

Newsletter

2022-2023 家校通迅录

February 17, 2023 2023 年 2 月 17 日

Notes from the HoS Desk 校长寄语

This week disappeared.

I will share just a few highlights from the very busy week.

一周的学习生活已经结束。让我来与您分享这繁忙一周中的亮点信息。

Our WASC committees have been working hard to have our first draft report prepared this month. It will be a significant accomplishment when we send our report to WASC and prepare for our inspection



visit. In addition, our IB PYP report is ready for submission. We anticipate a spring authorization visit.

在我们 WASC (美国西部院校联盟) 委员会成员的共同努力下,我们的第一份 WASC 报告草案将在本月完成。向 WASC 提交报告并准备考察访问将是一项非常重要的成就。此外,我们申报 IB 和 PYP 的报告也已做好了提交的准备。预计春季进行授权访问。

I met with several groups this week to work on the interior designs of the theater and upper school. While I enjoy this work, it was certainly never something I was taught in school which makes it a fun learning experience for me. The early timeline is to complete the design this spring to begin decoration during the summer.

本周,我与几个建筑设计小组探究学校剧场和高中部的室内设计问题。我很喜欢这项工作,对我来说也是一次很有趣的学习经历,因为这不是我在学校学到过的内容。目前施工规划的是今年春季完成室内设计,夏季开展装修工作。



On Thursday we hosted a very successful principal training session. We engaged 100 principals from the Zhengdong New District in hands on learning about international education and the IB. Special "thank you" to Celina's mom, and Emma and Luke's mom for representing the Sias IS parent perspective. Every time we have visitors on campus the feedback I receive is about how professional our teachers and staff are. It is not easy to host a big event like this and our team did it flawlessly.

周四,我们举办了一场成功的教育国际化座谈会。我们邀请了来自郑东新区的 100 余名校长一起学习国际教育和 IB 教育理念。特别感谢 Celina 妈妈,以及 Emma 和 Luke 妈妈作为 Sias IS 家长代表与来宾分享自己的观点。每次进行访校活动时,我都会收到访客对我们的老师以及员工专业度的认可。举办这样的大型活动并非易事,不过我们的团队依然表现得十分出色。













When I walk around campus, I see our Early Years students swimming in the pool. I see our MYP design students problem solving to improve the classroom organization. I see the Primary students critically thinking, observing, and reflecting as they make volcanos erupt. We do not want our students just learning from a book or being told what to learn by teachers. We want our students to inquire and explore. Seeing this each week makes me very proud.

当我走在校园,我看到幼儿园的学生在泳池里游泳;看到中学课堂安排学生解决问题以提高课堂组织力;看到小学生在研究火山爆发时展现出的批判性地思考、观察和反思。我们不希望学生只是学习书本知识,或被老师告知要学什么。我们希望我们的学生进行探究。我为学生们每周的学习状态而感到自豪。





As the warmer spring is approaching, I want to remind families that we apply the international standard for healthy air for students to breathe. Throughout the day we monitor the air quality on campus. If it is above 150 AQI, students will remain indoors for recess. They go to the gym, MPR, library, dance room, or gross-motor room in EY to get exercise and enjoy their free time. The health and safety of students is our number one priority.

随着春天的临近,我想提醒家长们,我们采用了国际标准的空气净化系统为学生提供健康空气。我们一整天都在监测校园内的空气质量。如果空气质量指数高于150,学生将留在室内休息。学生可以去室内运动场、多功能厅、图书馆、舞蹈室或大运动室锻炼身体,享受他们的休息时间。学生的健康和安全是我们的首要任务。



Have a great week

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

Classroom risk-taking can take many forms, such as reaching out to new friends, trying a new method of note taking, or stepping up to a leadership position in a group project.

课堂冒险者可以尝试多种事物,例如认识新朋友、尝试一种新的记笔记方法,或在小组中担任领导职务。

Activities for parents 家长小游戏

Encourage your child to initiate conversations with people they are a little less familiar with in school or within the family. For example, perhaps they could speak to an older cousin they had not seen for a while over the phone.

鼓励您的孩子与在学校或家庭中稍不熟悉的人进行交流对话。例如,他们可以给一位久违的表姐打一通电话。

Student Learning for the Week 本周教学



PreK 3A

LOI: There are different roles within the community. LOI: 在社区中有不同的角色。

This week, PreK-3A continued our exploration of the various buildings and their form within the community, the connection of the role they and certain occupations play in our community's wellbeing.

本周,PreK-3A继续探索了多种建筑及其在社区内的形式,也探究了这些不同的建筑之间的联系以及这些建筑是如何在社区内发挥自己的作用的。

During our inquiry sessions, we shared stories, videos, and role-playing with the figurines and teaching aids in the classroom. Our students put forth exciting questions, such as why firefighters are named as such when firefighting is only one part of what they do.

在探究环节中,我们讲述了故事、展示了视频,并在教室里用小雕像和教具进行了角色扮演。学生提出了一些令人兴奋的问题,比如说为什么消防员会用他们工作内容中的灭火来起名消防员?

Newsletter 家校通讯录







We also explored various scenarios and discussed whose help we should seek in those situations. Our students better understood the roles and responsibilities of these community helpers and developed their critical thinking skills.

我们还探讨了各种不同的场景,并讨论了在这些情况下我们应该寻求谁的帮助。我们的学生更好地理解了这些 社区救助者的角色和责任,这培养了他们的批判性思维能力。

We also observed that our students develop a keen interest in constructing and building during playful learning time. This is a positive development as their interest and curiosity are sustained and further enhanced.

我们还观察到,在我们"快乐学习时间"里,学生们对建造产生了浓厚的兴趣。对于他们来说,这极大的激发了他们的好奇心和探究心,这是令人激动的进展。

We visited our school nurse's office to understand what the role of our nurse is. As part of this unit, we look forward to field trips to the Zhengzhou Museum and our local police station to gain first-hand knowledge of their operations and observe similarities and differences in social structure and community roles evolving and changing from ancient times.

我们参观校医办公室去理解校医的角色与作用。作为我们探究单元的一部分,到郑州博物馆和当地警察局的实地探访让我们欣喜,通过这些活动我们就能直接了解这些地方的运作,并且可以探究从古至今社会的组织结构是如何发挥作用以及发展过程中的相同点与不同点。







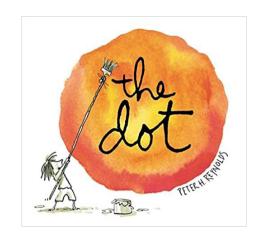
Squares with Concentric Circles by Wassily Kandinsky 《带有同心圆的正方形》瓦西里·康定斯基

G2 A

100 Pots for 100 Pays of School 100 天学校生活中的100 广点

G2A class read the book The Dot by Peter H. Reynolds. In this book, students realized that the main character applied the Learner Profile "Risk-Taker" by trying something new and being brave.

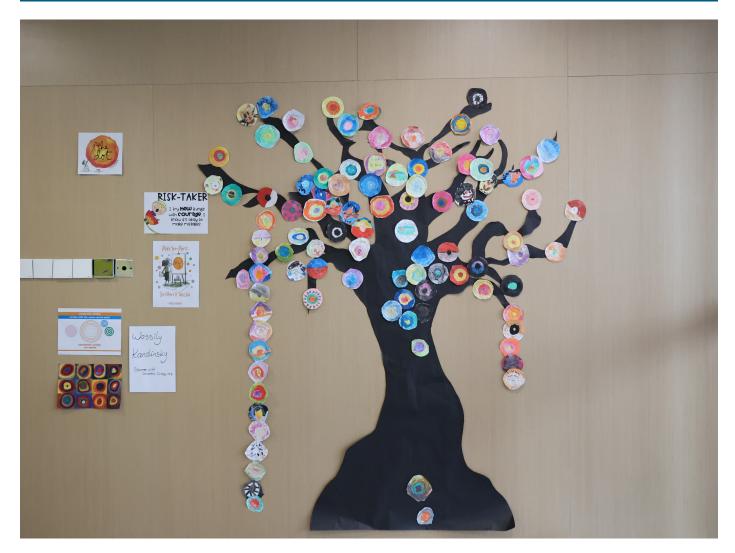
G2A 班阅读了彼得·雷诺兹的《点》。在这本书中,学生们意识到 主人公通过尝试新事物和成长的更勇敢来丰富了"危机化解者的"肖 像。











We then made a connection with Wassily Kandinsky's painting Squares with Concentric Circles and learned what concentric means.

我们把它和瓦西里·康定斯基的画作《带有同心圆的正方形》联系起来,并且学习了同心圆的含义。

Students then expressed themselves by being risk-takers and painting concentric circles/dots. On the dots, they wrote how they were being risk-takers. We put our dots on our Tree of Learning that now has 100 dots of learning!

然后学生们以危机化解者的角色和画同心圆来表达自己的想法。在圆点里他们写下了自己是如何成为冒险家的。 我们把圆点放在学习树上,现在学习树上已经有了100 个学习后的圆点!





G2B

Real-life Experiences 真实生活体验

G2B students have been accessing real-life experiences to understand learning in the classroom.

二年级的学生们一直在结合真实的生活经验来 更好地吸收他们在课堂上的学习内容。







During math sessions we used real life product prices to practice rounding to nearest 10. We used play money to recognize different coins and their values.

在数学课程中, 我们运用货品的真实的价格来学习其价值, 我们用虚拟的钱币去认识不同的钱币和币值。

In inquiry lessons students chose a role model and found out how they have contributed to help our society become better.

在探究课中,学生们选择了一个真实事物,并探究它是如何让我们的社会变得更好的。

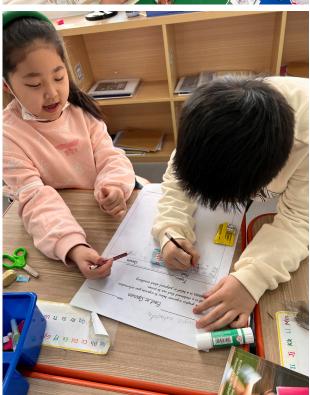
In the ELA sessions, we were able to practice reading fluency skills while reading to our Grade1B buddies.

在英语语言艺术课程中, 我们与一年级 B 班的同学们一起进行阅读, 这使得我们提升了阅读技能。

We enjoyed a special treat of macrons and shared some interesting facts and opinions about them. We also reflected on how authors use facts to support their opinions, especially when they want to persuade their readers.

我们享用马卡龙的同时,分享了自己关于马卡龙的一些经 历和想法。接着我们探究了当作者想要说服读者的时候, 是如何利用事实来支撑自己的观点的。







EY/PY PE

HEALTHY, HAPPY, ACTIVE LIVES 健康、快乐、积极的体育生活

It is currently a busy time in the PE department with students exploring various concepts and activities. In Early Years, students are building on their foundational skills by developing movement patterns, participating in aquatic activities, and exploring the way they interact with each other during physical activities. Aquatic activities can be an avenue for students to transfer their prior learning to an unfamiliar environment as they go from playing alongside each other to playing cooperatively together.

学生们在体育课上正忙于探索多样的理论和体育活动。幼儿园的学生们可以通过学习运动方式、参与水上活动以及探索体育活动中彼此的互动来培养他们的基本技能。水上活动可以让学生将已学到的内容应用到新环境中,进而让他们从一开始的玩耍变成合作玩耍。

In Primary Years, students are developing their knowledge around different health topics to allow them to make healthier choices when possible. It has been great to see the students sharing their thoughts and ideas as they collaborate. Students are also looking at what communication, trust, and respect look and sound like as they complete various challenges, focusing on refining their skills and striving in effective teams.

小学的学生们正围绕着不同的健康主题学习知识,以便在必要时做出更健康的选择。非常高兴能看到学生们合作时分享他们的观点和想法的样子。学生们会检查自己在完成各种各样的挑战时,展现的沟通、信任和尊重的行为,着重提高技能并在团队合作中付出行动。







Across all grades, students continue to be risk-takers as they embrace new activities and demonstrate caring behaviors. Looking to the weeks ahead, students will continue to develop new skills as they begin to prepare for the sports days, which will take place later in the year.

所有年级的学生们还将继续以冒险者的身份进行探究,如同他们在 探索新活动中表现出乐于助人的精神一样。在未来几周,将继续培 养学生们的新技能,为今年举行的运动会做准备。







Menus 菜单

	2023.02.20-02.24 Menu								Note: all wo	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	
Breakfast	Fried walnut with okra Steamed eggs Vegetable cake Egg soup	Okra 10 Walnut 10 Soybean oil 2 Yellow dry corn kernels 5 Eggs 20 Sesame oil 2 Wheat flour 85 Cabbage 20 Peanut oil 3 Egg 10	Grilled sausages with romaine lettuce Baked eggs with cheese Coconut bread Milk with cornflakes	Lettuce 20 Chicken 20 Butter 6 Bell pepper 3 Cheese 3 Eggs 28 Noodles 50 Coconut 1 Milk 10 White sugar 2 Yellow cornmeal 5 Milk 15	Stir-fried organic cauliflower Scrambled eggs with Winter squash Grape rice cake Porridge with tremella and fruit	Bell pepper 10 Cauliflower 40 Pork belly 10 Beef (Halai) Soybean oil 5 Bamboo melon 20 Tomato 10 Eggs 10 Flour 20 Raisin 5 White sugar 1 Rice 10 Dry silver fungus 5 Red Fuji Apple 5 Pear 10	Roasted pork neck with black pepper mushrooms Shredded potatoes with pepper Boiled egg Milk with Cirrel Caterpillar bread	Mouth mushroom 20 Pork 10 Beef (Halal) Soybean oil 2 Potato 20 Bell pepper 10 Eggs 55 Whole milk powder 20 Flour 25 Butter 3	Shredded cabbage Scrambled eggs with colored bell peppers Beef steamed rolls Sydney porridge	Bell pepper 60 Cabbage 50 Pork 10 Beef (Halal) Canola Oil 3 Eggs 30 Peanut Oil 5 Flour 40 Beef 10 Rice 25 Pear 5	
Snack	Pitaya Pear	Pitaya 75 Pear 75	Longan Kiwi	Longan 75 Kiwi 75	Banana Apple	Banana 75 Apple 75	American Sweet Orange Strawberry	American Sweet Orange 75 Strawberry 75	Pineapple Hami melon	Pineapple 75 Hami melon 75	
Lunch	Braised beef with curried radish Fried bacon with celery Braised bean curd with black fungus Rice wine egg soup Rice	Carrot 20 Beef 15 Soybean oil 6 Water celery 20 Bacon 10 Beef (Halal) Tofu 15 Dry fungus 20 Eggs 20 Jiang rice wine 50 Rice 55	Schweinshaxe French rustic salad Spaghetti Bolognese Pumpkin potage	Lettuce 30 Pork 20 Beef (Halal) Soybean oil 2 Cucumber 20 Tomato 60 Noodles 70 Carob 15 Onion 25 Cabbage 20 Pork loin 50 Peanut Oil 5 Carrot 20	Scallion oil Long Lee Fish Homemade braised tofu Sesame and scallion pancakes Beef ramen	Dragon Fish 40 Peanut Oil 4 Tofu 20 Flour 40 Yellow cornmeal 10 Noodles 40 Shanghai Qing 30 Coriander 5 Fresh shittake mushrooms 10 Beef 20	Crispy chicken cutlet with herbs Fruit and vegetable salad Italian fried rice Creamy mushroom soup	Chicken breast 20 Soybean oil 2 Cucumber 20 Cherry Tomatoes 10 Lettuce 30 White melon 15 Japonice rice 70 Yellow carrot 50 Celery stalk 50 Sausage 20 Eggs 25 Salad oil 3 Onion 10 White Mushroom 30 Milk 100	Braised white gourd Crescent bone Sauteed Fish with Green Lettuce and Black Bean Sauce Steamed vegetables Rice Tofu soup with seaweed	Winter melon 20 Pork 15 Beef (Halal) Soybean oil 4 Oily wheat 30 Salmon 10 Potatoes 10 Carrot 10 Atemisia 10 Xiaomi Mi 20 Starch 50 Tofu 10 Kelp 10	
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Multi-flavor cookie Yoghurt	Flour 10 Butter 5 Eggs 15 Yoghurt 200	Taro Milk	Taro 70 Milk 200	Cranberry Muffin Yoghurt	Flour 10 Butter 5 Eggs 15 Yoghurt 200	Chinese yam Milk	Chinese yam 70 Milk 200	

Milk 200 Yoghurt 200 Started Provided on Monday, Wednesday and Friday, and Western flood is served on Tuesday and Thursday.

2. Chinese flood is provided on Monday, Wednesday and Friday, and Western flood is served on Tuesday and Thursday.

3. Due to market supply problems, some dishes may be changed, based on the actual situation.

4. Weekly det runtrional evaluation criteria (abligative nergy 978 Labe, protein 35 mg, 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.

5. Diet nutrificinal evaluation analysis this week (average daily), energy 910 stal, 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.

6. Nutritional evaluation of fits 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.

2023.02.20-02.24 菜单											
	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	秋葵炒核桃仁 五彩蒸水蛋 蔬菜软饼 金丝面汤	秋葵 10 核桃 10 豆油 2 黄干玉米粒 5 鸡蛋 20 芝麻油 2 小麦粉 85 小白菜 20 花生油 3 鸡蛋 10	烤肠配罗马生菜 芝士烟蛋 梅毒面包 牛奶玉米片	生業 20 鸡 20 肉油 6 甜椒 3 鸡蛋 28 面条 50 椰子 1 牛乳 糖 2 黄玉米面 5 牛奶 15	小炒有机花菜 笋瓜炒鸡蛋 提子发糕 银耳水果粥	彩板 10 白花花肉 10 中 5 中 5 中 5 中 6 中 7 中 7 中 7 中 7 中 7 中 7 中 7	黑椒口蘑烧猪颈肉 彩椒土豆丝 水水煮蛋 毛毛虫面包 牛奶配喜瑞尔	口磨 20 猪肉 10 牛肉 (回) 豆油 2 土豆 20 彩椒 10 鸡蛋 55 全脂牛奶粉 25 黄油 3	手斯包菜 彩椒炒鸡蛋 牛肉蒸卷 雷梨润肺粥	彩椒 60 圆白菜 50 猪肉 10 牛肉 (回) 菜籽蛋 30 花生油 5 小麦粉 40 牛肉 10 稻米 25 梨 5	
加点	火龙果 香梨	火龙果 75 香梨 75	桂圆 猕猴桃	桂圆 75 猕猴桃 75	香蕉	香蕉 75 苹果 75	美国大甜橙 草莓	美国大甜橙 75 草莓 75	菠萝 哈密瓜	菠萝 75 哈蜜瓜 75	
午餐	咖喱萝卜烧牛肉 土芹炒培根 木耳烧豆腐汤 米酒蛋吃汤 米饭	胡萝卜 20 牛肉 15 豆油 6 水芹菜 20 培根 10 豆腐 15 干木耳 20 鸡蛋 20 江米酒 50 稻米 55	德式烤猪肘 法式田园沙拉 意大利肉酱面 南瓜浓汤	生菜 30 猪肉 (回) 豆油 20 肉油 20 商面条角 20 高重条角 25 小白豆角 25 小白豆角 25 小白宝 菜 45 花生油 5 胡萝卜50	悲油龙利鱼 自制红烧豆腐 芝麻敷油饼 牛肉拉面	龙利鱼 40 花生油 4 豆腐 20 小麦科 40 英王米面 10 英王米面 10 画条 40 上海耒 3 0 蜂香菜 5 牛肉 20	香草脆皮鸡排 蔬果沙拉 意大利炒饭 奶油蘑菇汤	鸡胸脯肉 20 豆油 2	冬瓜烧月牙脆 豆豉酸鱼油宏荣 粉蒸时遮 黄金头长饭 海带豆腐汤	冬瓜 20 猪肉 15 牛肉 (回) 豆油 4 油麦集 30 鲮鱼 10 土豆 10 茼薯 10 小米 20 淀粉 50 豆腐 10 海带 10	
加点	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	多味饼干 酸奶	小麦粉 10 黄油 5 鸡蛋 15 酸奶 200	小芋头 牛奶	芋头 70 牛奶 200	蔓越莓马芬 酸奶	小麦粉 10 黄油 5 鸡蛋 15 酸奶 200	铁棍山药 牛奶	山药 70 牛奶 200	

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 提供商餐。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。 周食普誉养评价标准(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 A4200g,维生素 C46mg,维生素 C35mg,好 560mg,磷 350mg,钾 1050mg,镁 105mg,镁 8.4 mg,锌 8.4 mg,码 17.5 mg。 本周食普香外所(平均每日):能量 1020 千卡,蛋白质 35 克、优质蛋白皮为能比大于50%。脂肪占总热量的 20%,增生素 8.7 mg,每年 8.7 mg,有55mg,销 11.0 l 11.0 l 11.0 l 11.0 mg,转 15 mg,转 5 mg,每 27 mg。 本周食普香外评价:平均每日能量与 1010 千卡接近,蛋白质 35 克 优质蛋白皮的比大于50%。脂肪占热患量的 20%,维生素 8.6 mg,每 25 mg,精 55 mg,销 11.0 l 11.0 mg,铁 7 mg,铁 5 mg,每 5 mg,每 5 mg,有 5 mg,有