

Newsletter

2022-2023 家校通讯录

February 10, 2023
2023年2月10日

Notes from the HoS Desk 校长寄语

It has been great to see school activities returning to normal. This week we resumed are ASA schedule with basketball practice in the afternoon, hosted Grade 5 parents to learn more about the PYP Exhibition, guided multiple staff from the Education Bureau and new Vice Director Madam Bai on an inspection, and introduced MANY new families to our wonderful school through campus tours. When I walk our hallways and stop into classrooms, I observe happy students who are engaged in deep thinking. It is so apparent how much our students enjoy their classmates and their instructors.

很高兴看到学校已经回归正常教学。本周我们恢复了ASA 课后兴趣班；下午学生们开展了篮球练习；小学部的老师们接待了五年级的家长，请家长们进一步了解了PYP 展览；我们还接待了郑东新区教文体的多位工作人员和白静副局长进行考察；带领许多新家庭参观并介绍我们美丽的校园。当我走过走廊，驻足在教室里时，我看到了沉浸在思考当中的快乐的学生们。很明显，我们的学生是多么喜欢他们的同学和老师。





Next Thursday or Friday we will host over 100 principals from the Zhengdong New District on our campus. We are honored to have been asked by the Education Bureau to introduce the IB program and international education to all school leadership in the New District. This is an incredible opportunity for us to showcase what makes Sias IS special.

I love to meet with our parents in my office to have tea and chat. Every Tuesday from 8:00-9:00 AM and Thursday from 3:15-4:15 PM I am available for parents to drop in and meet with me. If you would like to meet with me outside of those times, my assistant, Wendy, can help schedule.

下周四或周五，我们将接待来自郑东新区的 100 多名校长入校参观。我们很荣幸受郑东新区教文体局邀请，向郑东新区所有学校领导介绍 IB 课程和国际教育。对于我们来说，这是一个难得的机会，可以展示西亚斯国际学校的特别之处。

我喜欢在办公室和家长们见面、喝茶聊天。每周二上午 8:00-9:00 和周四下午 3:15-4:15，欢迎各位家长来我的办公室与我见面。如果您想在这以外的时间和我见面，请联系我的助理温蒂。

Dr. Sam E. Mills
山姆·米尔斯博士



Theme of the Month: Risk-takers 本月主题：敢于冒险的人

Students who are risk-takers are willing to step outside their comfort zone and try something new in the hopes of gaining new knowledge or additional skills. They are comfortable being challenged and welcome opportunities to explore new ideas.

敢于冒险的学生愿意走出自己的舒适区，尝试新事物，以获得新知识或额外技能。他们乐于接受挑战，并能够抓住探索新想法的机会。

Activities for parents

家长小游戏

Be careful to explain to your child the difference between being a risk-taker by trying new things and doing dangerous things.

务必慎重地向您的孩子解释通过尝试新事物和做危险的事情来冒险之间的区别。

Student Learning for the Week

本周教学

Toddler

Challenge Everything Challenge Yourself

挑战一切，挑战自己



The new semester has begun, and for the little explorers of toddler, everything is full of new challenges. As a risk taker of IB:

新学期开始啦，对于 toddler 的小探索者们来说，一切充满了新的挑战。
作为 IB 的小挑战者：

We challenge new heights, starting from jumping and climbing high.
We challenge a new journey, starting from making new friends.
We challenge new persistence and start from not being picky eaters.
We challenge new roles, starting from being a little teacher.
We challenge new habits, starting with reading for our toy friends.

我们挑战新的高度，从蹦高高开始。
我们挑战新的旅程，从交新朋友开始。
我们挑战新的坚持，从不挑食开始。
我们挑战新的角色，从当小老师开始。
我们挑战新的习惯，从我们为玩具朋友阅读开始。





Yeah, we're ready~ Challenge everything, challenge yourself.
耶，我们准备好啦~挑战一切，挑战自己。





G1

How the World Works - Light and Sound 世界是如何运转的——光和声音

During the last few weeks, first graders embodied the role of being scientists, in their fourth unit of inquiry “How the World Works- Light and Sound.” Thus far, the students have begun their inquiry into the different ways sound is made and have been carefully observing the properties of sound.

在过去的几周里，一年级学生在他们的第四个探究单元“世界是如何运转的——光和声音”中体现了科学家的角色。到目前为止，学生们已经开始探究声音产生的不同方式，并一直在仔细观察声音的产生。



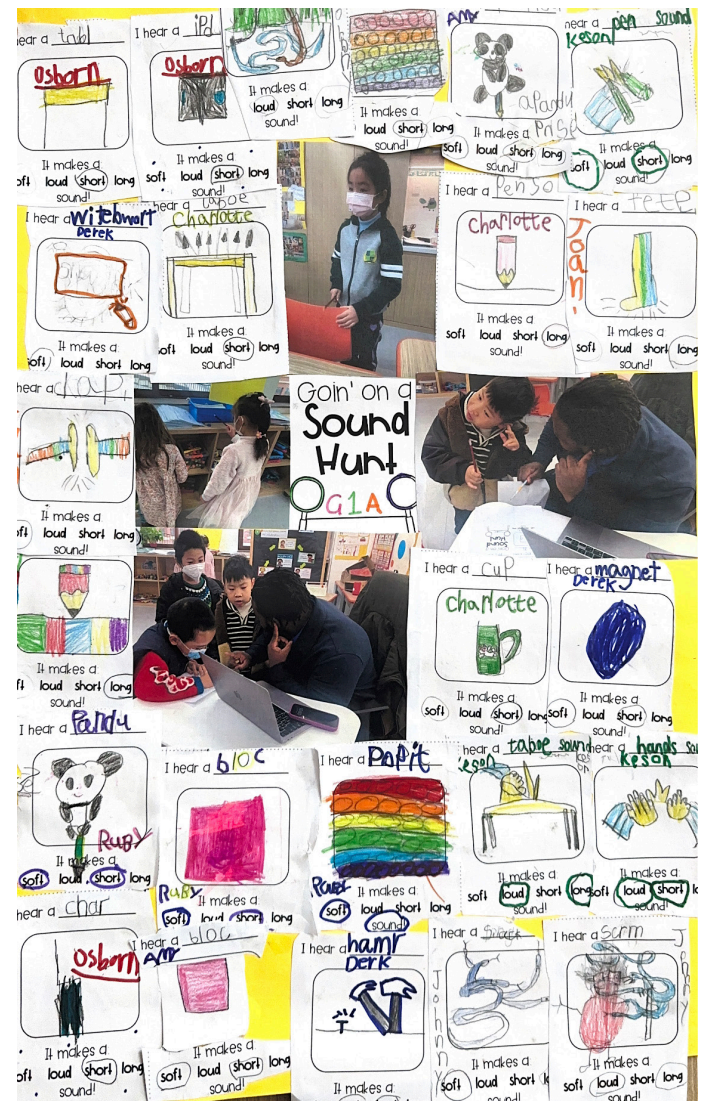
Observation has been carried through sound hunts, experimenting using different materials that make sound and recording their findings and data.

观察是通过声音搜寻进行的，尝试使用不同的发声材料，并记录他们的发现和数据。



The students have not limited themselves to only being scientists, as they have also been hard at work as excellent writers, closing of their non-fiction writing, with wonderful “how-to” books and are now off to a great start, writing their realistic fiction narratives.

学生们不仅做了一名小科学家，他们还努力成为优秀的作家，以精彩的“如何”书籍结束了非虚构写作，现在又开始了他们现实主义小说叙事的伟大开端。



EY – Art & Music

Early Years Music: “Music Training Can Be a Literacy Superpower”

幼儿期的音乐训练 可以提高孩子语言表达能力



When kids study music repeatedly over extended periods of time—they become better readers.

当孩子们长时间反复学习音乐时，他们会成为更好的阅读者。

Research confirms that music students “score higher on standardized tests and earn better grades in English Language Arts and Math.” The researchers reported that students are likely to display “superior performance” on their working memory and executive function, for example—in becoming musically trained adults and children as they grow up.

研究证实，音乐专业的学生“在标准化考试中得分更高，并且英语、艺术和数学方面成绩也更好”。研究人员报告说，受过音乐训练的学生长大后可能会在工作记忆和执行能力方面有“卓越的表现”。





With all this in mind, Sias IS looks forward to preparing your child for the 10th of March Concert. We encourage families to have their children listen to the two songs we have shared with you before the Chinese New Year holidays.

考虑到这一切，Sias IS 期待您的孩子为 3 月 10 日的音乐会做好准备。我们鼓励您和孩子一起听听我们在春节假期前与您分享的两首歌曲。

Please remember to send us short videos and pictures of your child's practice at home.

请记得将您孩子在家练习的短视频和图片发送给我们。

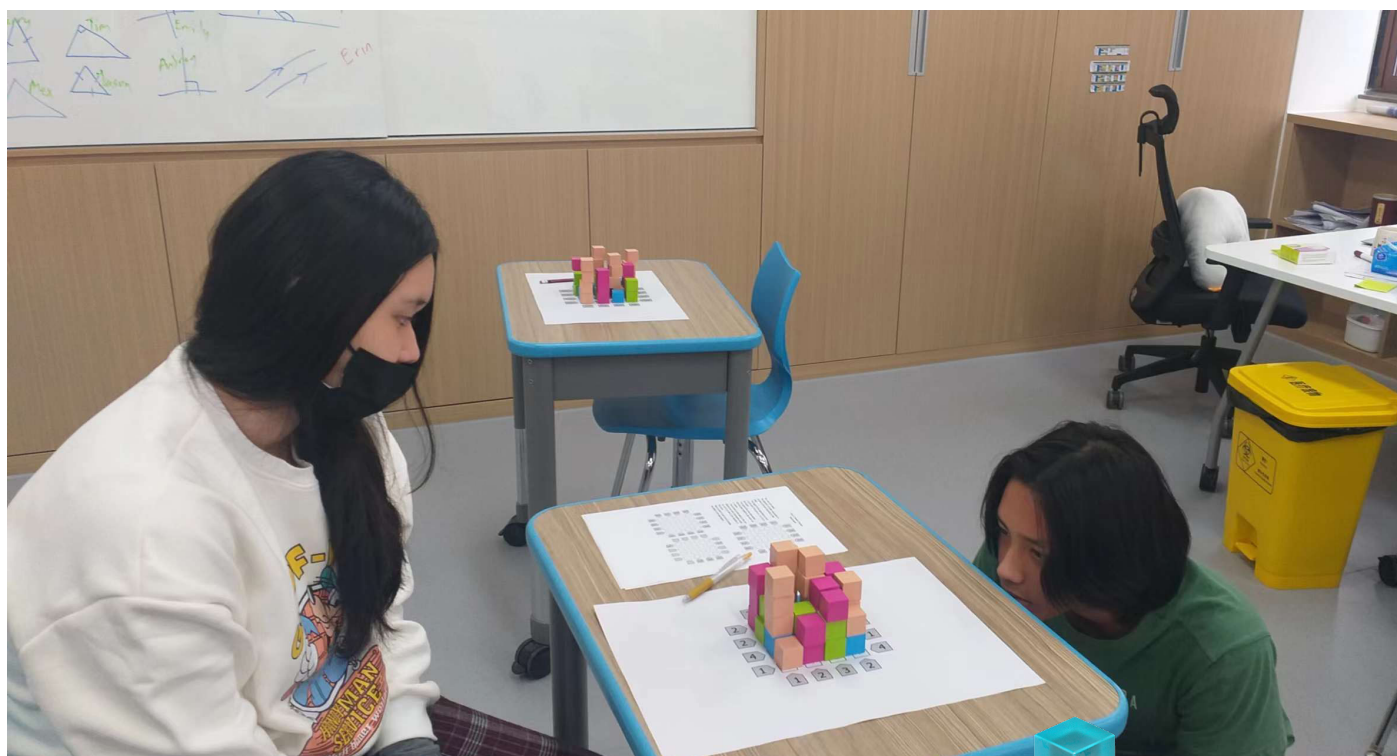
Thank you for keeping our home-school collaboration active.

非常感谢您积极参与家校合作活动。

Wishing your Child an enriching Semester Two.
祝您的孩子第二学期收获满满。

Erwin Bryan Utchanah M Ed
EY Music and Art Teacher

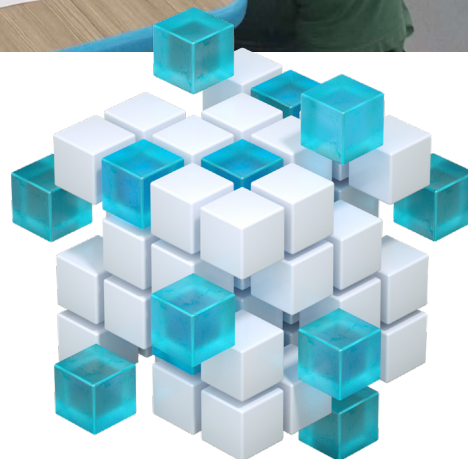




Math MYP

GEOMETRY

基于几何学



The current unit of inquiry is Geometry. Students will be examining angles, shapes, and solids. This area is quite heavy in vocabulary. Students can expect there to be many new words as well as building experience in prefixes and suffixes that can help in word building when confronted with similar words in other contexts.

现阶段学生们正在学习的探究单元是基于几何学。我们将会从角度、形状和固体方面对学生进行评估。由于这一领域的词汇量非常大，学生可以预期会有很多新单词，以及在前缀和后缀方面的经验，这对他们在其他语境中遇到类似单词进行理解起到帮助的作用。

One major focus for the unit is assessment criteria C: Communication. Geometry eventually leads into the first Mathematical proofs for students. The ideas built here are transferable skills to the students' writing from following specific grammar rules, supporting a statement, structuring arguments, and paragraphing.

该单元的主要焦点之一是评估标准 C: 沟通。几何学最终为学生带来了第一个数学证明。从遵循特定的语法规则，支持一个观点，组织论点和分段，我们会帮助学生构建一种可转移到写作的技能。

The school has also registered PYP 4 to MYP 3 for The Math League (<https://www.mathleague.com/>). We intend to allow PYP 3 the opportunity to participate in the Grade 4 paper. The purpose is to provide an opportunity for students to try advanced problem solving for their age group. The results will not affect student grades but will provide data for competition participate selection for upper MYP and DP. There will be time dedicated to this during the Math Club for those involved.

学校还为 PYP 4 到 MYP 3 注册了数学联赛 (<https://www.mathleague.com/>)。我们还计划为 PYP 3 参与 4 年级的论文提供机会。目的是让学生在他们的年龄组尝试一些高级别的问题解决方式。考试结果不会影响学生的成绩，但会为参加高级中学项目和预科项目的主要比赛提供数据。在数学竞赛俱乐部中，我们会有更多的时间来讨论这个问题。



2023.02.13-02.17 Menu

	Monday	Nutritional volume (g)	Tuesday	Nutritional volume (g)	Wednesday	Nutritional volume (g)	Thursday	Nutritional volume (g)	Friday	Nutritional volume (g)	
Breakfast	Fried shredded egg sauteed cabbage with vinegar sauce multi-layer steamed bread Sweet potato glutinous rice porridge	Eggplant 10 Tomato 20 Eggs 10 Soybean oil 2 Chinese cabbage 30 Peanut Oil 3 Flour 50 Sweet potatoes 10 Rice 15	Organic asparagus with scrambled eggs Baked beans in tomato sauce Whole wheat toast Milk oatmeal	Soybeans 40 Tomato 10 Soybean oil 4 Carrot 20 Asparagus 10 Eggs 10 Wheat 25 Egg 5 Milk 100 Oatmeal 20	White gourd with sea rice Stir-fried shredded radish Small steamed buns stuffed with pumpkin Red dates and yam porridge	White radish 60 Soybean oil 5 Winter melon 30 Shrimp 10 Peanut Oil 3 Flour 30 Bean paste 5 Pumpkin 8 Rice 15 Yam 5 Date 5	English bacon purple cabbage Butter vegetables Raisin rolls Sweet potato Milk Sago Sauce	Purple cabbage 20 Rice 20 Bell pepper 5 Broccoli 40 Butter 5 Raisin 5 Bread 40 Sweet potatoes 20 Cassava 10 Whole milk 20	Vegetarian stir-fried three mushrooms Boiled egg Steamed bun with three fresh foods soybean milk	Peanut Oil 5 Chicken leg mushroom 10 Pleuronic myngi 60 Morels 10 Eggs 50 Egg 3 Pork 15 Beef (back) 2 green onions Flour 45 Sesame oil 2 Soybeans 15 Peanut kernel 2	
	Snack	American Sweet Orange Banana	American Sweet Orange 75 Banana 75	Kiwi Blueberry	Kiwi 75 Blueberry 75	Pears Hami melon	Pear 75 Hami melon 75	Pineapple apple	Pineapple 75 Apple 75	Tangerine Strawberry	Tangerine 75 Strawberry 75
	Lunch	Braised beef brisket with potatoes Moo Shu Pork Garlic lettuce Rice Crucian and Bean Curd Soup	Potato 20 Tomato 40 Brisket 30 Canola Oil 3 Carrot 10 Cucumber 40 Yellow cauliflower 10 Dried fungus 10 Pork 10 Beef (back) Egg 5 Soybean oil 5 Lettuce 40 Rice 50 Tofu 20 Chives 3 Coriander 3 Crucian carp 20	Spanish steak with black pepper Rosemary pan-fried cherry tomatoes French spiral pasta Borscht	Small tomatoes 40 Olive oil 2 Lettuce 10 Beef fillet 25 Soybean oil 4 Helix 25 Bell pepper 10 Beef 20 Red Wine 2 Potatoes 10 Tomato 10 Onion 5	Roasted duck chunks in sauce Scrambled eggs with tomatoes Garlic baby cabbage Tai Chi rice Corn soup	Duck 30 Dried mushroom 5 Scallion 5 Onion 15 Colored pepper 15 Tomato 30 Egg 10 Soybean oil 5 Baby Cabbage 30 Fans 5 Black rice 20 Rice 40 Topaz grits 10 Egg 10	Chicken Popcorn Papaya salad with bamboo shoots Cheese beef pizza Potato bisque	Chicken 20 Soybean oil 2 Fresh lettuce 20 Papaya 20 Flour 75 Bell pepper 15 Tomato 20 Dehydrated onion 15 Bovine upper brain 30 Cheese 10 Potato 20	Braised pork Stir-fried chicken tender with celery Fried tofu with green vegetables Red bean rice Hibiscus loofah soup	Pork 40 Potato 20 Carrot 10 Sunflower Oil 4 Celery stalk 30 Chicken 15 Soybean oil 2 Peanut Oil 5 Cabbage 60 Tofu 25 Adzuki beans 5 Rice 60 Loofah 10 Eggs 10 Sesame oil 2
		Snack	Mixed nuts Milk	Mixed nuts 25 Milk 200	Sesame cookies yoghurt	Wheat 15 Sesame seeds 3 Butter 3 Egg 5 Yogurt 200	Steamed corn Milk	Corn 40 Milk 200	Mango egg tarts Yogurt	Flour 15 Mango 10 Eggs 10 Yogurt 200	Steamed sweet potatoes Milk

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 μ g, 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. Daily diet nutritional evaluation criteria (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 5.6 mg, phosphorus 594 mg, selenium 21.1 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	鸡蛋炒茄丝 醋溜白菜 千层饼 红薯糯米粥	茄子 10 番茄 20 鸡蛋 10 豆油 2 大白菜 30 花生油 3 小麦粉 50 红薯 10 大米 15	有机芦笋茄炒蛋 意式茄汁焗豆 全麦吐司 牛奶燕麦粥	黄油 40 番茄 10 豆油 4 胡萝卜 20 芦笋 10 鸡蛋 10 小麦 25 鸡蛋 5 牛乳 100 燕麦片 20	海米冬瓜 清炒萝卜丝 南瓜夹心小馒头 红枣山药大米粥	白萝卜 60 豆油 5 冬瓜 30 虾米 10 花生油 3 小麦粉 30 豆沙 5 南瓜 8 稻米 15 山药 5 枣 5	英式培根紫甘蓝 黄油时蔬 提子小面包 蜜薯牛奶西米露	紫圆白菜 20 培根 20 彩椒 5 西兰花 40 黄油 5 葡萄干 5 面包 40 红薯 20 木薯 10 全脂牛奶 20	花生油 5 鸡腿菇 10 杏鲍菇 60 羊肚菌 10 鸡蛋 50 鸡蛋 3 猪肉 15 牛肉 (回) 2 大葱 2 小麦粉 45 芝麻油 2 黄豆 15 花生仁	
加点点	美国大甜橙 香蕉	美国大甜橙 75 香蕉 75	奇异果 蓝莓	奇异果 75 蓝莓 75	香梨 哈密瓜	香梨 75 哈密瓜 75	菠萝 苹果	菠萝 75 苹果 75	耙耙柑 草莓	耙耙柑 75 草莓 75
午餐	土豆焖牛腩 滑炒木须肉片 蒜蓉生菜 米饭 鲫鱼豆腐汤	土豆 20 番茄 40 牛腩 30 菜籽油 3 胡萝卜 10 黄瓜 10 黄花草 10 干木耳 10 猪肉 10 牛肉 (回) 10 鸡蛋 5 豆油 5 生菜 40 大米 50 豆腐 20 细香葱 3 香菜 3 鲫鱼 20	西班牙牛排配黑椒 迷迭香煎樱桃香 茄 法式红酒烹螺旋面 罗宋汤	小西红柿 40 橄榄油 2 生菜 10 牛柳 25 豆油 4 螺旋面 25 彩椒 10 牛肉 20 红酒葡萄 2 土豆 10 番茄 10 洋葱 5	酱烧鸭块 西红柿炒鸡蛋 金银双蔬娃娃菜 太极米饭 凤凰玉米羹	鸭 30 干香菇 5 小葱 5 洋葱 15 彩椒 15 番茄 30 鸡蛋 10 豆油 5 娃娃菜 30 粉丝 5 黑米 20 稻米 40 黄玉米粒 10 鸡蛋 10	管酥鸡米花 青笋木瓜沙拉 芝士牛肉披萨 土豆浓汤	鸡 20 豆油 2 鲜莴笋 20 木瓜 20 小麦粉 75 彩椒 15 番茄 20 脱水洋葱 15 牛上脑 30 奶酪 10 土豆 20	红烧肉 芹香炒鸡柳 小青菜煎豆腐 红豆米饭 芙蓉丝瓜汤	
加点点	混合坚果 牛奶	混合坚果 25 牛奶 200	芝麻饼干 酸奶	小麦 15 芝麻子 3 黄油 3 鸡蛋 5 酸奶 200	嫩玉米 牛奶	鲜玉米 40 牛奶 200	芒果蜜挞 酸奶	小麦粉 15 芒果 10 鸡蛋 10 酸奶 200	蒸红薯 牛奶	红薯 25 牛奶 200

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