



NBIS Weekly Newsletter 9

UNITY

DIVERSITY

EXCELLENCE



Cambridge Assessment
International Education

Cambridge International School

Dates to Remember

- November 3 & 4: NBIS Book Fair
- November 3 & 4: Early Years Dentist Visit
- November 7– 10: Primary Science Week
- November 8: ESL PD Seminar
- November 9: Cambridge Journey



The poster features a photograph of a teacher and a young boy working together at a table. The background is a vibrant blue and orange gradient. The text is white and orange. A QR code is prominently displayed, and a small icon of a school building is on the right. The Cambridge Assessment International Education logo is at the bottom left.

**NBIS
CAMBRIDGE
JOURNEY**

**November 9th, Wednesday
1900-2100
NBIS Campus**

HOW TO REGISTER?

Simply fill out and submit the Registration Form by scanning the QR Code
Hope to see you there!

0574-87611005

Cambridge Assessment
International Education
Cambridge International School

- Want to know more about the Cambridge Curriculum in Primary or Secondary?
- Interested in learning more about your child's educational experience at NBIS?
- Want to find out about assessments and examinations?
- Need more information about student choices in Y9 and Y11?
- Want to find out how to support the university aspirations of your child?

You are warmly invited to an NBIS information evening in which you will learn more about the Cambridge Journey at NBIS.





Ningbo British
International
School

HSK
Chinese Proficiency Test
汉语水平考试

**HSK TEST REGISTRATION
OPENS NOW**

NBIS 2022年最后一次HSK考试开放报名啦!

REGISTER NOW

Deadline for Registration:
November 7 | 11月7日

Exam Date:
December 4 | 12月4日

Website:
www.chinesetest.cn
汉语考试服务网

Test Center:
浙江宁波英伦外籍人员子女学校
(Ningbo British International School)



 chinesetest@nbis.net.cn

 18967861713 / 13362842917

 No. 365 Guanghua Road, National Hi-Tech Zone, Ningbo 315000



Check out more details on our Official WeChat Account:

https://mp.weixin.qq.com/s/7f54_3Fh5m93fsEJds-UNA



Ningbo British
International
School

Unity - Diversity - Excellence



NBIS Book Fair

3rd & 4th November

"Anyone who says they have only one life to live must not know how to read a book."



The annual book fair will be held in the NBIS Library. Students will be able to view and purchase English books brought in from Shanghai.



NBIS Dress-up Day 2022

The Early Years and Primary students participated in their annual "Dress-up Day" on Friday. The kids' varied character attire when they came to school provided an interesting morning. It was undoubtedly an exciting day's start, featuring characters like Mario, several Disney princesses, vampires, witches, magicians, Cruella, and Ultraman.



The Early Years students then participated in a "Trick or Treat" through the Early Years classrooms in the morning. To commemorate the momentous day, the kids' instructors dressed up to greet them and handed them "Trick or Treat" gifts. As the kids talked about the various costumes and characters they saw throughout the day, their delight and enthusiasm could be seen on their faces.



EARLY YEARS SECTION



Nursery A

Autumn is a wonderful time of the year to really use nature to promote the development of children. In this week, the children enjoyed participating in a range of autumn themed activities to practice their fine motor skills, such as pencil control maze, scissors cutting and art works designing by using different tools. Children were interested to explore various resources and began to show care and accuracy when drawing and writing. And next week, we will plan to get out of the classroom to observe obvious change in autumn - leaves changing and falling off trees. Hope this beautiful autumn also brings harvest to each child!





PRIMARY SECTION

Humanities Topic in Year 1

On Friday the 28th, Annabella's mum visited Y1s to talk about how she became a professor and what her job is about as a part of the Humanities lessons.



This fitted into our humanities topic about 'Growing Up' which looks at the different stages of life including jobs and professions and what the children want to do when they are older.

All the children enjoyed listening to her and had a great time. I would like to say big thank you to Annabella's mum.



Art ~ A Tool for the Ages

By Year 6B Teachers: Carl Kirkpatrick and Peach Chen

Children study many subjects in school: languages, mathematics, sciences, social sciences, physical education and the arts. All have their place and importance in a balanced and meaningful education.

Visual Art is one of these important subjects. There's no doubt that the art is fun for children. Diving into finger paints or creating a beautiful picture to share with friends and family is a wonderful experience. Moreover, visual art is also an important and effective way for children to communicate their thoughts and feelings. It gives them an outlet to express their creativity and imagination – invaluable skills for the 21st century.



Visual art helps students on many fundamental levels. Listed below are eight ways that visual art helps children learn and develop important characteristics they will need as adults:

1. Creativity. Art allows children to express themselves differently than other subjects. If children have practice thinking creatively, it will come more naturally to them now and in their future career.



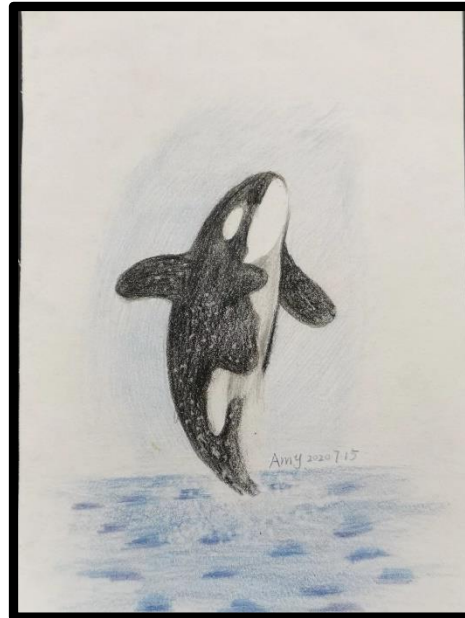
2. Improved Academic Performance. Visual art doesn't just develop a child's creativity—the skills they learn also transfers into academic achievement. There is much research and evidence to support that regular participating in visual art activities are more likely to correspond with academic achievement.



3. Motor Skills. Holding a paintbrush and drawing with a crayon are important elements to developing a younger child's fine motor skills.
4. Confidence. Mastering a subject builds a student's confidence. As children improve and see their own progress, their self-confidence grows! 😊
5. Visual Learning. Drawing, painting, and sculpting in art class can help develop visual-spatial skills. Art education teaches students how to interpret, criticize, and use visual information, and how to make choices based on it.



Created by Jeffry Li



Created by Amy Sun

6. Decision Making. Visual art strengthens problem solving and critical thinking skills. Learning how to make choices and decisions carries over into their education and other parts of life—as this is certainly a valuable skill in adulthood.
7. Perseverance. Creating artwork, often means making several drafts. This requires perseverance. This mindset will help children during their career where they will likely be asked to continually develop new skills and work through difficult projects.



Created by Stern He



Created by Stern He

8. Focus. As you persevere through painting, focus is imperative. Focus is vital for studying and learning in class as well as doing a job later in life.
9. As educators and parents, we should aim to foster our children’s creativity and independence as artists; seeing their confidence grow and develop. We need to see our lives. To quote the famous American author and novelist, Kurt Vonnegut:

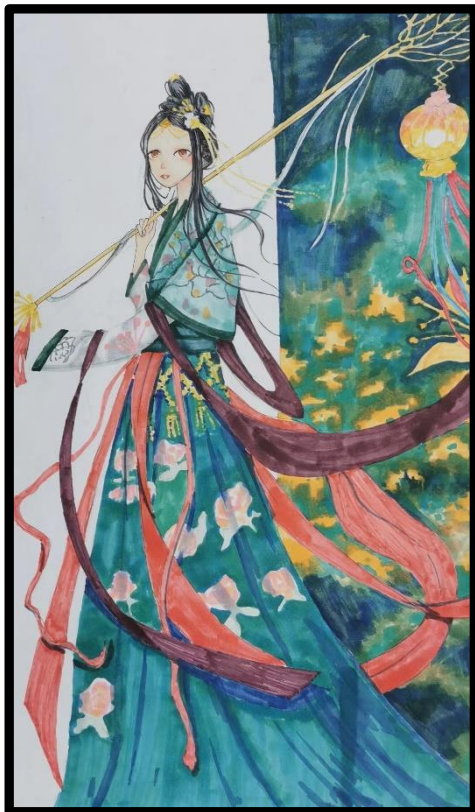
“To practice any art, no matter how well or how badly, is a way to make your soul grow. So do it!” – Kurt Vonnegut



Created by Amy Sun



Created by Ruth Howes



Created by Ruth Howes



Created by Ruth Howes





Created by Amy Sun



Created by Anabelle Le



Created by Anabelle Le



Created by Miranda Huang



Created by Miranda Huang



Primary Assemblies 31.10.22

Our music theme continues this week. Year 4 and Y5 shared what they had been Learning with us this week.



Year 4A performed the Jewish Folk Song 'Haida'. This song is a traditional song that is sung without actual lyrics to inspire prayer. 4A performed the song in a 'round' with the class split in two sections and singing the same tune but starting at different times. 4A also performed a traditional dance which singing. What a talented group of students!



Year 5 collaborated on a pop song, 'Shotgun' by George Ezra. George Ezra was inspired to write the song while driving around Barcelona. Year 5 have been learning to play tuned instruments and sing a melody. Students from both classes played the melodica to accompany the singing, while Yenvita played her own guitar. It was lovely to see such confidence and enthusiasm in the students' performance.



Primary Stars of the Week

Respect ~ Cooperation ~ Self Worth ~ Achievement ~ Diversity ~ Caring ~ Integrity

3A - Kara 3B - Dannii
2A - Kai 2B - Lucas
1A - Vanessa 1B - Cheryl
1C - Elaine & Jenny



6A - Jenny 6B - Rex
5A - Dami 5B - Riley
4A - Abe 4B - Joyce



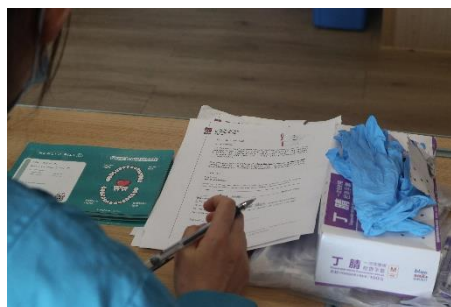
NBIS Primary Parent/Teacher Conference

NBIS hosted its Primary Parent/Teacher Conference on November 2–3. Meeting the homeroom teachers of the students in person is a wonderful opportunity. PTCs improve relationships between the home and school, and now parents and teachers can collaborate to enhance students' academic progress.



Lower Primary Dentist Visit

On November 3, Dr. Lai from Sunshine Dental Hospital visited our school and presented a lecture in the auditorium to the Lower Primary students. He talked to our students about the value of protecting our teeth and how a dental facility operates. After the thorough presentation, he and his qualified staff carefully checked our students' dental health. We appreciate Dr. Lai and his colleagues taking the time to visit us, and we eagerly anticipate his coming to the Early Years Section tomorrow.



There were two judges for the competition: Ms. Nausicaa Giavarra and Ms. Alicia Froome. Ms. Nausicaa is the drama teacher at NBIS and judged the students on their connection with the audience, emotional appeal, eye contact, gesture and fluency. Ms. Alicia Froome is the Head of English at NBIS and she judged the speech opening, ideas, subject knowledge, speech structure and logical appeal.



All students did exceptionally well in the speech competition. It was extremely difficult for the judges to choose a winner for lower and upper secondary.

The winner for lower secondary was Nelly from 9B.

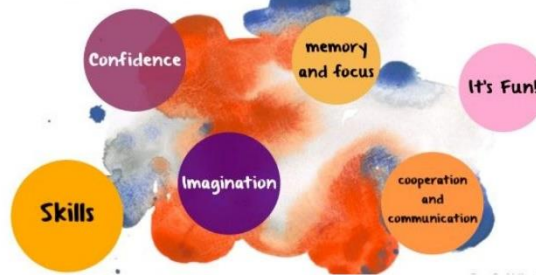
The winner from upper secondary was Adu in 10B.



NBIS DRAMA DEPARTMENT



Why is it important to study Drama?



At NBIS, we want our students to blossom and reach their full potential. We encourage them to pursue their dreams with passion and determination. Drama is a subject that allows students to develop precious life skills which will help them to succeed in any field. This is because Theatre is not only about becoming a performer or director, but also about understanding other people and cultures. Theatre is about communicating, exploring, creating, imagining, solving unpredicted situations, and thinking out of the box.

Drama is a practical and theoretical subject that promotes confidence, critical thinking, and imagination while fostering analytical and social skills. No matter what you do in life, whether it be a businessman, a doctor, a teacher, a wood maker, or an engineer, you will always need to communicate and implement your ideas. This is what Drama can help you to achieve.



Drama in Year 6

Year 6 is learning mime and acting skills, which foster students' creativity, performing and problem-solving ability. In addition, students experiment with various Drama games and activities that build their confidence, preparing them to start Secondary School.



Drama in Lower Secondary

Developing life and acting skills and Cross Curriculum Activities

Throughout the year, each year group will work on diversified activities aiming to develop their performing, devising and analytical skills, their appreciation and knowledge of performing arts and their creativity.

In Drama, we promote **cross-curricular learning**, which improves students' ability to connect knowledge and problem-solving skills.

Year 7 has been involved in a **cross-curriculum project with English**, learning techniques to improve their public speaking and preparing their persuasive speech for the **NBIS Speech Competition**.

Year 8 students have been focusing on storytelling, and later in the year will be involved in a **Drama Media and Music Project in collaboration with UNNC**.

Year 9 completed a **cross-curriculum project with Music**, inspired by the 'Stomps', a performing group that uses objects to create rhythms that can enhance a narrative.



IGCSE Drama

We are proud to have been the first international school in Ningbo to offer a Drama Curriculum up to A level. IGCSE Drama students have been exploring genres and styles of plays, such as Commedia dell'arte and Representational theatre, and learning to analyse a play from an actor, director and designer perspective.

Students are also staging a play, which will be presented to an audience and recorded as one of the coursework for their Cambridge Examination.



Drama Beyond the Class and Beyond Campus.

The Drama Department strives to offer new opportunities to students, offering them learning activities beyond the class and our school.

Thanks to the collaboration of the Drama Department with **The University of Nottingham - Ningbo Art Center**, on the 16th of October, IGCSE Drama students were given a chance to go watch a live Drama play, 'The Revel's Word of Shakespeare' by Joseph Graves, at the Lawrence Auditorium. Students truly enjoyed the performance and are currently analysing it in class. Since the pandemic, it has been extremely rare to be exposed to western style live performances, and therefore we are grateful to UNNC Art Center to have offered us such an opportunity.

Also, Miss Nausicaa has been invited to give weekly **Drama Workshop at UNNC Art center**.

What a great start for many more cross-campus learning experiences!



课程05	Course 05
10.25	戏剧工作坊 Drama Workshop
18:00-20:00	
课程地点	Venue
艺术中心戏剧排练厅 (行政楼151)	Arts Centre Drama Rehearsal Room (Talent 151)



The **Drama Club** meets on Mondays after school, putting on a complex full-length play. Students participating in the Drama Club are also contributing to preparing the NBIS Annual Drama Festival, which will happen in December. This year, we have invited **AIAN, GSN, HD and Huamao** to participate.



This is going to be another exciting year for the Drama Department! Stay tuned!



Y12 Assembly: Time



Introduction

Everything in life revolves around time, whether we like it or not. Despite this large presence, not many of us fully understand time nor know what to do with it. In our assembly, we wished to broaden everyone's understanding of time and emphasise the importance of managing and spending it efficiently.

Why we chose this topic

We chose this topic because secondary students are at a critical stage in life where understanding time and its value and knowing how to use it wisely is more important than ever. Whether it's meeting homework deadlines, setting aside time to study before an exam, or maintaining a healthy work-life balance, it's clear that being good with time is instrumental to academic success. We believed that teaching about time via this assembly would let others succeed in their studies and help them develop habits and life skills that can be beneficial for the rest of their lives.

Importance of Time

'Time is money' is a common saying which stresses the value of time, but even this could be seen as an understatement. Time is the world's most valuable resource. You can't do anything without it, and unlike money, there is no way to get time back once it's lost. Unfortunately, not all people are able to realise the scarcity and significance of time and instead fall into habits such as procrastination which results in an irreversible wastage of time. Realising the importance of time can let people become more motivated and punctual as they set out to achieve as much as possible with the limited time they have. Nevertheless, this is a challenging task, and utilising time requires meticulous planning and intelligent choices to ensure maximised productivity alongside a balanced and healthy schedule. With this in mind, we planned our assembly to focus on the two aspects of utilising time: how to spend time and time management.



Show Time

Our assembly began with a performance of the song Remember Me, exploring the idea of cherishing memories and remembering loved ones, even when separated. This ties into our assembly by showing the importance of spending enough time with your loved ones and creating memories with them, as you never know if you might separate in the future, particularly since the pandemic.

Afterward, we started our presentation by first highlighting time's value. Then we suggested ways to spend time wisely, manage time and choose what to do with it. We expanded the concept of time management into the methods of achieving goals and looking after yourself, as well as how to create a good work-life balance. The presentation then focused on how to spend time with yourself and others while keeping a good balance between the two.

We ended our assembly by hosting a short online quiz to test the audience's understanding of the presentation and gave out prizes to three lucky winners.

We hope everyone learned something new about the importance of time and how to make the most of it, just like we did while preparing for the assembly.

By Year12 David Zhu



The Urban Jungle Photography Competition 2022

****Open to Years 5 - 13****

The Science department's nature photography competition is live and ready to receive entries from students. The deadline is the **10th of November**, so students still have time to go out and explore Ningbo and take some fantastic snaps of the nature that shares our city with us.

Suggested shooting locations include the many parks, canals, and rivers around Ningbo. The community gardens often contain an abundance of creepy crawlies and other animals, such as hedgehogs! Ningbo Botanical Garden, Dongqian Lake, and the Ningbo Eco-Corridor in the East New Town (near the Japanese mall) are also great locations to explore.

**Please scan the QR code on the poster to see the competition rules and submit your entry.
Only one entry per student - so choose carefully.**



 Ningbo British
International
School

NBIS Science Department Presents
THE URBAN JUNGLE
PHOTOGRAPHY COMPETITION
Deadline: November 10th, 2022

**Submit one photo that showcases the
nature in Ningbo this autumn/winter! Go
out and explore and let's see those
photography skills!**

**Scan the QR code to submit
your photo and see the
competition rules.**





Yearbook Committee First Meeting

The NBIS Yearbook Committee held its initial meeting on November 1 to go through the schedule for this year's yearbook. At the meeting, which was attended by all members, it was decided that the deadline for the yearbook is April 14 and the group photo would be taken in March 2023. The meeting went well, and we've already scheduled the next one.



NBIS Weekly Menu



Sample Dishes



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	鸡米花	黄金鸡块	炸鸡排	金沙骨	炸鱼排
	Popcorn chicken	Chicken nugget	Crispy chicken chop	Pork spare ribs	Fried fish chop
	油豆腐烧肉	巴沙鱼片	蒜苗回锅肉	奶油蒸鸡	烤鸭
	Tofu with pork	Basa fish	Fried pork with garlic	Creamy mushroom with chicken	Roast duck
	鸡肉肠	粉条牛肉	黑椒烤龙利鱼	烤鸡腿	萝卜牛腩
	Chicken sausage	Stewed beef vermicelli	sole fish	Toast chicken leg	Beef with radish
	烤土豆	薯条	花菜	西兰花	花菜
	Potato	French fries	Cauliflower	Broccoli	Cauliflower
	花菜	西兰花	炒包菜	椒盐土豆	莴笋炒胡萝卜
	Cauliflower	Broccoli	Cabbage	Potato	Carrot with lettuce
	烤年糕	青豆玉米	炒面	肉沫粉丝	肉沫焗土豆
	steamed rice cake with veget	Corn with green bean	Chinese noodle	Meat with glass noodle	Baked potatoes with minced pork
	果酱面包	蛋挞	牛角包	法国面包	汉堡
	Bread with jam	Egg tart	Croissant	French bread	Hamburger
	毛血旺	辣椒炒肉	酸菜肉片	水煮肉片	麻辣肉片
	Gross blood Mong	Capsicum fried meat	Pork slices	Poached pork slice	Spicy pork slice
	油爆虾	盐水虾	酱爆河虾	红烧虾	盐水虾
	Shrimp	Shrimp	Shrimp	Shrimp	Shrimp
	红烧带鱼	葱油玉兔鱼	椒盐小黄鱼	爆盐鳊鱼	红烧鳊鱼
	Braised ribbonfish	Fish	Little yellow croaker	Congo eel	Braised pomfret
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit
	万年青汤	大白菜豆腐汤	西红柿蛋汤	海带汤	紫菜蛋汤
	Vegetable soup	Vegetable soup with tofu	Tomato soup with egg	Kelp soup	Seaweed soup with egg
米饭	米饭	米饭	米饭	米饭	
Rice	Rice	Rice	Rice	Rice	
蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	
Snack Menu	牛奶	牛奶	牛奶	牛奶	牛奶
	Milk	Milk	Milk	Milk	Milk
	小黄瓜	香蕉	小番茄	香蕉	冬枣
	cucumber	Banana	Cherry tomato	Banana	Winter jujube
	鸡蛋饼	蒸饺	水煎蛋	奶黄包	萝卜丝饼
	egg cake	Dumpling	Egg	Stemed creamy custard bun	Tumip strips cake
	香梨	红心柚子	苹果	桂圆	桔子
	Pear	Pomelo	Apple	Longan	Orange
面包片+果酱	蔓越莓饼干	肉松蛋糕	巧克力饼干	面包	
Bread with jam	Cranberry biscuit	Cake with dried meat floss	Chocolate biscuit	Bread	



UNITY
DIVERSITY
EXCELLENCE



Address: No. 365 Guanghua Road, National
Hi-Tech Zone, Ningbo 315000
Tel: 86 574 87611005
E-mail: nbis.admin@nbis.net.cn