



NEWSLETTER

2022-2023 家校通讯录

Notes from the HOS Desk 校长寄语

In my week dominated by budget meetings, there were two clear highlights.

在我充满预算会议的一周中，有两件亮点事件。



Our visit from Zhongyi Lu Primary students was quite memorable. The public school students were very excited to spend the day immersed in our English environment.

这周众意路小学的学生访校，对于我们来说是一次难忘的经历。新朋友们很开心，在沉浸式的英文环境中度过了愉快的一天。

Sias IS students demonstrated leadership by helping our guests, showing them around campus, and supporting the classroom instruction. At the end of the day, we met with the Zhongyi Lu students to hear their reflections on the day. The students had many positive things to say, including, “the food is yummy,” “I could be creative,” and “everyone was so kind.”

Sias IS的学生发挥出领导才能，带领他们参观校园，并在课堂教学中帮助和支持他们。当一天的体验结束时，我们与众意路学生会面，听取他们对这一天的分享。学生们有很多积极的评价，包括“食物很好吃”，“我可以发挥创造力”，“每个人都很友善”。



Even the Zhongyi Lu staff shared feedback. They were shocked at the amount of preparation work our teachers must do for each lesson because in the public school they are just told what to teach. Overall, this was a valuable experience for everyone involved. By the next morning, we received several phone calls from the parents of Zhongyi Lu students wanting to enroll their children.

甚至众意路的老师们也分享了反馈。他们对我们的老师必须为每一节课做这么多准备工作感到震惊，因为在公立学校里，他们有固定的课本或教材。总的来说，这是一个对所有参与者都很有价值的体验。第二天早上，我们收到了一些众意路学生家长的电话，想为他们的孩子们报名。





Student Led Conferences (SLC) are an important opportunity for students to share and demonstrate their learning for the year.

学生主导型家长会（SLC）是学生分享和展示他们一年学习成果的重要机会。



Our students are responsible for recording, reporting, and orally sharing their academic progress.

我们的学生负责记录、报告和口头分享他们的学术进展。



These are important skills in a child's development. The students were so proud to demonstrate their learning to parents.

这些是孩子发展中的重要技能。学生们为向父母展示他们的学习成果感到非常自豪。



Theme of the Month: Balanced 本月主题：平衡

Children need a balanced diet with food from all 3 food groups—vegetables and fruit, whole grain products, and protein foods.

小孩子们需要平衡饮食，食物包括三大种类——蔬菜水果、全谷物产品和蛋白质食物。



Activity for parents 家长活动

Discuss the food groups with your child. Spend a few minutes during a mealtime deciding if what your family is eating is balanced.

和孩子们一起讨论一下食物都有哪些种类。花点时间在餐桌上和家人们商量一下怎么样吃才能够营养均衡。



Upcoming Events 活动预告

April 26-27 4月26-27日	PYP Authorization Visit PYP授权访问
April 28 4月28日	EY Field Day 幼儿园运动会
May 1 5月1日	Holiday (No School) 五一假期（不上学）
May 2 5月2日	Teacher Professional Workday (No School for Students) 教师工作日（学生不上学）
May 7 5月7日	Family Fun Day 家庭日活动
May 8-12 5月8-12日	Week Without Walls (MYP only) 无墙之周（仅限MYP）

Student Learning for the Week 本周教学

PreK 3B

Sharing the Planet: Where Did the Water Go? 共享地球：水去了哪里？



PreK - 3B is exploring our unit's second line of inquiry: sources of water and how water changes. To spark the students' interests and engage them in meaningful activities, we conducted experiments to help them understand how water changes.

PreK-3B正在探索我们单元的第二条研究线：水源和水的变化。为了激发学生的兴趣，让他们参与有意义的活动，我们进行了一些实验来帮助他们了解水是如何变化的。

To introduce evaporation, children painted with water outdoors. They drew different figures on the pavement. One student stared at her masterpiece and said, "Oh no!" as it disappeared. Some moved to a shaded area not directly exposed to the sun. At the end of the activity, the students shared that the water went up to the clouds and the sun drank them.

为了了解蒸发的含义，我们组织孩子们在地面上用水作画。他们画了不同的图形并四处泼水。一名学生盯着她的杰作说：“哦，不！”它消失了。还有些孩子们在阴凉处作画，没有直接暴露在阳光下。活动结束后，学生们分享说是因为那些水跑到了云上面，然后太阳喝了它们。





We also poured water into balloons and placed them in the freezer to expose children to how liquid turned solid. They were surprised by how hard and cold the balloons became the following day. One student explained that the water turns to ice when it is cold.

我们还把水装进气球并放在冰箱里，让孩子们了解液体是如何变成固体的。当他们看到第二天气球变得很坚硬和寒冷时感到非常惊讶。一名学生解释说，水在冷的时候会变成冰。

The students noticed that the ice cubes were melting while playing with them. Some stated that it was hot in the classroom.

当学生们在玩冰块时他们注意到冰一直在融化。一些学生认为是教室里面太热的缘故。

We look forward to more fun and exciting experiments!

我们期待着更多有趣和激动人心的实验！



Grade 4

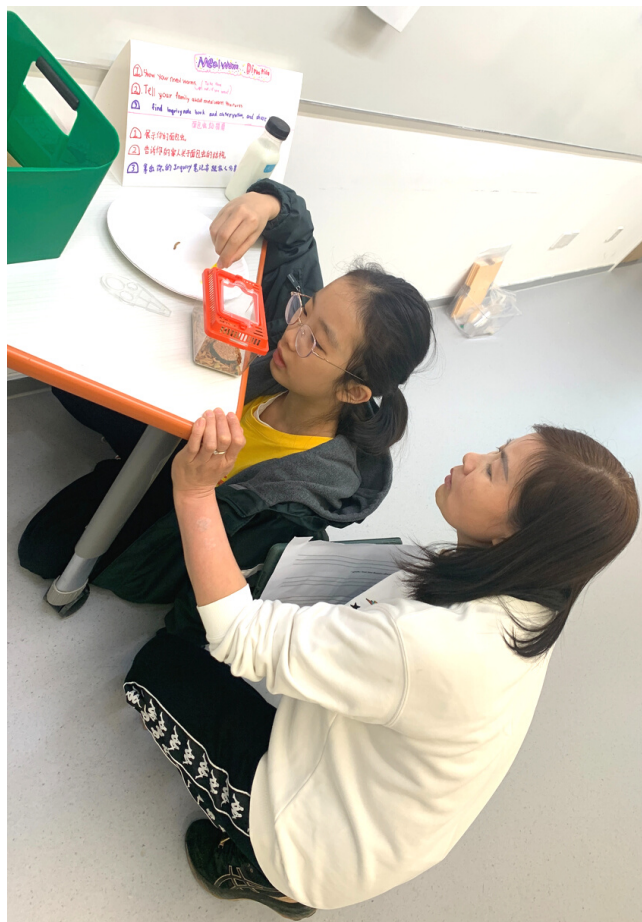
Mealworms

面包虫



The fourth-grade students are beginning to study living things! In this unit of inquiry, the students will learn about the internal and external structures of organisms and their adaptations. They will also learn about how living things use their systems to respond to information to survive.

四年级的学生开始研究生物了! 在这个探究单元中, 学生将学习有机体的内部和外部结构以及它们的适应性。他们还将学习生物如何利用它们的系统对信息作出反应以生存。



As a part of this learning process, the students are observing mealworms. They will watch the mealworms for 6-8 weeks and record observations in their notebooks.

作为学习过程的一部分, 学生们正在观察面包虫。他们将观察面包虫6-8周, 并将观察结果记录在笔记本上。





During the first 2 weeks, grade 4 recorded what they noticed about the mealworm's external structures. They also wrote down mealworm's behaviors. At the end of the first week, the students observed that one of the mealworm larvae changed into a pupa! The students will continue their observations to see what happens next.

在头两周，四年级记录了他们注意到的面包虫的外部结构。他们还记录了面包虫的行为。在第一周结束时，学生们观察到其中一只面包虫幼虫变成了蛹！学生们将继续观察，看看接下来会发生什么。



Language

Language and Literature 语言和文学课程



MYP 1 AND 3 MYP 1和3

MYP 1 and 3 language acquisition explored holidays and travel. Travel brochures were made in a specific English-speaking country. Hence, past tenses and vocabulary related to traveling, food, and culture more specifically were developed.

MYP 1和3语言习得课程的主题是探索假期和旅行。学生制作了在一个特定英语国家的旅游手册。因此，与旅行、食物和文化相关的过去时和词汇在这个活动中都可以得到很好的练习和发展。

Language and literature analyzed the power of language and developed a mural that portrayed their understanding of this complex concept and its importance in their daily lives. Figurative, literal, formal, and informal language were explored as well as the types of languages people speak around the world.

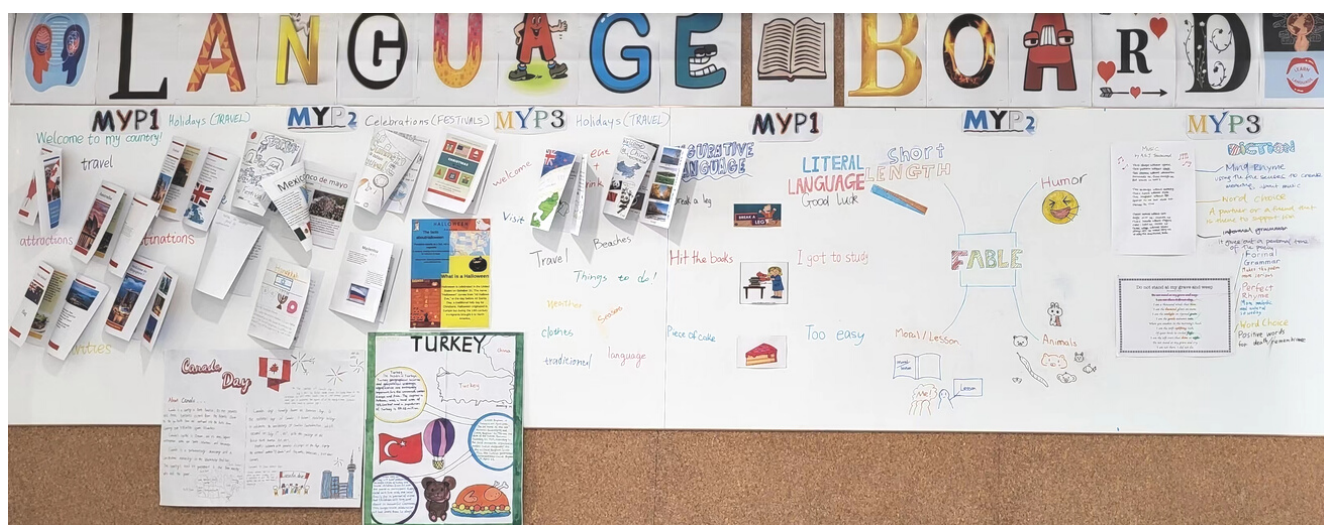
语言和文学分析了语言的力量，并要求学生创作了一幅壁画，描绘了他们对这一复杂概念的理解及其在日常生活中的重要性。同时，学生们研究了形象语言、字面语言、正式语言和非正式语言，以及世界各地人们所说的语言类型。



MYP 2

MYP 2 language acquisition focused on a particular festival in a country; elaborated on the general information about the festival, its origin, how and why it is celebrated, clothing, and compared and contrasted these to a Chinese festival.

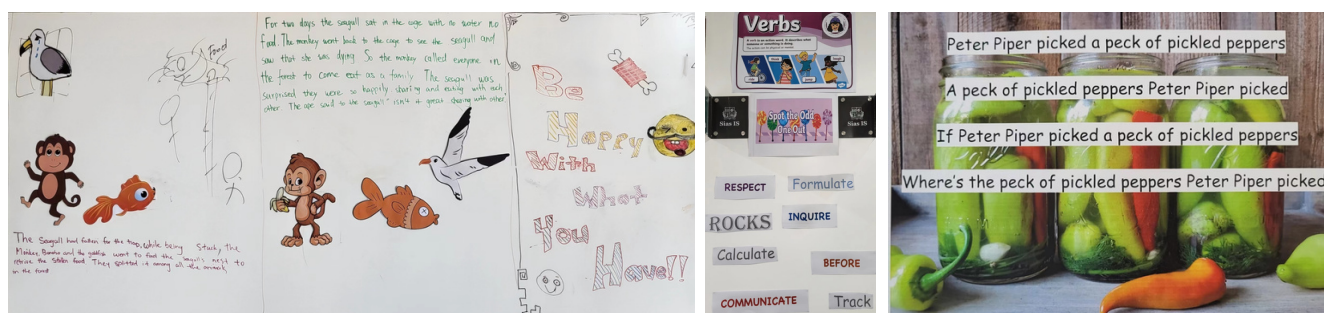
MYP 2语言习得的学习侧重于一个国家的特定节日；学习内容详细阐述了节日的基本信息、起源、庆祝方式和原因、服装，并将其与中国节日进行了比较。



MYP 3

MYP3 language and literature students developed the concept of diction; the significance of grammar, word choice, and rhythm to create mental images in people's heads. Additionally, they also created their poem and composed an essay analyzing a poem and the influence of diction.

MYP3语言和文学专业的学生发展了措辞的概念；他们探究了语法、单词选择和节奏对在人们头脑中创造心理形象的重要性。此外，他们还创作了自己的诗歌，并撰写了一篇文章，分析了诗歌和措辞的影响。





College & Career 大学和职业 Connections 连接

Helping SIAS Students & Families Find Their Future
帮助 Sias 学生和家庭找到他们的未来

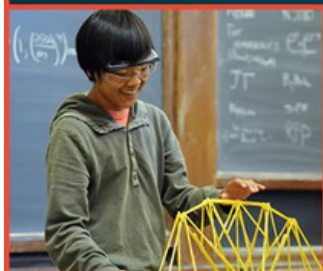
University Spotlight: Developing Your Child's Interests Over the Summer 大学聚焦：在暑假期间培养孩子的兴趣



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**Three cheers
for engineers!**

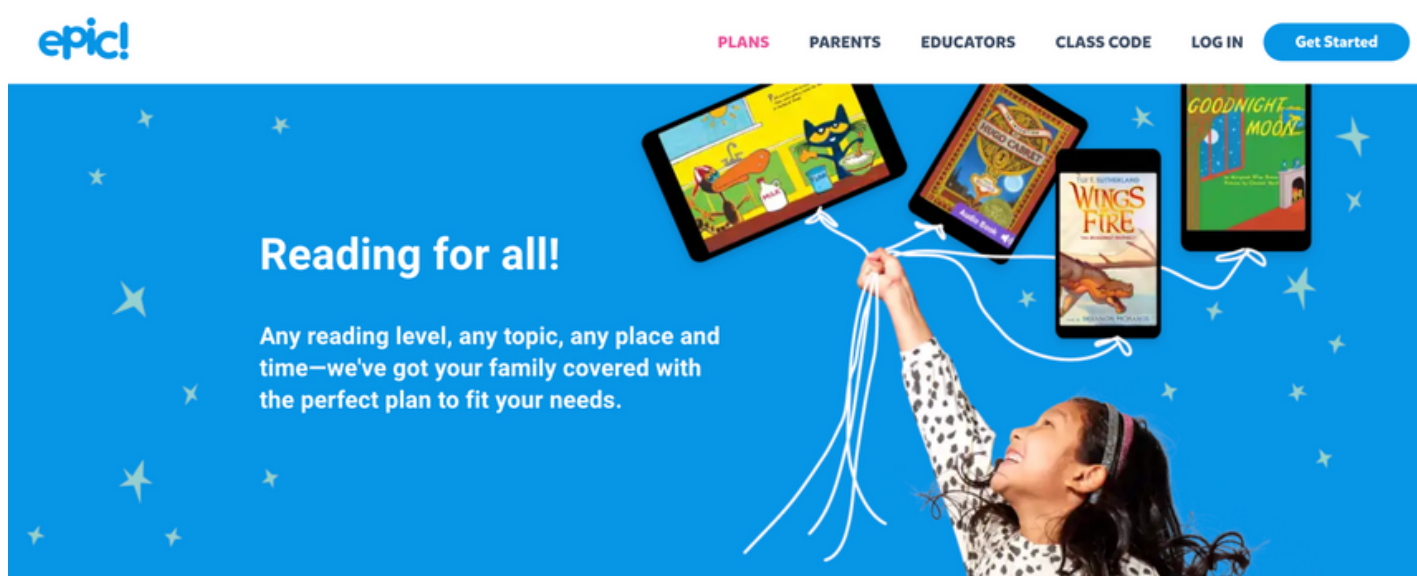
With summer fast approaching, it's important to make the most of this time of year by using the summer activities to develop your child's interest as well as their academics. Studies have shown that students can lose from one to three months of academic skills during the summer break. However, summer also presents an opportunity for children to explore new interests while simultaneously maintaining their academic abilities.

暑期临近，研究表明，学生往往会在暑假期间失去大约一个月的学术能力。如何让学生充分利用一年的暑期开展有趣的活动来培养他们的兴趣并培养他们的学术能力变得至关重要。如何让他们技能探索发展新兴趣，又能让他们保持自己的学术能力呢？

One way to do this is by enrolling your child in specialized summer camps or online courses. For instance, John-Hopkins University has a Center for Talented Youth which offers summer online programs for students ranging from grades 2 to 12. Check out their website for more information:

暑假让您的孩子参加专门的夏令营或在线课程是一个不错的方法。例如，约翰霍普金斯大学有一个天才青年中心，为 2 至 12 年级的学生提供暑期在线课程。如果你了解有关该课程的更多信息，您可以点击一下链接：

<https://cty.jhu.edu/programs/online>

The banner features the Epic! logo in the top left. Navigation links include PLANS, PARENTS, EDUCATORS, CLASS CODE, LOG IN, and a Get Started button. The main image shows a young girl reaching up to touch several floating digital book covers, including 'Goodnight Moon', 'Wings Fire', and 'The Cat in the Hat'. The background is blue with white stars.

Reading for all!

Any reading level, any topic, any place and time—we've got your family covered with the perfect plan to fit your needs.

Keep up with Reading Over Summer! 跟上暑期阅读!

Moreover, Sias has subscribed to various online platforms to facilitate your child's academic growth. Epic is a digital library that your child can access during school hours (8 am to 3 pm) throughout the summer. One useful tip is to have your child choose books from the Epic platform and read for an hour each day. You can log in to your child's Epic account at <https://www.getepic.com/sign-in>

此外，Sias 还订阅了各种在线平台，以促进您孩子的学业成长。Epic 是一个数字图书馆，您的孩子可以在整个暑假的上课时间（上午 8 点到下午 3 点）进入这个图书馆来阅读书籍。建议您的孩子从 Epic 平台选择书籍，每天阅读一个小时。您可以在 <https://www.getepic.com/sign-in> 登录您孩子的 Epic 帐户

Finally, keep checking the College Connections section of the newsletter for more summer activities and tips that can help your child prepare for their future.

最后，请继续查看时事通讯的“有关大学和职业”部分，了解更多可以帮助您的孩子为未来做好准备的夏季活动和信息。

Menus 菜单

2023.04.24 - 04.28 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	Shredded chicken with onion and fungus Stir-fried true squash in vinegar 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 2 Onion 55 Fungus 10 Chicken 25 Sunflower Oil 5 Eggs 50	Fried shrimp balls with organic asparagus Roasted western lettuce Sunny-side-up egg 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	Sauté carrots with scallions Fried tofu with green vegetables Boiled egg Milky steamed buns Quinoa lotus seed porridge	Flour 40 Milk 20 Quinoa 10 Dried silver fungus 10 Lotus seed 10 Carrot 40 Chives 2 Soybean oil 3 Tofu 25 Cabbage 60 Peanut Oil 5 Eggs 50	Grilled German sausage Braised eggs with fresh vegetables Almond bread Organic pure milk with chocos	Flour 40 Almond 2 Butter 3 Eggs 35 Cotton sugar 30 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	Braised bean curd bamboo with celery and meat Stewed loofah with mushroom Boiled egg Steamed bun with scallion Goji berry lily porridge	Flour 40 Fragrant rice 10 Lily 3 Goji berries 5 Curd bamboo 25 Celery 70 Pork 20 Beef (halal) Soybean oil 5 Loofah 60 White Mushroom 40 Sunflower 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 Mung bean water	Rice 40 Shanghai Qing 30 Soybean oil 25 Tofu brain 20 Carrot 2 Green pepper 2 Dry fungus 2 Pork 15 Corn kernels 5 Green soybeans 5 Fresh shitake mushrooms 5 Mouth mushroom 5 Pork tenderloin 20 beef (halal) Mung Bean 3	Curry chicken and potatoes Tuna Nice Salad Beef spiral pasta in black pepper sauce Borscht	Pasta 50 Bell pepper 15 Onion 20 Beef 15 Potato 20 Carrot 10 Chicken 20 Soybean oil 2 Cucumber 20 Small tomatoes 5 Salmon 5 Tomato 10 Beef 10	Beef goulash with potato Stir-fried Cantonese style sausage with bamboo shoots Chopped pepper and garlic baby vegetables Multigrain rice Balsamic egg soup	Rice 60 Red beans 5 Fans 10 Fresh garlic 5 Doll dish 25 Soybean oil 4 Fresh lettuce 20 Pork belly 20 Beef (halal) Potato 55 Beef 35 Salad oil 4 Tomato 8 Cabbage 5 Egg 5	Baked Anchovy Shrimp with black Pepper and sea salt French rustic salad Pasta with creamy mushrooms Vanilla carrot soup	Flour 50 Onion 10 Mouth mushroom 10 Beef 15 Cherry Tomatoes 5 Broccoli 5 Apple 5 Pineapple 5 Shrimp 20 Cucumber 20 Tomato 20 Lettuce 20 Carrot 40 Celery leaf 2	Stir-fried mixed vegetables and meat Stir-fried green broccoli Fried bean jelly with minced meat Red bean rice Glutinous rice balls in rice wine	Rice 60 Adzuki beans 5 Broccoli 30 Pork tenderloin 25 Beef (halal) Cool powder 70 Peanut Oil 4 Tofu 5 Mouth mushroom 5 Sandwich Ham 5 Quail egg 5 Shrimp 5 Squid 5 glutinous rice balls 20 Jiang rice wine 5
Snack	Milk Mix nuts	Milk 200 Walnut 5 Cashew 5 Hazelnut 5	Yoghurt Chiffon cake	Yoghurt 200 Flour 20 Egg 5	Milk Steamed pumpkin	Milk 200 Pumpkin 25	Yoghurt Matcha cookies	Yoghurt 200 Flour 15 Butter 5 Egg 5	Milk Steamed sweet potatoes	Milk 200 Sweet potato 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.										

2023.04.24 - 04.28 菜单

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	洋葱木耳灌鸡丝 醋溜笋瓜 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 2 洋葱 55 木耳菜 10 鸡肉 25 葵花子油 5 鸡蛋 50	有机芦笋煎虾球 白灼西生菜 太阳煎蛋 红豆吐司 土豆奶汤	小麦粉 40 红苕 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 小青菜煎豆腐 水煮蛋 奶香馒头 黎麦莲子粥	小麦粉 40 牛乳 20 藜麦 10 干银耳 10 莲子 10 胡萝卜 40 细香葱 2 豆油 3 豆腐 25 小白菜 60 花生油 5 鸡蛋 50	香烤德式肉肠 风味鲜蔬烩柴蛋 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 玉米粒 5 彩椒 3 洋葱 10 口蘑 3 干黄玉米 15 牛乳 200 可可粉 1	芹菜肉沫烧腐竹 白玉菇烩丝瓜 水煮蛋 葱香小花卷 枸杞百合粥	小麦粉 40 香米 10 百合 3 枸杞子 5 腐竹 25 芹菜茎 70 猪肉 20 牛肉 (回) 5 豆腐 5 丝瓜 60 白蘑菇 40 鸡蛋 50
加点点	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 苹果	奇异果 75 苹果 75	芒果 蓝莓	芒果 75 蓝莓 75
午餐	金玉鲜菇滑仔肉 清炒上海青 虎皮豆腐 黄金大米饭 绿豆水	小米 20 大米 40 上海青 30 豆油 25 豆腐脑 20 胡萝卜 2 青尖椒 2 干木耳 2 猪肉 15 玉米粒 5 鲜香菇 5 口蘑 5 猪里脊 20 牛肉 (回) 3 绿豆 3	土豆咖喱鸡丁 金枪鱼尼斯沙拉 黑椒汁牛肉炒螺 旋意面 罗宋汤	意面 50 彩椒 15 洋葱 20 牛肉 15 土豆 20 胡萝卜 10 鸡 20 豆油 2 黄瓜 20 生菜 40 娃娃菜 5 番茄 10 牛肉 10	土豆烧牛肉 青笋炒广式腊肠 剁椒蒜蓉娃娃菜 杂粮米饭 香醋鸡蛋汤	鲜笋炒广式腊肠 五花肉 20 牛肉 (回) 5 土豆 55 牛肉 35 色拉油 4 番茄 8 小白菜 5 鸡蛋 5	黑椒碎海盐焗凤尾虾 法式田园沙拉 奶油菌菇意大利面 香草胡萝卜汤	稻米 60 红豆 5 洋葱 10 粉丝 10 鲜大蒜 5 娃娃菜 25 豆油 4 鲜笋 20 五花肉 20 牛肉 (回) 5 土豆 55 牛肉 35 色拉油 4 番茄 8 小白菜 5 鸡蛋 5	小吃香锅 翠绿西兰花 肉沫炒凉粉 红豆米饭 米酒汤圆	稻米 60 红小豆 5 西兰花 30 猪里脊 25 牛肉 (回) 5 凉粉 70 花生油 4 豆腐 5 口蘑 5 三明治火腿 5 鸭鸭蛋 5 基围虾 5 鱿鱼 5 汤圆 20 江米酒 5
加点点	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 蕉贝贝南瓜	牛奶 200 南瓜 25	酸奶 抹茶饼干	酸奶 200 小麦粉 15 黄油 5 鸡蛋 5	牛奶 蒸红薯	牛奶 200 红薯 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、每周一、三、五提供中餐, 二、四提供西餐。
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。
4、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, 脂肪占总热量的 30%以下, 维生素 A420ug, 维生素 C49mg, 维生素 E3.5mg, 钙 560mg, 磷 350mg, 钾 1050mg, 镁 105mg, 铁 8.4mg, 锌 8.4mg, 硒 17.5mg。
5、本周食谱营养分析 (平均每日): 能量 1020 千卡, 蛋白质 38 克, 优质蛋白质功能比大于 50%, 脂肪占总热量的 26%, 维生素 A87ug, 维生素 C67mg, 维生素 E16mg, 钙 392mg, 磷 635mg, 钾 1419mg, 铁 168mg, 锌 7.9mg, 镁 5mg, 硒 27mg。
6、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, 优质蛋白占总蛋白量的 1/2 以上, 脂肪的供能比低于总热量的 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。