



Newsletter

2022-2023 家校通讯录

March 3, 2023
2023年3月3日

Notes from the Head of School's Desk 校长寄语



Spring is in the air! While it heats up outside, things are REALLY heating up in the classrooms. Performing Arts classes are finishing their rehearsals for the March 10th concert, and whenever I pop into classrooms, I see students engaged in great instruction.

空气中到处弥漫着春天的气息！当室外温度慢慢升高的时候，教室里的学生们也在热火朝天的开展各种各样的活动。表演艺术班正在为3月10日的音乐会排练，每当我走进教室，我都能看到学生们遨游在知识的海洋里中。





This week I visited the principals at Zhongyi Road Primary School and Number 47 Middle School. It was very helpful to learn from others and to discuss ways that we can collaborate and share our professional knowledge. We look forward to working together in the future.

本周我拜访了众意路小学和四十七中的校长们。向优秀者学习，讨论如何合作和互相分享专业知识对未来发展是非常有帮助的。期待有更多的合作机会。



Our Parent Advisory Council (PAC) met on Wednesday. We spent some time getting to know one another and discussing our reason for joining the PAC. Parents want to be engaged in the school to further their understanding of international education and to provide support for the school's growth. Our next steps will be to draft by-laws for the organization and establish the purpose of the organization. I really appreciate the great group of parents who are working with me to improve our school.

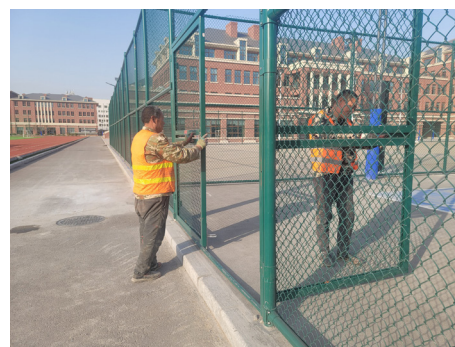
我们的家长咨询委员会于星期三举行会议。大家花了一些时间互相了解，并讨论了加入家长咨询委员会的原因。家长们希望更多的参与到学校中来，进一步了解国际教育，为学校的发展提供支持。我们下一步将为该团队起草章程，并确立该团队的宗旨。我衷心的感谢和我一起努力促进学校发展的家长们。





If you have been on campus recently, you may have noticed an uptick in the number of construction workers. We are pushing the Education Bureau and Number 5 Construction company to finish the last few items on their work lists. They still have a long list but are making steady progress.

如果您最近来到校园里，您可能已经注意到建筑工人的数量在增加。我们正在推进教育局和五建完成他们工作清单上的最后几项。他们仍然有一个很长的清单，但正在稳步取得进展。



Big “thank you” to Ms. Kalu for her leadership and work preparing for the new round of After School Activities (ASAs). I hope students can find many options that spark their curiosity and interest.

非常感谢 Kalu 女士为新一轮课外活动 (ASAs) 所做的领导和准备工作。我希望学生们能找到许多能激发他们好奇心和兴趣的选择。



Have a great week
祝您周末愉快

Dr. Sam E. Mills
山姆·米尔斯博士



Theme of the Month: Caring 本月主题：关怀

They develop empathy, compassion and respect towards the needs and feelings of others. They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment.

他们培养了对他人需求和感受的同理心、同情心和尊重。他们有服务的个人承诺，并采取行动对他人的生活和环境产生积极的影响。

Activities for parents

家长小游戏

Role model the caring behavior you would like to see in your child all the time. Using kind words, helping people without being asked, being an active listener, all show your child that you care about people.

您希望在孩子身上一直看到关心他人的行为。使用友好的语言，在没有被要求的情况下帮助别人，做一个积极的倾听者，这些都让您的孩子知道您关心别人。

Student Learning for the Week

本周教学



PreK 4A

NATURAL DISASTER OR...? 自然灾害还是…?

What if, when you were 4 years old, I told you the perfect time to explore the world of science is now?

如果我告诉你探索科学世界的最佳时间是现在，就是当你4岁的时候，你会怎么样？

PreK-4A students dove into a unit full of research experiments to find out the science behind natural disasters and weather phenomena.

PreK-4A 学生潜入了一个充满研究实验的单元，以找出自然灾害和天气现象背后的科学。





While unpacking our second line of inquiry we decided to dig in the Earth and see what the Earth is made of and find what is hidden there. The journey took us to the discovery of states of matter (liquids, solids, and gas) and how they collaborate to form hurricanes, volcanoes, flooding which we know as natural disasters.

在打开我们的第二条调查线时，我们决定挖掘地球，看看地球是由什么组成的，以及那里隐藏着什么。这段旅程带我们发现了物质的状态（液体、固体和气体），以及它们是如何相互作用形成飓风、火山、洪水等我们所知的自然灾害的。

The best way to predict or tell when a natural disaster will occur is to study ones that have already happened. Exploring the Earth, including its movement in the solar system and changes it undergoes, students work on the key concepts of change and causation that leads to understanding the forces of nature that cause disasters.

预测或判断自然灾害何时发生的最好方法是研究已经发生过的自然灾害。探索地球，它在太阳系中的运动和它所经历的变化，学生们研究变化和因果关系的关键概念，从而理解造成灾难的自然力量。

During our sorting out stage of inquiry, young scientists developed a good understanding of earthquakes, volcanic eruptions, and quicksand. However, we are still digging deeper to discover more about the unknown natural disasters.

在我们的整理探索阶段，年轻的科学家们已经对地震和火山爆发、流沙有了很好的了解，然而，我们仍在深入挖掘中发现未知的自然灾害。

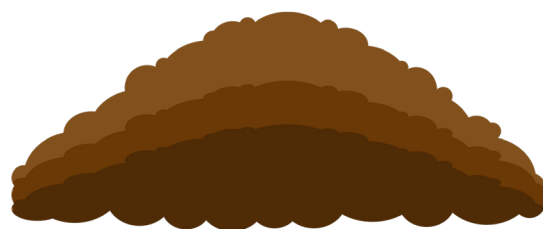
PreK-4A Young Scientists
PreK-4A 年轻科学家





G4

INQUIRING INTO GEOLOGY 探究地质



Grade 4 has begun inquiring into geology! Students are investigating how landscapes change over time and looking for patterns in the Earth's features.

四年级已经开始探究地质！学生们正在研究地貌如何随着时间的推移而变化，并在寻找地球特征中的模式。

They will also research natural events that negatively impact people and invent solutions to present at the Sias Invention Convention at the end of March!

他们还将研究对人类产生负面影响的自然事件，且会提出解决方案。他们将会在 3 月底的西亚斯发明大会上展示！

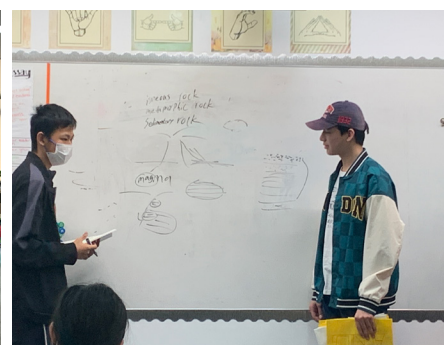
To start, students completed a soil analysis answering the question: what is soil? The students determined through their investigation that soil is an earth material made of varied sizes of rocks, humus, water, air, and living organisms.

首先，学生们完成了土壤分析，回答了以下问题：什么是土壤？学生们通过调查确定，土壤是由不同大小的岩石、腐殖质、水、空气和生物组成的地球材料。



After this investigation, the MYP 2 students visited 4th grade. They shared what they learned this year about geology, including information on tectonic plates, how mountains are formed, and the rock cycle. This led the 4th grade students to ask how mountains break into the smaller rocks found in the soil.

经过调查，中学二年级的学生参观了四年级。他们分享了今年所学的地质学知识，包括地壳板块、山脉形成和岩石循环。这让四年级的学生开始询问山是如何进入土壤中的小石块的。



To answer this question, the students did another investigation. They shook rocks in jars to simulate physical weathering and concluded that weathering is how mountains break apart into smaller rocks. However, they aren't sure how the small rocks moved so far from the mountains they started as! Next, in 4th grade, the students will investigate erosion and deposition to answer this question.

为了回答这个问题，同学们又做了一个调查。他们在罐子里摇动岩石来模拟物理风化，并得出结论，风化是山如何分裂成更小的岩石。然而，他们不知道这些小石头是如何从山上移动到如此之远的地方的。接下来，在四年级，学生将探究侵蚀和沉积来回答这个问题。



MYP

INDIVIDUALS AND SOCIETIES

个人与社会学



Individuals and Societies is an inquiry-based course where students are challenged to look and think about the world around them. Our goal is to create a deeper understanding of the world, while building up necessary skills they will need later in life.

个人与社会学是一门以探究为基础的课程，学生们会迎接不同的挑战，去观察和思考他们周围的世界。我们的目标是让学生们对世界有更深刻的理解，同时培养帮助他们获取今后生活中的必备技能。

MYP 1

MYP 1's latest unit focuses on identity. Students are exploring their personal identity and how it connects them to their culture. Students are being asked to think introspectively and reflect on their experiences, and how to explain their culture to different audiences.

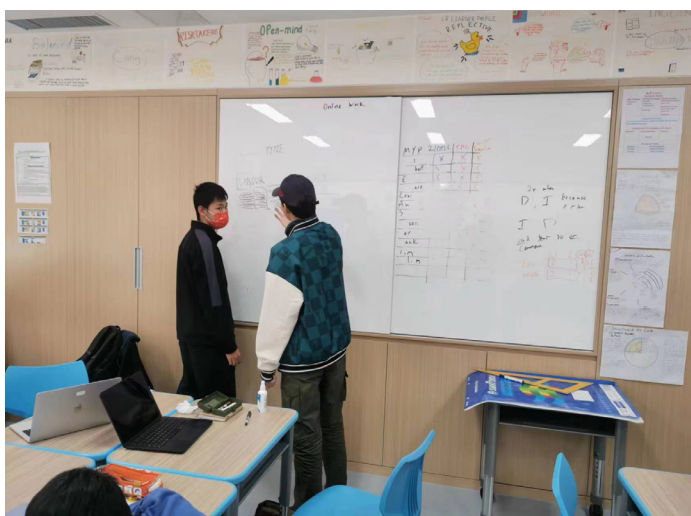
MYP 1 最新单元的关注点是身份。学生们正在探索他们的个人身份，以及这个身份如何将他们个人与自身文化联系起来。学生们会进行内省思考，反思他们的经历，以及如何向不同的受众解释他们的文化。



MYP 2

MYP 2 are learning about trade and inequity through the lens of coffee trade. They are finding out how and where coffee is grown and how coffee has contributed to globalization. They will also be exploring the conditions of coffee farmers in various parts of the world and how ethical choices of buying fair trade coffee can affect them.

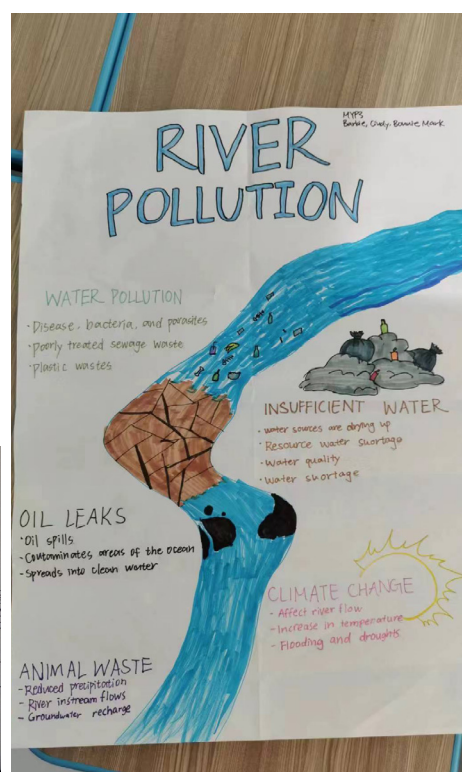
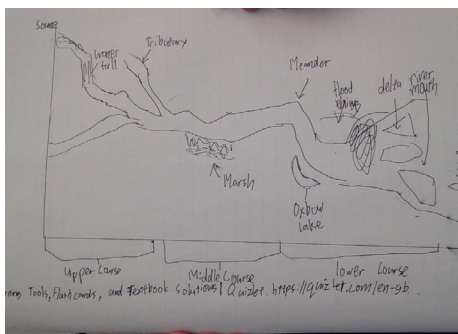
MYP 2 通过咖啡贸易的视角来了解贸易和其不平等的知识。他们正在探索咖啡是如何种植的, 是在哪里种植的, 以及咖啡是如何为全球化做出贡献的。他们还将探索世界各地咖啡农的状况, 以及购买公平贸易咖啡的道德选择产生的影响是怎样的。



MYP 3

MYP 3's focus is on human and environmental impacts on rivers. They are researching problems rivers are facing and solutions to learn what we can do to help. They will be using this information to create different projects to create awareness for preserving our world's rivers.

MYP 3 的重点内容是人类和环境对河流的影响。他们正在研究河流面临的问题和解决方案, 从而了解我们可以采取的帮助措施。他们将利用这些信息来创建不同的项目, 以强化保护世界河流的意识。



MYP Arts

WE ARE THE MODERN ARTISTS 我们是现代艺术家



MYP 1 and 2 students have been busy creating their cartoons and storybooks. Students use their imagination to create their own characters and illustrations. For each chapter, students brainstormed ideas for the illustration, then decided how the illustration goes along with the story. Connecting the illustrations with the story was the biggest challenge. Block printing and sculpture are excellent genres to conceptualize our artistic ideas and work.

MYP 1 和 2 的学生目前致力于创作他们的漫画和故事书。学生运用自己的想象力创造自己的人物和插图。对于每一章，学生们都要通过头脑风暴给他们的插图带来创意，然后决定插图如何与故事配合。在这个过程中，将插图与故事联系起来是最大的挑战。木版印刷和雕塑是将我们的艺术思想和作品概念化的艺术类型。





MYP 3 students have been exploring and researching modern art movements of the 20th century. Their research has included Dada, Fauvism, Abstract expressionism, Minimalism, and Surrealism. Each student discovered great connections with different artists, such as Jackson Pollock, Henri Matisse, and Rene Magritte. After researching modern artists from these movements, students created their own works of art that will be on display at school soon.

MYP 3 的学生一直在探索和研究 20 世纪的现代艺术运动。他们的研究领域包括达达主义、野兽主义、抽象表现主义、极简主义和超现实主义。每个学生都发现了与不同艺术家的巨大联系，如杰克逊·波洛克，亨利·马蒂斯和雷内·马格利特。在研究了这些文艺运动中的现代艺术家之后，学生们创作了他们自己的艺术作品，这些作品很快将在学校展出。



Menus 菜单

2023.03.06-03.10 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	Sliced pork with white gourd Garlic cabbage Spiced quail eggs Corn grits soup Seasonal vegetable pancakes	Flour 60 Carrot 5 Shanghai Qing 10 Quail egg 30 Winter melon 30 Pork 15 Beef (Halal) Soybean oil 8 Yellow corn grits 15 Canola 60	Cauliflower with butter Florentine scrambled eggs Wheat toast Milk cereal	Wheat 25 Eggs 15 Bell pepper 5 Cauliflower 40 Butter 5 Onion 5 Olive 10 Eggs 10 Soybean oil 2 Wheat 20 Milk 150	Stir-fried beans with shredded pork Celery with bean curd Steamed rolls with millet sweet potato porridge and sesame sauce	Flour 50 Tahini 1 Carob 20 Beef 15 Canola Oil 2 Eggs 50 Xiaomi Mi 10 Sweet potatoes 5 Dried tofu 20 Parsley 60 Olive oil 4	American Bacon Roman Lettuce with French tomato Sauce Sunny-side-up egg Milk cornflakes croissants	Flour 30 Eggs 30 Soybean oil 2 Lettuce 20 Bacon 20 Yellow cornmeal 5 Milk 15	Dry pot cauliflower Roasted tofu with cabbage boiled egg Jujube fragrant brown sugar porridge mixed grain steamed buns	Sorghum flour 5 Wheat 20 Tofu 10 Chinese cabbage 20 Eggs 50 Fragrant rice 15 Jujube 5 Brown sugar 5 Cauliflower 30 Pork 15 Beef (back) Olive oil 3	
Snack	Dragon Fruit Pear	Dragon Fruit 75 Pear 75	Kiwi Banana	Kiwi 75 Banana 75	Hami melon Tangerine	Hami melon 75 Tangerine 75	Apple Papaya	Apple 75 Papaya 75	Strawberry Pineapple	Strawberry 75 Pineapple 75	
Lunch	Tricolor splendid vermicelli shrimp Stir-fried fungus with Dutch bean and lotus root slices Yu style brine noodles Chicken soup meatballs	bean vermicelli 12 Cayenne pepper 2 Garlic 2 Shrimp 20 Peanut Oil 5 Hollandaise 10 Lotus 10 Dried fungus 5 Flour 15 Carrot 10 Carob 10 Soybean sprouts 10 Pork 25 Beef (halal) Mouth mushroom 5	Garlic wing in typhoon shelter Vegetable salad with Thousand Island sauce Black Pepper mushroom beef grain baked rice Organic asparagus soup	Potatoes 10 Rice 20 Cherry Tomatoes 5 Oyster mushroom 5 Beef 15 Soybean oil 4 Small tomatoes 5 Mini Cucumber 10 Tomato 10 Lettuce 30 Fresh garlic 5 Chicken wings 20 Salted bread 5 Asparagus 15 Cream 1 Butter 1	Hangzhou-style plum ribs Splendid small stir-fry seasonal vegetables Multi-layer steamed bread Pork noodles with bean sprouts	Arbutus 2 Cooked chestnut 10 Pork chops 15 Beef (halal) Soybean oil 6 Carrot 5 Broccoli 10 Lotus 5 walnuts 5 Shrimp 5 Flour 50 Noodles 15 Soybean sprouts 5 Garlic 3 Pork 5 Beef (halal)	Turkish lamb stew Black pepper and shallot golden ring Seafood Baked macaroni with cheese Fruit salad	Macaroni 25 Kidney beans 5 Carrot 10 Dehydrated onion 10 Shrimp 5 Squid 5 Soybean oil 4 Lettuce 10 Chicken breast 20 Potato 5 Mouth mushroom 5 Lamb 20 Cherry Tomatoes 10 Mini Cucumber 10 Red grape grape 5 Cantaloupe 35	Soviet-style Dongpo meat Fried luncheon meat with fresh mushrooms Stir-fried broccoli Rice Seaweed Egg & vegetable soup	Mung bean sprouts 10 Garlic seedlings 5 Mushroom 10 Ham 5 Soybean oil 7 Fresh corn 10 Pork belly 20 Broccoli 30 Rice 55 Tomato 15 Chives 3 Nori 5 Egg 5	
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Yoghurt Yellow peach egg tart	Yoghurt 200 Yellow peach 5 Milk 15 Eggs 10	Milk Steamed pumpkin	Milk 200 Pumpkin 25	Yoghurt Cranberry Muffin	Yoghurt 200 Flour 10 Butter 5 Cranberry 5 Egg 5	Milk Peanut	Milk 200 Peanut 25	

Remarks: 1.SIAS 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 8.4 mg, phosphorus 350 mg, selenium 17.5 mg.
5. 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 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 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.

2023.03.06-03.10 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	冬瓜肉片 蒜蓉菜心 五香鸭腿 玉米糁 时蔬煎饼	小麦粉 60 红萝卜 5 上海青 10 鹌鹑蛋 30 冬瓜 30 猪肉 15 牛肉（回） 油 8 黄玉米糁 15 油菜菜 5	黄油白菜 佛罗伦萨蛋 牛奶麦片粥 全麦吐司	小麦 25 鸡蛋 15 彩椒 5 白花菜 40 黄油 5 洋葱 5 嫩槐 10 鸡蛋 10 油 2 小麦 20 牛乳 150	肉丝炒豆角 西芹香干 水煮蛋 小米地瓜粥 麻婆蒸菜	小麦粉 50 芝麻酱 1 豆 角 20 牛肉 15 菜籽油 2 鸡蛋 50 小米 10 红薯 5 白萝卜 20 西芹 60 嫩槐油 4	美式培根 法式茄汁罗马生 太阳煎蛋 牛奶玉米片 牛角包	小麦粉 30 鸡蛋 30 油 2 生菜 20 培根 20 黄玉米面 5 牛奶 15	手撕白菜 白菜烧豆腐 水煮蛋 枣香红糖粥 杂粮馒头	高粱面粉 5 小麦 20 豆腐 10 大米菜 20 鸡蛋 50 香菜 15 小麦 5 红糖 5 白菜 30 猪肉 15 牛肉（回） 嫩槐油 3
加 点	火龙果 雪梨	火龙果 75 雪梨 75	奇异果 香蕉	奇异果 75 香蕉 75	哈密瓜 沃柑	哈密瓜 75 沃柑 75	苹果 木瓜	苹果 75 木瓜 75	草莓 菠萝	草莓 75 菠萝 75
午餐	三色锦绣粉丝虾 荷塘月色 豫式卤面 清鸡汤全手工丸子	粉丝 12 辣椒 2 大蒜 2 基围虾 20 花生油 5 荷兰豆 10 藕 10 干木耳 5 小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪肉 25 牛肉（回） 口蘑 5	避风塘蒜香翅 蔬菜沙拉配干岛酱 黑椒脆猪牛仔粒焗 有机芦笋汤	土豆 10 大米 20 圣女果 5 杏鲍菇 5 牛肉 15 油 4 西红柿 5 迷你黄瓜 10 番茄 10 生菜 30 鲜大蒜 5 鸡翅 20 咸面包 5 芦笋 15 奶 1 黄油 1	烧汁话梅小肋排 锦绣小炒七彩时蔬 千层饼 小金肉肉丝面	杨梅 2 熟板栗 10 猪大排 15 牛肉（回） 油 6 胡萝卜 5 西兰花 10 藕 5 核桃 5 虾米 5 小麦粉 50 面条 15 黄豆芽 5 蒜薹 3 猪肉 5 牛肉（回）	土耳其炖羊肉 黑椒葱香金丝面 海鲜芝士焗通心粉 水果沙拉	通心粉 25 蚕豆 5 胡萝卜 10 脱水洋葱 10 虾米 5 鲑鱼 5 油 4 生菜 10 鸡胸脯肉 20 土豆 5 口蘑 5 羊肉 20 圣女果 10 迷你黄瓜 10 红提子葡萄 5 哈密瓜 35	绿豆芽 10 蒜苗 5 鸡腿菇 10 午餐肉 5 油 7 鲜时蔬炒午餐肉 翠绿西兰花 西兰花 30 稻米 55 番茄 15 细香葱 3 紫菜 5 鸡蛋 5	
加 点	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5	酸奶 黄桃蜜桔	酸奶 200 黄桃 5 牛奶 15 鸡蛋 10	牛奶 蒸南瓜	牛奶 200 南瓜 25	酸奶 蔓越莓马芬	酸奶 200 小麦粉 10 黄油 5 鸡蛋 5	牛奶 花生	牛奶 200 花生 25

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。

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，脂肪占热量的 30% 以下，维生素 A420μg，维生素 C49mg，维生素 E35mg，钙 560mg，磷 350mg，钾 1050mg，镁 105mg，钠 84mg，锌 8.4mg，硒 17.5mg。

本周食谱营养评价（平均每日）：能量 1020 千卡，蛋白质 35 克，动物及大豆蛋白约 17.5 克，脂肪占热量的 30%，维生素 A87μg，维生素 C67mg，维生素 E60mg，钙 565mg，磷 392mg，钾 1419mg，镁 168mg，钠 87.9mg，锌 8.9mg，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。