

Newsletter

2022-2023 家校通讯录

March 31, 2023
2023年3月31日

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



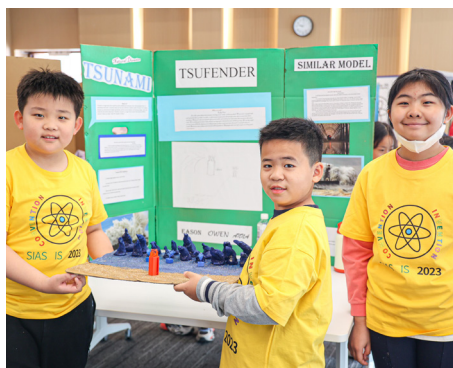
Next week is Spring Break. This is a time built into the school calendar to help students and staff recharge their batteries and prepare for the end of year push to reach the instructional goals. Since the lunar new year break, our students are making big academic gains. I have observed reading performance increases, a very clear improvement in spoken English, and student confidence has risen sharply. I am proud of our students for their hard work, and I hope they enjoy some rest before we challenge them to exceed our expectations for the last two months of the school year.

下周将迎来我们的春假。这个时间是为了帮助学生和教职员工充电，并为年底实现教学目标做准备。自农历新年假期以来，我们的学生在学术上取得了很大的进步。我观察到学生们阅读成绩和英语口语有了明显的提高，学生的信心也急剧上升。我为学生们的努力学习而感到骄傲，我希望他们在本学年最后两个月能够挑战超越我们的期望之前好好休息。



Big thank you to Ms. Knobel and Ms. Levrets and all the Grade 4 and 5 students. I loved the Invention Convention and learned a lot from our students. I look forward to making this an annual event at Sias IS!

非常感谢 Knobel 老师和 Levrets 老师以及所有四年级和五年级的学生。我喜欢发明大会，也从我们的学生那里学到了很多。我期待着将发明大会定为西亚斯的年度活动！





On the morning of March 31, 2023, the Director of the Exit and Entry Administration Bureau of the Henan Provincial Public Security Department, Shuqian Zhao led the delegation that came to our school to investigate, having conversations regarding the service and management of foreign personnel and the talents introduction in Henan. Director Shuqian Zhao fully recognized our school's foreign affairs work and put forward some relevant guidance and requirements. He stressed that every person and department should continue to do their work well. Providing good service and support is much more important than management. We should also pay more attention to details, thus to create a good and safe internal and external environment for foreign teachers. They will jointly explore new working mechanisms with Sias International School to promote foreign affairs policy towards a more convenient and open direction. After all, the goal of Sias IS and the Henan Immigration Bureau is to improve the internationalization of Zhengzhou and the province.

3 月 31 日上午，河南省公安厅出入境管理局局长赵书乾一行来我校调研考察并且就外籍人员服务管理工作和引智引材工作进行调研座谈。赵书乾局长在充分肯定我校外事管理工作的基础上提出了相关指导意见和要求，各部门应继续做好本职工作，将服务与管理相结合，注重工作细节，为外籍教师创造良好安全的内外部环境。各部门将与西亚斯外籍人员子女学校共同探索新的工作机制，推动外事政策向着更加便利和开放的方向发展，为郑州乃至河南省的国际化进程作出贡献。





Theme of the Month: Caring 本月主题：关爱

Holiday is a special time to connect with the family. Reminding them of how much you love them; how you are always thinking of them or spending time with them demonstrates a caring spirit.

假期是与家人联系的特殊时刻。提醒他们你有多爱他们；你总是想着他们，或者花时间和他们在一起，这表明了你有这种关爱的精神。

Activities for parents

家长小游戏

When visiting family, encourage your child to- speak with other members of the family; take part in activities with them; bring a book to read aloud or watch a movie with them.

拜访家人时，鼓励孩子与其他家庭成员交谈；与他们一起参与活动；为他们大声朗读一本书或和他们一起看电影。



Student Learning for the Week

本周教学

G2 B

Thinking Routine of See- Think- Wonder

观察 - 思考 - 想知道

During our current Unit of Inquiry on How the World Works, Grade 2B students used the thinking routine of See- Think- Wonder to share their prior knowledge about changes on earth and landforms.

在我们目前的关于世界如何运作的调查单元中，2 年级 B 班的学生使用了“观察 - 思考 - 想知道”的思维方式来分享他们之前关于地球和地形变化的知识。





During the process, students inquired about different landforms and their special features. They used the mapping skills like reading the key/legend to locate the continents, oceans, and landforms on a map. They had great fun making play-dough models of their landforms to describe their physical features. Furthering in our learning process, we made a field trip to Henan Natural Science Museum. Here students got to understand different geological features like glaciers, rocks, rivers, canyons, and more. Students even got the opportunity to understand how earthquakes occur and how to keep themselves safe during a disaster.

在这个过程中，学生们探究了不同的地形及其特点。他们学习了地图中关于图例和注标的知识，来定位地图上的地形。最后通过运用橡皮泥制作了他们的地形，来呈现出它的物理特征。在之后的学习过程中，我们参观了河南自然博物馆。在那里，学生们可以了解不同的地质特征，如冰川、岩石、河流、峡谷等。学生们还有机会了解地震是如何发生的，以及如何在地震中保护自己的安全。





G2

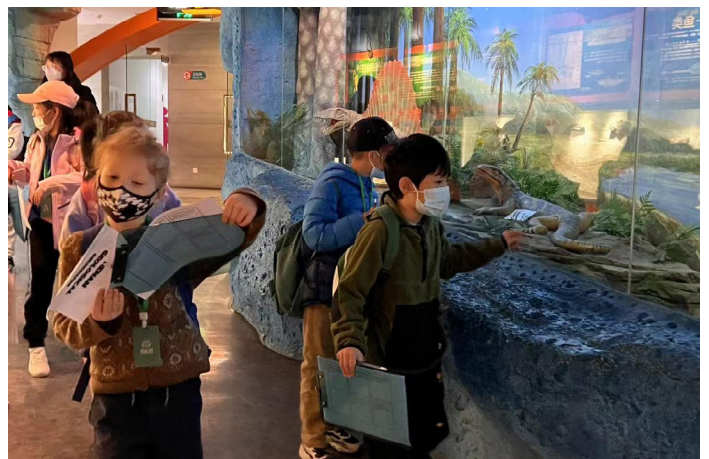
THE DIFFERENT LANDFORMS AND BODIES OF WATER ON EARTH

地球上不同的地貌和水体



For our Unit of Inquiry “HOW THE WORLD WORKS,” students are learning about the different landforms and bodies of water on Earth.

对于我们的探究单元“世界是如何运作的”，学生们正在学习地球上不同的地貌和水体。



Students made small booklets about the landforms we have studied before going to the Henan Natural History Museum where they could see models of volcanoes, mountain ranges, lakes, and rivers and much more, and with a special focus on what we have here in Henan. Students also experienced what it was like to be in an earthquake by using an earthquake simulator and learning how to be safe in case of an earthquake. From there, students will then learn about slow changes and fast changes that transform our planet and its different landforms.

在去河南自然博物馆之前，学生们制作了小册子关于我们学习过的地貌。在博物馆他们可以看到火山、山脉、湖泊和河流等模型，并特别关注到在我们河南拥有什么。学生们还通过地震模拟器来体验地震时的情况，并学习如何在地震发生时保持一致。从那里开始，学生们将学习关于改变我们星球及其不同地貌的慢变化和快变化。





MYP

Physical Education

体育

In PHE the second semester students started to explore a wider variety of activities using some of the new sport's facilities and equipment recently acquired.

在 PHE 的第二学期，学生们开始利用最近获得的一些新体育设施和设备探索更广泛的活动。

During this period the MYP1 and MYP3 classes worked with Net games, focusing on the main basic skills for three different net games and researching on their main similarities and differences. The students were able to make important connections between these sports that allowed them to play the game applying transferable knowledge/ skills that can be used either in their practice or when they participated in the internal tournament with their class. As for the MYP2 their work was dedicated to invasion games. This unit focused on creative thinking to be applied on creating better strategies for their team to be successful and how they can cooperate better to achieve their team goals.

在此期间，MYP1 和 MYP3 课程与网络游戏合作，重点学习三种不同网络游戏的主要基本技能，并研究它们的主要异同。学生们能够在这些运动之间建立重要的联系，使他们能够运用可转移的知识 / 技能进行比赛，这些知识 / 技能可以在他们的练习中使用，也可以在他们的与班级一起参加内部锦标赛时使用。至于 MYP2，他们的工作致力于入侵游戏，该单元专注于创造性思维，用于为团队创造更好的成功战略，以及如何更好地合作以实现团队目标。

Below is one example of the MYP1 and MYP 3 students performing the net games unit during their Badminton and Table tennis class tournament.

以下是 MYP1 和 MYP3 学生在羽毛球和乒乓球课堂比赛中进行网络游戏单元的一个例子。



Currently the MYP classes are either working on Adventure games or Gymnastics units where the cooperation and caring attributes will be developed to promote safe, fun and challenging experiences during PHE lesson.

目前，MYP 课程正在进行冒险游戏或体操单元的学习，在这些单元中，将培养合作和关爱的属性，以在 PHE 课程中促进安全、有趣和富有挑战性的体验。



Menus 菜单

2023.04.10 - 04.14 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 shredded pork with carrots Fried bean sprouts with vinegar sauce Boiled egg green onion pie Egg noodle soup	Mung bean sprouts 80 Peanut Oil 8 Carrot 30 Pork 10 Beef (Hala) Soybean oil 2 Eggs 50 Flour 40 Chives 5 Starch 5 Egg 5	Grilled sausages Roman lettuce Baked eggs with cheese Coconut bread cornflakes with milk	Lettuce 20 Chicken 20 Butter 6 Bell pepper 3 Pork 10 Cheese 3 Eggs 28 Noodles 50 Coconut 1 Milk 10 White sugar 2 Yellow cornmeal 5 Milk 15	Shredded potatoes with pepper Stir-fried Shanghai cole Boiled egg small steamed twisted roll / Millet sweet potato porridge	Potato 20 Bell pepper 10 Shanghai Qing 30 Soybean oil 3 Eggs 50 Flour 20 2 spring onions Xiaomi M 10 Sweet potatoes 5	Pork neck with mushrooms with black pepper Butter cauliflower Sun omelettes Milk with Carrel Caterpillar bread	Mouth mushroom 20 Pork 10 Beef (back) Soybean oil 4 Bell pepper 5 Cauliflower 40 Butter 6 Eggs 35 Whole milk powder 20 Flour 35	Stir-fried potato, carrot and pepper Small fried dough sticks Boiled egg Beef soup (Homemade)	Bean curd sheets 10 Carrot 10 Enoki mushroom 10 Soybean oil 2 Flour 30 Fennel seed 5 Eggs 50 Noodles 3 Cornstarch 3 Soybeans 5 Tofu skin 15 Kelp 3 Peanut kernel 3 Beef 25
Snack	Dragon Fruit Pear	Dragon Fruit 75 Pear 75	Gui Yuan Kiwi	Gui Yuan 75 Kiwi 75	Banana Pineapple	Banana 75 Pineapple 75	American Sweet Orange Strawberry	American Sweet Orange 75 Strawberry 75	Hami melon Apple	Hami melon 75 Apple 75
Lunch	Stir-fried pork liver with garlic and spinach Braised tofu Steamed milk bun Mutton paste soup noodles	Fresh garlic 3 Spinach 20 Pork liver 20 Beef (Hala) Sesame oil 2 Tofu brain 50 Soybean oil 2 Starch 40 Carrot 10 Shanghai Qing 10 Lamb 15 Canola Oil 3 Flour 40 Milk 20	French herb roast lamb Roast potato with tuna French salad Khao Pad Sub Pa Rod Seafood soup	Potato 25 Dragon Fish 5 Cucumber 20 Tomato 20 Lettuce 20 Fresh corn 10 Rice 50 Carrot 5 Pineapple 10 Butter 6 Eggs 15 3 spring onions White Mushroom 10 Kiwi shrimp 10 Soybean oil 3 Onion 15 Parsley 10 Lamb 35	Duck leg in spiced lamb Dried eggs with celery flavor Yu style brine noodles Seaweed and egg soup	Duck 40 Soybean oil 4 Tofu 10 Celery stalk 25 Egg 5 Flour 15 Carrot 10 Carob 10 Soybean sprouts 10 Pork 15 Beef (Hala) Peanut Oil 3 Tomato 15 Chives 3 Nori 5 Egg 5	Crispy chicken cutlet with herbs Fruit and vegetable salad Black olives with broccoli Italian fried rice Creamy mushroom soup	Chicken breast 20 Soybean oil 2 Cucumber 20 Cherry Tomatoes 10 Lettuce 30 White melon 15 Japonica rice 70 Yellow carrot 50 Celery stalk 50 Sausage 20 Eggs 25 Salad oil 3 Onion 10 White Mushroom 30 Milk 100 Broccoli 35 Olive 2	Coca Cola Chicken wings Ginger juice with lotus root multi-layer steamed bread Sliced noodles with tomato sauce	Chicken wings 40 Coke 10 Soybean oil 7 Lotus 35 Turmeric 5 Noodles 20 Tomato 5 Egg 4 Flour 50
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Multi-flavored cookies Yoghurt	Flour 15 Egg 5 White sugar 10 Butter 2 Yoghurt 200	Taro Milk	Taro 20 Milk 200	Melaleuca red bean cake Yoghurt	Flour 20 Red bean paste 15 Butter 3 Egg 1 White sugar 2 Yogurt 200	Boiled peanuts Milk	Peanuts 20 Milk 200

Remarks: 1.Sias 5 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.

2023.04.10 - 04.14 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	胡萝卜炒肉丝 醋溜银芽 水煮蛋 葱油饼 鸡蛋面汤	绿豆芽 80 花生油 8 胡萝卜 30 猪肉 10 牛肉（回） 2 鸡蛋 50 小麦粉 40 细香葱 5 淀粉 5 鸡蛋 5	美式烤肠 罗马上生菜 芝士焗蛋 椰蓉面包 牛奶玉米片	生菜 20 鸡 20 黄油 6 甜椒 3 奶酪 3 鸡蛋 28 面条 50 椰子 1 牛乳 10 白砂糖 2 黄玉米面 5 牛奶 15	彩椒土豆丝 清炒上海青 水煮蛋 小花卷 小米地瓜粥	土豆 20 彩椒 10 上海青 30 豆油 3 彩椒 5 小麦粉 20 小葱 2 小米 10 红薯 5	黑椒口蘑猪颈肉 黄油白菜 太阳煎蛋 牛奶配嘉瑞尔 毛毛虫面包	口蘑 20 猪肉 10 牛肉(回) 2 豆油 4 鸡蛋 5 白花茶 40 黄油 6 鸡蛋 25 全脂牛奶粉 20 小麦粉 35	热炒三丝 茴香小油条 水煮蛋 牛肉胡辣汤 (自制不辣)	千张 10 胡萝卜 10 金针菇 10 豆油 2 小麦粉 30 茴香籽 5 鸡蛋 50 粉条 3 玉米淀粉 3 黄豆 5 豆腐皮 15 海带 3 花生仁 3 牛肉 25
		火龙果 雪梨	火龙果 75 雪梨 75	桂圆 猕猴桃	桂圆 75 猕猴桃 75	香蕉 菠萝	香蕉 75 菠萝 75	美国大甜橙 草莓	美国大甜橙 75 草莓 75	哈密瓜 苹果
午餐	蒜香菠菜猪肝 卤水老豆腐 奶香馒头 羊肉糊汤面	鲜大蒜 3 菠菜 20 猪肝 20 牛肉（回） 2 芝麻油 2 豆腐脑 50 豆油 2 淀粉 40 胡萝卜 10 上海青 10 羊肉 15 菜籽油 3 小麦粉 40 牛乳 20	法式香茅烤肉 香烤土豆配吞拿鱼 法式田园沙拉 泰式菠萝炒饭 海鲜汤	土豆 25 龙利鱼 5 黄瓜 20 番茄 20 生菜 20 鲜玉米 10 大米 50 胡萝卜 5 菠菜 10 黄油 6 鸡蛋 15 小葱 3 白蘑菇 10 基围虾 10 豆油 3 洋葱 15 西芹 10 羊耳 35	五香酱鸭腿 芹香鸡蛋干 豫式卤面 紫菜蛋花汤	鸭 40 豆油 4 豆腐 10 芹菜茎 25 鸡蛋 5 小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪肉 15 牛肉（回） 2 花生油 3 番茄 15 细香葱 3 紫菜 5 鸡蛋 5	鸡胸脯肉 20 豆油 2 黄瓜 20 圣女果 10 生菜 30 白兰花 15 粳米饭 70 黄胡菜 50 芹菜茎 50 香肠 20 鸡蛋 25 色拉油 3 洋葱 10 白蘑菇 30 牛乳 100 西兰花 35 橄榄 2	可乐鸡翅 姜汁炆莲藕 千层饼 茄汁刀南面	鸡翅 40 可乐 10 豆腐 7 藕 35 黄姜 5 面条 20 番茄 5 鸡蛋 4 小麦粉 50	
		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	面粉 15 鸡蛋 5 白砂糖 10 黄油 2 酸奶 200	芋头 牛奶	芋头 20 牛奶 200	干层红豆酥 酸奶	小麦粉 20 红豆沙 15 黄油 3 鸡蛋 1 白砂糖 2 炼乳 20	水煮花生 牛奶
备注：1、我办参考《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、每周用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，脂肪占总能量的30%以上，维生素A420μg，维生素C49mg，维生素E3.5mg，钙350mg，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，优质蛋白占比约60%，脂肪占总能量的26%，维生素A87μg，维生素C57mg，维生素E16mg，钙362mg，磷635mg，钾1419mg，镁168mg，铁7.9mg，锌5mg，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。										