

Newsletter

2022-2023 家校通讯录

December 16, 2022
2022年12月16日

Managing COVID at School 在校新冠肺炎管理

I cannot wait for the newsletter when I do not have to write about COVID.

希望很快我不需要在每周的家校通讯录里再写疫情防控的讯息。

COVID and/or other flu symptoms are spreading quickly in Zhengzhou and China. Our classroom "bubbles" were working to slow the spread at school. However, based on the number of students and staff that showed symptoms, we decided to have remote learning on Friday. We used that day to deep clean the school and to give our staff and students some extra time to recover. Unfortunately we still have a very large number of staff and students who are testing positive for COVID. Out of an abundance of caution, we will have online learning on Monday. Once we have the NAT results tomorrow, we will make a decision about moving forward.

新冠和其他流感症状在郑州和中国迅速蔓延。我们的课堂“泡泡”正在努力减缓这种现象在学校的蔓延。但是，根据发现症状的学生和工作人员的数量，

我们决定在周五进行远程学习。我们利用这一天对学校进行了深度清洁，并给我们的员工和学生一些额外的时间来恢复。不幸的是，我们仍有大量员工和学生的新冠病毒检测呈阳性。出于谨慎考虑，我们将在周一进行在线学习。一旦我们明天收集到了大家的核酸结果，我们会立刻根据实际情况做出下一步的决定。



Upcoming Calendar 即将到来的日历

DECEMBER 2022						
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	31

* 17 Student Contact Days

JANUARY 2023						
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	31				

* 10 Student Contact Days

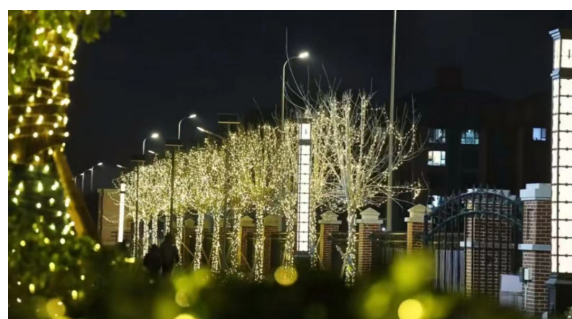
DECEMBER 2022 2022 年 12 月
Dec 26-30 Winter and New Year Break 12 月 26 日 -30 日 寒假 & 新年假期

JANUARY 2023 2023 年 1 月
Jan 1-8 Winter and New Year Break 1 月 1 日 -8 日 寒假 & 新年假期
Jan 20 End of First Semester 1 月 20 日 第一学期结束
Jan 21-31 Chinese New Year Break 1 月 21 日 -31 日 中国新年 (春节假期)

Tree Lighting Ceremony 点灯仪式

I hope you were able to enjoy the Tree Lighting Ceremony virtually on Friday night. A huge thank you to Mr. Erwin, Ms. Emma, Ms. Kalu, and Ms. Emily Callan for their leadership in planning and organizing this event. While we wish we could have been together to celebrate, I am grateful for our team creating a memorable event. If you were not able to watch the event on Friday, you may enjoy the recording by scanning the QR code below.

我希望您能够在周五晚上观看线上圣诞节点灯仪式。非常感谢欧文先生、艾玛女士、卡卢女士和艾米丽·卡兰女士组织和策划了本次活动。感谢我们的团队创造了一个难忘的活动，希望我们能一起庆祝。如果您无法在周五观看本次活动，您可以通过扫描下方二维码进行观看。





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

Good listening is much more than being silent while the other person talks. To the contrary, people perceive the best listeners to be those who periodically ask questions that promote discovery and insight. These questions gently challenge old assumptions, but do so in a constructive way.

好的倾听不仅仅是在别人说话时保持沉默。相反，人们认为最好的听众是那些定期提出问题，促进发现和洞察力的人。这些问题温和地挑战了旧日的假设，但是以一种建设性的方式。

Activities for parents

家长小游戏

Work with your child to improve his/her listening skills. Being a good listener is an important part of communicating with others.

和你的孩子一起练习提高倾听能力。做一个好的倾听者是与他人交流的重要组成部分。

Student Learning for the Week 本周教学

KG A

Dance With Us 和我们一起跳舞吧!

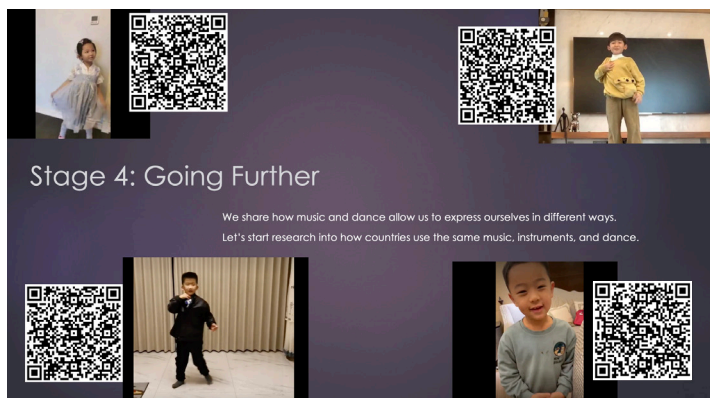


As KGA moves through Unit 2, we have learned how music is used during celebrations in other countries.

随着第2单元的学习, KGA 的小朋友们了解了其他国家在庆祝活动中如何使用音乐。

We all like music and dancing is so much fun! By listening to various songs, we hear that music is different by style, instruments, and feelings. No matter which culture the music comes from, we can find a connection to it by enjoying it together. How about you look, listen, and move along with us? And, oh, make sure you dress the part! This is important.

我们都喜欢音乐, 跳舞真是太好玩了! 通过聆听各种歌曲, 我们了解到音乐的风格、乐器和听感各不相同。无论音乐来自哪种文化, 我们都可以一起欣赏来与其产生共鸣。请你跟我们一起观看, 聆听并舞动起来吧。开始之前, 也是最重要的, 记得把自己好好装扮一番哦。





While we were home, students began the discussion into the role of music and dance in different cultures. This led into a deeper dive using research. Children are discovering where to get information from. So having conversations with our families and reading books is a good start. Stay tuned as we find out more. We are preparing a news report to share the information on various countries around the world with you.

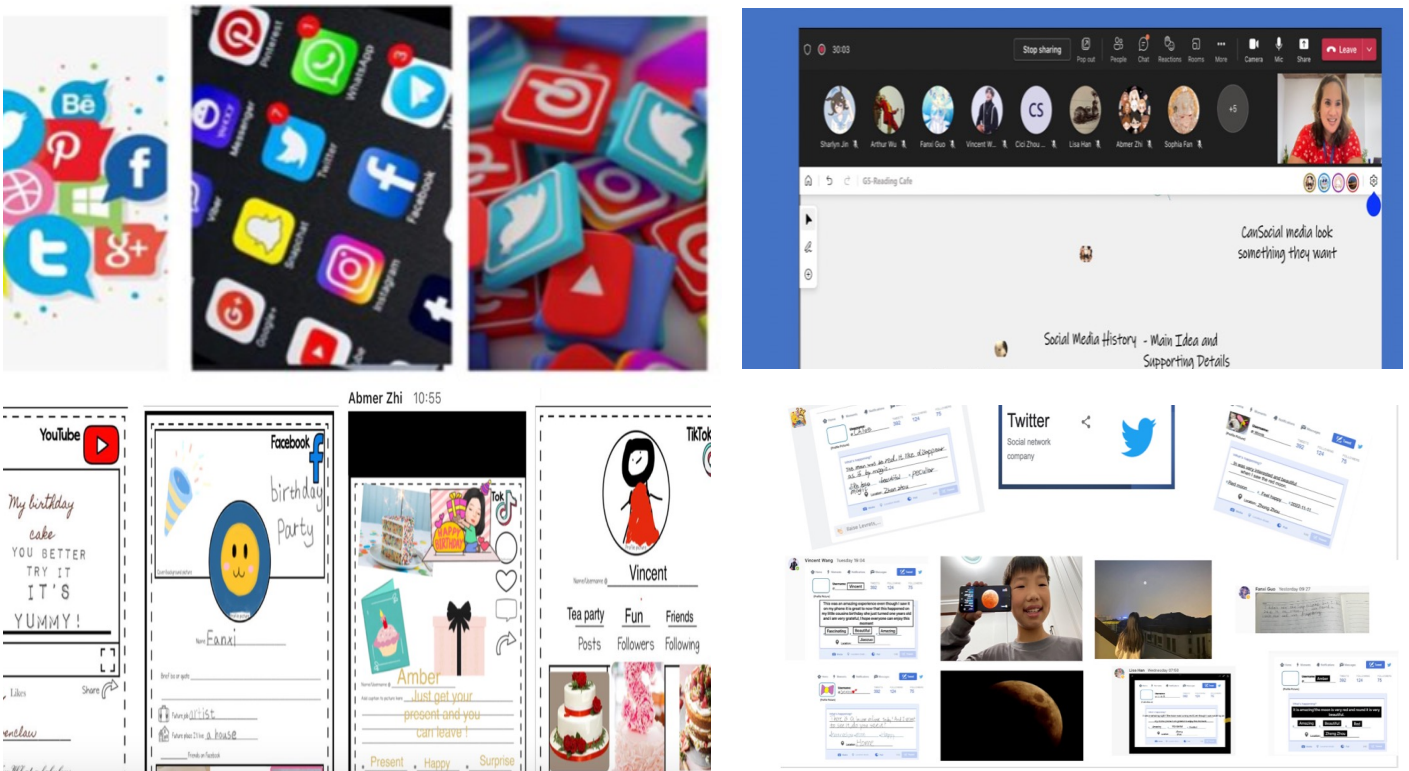
我们在线上期间，学生们开始讨论了音乐和舞蹈在不同文化中的所扮演的角色。这让我们进行了更深入的探索。孩子们正在探究我们获取信息的不同渠道，鼓励学生与家人交谈和阅读书籍就是一个非常好的开始。请继续关注我们的探究学习。孩子们正在准备一份新闻报道，届时将与您分享世界各国的文化与信息。



Grade 5

How We Express Ourselves in Social Media

我们如何在社交媒体上 表达自己



For this unit, we focused on the tools of social media and how we use them. In reading class, we researched the different social media platforms and their functions. To express ourselves in written form, we wrote about how the platforms were the same and/or different. We wanted to see the historical timeline of social media which prompted us to work in groups to see how social media has evolved. During the week of December 19th to the 23rd, our class will educate grades 3-MYP about the advantages and disadvantages of social media. We hope to bring awareness on how we express ourselves on social media.

在这个单元中，我们重点讨论了社交媒体的工具性以及我们如何使用它们。在阅读课上，我们研究了不同的社交媒体平台及其功能。为了以书面形式表达自己，我们写下了各个平台的相同和 / 或不同之处。我们想看看社交媒体的演变历史时间轴，于是我们通过小组合作，探讨了社交媒体是如何演变的。在 12 月 19 日到 23 日这一周，我们班将对 3 年级 -MYP 年级的学生进行社交媒体的利与弊的宣传与教育。我们希望让人们意识到我们如何在社交媒体上表达自己。

EY & PYP

ART MUSIC

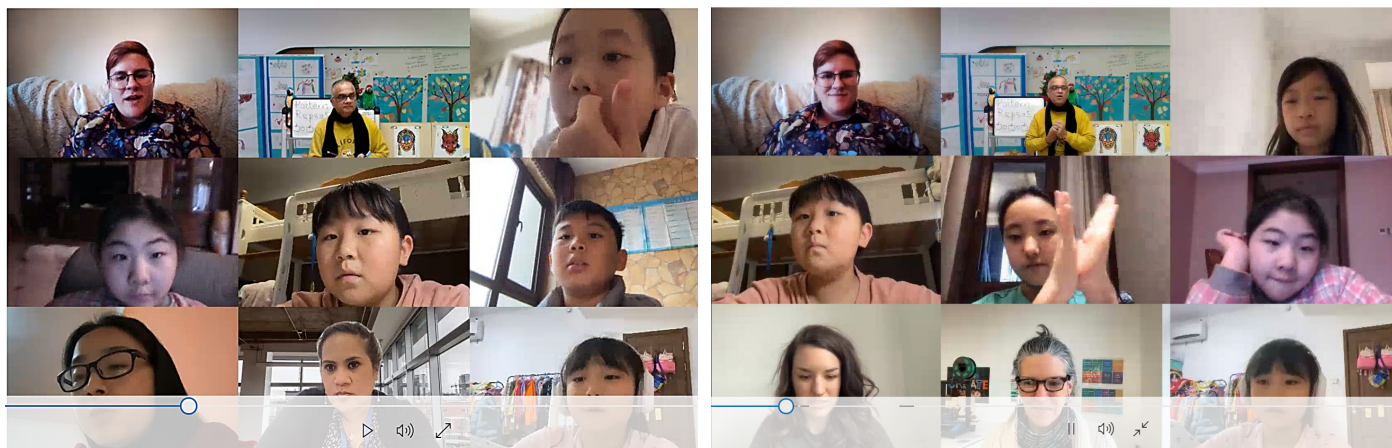


Picasso said "Every child is an artist. The problem is how to remain an artist once we grow up." Mr Picasso, you should be stirring as you watch how Sias IS is preparing students to become tomorrow's creative innovators and entrepreneurs.

毕加索说：“每个孩子都是艺术家。问题是长大后如何保持艺术家的身份。”毕加索先生，当您看到 Sias IS 如何培养学生成为明天的创意创新者和创业家时，你应该会感到激动。

Online Art Classes did not tarnish our students' creativity. They had time to 'travel' to Australia online and talk to Scientist Dr. Holland Dougherty about respecting and saving the Environment. As the end-of-year festivities are fast approaching, Early Years and Primary school students' learning has continuously been exploring Music and Design inspired by our monthly IB Learner Profile THINKERS and COMMUNICATORS and by cultural events of Chinese New Year and Christmas.

在线艺术课程并没有损坏我们学生的创造力。孩子们可以在网上到澳大利亚“旅行”，与科学家 Holland Dougherty 博士讨论有关尊重和保护环境的课题。随着年终庆祝活动的临近，幼儿园和小学生的学习一直在探索音乐和设计，灵感来自我们每月的 IB 学习者特征“思考者和沟通者”以及中国新年和圣诞节的文化活动。



Grade 3, 4 and 5 meeting Dr Holland (top left) from Australia
三到五年级学生与来自澳大利亚的 Holland 博士（左上）视频沟通

In Music, students focused on musical contrasts (high/low, loud/soft); rhythmic literacy (reading quarter notes, eighth notes, sixteenth notes and quarter rests) and are currently working on body awareness.

在音乐方面，学生专注于音乐对比（高 / 低，响亮 / 柔和）；节奏素养（阅读四分音符、八分音符、十六分音符和四分休止符）的学习，以及目前正在探究的形体意识。

The Visual Arts took them on a colourful journey over the rainbow of Primary and Secondary colors, and Facial Expressions (Mask Design) relevant to festive times coming up. The photographic mosaic is the testimony of uninterrupted creative online learning.

视觉艺术带领他们踏上了一场由原色和辅助色组成的彩虹般色彩缤纷的旅程，以及与临近节日氛围相关的面部表情表达（面具设计）。这些相片镶嵌图是不间断的创造性在线学习的见证。

Best Wishes for the Festive Season. – EY and PYP Arts Department
送给您美好的节日祝福。-- 幼儿园和小学部艺术团队



MYP

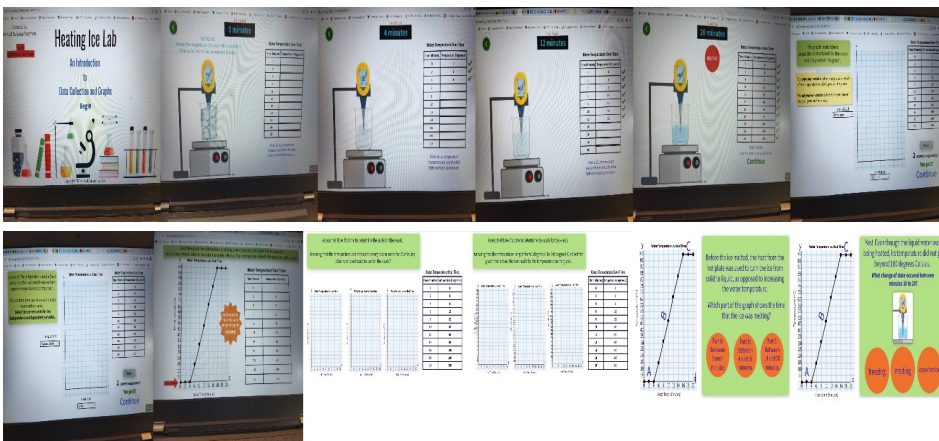
WHAT DO SCIENTISTS DO

科学家做什么



MYP 1

For the current unit What do Scientists do, MYP 1 students did a virtual lab about Heating Ice. In this virtual lab students need to find out how the temperature of ice cubes changes over time as they are heated on a hot plate. This virtual lab simulates heating ice water and measuring its temperature as it changes states. Students recorded, graphed, and analyzed the temperature data.



MYP1 本单元学习的主题为“科学家都做什么”，学生们做了关于加热冰的虚拟实验。在这个虚拟实验中，学生需要了解冰块在加热板上加热时的温度如何随时间变化。这个虚拟实验室模拟加热冰水并在状态变化时测量其温度。学生们记录、绘制和分析了温度数据。

After finishing the Heating Ice lab, MYP 1 students had their second virtual lab about Measure and Calculate Density. During this lab students measured the mass and volume of 6 different candies to determine and compare their densities.

完成该实验后，MYP 1 的学生进行了第二个关于测量和计算密度的虚拟实验。在这个实验中，学生们测量了6种不同糖果的质量和体积，计算并比较了它们的密度。



MYP 2 & MYP 3

The Purdue University Kids STEM Degree program was introduced for MYP 2 & MYP 3 students that consists of 10 videos (3-5 minutes) for each level and assessments for each video. Students had the option to complete a quiz (Google Form) at the end of each video where they earned a code. They were supposed to collect 10 codes and be eligible to earn a 'degree' from Purdue Science. <https://www.purdue.edu/science/about/index.html>

在这一单元，MYP 2 和 MYP 3 学生们参与了普渡大学儿童 STEM 学位课程，包括每个级别的 10 个视频（3-5 分钟）和每个视频的评估测试。学生可以在每个视频结束时完成测试（Google 表单），并获得相应的密码。当他们将 10 个密码全部收集完毕，即有资格获得普渡科学的“学位证书”。<https://www.purdue.edu/science/about/index.html>（此处为项目链接）。

The Habitable Zone, 3R for Tee Shirt Bags, Phases of the Moon, Asteroid-Meteoroid-Meteorite, Exoplanet Barcodes, Finding Exoplanets, Types of Rocks, Volcanos, Gene Therapy, and Preventing Soil Erosion were among the topics covered in the STEM degree program. All the students successfully completed the program, and they were each given a certificate as a reward.

STEM 学位课程涵盖宜居带、T 恤袋的 3R、月相、小行星 - 流星体 -- 陨石、太阳系外行星条形码、寻找太阳系外行星、岩石类型、火山、基因疗法和防止土壤流失主题。所有学生都成功地完成了该计划，并获得了相关证书作为奖励。



Menu 菜单

12.19-12.23 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)
Breakfast Time 7:30-7:55	Steamed sponge cake Scrambled eggs with Onions Stir-fried carrot Chinese wolfberry congee	Wheat flour 40 Eggs 30 Color pepper 10 Onion35 Glutinous rice 10 Chinese wolfberry 5 Corn25 Rapeseed oil 3	Milk flavor toast Broccoli Baked Egg with Cheese corn soup	Wheat flour 20 Milk 5 Butter 1 Egg (X) 27 Broccoli 30 Soybean oil 3 Sweet Pepper 3 Cheese [Cheese] 3 Dry yellow corn 20	Pancake Braised Beef slices with Mushrooms Zucchini in tomato sauce Black Rice porridge	Wheat flour 25 Color Pepper 5 Mushroom 40 Beef 15 Peanut oil 3 Bamboo Shoot and Melon 30 Tomatoes 20 Soybean oil 3 Black Rice 20	croissant 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 Rolls Simmered Tofu&Beef Spicy Quail Eggs Stir-fri Shanghai cole eggs dorp soup	Wheat flour 80 Beef (X) 10 Tofu (X) 60 Beef 5 Soybean oil 2 Quail Eggs 30 Shanghai cole 25 Egg 10
Snack	Orange Red grape	Orange (X) 75 Red grapes 75	Huangguan Pear Kiwi	Pear (X) 75 Kiwi 75	Pitaya Hami melon	Pitaya 75 Hami melon 75	Banana Apple	Banana 75 Apple (X) 75	Pineapple Mango	Pineapple 75 Mango 75
Lunch	Yangzhou fried rice Chinese cabbage with garlic Bean sprouts with beef Fruit soup	Rice70 Beans 20 Ham10 cabbage45 Beef (lean) 25 Rapeseed oil (green oil) 3 Green vegetable 30 Soybean sprouts 35 Egg (X) 5 apple 10 pear10	Bolognaise spaghetti Butter Seasonal Vegetables Fresh Fruit Salad Country style soup	Wheat flour 70 Beef 20 Onion 5 Carrot 5 Tomatoes10 Color Pepper 5 Broccoli 40 Butter 5 Cherry tomato 5 Mini Cucumber 5 Lettuce 15 Potatoes 5 Cabbage 20 Beef (oin) 5	Rice Stewed mutton Fried Chinese cabbage with mushroom Stir-fried beef with celery Crucian carp and tofu soup	Starch (rice) 50 Carrot 5 Pineapple 10 Butter 3 Egg (white shell) 15 Tomatoes 35 Mutton (lean) 30 Soybean oil 6 Celery 30 Beef 10 Color Pepper 5 Cabbage Stalk 25 Fresh Lentinus edodes 15 Tofu (X) 20 Scallion 3 Conander 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	fried noodles with beef Garlic garland chrysanthemum Stir fried organic cauliflower Braised Duck Breast Luffa 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 Luffa 10
Snack	Milk Almond	Milk 200 Almond 15	Apple juice Homemade biscuit	Apple juice 200 Flour 15 Egg (white) 5 White granulated sugar 10 butter2	Milk Steamed sweet potato	milk200 Steamed sweet potato35	Orange juice Raisin	Orange juice 200 Raisin20	Milk Cookie	Milk 200 Wheat flour 15 Butter 2 egg10 sugar5

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 andThursday.

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 uq, 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 μ g, vitamin C 51 mg, vitamin E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 4.1 mg, phosphorus 300 mg, total acid 2.0 mg.

5 mg, phosphorus 594 mg, selenium 21 mg.

A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.

12.19-12.23 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	干果发糕 洋葱炒鸡蛋 葱香小人参 枸杞香米粥	小麦粉 40 鸡蛋 30 彩椒 10 糯米 10 胡萝卜 25 枸杞 5 洋葱 35 油 3	奶香吐司 翠绿西兰花 芝士烘蛋 玉米浓汤	小麦粉 20 牛奶 5 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	千层饼 平菇烧肉片 茄汁西葫芦 黑米粥	小麦粉 25 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	牛角包 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	小花卷 肉末豆腐 五香鸭鸡蛋 清炒上海青 金丝面汤	小麦粉 80 牛肉(X) 10 豆腐(X) 60 牛肉(瘦) 5 豆油 2 鸭鸡蛋 30 上海青 25 鸡蛋白 10
加 点	橙子 红提	橙子(X) 75 红提 75	皇冠梨 奇异果	梨(X) 75 奇异果 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	扬州炒饭 蒜香大白菜 肉丝黄豆芽 水果汤	淀粉(大米) 70 青豆 20 火腿 10 白菜 45 牛肉 25 油 3 青菜 30 黄豆芽 35 鸡蛋 5 苹果 10 雪梨 10	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	泰国香米饭 西式红烩羊肉 香菇菜心 香芹炒肉丝 鲫鱼豆腐汤	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 芹菜 30 牛肉丝 10 豆腐(X) 20 细香葱 3 香菜 3 鲫鱼 20	全麦法棍 儿童牛排 番茄沙司配薯条 蔬菜沙拉配干岛蛋 匈牙利牛肉汤	小麦粉 60 牛排 40 土豆 20 豆油 5 番茄酱 10 小西红柿 5 迷你黄瓜 10 西兰花 12 生菜 30 洋葱 3 白蘑菇 3 牛腩 5	肉丝炒面 蒜蓉苣苔 小炒有机花菜 香卤鸭胸 丝瓜汤	小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 牛肉 15 花生油 2 彩椒 30 青笋 40 花菜 40 鸭(X) 25 丝瓜 10
加 点	牛奶 大杏仁	牛奶 200 大杏仁 15	苹果汁 自制点心	苹果汁 200 面粉 15 鸡蛋(白皮) 5 白砂糖 10 糖 2	牛奶 蒸红薯	牛奶 200 红薯 35	橙汁 葡萄干	橙汁 200 葡萄干 20	牛奶 曲奇饼干	牛奶 200 小麦粉 15 黄油 2 鸡蛋 10 糖 5

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。3、因市场供应问题, 部分菜品可能会有所变动, 以实际情况为主。

备注：1、教材参考《中国居民膳食指南 2022》
附赠儿童膳食指南，制定每周膳食重点，进行计划膳食。2、每周1、3、5提供午餐，2、4提供晚餐，3、周末午餐供应问题，由米面制品供应有所变动，以实际情况为准。
周食谱评价标准（每份）：能量 1016 千卡 蛋白质 35g 脂肪 35g 碳水化合物 175g 膳食纤维 17.5g 维生素 A420μg 维生素 C49mg 维生素 E3.5mg 钙 560mg 钾 350mg 钠 1050mg 锌 105mg 铁 8.4mg 铜 8.4mg 硒 17.5mg

周禽蛋营养评价标准 (每日)	能量 1016 千卡	蛋白质 35 克	脂肪 17.5 克	脂肪占总能量的 30%	维生素 A 420ug	维生素 C 49mg	维生素 E 15mg	维生素 K 360ug	烟酰胺 350mg	维生素 B ₁ 1050ug	维生素 B ₂ 103mg	维生素 B ₆ 8.4mg	维生素 B ₁₂ 8.4mg	维生素 B ₁₂ 17.5mg
大禽禽蛋营养评价标准 (平均每日)	能量 1022 千卡	蛋白质 38 克	脂肪 18 克	脂肪占总能量的 30%	维生素 A 420ug	维生素 C 49mg	维生素 E 15mg	维生素 K 360ug	烟酰胺 350mg	维生素 B ₁ 1050ug	维生素 B ₂ 103mg	维生素 B ₆ 8.4mg	维生素 B ₁₂ 8.4mg	维生素 B ₁₂ 17.5mg

本禽畜营养价值分析表 (平均每日) : 能量 10222 千卡, 蛋白质 38.3g, 优质蛋白质占比大于 50%, 脂肪占比总热量的 28%, 维生素 A2328ug, 维生素 C64mg, 维生素 E15mg, 钙 381mg, 磷 626mg, 铁 1238mg, 镁 162mg, 锌 8mg, 铜 5mg, 硒 23mg。