the judging procedure: "I think it was a good opportunity for students to share their opinion. The judging was fair and honest."

学生会主席 Nadia 是评审团的一员，并负责监督本次评审的全过程。对于评审程序，她是这样说的：“我认为这是学生们分享观点的好机会。裁判们都公正诚实。”

The Sias Students' Got Talent 2022 competition has come to a completion. There has been a lot of outstanding talent that has been showcased throughout the school, from KG to MYP! Congratulations to the many students who entered the competition. The judges have decided on the winner and runner-up for each category, in addition the fan favorite voting has finished. The results are as follows...

2022 年度西亚斯达人秀已经拉下帷幕。从幼儿园大班到中学部，学生们都展现出了各自优秀的才艺。祝贺众多参加比赛的学生。评委们已经选出了每个组别的冠军和亚军，此外人气奖投票也已经结束。结果公布如下...

KG-Grade 2 category 幼儿园大班至二年级组：

1st Vicky Mo, G2
2nd Kai and Nora Hu, KG and G2
Fan Favorite: Sophie Yuan, G2

第一名：莫隽熙 二年级
第二名：胡诺亚 & 胡碧媛 KG& 二年级
人气奖：袁天舒 二年级

Grades 3-5 category 三年级至五年级组：

1st David Zhao, G4
2nd Cici Zhou, G5
Fan Favorite: David Zhao, G4

第一名：赵汉唐 四年级
第二名：周韩熹 五年级
人气奖：赵汉唐 四年级

Grade 6+ category 六年级及以上组：

1st Aubrey Jing, G7
2nd Wallace Guo, G7
Fan Favorite: Eason Liu, G7

第一名：井一淳 七年级
第二名：郭泊言 七年级
人气奖：刘宇森 七年级



Theme of the Month: Communicators 本月主题：沟通者

They understand and express ideas and information confidently and creatively in a variety of modes of communication. They work effectively and willingly in collaboration with others.

他们在各种沟通方式中自信而创造性地理解和表达思想和信息。他们工作效率高，愿意与他人合作。

Activities for parents

家长小游戏

Encourage your child to stay in touch with relatives and friends who live in other countries by writing letters, using the phone, or sending email.

鼓励你的孩子通过写信、打电话或发电子邮件的方式与住在其他国家的亲戚和朋友保持联系。

Student Learning for the Week 本周教学

Building a prototype of the school garden.

- Apply what you have learned about balanced and unbalanced forces to help you build your prototype.

David L. Qianqian J. Michael W. Evan Y. Tina L. Bryan Li Leo M. Nicole D.

Grade 3

HOW WE ORGANIZE OURSELVES

《我们如何组织自己》

As part of the year-long unit, How We Organize Ourselves, the G3 students have been focusing on social entrepreneurship through identifying problems and initiating projects. Their goal is to make the Sias school society more sustainable, in accordance with the UN Sustainable Development Goals.

“我们如何组织自己”是年度单元中的一部分，G3 学生持续通过发现问题和开创项目来关注社会企业家精神。他们的目标是根据联合国可持续发展目标，使西亚斯学校社区更具有可持续性。

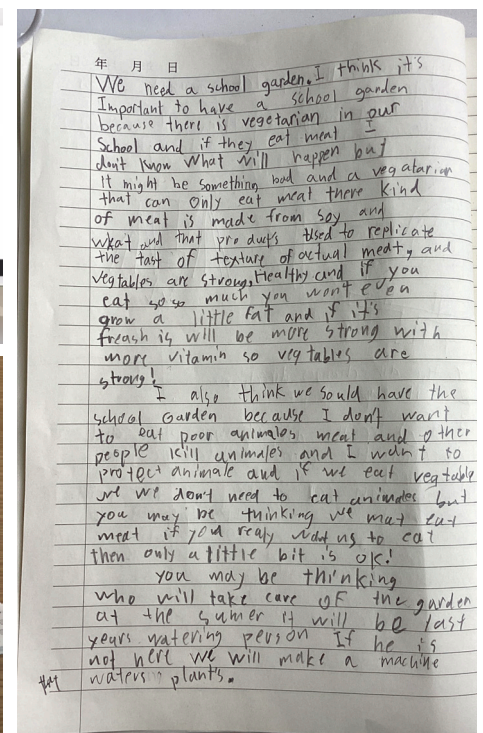
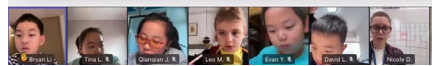
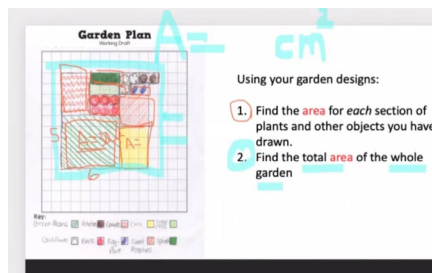
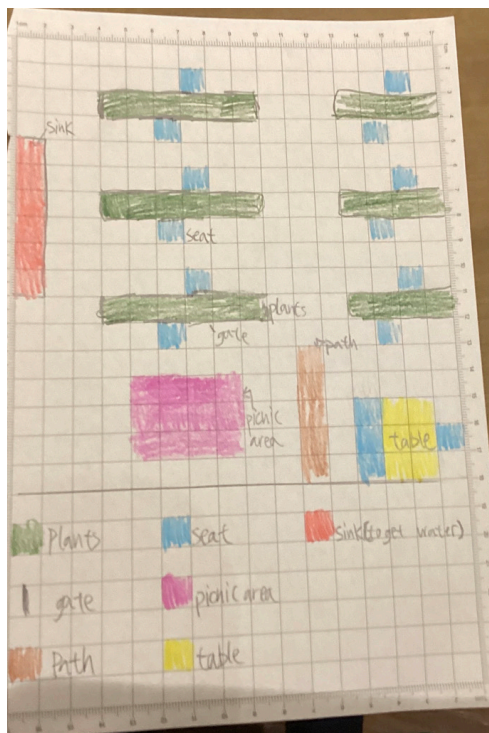
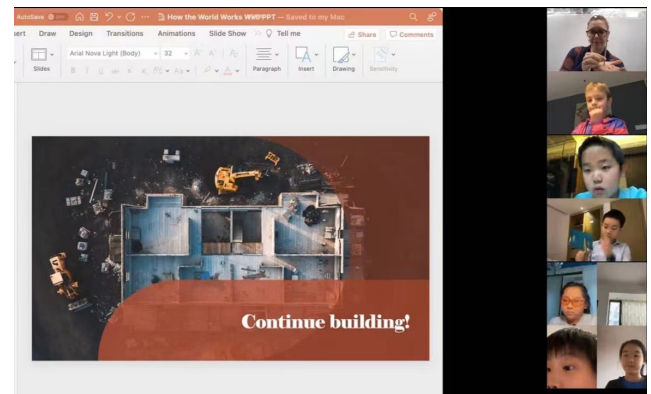
Plan

- You will decide which garden design to build.
- You will build a prototype of your garden using any materials you have.
- Then, in groups, you will decide which garden design you want to present to the Academic Leadership Team.
- Only one garden design per group will be presented to the Academic Leadership Team.

Leon Li Evan Y. Alex Xu David L. Bryan Li Leo M.

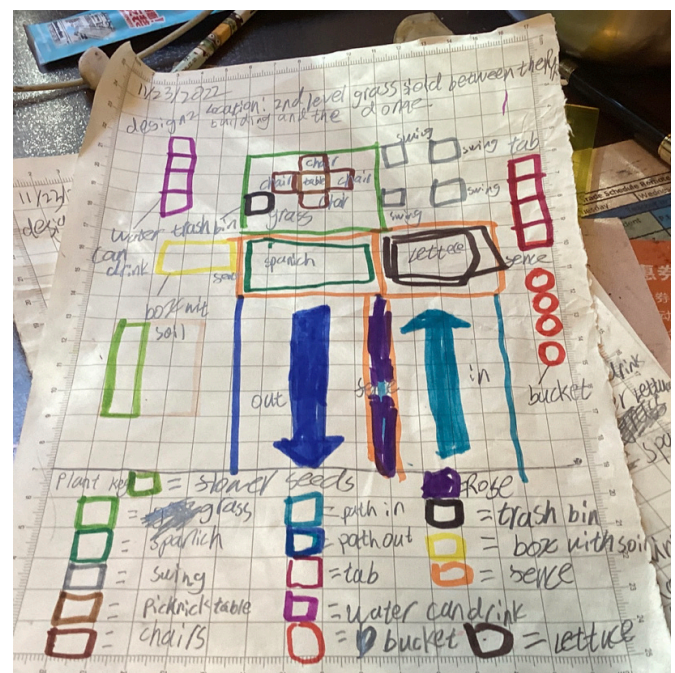
The G3 students have recognized that our school has very little green space and they have proposed that a school garden would be an excellent idea, not only for adding green space, but also as an opportunity for students to participate in urban farming.

G3 学生意识到我们学校的绿色空间非常少，他们提议建造一个学校花园将会是个很棒的主意。这样不仅增加绿色空间，还可以为学生提供参与城市农场的机会。



The students worked on their persuasive writing skills as they wrote speeches about the importance of having a school garden. They maneuvered through the engineering design process as they drew garden designs and calculated the area of each plot. Lastly, they will get the opportunity to demonstrate their communication skills as they present their proposed plans to the Academic Leadership Team in the following week.

学生们在撰写关于拥有校园花园的重要性演讲过程中，努力提高他们的说服力论文写作技巧。他们在设计花园的过程中进行了工程设计，并计算了每个地块的面积。他们将在接下来的一周向学校领导团队提交他们的倡议，这将给予他们展示沟通技能的机会！





EY & PYP Chinese

Mandarin Class Online

别样风景，同样精彩的中文在线课堂

To better understand the IB learner profile through online learning, a variety of activities are set up in mandarin classes.

为了更好地实现学习者培养目标，中文课设置了丰富多彩的教学活动。

As communicators, G1 and G2 students recited poems emotionally to express their love of nature!

As inquirers, G4 students applied the KWL form to study, they asked, discussed, and solved questions.

As knowledgeable students, G3 and G5 students practiced writing poems and reading and enjoyed sharing with others.

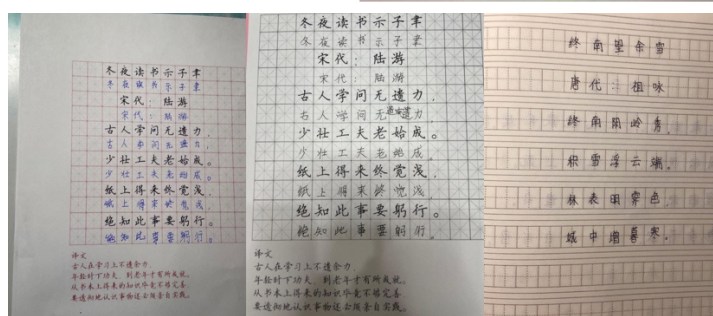
我已经知道了.....	我想要知道.....	现在我知道了!
1. 本节课的学习 2. 关于“陀螺”——它还是做什么? 3. 在我感兴趣的地方做了批注	1. 这篇课文的主要内容是什么? 2. 文章可以怎样划分结构? 3. “我”的心情是怎样变化的? 从哪里看出来?	1. 一个小男孩从想要得到陀螺斗陀螺的 2. 说陀螺——做陀螺——斗陀螺——悟陀螺 3. 烦恼 渴望 尴尬 欢乐、自

我已经知道了.....	我想要知道.....	现在我知道了!
1. 西陵峡兵败椅 2. 关于“陀螺”——它还是做什么? 3. 在我感兴趣的地方做了批注	1. 这篇课文的主要内容是什么? 2. 文章可以怎样划分结构? 3. “我”的心情是怎样变化的? 从哪里看出来?	原来像陀螺的陀螺更不容易倒! 原来作者小时候抽陀螺, 才让陀螺转起来的

一、作为交流者，一二年级有感情地朗诵诗歌，表达对大自然的喜爱之情。

二、作为探究者，四年级把 KWL 表格运用到了学习中，提出并解决问题。

三、作为博学者，三年级和五年级坚持练字和读书，享受分享的快乐。





As thinkers, G4 students learned to use thinking in practice. They wrote down their questions and feelings when reading extracurricular books with comments and tried to solve the problems independently.

四. 作为思考者，四年级学以致用，用批注写下自己读课外书时的疑问和感受，并尝试独立解决所提问题。



As helpers, students expressed their love to the people around them on Thanksgiving Day.

五. 作为助人者，学生们通过感恩节作品秀，表达自己的感恩之情。

Mandarin



G1-感恩节作品秀



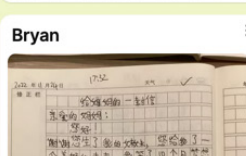
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G2-感恩节作品秀



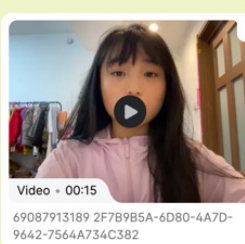
感恩节快乐-- SophieYuan

G3-感恩节作品秀

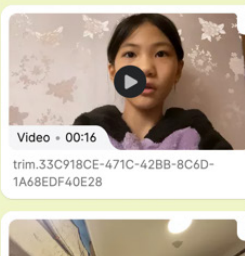


David

G4-感恩节作品秀

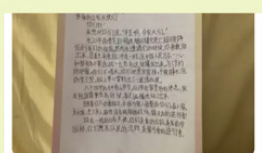


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G5-感恩节作品秀



Vincent

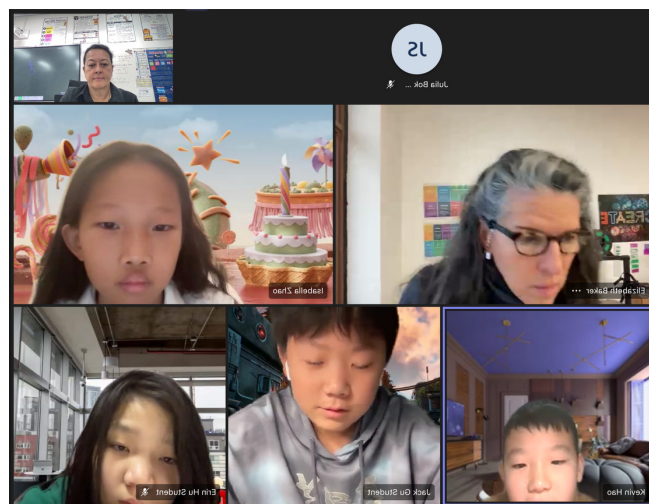
MYP LANG & LIT AND EAL

MYP 英语语言文学和英语语言习得



Change is constant, and English language learning is no exception to the rule. All MYP English Language & Literature (Lang & Lit) and English Language Acquisition (EAL) students have started unit 2. As a result of their hard work in unit 1, students have shown considerable progress in English proficiency even under difficult conditions.

一切都在不断变化，学习英语语言也不例外。整个 MYP 的英语语言文学和英语语言习得班的学生们都已开始第 2 单元的学习了。尽管网课有诸多不便，但经过第一单元的努力，学生们的英语水平都有了相当大的进步。



Some EAL students are developing language skills by talking about places in the city, making simple comparisons, asking for and giving directions, and describing progress, others are improving through the article composition or news reporting.

在语言习得课上，有的班级学生通过谈论城市中的地方、进行简单的对比、询问和指路以及描述进展来发展他们的语言技能，而另一些班级的学生则通过撰写文章或报道新闻来提高他们的口语能力。

Lang & Lit learners are analyzing poetry (MYP 1), autobiographies (MYP2), and speech (MYP3); simultaneously, students are all furthering their understanding of these literary pieces by elaborating on the literary components of their own compositions based on guidelines.

在语言文学课上，MYP1 的学生在赏析诗歌，MYP2 的学生在学习自传，而 MYP3 学生们则在探究演讲；与此同时，他们都在根据指导方法来阐述自己作文的文学成分，以进一步理解正在学习的文学作品。

MYP student attitudes continue to be very positive. Students have posted most of their work on Managebac and cooperated with their peers online (Epic, BrainPOP, IXL, etc.) being resourceful to produce work and support each other. Looking forward to seeing continued growth and progress, and hopefully a return to normal in the near future.

MYP 学生的态度非常积极，他们都将作业上传至 Managebac，并与同学们在线合作完成 Epic, BrainPOP 和 IXL 等任务，利用丰富资源，为彼此提供支持。期待大家继续努力进步，并希望能很快恢复正常课堂。



Prek 3A + Prek 4A

UNITING CULTURES

团结的文化

From sharing a hot chocolate on Christmas Eve to making dumplings on a snowy day ... Food is a mean to unite families and cultures across the world. To celebrate the arrival of Winter, Early Years team launched live workshop on making dumplings with the aim of bringing Northeast dumpling sharing tradition to Zhengzhou. Chef Erwin and Chef Alan had a responsible task of teaching the whole EY learning community the subtle art of rolling dough and filling with delicious stuffing. Surprisingly we learned that it dumpling resembles the human ears during the winter solstice and the golden ingots during Chinese New Year.

从平安夜分享热巧克力到下雪天包饺子，食物是联结世界各地家庭和文化的纽带。为了庆祝冬天的到来，幼儿园团队推出了饺子直播工作坊，旨在将东北传统饺子分享到郑州。Erwin 主厨和 Alan 主厨肩负着一项重任，他们要向整个幼儿园教学团队传授揉面团和填入美味馅料的微妙艺术。令人惊讶的是，我们得知这种饺子在冬至时像人的耳朵，在春节时像金元宝。



Families, ready at home to prepare dumplings with us, kept the spirit of remote workshop high while the team dived into the childhood memories and stories full of winter traditions.

家人们，请在家准备好材料和我们一起做饺子吧！让我们保持着远程课堂的精神，和团队一起沉浸在充满冬季传统的童年记忆和故事中吧！

Stay tuned to our remote workshop series!
请继续关注我们的远程研讨会系列！

With Love,
PreK-4A 、 PreK-3A EY TEAM

爱你们的
PreK-4A、PreK-3A 团队



Menus 菜单

12.5-12.9 Menu 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)
Snack 早点	腰果 Cashew nut Egg tart Milk	腰果 15 鸡蛋 10 面粉 15 白糖 2 蜂蜜 2 牛奶 200 Cashew nut15 eggs 10 powder15 sugar 2 honey 2 Milk200	玉米 小蛋糕 酸奶 Corn Mini cake Yogurt	玉米 30 鸡蛋 10 牛奶 10 面粉 15 酸奶 200 Corn 30 eggs 10 milk10 flour 15 Yogurt200	曲奇饼干 葡萄干 牛奶 Cookies Raisins Milk	黄油 3 鸡蛋 10 淀粉 15 葡萄干 15 牛奶 200 Butter 3 Eggs 10 Starch 15 Raisins 15 Milk200	核桃仁 蔓越莓饼干 酸奶 Walnut kernels Cranberry cookies Yogurt	核桃仁 15 小麦粉 15 鸡蛋 10 黄油 3 酸奶 200 Walnuts 15 Wheat flour 15 Eggs 10 Butter 3 Yogurt200	杯子蛋糕 牛奶 Cupcake Milk	水果 15 奶油 15 小麦粉 15 牛奶 200 Fruit 15 Cream 3 Wheat flour 15 Milk 200
Lunch 午餐	牛肉炖萝卜 八宝菜炒鸡粒 清炒上海青 大米饭 苹果汁 Beef stew radish Sweet lotus and Fried chicken Stir-fried Shanghai cole Rice Apple juice	稻米(X) 45 红萝卜 35 白萝卜 40 香菜 3 牛肉(里脊) 35 芝麻油(香油) 5 鸡胸脯肉 25 花生油 4 龙豆(鲜) 15 豆腐(X) 20 上海青 30 豆油 3 苹果汁 100 Rice (X) 45 Carrot 35 White radish 40 Parsley 3 Beef, pork 35 Sesame oil 5 Chicken breast meat 25 Peanut oil 4 The dragon beans (fresh) 15 Tofu (X) 20 Shanghai cole 30 Soybean oil 3 apple juice 100	培根披萨 儿童牛排 法式田园沙拉 橙汁 Bacon pizza Children's steak French Salad Orange juice	小麦粉 25 洋葱 3 玉米粒 3 培根 5 牛肉(里脊) 5 西芹 20 胡萝卜 20 黄瓜 20 番茄 20 生菜 20 生米汁 100 wheatmeal 25 Onions 3 Corn 3 Bacon 5 Beef 5 Celery 20 Carrot 10 Cucumber 20 Tomato 20 Lettuce 20 Orange juice 100	冬瓜炖排骨 茄汁鸭丁 清炒莴笋 二米饭 玉米汁 Spear Ribs with Chinese waxgourd Duck in tomato sauce Stir-fried asparagus lettuce Rice Corn juice	小米 15 稻米(X) 33 玉米淀粉 10 冬瓜 60 猪小排 30 玉米油 5 菜籽油(青油) 8 鸭(X) 30 番茄 20 洋葱 15 胡萝卜 20 土豆 15 鲜莴笋 30 玉米汁 100 Millet 15 Rice (X) 33 Corn starch 10 Wax gourd 60 Pork ribs 30 The mushroom (XianMo) 20 Corn oil 5 Rapeseed oil (Chinese tallowtree seed oil) 8 Duck (X) 30 Raisins 5 Onion 15 Carrot 20 Potatoes 15 Fresh lettuce 30 corn juice 100	鸡排汉堡 薯条配番茄沙司 华都夫沙拉 芒果汁 Chicken burger Chips with tomato sauce Huadu's salad Mango juice	鸡(X) 30 小麦粉 50 生菜 10 番茄 20 黄瓜 10 花生油 3 番茄酱 5 土豆 23 豆油 3 葡萄干 5 红富士苹果 20 西芹 20 芒果汁 10030 chickens (X) Wheat flour, 50 Lettuce 10 Tomato 20 Cucumber 10 Peanut oil 3 Ketchup 5 Potatoes 23 Soybean oil 3 Raisins 5 Fuji apple 20 Celery 20 Mango juice 100	番茄牛肉饭 白灼大虾 清炒小芹菜 橙汁 Tomato beef rice Boiled prawns Stir-fried celery Orange juice	牛肉(前腱) 25 花生油 4 稻米(X) 50 红薯 30 青大豆 10 番茄 60 胡萝卜 30 基围虾 15 豆油 3 彩椒 10 西芹 50 橙汁 100 Beef tendon before () 25 Peanut oil 4 Rice (X) of 50 Sweet potato 30 Green soybean 10 Tomato 60 Carrot 30 Shrimps for 15 Soybean oil 3 Colourful pepper 10 Celery 50 orange juice 100

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，动物及大豆蛋白约 17.5 克，脂肪占总热量的 30%以下，维生素 A420ug，维生素 C49mg，维生素 E35mg，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，优质蛋白功能比大于 50%，脂肪占总热量的 26%，维生素 A87ug，维生素 C67mg，维生素 E16mg，钙 532mg，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。

Location 地址

Longhu Middle Ring Road and Chaoyang Road Intersection, Zhengzhou New District, Zhengzhou City, Henan Province, China

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