



**Sias IS**  
西亚斯外籍学校

**2022-2023**

# Newsletter

**2022-2023 家校通讯录**

**March 10, 2023**  
**2023年3月10日**

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



Sias IS is making big steps in its school development!  
We have officially been accepted as an ACAMIS member. ACAMIS is the Association of China and Mongolian Schools. Participation in ACAMIS will provide our students opportunities to compete with students at other international schools in sports, music, arts, and culture. Staff are provided many opportunities for professional development through ACAMIS.



西亚斯国际学校在学校发展方面迈出了重要的一步！

我们已正式成为 ACAMIS（中国和蒙古学校协会）成员。加入 ACAMIS 将为我们的学生提供在体育、音乐、艺术和文化等方面与其他国际学校的学生竞争的机会。同时，教职员工也将通过 ACAMIS 获得许多专业发展机会。





On Wednesday, 11 members of the Sias staff joined me for a visit to XLIS in Xi'an. This international school uses the IB framework and has been established for about 15 years. It was a great learning opportunity for us and will lead to many improvements in how we run our school. We look forward to more exchanges with XLIS. They are already planning their visit to Sias.

上周三, 11名 Sias 员工与我一起访问了位于西安的梁家滩国际学校 (XLIS)。这所国际学校使用 IB 框架, 已经建立了约 15 年。这是一个非常好的学习机会, 将会为我们如何运营学校带来很多改进。我们期待着与 XLIS 更多的交流。他们已经计划来 Sias 参观了。







The *Songs to Earth* performances were spectacular. I am so proud of our students who demonstrated great persistence in rehearsing their performances. Huge thank you to Ms. Callan, Ms. Sveta, Mr. Erwin, and all of the team that helped make these performance a success.

“歌唱地球”表演非常精彩。我为我们的学生感到骄傲，他们在排练表演方面表现出极大的毅力。特别感谢 Callan 女士、Sveta 女士、Erwin 先生以及所有帮助使这次表演成功的团队。







## Theme of the Month: Caring 本月主题：关爱

Caring for others helps to develop empathy and the ability to connect with people, even in difficult times.

关心他人有助于培养同理心和与人交往的能力，即使是在困难时期。

### Activities for parents

#### 家长小游戏

After reading a book, spend some time considering how the people in the book acted. Was someone caring? All the time or just some of the time? Were all the characters in the book caring or just some of them?

读完一本书后，花点时间思考书中人物的行为。有人关心吗？是一直，还是偶尔？书中所有的角色都关心这个问题，还是只有一部分？



# Student Learning for the Week

## 本周教学



### PreK 4B

## ENVIRONMENT AND EARTH

## 环境和地球



As PreK 4B children are currently exploring their environment and Earth. They started investigating different natural disasters to understand how they happen and why they are like that. In the process of learning, they understand that things do not just happen and actions have consequences.

Prek4B 的学生目前正在学习环境和地球。他们研究了不同的自然灾害，探究了自然灾害形成的原因。在学习过程中，他们理解了事物的发生是有原因的，不同的行动会有不同的结果。

Creating dry lands or things that might happen during a drought.

制作干旱地面来模拟旱灾。







Making their own volcanoes and creating volcanic eruptions.

制作自己的火山，模拟火山爆发。

Seeing the whirl (vortex - tornado) in the blender when blending the fruits. Also, enjoying some milkshake at the end.

通过搅拌机搅碎水果的过程来模拟龙卷风的漩涡，同时，享受龙卷风水果奶昔。







G5

## UNIT OF INQUIRY: HOW THE WORLD WORKS 探究单元：世界如何运转

For this unit of inquiry, grade 5 students have been investigating how the world works by researching contributions in science and analyzing how these contributions have impacted the world. The contributions focused on inventions. The students began the unit by exploring how kids worked through the process of creating their inventions.

在这个探究单元中，五年级的学生通过研究科学贡献并分析这些贡献如何影响世界来调查和研究世界是如何运作的。这些贡献主要集中在发明上。学生们通过探索孩子们在创造发明的过程中是如何工作的开始了这个单元。我们为学生提供了模板来帮助他们完成这个过程。

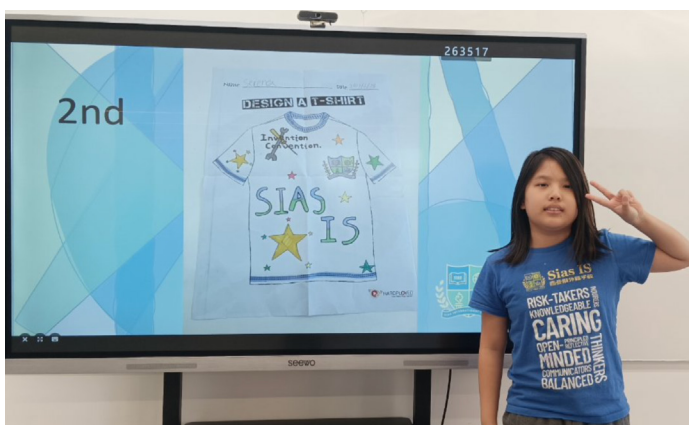


To help students understand this process, we had them research how different inventions have impacted them. From this point, we modeled how students would utilize the engineering process to research, imagine, create, improve, and present this invention. After our practice in the engineering process, we had students decide on what type of invention they would like to create to solve a problem.

为了帮助学生理解这个过程，我们让他们研究不同的发明是如何影响他们的。从这一点出发，我们模拟了学生如何利用设计过程来研究、想象、创造、改进和展示这项发明。在我们的设计实践过程中，我们让学生决定他们想要创造什么类型的发明来解决一个问题。

While in the process of creating their model, students also designed their display board. Designing of the board and model were mostly completed in the design classroom. Grades 4 and 5 held a t-shirt design contest for students to vote. Our grade 5 students are excited to present their invention at the “Invention Convention”. It will be held on Friday, March 31st.

在创建模型的过程中，学生们还设计了展示板。展示板和模型的设计大部分是在设计教室完成的。四、五年级举行了一场t恤设计比赛，让同学们投票。我们五年级的学生很期待在“发明大会”上展示他们的发明。发明大会将在3月31日星期五举行。





## PYP Mandarin

# NEW WAYS TO EXPLORE MANDARIN CLASS 探究中文学习新方式

As risk-takers at Sias IS, EY and PYP students explored new ways to learn Mandarin.

作为 Sias IS 敢于冒险的人，幼儿部和小学部探索了中文学习的新方式。

**PreK 3** students explored various occupations actively in the community.

**三岁班**探索了社区中的职业。



**PreK 4** students learned how the earth works.

**四岁班**了解了地球运转的规律。



**Kindergartners** grew beans to learn about plant growth.

**幼小衔接班**通过种植豆芽了解植物生长过程。





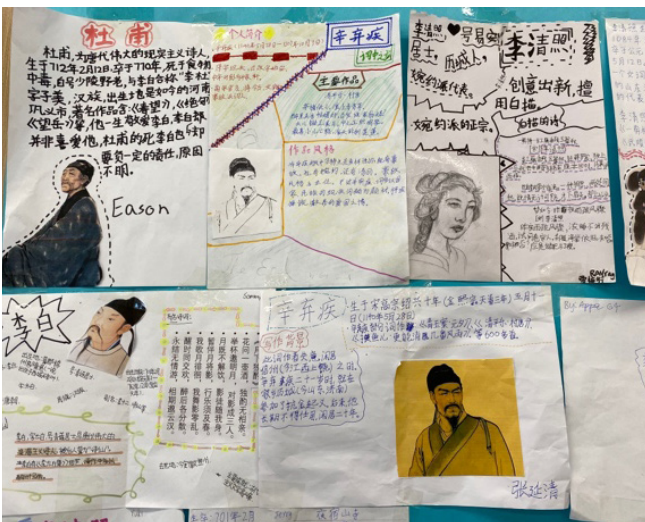
The first graders and second graders tried to make Chinese character cards in a new way and designed the Chinese word wall.

一、二年级学生尝试用新的方式制作了汉字卡片，设计了班级的汉字墙。



The fourth graders made posters to introduce the traditional poets and lyricists.

四年级学生制作了传统诗人和词人的介绍海报。



The third graders tried to create their own fables in groups or individually.

三年级学生尝试创作了属于自己的寓言故事。

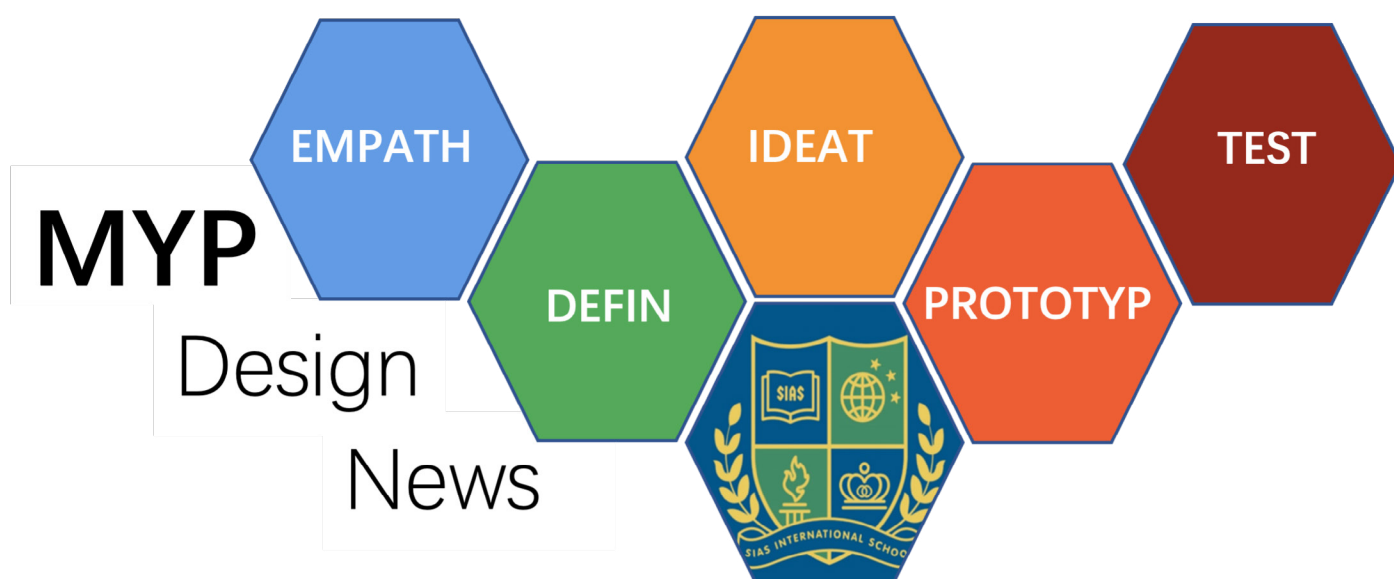


The fifth graders started the journey of "The Dream of Red Mansions", they made reading plans, wrote reading logs and shared ideas with others.

五年级学生开启《红楼梦》之旅，制定自己的读书计划，每周进行阅读记录和读书分享。







## MYP Design

# FIXING UP THE DESIGN ROOM

## 修缮设计室

We couldn't get the right hardware to fit the design room, so we decided to make them in order to outfit the design room. It is nice to have the design room filled with tools and equipment.

我们无法获得适合设计室的硬件，因此我们决定制作它们以装备设计室。设计室里摆满了工具和设备，真是太好了。

Below you can see pictures of students working to fix the room using PVC pipe to make the hardware as a solution to this problem.

下面您可以看到学生们解决该问题的图片，他们使用 PVC 管制作硬件来修复房间。



Measuring 测量



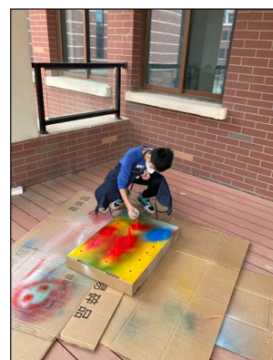
Cutting 切割



Trimming 修边

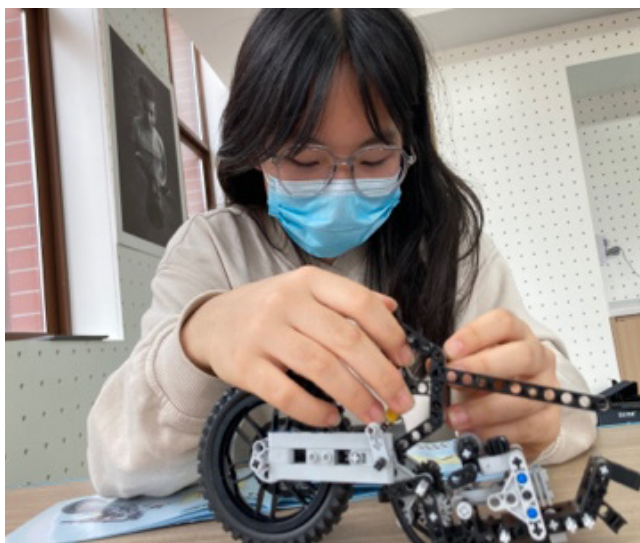


Sanding 砂光



Painting 涂装





Students learned proper methods and safety precautions when using the electric saw, Dremel and other tools. Students tested and put up the hardware and pegs. The teacher followed the recommendations of the students for color schemes and students designed how the tools were organized and displayed. Students also helped create decorations for the design room to help create an atmosphere of wonder and creativity.

学生学习了使用电锯，Dremel 和其他工具的正确方法和安全预防措施。学生们测试并放置了硬件和钉子。教师遵循学生关于配色方案的提议，学生设计了工具的摆放和展示方式。他们还帮助设计室制作装饰品，以便营造一种充满奇迹和创造力的氛围。

Here is the before and after photos of our work.  
是我们完工前后的照片







## Design Room Being Used by the PYP Program

### PYP 计划使用的方案

With all improvements in the design room, the tools being visible and all the equipment out, the PYP students love to come up and work in the design room.

随着设计室的所有改进，所有设备都已取出，工具可见，PYP 学生们喜欢来设计室创作。

We are still developing the design room and are in the process of setting up the laser cutter, CNC machine and other equipment. The design room at SIAS is constantly being improved to meet the needs of students. We hope to maximize the use of the design room as much as possible so students can take full advantage of the resources it offers.

我们仍在开发设计室，并正在设置激光切割机，数控机床和其他设备。SIAS 的设计室不断改进，以满足学生的需求。我们希望尽可能多地利用设计室，这样学生可以充分利用其资源。





# Menus 菜单

2023.03.13-03.17 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	Fried zucchini in vinegar Braised bean curd with celery and meat Boiled egg Vegetable pancake Chinese yam millet porridge	Flour 45 Cabbage 20 Peanut Oil 3 Xiaomi Mi 10 Yam 20 Bamboo melon 30 Soybean oil 7 Curd bamboo 25 Celery stalk 70 Pork 20 Beef (Halal) Eggs 50	Fried shrimp balls with organic asparagus Roasted western lettuce Sun omelettes Red bean toast Potato milk soup	Flour 40 Red beans 10 Bell pepper 5 Asparagus 15 Shrimp 10 Lettuce 35 Butter 3 Eggs 30 Soybean oil 2 Potato 20 Milk 50	Saute carrots with scallions Stir-fried vermicelli with bean sprouts Boiled egg Milky steamed buns Quinoa lotus seed porridge	Flour 40 Milk 20 Quinoa 10 Dried silver fungus 10 Lotus seed 10 Carrot 40 Soybean oil 3 Noodles 10 Soybean sprouts 75 Corn Oil 3 Eggs 50	Grilled German sausage Braised eggs with fresh vegetables Almond bread Organic pure milk with choccos	Flour 40 Almond 2 Butter 3 Eggs 35 Cotton sugar 3 Cantonese sausage 30 Dried yellow corn kernels 5 Bell pepper 3 Onion 10 Mouth mushroom 3 Dried yellow corn 15 Milk 200 Cocoa powder 1	Stewed loofah with mushroom Fried shrimps with white gourd Boiled egg Steamed bun with scallion Goji berry lily porridge	Flour 40 Fragrant rice 10 Lily 3 Goji berries 5 Loofah 60 White Mushroom: 40 Sunflower Oil 5 Garlic seedlings 30 Oyster mushroom 50 Soybean oil 5 Eggs 50
Snack	Orange Pear	Orange 75 Pear 75	Banana Hami melon	Banana 75 Hami melon 75	Green grape Watermelon	Green grape 75 Watermelon 75	Kiwi Apple	Kiwi 75 Apple 75	Mango Blueberry	Mango 75 Blueberry 75
Lunch	Stir-fried pork with mushrooms Stir-fried Shanghai cole Fry tofu with salted egg Rice Balsamic egg soup	Xiaomi Mi 20 Rice 40 Shanghai Qing 30 Soybean oil 25 Tofu brain 20 Carrot 2 Green pepper 2 Dry fungus 2 Pork 15 Dried yellow corn 5 Green soybeans 5 Fresh shitake mushrooms 5 Mouth mushroom 5 Pork loin 20 Beef (Halal) Tomato 8 Cabbage 5 Egg 5	Beef spiral pasta in black pepper sauce Red braised pork ribs French salad Borscht	Noodles 50 Bell pepper 15 Onion 30 Beef 15 Tomato 55 Sauce ribs 40 Ketchup 10 Cucumber 20 Lettuce 20 Potatoes 10	Stewed cabbage with crispy meat Baby cabbage with minced garlic Poached eggs with spinach Multigrain rice Mung bean water	Rice 60 Cabbage 10g Tofu 5g Agaric 5g Laminaria 5g Pork 20g 5 Fans 10 Fresh garlic 5 Baby Cabbage 25 Soybean oil 4 Spinach 20 Mung bean 3	Roast short rib Tuna salad Creamy mushroom pasta Herb and carrot soup	Flour 50 Onion 10 Mouth mushroom 10 Beef 35 Cucumber 20 Small tomatoes 5 Lettuce 40 Salmon 5 Carrot 40 Celery leaf 2	Special pot Stir-fried broccoli Braised diced chicken with mushroom and pepper Red bean rice Sour radish Braised duck soup with sour radish	Rice 60 Adzuki beans 5 Broccoli 30 Soybean oil 7 Bell pepper 15 Fresh shitake mushrooms 15 Chicken drumsticks 15 Tofu 5 Oil tofu 5 Mouth mushroom 5 Sandwich Ham 5 Quail egg 5 Kiwei shrimp 5 Squid 5 White radish 10 Duck 10
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Yoghurt Chiffon cake	Yoghurt 200 Flour 20 Egg 5	Milk Steamed babe pumpkin	Milk 200 Pumpkin 25	Yoghurt Matcha biscuits	Yogurt 200 Flour 10 Butter 5 Eggs 15	Milk Chinese yam	Milk 200 Chinese yam 25

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 on 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.

2023.03.13-03.17 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	醋溜笋瓜 芹菜肉沫烧腐竹 水煮蛋 蔬菜软饼 山药小米粥	小麦粉 45 小白菜 20 花生油 3 小米 10 山药 20 笋瓜 30 豆油 7 腐竹 25 芹菜茎 70 猪肉 20 牛肉 20 鸡蛋 50	有机芦笋煎虾球 白灼西生菜 太阳煎蛋 红萝卜吐司 土豆奶汤	小麦粉 40 红豆 10 彩椒 5 芦笋 15 虾米 10 生菜 35 黄油 3 鸡蛋 30 豆油 2 土豆 20 牛奶 50	葱香小人参 黄豆芽炒粉条 水煮蛋 奶香馒头 燕麦莲子粥	小麦粉 40 牛奶 20 燕麦 10 干银耳 10 莲子 10 胡萝卜 40 低糖薯 2 豆油 3 粉条 10 黄豆芽 75 玉米油 3 鸡蛋 50	香烤德式肉肠 风味鲜蛋烩蛋 杏仁小面包 有机纯牛奶配可可球	面粉 30 杏仁 2 黄油 3 鸡蛋 35 绵白糖 3 广东香肠 30 黄干玉米粒 5 彩椒 3 洋葱 10 口蘑 3 干黄玉米 15 牛奶 200 可可粉 1	白玉菇烩丝瓜 海米冬瓜 水煮蛋 葱香小花卷 油炸百合粥	小麦粉 40 香米 10 百合 3 枸杞子 5 丝瓜 60 白蘑菇 40 棠花子油 5 蒜苗 30 平菇 50 豆腐 50 鸡蛋 50
加餐	橙子 梨	橙子 75 梨 75	香蕉 哈密瓜	香蕉 75 哈密瓜 75	青提 西瓜	青提 75 西瓜 75	奇异果 75 苹果 75	奇异果 75 苹果 75	芒果 蓝莓	芒果 75 蓝莓 75
午餐	金玉鲜菇滑子肉 清炒上海青 虎皮豆腐 黄金大米饭 香醋鸡蛋汤	小米 20 大米 40 上海青 30 豆腐脑 25 胡萝卜 2 青菜椒 2 干木耳 2 猪肉 15 黄干玉米粒 5 青大豆 5 鲜香菇 5 口蘑 5 猪里脊 20 牛肉(回) 猪肉 8 小白菜 5 鸡蛋 5	黑椒牛肉螺旋意面 红烩猪蹄肉 法式田园沙拉 罗宋汤	面条 50 彩椒 15 洋葱 30 牛肉 15 香菇 55 猪排骨 40 西兰花 10 番茄 10	全家福大烩菜 蒜香娃娃菜 三鲜菠菜荷包蛋 杂粮米饭 绿豆水	稻米 60 卷心菜 10 克 豆腐干 5 克 木耳 5 克 海带 5 克 猪肉 20 克 5 粉丝 10 虾仁 5 娃娃菜 25 豆油 4 蔬菜 20 绿豆 3	香烤小牛排 金枪鱼尼斯沙拉 奶油蘑菇意大利面 香煎胡萝卜汤	小麦粉 50 豆油 7 洋葱 10 口蘑 10 牛肉 35 黄瓜 20 小西红柿 5 鳕鱼 5 胡萝卜 40 芹菜叶 2	特色小吃零锅 翠绿西兰花 双椒蘑菇烧鸡丁 红米饭 酸萝卜炖老鸭汤	红小米 5 西兰花 30 豆腐 5 彩椒 15 鲜香菇 15 豆腐 15 火腿 5 油豆腐 5 口蘑 5 三明治火腿 5 鹌鹑蛋 5 基围虾 5 鱿鱼 5 白萝卜 10 鸭 10
加餐	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5	酸奶 戚风蛋糕	酸奶 200 小麦粉 20 鸡蛋 5	牛奶 燕麦贝南瓜	牛奶 200 南瓜 25	酸奶 抹茶饼干	酸奶 200 小麦粉 10 黄油 5 鸡蛋 15	牛奶 铁棍山药	牛奶 200 山药 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，以实际情况为准。

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 A420ug，维生素 C49mg，维生素 E35mg，钙 560mg，磷 350mg，钾 1050mg，镁 105mg，铁 8.4mg，锌 8.4mg，硒 17.5mg。

本周食谱营养分析（平均每日）：能量 1020 千卡，蛋白质 38 克，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。

本周食谱世界评价：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。