



NEWSLETTER

September 1, 2023 | 2023年9月1日

NO. 00075



Notes from the HoS Desk 校长寄语

Welcome to the latest edition of Sias International School newsletter. Here are the important updates and highlights from this week.

欢迎阅读西亚斯外籍学校的最新周讯。以下是本周的重要消息与活动回顾。



Exciting ASA Week Kicks Off

丰富多彩的ASA活动正式开始

This week marked the official start of our After-School Activities (ASA) program! Students enthusiastically participated in a wide range of activities. We encourage our students to engage in these activities, fostering their interests and enriching their campus life. A big thank you to Ms. Josie for her leadership and to all the teachers and students who made the ASA launch such a success!

本周，学校的课外活动（ASA）正式开始啦！学生们积极踊跃参与各类精彩活动。我们鼓励学生们积极参与各项活动，培养自己的兴趣爱好，丰富校园生活。感谢Josie老师的领导力和所有老师和学生的付出，让ASA首周取得圆满成功！

ManageBac Workshop for Parents

ManageBac 家长培训

On Tuesday, we hosted a ManageBac workshop for parents. We appreciate the active participation of all the parents who attended and learned about the usage of this important online tool. If you have any further questions or need assistance, please feel free to reach out to your child's class teacher. We are here to address your queries and concerns.

在本周二，学校举办了面向家长的ManageBac家长培训。我们感谢所有参与的家长们，你们积极参与，学习了这一重要的在线工具的使用方法。如果您仍有相关问题或需要进一步帮助，欢迎随时咨询您孩子所在班级的老师，我们会竭诚为您解答疑惑。



Insightful Curriculum Night

课程之夜

Thursday saw the eagerly anticipated Curriculum Night event! Parents were invited to the school to experience firsthand the various subjects their children are learning. During the event, we provided detailed insights into teaching philosophies, methods, and students' learning outcomes. This event not only enhanced communication between home and school but also allowed parents to gain a deeper understanding of the school's educational philosophy and teaching approaches.

本周四，学校举办了备受期待的课程之夜活动！家长们受邀来校，亲身体验孩子们正在学习的各门课程。活动中，我们为家长们详细展示了教学理念、教学方法以及学生的学习成果。此次活动不仅增进了家校之间的沟通，也让家长们更好地了解了学校的教育理念和教学方式。

Looking Ahead

展望未来

In the future, we will continue to actively invite parents onto our campus to foster stronger connections with the school. Through these activities, we aim to strengthen the collaboration between parents and the school, working together to promote holistic student development. Stay tuned for more exciting events and opportunities as we witness the growth and progress of our students together!

未来，我们将继续积极邀请家长们踏入校园，与学校建立更紧密的联系。通过这些活动，我们希望加强家校合作，共同促进学生的全面发展。敬请期待更多精彩的活动和机会，让我们共同见证孩子们的成长与进步！



Student Council

学生会

The second batch of Sias IS Student Council class representatives (grades 4-9) were elected after being voted by their classmates this week. On Friday, we celebrated the newly elected class representatives who shall now go on to form the Sias IS Student Council for this academic year.

本周，经过同学们的投票，选出了第二批西亚斯IS学生会班级代表（4-9年级）。周五，我们庆祝了新当选的班级代表，他们现在将继续组建本学年的学生会。

Next week the class representatives shall decide if they want to nominate themselves for the Student Executive Council. The roles of the executive council include president, vice president, secretary, treasurer, and social officer.

下周，班级代表将决定是否提名自己为学生执行委员会成员。执行委员会的职责包括 主席、副主席、秘书、财务主管和社会官员。

Sias IS Student Council 2023-24:

MYP 4- Mark Channa

MYP 4- Destiny Harrison

MYP 3- Jack Shi

MYP 3- Jerry Shi

MYP 2- Mia Li

MYP 1- Lisa Han

MYP 1- Aiden Yuan

Grade 5- Apple Song

Grade 5- Luke Wang

Grade 4- Stanley Chen

Grade 4- Bryan Li



Theme of the Month: Inquirers

本月主题：探究者

Next time you are outside (or inside), simply notice what is going on around you. What sounds do you hear in different areas of your home? Are your neighbors moving? Take note of what's going on in your neighborhood. Make your observations known by saying them out loud. Ask your child, "What do you see?" or "What do you notice?" while you're on a family walk or taking them to school. Tell them what you see and what you wonder.

下次当您在室外（或室内）时，请您关注一下周围发生的事情。例如，您在家中的不同区域是否听到了什么声音？邻居搬家了吗？记下您附近发生的事情，并大声说出您的观察结果，让大家（特别是孩子）注意到这些变化。在您全家外出散步，或者您送孩子来上学的路上，您可以问问孩子：“你看到了什么？”或“你注意到什么？”同时，也请您向孩子分享您看到的事物以及您在思考的或者好奇的内容。



Activity for parents 家长活动

Encourage your child to read books at home then have them write questions related to what they read. For example, where does the story take place?

鼓励您的孩子在家读书，然后让他们写出与所读内容相关的问题。例如，故事发生在哪里？

Upcoming Events 活动预告

Date 日期	Events 活动
September 4-22 9月4日 - 22日	MAP Testing for Grades 1-9 一年级至九年级学生MAP测评
September 21 9月21日	EY Programme: GOLD Training for Parents 幼儿园家长会：GOLD培训（必须参加）
September 29 - October 8 9月29日 - 10月8日	No School 假期

Student Learning for the Week 本周教学

KGC

Nurturing Young Minds Through Writing 通过写作培养孩子的思维

On Wednesday morning, our kindergarteners came together for a unique ribbon-cutting ceremony to mark the beginning of their lifelong writing journey. Kindergarten is a magical time when curiosity knows no bounds and creativity flows freely. Young minds are most receptive to cultivating essential skills within these formative years. Lucy Calkins' Writing Workshop provides an ideal platform for kindergarteners to explore their burgeoning writing abilities in a supportive and nurturing environment.

The cornerstone of the Writing Workshop lies in its mini-lessons. These bite-sized, engaging sessions introduce young learners to fundamental writing techniques. Through interactive activities and relatable examples, kindergarteners are gradually introduced to sentence structure, vocabulary, and storytelling concepts. Scribbles gradually give way to more recognizable shapes and letters in the early stages of kindergarten. Through Lucy Calkins' approach, we look forward to witnessing this beautiful transformation first-hand. Kindergarteners will grow from hesitant attempts to confident authors, showcasing their blossoming abilities in every piece they produce.

周三上午，我们幼小衔接班的小朋友们齐聚一堂，举行了一场独特的剪彩仪式，标志着他们一生写作之旅的开始。幼儿园是一个神奇的时代，好奇心没有界限，创造力自由流动。孩子最容易在性格形成时期培养基本技能。露西·卡尔金斯的写作工作坊为幼小衔接小朋友提供了一个理想的平台，在一个支持和培育的环境中探索他们迅速发展的写作能力。

写作工作坊的基石在于它的迷你课程。这些小而有吸引力的课程向年轻学习者介绍基本的写作技巧。通过互动活动和相关的例子，逐步向幼儿介绍句子结构、词汇和讲故事的概念。在幼儿园的早期阶段，涂鸦逐渐让位于更容易辨认的形状和字母。通过露西·卡尔金斯的方法，我们期待着亲眼目睹这种美丽的转变。我们的孩子们将从犹豫不决的尝试成长为自信的作者，在他们创作的每一件作品中展示他们绽放的能力。



G3 A

Positive Relationships 积极的人际关系

Recently, the students of G3A have been focusing on the importance of positive relationships. This involves developing a better understanding of emotional intelligence and exploring various strategies to nurture these relationships. One key insight gained is the vital role of communication and cooperation in both establishing and maintaining positive connections. Through engaging in activities like role-play and team building, students have had abundant opportunities to exhibit the essential skills required to cultivate these positive relationships.

最近，G3A 的学生们一直在探索和学习积极的人际关系的重要性。这包括更好地了解情商，探索培养这些关系的各种策略。其中一个重要的认识是沟通与合作在建立和维持积极的人际关系中起着至关重要的作用。通过参与角色扮演和团队建设等活动，学生们有很多机会展示培养这些积极关系所需的基本技能。

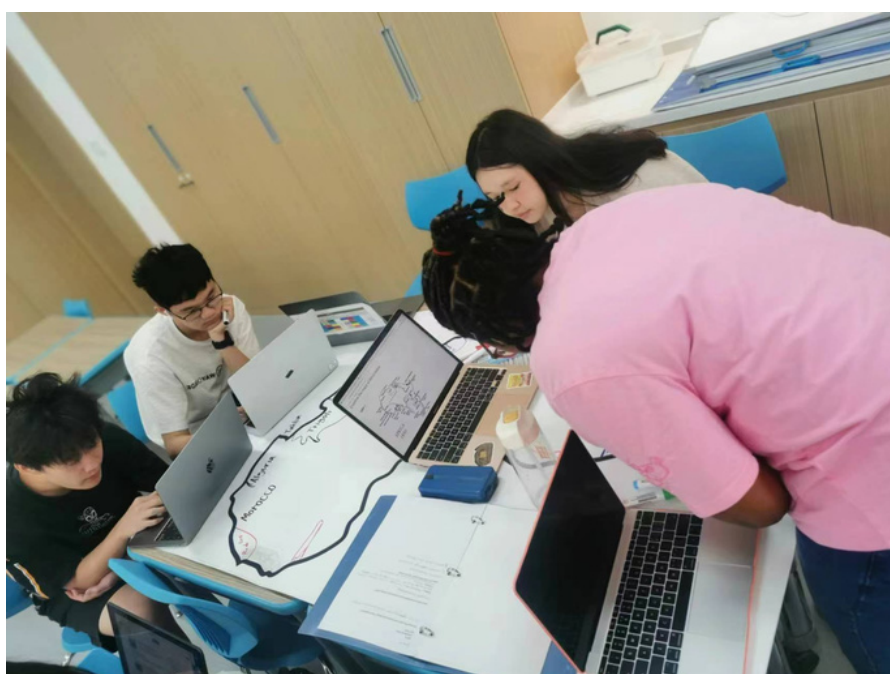


I & S

Becoming Global Citizens 成为世界公民

Students explore concepts, ideas, and issues that have local and global significance. In so doing, they acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.

孩子们探索具有地方和全球意义的概念、思想和问题。这样做的过程中，能够使他们深入的探究知识，并发展对广泛而平衡的学科的理解。



MYP – Music

A Week to Remember

值得纪念的一周

Our MYP 1 students are currently diving into the world of music genres, exploring the different styles and characteristics that define each genre. This foundation will help them develop a broad understanding and appreciation of music.

我们中学一年级的学生目前正在深入音乐流派的世界，探索定义每种流派的不同风格和特征。作为理解音乐的基础，这个活动将帮助学生们发展对音乐的广泛理解和欣赏能力。

Meanwhile, our MYP 2 students are focusing on forms and structure, delving into the various compositional elements that bring a piece of music to life. Through analysis and practice, they will better understand how music is organized and crafted.

与此同时，我们中学二年级的学生专注于音乐的形式和结构，他们深入研究各种组成元素，最终使一首乐曲更加栩栩如生。通过分析和实践，他们将更深入地了解音乐是如何组织和制作的。

For our MYP 3 students, they are immersing themselves in the world of rock band music. They will learn to play instruments such as the guitar, drums, and bass and understand the dynamics of working together as a musical ensemble.

对于初中三年级的学生来说，他们沉浸在摇滚乐队音乐的世界里。他们不仅要学习演奏吉他、鼓和贝斯等乐器，还要了解作为一个音乐合奏团一起工作的动态。

Breaking conventions is the focus of our MYP 4 students. They are taking a unique approach to music by exploring different genres and rearranging them to create something fresh and innovative.

打破常规是我们中学四年级学生的学习重点。他们以独特的方式探索不同的音乐流派，并对其重新编排，创造出新鲜和创新的内容。

MYP – Music

Photos of the Week 本周照片



Cafeteria Weekly Menu 菜单

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Stir-fried shredded pork with beans	American scrambled eggs with mixed beans	Asparagus and eggs	Baked egg with cheese	Scrambled eggs with colored peppers
	Colorful steamed egg pudding	Grilled sausage with romaine lettuce	Homestyle stir-fried ground pork with tofu	Buttered seasonal vegetables with shrimp	Stir-fried ham with cucumber
	Fragrant rice congee	Cornflakes with milk	Mixed grain congee	Purple potato and milk sago soup	Sweet potato and millet porridge
	Lotus leaf shaped cake	White toast with jam	Green onion pancakes	Milky bread	Red date cake
AM Snack	Banana	Korla pear	Kiwi Fruit	Dragon Fruit	Apple
Lunch	Sauteed sole fish	Grilled beef tenderloin with mushroom sauce	Stewed shrimp	Braised veal in creamy sauce	Five-spice marinated chicken thighs
	Stir-fried baby bok choy	Caesar salad	Stir-fried leaf lettuce	Niçoise salad	Stir-fried cabbage
	Enoki mushrooms tofu soup	Creamy mushroom soup	Tomato and egg soup	Creamy pumpkin soup	Snow pear soup with rock sugar
	Cantonese style stir-fried flat rice noodle	Baked chicken and rice with cheese	Stir-fried shredded pancake	Thai pineapple fried rice	Henan style marinated noodles
PM Snack	Mixed nuts Yogurt	Yellow peach pie Milk	Steamed pumpkin Yogurt	Sesame seed cookie Milk	Chinese chestnut Yogurt

School Menu Nutritional Evaluation

	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Vitamin A (mcg)	Vitamin C (mg)	Vitamin E (mg)	Calcium (mg)	Phosphorus (mg)	Potassium (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)
Recommended Intake	954.72	31.82	31.82	131.27	420	49	3.5	560	350	1050	105	8.4	8.4
Weekly Summary	954.76	39.65	32.25	130.35	311.31	94.66	12.53	418.64	619	1213.83	151.48	8.12	5.15



Meal picture samples from week Aug. 28 to Sep.1.

Nurse's Corner



Autumn is here, with bigger temperature differences and dryer air. It is suggested to exercise more, add or reduce clothing accordingly, drink more water, and eat more fresh fruits and vegetables.

Cafeteria Weekly Menu 菜单

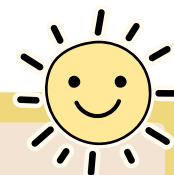
	星期一	星期二	星期三	星期四	星期五
早餐	豆角炒肉丝	美式杂豆炒鸡蛋	芦笋鸡蛋	芝士焗蛋	彩椒炒鸡蛋
	五彩蒸蛋羹	烤肠配罗马生菜	家常豆腐肉沫	黄油时蔬扒虾仁	黄瓜炒火腿
	香米白粥	牛奶玉米片	八宝粥	紫薯牛奶西米露	小米地瓜粥
	荷叶饼	白土司配果酱	葱油饼	奶香小面包	红枣发糕
加	香蕉	库尔勒香梨	奇异果	火龙果	苹果
午餐	葱油龙利鱼	香烤牛里脊配蘑菇汁	焖大虾	奶油汁烩小牛肉	五香卤鸡腿
	清炒小青菜	凯撒沙拉	清炒油麦菜	尼斯沙拉	醋溜白菜
	金针菇豆腐汤	奶油蘑菇汤	番茄鸡蛋汤	奶油南瓜浓汤	冰糖脆梨汤
	广式炒河粉	鸡肉芝士焗饭	家常炒饼丝	泰式菠萝炒饭	豫式卤面
加	混合坚果	黄桃派	蒸贝贝南瓜	芝麻饼干	板栗
	酸奶	牛奶	酸奶	牛奶	酸奶

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	954.72	31.82	31.82	131.27	420	49	3.5	560	350	1050	105	8.4	8.4
一周综合	954.76	39.65	32.25	130.35	311.31	94.66	12.53	418.64	619	1213.83	151.48	8.12	5.15



保健医生对你说：



白露秋分夜，一夜凉一夜。

夏日暑气已消，昼夜温差增加。建议加强身体锻炼，适当增减衣物。秋天节气，空气湿度降低，更要注意每天补充充足的水分，多吃新鲜蔬果润肺养阴。



图片为本周（8月28日-9月1日）部分菜品照片