



# NEWSLETTER

2022-2023 家校通讯录

## Notes from the HOS Desk 校长寄语



The rain on Friday didn't impact the fun our youngest learners had testing their athletic skills. I really want to thank coaches Matt and Catarina for organizing a fun and engaging field day. Our students had huge smiles as they challenged themselves.

周五的雨并没有影响我们年轻的学生体验测试运动技能的乐趣。我真的要感谢教练Matt和Catarina组织了一个有趣而引人入胜的运动会。我们的学生在挑战自己时露出了灿烂的笑容。







On Wednesday and Thursday, we hosted two IB Consultants for our PYP Authorization. The purpose of the visit was to investigate our integration of inquiry-based instruction across the school. The consultants were quite impressed and shared these quotes in their reflection meeting with me, “There is strong evidence of student learning,” “It is clear this is a unique and tight knit learning community,” “The students are at the center of everything,” and “Your passionate teachers give great hope for IB education in China.” Addie and I are very grateful for Ms. Jules’ PYP leadership. We are eager to learn the decision of the IB in the next few months about whether we will be authorized.

周三和周四，我们为PYP授权接待了两位IB顾问。这次访问的目的是调查我们学校对探究式教学的整合情况。顾问们对我们印象深刻，并在反思会上分享了这些语录，“有强有力的学生学习证据”，“很明显，这是一个独特而紧密的学习社区”，“学生处于一切活动的中心”，“你们热情的老师给中国的IB教育带来了巨大的希望。”Addie和我非常感谢Jules女士的PYP领导力。我们非常期待IB顾问们的决定，看看我们是否将在未来几个月内获得授权。



## 西亚斯晴宇幼儿园2023年领导力开放周



This week I had the pleasure to visit Sias Qingyu Kindergarten. The EY students invited me to provide a welcome speech for their leadership event. We will invite the students back to our campus in May.

本周，我有幸参观了西亚斯晴宇幼儿园。幼儿园的孩子邀请我为他们的领导力活动致欢迎辞。我们将在五月份邀请他们来我们的校园访问。



Next week, on Wednesday, I will invite all families to have a meeting with me to discuss the positive changes for next school year and the new tuition. I hope to see you all after the holiday.

下周，也就是周三，我将邀请所有家庭，和我一起讨论有关下学年的积极变化和新学费的问题。我希望假期结束后能见到你们。

## Theme of the Month: Balanced 本月主题：平衡

Balanced people are organised –It's important to keep a clear 'mind plan' in advance, allowing time for your tasks and making room for activities that they enjoy. Being organised can help reduce stress and improve your life balance.

平衡的人是有条理的——提前制定一个清晰的“思维计划”很重要，为工作留出时间，为喜欢的活动腾出空间。有条理有助于减轻压力，改善生活平衡。

### Activity for parents 家长活动

Role model this attribute. Spend time as a parent or family doing many different things.

作一个有条理的人，为孩子树立榜样。花时间为孩子和家人做些不同的事情。



## Upcoming Events 活动预告

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 3 5月3日	Parent's Meeting 家长会
May 5 5月5日	PYP&MYP Field Day 小学&中学运动会
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-4A

## Sharing and Caring 分享与关怀



“What if our butterfly will find no flower in our garden once we release it?” was a guiding student’s question and to help them develop agency and look for the answers we have invited school gardener to help us understand how he takes care of our garden making sure it is a safe habitat for many insects and bugs. Students helped with watering the garden, learnt about care and watering needs of plants.

“如果我们的蝴蝶在我们的花园里找不到花怎么办？”这是一个引导学生的问题，为了帮助他们提高学习主导性并寻找答案，我们邀请了学校的园丁来帮助我们了解他是如何照顾我们的花园的，以确保它是许多昆虫和虫子的安全栖息地。学生们帮助浇灌花园，学习植物的护理和浇水需求。



Sharing the Planet unit is a chance for students to focus on ecosystems, animals, and their habitats, needs and challenges different species face around the globe.

“共享地球”单元为学生提供了一个机会，让他们专注于生态系统、动物及其栖息地、需求和全球不同物种面临的挑战。



To understand and share with our findings PreK-4A students started remote collaboration with Grade 1 students of IB MBA Schools Camilca Campus located in Turkey. We had collaborative session during which our students got a chance to communicate and show our classroom species, explain its needs, and habitats we have created in our classroom, they also learnt about native animals living in Turkey, their needs, and challenges they face due to climate change.

为了了解和分享我们的发现，PreK-4A学生与IB MBA学校位于土耳其卡米尔卡校区的一年级学生进行了远程协作。在合作环节，学生们交流和展示了我们课堂上的物种，解释它们的需求，以及我们在课堂上创造的栖息地，他们还了解了生活在土耳其的本土动物，它们的需求，以及它们因气候变化而面临的挑战。

Students found answers to many questions and collected new questions to guide our further inquiry.

学生们找到了许多问题的答案，并收集了新的问题来指导我们进一步的探究。





Grade 5

## Sharing the Planet 共享地球



For our unit of inquiry, grade 5 students focused on how to connect the U.N. Sustainability Development Goals to their action of advocacy. During the week of April 24th to 28th, students created an advocacy campaign to start thinking deeply about their exhibition project.

在我们的调查单元中，五年级学生专注于如何将联合国可持续发展目标与他们的宣传行动联系起来。在4月24日至28日的一周时间里，学生们创建了一个宣传活动，深入思考他们的展览项目。



Each day was designed to assist in advocating for their goal. On Monday, Fanxi and Serena conducted a canned food drive to bring awareness to the issue of poverty. On Tuesday, Amber, Cici and Winnie focused on writing postcards to bring awareness to hunger. To bring awareness to good health and wellbeing, Danny, Nina, and Sharlyn held a “heart walk” for the school. On Thursday, Aidan, Arthur and Vincent interviewed students about their thoughts on clean water and sanitation.

每一天的设计都是为了协助宣传他们的目标。周一，Fanxi和Serena进行了一次罐头食品捐赠活动，以提高对贫困问题的认识。周二，Amber、Cici和Winnie专注于写明信片，以唤起人们对饥饿的关注。为了提高对健康和幸福的认识，Danny、Nina和Sharlyn为学校举行了一次“心脏行走”。周四，Aiden、Arthur和Vincent采访了学生，了解他们对清洁水和卫生设施的看法。





To end the week, Chloe, Lisa and Rosie passed out flowerpots filled with soil to plant seeds for sustainability. We reflected on how these actions aligned with the goals set by IB.

在本周结束时，Chloe、Lisa和Rosie分发了装满土壤的花盆，为可持续发展播下种子。我们思考了这些行动如何与IB设定的目标相一致。



## MYP Sciences

### 中学科学



### MYP 1

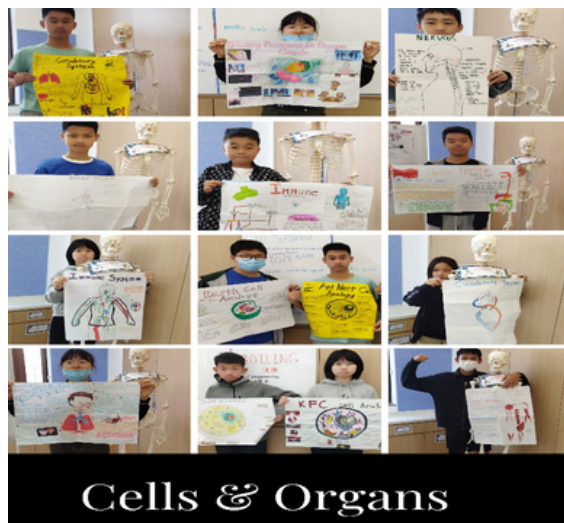
The current unit of inquiry is about Phase Changes using Thermal Energy. This unit is an ideal way to link science with literacy in the classroom. Through hands-on investigations, students will explore the properties of solids, liquids, and gases, and plan and conduct an investigation of how the properties of materials change with temperature. Students learned about the water cycle is when water moves between its three states of matter (solid, liquid, and gas). The processes involved in the water cycle cause water to change from solid, and liquid to gas.



当前的探究单元是关于使用热能的相变。本单元的亮点是在课堂上将科学与学生的实际生活素养联系起来。通过动手调查，学生将探索固体、液体和气体的性质，并计划和进行关于材料性质如何随温度变化问题的调查。学生们了解了水循环是水在三种物质状态(固体、液体和气体)之间运动的过程。水循环所涉及的过程使水从固体、液体变为气体。

## MYP 2

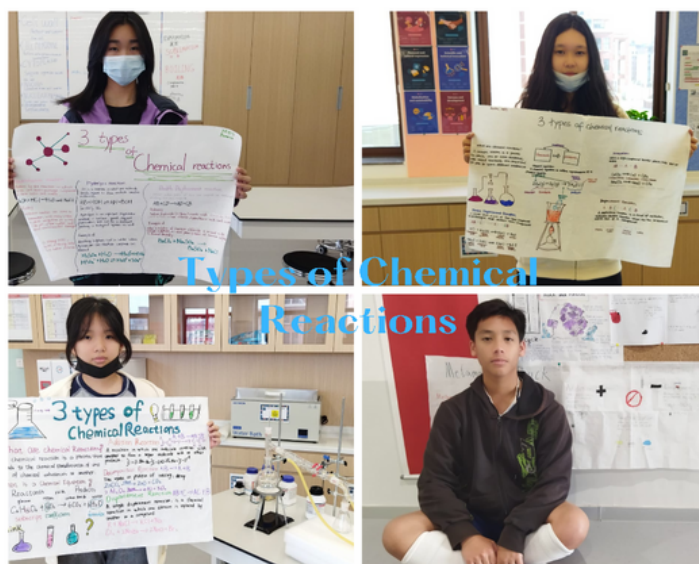
The current unit of inquiry is about Cells and their Organelles, Organs, and Organ Systems. Students learned about different types of cells including Plant vs Animal Cells, Prokaryotic vs Eukaryotic cells. Students learned how to describe the organization of multicellular organisms in terms of cells, tissues, organs, and organ systems. Cells, house the biological machinery that makes the proteins, chemicals, and signals responsible for everything that happens inside our bodies.



当前的探究单元是关于细胞及其细胞器、器官和器官系统。学生们学习了不同类型的细胞，包括植物细胞与动物细胞、原核细胞与真核细胞。学生们学习了如何用细胞、组织、器官和器官系统来描述多细胞生物的组织。细胞是制造蛋白质、化学物质和信号的生物机器，负责我们体内发生的一切。

## MYP 3

The current unit of inquiry is about Material Change where they will explore a chemical change that produces a new substance, while a physical change does not. A material may change shapes or forms while undergoing a physical change, but no chemical reactions occur and no new compounds are produced. Based on the types of changes that are occurring during the reaction there are six basic categories - synthesis, decomposition, combustion, single replacement, double replacement, and neutralization reactions.



目前的研究单元是关于物质变化，学生们将探索产生新物质的化学变化，而物理变化则不会。物质在发生物理变化时可以改变形状或形式，但不会发生化学反应，也不会产生新的化合物。根据反应中发生的变化类型，这里有六种基本类型——合成、分解、燃烧、单置换、双置换和中和反应。





# College & Career 大学 & 职业 Connections 关联

Helping Sias IS Students & Families Find Their Future  
帮助Sias IS学生和家庭构建未来

## University Spotlight: Is Your Child Interested in Fashion and Design? 大学聚焦：您的孩子对时尚和设计感兴趣吗？

### **THE NEW SCHOOL** **PARSONS**

Universities are looking for students who have cultivated their interests for an extended amount of time and distinguished themselves in a specific area of their interest. The summer vacation is a perfect time for your son or daughter to explore their different interests. Fashion and design is an area that some students may want to explore for their own self-development. Several organizations offer fashion online courses that your son or daughter might be interested in exploring.

大学正在寻找长期培养自己的兴趣并在自己感兴趣的特定领域脱颖而出的学生。暑假是您的儿子或女儿探索不同兴趣的最佳时机。时尚和设计是一些学生可能想去探索其是否可以成为自我发展的领域的主题。很多组织可以为您的儿子或女儿提供他们可能有兴趣而进行探索的时尚领域的在线课程。





The New School:Parsons is well known school for studies in fashion, business and design. If your son or daughter is interested in these areas you can look at their website:

The New School Parsons 是著名的时尚、商业和设计学校。如果您的儿子或女儿对这些领域感兴趣，您可以查看他们的网站：

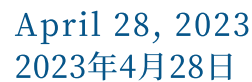
<https://www.newschool.edu/parsons/china-pre-college/>

<p><b>ONGOING SEWING CLUB</b></p> <p>Teacher Char ★★★★★ (454)</p> <p>Only 2 spots left</p>	<p>Ages 9-12</p> <p><b>Ongoing Sew Fun Fashion Club! Hand Sewing, Pattern Making and More!</b></p> <p>In this ongoing Hand Sewing Club learners will explore hand sewing techniques, miniature pattern making, fashion design and more!...</p> <p>Fri, Apr 28, 8:30 – 9:25 AM, +4 more times</p>	<p><b>\$14</b> per class</p> <p><b>Charged weekly</b></p> <p>Meets 1x per week Runs week after week 3-8 learners per class</p>
<p>Ms Stacia   Fashion Designer ★★★★★ (368)</p>	<p>Ages 10-15</p> <p><b>Intro to Fashion Design: Design Development (8-Week Flexible Schedule) Age 10-15</b></p> <p>In this 8-week course, students will create a fashion portfolio project showcasing the design process including concept building, color palettes, fabric sourcing, print design, sketching, illustration, technical flats, and...</p>	<p><b>\$20</b> per week</p> <p><b>Charged upfront</b> <b>\$160 total</b></p> <p>Flexible schedule Over 8 weeks 1-4 learners per class</p>
	<p>Ages 7-10</p> <p><b>Fashion 101: Design, Draw, and Color!</b></p> <p>Join me in this ongoing class where we will draw and create a new fashion</p>	<p><b>\$10</b> per class</p> <p><b>Charged weekly</b></p>

The outschool also has courses in many areas of study and have great selection of fashion design courses your child might be interested in. *Check out their website at the Outschool.com*

校外学校在各个领域都有课程，并且有很多您孩子可能感兴趣的时装设计课程可供选择。  
网站地址Outschool.com





# Menu 菜单

2023.05.03-05.05 菜单						
注：重量单位均为克						
	星期三	带量(克)	星期四	带量(克)	星期五	带量(克)
早餐	土猪肉炒圆菜 彩椒土豆丝 黄面发糕 红豆小米粥 五香鹌鹑蛋	圆白菜 30 猪肉 10 牛肉（回） 豆油 2 土豆 20 彩椒 10 黄玉米面 50 小米 10 红豆 5 鹌鹑蛋 30	烤肠配罗马生菜 太阳煎蛋 红豆吐司 牛奶燕麦粥	生菜 20 鸡 20 黄油 3 鸡蛋 30 豆油 2 小麦粉 40 红豆 10 牛乳 100 燕麦片 20	冬瓜肉片 小炒有机花菜 蔬菜卷 八宝粥 水煮蛋	冬瓜 30 猪肉 15 牛肉（回） 豆油 6 彩椒 10 白花菜 40 五花肉 10 牛肉（回） 小麦粉 30 胡萝卜 10 小葱 3 黑米 1 稻米 2 绿豆 1 枣 1 桂圆 1 杏仁 1 莲子 1 花生 1 鸡蛋 50
加点点	哈密瓜 库尔斯雪梨	哈密瓜 75 库尔斯雪梨 75	火龙果 芒果	火龙果 75 芒果 75	苹果 沃柑	苹果 75 沃柑 75
午餐	金汤豆丝 五香卤鸡腿 四丁炸酱面 金丝面汤	千张 20 火腿 10 豆油 5 鸡腿 70 面条 70 土豆 30 胡萝卜 20 芹菜茎 30 猪肉 35 牛肉（回） 小麦粉 40 鸡蛋 10	薯条蔬菜沙拉 意式茄汁焗双豆 咖喱萝卜烧牛肉 米饭 奶油南瓜浓汤	土豆 15 圣女果 5 迷你黄瓜 5 生菜 20 黄豆 20 青大豆 5 番茄 15 鸡蛋 10 豆油 4 胡萝卜 20 牛肉 15 稻米 55 南瓜 20 奶油 5	青菜炒腐竹 梅菜千层肉 豫式卤面 银耳苹果汤	腐竹 15 小白菜 70 花生油 7 猪肉 15 牛肉（回） 鸭肾 15 豆油 2 小麦粉 15 红萝卜 10 豆角 10 黄豆芽 10 猪肉 15 干银耳 1 苹果 10
加点点	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	纸杯蛋糕 酸奶	小麦粉 20 鸡蛋 5 酸奶 200	蒸玉米 牛奶	鲜玉米 15 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，脂肪占总热量的 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，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。