



NEWSLETTER

September 15, 2023 | 2023年9月15日

NO. 00077



Notes from the HoS Desk 校长寄语

This is the time of year in schools when students and staff find their groove. Students know the classroom routines and are stretching their minds. Staff understand students' needs and begin to maximize their potential. I have really enjoyed my classroom observations this week to see the learning take place.

每年的这个时候，学校的师生都会找到自己的状态。学生们熟悉了课堂常规，思维得到拓展；教职员工了解了学生的需求，并开始最大限度地发掘他们的潜能。我非常喜欢本周的课堂观察，并从中感受到浓厚的学术和学习氛围。

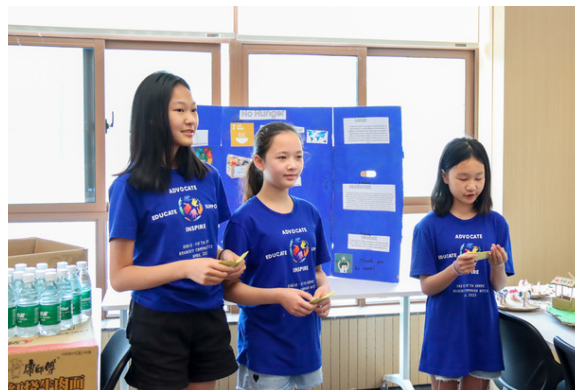


Theme of the Month: Inquirers

本月主题：探究者

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

我们培养好奇心，提高探究和研究的技能。我们知道如何独立学习以及与他人一起学习。我们充满热情地学习，并终生保持对学习的热爱。



Activity for Parents

家长活动

Projects are often quick and simple to complete at home. Be sure to allow for open inquiry by taking your child's lead, and exploring the concept or topic your child really wants to learn. After pinning down a question to be answered, find a project that will seek to answer it. For example, if your child wants to know how rainbows are made, explore how light is refracted using a cup of water, a flashlight, and paper.

在家完成项目通常既快速又简单。请务必以孩子为主导，开放性探索孩子真正想学习的概念或主题。在确定要回答的问题后，找到一个将寻求答案的项目。例如，如果您的孩子想知道彩虹是如何形成的，可以用一杯水、一只手电筒和一张纸来探索光是如何折射的。

Upcoming Events 活动预告

| Date 日期 | Events 活动 |
|---|---|
| September 19 9月19日 | Inquiry-Based Learning for MYP Parents 中学家长了解-探究式学习 |
| 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 4B

Discovering Community Roles: A Child's Perspective

探索不同社会成员：从儿童视角说起

This week, our children continued their exploration by focusing on community members in the veterinary clinic, hair salon, bakery, and supermarket. They learned how these individuals work together to fulfill individual needs and benefit the community. Through this journey, children gained insight into these roles and began forming their own interpretations and fostering a personal connection with the various community professions.

本周学生们进一步探索了社区的不同机构，比如宠物医院，理发店，烘焙蛋糕店和超市。他们了解到这些人是如何共同努力满足个人需求并造福社区的。在这次的学习旅程中，学生们不仅深入了解了这些角色，逐渐形成自己的理解，并与各种社区职业建立了自我关联。



“Let me wash your hair!”
“我来帮你洗头吧！”



“Our bakery is almost ready!”



“我们的面包店就快开了！”



In the process of “baking” cake and bread!
学生们自己“烘焙”蛋糕和面包！



“The horse is sick! We need to give the horse some medicine.”
“小马生病了！我们需要给它吃点药。”

G2 A

Reading Buddies With MYP Students 与 MYP 学生的共读时光

Our G2A students were very excited to have some MYP students join us this Friday. Through their service-learning program, 3 MYP students came to our class and partnered up with our G2A students for our Reading Buddies. Together they chose what books they wanted to read from our classroom library using their collaborative skills. Both classes really enjoyed this partnership and are looking forward to next Friday!

本周五，我们 G2A 的学生们很高兴迎来了一些 MYP 的学生加入我们的学习。通过 MYP 的服务学习计划，3名 MYP 学生来到我们的班级并与我们的 G2A 学生建立“阅读伙伴”关系。学生们利用协作技能，一起从我们的教室图书馆中选择了他们想要阅读的书籍。两个班级都非常喜欢这种合作关系，并期待着下周五的相见！

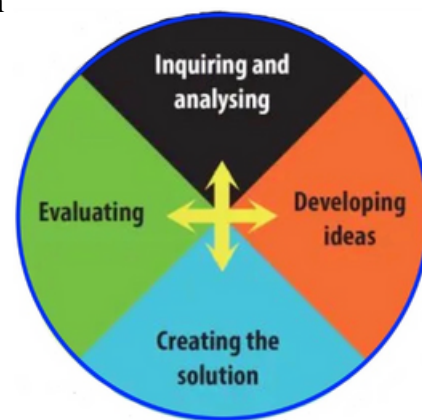


Design

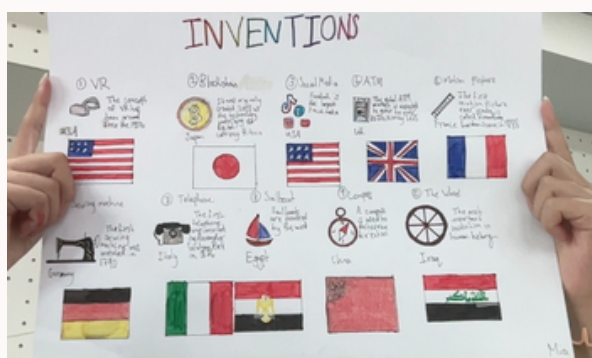
设计

Our design students in middle school have been actively engaged in inquiry-based learning. They fostered their conceptual understanding by studying subject-specific content in greater depth and applying it in a real-life context which is demanded by the Middle Years Program (MYP). We have effectively utilized project-based learning in our design teaching and learning approach.

我们中学设计课的学生积极参与融入探究式学习。作为中学项目（MYP）的学习要求，学生们通过深入地研究特定学科的内容，将其应用于现实生活中的学习方法，培养了他们对概念性问题的理解。我们在设计教学中亦是有效地融合使用了项目式学习的理念与方法。



The MYP1 class has completed analyzing and sketching the Design Cycle according to their own understanding. MYP1 已根据自己的理解完成了设计周期的分析和勾勒。

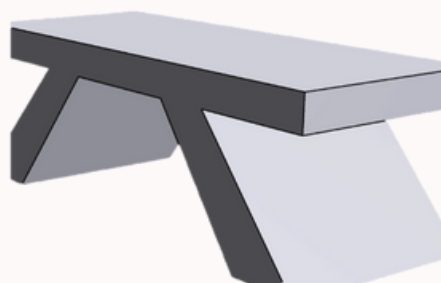


The MYP2 class has been investigating the concept of invention and how it has improved the quality of life. MYP2 班一直在探究发明的概念以及发明如何改善生活质量。

| (use ACCESS FM) | | | |
|-------------------|---|---|--|
| Picture | Picture 1 | Picture 2 | Picture 3 |
| | | | |
| Aesthetics | It is a very pleasing and soft colour. And gives you a very warm vintage feeling. | The colours on this package are very bright. Pink and peach colours are put together to symbolize a feeling of young and cleansing. | The aesthetic of this packaging is very vintage and gives a feeling of warmth and oldness. |

MYP3 has been tackling a design unit called “Packaging in Design.” They have been investigating and developing conceptual designs for different packaging products, focusing on Industrial Design.

MYP3 在研习解决主题为“包装设计”的设计单元。围绕“工业设计”的核心，他们在学习研究和探索不同包装产品的概念设计。



MYP4 has made excellent computer-aided design (CAD) drawings using graphical software. This has helped them understand the finer details of their conceptual designs before beginning to make the actual products.

MYP4 使用图形软件制作了出色的CAD设计图纸。这能更好的帮助他们在开始制造实际产品之前了解他们的概念设计的细节。

MYP – Art

艺术

It was a great start in Visual Arts this year. Students have been engaging in various art forms such as still life, cityscape, and landscape. This can help students explore different art aspects and develop their unique styles and preferences. Additionally, providing critiques on their artworks and those of their classmates is a valuable learning experience. It allows students to refine their artistic skills, learn from each other, and gain a deeper understanding of the principles of art.

今年视觉艺术课程有一个良好的开端。学生们开学至今学习了解了不同的视觉艺术形式，如静物、城市景观和风景。这可以帮助学生探索艺术的不同方面并发展自己独特的风格和偏好。此外，欣赏点评他们和同学们的艺术作品也是一种宝贵地学习经历。这种方式能提升学生的艺术技能，互相学习，并能更深入的了解艺术美学原理。

Seeing students actively participating and engaging in these art experiences is wonderful. It's likely that they will continue to grow and improve their skills as the year progresses, and they may even discover new areas of interest within the world of visual art.

很高兴看到学生积极参与这些艺术体验。随着时间的推移，他们很可能会继续成长和提高自己的技能，甚至可能会在视觉艺术世界中发现新的兴趣领域。



Pool Closure During National Holiday 假期泳池闭馆通知

The swimming pool will be closed from Friday, Sept. 29 to Monday Oct. 9. The Pool will welcome swimmers and members from Tuesday, October 10.

Monday, Oct. 9 ASA swimming will not be affected.

学校泳池将于9月29日至10月9日闭馆，10月10日起恢复正常开放时间。

10月9日星期一ASA游泳课正常上课。



Extended Leave Request 申请请假三天及以上

If a student will be absent for a planned leave that is more than 3 days, parents must submit an Extended Leave Request via DingTalk.

Or you can scan the QR code below to submit the request.

如果学生计划请假超过 3 天，家长必须通过钉钉提交“Extended Leave”请假申请。

您也可以通过扫描下方二维码进入申请流程。

家校沟通



Campus Health 校园健康



Extended leave 请假三天...



Food Safety Inspection

食品安全检查

On the afternoon of September 11, our school welcomed the delegation from the Bureau of Market Regulation of Zhengzhou City, Catering Food Safety Division, as well as the Education Bureau of Zhengdong New District. The delegation expressed their affirmation of our school's work on food safety and proposed that the school should continue to pay attention to food safety, fulfill its main responsibility, and strictly abide by relevant laws and regulations.

Sias IS catering team will continue to maintain our high standards of food safety, always aiming to prepare nutritious, freshly made meals for our students, and continue to train our cafeteria employees to improve the quality of meals and service.

9月11日下午，郑州市市场监督管理局、餐饮处和郑东新区教文体局一行人带队到郑东新区西亚斯外籍人员子女学校餐厅进行检查。调研组表达了对我校食品安全工作的肯定，提出了学校要持续重视食品安全、持续履行好食品安全主体责任和严格遵循相关法律法规的要求。

学校餐饮管理人员表示，将持续严格化落实食品安全高水准要求，坚持为学生提供新鲜制作的营养餐，并通过不断的培训来加强食堂从业人员的水平。



Cafeteria Weekly Menu

菜单

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--------------------------------------|--|--|---------------------------------------|--------------------------------------|
| BREAKFAST | Scrambled Eggs with Cucumber | Asparagus and Shrimp with Black Pepper | Crab Mushroom in Black Bean Sauce | Sunny Side Up Egg | Cilantro and Carrot |
| | Zucchini in Tomato Sauce | Scrambled Eggs with Mixed Beans | Stir-fried Cabbage | Grilled Sausage with Lettuce | Stir-fried Loofah with Tomato |
| | Leavened Pancakes | Whole Wheat Pumpkin Buns | Steamed Buns | Meat Roll | Steamed Eggs |
| | Rice Porridge with Red Dates and Yam | Milk with Cereal | Boiled Egg | Milk with Cornflakes | Red Date Bun |
| | | | Walnut Congee | | Corn Grits |
| AM SNACK | Banana | Sunny Rose Grapes | Winter Jujube | Orange | Apple |
| LUNCH | Five-spice Stewed Chicken Wings | Baked Potato with Cheese and Bacon | Stir-fried Shredded Pork with Sweet Bean Sauce | Deep Sea Cod Fillet | Braised Beef in Soy Sauce |
| | Garlic Broccoli | Vegetable Salad | Stir-fried Baby Bok Choy | Fruit Salad | Braised Beancurd Sheet |
| | Sesame Sauce Pancake | Spaghetti Bolognese | Handmade Pan Bun | Japanese Style Chicken Legs with Rice | Hankou Hot Noodles with Sesame Sause |
| | Meatball Soup | Pumpkin Soup | Lamb Noodle | Japanese Miso Soup | Turnip and Kelp Soup |
| PM SNACK | Milk | Yogurt | Milk | Yogurt | Milk |
| | Steamed Pumpkin | Thousand Layer Red Bean Puff Pastry | Steamed Corn | French Cheesecake | Mixed Nuts |

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 | 1007.22 | 35.25 | 33.57 | 138.49 | 420.00 | 49.00 | 3.50 | 560.00 | 350.00 | 1050.00 | 105.00 | 8.40 | 8.40 |
| Weekly Summary | 994.25 | 41.06 | 32.04 | 140.81 | 327.13 | 61.58 | 15.52 | 441.82 | 709.09 | 1430.82 | 190.29 | 13.76 | 4.94 |



Nurse's Corner

For school-aged children, it is recommended to drink 300 ml and above liquid milk or have the equivalent amount of milk products every day. Drinking a sufficient amount of water, i.e., 800-1400 ml every day is important.

It is best to avoid drinking too much sugar-sweetened beverages or replacing water with sugar-sweetened beverages.



Cafeteria Weekly Menu 菜单

| | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
|----|---------|----------|-------|--------|--------|
| 早餐 | 青瓜柴鸡蛋 | 芦笋虾仁配黑胡椒 | 豉汁蟹味菇 | 太阳煎蛋 | 香菜胡萝卜 |
| | 茄汁西葫芦 | 美式杂豆炒蛋 | 手撕包菜 | 烤肠配生菜 | 番茄炒丝瓜 |
| | 发面烙饼 | 全麦南瓜小面包 | 翡翠馒头 | 肉松卷 | 蒸鸡蛋 |
| | 红枣山药大米粥 | 牛奶配喜瑞尔 | 煮鸡蛋 | 牛奶玉米片 | 荷叶蜜枣馍 |
| | | | 健脑桃仁粥 | | 香浓玉米糝 |
| 加点 | 香蕉 | 阳光玫瑰 | 冬枣 | 橙子 | 香蕉 |
| 午餐 | 五香卤全翅 | 芝士培根焗土豆 | 京酱肉丝 | 深海鳕鱼排 | 红烧酱牛肉 |
| | 蒜蓉西蓝花 | 蔬果沙拉 | 清炒小青菜 | 水果沙拉 | 虎皮千张豆皮 |
| | 芝麻酱香饼 | 肉酱意大利面 | 手工地锅馍 | 日式鸡腿盖饭 | 汉口热干面 |
| | 高汤汆丸子 | 南瓜浓汤 | 羊肉糊汤面 | 日式味噌汤 | 萝卜海带清汤 |
| 加点 | 牛奶 | 酸奶 | 牛奶 | 酸奶 | 牛奶 |
| | 蒸南瓜 | 千层红豆酥 | 蒸玉米 | 法式芝士蛋糕 | 混合坚果 |

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) |
|---------|------------|------------|-----------|--------------|--------------|--------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|
| 推荐摄入量标准 | 1007.22 | 35.25 | 33.57 | 138.49 | 420.00 | 49.00 | 3.50 | 560.00 | 350.00 | 1050.00 | 105.00 | 8.40 | 8.40 |
| 一周综合 | 994.25 | 41.06 | 32.04 | 140.81 | 327.13 | 61.58 | 15.52 | 441.82 | 709.09 | 1430.82 | 190.29 | 13.76 | 4.94 |



保健医生对你说：

建议学龄儿童，天天喝奶，每天300ml 及以上液态奶或相当量的奶制品。每天主动足量饮水，建议800~1400ml。

不喝或少喝含糖饮料，更不能用含糖饮料代替水。

