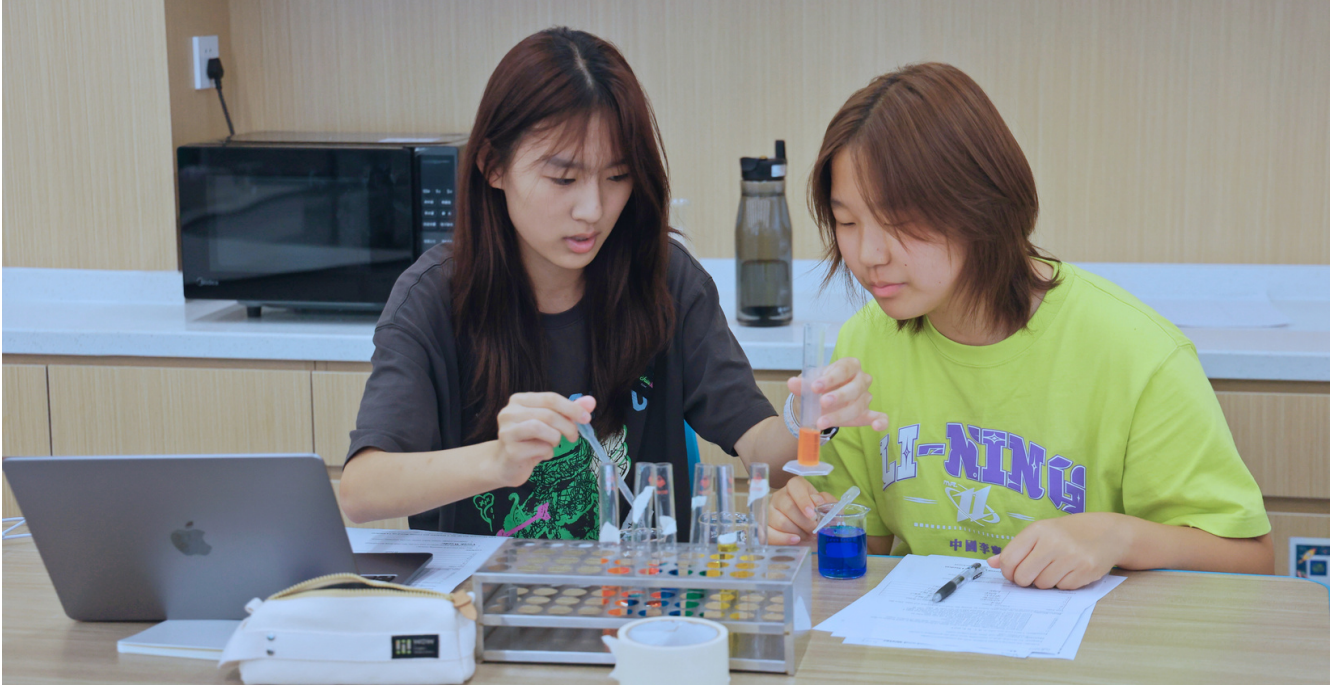




NEWSLETTER

August 25, 2023 | 2023年8月25日

NO. 00074



Notes from the HoS Desk 校长寄语

As we wrap up Week 2 of the 2023-24 school year, I want to share with you a few comments about our school's development.

在2023-24学年第二周即将结束之际，我想与您分享一些学校的发展情况：





- Enrollment is now 260 students in Grades Toddler to 9. This year, we saw the majority of our growth in Grades 5-9.

- 目前，幼儿托班至9年级，在册的学生共有260名。今年，我们学员的增长主要集中在5-9年级。



- We are offering 180 ASA options, up from 100 last year.

- 我们的ASA课程，从去年的100节增加至今年的180节。



- We are improving a few safety features on the new playground and creating our community safety guidelines. We expect to open the playground very soon.

- 我们正在改进新游乐场的的安全设施，并制定社区安全指南。我们希望新的游乐场很快可以投入使用。



- Since the end of the pandemic, we have seen a big increase in the number of external visitors. I foresee lots of partnership opportunities for our school in the future. If you would like to introduce an organization to our school or would like me to visit an organization, please contact our Community Relations Manager, Victoria Guo at VictoriaGuo@siasinternationalschool.org
- 自疫情结束以来，我们看到外部访客数量大幅增加。这让我预见到我们学校将会有很多合作机会。如果您想把某个组织介绍到我们学校，或者想让我去拜访某个组织，请联系我们的社区关系经理，郭钰涵Victoria Guo，电子邮箱：
VictoriaGuo@siasinternationalschool.org

Finally, I want to thank our parents for being partners with us in their children's education. I sincerely appreciate the number of parents who have communicated with the school about improvements, things that are going well, or issues to keep an eye on. Your feedback contributes to a stronger Sias IS and a better school for our students. Thank you!

最后，我要感谢我们的家长，感谢你们在孩子的教育过程中成为我们的合作伙伴。我衷心感谢许多家长就学校的改进、进展顺利的事项或需要注意的问题与学校进行沟通。您的反馈意见将有助于加强西亚斯外籍学校的实力，并为我们的学生创造一个更好的学校。谢谢你们！



Community Relations News 社区关系新闻



On August 24, 2023, Ms. Li Han, member of the Party Group and Vice Chairman of Zhengzhou Overseas Chinese Federation (OCF), Mr. Hongtao Wang, Grade 3 Researcher of OCF; Ms. Yujie Song, Grade 1 Section Officer of OCF; and Mr. Bin Liu, a staff member of OCF, visited Sias IS, accompanied by Mr. Wayne Wang, General Manager of Sias Group and Executive Director of Board of School, and Dr. Sam Mills, Head of School.

2023年8月24日，郑州市侨联党组成员、副主席韩莉、市侨联三级调研员王洪涛、市侨联一级科员宋玉洁、市侨联工作人员刘彬一行来访我校，西亚斯集团总经理、我校执行理事王伟、校长山姆·米尔斯博士等陪同访问。



The meeting was aimed at strengthening the cooperation between Overseas Chinese Federation and Sias IS, and providing more resources for our students and teachers to learn about different cultures and experience richer activities.

此次会谈在于加强侨联与我校的合作，为学校师生提供更多资源去了解不同文化和体验更加丰富的活动。



Sias IS Student Council 2023-24 2023-2024学年学生会

The Sias IS Student Council is proud to announce that the second annual Sias IS Student Council elections will officially begin next week, starting with the election of the class representatives from grades 4 to MYP 4. All students have already been informed, and if they are interested, they must produce a presentation detailing why they should be a student council member.

西亚斯外籍学校学生会自豪地宣布，第二届西亚斯外籍学校学生会选举将于下周正式开始，首先将选举四年级至 MYP 四年级的班级代表。所有学生都已接到通知，如果他们有兴趣，必须提交一份演讲稿，详细说明自己为什么竞选成为学生会成员。

The Sias IS Student Council is an excellent way for students to take on leadership roles, promote the voice of the student body, solve problems, and impact their community. Student councils are decisive leadership and learning opportunities.

西亚斯外籍学校学生会是学生发挥领导作用、促进学生群体的声音、解决问题和影响社区的绝佳途径。学生会是决定性的领导和学习机会。

Thank you for your service, Sias IS Student Council 2022-23

西亚斯外籍学校2022-23年度学生会，感谢你们的服务，



Theme of the Month: Inquirers

本月主题：探究者

Inquirers develop their natural curiosity. They acquire the skills necessary to conduct inquiry and research and show independence in learning. They actively enjoy learning, and this love of learning will be sustained throughout their lives.

探究者培养他们天生的好奇心。他们获得了进行探究和研究的必要技能，并在学习中表现出独立性。他们积极地享受学习，这种对学习的热爱将会贯穿他们的一生。



Activity for parents 家长活动

Encourage areas of your child's interest by visiting the library to borrow books that explore these topics.

通过去图书馆借阅关于鼓励孩子感兴趣的领域的相关探究主题书籍。

Upcoming Events 活动预告

Date 日期	Events 活动
August 28th 8月28日	ASA Term 1 Starts 第一期ASA正式开始
August 29th 8月29日	ManageBac Training for those new to the using the system 为系统新用户提供 ManageBac 培训
August 31st 8月31日	Curriculum Night (Parents Only) 课程之夜 (仅限家长参加)

Student Learning for the Week 本周教学

KG B

Who Are We? 我们是谁?

We're incredibly excited to share kindergarten highlights from our week at school, where we dived into our captivating "Who We Are" unit of inquiry. This unit focuses on exploring the themes of family and emotions. Our young adventurers had a time this week as they discovered how important families are in shaping who we are. The children learned that families could come in many forms and sizes through thought-provoking discussions and heartwarming stories. They eagerly worked on creating their family trees showcasing their backgrounds and meaningful connections.

我们非常高兴地与大家分享幼儿园本周的精彩活动，在这一周里，我们开展了"我们是谁"单元的探究活动。这个单元的重点是探索家庭和情感的主题。本周，我们的小冒险家们度过了一段美好时光，因为他们发现了家庭对于塑造我们自己是多么重要。通过发人深省的讨论和感人至深的故事，孩子们了解到家庭可以有多种形式和规模。他们迫不及待地创建自己的家庭树，展示自己的背景和有意义的联系。



Understanding emotions was another aspect of our week's journey. The children embarked on an exploration where they discovered a range of feelings and learned how to express them effectively. Playing games and art activities allowed them to identify emotions within themselves and others, fostering empathy and improving their communication skills. Also, children used colorful art to capture the essence of the unique individuals in their lives while reflecting upon the emotions associated with familial interactions. We eagerly look forward to carrying on with our exploration of self-discovery. We are excited to witness the growth and development of children's comprehension in the weeks to come!

了解情绪是我们本周旅程的另一个方面。孩子们在探索中发现了各种情绪，并学会了如何有效地表达这些情绪。通过游戏和艺术活动，孩子们发现了自己和他人的情绪，培养了同理心，提高了沟通技巧。此外，孩子们还用多彩的艺术作品捕捉生活中独特个体的精髓，同时反思与家庭互动相关的情感。我们热切期待着继续探索自我发现。我们很高兴能在未来几周见证孩子们理解能力的成长和发展！



G4

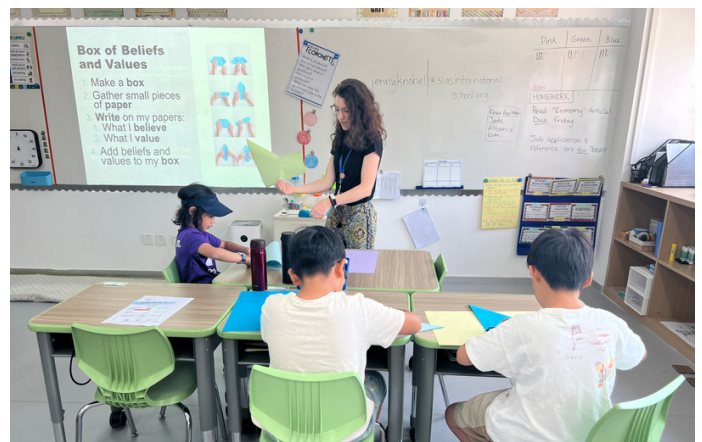
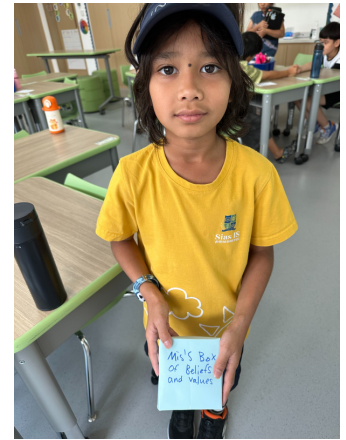
Beliefs and Values 信念和价值观

What are our beliefs and values? How do they shape our identities and decision-making? How can we respect beliefs and values that are different from our own? These are a few of the questions that the 4th-grade students are answering through their first unit of inquiry.

我们的信念和价值观是什么？它们如何塑造我们的身份和决策？我们如何才能尊重与自己不同的信仰和价值观？这些是四年级学生通过第一单元探究学习要回答的一些问题。

To begin this unit, the students shared what they already knew about beliefs, values, and actions and learned more about these key vocabulary words. They also thought about the central idea and lines of inquiry so they could ask their own questions.

在开始本单元时，学生们分享了他们已经了解的关于信仰、价值观和行动的知识，并了解了更多相关的关键词汇。他们还思考了中心思想和调查路线，以便他们可以提出自己的问题。



Next, the students began to consider their first line of inquiry: “The role of beliefs and values in shaping individual identity.” Each student brought in a “valuable,” something important to them, to share with the class. Thinking about why these items are important to each student helped the class identify many additional values that the students hold.

接下来，学生们开始考虑他们的第一个探究问题：“信仰和价值观在塑造个人身份方面的作用。”每个学生都带来了一件对他们来说很重要的“有价值的”物品，与全班分享。思考为什么这些物品对每个学生都很重要，有助于学生们了解相互持有的不同价值观。



After that, the students each created a paper box and filled it with their own beliefs and values. As the students continue in this unit, they will consider how these elements work together to shape their identity and impact their choices and the choices of others.

之后，学生们各自制作了一个纸盒，并在里面装满了自己的信仰和价值观。当学生继续学习本单元时，他们将考虑这些要素如何共同作用来塑造他们的身份并影响他们的选择和他人的选择。



ELA

Every sunset is an opportunity to reset.
Every sunrise begins with new eyes.

每一次日落都意味着有一次重整旗鼓的机会。每一次日出都代表了新事物的诞生。

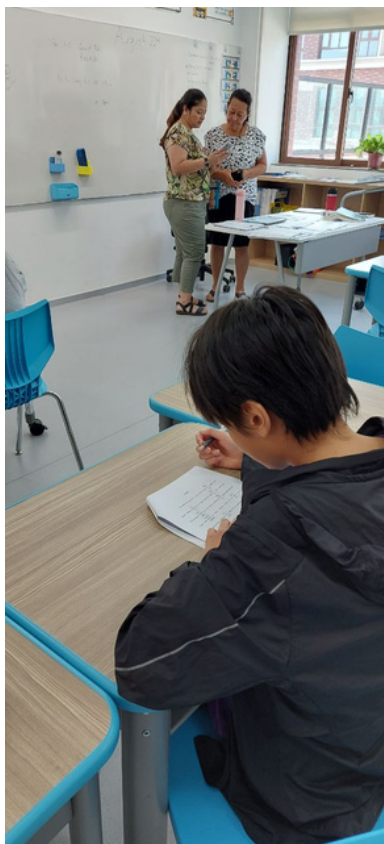
All students in MYP were tested in grammar and reading, wrote a text based on a topic question, and did a speaking test. All these tests were provided to gather data and evidence of each student's level and support them in their learning process.

中学项目的所有学生都接受了语法和阅读测试，根据主题问题完成一篇文章，并进行了口语测试。所有这些测试都是为了帮助我们收集更多的能够反映学生水平的数据和证据，并用来支持他们整个学习。

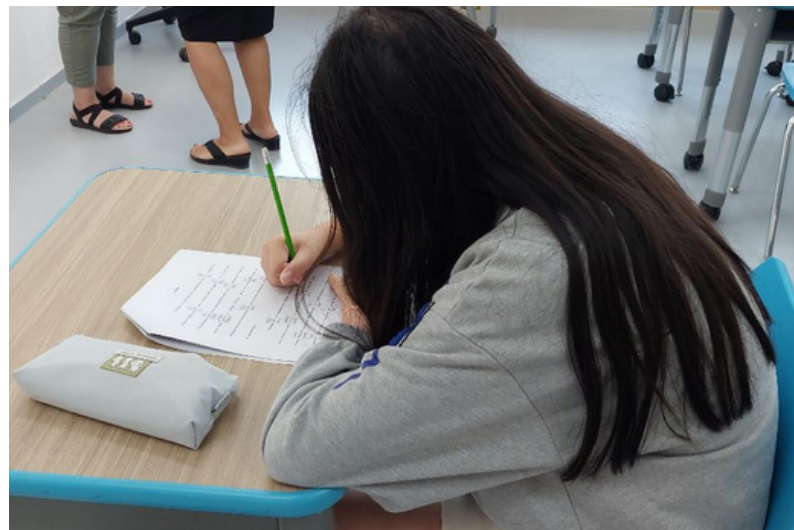


As a result, students were divided into language acquisition and language and literature groups. This is done with the purpose of supporting students' learning process and guaranteeing that they have the most appropriate English-level development.

根据测试结果，学生被分为语言习得组和语言文学组。这样做的目的是支持学生的学习过程并保证他们拥有最适合他们语言水平的支持。



Additionally, teachers and students had the opportunity to get to know each other and have an introduction to the first unit. For language acquisition, it is about discovering who we are (MYP1), our stories and our lives (MYP2), forming identity (MYP3), and a linguistic journey (MYP4). For language and literature, Unit 1 is about heroes (MYP1), what's on your mind (MYP2), identity and folklore (MYP3), and classic and modern tragedy (MYP4).



此外，老师和学生还有机会互相认识并且了解第一单元所要学习的主题内容。对于语言习得，本单元的主题是发现我们是谁（MYP1）、我们的故事和我们的生活（MYP2）、形成身份（MYP3）和语言之旅（MYP4）。对于语言文学，第一单元是关于英雄（MYP1）、你的想法（MYP2）、身份和民间传说（MYP3）以及古典和现代悲剧（MYP4）。

All students are excited to start this new academic year. Furthermore, they are happy to share with their classmates and initiate a new stage since they are fresh in each unit.

所有学生都对新学年的开始感到兴奋。此外，每个单元对于学生来说都是对未知知识技能的探索，他们很乐意与同学分享自己的所得所学并开启美好的学习旅程。

Library

Exciting News: Library Check-Outs Begin!

激动人心的消息：图书借阅开始！



Dear Sias IS Parents,

We're excited to announce that library check-outs began this week! Below, you'll find the library schedule for each grade level, along with important book care instructions:

Book Care Guidelines:

1. Handle with Care: Remind your child to treat library books gently to prevent damage.
2. Clean Hands: Encourage clean hands before reading.
3. No Food/Drink: Please ensure no eating or drinking near library books.
4. Library Bags: Remind your child to use the library bag for storage and transport.

We're excited to nurture a love for reading and responsible book care.

See you in the library,

Ms. Baker & Ms. TJ
Sias Library Team

尊敬的Sias国际学校家长们，

我们非常高兴地宣布本周开始图书借阅服务！以下是各个年级图书馆借阅日程表，以及重要的图书保护说明：

图书护理准则：

1. 温柔对待：请提醒您的孩子温柔对待图书，以防止损坏。
2. 洁净双手：鼓励在阅读前洗净双手。
3. 禁止食物/饮料：请确保在图书附近不进食或饮水。
4. 图书袋：请提醒您的孩子使用图书袋来储存和携带图书。

我们非常期待培养阅读的热爱和负责任的图书护理。

期待在图书馆见面，

Ms. Baker 和 Ms. TJ
Sias图书馆团队



Monday	Tuesday	Wednesday	Thursday	Friday
G5/G2B	G3A/G3B/G4	G1A	G1C/G1B/G2A	
PreK3A/KGA	KGB	PreK4A	KGC/PreK4B	Toddler/PreK3B

Cafeteria Weekly Menu 菜单

	星期一	星期二	星期三	星期四	星期五
早餐	番茄鸡蛋炒茄丝	意式茄汁焗豆	清炒萝卜丝	英式培根紫甘蓝	素炒三菌
	醋溜银牙	有机芦笋配炒蛋	海米冬瓜	黄油时蔬	水煮蛋
	千层饼	全麦吐司	南瓜夹心小馒头	提子小面包	三鲜肉包
	红薯糯米粥	牛奶燕麦粥	红枣山药大米粥	蜜薯牛奶西米露	南瓜小米粥
加	蓝莓	香蕉	大枣	哈密瓜	黑布林
午餐	土豆焖鸡块	迷迭香煎焗樱桃番茄	酱烧鸭块	香酥鸡米花	儿童红烧肉
	滑炒木须肉片	西班牙牛排配黑椒	西红柿炒鸡蛋	青笋木瓜沙拉	芹香炒鸡柳
	蒜蓉生菜	法式螺旋面	金银双蒜娃娃菜	芝士牛肉披萨	小青菜煎豆腐
	米饭	罗宋汤	太极米饭	土豆浓汤	红豆米饭
	鲫鱼豆腐汤		凤凰玉米羹		芙蓉丝瓜汤
加	腰果	芝麻饼干	嫩玉米	戚风蛋糕	蒸红薯
	牛奶	酸奶	牛奶	酸奶	牛奶

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	971.25	33.99	32.38	133.55	420	49	3.5	560	350	1050	105	8.4	8.4
一周综合	1000.91	39.06	33.12	141.92	267.34	82.63	11.75	431.01	654.91	1516.24	187.92	14.08	5.91



Health Info. of The Week



健康饮食要食物多样，谷物为主。建议平均每天至少摄入12种以上食物，每周25种以上。谷类为主是平衡膳食模式的重要特征；膳食中的碳水化合物提供的能量应占总能量的50%以上。

图片为本周（8月17日-25日）部分菜品照片



the Nurse Room

Cafeteria Weekly Menu 菜单

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrabble eggs with tomato and eggplant	Baked beans with Italian eggplant sauce	Stir-fried shredded radish	English-style bacon purple cabbage	Stir-fried assorted mushrooms with vegetables
	Stir-fried bean sprouts with vinegar	Organic asparagus with scrambled eggs	Dried shrimp and wax guard	Butter seasonal vegetables	Boiled eggs
	Crispy multi-layer pancake	Whole wheat toast	Pumpkin-filled small bun	Baked raisin bread	Steamed buns with meat and vegetable fillings
	Sweet potato with sticky rice congee	Milk oatmeal congee	Red date, yam and rice congee	Sweet potato milk and sago sauce	Pumpkin and millet congee
AM Snack	Blueberry	Banana	Chinese date	Hami melon	Black plum
Lunch	Braised chicken with potatoes	Roasted cherry tomato with rosemary	Braised duck slices in soy sauce	Popcorn chicken	Braised pork for children
	Stir-fried moo shu sliced pork	Spanish steak with black pepper	Scrambled egg with tomato	Papaya and celtuce salad	Stir-fried chicken fillet with celery
	Stir-fried lettuce with garlic	French style fusilli	Stir-fried baby Chinese cabbage with garlic	Cheese and beef pizza	Stir-fried baby bok choy with tofu
	Rice	Borscht soup	Tai chi rice	Potato bisque	Steamed red bean and rice
	Crucian carp and tofu soup		Corn grit and egg soup		Loofah egg drop soup
PM Snack	Cashew nut Milk	Sesame biscuits Yoghurt	Tender sweetcorn Milk	Spongecake Yoghurt	Steamed sweet potato Milk

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	971.25	33.99	32.38	133.55	420	49	3.5	560	350	1050	105	8.4	8.4
Weekly Summary	1000.91	39.06	33.12	141.92	267.34	82.63	11.75	431.01	654.91	1516.24	187.92	14.08	5.91



Meal picture samples from week Aug. 17 to 25th.

Health Info. of The Week



It is suggested to consume at least an average of 12 foods per day and more than 25 different foods every week.

Cereal is an essential feature of a balanced diet. Carbohydrates in the diet provide more than 50% of the total energy.

the Nurse Room