



NEWSLETTER

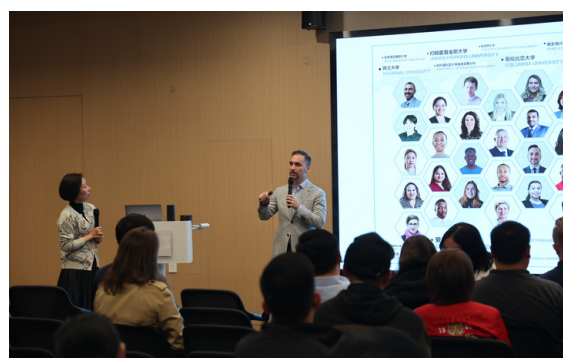
2022-2023 家校通讯录

Notes from the HOS Desk 校长寄语



There was quite a bit of important communication shared with families this week. I hope you are reading the DingTalk messages from staff regularly. In particular this week, we communicated about the tuition for 2023-24, scholarship opportunities, re-enrollment, the MYP Week Without Walls, and Family Fun Day on Sunday, May 7th. If you have any questions or concerns, please contact the school.

本周跟家长朋友们分享了很多重要的信息。希望您定期阅读学校在钉钉上发布的消息。尤其是本周，我们大家一起就2023-24学年的学费、奖学金机制、续费、MYP的无墙周和5月7日星期日的家庭欢乐日进行了沟通。如有任何问题或疑虑，请联系学校。

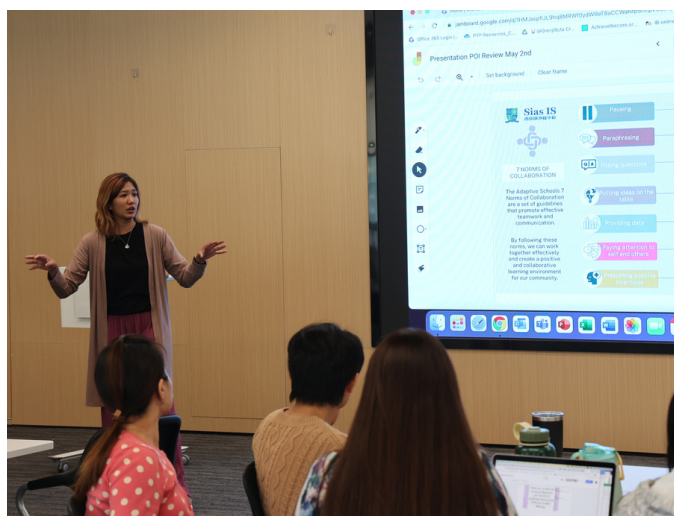




The Primary and Middle Years Field Day was a huge success. Coaches Catarina and Matt put together an engaging, challenging, and FUN field day event. Our students loved it. Even our teachers enjoyed competing in the events. I heard several teachers ask Coach Matt if he can host a staff field day event. Hosting these events requires a lot of support from our Operations and Instructional Teams. Thank you to our amazing teammates!

小学和初中运动会取得了巨大的成功。教练 Catarina 和 Matt 组织了一个有趣、具有挑战性和富有乐趣的运动会活动，学生们非常喜欢。甚至老师们也参与了比赛。我听到几位老师询问 Matt 教练是否能主持一次教职员工运动会活动。然而举办这些活动离不开我们运营部门和教学团队的大力支持。感谢我们了不起的团队成员！





Tuesday, May 4th was a professional development day for our instructional staff. The day provided an opportunity for our teachers to work together, share their experiences, and learn from one another. Collaboration between teachers is essential as it allows them to exchange ideas, discuss best practices, and discover new teaching methods. We strongly believe that this collaborative approach to professional development positively impacts the quality of education we provide to our students. By working together, our teachers can better understand their students' needs, tailor their teaching methods to individual learning styles, and ultimately help our students succeed. We appreciate your support of our professional development days an important part of our ongoing commitment to providing a world-class education to our students.

5月4日，周二是我们教学人员的职业发展日。这一天为我们的教师提供了一个机会，可以共同工作、分享经验和相互学习。教师之间的合作至关重要，因为这可以让他们交流彼此的想法，讨论最佳实践方式，并发现新的教学方法。我们坚信，这种合作式的专业发展方法会对我们提供给学生的教育质量产生积极的影响。通过合作，我们的教师可以更好地了解学生的需求，根据个人学习风格调整教学方法，并最终帮助学生取得成功。我们感谢您对我们专业发展日的支持，这是我们不断致力于为学生提供世界一流教育的重要组成部分。



Sias IS family welcomed our first Family Fun Day over the weekend. Every member brought fun to the field with colorful booths and game stations for our parents and children. Our teachers and students presented wonderful performance, turning the field into a fun destination that intergrating global cultures. Every member also enjoyed themselves at Family Fun Day. We thank every member of the Sias IS family for their dedication to making this event. We all had the happiest weekend.

西亚斯外籍学校在周末迎来了首届家庭日，每一位成员都把欢乐带到了现场，我们家长和孩子们丰富多彩的展位、游戏站，我们师生精彩纷呈的表演，让整片操场变成了汇聚全球文化的欢乐胜地。每一位成员也都乐享其中，我们也感谢每一位西亚斯大家庭成员的付出，让我们拥有了一天最快乐的周末。





Theme of the Month: Knowledgeable 本月主题：博学多识

They explore concepts, ideas and issues that have local and global significance. In so doing, they inquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.

孩子们探索具有地方和全球意义的概念、思想和问题。这样做的过程中，能够使他们深入的探究知识，并发展对广泛而平衡的学科的理解。

Activity for parents 家长活动

Encourage your child to read books at home that correspond to the topics being covered in school.

鼓励孩子在家阅读与学校所涵盖的主题相关的书籍。



Upcoming Events 活动预告

May 8th 5月8日	MYP Week Without Walls 中学无墙周活动
May 17-18 5月17-18日	KG Visit 大班访问
May 18 5月18日	Parent Session (Intro to Personal Project MYP5; College Counseling) 家长会（个人项目MYP5简介；大学咨询）
May 19 5月19日	PYP Exhibition 小学展览
May 20 5月20日	Open Day 开放日
May 22-25 5月22-25	WASC Visit WASC 访问
May 22-31 5月22-31日	MAP Testing MAP测试
May 26 5月26日	Art Exhibit & EOY Concert 艺术展览和EOY音乐会
May 30 5月30日	KG-G1 Transition KG-G1过渡
May 31 5月31日	Last Committees Meeting 最后一次委员会会议

Student Learning for the Week 本周教学

MYP

Individuals and Societies 个人和社会课程



This unit, Individuals and Societies are doing an inter-disciplinary unit in each grade level. We hope this increases their understanding of both subjects.

个人和社会课程在本单元与每个年级合作，组成了一个跨学科的单元。我们希望此次合作课程能够帮助学生们增进他们对相应主题的了解。

MYP1 is paired with science class doing a unit on sustainable tourism. They will learn about sustainability and being a good, global citizen when they travel. Here are pictures of them doing a scavenger hunt about what is sustainable and what is not sustainable in our school.

MYP1与科学课结合，单元重点是关于可持续旅游。学生们将在旅行中学习可持续发展以及如何成为一名优秀的全球公民。这是他们玩寻宝游戏的照片，主题是关于学校可持续和不可持续。



MYP 2 is learning about sustainable energy. We paired with math class to learn about data analysis which they will include in their research paper for their summative assessment. The pictures are the students learning about thesis statements for their essay.

MYP2正在学习的主题是可持续能源。学生们会结合数学课来学习数据分析，他们将在总结性评估测试中展示研究论文。这些图片是学生们在为他们的论文学习论文陈述。



MYP3 is learning about ethical energy consumption. We have learned about ethics and types of power before assigning countries to research. They will explore one non-renewable energy source in that country, propose a sustainable solution, then analyze the data set they used.

MYP3正在学习关于合理的能源消耗问题。在进行指定国家研究之前，我们已经了解了伦理和权力的类型。学生们将在该国探索一种不可再生能源，提出一个可持续的解决方案，然后分析他们使用的数据集。



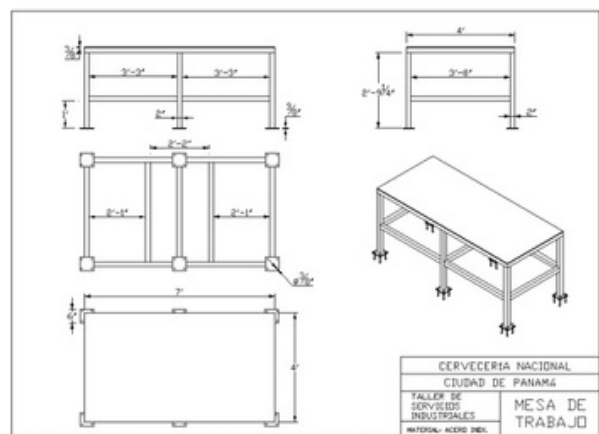
➤➤➤ MYP 1 DESIGN MYP 1 设计

MYP 1 students have been researching and learning woodworking skills. Students have been learning how to plan to make a worktables including measuring and determining the prices of materials required. We went on a field trip to the wood market to learn what kind of wood is available and how to price out materials. Students are learning how to use CAD to draw and design the worktables they are designing and building.

MYP-1的学生一直在研究和学习木工技能。学生们学习了如何策划制作工作台，包括测量以及确定所需材料的价格。我们去了木材市场进行了实地考察，了解到了可以购买到的木材类型，以及如何给材料定价。学生们正在学习如何使用CAD绘制和设计他们正在设计和制作的桌子。

MYP 1 students also practiced their presentation skills by presenting the mural they designed for student support to the school administration. During their presentation students needed to explain the rationale for their designs.

通过向学校行政人员展示他们为学生支持而设计的壁画来练习他们的演讲技巧。在他们的演讲中，学生需要解释他们设计的基本原理。



>>> MYP 2 DESIGN MYP 2 设计

Students are currently covering the unit: How Does Artificial Light Improve Lives? Students are researching how lighting affects human culture and life. Students are also studying electricity and learning to design a lamp out of cardboard. In addition, students are also learning how to wire the electrical plugs, switches, and light bulbs to wire the lights correctly. Below are examples of the light designs. During this project students will be working on designing similar lights.

学生们目前正在学习的单元主题是人造光如何改善生活?学生们正在研究照明如何影响人类文化和生活。学生们也在学习电学,学习用硬纸板设计一盏灯。此外,学生们还学习如何连接电源插头,开关和灯泡,以正确地连接电灯。下面是灯光设计的例子。在这个项目中,学生们将设计类似的灯。



>>> MYP 3 DESIGN MYP 3 设计

Students are currently covering the unit: My Personal Design Project. For the final design unit of the school year, MYP 3 students were able to choose their own design project. The projects that students decided to work on included a pool cue extension, another is making an instructional movie on how to improve your badminton game, and other students are working on fashion design projects.

学生目前正在学习的单元主题是:个人设计项目。对于本学年的最后一个设计单元,MYP 3的学生可以选择自己的设计项目。他们的个人设计项目会根据与其他单元相同的设计标准进行评估,并有望展示对 MYP 设计周期的更高层次的理解。这些项目包括台球杆扩展、一部关于提高羽毛球技能的电影,其他学生正在设计和制作的衣服。



Sias IS 2023 Field Days 西亚斯外籍学校2023运动会



Over the past two weeks we have held Field Day events for our Early Years, Primary and Middle School Students. Across each event, students had the opportunity to demonstrate their individual skills and take on a range of exciting team challenges.

在过去的两周我们举办了幼儿园、小学部及初中部的运动会活动。在每一项活动中，学生们都有机会展示他们的个人技能，并接受一系列激动人心的团队挑战。



Throughout Field Day, students participated in a variety of individual activities which allowed them to demonstrate their speed, agility, power and coordination. Students also completed a range of team challenges which not only provided a chance for students to showcase their physical abilities, but also allowed them to demonstrate skills such as teamwork, leadership, and communication.



在运动会当天，学生们参加了各种各样的个人活动，展示了他们的速度、敏捷性、力量和协调性。学生还完成了一些列的团队挑战，这不仅为学生们提供了一个展示他们身体能力的机会，也让他们展现团队合作、领导力以及沟通能力。





Our students impressed us with their determination, sportsmanship, and enthusiasm. They showed great spirit, cheering each other on and demonstrating respect for their teammates and opponents alike.

我们的学生以他们的决心、体育精神和热情给我们留下了深刻的印象。他们表现出强大的精神，互相加油，并表现出对队友和对手的尊重。

Overall, Field Day was a wonderful opportunity for our students to engage in physical activity, develop valuable skills, and make lasting memories. We look forward to seeing our students continue to grow and thrive in their physical education classes and on the sports field.

总的来说，运动会是一个很好的机会来让我们的学生参与体育活动、发展宝贵技能，并留下永久的回忆。我们期待着看到我们的学生在体育课上和运动场上继续茁壮成长。





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: How to Maximize Your SUMMER Like an Ivy League Admit 大学聚焦：如何像常春藤盟校一样充分利用你的暑假

Iris Fu a Stanford University student gives the following advice to students who want to seek admission to top universities.

斯坦福学生 Iris Fu 为想要进入顶尖大学的学生提供以下建议。



1 Don't 不要

The biggest don't is to do something because you think it is impressive. College admission officers can tell if you do something because you think it looks impressive. Admission officers easily spot students who submit inauthentic activities.

最大的忌讳是因为你认为它能令人印象深刻而去做某件事。大学招生官可以判断你是否刻意做了某件事，因为你认为它看起来令人印象深刻。招生官很容易发现不真实的活动体验，并将这些类型的学生从可能的录取名单中删除。

2 Do 该做的

Look for activities that you enjoy and like. If you like tennis then play tennis and try to get good at it. If you think you might be interested in engineering then try to take part in an activity that will help you see if you really like the engineering field. You should use the summer to see what kinds of passions or interests you have so that you can start to construct a theme or story about yourself and sets yourself apart.

寻找你喜欢的活动。如果你喜欢网球那就打网球，并且努力令自己擅长。如果你认为自己可能对工程感兴趣，那么请尝试参加一项有助于你了解自己是否真正喜欢工程领域的活动。你应该利用这个夏天看看你有什么样的热情或兴趣，这样你就可以开始构建一个关于你自己的主题或故事，让自己与众不同。



3

Activities That You Could Do 你可以做的活动

Try to do activities that you like and enjoy and have significance.

1. Start a non-profit for a cause you care about.
2. Publish a book on a topic that you are interested in.
3. Take online pre-college courses to explore your interests. Stanford University has pre-college summer programs that offer courses that you could take to explore your interests.
4. Take college courses during the summer from a college to see what subjects you might be interested.
5. Try to intern at a startup company or business.

尝试做你喜欢、享受并且有意义的活动。

1. 为你关心的事业创办非营利组织。
2. 出版一本关于你感兴趣的主题的书。
3. 参加在线大学预科课程来探索你的兴趣。斯坦福大学有大学预科暑期课程，给你提供可以用来探索自己兴趣的课程。
4. 在暑假期间参加大学课程，看看你可能对哪些科目感兴趣。
5. 尝试在创业公司或企业实习。

4

The Key: Take Action, Be Ambitious. 关键：采取行动，雄心勃勃。



Menus 菜单

2023.05.08-05.12 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	Stir-fried shredded carrots Soy bean sauce with lettuce Boiled egg Multi-layer steamed bread Sweet potato and glutinous rice porridge	Bell pepper 5 Only wheat 40 Soybean oil 5 Carrot 30 Pork 10 Beef (Halal) Flour 50 Sweet potatoes 10 Rice 15 Eggs 50	Scrambled eggs with vegetables in butter American bacon Pan-fried asparagus with rosemary Whole wheat toast Milk oatmeal	Corn 3 Carrot 5 Bell pepper 3 Dehydrated onion 5 White Mushroom 8 Asparagus 20 Bacon 10 Butter 3 Wheat 25 Egg 5 Milk 100 Oatmeal 20	Fried vermicelli with bean sprouts Stir-fried beef tendon with cabbage Boiled egg Small steamed buns with pumpkin filling Red dates and yam porridge	Noodles 10 Soybean sprouts 75 Corn Oil 7 Shredded tofu 20 Cabbage 70 Flour 30 Bean paste 5 Pumpkin 8 Rice 15 Yam 5 Date 5 Eggs 50	Grilled German sausage Western-style grilled seasonal vegetables Sunny-side-up Raisin bread Sweet potato Milk Sago Sauce	Sausage 30 Broccoli 30 Butter 3 Raisin 5 Bread 40 Sweet potatoes 20 Cassava 10 Whole milk 20 Eggs 30 Soybean oil 2	Stir-fried lotus root Garlic crowdaisy chrysanthemum Boiled egg Steamed beef roll Mung bean millet porridge	Apricot Abalone Mushroom 60 Morchella 10 Chicken Leg Mushroom 10 Peanut oil 5 Colored Peppers 20 Chrysanthemum 40 Soybean oil 3 Eggs 50 Wheat flour 40 Beef 10 Soybean 15
Snack	Pineapple Apple	Pineapple 75 Apple 75	Kiwi Nectarine	Kiwi 75 Nectarine 75	Pear Hami melon	Pear 75 Hami melon 75	American Orange Banana	American Orange 75 Banana 75	Watermelon Mango	Watermelon 75 Mango 75
Lunch	Saute Spicy Chicken Fried moo shu pork slices Garlic lettuce Rice Tofu soup with seaweed	Potato 30 Garlic 10 Onions 3 Aque fungus 10 Chicken drumsticks 50 Peanut Oil 3 Carrot 10 Cucumber 10 Dried fungus 10 Pork 10 Beef (Halal) Egg 5 Soybean oil 5 Lettuce 40 Rice 70 Kelp 10	Roasted steak Broccoli Roasted Cherry tomatoes with rosemary Seafood Baked macaroni with cheese Vegetable soup	Small tomatoes 40 Olive oil 2 Beef 35 Macaroni 25 Kidney beans 5 Carrot 5 Onion 5 Shrimp 5 Squid 5 Soybean oil 6 Broccoli 40	Roasted duck chunks in sauce Yu-Shiang shredded pork Fried cauliflower Tai Chi rice Corn soup	Bell pepper 15 Onion 15 Dried shitake mushrooms 5 Duck 30 Carrot 10 Dried fungus 5 Pork 20 Beef (Halal) Soybean oil 3 Cauliflower 30 Olive oil 3 Black rice 20 Rice 40 Yellow corn grits 10 Eggs 10	French fries Chicken Popcorn Mix vegetable salad Cheese beef pizza Potato bisque	Potato 50 Soybean oil 4 Chicken 20 Hollandaise 5 Cucumber 5 Cherry Tomatoes 5 Asparagus 5 Lettuce 20 Flour 75 Bell pepper 15 Tomato 20 Onion 15 Beef 30 Cheese 10	Braised sparribits with bamboo shoots and white gourd Tomato seasoned vegetables and shrimps Fried tofu with vegetables Red bean rice Mung bean water	Winter melon 60 Bamboo melon 10 Pork chops 60 Beef (Halal) Corn kernels 20 Carrot 50 Tomato 60 Shrimp 30 Soybean oil 5 Tofu 25 Cabbage 60 Peanut Oil 5 Rice 60 Adzuki beans 5 Mung Bean 3
Snack	Mix nuts Milk	Walnuts 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Mango egg tarts Yoghurt	Flour 15 Mango 10 Eggs 10 Yogurt 200	Corn Milk	Fresh corn 25 Milk 200	Cake Yoghurt	Flour 20 Egg 5 Yoghurt 200	Steamed sweet potatoes Milk	Sweet potato 25 Milk 200

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 nutrition evaluation standard (daily): energy 989 kcal, protein 34 grams, animal and soy protein about 17 grams, fat accounted for less than 30% of total calories, vitamin A420ug, vitamin C 49mg, vitamin E 3.5mg, calcium 560mg, phosphorus 350mg, potassium 1050mg, magnesium 105mg, iron 8.4mg, zinc 8.4mg, selenium 17.5mg. .
5. Recipe of the Week Nutritional Analysis (Average Daily): Energy 1214 kcal, protein 48 g, high-quality protein function ratio greater than 50%, fat 29% of total calories, vitamin A425g, vitamin C 80mg, vitamin E 15mg, calcium 501mg, phosphorus 780mg, potassium 1653mg, magnesium 226mg, iron 14mg, zinc 7mg, selenium 29mg.
6. Nutrition evaluation of this week's recipe: the average daily energy is close to 989 kcal, the protein is more than 40 grams, high-quality protein accounts for more than 1/2 of the total protein, and the energy supply ratio of fat is less than 30% of the total energy; The content of vitamins such as vitamin A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reaches the dietary nutrient intake of children at this stage.

2023.05.08-05.12 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 豉汁油麦菜 水煮蛋 千层饼 红薯糯米粥	彩椒 5 油麦菜 40 豆腐 5 胡萝卜 30 猪肉 10 牛肉 (回) 10 小麦粉 50 红薯 10 大米 15 鸡蛋 50	黄油时蔬炒蛋 美式培根 迷迭香煎芦笋 全麦吐司 牛奶燕麦粥	玉米粒 3 胡萝卜 5 彩椒 3 脱水洋葱 5 白蘑菇 8 芦笋 20 培根 10 黄油 3 小麦 25 鸡蛋 5 牛乳 100 燕麦片 20	黄豆芽炒粉条 小白菜炒豆腐 水煮蛋 南瓜夹心小馒头 红枣山药大米粥	粉条 10 黄豆芽 75 玉米油 7 豆腐丝 20 小白菜 70 小麦粉 30 豆沙 5 南瓜 18 糯米 5 山药 5 枣 5 鸡蛋 50	香烤德式肉肠 西式扒时蔬 太阳煎蛋 提子小面包 蜜薯牛奶西米露	香肠 30 西兰花 30 黄油 3 葡萄干 5 面包 40 红薯 20 木薯 10 全脂牛奶 20 鸡蛋 30 豆油 2	炆炒莲藕 素炒三菌 水煮蛋 牛肉燕麦卷 绿豆小米粥	杏鲍菇 60 羊肚菌 10 鸡腿菇 10 花生油 5 鸡蛋 50 小麦粉 40 牛肉 10 彩椒 15 藕 60 豆油 5 小米 15 绿豆 3
加点	菠萝 苹果	菠萝 75 苹果 75	奇异果 油桃	奇异果 75 油桃 75	雪梨 哈密瓜	雪梨 75 哈密瓜 75	美国大甜橙 香蕉	美国大甜橙 75 香蕉 75	西瓜 芒果	西瓜 75 芒果 75
午餐	大血鸡 滑炒木须肉片 蒜蓉生菜 米饭 海带豆腐汤	土豆 30 蒜薹 10 大葱 3 水发木耳 10 鸡腿 50 花生油 3 胡萝卜 10 西兰花 10 干木耳 10 猪肉 10 牛肉 (回) 10 鸡蛋 5 豆油 5 生菜 40 大米 70 豆腐 10 海带 10	香烤小牛排 西兰花 迷迭香煎樱桃番茄 海鲜芝士焗通心粉 蔬菜汤	小西红柿 40 橄榄油 2 牛肉 35 通心粉 25 黄瓜 10 胡萝卜 5 洋葱 5 虾米 5 鱿鱼 5 豆油 6 西兰花 40	宫保鸡块 鱼香肉丝 干锅花菜 大板米饭 凤凰玉米羹	彩椒 15 洋葱 15 小葱 5 干香菇 5 鸭 30 胡萝卜 10 蒜薹 20 干木耳 5 猪里脊 20 牛肉 (回) 10 白芸豆 3 白菜花 30 黑米 20 稻米 40 黄玉米棒 10 鸡蛋 10	法式薯条 香酥鸡米花 混合蔬菜沙拉 芝士牛肉披萨 土豆浓汤	土豆 50 豆油 4 鸡 20 荷兰豆 5 黄瓜 5 圣女果 5 芦笋 5 生菜 20 小麦粉 75 小白菜 15 彩椒 15 番茄 20 洋葱 15 牛肉 30 奶酪 10	尖笋冬瓜炖排骨 番茄时蔬烩虾仁 小青菜煎豆腐 红豆米饭 绿豆水	冬瓜 60 笋瓜 10 猪小排 60 牛肉 (回) 10 玉米粒 20 胡萝卜 50 番茄 60 虾米 30 豆油 5 豆腐 25 小白菜 60 花生油 5 稻米 60 红小豆 5 绿豆 3
加点	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	芒果蛋糕 酸奶	小麦粉 15 芒果 10 鸡蛋 10 酸奶 200	嫩玉米 牛奶	鲜玉米 25 牛奶 200	蛋糕 酸奶	小麦粉 20 鸡蛋 5 酸奶 200	燕红薯 牛奶	红薯 25 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 989 千卡，蛋白质 34 克，动物及大豆蛋白约 17 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。
本周食谱营养分析（平均每日）：能量 1214 千卡，蛋白质 48 克，优质蛋白占比功能比大于 50%，脂肪占总热量的 29%，维生素 A425g，维生素 C80mg，维生素 E15mg，钙 501mg，磷 780mg，钾 1653mg，镁 226mg，铁 14mg，锌 7mg，硒 29mg。
本周食谱营养评价：平均每日能量与 989 千卡接近，蛋白质达 40 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。