



NEWSLETTER

September 8, 2023 | 2023年9月8日

NO. 00076



Notes from the HoS Desk 校长寄语

Welcome to this week's Weekly Newsletter. Here are some of the key updates and news about school life this week.

欢迎来到本周的学校周讯。以下是本周校园生活的一些重要更新和消息。



Prioritizing Student Health

学生健康至上

The health of our students has always been the primary concern of our school. In order to safeguard the health of every student, we have taken a series of measures. Firstly, each classroom is equipped with an efficient air purifier to ensure fresh and clean indoor air. Secondly, our responsible team regularly monitors the outdoor air quality on a daily basis and flexibly adjusts the indoor and outdoor activity schedules of students according to the situation. We understand the importance of air quality to the health of our students and are committed to providing a safe and healthy learning environment.

学生的健康一直是我们学校的首要关注点。为了保障每位学生的身体健康，我们采取了一系列措施。首先，每个教室都配置了高效的空气净化器，以确保室内空气的清新和洁净。其次，我们的负责团队每天定时监测室外空气质量，并根据情况灵活调整学生的室内外活动安排。我们深知空气质量对学生健康的重要性，因此我们致力于提供一个安全而健康的学习环境。

MAP Testing

MAP测试

The MAP test has been a powerful tool for us to assess our students' academic progress. We are very pleased to see our students becoming acclimated to campus life and making significant progress on the tests. The process has been challenging, but also a valuable opportunity to learn and grow. We would like to extend a special thank you to the students for their efforts and the teachers for their support as they work together for a better tomorrow.

MAP测试一直是我们评估学生学术进展的有力工具。我们非常高兴看到学生们逐渐适应了校园生活，并在测试中取得了显著的进步。这个过程充满挑战，但也是学习和成长的宝贵机会。我们要特别感谢学生们的努力和老师们支持，他们共同努力，为更好的明天而奋斗。

Parent Open Hours 校长开放时间

To better promote home-school cooperation, the HoS open hours have been established as Tuesdays from 8:00 a.m. to 9:00 a.m. and Thursdays from 3:15 p.m. to 4:15 p.m. These two-time slots are reserved exclusively for parents to provide you with an opportunity to speak with the HoS in person. I look forward to hearing any comments, questions, or suggestions parents may have to ensure that the school continues to improve and progress. I encourage you to take advantage of these times and work together to build a better campus community.

为了更好地促进家校合作，校长开放时间已确定为每周二上午8:00到9:00和每周四下午3:15到4:15。这两个时间段专门为家长们预留，为您提供与校长亲自沟通的平台。我期待倾听家长的意见、问题或建议，以确保学校不断改进和进步。我们鼓励您充分利用这些时间，一起建设更加美好的校园社区。



Theme of the Month: Inquirers

本月主题: 探究者

Get curious. Before you can figure out what children are interested in learning about, listening to their ideas, thoughts, and wonderings is important.

保持好奇心。在您弄清楚孩子对学习什么感兴趣之前，倾听他们的想法和疑惑是很重要的。

- What questions have you heard children asking lately? Jot them down on a piece of paper.

最近您听到孩子都在问什么问题呢？把它们记在一张纸上。

Activity for Parents

家长活动

Involve children in creating a web of investigation based on their questions.

- Find a blank piece of paper and create a circle in the middle.
- Label the inside circle with the topic of their inquiry. For example: “pets.”
- Create lines shooting out from around the circle. This looks a little like a spider and its legs.
- Jot down children’s questions related to the topic by each line.
- Review questions with the children.

让孩子们根据他们的问题创建一个调查网。

- 找一张空白的纸，在中间画一个圈。
- 在圆圈内写上他们所要调查的主题。例如：“宠物”。
- 画出从圆射向周围的线。这看起来有点像蜘蛛和它的腿。
- 在每条线上记下孩子们问出的与主题相关的问题。
- 和孩子们一起回顾问题。

Upcoming Events 活动预告

Date 日期	Events 活动
September 18-22 9月18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 - Toddlers, PreK3 & PreK 4: GOLD Training for Parents 幼儿园家长会：GOLD培训（必须参加）
September 29 - October 6 9月29日 - 10月6日	Fall Break 假期（周六日正常休息）

Student Learning for the Week 本周教学

PreK 4A

Inquiring and Exploring Community Helpers 探究和探索社区成员



In our unit, *How We Organize Ourselves*, PreK 4A students embarked on a fascinating journey exploring our school community. The students created a school map to make the learning experience interactive and engaging. This activity reinforced their understanding and appreciation of the different spaces within our learning community.

在我们的单元，我们如何组织自己中，Pre-K4A的学生开启了一段精彩的校园探索之旅。学生们制作了一张学校地图，使这次的学习体验具有互动性和吸引力。这次活动不仅加强了他们对学校场所的了解，还帮助他们在探索中学会感恩。



During inquiry time, we took a closer look at community helpers. Our active explorers enthusiastically participated in role-playing activities that allowed them to step into the shoes of various community helpers, such as firefighters, hairdressers, nurses, and doctors. Through these imaginative scenarios, they developed a deeper understanding of these individuals' essential roles in our community.

在调查期间，我们仔细研究了社区帮助者。我们积极的探索者们，热情地参与角色扮演活动，让他们站在不同社区帮助者的角度，如消防员，理发师，护士和医生，通过富有想象力的场景，让他们对这些在我们社区中扮演重要角色的人有了更深的理解。

G3 B

Peace 和平



What is peace? For some, it is the gentle breeze against their skin or the shade of a tree providing relief from the scorching sun. For others, it might be the holding of hands to signify friendship or a comforting hug after experiencing a tough day.

什么是和平？对一些人来说，它是微风拂过他们的皮肤，或者是烈日下树荫带给人们的舒缓。对另一些人来说，这可能是表示友谊的握手，或者是在经历了艰难一天后一个安慰的拥抱。

When the G3 students were asked this question, they gave beautiful responses, demonstrating not only their understanding of the word, but also the idea that peace can be found in even the smallest of places. To the G3 students, peace means being caring, kind, respectful, safe, showing empathy, listening to others, and sitting with others.

当G3学生被问到这个问题时，他们给出了最美的答案。它不仅表示了他们对这个词的理解，还展示出即使在最小的地方也能找到和平的想法。对G3学生来说，和平意味着关心，善良，尊重，安全，表达同情，倾听他人，与人共座。

This year, for our yearlong unit of *Sharing the Planet*, the G3 students will inquire into conflict resolution so that they can explore ways in which communities can peacefully coexist.

今年，在我们为期一年的“共享地球”单元中，G3学生将探讨解决冲突的方法，以此探索和平共处的策略。



Science 科学



MYP 1 Science students have been covering the unit titled "What Does a Scientist Do?" During this unit, students are introduced to different kinds of scientists and the various branches of science. Students are developing the skills and foundations of the scientific method process, learning how to use essential scientific equipment, and developing an understanding of particle theory, energy, and matter.

初中一年级学生在科学课上已经学习了题为 "科学家做什么?" 的单元。在这一单元中，学生们认识了不同类型的科学家和科学的各个分支。学生正在发展科学方法过程的技能和基础，学习如何使用基本的科学设备，并加深对粒子理论、能量和物质的理解。

MYP 2 Science students are covering the unit titled "Living Systems." During this unit, students are introduced to energy transformations and how living systems use energy to sustain life. Students will be introduced to cells in animals and plants. They will be learning how different cells work in the respiratory system, cardiovascular system, and digestive system. Students will also be introduced to how plant cells work together to transport water and perform photosynthesis.

初中二年级学生正在科学课上学习以“生命系统”为题的单元。在本单元中，学生将了解能量转换以及生命系统如何利用能量来维持生命。学生将学习动物和植物的细胞，还将学习不同的细胞在呼吸系统、心血管和消化系统中如何工作。除此之外，我们也会向学生介绍植物细胞如何协同工作来运输水分和进行光合作用。



Science 科学

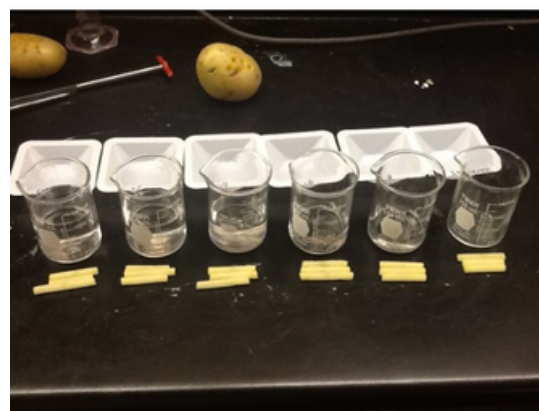


MYP 3 Science students are covering the unit titled "Atomic Structure and Matter." During this unit, students are learning about atomic structure, the periodic table, and the physical and chemical properties of matter. They are examining how the physical and chemical properties of matter can be used to separate mixtures. Students are conducting experiments to examine the solubility of sugar and salt in different solvents. They are also learning about distillation, chromatography, and filtration, along with the practical applications of these processes in real-life situations.

初中三年级学生正在科学课上学习“原子结构和物质”单元。在本单元中，学生将学习原子结构、元素周期表以及物质的物理和化学性质。他们正在研究如何利用物质的物理和化学性质来分离混合物。学生们正在学习做实验，检查糖和盐在不同溶剂中的溶解度，并学习蒸馏、色谱和过滤以及这些过程在现实生活中的实际应用。

MYP 4 Science students are covering the unit titled "Structure and Function." The focus of this unit is to explore how structure determines function, a concept applicable to physics, chemistry, and biology. Currently, students are studying the structure of semipermeable membranes and learning how they influence the movement of water in living and non-living systems. They have conducted experiments to examine how sucrose concentration affects osmosis in living cells and are currently learning how to properly present this investigation as a written lab report. Additionally, students will learn how surface-to-volume ratio affects biological systems and how it influences various engineering situations.

初中四年级的学生中正在学习“结构和功能”单元。本单元的重点是研究结构如何决定功能。这个概念可以应用于物理、化学和生物学。目前，学生们正在研究半透膜的结构，并了解它们如何影响生命和非生命系统中的水的运动。他们进行了实验，研究蔗糖浓度如何影响活细胞的渗透作用，目前正在探究如何书写书面实验室报告。学生将学习表面积与体积比如何影响生物系统以及不同的工程情况。



PYP – PSPE 小学体育

Kicking off the School Year in Personal, Social and Physical Education (PSPE)!

个人，社会和体育新学期课程开始了！

The contagious enthusiasm and overwhelmingly positive attitudes on display in Personal, Social, and Physical Education (PSPE) lessons have set the stage for what promises to be an outstanding year ahead.

学生在个人，社会和体育课（PSPE）中表现出的热情和积极的态度，为他们未来一年的出色表现奠定了基础。

In PSPE classes, our students have truly excelled, fearlessly embracing new games, activities, and challenges. Their willingness to take risks outside their comfort zones is commendable. Whether honing fundamental movement skills or taking on team challenges, our students have consistently demonstrated remarkable determination and perseverance.

在PSPE课程中，我们的学生表现确实出色，无所畏惧地接受新游戏、新活动和新挑战。他们敢于在舒适区之外冒险的精神值得称赞。无论是磨练基本动作技能，还是接受团队挑战，我们的学生始终表现出非凡的决心和毅力。

Moreover, the emphasis on effective communication and teamwork has been a standout feature. Engaging in group activities and team sports has sharpened our students' ability to articulate themselves clearly while also cultivating attentive listening skills. This not only elevates their performance in class but also nurtures essential life skills that will serve them well in their future pursuits. Together, we are fostering a community of learners who are not only physically fit but also emotionally resilient, socially adept, and poised for growth throughout the school year.

此外，强调有效沟通和团队合作也是课程的一大特色。通过参与集体活动和团队运动，学生能够清晰地表达自己的观点，同时还培养专注倾听的能力。这不仅提高他们在课堂上的表现，还培养了他们的基本生活技能，对他们未来的发展大有裨益。通过共同努力，我们正在培养一个学习者社区，他们不仅身体健康，而且情绪坚韧，善于社交，并为整个学年的成长做好准备。



Cafeteria Weekly Menu 菜单

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Stir-fried Mung Bean Sprouts	Buttered Broccoli	Braised Sliced Meat with Mushroom	Grilled Bacon with Onion	Stir-fried Bean Curd with Green Vegetables
	Stir-fried Torned Cabbage	Italian Style Baked Eggs with Cheese	Stir-fried Shredded White Radish	Romaine lettuce	Stir-fried Shredded Potato with Colorful Pepper
	Lily and Sticky Rice Congee	Creamy Corn Soup	Spiced Quail Eggs	Sunny-side-up Eggs	Stirred Egg and Flour Soup
	Sesame Sauce Layered Cake	Nutty Ukleba	Black Rice Porridge	Milk Oatmeal	Marinated Egg
			Steamed Twisted Roll	Meat Floss Toast	Creamy Steamed Buns
AM SNACK	Green Grapes	Pear	Orange	Apple	Banana
LUNCH	Braised Ribs with Corn	Mediterranean Grilled Chicken	Sweet and Sour Pork with Pineapple	Turkish Braised Lamb	Braised Chicken with Potato and Green Pepper
	Stir-fried Diced Chicken with Mushrooms and Peppers	Basil and Green Sauce Pasta	Stir-fried Ground Meat with Tofu	French Fries	Garlic Garland Chrysanthemum
	Stir-fried Bok Choy	Fruit Salad	Stir-fried Mushroom and Vegetable	Mixed Vegetable Salad	Stir-fried Organic Cauliflower
	Nori and Seaweed Soup with Dried Shrimp	Country Soup	Steamed Rice	Whole Wheat Baguette	Steamed Millet and Rice
	Steamed Rice with Raisin		Tomato and Egg Drop Soup	Spanish Seafood Rice Soup	Vegetable and Tofu Soup
PM SNACK	Milk	Yogurt	Milk	Yogurt	Milk
	Steamed Purple Potato	Green Onion Thin Crackers	Mixed Nuts	Steamed Mini Taro	Cupcake

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	989.72	34.64	32.99	136.09	420	49	3.5	560	350	1050	105	8.4	8.4
Weekly Summary	1036.58	40.07	35.44	143.78	369.76	70.68	18.56	415.07	703.09	1463.13	181.78	9	5.78



Meal picture samples from week Sep. 4th to Sep.8th.



Nurse's Corner

Breakfast should include three or more types of the following four categories of food: cereals; vegetables and fruits; animal and dairy products; soybeans and nuts.



Cafeteria Weekly Menu

菜单

	星期一	星期二	星期三	星期四	星期五
早餐	熘绿豆芽	黄油西兰花	平菇烧肉片	香烤洋葱培根	青菜炒腐竹
	手撕包菜	意大利芝士烘蛋	清炒萝卜丝	罗马生菜	彩椒土豆丝
	百合糯米粥	粟米忌廉汤	五香鹌鹑蛋	太阳煎蛋	金丝面汤
	麻酱千层饼	果仁大列巴	黑米粥	牛奶燕麦粥	卤鸡蛋
			双色刀切	肉松吐司	奶香小馒头
加点	阳光玫瑰	皇冠梨	橙子	苹果	香蕉
午餐	玉米烧肋排	地中海烤鸡	菠萝咕嚕肉	土耳其烩羊肉	大盘鸡
	双椒菌菇烧鸡丁	罗勒青酱意大利面	肉末嫩豆腐	法式薯条	蒜蓉茼蒿
	清炒上海青	水果沙拉	香菇菜心	混合蔬菜沙拉	小炒有机花菜
	紫菜海带虾皮汤	乡村浓汤	大米饭	全麦法棍	黄金大米饭
	葡萄干米饭		番茄鸡蛋汤	西班牙海鲜汤饭	青菜豆腐汤
加点	牛奶	酸奶	牛奶	酸奶	牛奶
	紫薯	香葱薄脆	混合坚果	小香芋	香妃蛋糕

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	989.72	34.64	32.99	136.09	420	49	3.5	560	350	1050	105	8.4	8.4
一周综合	1036.58	40.07	35.44	143.78	369.76	70.68	18.56	415.07	703.09	1463.13	181.78	9	5.78



图片为本周（9月4日-9月8日）部分菜品照片
www.siasinternationalschool.org



保健医生对你说：

早餐食物应包含谷薯类、蔬菜水果、动物性食物及奶类、大豆和坚果等四类食物中的三类及以上。

