



NEWSLETTER

August 18, 2023 | 2023年8月18日

NO. 00073



Notes from the HoS Desk 校长寄语

The first week of school at Sias was off to a flying start. Our students were happy to be back and our staff were energized by all of the new students. Students are learning the new classroom procedures and routines, assessing their learning to track their progress for the school year, and building relationships with classmates and staff.

西亚斯外籍学校开学第一周顺利结束，也为整个学年开了个好头。学生们开开心心返校，教职工们也被孩子们的精神气儿鼓舞着。学生们正在努力学习新的课堂秩序和新的教学流程，在学年开始接受评估以跟踪孩子们在整个学年中的发展与进步，同时也在跟同学、教职工们建立起联系。

Parent Advisory Council 家长咨询委员会

Thank you to all of the parents who have signed up to volunteer. We need more MYP parents to volunteer so we can have equal representation. Next week we will communicate with the parents who have volunteered. The role of the Parent Advisory Council is to provide feedback to the Head of School, to participate in the growth and development of Sias IS, and to communicate any concerns or suggestions.

感谢所有积极报名家委会的家长。根据报名数据显示，我们需要更多的中学部家长积极报名，以确保每个阶段都有相对平等的家长代表权。下周我们将与报名的家长进行沟通。成立家长咨询委员会的主要目的是为家长搭建一个向校长提供反馈、参与学校的成长和发展、并沟通任何担忧或建议的平台。



Parent and School Communication 家校沟通

Thank you to the parents who have been using DingTalk to communicate with their homeroom teachers. This is the best, fastest way to get information about your child. We also encourage you to use the Front Desk Dingtalk if you have general school questions. For further concerns or deeper communication, you may schedule an appointment with Principal Addie about instructional needs. For any parent who would like to have a coffee or tea with me, Dr. Mills, my calendar is always open on Tuesdays from 8:00 AM to 9:00 AM and Thursdays from 3:15 to 4:15. Please feel free to stop by or schedule time with Wendy, my assistant.

感谢一直使用钉钉与班级老师进行沟通的所有家长们。这是获取孩子信息的最好、最快的方法。如果您对学校各方面存在疑问，我们也鼓励您通过钉钉联系前台老师。如需进一步关注或深入沟通，您可与艾迪校长预约了解教学需求。若您想和我（米尔斯校长）一起喝杯咖啡或茶，我的办公室每周二早上8点到9点，每周四下午3点15分到4点15分对所有家长开放。请随时与我的助理温蒂沟通，安排时间。

Paying for Meals 餐费支付

We hope our students enjoyed their first week back in school, and like our food. This is to remind that we still have 30% parents who have not made their children's meal fee payment to the school. To help our school continue providing safe and healthy food to our students, parents who have yet to make the payment are encouraged to pay **before 5 p.m., Monday, 21 August** via the link below, or make a bank transfer.

我们希望孩子们度过了开心愉快的一周，并且希望孩子们喜欢学校提供的餐点。学校目前有30%左右的家长还未为孩子缴纳餐费，为保障学校继续为孩子提供安全健康的餐食，特此温馨提醒还未缴纳餐费的家长，在**8月21日星期一下午5点之前**完成餐费支付。

If your child doesn't need to eat school meals, please complete the DingTalk survey on the right. 如您的孩子不需要在校用餐，请填写右侧钉钉问卷：

<https://u4c0fjqxfa.jiandaoyun.com/f/64d4bbe4df8424000863e307>



1. Alipay 支付宝付款

Scan the QR code with Alipay Application. Input your child's student ID to make the payment.

请使用支付宝扫码支付。您需要输入孩子的学号后，才能完成支付。

23-24学年餐费缴费Meal fee



2. Wire transfer 银行转账

Bank account name: 郑州郑东新区西亚斯外籍人员子女学校

Bank account Number: 8111101012001542917

Bank name: 中信银行现代城支行

Please make sure you include in the comment box: student name, grade and class, and student ID. So that our school can confirm payment collection.

银行转账时请务必备注“学生名字、班级和学号信息”，以便于学校核对餐费缴费情况。

Message from the Nurse 保健医的提醒



Our school cares about the health and safety of our students.

If your child has allergies or other health conditions that you need the school to be aware of, but you have yet notified the school, here is another chance to notify the school. If you are not sure whether your feedback in the past has been received, you are more than welcome to let the nurse know again. You can provide your feedback by filling in the survey below, **before 5 p.m., Wednesday, August 23.**

学生的安全和健康是保健室工作重心，也是学校最关心的事项之一。

如果您的孩子有过敏情况或其他健康状况，需要学校知悉并注意的，但您还未通知学校的，您可以通过本页的链接或者二维码反馈。如果您不确定您之前的反馈是否已由保健室备注在案，您可通过填写问卷，再次反馈。本调查问卷截止时间是**8月23日星期三下午5点**。

Survey link 问卷链接：

<https://www.jiandaoyun.com/app/6177ad8d74f53d00078c5c20/entry/64ddc899463d38000870c366>

Scan the QR Code with DingTalk
钉钉程序扫码



ASA Registration

课外课程报名活动

Registration for ASAs is coming around!! We will share one QR code in Dingtalk group on Monday(Aug 21) please scan it and chose your student's age group to register for ASAs.

课外活动课程报名即将开始啦!!请您关注下周一（8月21日）在钉钉群中分享的二维码，根据孩子的年龄报名课程。

The following are the reminders that you may need to know:

以下几点请您知悉：

- 1、ASAs have limited capacity and are first come first served. The registration is from Tuesday, August 22, 9:00 am to Thursday, August 24, 17:00. Registration will close on Thursday, August 24 at 5 pm;
- 2、Unpaid registration records will be deleted. Registration is final once the fees are paid successfully;
- 3、Students can only attend classes after registration and payment are completed;
- 4、Only one registration is accepted for each child. Please choose courses carefully;
- 5、Only choose 1 ASA per each time period;
- 6、If you have difficulty making the payment, please contact Ms. Josie via DingTalk or Email at josieli@siasinternationalschool.org or call Sias IS during work hours 8:00-16:30 PY&MYP: 16696116693 EY:18539253681).

- 1、每个班名额有限，先到先得。**报名时间为2023年8月22日周二 9:00-8月24日周四17:00**。逾期将无法报名；
- 2、未付款的报名记录将会被删除，所有报名均已付款成功为最终确认；
- 3、有效报名以付款成功为准；
- 4、每位孩子仅接受一次报名，请谨慎选择课程；
- 5、每个时间段仅可选择一种课程；
- 6、如果您在付款时遇到困难，
请钉钉联系Josie老师或者邮箱联系（josieli@siasinternationalschool.org）
或工作时间8:00-16:30致校电小学&中学:16696116693 幼儿园:18539253681。



EAL / ET Notes: EAL (for PY students) and ET (English Tutoring for MYP students) classes are on invitation bases only. The selected students will be notified by the teacher and must take this class (Monday & Tuesday 3:15-4:15). Please do not choose other ASA at the same time as your EAL / ET class, in case the ET (MYP) classes time clash with the sports team (Monday & Thursday 3:15-5:15), the student will take ET classes first and later join the sports team from 4:15 to 5:15, coaching cost will be readjusted.

Refund Policy: ASAs are optional, once registered students are expected to attend all ASAs selected every week, as activities are opened based on student registration, missing classes for personal reasons will not merit a refund or extension of classes; missing classes due to Sias IS or vendor's reasons will arrange extension of classes or merit a refund accordingly.

EAL/ET 英文辅导课程说明: EAL (针对PY班学生的英文辅导) 和ET (针对MYP班学生的英文辅导) 课程为邀请制。被选中的学生将收到老师的通知, 并必须参加该课程 (周一和周二 3:15-4:15)。如果 ET (MYP) 班的上课时间与运动队的上课时间 (周一和周四 3:15-5:15) 冲突, 学生将先上 ET 班, 然后在 4:15 至 5:15 参加运动队, 教练费用将重新调整。

退款政策: ASA 是可选的, 一旦注册, 学生应参加每周选定的所有 ASA 课程, 因为活动是根据学生注册情况开放的, 因个人原因缺课将不予退款或安排补课; 因 Sias IS 或供应商原因缺课, 将安排补课或相应退款。

Student Learning for the Week 本周教学

KG A

First Week of School in Kindergarten 幼儿园开学第一周

The start of the school year brought energy to the kindergarten classrooms. Excitement filled the air as the children wholeheartedly embraced their week back at school. Laughter, budding friendships, and the joy of learning were abundant. The children eagerly welcomed the week with laughter, budding friendships, and a zest for learning.

学年伊始，幼儿园教室充满活力。孩子们全心全意地迎接第一周校园生活的到来，空气中充满了兴奋的情绪。欢笑、刚刚萌芽的友谊和学习的乐趣都充满了整个校园。孩子们用欢笑、刚萌芽的友谊和学习的热情热切地迎接着这一周。





In this adventurous week, our young explorers immersed themselves in a world of creativity, captivating stories, and meeting new people. They created artwork depicting their things and enthusiastically shared their experiences. Through curiosity, these early learners have already embraced the wonders of knowledge.

在这充满探索的一周里，我们年轻的“探险家们”沉浸在一个充满创造力、迷人的故事和结识新朋友的世界中。他们创作描绘自己思想的艺术品，并热情地分享了自己的经历。在好奇心的驱使下，这些早期学习者们已经拥抱了知识的奇迹。

As we embark on the school year, the kindergarten team feels honored by your trust in us. We eagerly anticipate a year filled with growth, discovery, and meaningful shared experiences.

Warm greetings to all the families of our kindergarten!

当我们开始新学年时，幼儿园团队为您对我们的信任感到荣幸。我们热切期待这是充满成长、发现和有趣经历的一年。

向全校全体家长致以诚挚的问候！

G5

Welcome Back to School 欢迎返校

Our grade 5 students arrived on campus brimming with excitement. They participated in welcoming exercises alongside other “Back to School” activities.

我们五年级的学生满怀兴奋地来到校园。他们参加了欢迎活动以及一些其他“返校”活动。



As a class, we developed our essential agreements, reflected on a few IB learner profiles, and crafted our “Hopes and Dreams”. As students transitioned to different classes, they familiarized themselves with this year’s learning environments. To prepare students for their roles in our classroom, we worked on developing their communication skills by utilizing cooperative learning strategies.

作为一个班级，我们制定了班级公约，反思了一些IB学习者的概况，并制作了我们的“希望和梦想”。学生们到不同的班级参观后，更加熟悉了今年的学习环境。为了让学生在课堂上扮演好自己的角色，我们利用合作的学习策略培养他们的沟通技巧。



Our theme last week was for students to “popcorn” ideas on how they demonstrated the IB learner profiles of caring and communication. At the end of the week, our class celebrated their first week by enjoying a delicious popcorn treat as they shared what they learned during the week.

本周我们的主题是让学生们用“爆米花”的方式，来展示出IB学习者目标，关心和沟通。我们班将在分享本周所学的同时，并通过享用美味的爆米花来庆祝他们的第一周。



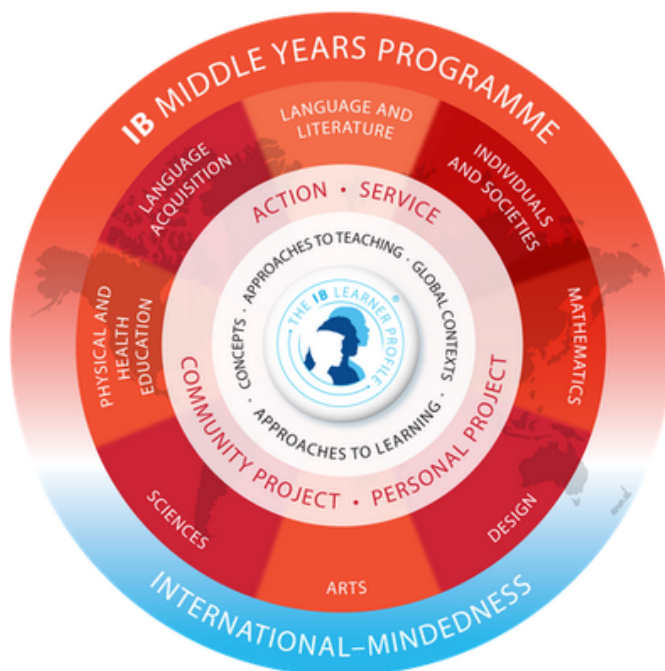


MYP

The MYP Introduction 初中项目介绍

IB MYP is a concept-based inquiry-driven curriculum framework. It is flexible in nature and allows the inclusion of national and international curricula in the MYP framework.

IB 初中项目是一个以概念为基础的探究型课程框架。它灵活性强，允许将国家和国际课程纳入中学项目框架。



The MYP curriculum is designed using concepts, global context, and Approaches to Learning (ATL) skills.

中学项目课程的设计使用了概念、全球背景和学习方法(ATL)技能。



The MYP aims at the holistic development of students and requires schools to teach eight different subject groups concurrently. The subjects are language & literature Chinese & English, language acquisition Chinese & English, individuals & societies, mathematics, sciences, physical & health education, design, and music-visual arts. Along with different subjects, all MYP students are required to participate in service-learning activities and project-based learning to help connect learning to real-life situations.

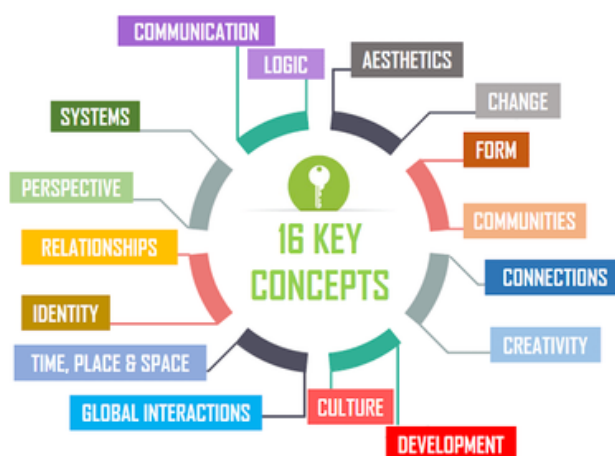
中学项目旨在促进学生的全面发展，并要求学校同时教授八个不同的学科。中学项目的课程有八个学科组同时授课，以培养学习者的整体理解能力。课程包括中文和英文语言文学、中文与英文语言习得、个人与社会、数学、科学、体育与健康教育、设计、音乐与视觉艺术。除了不同的科目，所有中学项目的学生都被要求参加服务学习活动和基于项目的学习，以帮助学生们将学习与现实生活联系起来。

Sias IS is an MYP candidate school which aims to develop well-balanced individuals who are prepared for academic excellence and to help them become global citizens.

Sias IS是一所MYP候选学校，旨在培养全面发展的学习者，帮助他们为达到学术卓越做准备，并帮助他们成为全球公民。

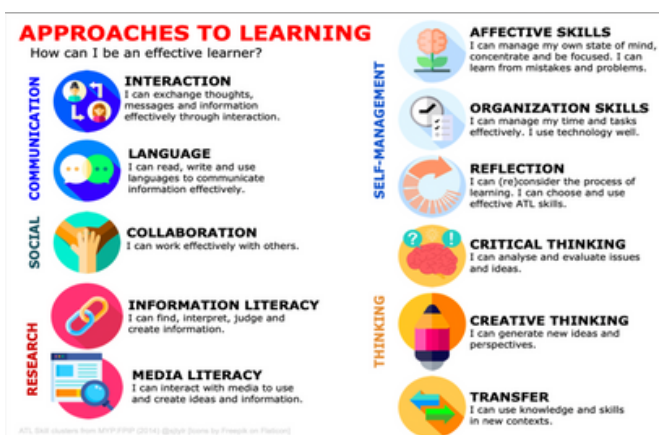
Key concepts are broad and organising concepts, which can be micro or macro. They are timeless, universal and abstract. They transfer across subjects-disciplines, skills and situations.

关键概念是广泛的和有组织的概念，可以是微观的或宏观的。
它们是永恒的、普遍的和抽象的。他们跨越学科、技能和情境。



The units of inquiry are explored through chosen global contexts themes and Approaches to Learning skills. The MYP global contexts and Approaches to Learning skills are given below.

不同的课程会选择不同主题相关的全球背景，主题和学习技能来进行研究单元的学习。中学项目的全球背景和技能学习方法如下。



Apart from subject groups students also engage in project-based learning, interdisciplinary units, and service as action throughout the years of the MYP.

除了学科的学习，学生们还参与项目学习、跨学科单元学习以及在项目实施期间进行服务行动。

PYP – Art

Dear Parents,
亲爱的家长们,

Our enriching journey together with your son and daughter continues in the Primary Visual Arts Programme.

与您的儿子和女儿一起的丰富之旅将在小学视觉艺术课程中继续。

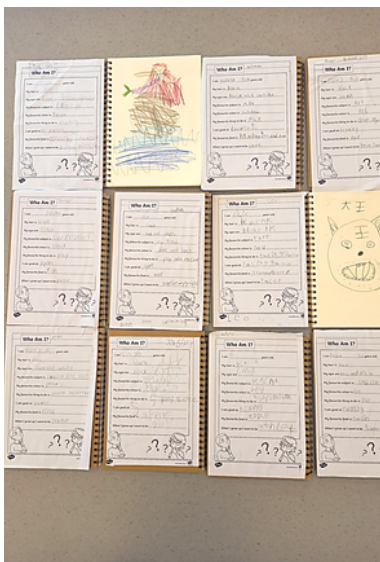


This year, again, they will be guided through a range of activities that stimulate the creativity that naturally lies in them. The Visual Arts learning activities have been designed to also strengthen their writing, speaking and numeracy thinking skills and understanding of the world at large.

今年，他们将再次通过一系列激发他们天生创造力的活动得到引导。视觉艺术学习活动的的设计也旨在加强他们的写作、口语和数学思维能力，以及对整个世界的理解。

In the very first week of this academic year, we started to understand “Who We Are” and what we would like to be when we grow up.

在本学年的第一周，我们开始了解自己是谁，以及长大后想成为什么样的人。





Our future creative innovators in kindergarten walked back to the Art Studio with Peppa the Pig.

Our future chefs, coders, engineers, artists, teachers, sportsmen and women, in primary school, have, each, received a drawing sketch book. They will respond and create in a fully equipped Art Studio for a timeslot of 90 minutes every week. We will maximise the social-emotional learning of your child by stimulating for a longer period their three major brain networks: DOING – FEELING – THINKING.

我们幼儿园的未来创意创新者与小猪佩奇一起走向艺术工作室。

我们小学的未来厨师、程序员、工程师、艺术家、老师、运动员，每人都收到了一本绘画素描本。他们将在一个设备齐全的艺术工作室里用时长90分钟的时间进行回应和创作。我们将通过更长时间的刺激，最大限度地促进您的孩子的社交情感学习，激活他们的三个主要大脑网络：行动 - 情感 - 思维。

I rely on our home-school collaboration to offer your son and daughter, around the clock, a safe and stimulating learning environment.

我依赖我们家校合作，为您的儿子和女儿全天候提供一个安全而富有刺激的学习环境。

Sincerely

Mr Erwin

PYP Visual Arts Teacher

ErwinUtchanah@siasinternationalschool.org

诚挚地

Erwin 先生

小学部视觉艺术教师

ErwinUtchanah@siasinternationalschool.org

www.siasinternationalschool.org



Menu 菜单

2023.08.21-08.25Menu

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 meat with loofah Stir-fried hand-shredded cabbage Steamed soybean & wheat flour wotou bun Boiled corn grits with sweet potato	Loofahs 60 Pork/Beef (Halal) 20 Soybean oil 8 Eggs 30 Cabbage 50 Soybean flour 10 Wheat flour 40 Corn grits 10 Sweet potatoes 10	Grilled sausage with romaine lettuce Golden corn, olives, and long beans Lunch meat and vegetable roll Milk and Cereal	Chicken 20 Butter 5 Lettuce 20 Corn 50 Olives 30 Long bean 5 Soybean oil 3 Apple flavoured jam 15 Egg 5 Wheat flour 20 Lunch meat 10 Romaine lettuce 20 Milk 200	Stir-fried meat with cabbage Stir-fried shredded color pepper & potato Steamed corn flour bun Red bean and millet porridge	Pork/Beef (Halal) 10 Soybean oil 2 Chinese cabbage 30 Colored pepper 10 Potatoes 20 Corn flour 50 Millet 10 Red bean paste 5	Stir-fried shrimp with asparagus Buttered seasonal vegetable Red bean toast Milk with corn flakes	Soybean oil 5 Shrimp 20 Potatoes 30 Asparagus 30 Flour 30 Shredded coconut 4 Red bean paste 10 Corn flakes 20 Milk 100	Stir-fried sliced meat with two kinds mushroom Stir-fried organic cauliflower Fennel vegetable roll Shrimp and seafood congee	Pork/Beef (Halal) Tenderloin 40 Soybean oil 7 Fresh mushrooms 30 Oyster mushrooms 30 Cauliflower 40 Colored pepper 10 Pork belly 10 Carrots 20 Wheat flour 30 Green onion 3 Fennel 0.5 Lettuce 20 Dried fungus 10 Gojiberry 3 Shrimps 10
Snack	Peach	Peach 150	Watermelon	Watermelon 150	Green grape	Green grape 150	Millennium cherry tomato	Millennium cherry tomatoes 150	Cantaloupe	Cantaloupe 150
Lunch	Salty fried shrimp Stir-fried oyster mushrooms with garlic sprout Stir-fry sliced noodle Seaweed egg drop soup	Shrimp 60 Soybean oil 5 Garlic sprouts 30 Oyster mushrooms 30 Baby bok choy 20 Tomatoes 20 Sliced noodles 65 Sesame oil 2 Eggs 20 Seaweed 10	Bacon with mini potatoes Organic cauliflower salad Sauteed steak udon with black pepper Country soup	Cheese 2 Bacon 15 Soybean oil 2 Potatoes 35 Cauliflower 30 Butter 3 Olive oil 2 Beef 15 Onion 5 Colored pepper 5 Udon noodle 30 Carrots 5 Cabbage 20	Stir-fried flavoured diced chicken with abalone mushroom Stir-fried bean tendon with green vegetables Mini fried dough stick Lamb vermicelli soup	Abalone mushroom 50 Olive oil 3 Cucumber 15 Chicken 20 Peanut oil 5 Carrots 20 Dutch beans 60 Wheat flour 30 Fennel seed 5 Lamb slices 10 Pea vermicelli 5 Bean curd 10 Seaweed 10	French garlic grilled ribs Caesar salad Cheese baked chicken & rice Goulash soup	Ribs 25 Soybean oil 2 Lettuce 20 Wheat flour 10 Bacon 15 Olive 5 Chicken 15 Cheese 3 Rice 70 Carrots 10 Onion 13 Tomatoes 2 Mushroom 3 Beef brisket 5	Spiced marinated chicken leg Stir-fried beancurd stick with vegetables Yu type Lor mee noodles Tremella fruit soup	Chicken leg 70 Peanut oil 7 Beancurd stick 15 Baby bok choy 70 Carrots 10 Bean 10 Bean sprouts 10 Wheat flour 15 Pork 15 Egg 5 Seaweed 5 Chives 3 Tomatoes 15
Snack	Mixed nuts Milk	Mixed nuts 25 Milk 200	Cranberry cookies Yoghurt	Butter 5 Egg 3 Wheat flour 15 Yogurt 200	Steamed Chinese yam Milk	Chinese yam 15 Milk 200	Mango egg tart Yoghurt	Wheat flour 15 Mango 10 Eggs 10 Yogurt 200	Steamed Bei Bei pumpkin Milk	Pumpkin 30 Milk 200

School Menu Nutritional Evaluation

	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Vitamin A (micrograms)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Phosphorus (mg)	Potassium (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)
Recommended Intake	983.89	34.44	32.8	135.28	420	49	3.5	560	350	1050	105	8.4	8.4
Weekly Summary	969.47	42.21	33.69	130.06	328.11	74.51	14.14	408.81	724.28	1542.19	188.68	9.7	5.97

2023.08.21-08.25 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	丝瓜炒肉 手撕包菜 黄金小馒头 红薯玉米糁	丝瓜 60 猪肉/牛肉 (回) 20 豆油 8 鸡蛋 30 包菜 50 黄豆粉 10 小麦粉 40 黄玉米糁 10 红薯 10	烤肠配罗马生菜 金豆橄榄长豆角 意式午餐肉蔬菜卷 牛奶配嘉瑞尔	鸡 20 黄油 6 生菜 20 玉米粒 50 橄榄 30 豆角 5 土豆 3 苹果酱 15 鸡蛋 5 小麦粉 20 午餐肉 10 罗马生菜 20 牛奶 200	土猪肉炒蔬菜 彩椒土豆丝 黄圈发糕 红豆小米粥	猪肉/牛肉 (回) 10 豆油 2 圆白菜 30 彩椒 10 土豆 20 黄玉米面 50 小米 10 红豆馅 5	芦笋虾仁 黄油时蔬 红豆吐司 牛奶玉米片	豆油 5 虾仁 20 土豆 30 芦笋 30 面粉 30 梅蓉 4 红豆沙 10 玉米片 20 牛乳 100	双蘑溜肉片 小炒有机花菜 茴香蔬菜卷 虾仁海鲜粥	猪里脊/牛肉 (回) 40 豆油 7 鲜香菇 40 平菇 30 白花菜 40 彩椒 10 五花肉 10 胡萝卜 20 小麦粉 30 小葱 3 小茴香 0.5 生菜 20 干木耳 10 枸杞子 3 虾仁 10
加 点	鲜桃	鲜桃 150	西瓜	西瓜 150	青提	青提 150	千禧果	千禧果 150	哈密瓜	哈密瓜 150
午餐	椒盐大虾 蒜苗炒平菇 爆炒刀削面 紫菜蛋花汤	基围虾 60 豆油 5 蒜苗 30 平菇 30 小白菜 20 番茄 20 刀削面 65 芝麻油 2 鸡蛋 20 紫菜 10	芝士培根迷你小土豆 有机花菜沙拉 德式黑椒牛排炒乌冬 乡村浓汤	奶酪 2 培根 15 豆油 2 土豆 35 白花菜 30 黄油 3 橄榄油 2 牛肉 15 洋葱 5 彩椒 5 乌冬面 30 胡萝卜 5 卷心菜 20	风味肉丁鲍鱼菇 青菜炒豆筋 小油条 羊肉粉丝汤	鲍鱼菇 50 橄榄油 3 黄瓜 15 鸡肉 20 花生油 5 红萝卜 20 荷兰豆 60 小麦粉 30 茴香籽 5 羊肉片 10 豌豆粉丝 5 干张 10 海带 10	法式蒜香烤大排 煎脆沙拉 鸡肉芝士焗饭 匈牙利牛肉汤	排骨 25 豆油 2 生菜 20 小麦粉 10 培根 15 橄榄油 5 鸡肉 15 奶酪 3 大米 70 胡萝卜 10 洋葱 13 香菇 2 白蘑菇 3 牛腩 5	五香卤鸡腿 青菜炒腐竹 豫式卤面 银耳水果汤	鸡腿 70 花生油 7 腐竹 15 小白菜 70 红萝卜 10 豆角 10 黄豆芽 10 小麦粉 15 猪肉 15 鸡蛋 5 紫菜 5 细香葱 3 番茄 15
加 点	混合坚果 牛奶	混合坚果 25 牛奶 200	蔓越莓饼干 酸奶	黄油 5 鸡蛋 3 小麦粉 15 酸奶 200	蒸山药 牛奶	山药 15 牛奶 200	芒果蛋糕 酸奶	小麦粉 15 芒果 10 鸡蛋 10 酸奶 200	蒸贝贝南瓜 牛奶	南瓜 30 牛奶 200

食谱营养评价表

	能量 (千卡)	蛋白质 (克)	脂肪 (克)	碳水化合物 (克)	维生素 A (微克)	维生素 C (毫克)	维生素 E (毫克)	钙 (毫克)	磷 (毫克)	钾 (毫克)	镁 (毫克)	铁 (毫克)	锌 (毫克)
推荐摄入量	983.89	34.44	32.8	135.28	420	49	3.5	560	350	1050	105	8.4	8.4
一周综合	969.47	42.21	33.69	130.06	328.11	74.51	14.14	408.81	724.28	1542.19	188.68	9.7	5.97