



NEWSLETTER

2022-2023 家校通讯录

Notes from the HOS Desk 校长寄语

There is a lot to be excited about at Sias IS! It has been very busy here.

Sias IS真是充满了惊喜！这里一直都很忙碌。



Our MYP students returned from their Week Without Walls trip expressing how much they enjoyed the experience. I loved following the photos and videos of their adventures in Foping.

我们的MYP学生从“无墙周”旅行回来，他们很享受这次佛坪之旅。我很喜欢看他们在旅途中分享的照片和视频。

Students worked hard on their MAP tests this week. I am proud of our kids.

本周学生们参加了MAP考试，他们很努力。我为我们的孩子感到骄傲。



Sias Qingyu Kindergarten brought two groups of rising Grade 1 students to our campus to visit and prepare them for their next step in school.

西亚斯晴宇幼儿园带着两组即将升入小学一年级的学生来到我们校园参观，并为他们未来的学习做好准备。



We hosted guests from the Achieve Xiamen International School (AXIS). The two school leaders worked with our team to exchange knowledge and improve our schools.

我们接待了来自Achieve厦门国际学校（AXIS）的客人。两位学校领导与我们的团队合作，交流知识从而改善我们的学校。





The PYP Exhibition hosted by Grade 5 was amazing. This is an important step for the Grade 5 students to graduate to the MYP. I am very impressed with Ms. Levrets and Ms. Penny's leadership and hard work.

五年級主辦的PYP展覽令人驚嘆。這是五年級學生畢業進入MYP的重要一步。我非常欽佩Levrets女士和Penny女士的領導和辛勤工作。



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

Gaining knowledge in world affairs and current events allows you to decide where you fall on key issues impacting your city, region and country.

了解世界事物和时事新闻让你能够决定在影响你的城市/地区和国家的关键问题上的立场。

Activity for parents 家长活动

Encourage your child to become familiar with current events and to read the newspaper and watch the news when appropriate.

鼓励你的孩子熟悉时事新闻，适当的时候阅读报纸和观看新闻。



Upcoming Events 活动预告

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	EOY Concert EOY音乐会

Student Learning for the Week 本周教学

KGB

The roles and responsibilities of people in the community

社区中人们的角色和责任



KG students have been learning how a community works. With so many different roles and responsibilities, we went deeper to see how the community system works together. Through various activities, KG discovered that the community needs to work together to get a job done.

KG的学生一直在学习社区是如何运作的。有了这么多不同的角色和责任，我们更深入地了解了社区系统是如何协同工作的。通过各种活动，KG的学生发现社区需要共同努力才能完成工作。

KG students have also been exploring different systems within our community. They had the chance to visit Metro supermarket and learn about its system, and students then used this information to create their supermarket system inside their classroom.

幼儿园的学生也一直在探索我们社区内的不同制度。他们有机会参观麦德龙超市，了解其系统，然后学生们利用这些信息在教室里创建超市系统。



Using these communication skills, students decided real items in our bakery would be better. Baking cookies was not only delicious, but fostered more teamwork skills so we could all benefit in the end!

两个幼儿园班级还合作创建了他们的社区展示。学生们利用思考者-学习者的特点精心设计了不同的社区建筑，并在社区中的这些地方扮演了提供服务的角色。这个单元比上一个单元更实用，学生们出色地参与了不同的活动。

EY Library

Sias IS EY Library

西亚斯外籍学校 幼儿园图书馆



Sias IS EY Library is the place where magic and laughter come alive! Our young readers embarked on incredible journeys through stories that sparked their imaginations. From magical tales to hilarious adventures, each book transported us to a different world. We even created magic wands to bring spring's wonders to life. Singing silly songs made us laugh, while touching melodies helped us feel love. Together, we explored the power of yoga, forging connections with our bodies. Keep reading, exploring, and embracing the magic of the EY Library!

Sias IS EY图书馆是一个充满魔力和欢笑的地方！我们的年轻读者通过激发他们想象力的故事踏上了不可思议的旅程。从魔幻故事到搞笑冒险，每一本书都将我们带到了一个不同的世界。我们甚至创造了魔杖，让春天的奇迹栩栩如生。唱着愚蠢的歌让我们开怀大笑，而动人的旋律让我们感受到爱。我们一起探索瑜伽的力量，与我们的身体建立联系。继续阅读、探索和拥抱安永图书馆的魔力！

We are so proud to have served our Sias IS community this year with our new library.

我们很自豪今年能用我们的新图书馆为Sias IS社区服务。

This academic year we have had 4,281 books checked out from the library! Next year's goal is to have over 7000 books checked out!

本学年我们已经从图书馆借阅了4281本书！明年的目标是让7000多本书被借阅！



Thank you to everyone for all your support and helping us open the most amazing international library in Henan province!

Notice: All library books need to be returned no later than Friday, May 26.

感谢大家的支持，帮助我们在河南省开设了最令人惊叹的国际图书馆！

注意：图书馆的所有图书需要在5月26日星期五之前归还。

Grade 5

PYP Exhibition

PYP 展览



Grade 5 students were involved in demonstrating their knowledge about the unit, Sharing the Planet. For this unit, the students completed their PYP Exhibition at the school.

五年级的学生参与展示了他们对“共享地球”单元的知识。对于这个单元，学生们在学校完成了他们的 PYP 展览。

As part of this celebration, students showed their presentation of what they learned about the sustainable development goal. In doing so, they invited the school and parents to demonstrate a high level of advocacy.

作为这次庆祝活动的一部分，学生们展示了他们对可持续发展目标的了解。为此，他们邀请学校和家长展示高水平的宣传。



Group 1, Fanxi and Serena presented their advocacy campaign to have healthcare supporting no poverty. Group 2, Amber, Cici, and Winnie advocated for the need to reduce hunger. Group 3, Danny, Nina, and Sharlyn prepared the presentation for their advocacy project about how good health and well-being should be emulated in community programs. Group 4, Aidan, Arthur, and Vincent advocated for the community's need to have clean water and sanitation. Group 5, Chloe, Lisa, and Rosie advocated for the need to implement programs to take action on our climate projects.

第2组 Amber、Cici 和 Winnie 主张减少饥饿的必要性。第3组 Danny、Nina 和 Sharlyn 准备了关于如何在社区项目中效仿良好健康和福祉的宣传项目的演示文稿。第4组 Aidan、Arthur 和 Vincent 倡导社区需要清洁水和卫生设施。第5组 Chloe、Lisa 和 Rosie 主张需要实施计划以对我们的气候项目采取行动。

Every student prepared and executed their presentation with precision. At the end of our exhibition, the school signed the board to show support for the U.N. Sustainability Goals.

每个学生都精确地准备和执行了他们的演示文稿。在我们的展览结束时，学校在董事会上签名以表示对联合国可持续发展目标的支持。

MYP-Chinese

Periodic Assessment 阶段性测评



This week MYP-1,2 and 3 will have the formative assessment of Unit 5. Periodic assessment can help teachers and students better understand students' learning advantages and lead the direction of their efforts in the future study.

本周MYP-1,2和3年级进行第五单元的形成性测评。阶段性的测评能够帮助老师和学生更好的了解学生的学习优势以及确定他们在未来学习中所要努力的方向。

MYP-1

MYP-1 focuses on the influence of personal experience and the context of The Times on the themes of literary works. In this formative assessment, students are asked to create new works by combining their own understanding of literary works with their own perception on the basis of understanding the text content and giving play to their reasonable imagination. Students' understanding, organization and creativity skills are the focus of this assessment.

MYP-1本单元的主题是关于个人经历以及时代背景对文学作品主题的影响。在本次的形成性测评当中，学生们被要求在理解文本内容的基础上，发挥自己的合理想象，把个人对文学作品的理解与自己的感悟相结合，创造出新的作品。学生的理解能力，组织能力以及创新能力是这次测评的重点。





MYP-2

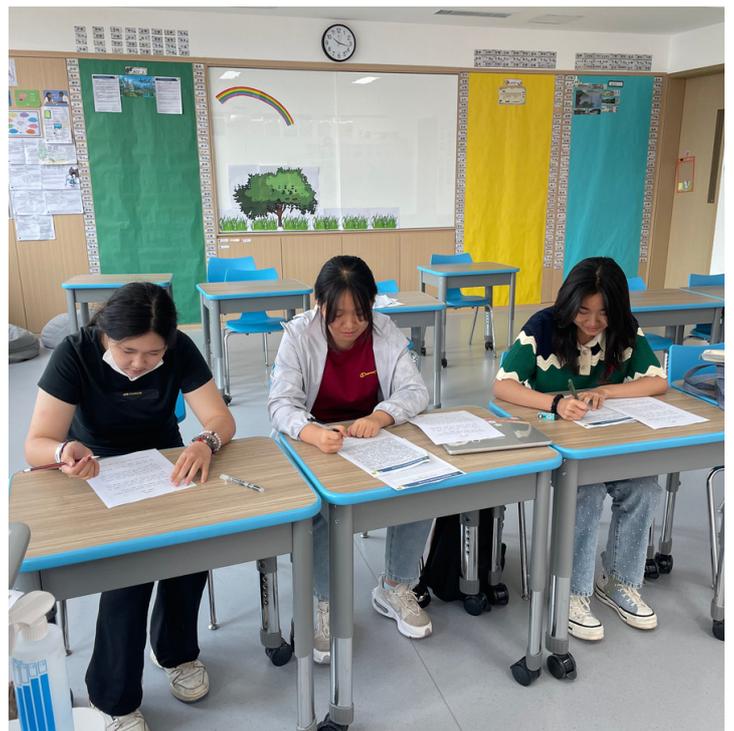
MYP-2's learning is about learning attitudes and approaches. Chinese history and culture are extensive and profound, and the academic views of the sages provide reference for future generations. In this assessment, MYP-2 students are asked to interpret the text, combine the reality, relate to the allusions of inspirational figures in history, make more in-depth analysis and present their views.

MYP-2本单元的重点是关于学习态度以及学习方法。中国历史文化博大精深，先贤的治学观点为后人提供了的借鉴。在本次测评中，MYP-2学生们被要求解读文本，并结合自己的现实情况，联系历史上励志人物的典故，更有深度的分析以及呈现观点。

MYP-2

MYP-3 mainly explores the ancient and modern meanings of the text. In this unit, students are assessed on their organizational, creative, and communication skills. Students need to effectively communicate the content and information to the listener. They need to be methodical and logical in their delivery of information, and the content should be both subjective and objective.

MYP-3主要是探究文本的古代以及现代意义。本单元的测评中在考察学生们的组织能力，创造能力以及沟通能力。学生们需要有效的将所要表达的内容以及信息传递给倾听者。在传递信息的过程中，他们需要做到有条理以及有逻辑，并且内容要主观和客观结合。





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: Ivy League Universities Reject Perfect Students 大学聚焦:常春藤盟校拒绝完美学生

Unlike top Chinese universities, which focus primarily on Gaokao scores in the university admission process. U.S. universities use many different types of admission criteria and often reject seemingly perfect students with top scores and excellent academic credentials.

中国的顶尖大学倾向于录取高考中成绩优异的学生；而美国的顶尖大学则不同，即使考生足够优秀，例如有最高的SAT分数和优秀的学术证书，这些学生也会经常被拒绝。



Case Scenario: Let's look at Sarah Hsu. A fictional name but based on a real student. Sarah scored 1550 on the SAT, took challenging high school courses, won multiple competitions, and participated in numerous activities.

案例: 让我们看看Hsu Sarah同学的子。这是一个虚构的名字, 但是是以一个真实的学生为原型。Hsu Sarah在SAT考试中取得了1550分, 学习了具有挑战性的高中课程, 赢得了多次比赛, 并参加了许多活动。

For reference, the average score of a Harvard admit is 1520, so she scored higher than the average Harvard admit. It is not uncommon for Ivy League schools to reject students even with perfect SAT scores. Sarah, a perfect student, was not admitted to any Ivy League schools or many other schools like Stanford. The good news was she was accepted to Caltech.

作为参考, 哈佛录取的平均分数是1520分, 所以她的分数高于哈佛录取的平均分数。常春藤盟校拒绝SAT满分学生的现象并不罕见。我们可以看出 July是一名非常优秀的学生, 但是她没有被任何的常春藤校或者其他像斯坦福大学一样的院校录取。但是对她来说的一个好消息是她被加利福尼亚理工学院录取了。



Why does the Ivy League reject top students? Everyone admitted to Stanford and other elite U.S. universities possesses top scores and excellent academic records.

为什么常春藤盟校拒绝这样的优等生? 每个被斯坦福大学、常春藤盟校和其他美国精英大学录取的人都有较高的分数和优秀的学习成绩。

Instead, the top U.S. universities are looking for students who show the potential to start a great organization or who can make a significant global impact. An example would be Sergey Brin and Larry Page, who founded Google when they were students at Stanford.

相反, 美国顶尖大学正在寻找那些有潜力创办优秀企业的学生, 比如谢尔盖·布林和拉里·佩奇, 他们在斯坦福大学读书时就创立了谷歌。



What makes U.S. universities great is that there are many different types of universities and pathways beside the elite universities, which allow students to have great future success.

美国大学的优势之一就是，除了精英大学之外，还有许多不同类型的大学和途径，这些大学和途径可以帮助学生在未来取得巨大的成功。

At Sias IS, we are focused on two areas:

- 1) supporting your child to reach his/her highest potential and
- 2) supporting parents and students with appropriate information so they can be the best prepared to meet the challenges of the future.

在西亚斯，我们专注于两个方面：

- 1、支持您的孩子发挥最大潜力；
- 2、为家长和学生提供适当的信息，使他们能够做好准备，迎接未来的挑战。

Menus 菜单

2023.05.22 - 05.26 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 Vermicelli with Soybean Sprouts Shredded cabbage Spicy quail eggs Lily glutinous rice Congee Scallion pancake	Quail Eggs 30 Rapeseed oil 3 Pork 10 Beef (hala) 10 Colored Pepper 10 Cabbage 50 Lily 2 Glutinous Rice 10 Vermicelli 10 Soybean Sprouts 75 Corn oil 3 Wheat flour 40 Scallion 5 Peanut oil 3	Roasted onion with American bacon Broccoli Red bean toast Creamy corn soup	Butter 3 Egg 5 Wheat flour 20 Red Bean 3 Soybean oil 3 Broccoli 30 Corn 10 Milk 5 Ham 10 Mushroom 10 Bacon 15 Basil 2 Dehydrated Onion 20	Braised Pork Slices with Mushrooms Shredded potatoes with pepper Boiled eggs Bun with red date Black rice porridge	Date 3 Wheat Flour 25 Colored Pepper 5 Mushroom 40 Pork 15 Beef (hala) 10 Peanut oil 3 Soybean oil 5 White Radish 60 Black Rice 20 Eggs 50	Roast Sausage with Roman Lettuce Sauteed Lily Bulbs and Celery Sunny-side-up egg Milk with oatmeal American pancakes with jam	Butter 6 Wheat 25 Soybean oil 2 Eggs 30 Celery 40 Fresh Lily 5 Milk 100 Oatmeal 20 Butter 3 Chicken 20 Lettuce 20	Stir-fried curd bamboo with bok choy Stir-fried shredded radish Boiled egg Egg noodle soup Steamed rolls with sesame sauce	Flour 40 Tahini 1 Curd bamboo 15 Bok choy 70 Peanut Oil 4 Potato 20 Bell pepper 10 Eggs 60
Snack	Pears Melon	Pear 75 Melon 75	Dragon Fruit Mango	Dragon Fruit 75 Mango 75	Apple Pineapple	Apple 75 Pineapple 75	Banana Hami melon	Banana 75 Hami melon 75	Watermelon Blueberry	Watermelon 75 Blueberry 75
Lunch	Braised pork ribs with carrots Home-style minced pork with tofu Stir-fried shanghai cole Raisin rice West lake beef soup	Rice 60 Raisins 3 Fresh corn 50 Carrots 40 Pig ribs 50 Soybean oil 6 Tofu 40 Onion 10 Pork 30 Beef (hala) 10 Rapeseed oil 3 Shanghai cole 30 Egg 5	Mediterranean flavor roast chicken Caesar salad Baked tomato and corn with Black pepper and olive oil Pesto Spaghetti Rural Thick Soup	Lettuce 20 Lemon 5 Chicken drumsticks 20 Soybean oil 4 Pasta 40 Spinach 5 Basil 5 Mouth mushroom 5 Shrimp 5 Squid 5 Flour 10 Olive 5 Bacon 15 Potato 5 Carrot 5 Cabbage 20 Beef 5 Small tomatoes 20 Corn 10 Olive oil 2	Stewed pork with brown sauce Stewed fish fillet with tomato Stir-fried lettuce with garlic Red bean rice Tomato egg soup	Pork 50 Beef (Hala) 10 Corn 10 Soybean oil 2 Tomatoes 20 Dried black fungus 5 Sole fish 20 Rapeseed oil 3 Colored Pepper 5 Leaf lettuce 15 Egg 60 Red Bean 5 Tomatoes 30 Laver 1 Eggs 20 Sesame oil 2	Cheese steak burger Chicken Popcorn Mix vegetable salad French fries Cream corn soup	Flour 60 Cheese 5 Cucumber 20 Tomato 20 Lettuce 40 Beef 30 Eggs 15 Potato 30 Soybean oil 4 Chicken 20 Green peas 5 Cherry Tomatoes 5 Asparagus 5 Corn 20	Roast beef with potatoes Stir-fried Shredded pork with celery and three kinds of mushroom Garlic baby cabbage with bean vermicelli Golden rice Rice wine small rice balls	Potato 55 Beef 35 Corn Oil 3 Pleurrotus eyngi 60 Mussels 10 Mushroom 10 Celery 10 Pork 10 Beef (hala) 10 Peanut Oil 5 Baby cabbage 30 Bean vermicelli 5 Millet 20 Rice 50 Glutinous rice balls 15 Black sesame rice balls 15 Jiang rice wine 10
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Dried Cranberry 3 Raisins 3 Milk 200	Yoghurt Crispy cake	Yoghurt 200 Flour 20 Egg 5	Milk Steamed sweet potatoes	Milk 200 Sweet potato 25	Yoghurt Portuguese egg tarts	Yoghurt 200 Flour 15 Cream 10 Eggs 10 White sugar 2	Milk Steamed corn	Milk 200 Corn 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 nutrition evaluation standard (daily): energy 993 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. Nutritional analysis of this week's recipe (average daily): energy 1021 kcal, protein 46 g, high-quality protein function ratio greater than 50%, fat 29% of total calories, vitamin A361g, vitamin C 63mg, vitamin E 19mg, calcium 416mg, phosphorus 763mg, potassium 1596mg, magnesium 201mg, iron 11.6mg, zinc 6.5mg, selenium 27mg.
6. Nutrition evaluation of this week's recipe: the average daily energy is close to 993 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.

2023.05.22 - 05.26 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	黄豆芽炒粉条 手撕包菜 五香鹌鹑蛋 百合糯米粥 葱油饼	鹌鹑蛋 30 菜籽油 3 猪肉 10 彩椒 10 卷心菜 50 百合 2 糯米 10 粉条 10 黄豆芽 75 玉米油 3 小麦粉 40 细香葱 5 花生油 3	香烤洋葱配 美式培根 焗西兰花 红豆吐司 粟米忌廉汤	黄油 3 鸡蛋 5 小麦粉 20 红豆 3 油 3 西兰花 30 玉米 10 火腿 10 口蘑 10 培根 15 罗勒 2 脱水洋葱 20	平菇烧肉片 彩椒土豆丝 水煮蛋 冬瓜煲 黑米粥	小麦粉 25 彩椒 5 平菇 40 猪肉 15 牛肉(回) 10 花生油 3 土豆 20 豆腐 5 黑米 20 鸡蛋 50 葱 3	烤肠配罗马生菜 西芹百合 太阳煎蛋 牛奶燕麦 美式薄饼配果酱	黄油 6 豆油 2 鸡蛋 30 西芹 40 鲜百合 5 牛奶 100 燕麦片 20 黄豆 10 鸡 20 生菜 20	青菜炒面 清炒萝卜丝 水煮蛋 金菇蛋汤 麻薯卷卷	小麦粉 40 芝麻酱 1 黄瓜 15 小白菜 70 花生油 4 白萝卜 60 彩椒 10 鸡蛋 10
加奶	香蕉 甜瓜	香蕉 75 甜瓜 75	火龙果 芒果	火龙果 75 芒果 75	苹果 菠萝	苹果 75 菠萝 75	香蕉 哈密瓜	香蕉 75 哈密瓜 75	西瓜 蓝莓	西瓜 75 蓝莓 75
午餐	胡萝卜炖排骨 家常豆腐肉末 清炒上海青 葡萄酒干饭 西湖牛肉羹	大米 60 葡萄酒 30 鲜玉米 50 胡萝卜 40 猪大排 50 牛肉(回) 10 豆腐 40 洋葱 10 猪肉 30 菜籽油 3 上海青 30 牛肉 10 鸡蛋 5	地中海烤鸡 煎嫩沙拉 黑椒嫩滑油鸭 葡萄酒意大利面 乡村浓汤	生菜 20 柠檬 5 鸡腿 20 豆腐 4 卷心菜 40 菠菜 5 罗勒 5 口蘑 5 虾仁 5 鱿鱼 5 小麦粉 10 橄榄油 5 培根 15 土豆 5 胡萝卜 5 卷心菜 20 牛肉 5 小西红柿 20 玉米 10 橄榄油 2	红烧肉 番茄烩鱼片 蒜蓉油菜菜 红米饭 番茄鸡蛋汤	猪肉 50 牛肉(回) 10 玉米 10 豆腐 2 番茄 20 干木耳 5 龙利鱼 20 菜籽油 3 彩椒 5 油麦菜 15 糯米 60 红小豆 5 番茄 30 紫菜 1 鸡蛋 20 芝麻油 2	芝士牛排汉堡 香酥鸡米花 混合蔬菜沙拉 法式薯条 玉米浓汤	小麦粉 60 芝士 5 黄瓜 20 番茄 15 生菜 40 牛肉 30 鸡蛋 15 土豆 30 豆腐 4 鸡 20 荷兰豆 5 圣女果 5 芦笋 5 玉米 20	土豆烧牛肉 三鲜芦笋肉丝 金银双卷粉丝娃娃菜 黄金大米饭 米酒小汤圆	土豆 55 牛肉 35 玉米油 3 杏鲍菇 60 手撕卷 10 鸡腿菇 10 芹菜 10 猪肉 10 牛肉(回) 10 花生油 5 娃娃菜 30 粉丝 5 小米 20 大米 50 糯米 5 黑芝麻汤圆 15 江米酒 10
加奶	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5 蔓越莓干 3 葡萄干 3	酸奶 脆皮蛋糕	酸奶 200 小麦粉 20 鸡蛋 5	牛奶 圣女果	牛奶 200 红薯 25	酸奶 葡式蛋糕	酸奶 200 小麦粉 15 奶油 10 鸡蛋 10 白砂糖 2	牛奶 煮玉米	牛奶 200 鲜玉米 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, 以实际情况为主。
周食谱营养评价标准(每日): 能量 993 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 1021 千卡, 蛋白质 46 克, 优质蛋白占总蛋白的 50%, 脂肪占总热量的 29%, 维生素 A361g, 维生素 C63mg, 维生素 E19mg, 钙 416mg, 磷 763mg, 钾 1596mg, 镁 201mg, 铁 11.6mg, 锌 6.5mg, 硒 27mg。
本周食谱营养评价: 平均每日能量与 993 千卡接近, 蛋白质达 46 克以上, 优质蛋白占总蛋白的 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 等维生素和铁、锌等无机盐的含量达到此阶段儿童的膳食营养摄入量。