



NEWSLETTER

2022-2023 家校通讯录

Notes from the HOS Desk 校长寄语

I am delighted to bring you the latest updates and exciting events this week. Here's a roundup of the important happenings this week:

我们很高兴为您带来本周的最新更新和令人兴奋的活动。以下是本周重要事件的摘要：



WASC On-site Visit WASC团队实地考察

We are proud to announce that this week we welcomed the visiting team from the Western Association of Schools and Colleges (WASC).

我们自豪地宣布，本周我们接待了来自西方学校和学院协会（WASC）的考察团队。



This rigorous accreditation process allows us to evaluate our academic programs and overall school performance. We appreciate the time and effort put forth by our faculty, staff, parents and students to showcase the outstanding educational environment we have at Sias IS. The visiting WASC members gave high praise for our school development and some key suggestions for ongoing improvement. We will wait for their final report and decision about our candidacy later in July.

这一严格的认证过程让我们能够评估我们的学术项目和学校的整体表现。非常感谢我们的教职员工、家长和学生为展示西亚斯国际学校卓越的教育环境所付出的时间和努力。来访的WASC成员对我们学校的发展给予了高度赞扬，并提出了一些持续改进的关键建议。我们将在7月底得到他们关于我们候选人资格的最终报告和决定。



Parent Advisory Council (PAC) Members for A Meal Tasting Session

家委会成员试餐活动

We were pleased to invite members of our esteemed PAC to join us for a special tasting session. As part of our ongoing commitment to enhancing the school cafeteria experience, we sought their feedback and suggestions. PAC members were pleased with the quality and taste of the food. One member even said the cooking was better than her own.

我们非常荣幸地邀请到尊敬的家委会成员参加我们这次的特别试餐活动。作为我们不断致力于改善学校餐厅体验的一部分，我们征求了大家的反馈和建议。家委会成员对食物的质量和味道感到满意。一位成员甚至说这些菜甚至比她自己做的还要好。



Fort Hays State University Delegation 福特海斯州立大学代表团

On Friday we hosted the President of Fort Hays State University on our campus. Dr. Tisa Ann Mason was impressed with our campus and commitment to international education. Along with her General Counsel, Joseph Bain, and Global Affairs Academic Partnership Director, Dr. Philip Wittkorn, we discussed future partnership opportunities.

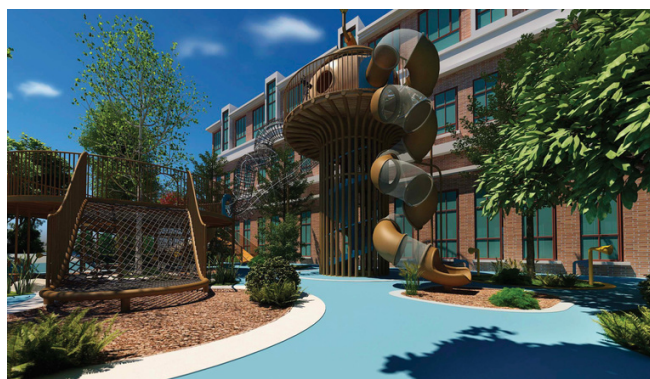
周五，我们在校园里接待了福特海斯州立大学的校长。蒂萨·安·梅森博士对我们的校园和对国际教育的投入印象深刻。我们与她的总法律顾问Joseph Bain和全球事务学术合作总监Philip Wittkorn博士一起讨论了未来的合作机会。



Construction of the Children's Playground Begins 儿童游乐园开工建设

We are excited to inform you that the construction of our much-anticipated playground has commenced this week. The playground will be a vibrant and safe space for our students to engage in recreational activities, outdoors education, and fostering their physical and social development. We will keep you updated on the progress of this project and eagerly look forward to its completion.

很高兴可以跟大家宣布，我们备受期待的游乐场已于本周开始施工。这个游乐场将是一个充满活力和安全的空间，供学生们娱乐，户外课堂，并促进他们的身心 and 社交发展。我们将随时向您更新项目的进展情况，并热切期待它的竣工。





Outstanding performances at the End-of-Year Music Concert 精彩的年终音乐会表演

Friday, we had the pleasure of witnessing a spectacular showcase of talent at our End-of-Year Music Concert. The students' performances were exceptional, demonstrating their hard work, dedication, and passion for music. We applaud the efforts of our music department and extend our gratitude to all the students for their remarkable contributions. Well done!

周五，我们有幸在年终音乐会音乐会上目睹了一场精彩的才艺表演。学生们的表演非常出色，展示了他们的努力、奉献和对音乐的热情。感谢音乐老师们的努力，并对所有学生做出的卓越贡献表示感谢。做得好！



Important Reminders 重要提醒

School Holiday: As a reminder, Sias IS will be closed for the Summer holiday on June 16th. We hope you and your family enjoy summertime together. On June 16th we will dismiss students at 11:30 AM.

学校假期：温馨提示，6月16日将为本学年的最后一天，随即开始放暑假。我们希望您和您的家人共度一个愉快的假期。6月16日上午11:30放学。

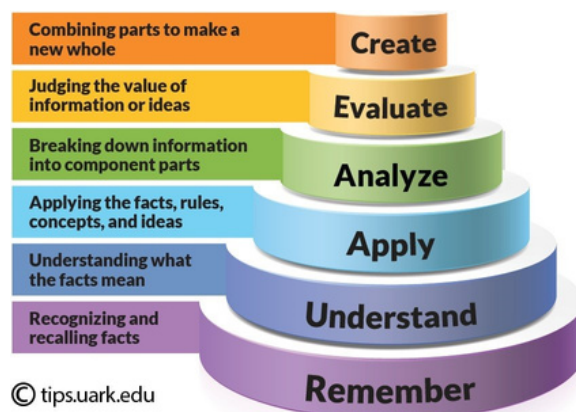
We appreciate your continuous support and involvement in making Sias IS a nurturing and enriching learning community. Should you have any questions or concerns, please do not hesitate to reach out to us.

我们十分感谢您的持续支持和参与，使Sias IS成为一个培养和丰富学习的社区。如果您有任何问题或疑虑，请随时联系我们。

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

According to the educational theory known as Bloom's taxonomy, knowledge is acquired in six stages starting with remembering (the lowest form of learning), understanding, applying knowledge, analyzing, evaluating and finally creating (the highest form of learning).

根据被称为布鲁姆分类法的教育理论，知识的获取分为六个阶段，从记忆（最低的学习形式）、理解、应用知识、分析、评估到最终创造（最高的学习形式）。



Activity for parents 家长活动

Encourage your child to give their views on various discussions at home. When a family spend their time together, it is very important to consider and respect a child's view point so that they feel confident in dealing with various problems in life. This will in a way enhance their personality development as well as their knowledge.

鼓励孩子就家里的各种讨论发表自己的看法。当一家人在一起时，考虑和尊重孩子的观点是非常重要的，这样他们才能有信心处理生活中的各种问题。这将在一定程度上促进他们的个性发展和知识的积累。

Student Learning for the Week 本周教学

PreK- 3

Sharing the Planet: Responsibilities Toward Saving Water

共享地球:节约用水的责任



As we approach the end of our Unit of Inquiry, Sharing the Planet, PreK - 3 students are working hard on their final project, which is aligned with our last line of inquiry, “Responsibilities Toward Saving Water.” The children created posters to inform the Sias IS community why water is essential and give tips on saving water at home and in school.

在探究单元“共享地球”即将结束之际，PreK3学生正努力准备期末总结，并将他们的总结与最后一条探究线索“节约用水的责任”联系起来，孩子们决定制作海报，告诉Sias IS社区为什么水是生活中必不可少的，并给出在家里和学校节约用水的建议。



The students drew inspiration from our last two units, “How We Organize Ourselves,” photo exhibition, and “How We Express Ourselves,” using different art forms for self-expression. They all took an active role in constructing the posters - the pictures say it all!

因为他们还不会写字，所以他们从我们上一单元 “How we organize ourselves” 图片展中得到了灵感，决定用照片来辅助他们的海报设计，这也显示了他们对我们第二单元 “How we express ourselves” 的理解，我们可以通过艺术来表达自己的，它包括不同的形式。学生们对海报的设计特别主动和投入，他们的照片说明了一切！



PreK - 3 will present these posters on June 2nd during the EY Community time. They are excited and looking forward to this special activity as this is our grade level's first time hosting Community Time.

学生们将在6月2日的社区时间展示这些海报。他们都很期待这次特别的活动，因为这是我们年级段的首次社区时间，而他们将这次活动的主持人。

G3

SDG Genius Hour SDG天才时刻



THE GLOBAL GOALS

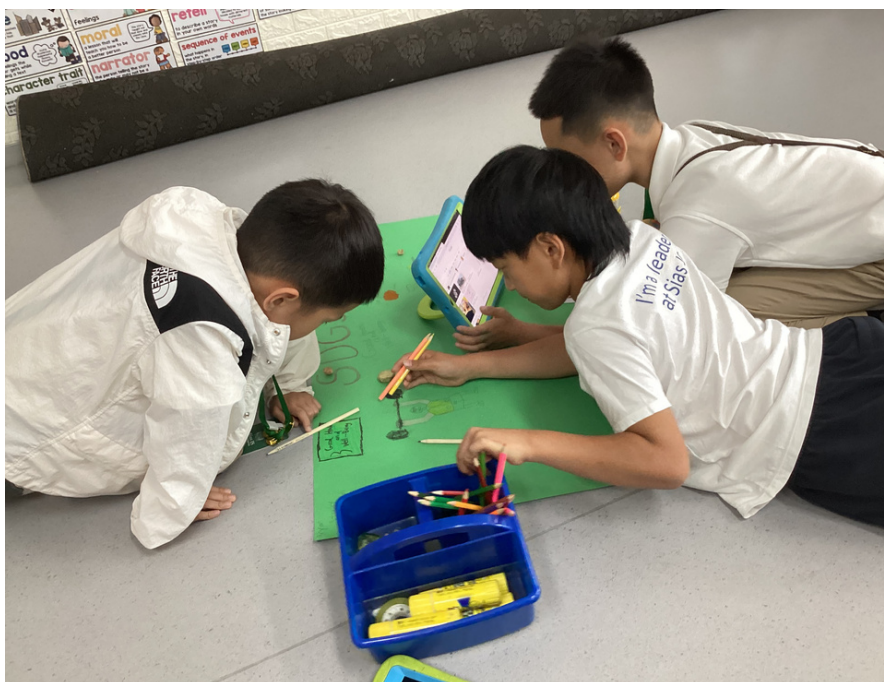
During our current unit of inquiry, How We Express Ourselves, the G3 students have been inquiring into UN Sustainable Development Goals.

在当前的探究单元“我们如何表达自己”中，三年级的学生一直在探究联合国可持续发展目标。

Students learned about the function of an inquiry process, how perspectives of self-expression may differ, and how connections to our interests can be enhanced through different strategies.

学生们学习了探究过程的功能，自我表达的观点如何不同，以及如何通过不同的策略来增强我们的兴趣。





Through this advocacy project, the G3 students have been developing their self-management, research, and communication skills. They keep themselves on track by completing their work in a timely manner, gathering the relevant information needed to answer inquiry questions, and communicating with their group members on how to organize the information.

通过这个宣传项目，三年级学生的自我管理、研究和沟通技能得到了发展。他们通过及时完成自己的工作，收集回答探究问题所需的相关信息，并与小组成员就如何组织信息进行交流来保持自己的进度。



As a culmination of their work, the G3 students will showcase their knowledge and hard work at their last General Assembly meeting in front of members of the Academic Leadership Team, the Instructional Leadership Team, and their families.

作为他们工作的顶峰，三年级的学生将在他们最后一次全体大会上向学术领导团队、教学领导团队和他们的家人展示他们的知识和努力。

MYP

Service in Action 服务在于行动



During the year, watching students develop their abilities during Service Time and Week Without Walls (WWW) has been a journey. Students have been hesitant to start, but have embraced the challenges, first in a school context and then outside.

在这一年里，看着学生们在服务活动时间和无墙之周(WWW)中发展自己的能力是一段美好的旅程。学生们一直在犹豫是否要开始，但当他们在校内和校外面对这些挑战和机遇时，他们都欣然的选择了接受。



Big Brother/Sister had students go down to PYP 2 to 5 to work with students on reading, Mathematics and project work. Despite some initial hesitance, students grew in confidence as they built relationships and improved their own skills. It has helped build their abilities as we start looking outward to develop our service program.

初中部的学生作为哥哥或姐姐，会去和小学二年级到五年级的学生一起学习阅读，数学和做一些项目。尽管一开始有些犹豫，但随着这些活动的展开，同学们逐渐建立了人际关系并提高了自身技能。同时，学生们的信心也在增强。这些活动能够很好的帮助学生建立他们向外发展服务项目的的能力。



Week Without Walls helped drive home two particular ideas that are important to service, helping those that need it (elderly) and also helping those that don't have a voice (nature). On Day 3, during one of their activities in a rural area, the students made a mess while preparing some food and needed to remove the objects that we introduced. While preparing a meal for the elderly, they served their guests first before eating, in addition to helping to clean up.

“无墙之周”让同学们明白了服务的两个重要理念:帮助那些需要帮助的人(老年人),也帮助那些没有发言权的人(大自然)。活动的第三天是在一个农村地区进行的,学生们在准备食物的时候弄得一团糟,同时还把之前介绍的东西删去。在为老人准备饭菜时,他们除了帮忙打扫卫生外,还为客人服务。等到这些服务都进行完毕后,他们才开始吃饭。

Next year we plan to expand on these projects to have students more involved in planning in the Big Brother/Sister and to be involved in the local community centers in some way.

明年,我们计划扩大这些项目,让学生更多地参与到“哥哥或姐姐”的活动中,并以某种方式参与到当地社区的规划以及社区服务中心当中。

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。



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: Bill Gates 2023 Commencement Speech at Northern Arizona University

大学聚焦:常春藤盟校拒绝完美学生

Bill Gates, the founder of Microsoft and the Bill Gates Foundation, made an exception this year by giving the commencement speech for Northern Arizona University (NAU). Gates supports NAU because he disagrees with the current university ranking system. He believes universities should be evaluated based on how well they advance the future of their students rather than their exclusivity or other traditional criteria.

微软和比尔盖茨基金会的创始人比尔·盖茨今年破例为北亚利桑那大学 (NAU) 发表了毕业典礼演讲。盖茨支持 NAU，因为他不同意目前的大学排名系统。他认为应该根据大学对学生未来发展的促进程度而不是其排他性或其他传统标准来评估大学。





NAU enhances students' social and economic opportunities, giving them a brighter future than their family backgrounds. During his keynote address, Gates made several noteworthy points.

NAU 为学生提供了更多关于社会和经济领域的机会，学生们从这些机会中取得的经验财富远比他们利用家庭背景取得的机会要丰富。这位学生们构建了更光明的未来。在他的主题演讲中，盖茨提出了几个值得关注的信息点。

He emphasized that life is not a one-act play and that students should not fixate on how their university degree defines them forever. Instead, they will have numerous career opportunities and encounters with unsolvable problems, where seeking knowledge from experts becomes crucial for success.

他强调，人生不是一出戏，学生不应该总是执着于大学学位对他们的定义。相反，他们应该把关注点放在未来有丰富的职业选择，并且当他们遇到很多无法解决的问题时，有能力向专家寻求相关知识来解决问题。这些才是成功的关键。

Bill Gates advised students to always surround themselves with talented friends. These friendships can foster innovative networks and create future business prospects.

比尔·盖茨建议学生们多结交才华横溢的朋友。这些友谊可以培养创新网络并创造未来的商业前景。

Considering Gates' advice, when choosing universities, parents should prioritize institutions that offer the greatest benefits to their children, such as skill development, professional networks, and their ability to instill in their graduates the confidence to pursue future opportunities.

考虑到盖茨的建议，在选择大学时，家长应该优先考虑那些能为他们的孩子带来最大好处的学校，例如技能发展、专业网络，以及他们为毕业生灌输追求未来机会的信心的能力。

Menus 菜单

2023.05.29 - 06.02 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	Silver sprouts in vinegar Fried shredded pork with carrots Spicy quail eggs Scallion cake Rice congee with red dates	Mung bean sprouts 80 Peanut oil 8 Carrots 30 Pork 10 Beef (Hala) Soybean oil 2 Quail Eggs 30 Wheat flour 40 Scallion 5 Rice 15 Date 5	Grilled sausages Baked eggs with cheese and roman lettuce Coconut bread Milk corn flakes	Lettuce 20 Chicken 20 Butter 6 Bell pepper 3 Cheese 3 Eggs 28 Flour 50 Coconut 1 Milk 10 Sugar 2 Yellow corn flour 5 Milk 100	Stir-fried meat with luffa Stir-fried Pak Choi Boiled egg Steamed twisted roll Millet sweet potato congee	Luffa 60 Pork 20 Beef (Hala) Soybean oil 8 Pak Choi 30 Eggs 50 Flour 20 Onions 2 Millet 10 Sweet potatoes 5	Roasted pork neck with mushrooms with black pepper Cauliflower in butter Sunny-side-up egg Caterpillar bread Milk with Cornel	Mouth mushroom 20 Pork 10 Beef (Hala) Soybean oil 4 Bell pepper 5 Cauliflower 40 Butter 6 Eggs 35 Flour 25 Milk 100	Stir-fried tofu sheet with carrot and enoki mushroom Roasted tofu with Chinese cabbage Boiled egg Quinoa and lotus seed congee Mixed cereals steamed buns	Tofu sheet 10 Carrot 10 Enoki mushroom 10 Soybean oil 2 Tofu 10 Chinese cabbage 20 Eggs 50 Quinoa 10 Dried silver fungus 10 Lotus seed 10 Sorghum flour 5 Wheat flour 20
Snack	Watermelon Pear	Watermelon 75 Pear 75	Mango Kiwi	Mango 75 Kiwi 75	Banana Blueberry	Banana 75 Blueberry 75	American Sweet Orange Red Grape	American Sweet Orange 75 Red Grape 70	Hami melon Apple	Cantaloupe 75 Apple 75
Lunch	Fried shredded pork with long beans Braised eggplant Stir-fry dried noodles with meat Mung bean water	Carrot 30 Bell pepper 8 Pork loin 15 Beef (Hala) Eggplant 25 Soybean oil 2 Noodles 20 Bell pepper 5 Tomato 10 Pak Choi 5 Egg 5 Mung Bean 3	French style vanilla roast lamb Roast potato with tuna French salad Thai fried rice with pineapple Seafood soup	Onion 15 Parsley 10 Lamb 35 Potato 25 Dragon Fish 5 Cucumber 20 Tomato 20 Lettuce 20 Fresh corn 10 Rice 50	Crispy shrimp with salt and pepper Stir-fried celery and egg curds Yu style brine noodles Seaweed egg drop soup	Scallion 8 Shrimp 20 Fried Dough Twists 10 Soybean oil 4 Tofu 10 Celery stem 25 Egg 5 Wheat flour 15 Carrot 10 Long bean 10 Soybean Sprouts 10 Pork 15 Beef (Hala) Peanut oil 3 Tomatoes 15 Laver 5 Eggs 58	Chicken burger French fries Chicken popcorn Tuna salad Kelp tofu soup	Wheat 30 Pork 20 Beef (Hala) Cheese 10 Potatoes 30 Soybean oil 4 Chicken 20 Cucumber 20 Tomatoes 5 Lettuce 40 Tuna 5 Tofu 10 Kelp 10	Kung Pao Chicken Marinated tofu skewers Lamb noodle soup Steamed bun	Garlic sprout 30 Fresh lettuce 5 Dried fungus 5 Peanuts 3 Pork 20 Beef (Hala) Carrot 15 Tofu 25 Soybean oil 2 Flour 40 Carrot 10 Pak Choi 10 Lamb 15 Canola Oil 3 Flour 50
Snack	Milk Mix nuts	Milk 200 Walnut 5 Cashew 5 Hazelnut 5 Almond 5	Mixed flavored cookies Yogurt	Flour 20 Egg 5 White sugar 2 Butter 2 Yogurt 200	Steamed small taro Milk	Taro 25 Milk 200	Puff red bean pastry Yogurt	Flour 20 Red bean paste 5 Butter 3 Egg 1 White sugar 2 Yogurt 200	Chinese yam Milk	Chinese yam 25 Milk 200

Remarks: 1. Sias IS uses the 2022 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 1001 kcal, protein 35 grams, animal and soy protein about 17 grams, fat accounts for less than 30% of total calories, vitamin A420ug, vitamin C49mg, 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 diet (average daily): energy 997 kcal, protein 36 g, high-quality protein function ratio greater than 50%, fat 29% of total calories, vitamin A 351g, vitamin C 46mg, vitamin E 19mg, calcium 381mg, phosphorus 660mg, potassium 1356mg, magnesium 158mg, iron 9.5mg, zinc 5.2mg, selenium 25mg.
6. Nutritional evaluation of this week's recipe: the average daily energy is close to 1001 kcal, the protein is more than 35 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.

2023.05.29 - 06.02 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	醋溜银芽 胡萝卜炒肉丝 五香鹌鹑蛋 葱油饼 红枣大米粥	绿豆芽 80 花生油 8 胡萝卜 30 猪肉 10 牛肉 (回) 2 豆腐 2 鹌鹑蛋 30 小麦粉 40 细香葱 5 大米 15 枣 5	烤肠 罗马生菜 芝士肉卷 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 面粉 50 椰子 1 牛乳 10 白砂糖 2 黄玉米面 5 牛奶 100	丝瓜炒肉 清炒上海青 水煮蛋 小花卷 小米地瓜粥	丝瓜 60 猪肉 20 牛肉 (回) 2 豆腐 8 上海青 30 鸡蛋 50 小麦粉 20 小葱 2 小米 10 红薯 5	黑椒口蘑烧猪颈肉 黄油花菜 太阳煎蛋 毛毛虫面包 牛奶配嘉瑞尔	口蘑 20 猪肉 10 牛肉 (回) 2 豆腐 4 彩椒 5 白花菜 40 鸡蛋 6 鸡蛋 35 小麦粉 25 牛奶 100	熟炖三丝 白菜烧豆腐 水煮蛋 藜麦莲子粥 杂粮馒头	干张 10 胡萝卜 10 金针菇 10 豆腐 2 豆腐 10 大白菜 20 鸡蛋 50 藜麦 10 干银耳 10 莲子 10 高粱面 5 小麦粉 20
加餐	西瓜 雪梨	西瓜 75 梨 75	芒果 猕猴桃	芒果 75 猕猴桃 75	香蕉 蓝莓	香蕉 75 蓝莓 75	美国大甜橙 红提	美国大甜橙 75 红提 75	哈密瓜 苹果	哈密瓜 75 苹果 75
午餐	豆角炒肉丝 黄焖茄子 爆炒刀削面 绿豆水	豆角 30 甜椒 8 猪里脊 15 牛肉 (回) 2 茄子 25 豆腐 2 面条 20 彩椒 5 番茄 10 上海青 5 鸡蛋 5 绿豆 3	法式香草烤羊肉 香烤土豆配吞拿鱼 法式田园沙拉 泰式菠萝炒饭 海鲜汤	洋葱 15 西芹 10 羊肉 35 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 菠萝 10 鸡蛋 15 鸡蛋 15 小葱 3 白蘑菇 10 虾 10 豆油 3	椒盐香酥虾 芹香鸡蛋干 豫式卤面 紫菜蛋花汤	细香葱 8 虾 20 麻花 10 豆油 4 豆腐 10 芹菜茎 25 鸡蛋 5 小麦粉 15 红萝卜 10 豆腐 10 黄瓜 10 猪肉 15 牛肉 (回) 2 花生油 3 番茄 15 紫菜 5 鸡蛋 58	芝士鸡排汉堡 法式薯条 香酥鸡米花 金枪鱼尼斯沙拉 海带豆腐汤	小麦 30 猪肉 20 牛肉 (回) 2 奶酪 10 土豆 30 豆腐 4 鸡 20 黄瓜 20 西红柿 5 生菜 40 金枪鱼 5 豆腐 10 海带 10	富锦鸡丁 虎水豆腐串 羊肉糟汤面 小杠子馍	蒜薹 30 鲜豌豆 5 干木耳 5 花生 3 猪里脊 20 牛肉 (回) 2 胡萝卜 15 豆腐 25 豆腐 2 小麦粉 40 胡萝卜 10 上海青 10 羊肉 15 菜籽油 3 小麦粉 50
加餐	牛奶 混合坚果	牛奶 200 核桃 5 腰果 5 榛子 5 杏仁 5	多味饼干 酸奶	面粉 20 鸡蛋 5 白砂糖 2 牛油 2 酸奶 200	小芋头 牛奶	芋头 25 牛奶 200	千层红豆酥 酸奶	小麦粉 20 红豆沙 5 黄油 3 鸡蛋 1 白砂糖 2 酸奶 200	铁棍山药 牛奶 1	山药 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。
4. 周食谱营养评价标准 (每日): 能量 1001 千卡, 蛋白质 35 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, 铁 8.4mg, 锌 8.4mg, 硒 17.5mg。
5. 本周食谱营养分析 (平均每日): 能量 997 千卡, 蛋白质 36 克, 优质蛋白占比大于 50%, 脂肪占总热量的 29%, 维生素 A351g, 维生素 C46mg, 维生素 E19mg, 钙 381mg, 磷 660mg, 钾 1356mg, 镁 158mg, 铁 9.5mg, 锌 5.2mg, 硒 25mg。
6. 本周食谱营养评价: 平均每日能量与 1001 千卡接近, 蛋白质达 35 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。