



Sias IS
西亚斯外籍学校

2022-2023

Newsletter

2022-2023 家校通讯录

February 3, 2023
2023年2月3日

Welcome Back!
欢迎返校!

WELCOME

We are jumping into the year of the rabbit with anticipation of the exciting things to come at Sias IS. We will continue to use this newsletter as a primary communication tool with you about upcoming events and information about student learning. I strongly encourage families to make sure they spend a few minutes each week reviewing this newsletter.

步入兔年，期待着西亚斯外籍学校即将迎来的令人兴奋的一系列事件。我们将继续使用本家校通讯录作为与各位家长同步关于即将发生的事件和学生学习情况的主要沟通工具。我强烈建议大家确保每周花几分钟浏览我们的家校通讯录。

Dr. Sam E. Mills
山姆 米尔斯 博士



Parent Advisory Council (PAC)

家长委员会

Please use the QR code below to register your interest in being a part of the PAC. This group of parents will be integral to our school growth. Some of work includes:

请使用下面的二维码注册您的兴趣，成为 PAC 的一员，这群家长将是我们学校发展不可或缺的一部分。部分工作包括：

Roles and Responsibilities

角色及职责

- Initial work to set up PAC by-laws 初步制定家委会章程
- Support whole school development 支持学校整体发展
- Special events 特别活动
 - Family Fun Day 家庭欢乐日
 - Children's Day 儿童节
 - Teacher Appreciation Week 教师感恩周
 - Service-Learning Gala (2023-24) 服务 - 学习晚会 (2023-24)
- Advise and provide feedback to HOS and Leadership Team 向校长及校领导小组提供意见及反馈
- Ambassadors for Sias IS 西亚斯外籍人员子女学校大使
- Be Solution-Oriented 以解决方案为目标



MAP TESTING

MAP Update MAP 更新

Sias IS utilizes the standardized NWEA MAP test (Measures of Academic Progress) to assess student learning and academic growth. The MAP test aligns with the Common Core State Standards (CCSS) and provides useful information for teachers to guide their instruction and help identify areas where students need additional support.

西亚斯外籍人员子女学校利用标准化的 NWEA MAP 测试 (衡量学术进步) 来评估学生的学习和学术成长。MAP 测试与共同核心州标准 (CCSS) 一致, 为教师提供了有用的信息, 以指导他们的教学, 并帮助确定学生需要额外支持的方面。

This year students will be assessed in reading, language and math in the fall and spring terms. Additionally, we will be assessing science in February of this year. Moving forward, we will conduct MAP assessments only twice a year, in the fall and spring terms.

在今年秋季学期和春季学期, 学生们将在阅读、语言和数学方面进行评估。此外, 我们将在今年二月进行科学评估。此后, 学校每年将只进行两次 MAP 评估, 时间分别在秋季和春季学期。

It's important to keep in mind that standardized tests like the MAP test are not the sole measure of a student's ability, or a school's effectiveness. Twice yearly NWEA MAP testing, in combination with other forms of assessments, will provide us with a comprehensive picture of student learning and growth over time.

需要大家注意的是, 像 MAP 这样的标准化测试并不是衡量学生能力或学校有效性的唯一标准。每年两次的 NWEA MAP 测试, 需结合其他形式的评估, 以为我们提供学生学习和成长的全面情况。

We thank you for your support!

十分感谢您的支持与理解!



Community Time 例会时间

At Sias IS we value our community time, it is a special time when all the school community can celebrate, learn, and enjoy together.

The first community time of the second semester was an opportunity to look back at the end of the previous semester and celebrate the winners of the Sias IS Students' Got Talent competition 2022. A special thank you must also be given to the Student Council for their superb leadership and management of the event. Happy faces were everywhere as the talented performances played on the screen and children collected their prizes.

Finally, it is worth remembering that this was an event that started online and has ended with everyone together. We look forward to more community times like this. Here is a reminder of our winners:

在西亚斯国际学校，我们十分重视每周的例会时间，这是一个特殊的时刻，所有班级可以一起庆祝、一起学习、一起开怀大笑。

第二学期的首次例会时间是一个回顾上一学期结束的机会，并庆祝2022年西亚斯学生达人秀比赛的获胜者。还要特别感谢学生会在这次活动展现出的出色的领导能力和管理能力。当参赛者的表演视频在屏幕上播放，孩子们领取奖品时，到处都是快乐的面孔。

最后，值得记住的是，这是一个开始于线上，并与所有人一起线下结束的事件。我们期待更多这样的例会时光。以下是我们的获奖名单：

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: Risk-takers 本月主题：敢于冒险的人

Risk-takers approach unfamiliar situations and uncertainty with courage and forethought and have the independence of spirit to explore new roles, ideas, and strategies. They are brave and articulate in defending their beliefs.

敢于冒险的人以勇气和深谋远虑来处理不熟悉的情况和不确定性，并具有独立的精神去探索新的角色、想法和策略。他们勇敢而清晰地捍卫自己的信仰。

Activities for parents

家长小游戏

If your child is feeling uneasy about trying something, encourage them to attempt it and then reflect on both whether they liked the activity and how it felt to try something new.

如果你的孩子对尝试某事感到不安，鼓励他们尝试，然后思考他们是否喜欢这项活动，以及尝试新事物的感觉。

2023.02.06-02.10 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	Stir-fried meat with loofah Fried egg with tofu Golden nest Sweet potato corn grits	Loofah 60 Pork 20 Beef (back) Soybean oil 8 Tofu 50 Eggs 30 Flour 40 Soybean flour 10 Yellow corn grits 10 Sweet potatoes 10	Grilled sausages with romaine lettuce American scrambled eggs with mixed beans American crepes with jam Milk with Cirrel	Lettuce 20 Chicken 20 Butter 6 Green soybeans 50 Eggs 30 Soybean oil 3 Flour 20 Egg 5 Applesauce 15 Whole milk powder 20	Stir-fried round vegetables with local pork Shredded potatoes with pepper Yellow rice cake Red bean millet porridge	Cabbage 30 Pork 10 Beef (back) Soybean oil 2 Potato 20 Bell pepper 10 Yellow cornmeal 50 Xiaomi Mi 10 5 red bean paste	Potato tuna Sunny-side-up egg Red bean toast Milk oatmeal	Potato 30 Dragon Fish 20 Soybean oil 5 Eggs 30 Flour 40 Red bean paste 10 Milk 100 Oatmeal 20	Sliced pork with double mushrooms Small stir-fried organic cauliflower Vegetable rolls Shrimp seafood porridge	yster mushroom 30 Fresh shitake mushrooms 40 Pork loin 40 Beef (back) Soybean oil 7 Bell pepper 10 Cauliflower 40 Pork belly 10 Flour 30 Carrot 20 onions 3 Lettuce 20 Dried fungus 10 Shrimp 10 Goji berries 3
Snack	Steamed babe pumpkin Milk	Pumpkin 30 Milk 200	Cranberry cookies yoghurt	Flour 15 Butter 5 Egg 3 Yogurt 200	Steamed yam Milk	Yam 15 Milk 200	Chiffon cake yoghurt	Flour 20 Egg 5 Yogurt 200	Walnut kernels Milk	Walnuts 15 Milk 200
Lunch	Scalded Prawns Stir-fried oyster mushrooms with garlic sprouts New Chinese tomato sauce noodles Hawthorn fungus apple soup	Kiwi shrimp 60 Garlic seedlings 30 Oyster mushroom 50 Soybean oil 5 Noodles 65 Tomato 20 Cabbage 20 Eggs 20 Sesame oil 2 Dried silver fungus 1 Red Fuji Apple 10 Hawthorn 5	Bacon mini potatoes Organic cauliflower salad Stir-fried Udon with German Black Pepper Steak Country soup	Potato 35 Bacon 15 Soybean oil 2 Cauliflower 30 Butter 3 Rice flour 30 Bell pepper 5 Dehydrated onion 5 Steak 15 Olive oil 2 Carrot 5 Cabbage 20	Cucumber and shrimp Stir-fried Dutch beans Fennel fritters Lamb jerky vegetable soup	Cucumber 40 Kiwei shrimp 15 Olive oil 3 Carrot 20 Hollandaise 60 Peanut Oil 5 Flour 30 Fennel seed 5 Pea vermicelli 5 10 thousand sheets Yellow cauliflower 10 Lamb slices 10	French grilled lamb chops Caesar salad Chicken cheese gratin Hungarian beef soup	Dehydrated onion 10 Lettuce 20 Lamb finger 25 Soybean oil 2 Flour 10 Olive 5 Bacon 15 Starch 70 Carrot 10 Onion 13 Chicken 15 Cheese 3 Tomato 2 White Mushroom 3 Brisket 5	Spiced marinated chicken thighs Fried beancurd bamboo with green vegetables Yu style brine noodles Seaweed and egg soup	Chicken drumsticks 70 Curd bamboo 15 Cabbage 70 Peanut Oil 7 Flour 15 Carrot 10 Carob 10 Soybean sprouts 10 Pork 15 Tomato 15 Cheese 3 Nori 5 Egg 5
	Citrus Pineapple	Citrus 75 Pineapple 75	Red grapefruit Dragon Fruit	Red grapefruit 75 Dragon Fruit 75	Hami melon Grape	Hami melon 75 Grape 75	Sugar orange Mango	Sugar orange 75 Mango 75	Apple Banana	Apple 75 Banana 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. Due to market supply problems, some dishes may be changed, based on the actual situation.
4. 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 6.4 mg, phosphorus 350 mg, selenium 17.5 mg.
5. Diet nutritional 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 6.4 mg, phosphorus 584 mg, selenium 21.2 mg.
6. 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.

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		丝瓜 60 猪肉 20 牛肉（回） 豆腐清蛋 黄金小窝头 红薯玉米糝	烤肠配罗马生菜 美式杂豆炒蛋 美式薄饼配果酱 牛奶配喜瑞尔	生菜 20 鸡 20 黄油 6 青大豆 50 鸡蛋 30 土豆 3 小麦粉 20 鸡蛋 5 苹果酱 15 全脂牛奶粉 20	土猪肉炒圆菜 彩椒土豆丝 黄面发糕 红豆小米粥	圆白菜，卷心菜 30 猪肉 10 牛肉（回） 土豆 2 土豆 20 彩椒 10 黄玉米面 50 小米 10 红豆馅 5	土豆金枪鱼 太阳煎蛋 红豆吐司 牛奶燕麦粥	土豆 30 龙利鱼 20 豆腐 5 鸡蛋 30 鸡蛋白 40 小麦粉 10 红豆沙 10 牛乳 100 燕麦片 20	双磨溜肉片 小炒有机花菜 蔬菜卷 虾仁海鲜粥	平菇 30 鲜香菇 40 猪肉（回） 豆瓣 7 白白菜 40 五花肉 10 小麦粉 30 胡萝卜 20 小葱 3 生菜 20 干木耳 10 虾米 10 枸杞子 30						
	加点	蒸贝贝南瓜 牛奶		南瓜 30 牛奶 200		蔓越莓饼干 酸奶		山药 15 牛奶 200		戚风蛋糕 酸奶	小麦粉 20 鸡蛋 5 酸奶 200	核桃仁 牛奶	核桃 15 牛奶 200			
		午餐		白灼基围虾 蒜苗炒平菇 蒜苗炒平菇 新中式茄汁面 山楂银耳苹果汤		基围虾 60 蒜苗 30 平菇 50 豆腐 5 面条 65 番茄 20 小白菜 20 芝麻油 2 干银耳 1 红富士苹果 10 山楂 5		土豆 35 培根 15 豆腐 2 白花菜 30 黄油 3 米粉 30 彩椒 5 脱水洋葱 5 牛排 15 嫩模油 2 胡萝卜 5 圆白菜 20		青瓜虾仁 清炒荷兰豆 香茜小油条 羊肉干菜汤	青瓜 40 基围虾 15 嫩模油 3 红萝卜 20 西兰花 60 花生油 5 小麦粉 30 茴香籽 5 豌豆粉丝 5 鸡 15 奶酪 3 番茄 2 羊肉片 10	法式烤羊排 凯撒沙拉 鸡肉芝士焗饭 匈牙利牛肉汤	脱水洋葱 10 生菜 20 羊肉手抓 25 豆腐 2 小麦粉 10 嫩模 5 培根 15 淀粉 70 胡萝卜 10 洋葱 13 鸡 15 奶酪 3 番茄 2 白蘑菇 3 牛腩 5	五香卤鸡腿 青菜炒藕竹 豫式卤面 紫菜蛋花汤	鸡腿 70 腐竹 15 小白菜 70 花生油 7 小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪脚 15 番茄 15 细香葱 3 紫菜 5 鸡蛋 5	
				加点		耙耙柑 菠萝		耙耙柑 75 菠萝 75		红柚 火龙果	哈密瓜 青提	哈密瓜 75 青提 75	砂糖橘 芒果	砂糖橘 75 芒果 75	苹果 香蕉	苹果 75 香蕉 75

注：1、该校参考《中国居民膳食指南——学龄儿童膳食指南》是每周带零食食用，进行计划性食用。每周1、3、5提供午餐，2、4提供便饭，3、周末市场供应问题，部分菜品可能有所变动，以实际情况为准。
周食谱营养评价分析（每勺）：能量 1010千卡，蛋白质 38克，脂肪及碳水化合物 17.5克，膳食纤维 30%以下，维生素 A₂₀₀ug，维生素 C_{90mg}，维生素 E_{35mg}，铁 560mg，锌 355mg，钙 1050mg，镁 105mg，钠 84mg，铜 84mg，硒 17.5mg。
本周食谱营养分析（平均每勺）：能量 1020千卡，蛋白质 38克，优质蛋白占蛋白质的 50%，脂肪占总热量的 26%，维生素 A_{87ug}，维生素 C_{67mg}，维生素 E_{6mg}，铁 392mg，锌 635mg，铜 141mg，钙 168mg，镁 73mg，硒 57mg。
本周食谱营养分析（平均每勺与上节课对比）：蛋白质占比大于蛋白质的 1/2以上，优质蛋白占比大于蛋白质的 30%，脂肪的占比相比上节课总热量 30%，维生素 A、维生素 C、维生素 E、铁和铜、锌等无机盐的含量达到这节课的膳食营养素摄入量。