



# NEWSLETTER

August 11, 2023

2023年8月11日

NO. 00072



## Notes from the HoS Desk 校长寄语

Welcome back! I loved seeing our returning and new students Thursday for the Meet the Teacher event. Our instructional staff were thrilled to meet their students and start the new school year.

欢迎回来！我很高兴在周四见到我们的新老学生们参加“教师见面会”活动。所有的老师们都为见到他们的学生和新学期的开始感到振奋。



## First Day of School 开学第一天

Monday, August 14, is the first day of school. Breakfast is served from 7:30 to 7:55. Classes start at 8:00. Pick-up is at 15:15. Please send students to school wearing their new Sias IS t-shirt.



8月14日，星期一，是外籍学校开学第一天。早餐时间为7:30至7:55。课程将于8:00开始。下午放学时间为15:15。请确保孩子们穿着他们新的Sias IS T恤衫来迎接开学第一天！

## School Bus 校车服务

To facilitate students' commute, we offer a school bus service. We encourage parents to scan School Bus Survey QR code below for registration. The school bus ensures that students travel to school in a safe and comfortable environment, enhancing their learning experience.

为了方便学生的上下学，学校提供校车服务。我们鼓励家长们扫描下方二维码进行校车报名。校车将确保学生在安全、舒适的环境中前往学校，为他们的学习体验增添便利。





## Cafeteria Changes

### 餐饮调整

In the new academic year, we have made some adjustments to the meal fees. Here are the details:

- EY meal fees remain unchanged at 42 RMB per day, including two meals and two snacks.
- For PY and MY students, meal fees will be adjusted to 45 RMB per day, including two meals and two snacks.
- If your child does not require breakfast at school, the EY meal fee will be adjusted to 32 RMB per day, while the PY and MY students' fees will be adjusted to 35 RMB per day.

We are committed to providing students with balanced and nutritious meals to support their healthy growth.

在新学年里，我们对餐费进行了一些调整。具体如下：

- 幼儿园餐费维持不变，为42元/天，包含两餐两点。
- 小学部和中学部的餐费调整为45元/天，包含两餐两点。
- 如果您的孩子不需要在学校用早餐，幼儿园部分的费用调整为32元/天，小学部和中学部调整为35元/天。

我们致力于为学生提供均衡营养的餐食，以支持学生们的健康成长。





## Parent Advisory Council 家长委员会

If you are interested in participating in the school's Parent Advisory Council and contributing your ideas, we welcome you to scan the QR code below for enrollment. The Parent Advisory Council is a platform that works closely with the school, providing parents with opportunities to engage in school affairs and jointly create a positive learning environment.

如果您有兴趣参加学校的家长委员会活动并贡献您的建议，欢迎您扫描下面的二维码报名。家长委员会是一个与学校紧密合作的平台，为家长提供参与学校事务的机会，共同为学生们创造一个积极的学习环境。



## Drop-Off/Pick-Up 接送须知

To ensure the safe and orderly pick-up and drop-off of students, we have provided parents with the guide chart, please check it carefully. Please follow traffic directions and pick up your children on time to ensure their safety.

为了确保学生的安全和有序接送，我们为家长们提供了接送引导图，请仔细查阅。请遵循交通引导，按时接送您的孩子，以确保他们的安全。



In the new academic year, we look forward to growing and progressing together with each student and parent. If you have any questions or needs, please feel free to contact the class teacher or the school receptionist at any time. Let's work together to create a wonderful learning experience! Wishing you all a fulfilling and joyful school year!

在新的学年里，我们期待着与每一位学生和家長一起共同成长和进步。如果您有任何问题或需求，请随时联系班级老师或者学校前台老师。让我们一起创造美好的学习体验！祝愿大家有一个充实而愉快的学年！





## Menu 菜单

2023.08.14 - 08.18 Menu <span>Note: all weights are in grams</span>										
	Monday	Nutritional volume (g)	Tuesday	Nutritional volume (g)	Wednesday	Nutritional volume (g)	Thursday	Nutritional volume (g)	Friday	Nutritional volume (g)
Breakfast	Scrambled egg with tofu Sliced pork with wax gourd Pumpkin and rice porridge Scallion pancake	Wheat flour 30 Spinach 45 Eggs 15 Soybean oil 6 Tofu 50 Wax gourds 30 Pork (Lean) 15 Pumpkins 10 Starch (rice) 15	American style scrambled egg with mixed bean Grilled sausage with lettuce Milk and Cereal Pancake with jam	Wheat flour 20 Eggs 5 Butter 3 Apple flavored jam 15 Soybean oil 2 Eggs 10 Green peas 50 Romaine lettuce 20 Chicken 10 Whole milk powder 5	Boiled spiced quail egg Shredded beef tenderloin with color pepper & potato Lean pork with mushroom & vegetable congee Handmade spring roll	Wheat flour 40 Millet flour 10 Quail eggs 30 Soybean oil 2 Beef (tenderloin) 10 Potatoes 15 Colored peppers 10 Baby bok choy 30 Pork tenderloin 10 Fresh mushrooms 3	Sunny-side up fried egg Tuna fish with potato Oatmeal with milk Red bean toast	Wheat flour 40 Red bean paste (peeled) 10 Soybean oil 5 Eggs 30 Tuna fish 20 Potatoes 30 Oatmeal 20 Milk 100	Stir-fried egg with cucumber, black fungus & onion Moo-shu pork Boiled corn grits with Chinese wolfberry Steamed scallion roll	Wheat flour 40 Onions 10 Cucumbers 50 Black fungus 15 Eggs 15 Peanut oil 7 Pork tenderloin 30 Celery 60 Oat 10
Snack	Apple	Apple 150	Kiwi	Kiwi 150	Korla pear	Korla pear 150	Dekopon orange	Dekopon orange 150	Watermelon	Watermelon 150
Lunch	Steamed rice Stewed beef with white radish Kung Pao chicken Stir-fried baby bok choy Vermicelli and wax gourd soup	Rice 45 Carrots 35 White radishes 40 Clantro 3 Beef (tenderloin) 35 Sesame oil 5 Chicken breast 25 Peanut oil 4 Long Beans (fresh) 15 Tofu 20 Baby bok choy 30 Soybean oil 3 Bok choy 25 Vermicelli 10	Creamy cheese mushroom noodle Chicken nugget with ketchup French pastoral salad Potato soup	Mushrooms (fresh) 20 Beef (tenderloin) 5 Celery 20 Carrots 10 Noodles 60 Chicken 10 Beef fillet 15 Cucumbers 20 Tomatoes 20 Lettuce 20 Potatoes 20	Tai chi rice Braised meatball with wax melon & mushroom Braised duck breast with soy sauce Stir-fried asparagus lettuce Water chestnut coix seed lily soup	Millet 15 Rice 33 Cornstarch 10 Wax gourd 60 Pork tenderloin 30 Mushrooms (fresh) 20 Corn oil 5 Rapeseed oil 8 Duck 30 Tomatoes 20 Onions 15 Carrots 20 Potatoes 15 Fresh asparagus lettuce Water chestnut 20 Lily (dry) 3 Coix 10	Chicken burger French fries with ketchup Waffle salad Chicken nugget Borscht soup	Chicken 30 Wheat flour 50 Lettuce 10 Tomatoes 20 Cucumbers 10 Peanut oil 3 Ketchup 5 Potatoes 23 Soybean oil 3 Raisin 5 Fuji Apples 20 Celery 20 Onions 5 Beef (lean) 5	Braised pork with potato Steamed golden rice Boiled lettuce Stir-fried shredded pork with celery Seaweed egg drop soup	Pork 25 Peanut oil 4 Rice 50 Green peas 10 Tomatoes 60 Carrots 30 Lettuce 35 Soybean oil 3 Color pepper 10 Celery 50 Cabbage moss 30 Soybean sprout 5 Wheat flour 10 Potatoes 20
Snack	Milk Steamed corn	Milk 200 Fresh corn 35	Yogurt Walnut	Yogurt 200 Walnuts (dry) 10	Milk Yellow peach egg tart	Milk 200 Milk 15 Eggs 10 Yellow peaches 5	Yogurt Salted peanut	Yogurt 200 Peanut 15	Milk Cashew	Milk 200 Cashew 15
Remarks: 1. Our school refers to the "Dietary Guidelines for Chinese Residents 2022 - Dietary Guidelines for School-Age Children" to formulate weekly recipes and plan meals. 2. Chinese food is provided on Monday, Wednesday and Friday every week, and Western food is provided on Tuesday and Thursday. Due to market supply problems, some dishes may change, mainly based on the actual situation. 3. Weekly diet nutrition evaluation standard (daily): energy 1007 kcal, protein 34 grams, animal and soy protein about 17 grams, fat accounts for less than 30% of total energy, vitamin A 420ug, vitamin C 49mg, vitamin E 3.5mg, calcium 560mg, phosphorus 350mg, potassium 1050mg, magnesium 105mg, iron 8.4mg, zinc 8.4mg, selenium 17.5mg. 4. Nutritional analysis of this week's diet (average daily): Energy 1082 kcal, protein 41 grams, high-quality protein function ratio greater than 50%, fat accounts for 29% of total energy, vitamin A 350ug, vitamin C 71mg, vitamin E 18mg, calcium 421mg, phosphorus 714mg, potassium 1508mg, magnesium 193mg, iron 12mg, zinc 6mg, selenium 21mg. 5. Nutrition evaluation of this week's recipe: the average daily energy is close to 1007 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.										

2023.08.14 - 08.18 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	豆腐滑蛋 冬瓜肉片 南瓜香米粥 手撕葱油饼	小麦粉 30 菠菜 45 鸡蛋 15 豆油 6 豆腐 50 冬瓜 30 猪肉(瘦) 15 南瓜 10 淀粉(大米) 15	美式杂豆炒蛋 烤箱配罗马生菜 牛奶配嘉瑞尔 美式薄饼配果酱	小麦粉 20 鸡蛋 5 黄油 3 苹果酱 15 豆油 2 鸡蛋 10 青大豆 50 生菜 20 鸡 10 全脂牛奶粉 5	五香鹌鹑蛋 彩椒土豆里脊丝 香菇青菜瘦肉粥 手工橙色卷	小麦粉 40 小米面 10 红豆沙 30 豆油 2 牛肉(里脊) 10 土豆 15 彩椒 10 小白菜 30 猪里脊 10 鲜香菇 3	太阳煎蛋 土豆金枪鱼 牛奶燕麦粥 红豆吐司	小麦粉 40 红豆沙 10 豆油 5 鸡蛋 30 金枪鱼 20 土豆 30 燕麦片 20 牛乳 100	黄瓜木耳炒鸡蛋 翡翠肉片 枸杞玉米糝 葱香小花卷	小麦粉 40 洋葱 10 黄瓜 50 水发木耳 15 鸡蛋 15 花生油 7 猪里脊 30 西芹 60 燕麦 10
		苹果	苹果 150	猕猴桃	中华猕猴桃 150	库尔勒香梨	库尔勒香梨 150	枇杷柑	枇杷柑 150	西瓜
午餐	大米饭 牛肉炖萝卜 八宝芙蓉鸡丁 清炒上海青 冬瓜虾仁粉丝汤	稻米 45 红萝卜 35 白萝卜 40 香菜 3 牛肉(里脊) 35 芝麻油(香油) 5 鸡胸脯肉 25 花生油 4 龙豆(鲜) 15 豆腐 20 上海青 30 豆油 3 大白菜 25 粉丝 10	蘑菇(鲜蘑) 20 牛肉(里脊) 5 西芹 20 胡萝卜 10 面条 60 鸡胸肉 10 牛柳 15 黄瓜 20 番茄 20 生菜 20 土豆 20	太极米饭 冬瓜蘑菇炖肉丸 酱烧鸡胸肉 清炒莴笋 荸荠薏仁百合汤	小米 15 稻米(X) 33 玉米淀粉 10 冬瓜 60 猪里脊 30 蘑菇(鲜蘑) 20 玉米油 5 菜籽油 8 鸭 30 番茄 20 洋葱 15 胡萝卜 20 土豆 15 鲜芦笋 30 马蹄 20 百合(干) 3 薏米 10	鸡排汉堡 薯条配番茄沙司 华都沙拉 鸡米花 罗宋汤	鸡 30 小麦粉 50 生菜 10 番茄 20 黄瓜 10 花生油 3 黄金大米 5 白灼生菜 土豆 23 豆油 3 葡萄干 5 红富士苹果 20 西芹 20 洋葱 15 牛肉(瘦) 5	土豆烧肉 黄金大米 白灼生菜 肉丝小芹菜 彩椒 10 紫菜蛋汤	猪肉 25 花生油 4 稻米 50 青大豆 10 番茄 60 胡萝卜 30 生菜 35 豆油 3 彩椒 10 西芹 50 白菜茎 30 黄豆芽 5 小麦粉 10 土豆 20	
		牛奶 蒸玉米	牛奶 200 鲜玉米 35	酸奶 核桃仁	酸奶 200 核桃(干) 10	牛奶 黄桃蛋挞	牛奶 200 牛奶 15 鸡蛋 10 黄桃 5	酸奶 盐水花生	酸奶 200 花生 15	牛奶 腰果
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。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。 3. 周食谱营养评价标准（每日）：能量 1007 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。 4. 本周食谱营养分析（平均每日）：能量 1082 千卡，蛋白质 41 克，优质蛋白占总蛋白的 50%，脂肪占总热量的 29%，维生素 A350ug，维生素 C71mg，维生素 E18mg，钙 421mg，磷 714mg，钾 1508mg，镁 193mg，铁 12mg，锌 6mg，硒 21mg。 5. 本周食谱营养评价：平均每日能量与 1007 千卡接近，蛋白质达 40 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能量的 30%，维生素 A、维生素 C、维生素 E 等维生素和钙、铁、锌、镁无机盐的含量达到此阶段儿童的膳食营养摄入量。										