



Ningbo British
International
School

2021-2022 NBIS WEEKLY NEWSLETTER



Cambridge Assessment
International Education

Cambridge International School



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2021-2022

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Dates to Remember

- October 29: EY/LP Dress Up Day
- November 3-4: NBIS Book Fair
- November 11-12: EY/LP Dentist Visits
- November 15-18: Primary Maths Week
- November 16: Secondary PTC
- November 16-17: Primary PTC
- November 19-21: Minibreak (No School)



浙江宁波英伦
外籍人员子女学校
Ningbo British
International
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NBIS Book Fair

SECOND FLOOR, BUILDING 3, SCHOOL LIBRARY

3rd & 4th of November

VIEW BOOKS ON WEDNESDAY
PURCHASE BOOKS ON THURSDAY



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A COMMUNITY OF LEARNERS

CONGRATULATIONS



**Year 13
ASHMI BHAISORA**

Cambridge International AS Level High Achievement

Congratulations to ASHMI BHAISORA from NBIS who won the 2021 Award of High Achievement for Cambridge International AS Level, Travel & Tourism.



Well Done!

Celebrating Travel and Tourism Success.

Travel and tourism is a Cambridge curriculum subject that has been offered at NBIS for the past three years. Travel and tourism can be taken for IGCSE, AS and A level. The first cohort that chose to take travel and tourism have reached their final year of study. There are currently three students in the year 13, A level travel and tourism class. Each of these students worked hard to pass the AS level exam last year. In year

12, these students completed a challenging coursework where they planned their own event and Paper 1: the industry.

We must give credit where credit is due, and congratulate **Ashmi Bhaisora, who reached high achievement for travel and tourism at AS level.** 'High Achievement' is awarded to learners who have achieved outstanding results in subjects which are not so widely taken. Learners who achieve the highest standard marks in a country in a particular subject will receive the award. The 'High Achievement' award recognises learners who have achieved a high A grade. This is to ensure that only truly outstanding learners are awarded a 'High Achievement' award.

The key concepts for Cambridge International AS & A-Level Travel & Tourism are:

- **Global and growing**

The travel and tourism industry is a global industry. Changes in political and socioeconomic circumstances and technological developments contribute to the continuing growth of the travel and tourism industry and its importance to many national economies.

- **Change and development**

A key feature of the industry is its dynamic nature. The only constant is change. Exciting new enterprises, products or services are often developed in response to economic, political, social or technological change.

- **Customer focus**

Travel and tourism organisations provide products, services and facilities to meet customers' needs. In order for travel and tourism providers to be successful, they must adopt a strong customer focus. This means they must really understand who their customers are and how they can best meet their needs.



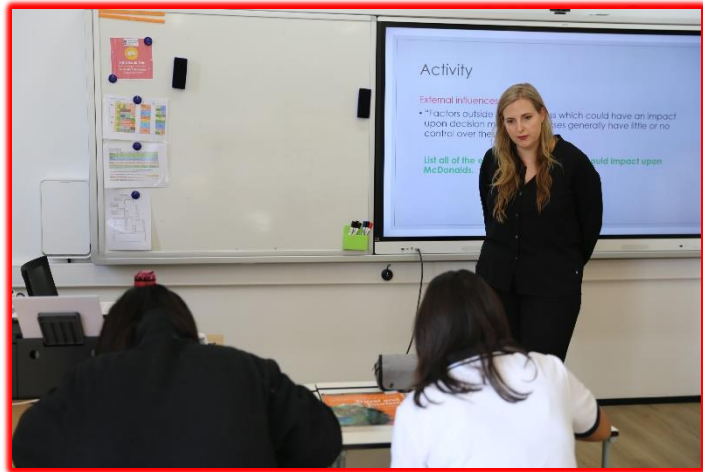
- **Sustainability and responsibility**

The travel and tourism industry has close links to destinations and so has a vested interest in ensuring environmental and sociocultural impacts are managed. Responsible management means that any developments must maximise the positive, and minimise the negative impacts of tourism.

The following table outlines what we cover in AS and A level travel and tourism:

Component	Topics included	Questions, time and marks	Percentage of total mark
Paper 1 The industry	Nature of travel and tourism; The scale and structure of the industry; Factors affecting tourism; Subsectors of the industry; Principles of customer service; Impacts of quality customer service; Assessing quality of customer service.	Four questions, each worth 25 marks. Each question is subdivided into four sub questions and may be based on stimulus material. <i>2 hours 30 Minutes, 100 marks</i>	67% of AS Level
Paper 2 Planning and managing a travel and tourism event	Research and analysis into feasibility studies; Justification of final chosen event, individual business plan; Evidence of involvement in the team planning; Evaluation of own performance and that of the team; Recommendations for improvements.	This is a coursework project which involves planning and managing a travel and tourism event. Students work in a team but present their project individually. <i>50 marks</i>	33% of AS Level
Paper 3 Destination marketing	Market research and analysis; Establishing the destination identity; Communicating the destination brand; Difficulties in implementing the destination brand; Monitoring the effectiveness of the destination brand.	Two questions, each worth 25 marks. Each of these questions is based on stimulus material and is subdivided into three sub questions. <i>1 hour 30 Minutes, 50 marks</i>	25% of A Level
Paper 4 Destination management	Organisations involved in destination management, their roles and priorities; Destination management; impacts of tourism development – positive and negative.	Two questions, each worth 25 marks. Each of these questions is based on stimulus material and is subdivided into three sub questions. <i>1 hour 30 Minutes, 50 marks</i>	25% of A Level

At the beginning of each school year, my students have come to expect a practise exam booklet. I download these test papers from the exam resources section of the Cambridge website. I supplement the exam booklet with learner guides and exam information. It is an invaluable resource for my students for when they prepare for the exam. I believe that understanding the content is



paramount in mastering a course; however, students also need to be prepared with exam layout, question style and time-management. The repetition of practise exams helps my students to know what to expect when they do their end of year exams. We also discuss likely questions that will come up each exam year, by analysing the papers of previous years. Students are also given additional study lessons closer to the exams.

At NBIS, we are lucky to have small class sizes for specialist subjects in upper secondary. From year 10 to 13, students are encouraged to follow their passion and narrow their area of study. In year 13, students must choose 3 or 4 subjects. Many students opt for travel and tourism in conjunction with business studies, because the two subjects are related in many regards. Because of the small class size, we are afforded ample time to discuss key concepts within class. Every student in the class can share their experiences when they have travelled in the past. We discuss the content of the course in-depth with supplementary material, such as online tourism sites, the Cambridge textbook, YouTube videos and numerous past papers from the Cambridge website. Many factors lead to the success of students in academic studies. The teacher may play an important role, but the students' hard work and motivation will be the true determining factor.

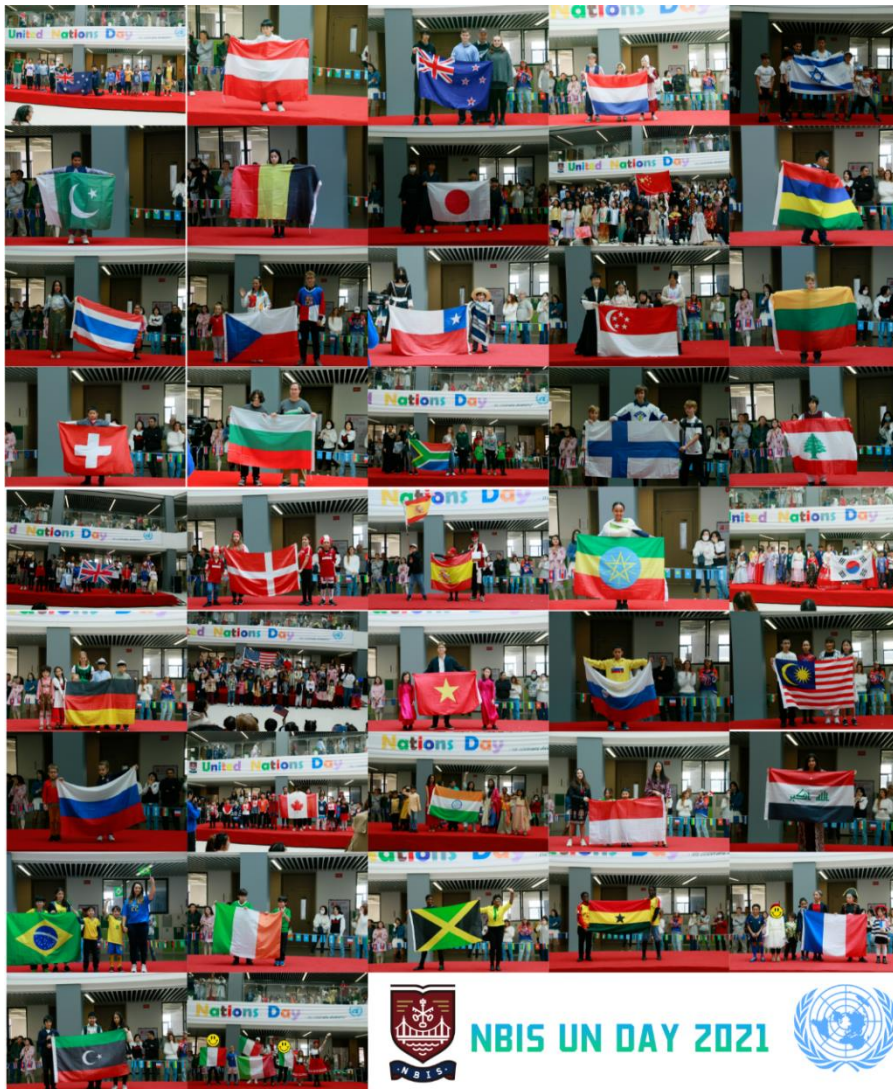


Ms. Alicia Froome
Travel and tourism teacher



U.N. Day Reflections

The United Nations Organization was formed on October 24, 1945 to promote peace and security across the world after the entire world suffered great loss from the ravages of war. Today, there are over 190 member countries of the United Nations, and every year, schools and organizations across the globe celebrate UN Day, on or near October 24th to commemorate this milestone. The Ningbo British International School (NBIS) is no different. We celebrated UN Day on October 22, 2021 in fine style.



NBIS UN DAY 2021



You could say, that with over forty different countries represented at our school, NBIS is living the dream of world harmony and peace even as we celebrate our rich cultural diversity. It was a delight to see our students dressed in their traditional home costumes and posing happily for our very own paparazzi (*parents and grandparents mostly*) while holding their flags with pride. At NBIS, we celebrate diversity and we respect everyone. The only challenge for some students (if you can call it a challenge), was that with mom from



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one country dad from another, they could hardly decide which one to represent in the parade! You just can't be in two places at the same time! Never-the-less, it was all smiles and laughter on the day, as not only was there a parade, but there was also an exciting programme of activities planned for everyone.



All went according to plan, and our delighted audience was treated to beautiful song and dance numbers from many different countries. The atmosphere was electric as the students performed and there were cameras clicking away non-stop.



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Our Principal, Mr. Billing closed the event with a stirring speech and we all ended this segment of the event with a beautiful rendition of “It’s a Small World.” The day could have ended then, and we would have all been satisfied, but there was more... maybe even the best?



FOOD! Glorious Food from all over the globe! Our canteen was transformed into a buffet the likes of which we had never seen on our new campus! The P.T.A. held nothing back as there was excellent food to fit everyone taste from our own United Nations. It was a joy for us to be able to share in the feast so lovingly prepared by our dedicated parents and staff. We entered the canteen hungry but left happy.



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After the day's activities, we reflected on the meaning of the United Nations in our classrooms and some students even made posters and wrote memos about UN Day 2021. All agreed, that UN Day 2021 was a huge success at NBIS.



The UN Day Committee would like to thank everyone who helped to make this day such a memorable one for all of us. We are truly grateful.

- The UN Day Committee

NBIS UN DAY caught social media's attention...

https://ypstatic.cnnb.com.cn/ypage-share/news/share/news_detail?newsId=6179528ee4b0d31fec097a61&type=wx

在这个“小联合国”，体验各国美食！

甬派客户端记者 董娜/文 史米可 黄国聪/视频
2021-10-27 21:51:34 | 8.4万



Check out more exciting moments on our NBIS Official WeChat Account



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Reception B



Learning
about how
to keep our
teeth
healthy



Health & Hygiene in Reception B

In Reception B this month we are looking at the topic of 'Health and Hygiene'.

We have looked at the importance of washing our hands, the sequence we follow when we wash our hands, and why and when we should wash our hands (for example; after going to the toilet, and before eating).

This week we have been discussing teeth care. We have looked at how to brush our teeth, the sequence we follow when we brush our teeth), how many teeth children and adults have, we have looked at food items that are good for our teeth, and food items that are not so good for our teeth (that we should only eat a little of).

The children have taken part in group discussion, created craft, played games, sung songs, and been learning poem's in relation to these Health & Hygiene topics.



Creating
'Germs'!



Year 3B

We watch animated movies and hear the characters talk. The characters are brought to life with dialogues and moving pictures, but have you ever wondered where the voices come from? This week, Class 3B explored the art of voice acting. First, we watched the clips of famous celebrities doing voice acting, then we gave it a go. Reading with expressions made reading more enjoyable and who doesn't like feeling like a wizard? We literally breathe the characters into life with our voices! After that, we learned to change narrative to direct speech so that we could weave our own stories. At the end of the unit, we will each tell a story that we wrote and pick the best "wizard" of Class 3B.



Figure 1 Reading Groups Differentiated by PM Reading Levels



Figure 2 Ms. Chrissy Helping a Student during Guided Reading



Figure 3 Ms. Judith Assisting EAL Students in Class

Figure 4 Reading with Expressions

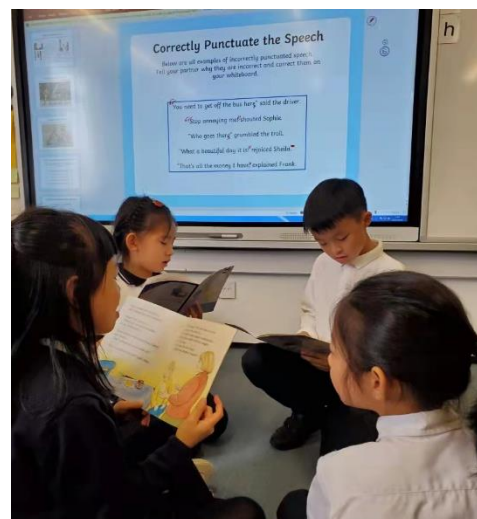
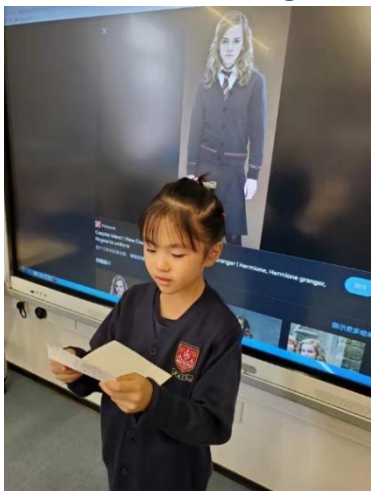


Figure 5 Cindy Voice Acting Hermoine's Role

In Maths, we learned to use Commutative and Associative Properties of Addition to make calculations simpler. In Science class, we made our hypotheses on what would happen to plants if the living conditions are not met. We look forward to seeing the results in the coming weeks.

Children exploring paper bills and coins



Year 4B Newsletter Item - Homework Presentations

Each Friday, in 4B, a group of students has a turn to present a Homework topic to the class.

Choice and ownership is a powerful motivator. So our students can **choose** any topic they want to present and present it anyway they want. They could build a model, bake a cake, write a play, interview a person, make poster, write a poem, bring a pet. A successful presentation is when the student talks passionately, confidently and knowledgeably and the topic they have chosen.

The internet can answer any knowledge problem instantly; what is important is for students to have the **skills of research**. These skills are setting research questions, taking and organising notes, adding their opinion based on the evidence, and **presenting this effectively to a group**.

Finally the audience has a vital and active role to play in asking questions and giving **constructive criticism**. Constructive means highlighting the elements that were good and why, and giving suggestions on how their fellow students could improve and why. Vocalising the why is very important for learning!

The aim is to have a class that is confident speaking to a group, independently researching topics, giving constructive criticism, and asking and answering questions. These skills should be apparent and used seamlessly across all curriculum subjects.

Below Anne is giving a presentation using PowerPoint on our interactive whiteboards.



Year 4B Newsletter Item – Visual Art

In 4B we have already completed 3 pieces of Visual Art. Each piece of Art we do is linked to a famous artist and a set of skills/techniques we are trying to improve.

Below are some pictures of our most recent Art 'Wattle Bush in a Pot'. (not that glorious a subject matter admittedly)

The aim of this Art was to develop and gain experience with some new techniques and skills.

Firstly we made a Collage Pot using PVA glue, then we used the paint brush handles to draw the stems, then we used our hands to add leaves and flowers, before adding a pastel tablecloth.





Year 4B – Reading.

I have been teaching for a while now and have had the fortune (or misfortune) to be exposed fairly regularly to new wonderful ideas of how best to teach reading. And whilst it is true there is a lot of skill and technique needed to teach reading.. sometimes I can't help thinking we are missing the forest for the trees so to speak. Letting children just read is also a great way to help them learn without interrupting them with groups, questions or work sheets. I think they should be left alone in the class to just enjoy a book now and then!



Primary Assembly

The theme of this week’s assembly was The United Nations. Following our fantastic UN Day celebrations the Primary Section looked at the United Nations: What it is and why it was formed 76 years ago. We then discussed the rules that the member states uphold as part of the UN and how they relate to our rules in both society and school. The students of our school come from over 40 different countries and it is important for us to celebrate our uniqueness and diversity.



Primary Stars of the Week!



- | | | | | | |
|------------|--------------|------------|-----------|-----------|------------|
| 6A: Simone | 6B: Wendy | 5A: Jason | 5B: Joel | 4A: Chip | 4B: Kaylee |
| 3A: Arjun | 3B: Ferdon | 2A: Daniel | 2B: Silas | 2C: Chloe | |
| 1A: Zayne | 1B: Clarence | | | | |

Achievement ~ Respect ~ Integrity ~ Diversity ~ Cooperation ~ Caring ~ Self-worth





诗，是一种灵感；
诗，是一种火花；
诗，是一帘幽梦；
诗，是一轮明月；
诗，是你我的灵魂。

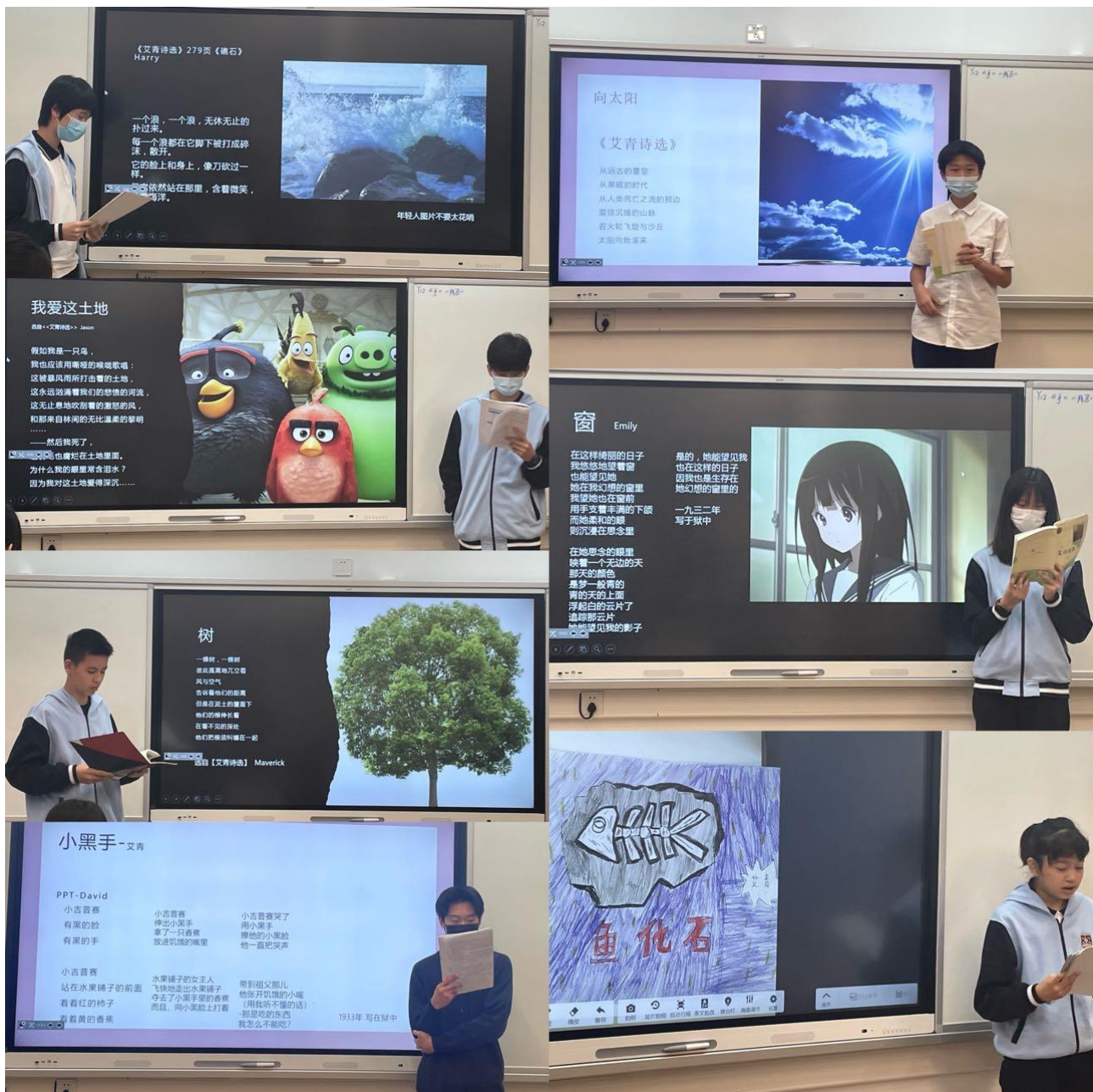
今天，让我们重拾唐宋的明月，共谱现代诗的华丽篇章。

Ai Qing Poetry Reading

Ai Qing, one of modern China's most famous poets, who made a significant contribution to the new literary genre of "modern poetry" in China. A number of his poems have been selected as the set text for the Cambridge A-Level Chinese 9715 examination.

In Chinese as Native Language (MNL) class in NBIS, Students are encouraged to read widely, both of their own enjoyment and in order to develop an appreciation of how writers achieve their effects. Apart from the reading list for the home readers, this week, we hosted the Ai Qing Poetry Reading in the Y9 Chinese MNL class. Students planned and organized the event by themselves. Jason is the coordinator for the project, planning and organizing all the poem slides from each student. Kaylyn offered to be the host for the poetry reading event. Each student picked their favorite poems, created their own slides or did their own painting, picked music to match the poems, and shared their reviews and recommendation to the rest of class. Everyone enjoyed reading and appreciating modern poems and at the same time learning from their peers' recommendation. The poetry reading was a huge success. We hope students continue to enjoy reading in school and at home and raise their language level even further.





Alice Fang

NBIS Extracurricular Activities (ECAs)

Primary ECAs

Lego Club

Lego Education started more than 37 years ago in order to develop playful learning experiences in classrooms.



There are many positive aspects to playing with Lego blocks. First of all, playing with Lego promotes fine motor skills. Connecting Lego pieces of different shapes & sizes helps children practice dexterity.

Secondly Lego will help children to build creativity. Constructing intricate designs with Lego pieces of different shapes, colours & sizes helps children to develop both creativity and imagination.

In addition, Lego helps children to develop problem solving abilities. Children following instructions to assemble various items fosters problem solving skills, better concentration and greater attention to detail.

Lastly, Lego helps children to develop persistence. It can keep a child engaged for hours and teach them staying-power in the process.

What is Diamond Painting?



An activity called diamond painting is rapidly gaining steam in the crafting world, but what exactly is diamond painting? It's not painting on actual diamonds, as the name would seem to suggest. This would be a hugely expensive past time that would exclude most crafters from participating. It's more like paint by numbers, but constructed with tiny sparkling pieces that resemble diamonds and that come together to form a brilliantly cohesive piece.

Diamond painting is a wonderful activity for anybody who loves to craft, regardless of their age. Not only will you finish with a wonderful piece, but you will also gain meditative benefits. Diamond Painting is also called as diamond cross-stitch, diamond dotz, diamond art and diamond embroidery.

Benefits of Diamond dot:

- Sociable-you can do the diamond painting with your friends and family.
- Good for our health-relaxing, focusses & calms the mind, regulates breathing, reduces stress.
- Happiness-when you've finished your craftwork, you will have a sense of achievement and a beautiful picture to hang on the wall.



Knitting Club (led by Miss Min. Cha)

Students who are in Year 3-6 are invited to come and enjoy creating knitted pieces that are perfect for the cold weather. Knitting is well known for improving the fine motor skills, concentration as well as mental wellbeing but above all, it's fun and very rewarding! We have started with a long -tail casting and have gradually worked towards learning the basics of knit stitch, as well as caring of our materials. Children are excited to complete their own product, a scarf.



Secondary ECAs

Engineering club (ECA) begins!

A new challenge every two weeks...

This week the challenge was to 'use craft supplies provided to build a launching device to throw a ball as far as possible and a receiving device to catch it', the next challenge is decided by the winner. Challenges can range from testing a prototype, using Algodoo to create own simulation for testing, or by video analysing motion.



Geoguessr returns to NBIS!

The NBIS Geoguessr competition began this week. Geoguessr is an online game which challenges students to guess where they are in the world after they are “dropped” into a street photo. They must use their knowledge of languages (visible on shopfronts, signs etc.), flora (such as Alpine forests) and landscape features. Even knowing which countries drive on the left can help!

The competition is fierce between the year groups. Last year’s champions – this year’s Year 11 class – started their defence of the title in a strong fashion, thanks mainly to being dropped into the Renault Museum in Paris!

The competition will run for 6 weeks. At the end of this run, the year group with most accumulated points will be declared the winner and handed a trophy.

**Advance notice – NBIS secondary Lock-In**

The Lock-In is a popular annual event within the Student Council’s roster of events and a vital part of fundraising for Activities Week, later in the school year.

On Friday, November 12th, students are invited to spend a night at school to enjoy various activities and movies hosted by the Student Council. The Lock-in will begin after school on the Friday and end at 10:00am the following morning. Students will be supervised by NBIS staff throughout their time on campus. They will not be allowed to leave the campus until the event finishes, unless collected by a parent or guardian.

Parents can expect full details and parental permission slip next week.

Volleyball Tournament

On Saturday 23rd of October NBIS students from the Secondary section took part in a volleyball tournament. Four schools from Zhejiang province met at the University of Nottingham to play against each other in two categories: Boys Under 19 and Girls and Mixed Teams Under 19. NBIS students formed a team and competed in both categories.



They displayed hard work on the court and many friends, classmates and parents cheered the students on. Although students did not win, they certainly deserve praise for participating and showing their amazing volleyball skills. The overall winners in both categories were Hangzhou International School.

Each of the teams received a Team Player award for the student that showed their best qualities, not only in volleyball itself but in supporting their teams' spirit, staying positive, and encouraging others. Bishelle from Y 12 was awarded for being an excellent team captain and Valerio from Y11 for performing exquisite volleyball skills.

Thanks to Ms. Katerina and Mr. Helmy!

Congratulations NBIS volleyball players!



The International Section of the Library

Libraries provide a communal space to interact and share information. We would like to provide an 'International Section' for students to be able to share books in their first language or to learn about new languages. Which brings us to our next question: How are we going to populate the library with linguistically diverse books for our students and children to read?

We would like to enlist the help of our parents. We understand that parental engagement and support in student learning are paramount and that parents want to work with schools to encourage learning and development for all students. Therefore, NBIS is asking parents to donate books to the new 'International Section' of our school library. The books could be new or used, as long as they are in good condition and school-appropriate. Donated books can be written in any language. The books could also be an English or Chinese version of a famous book from your home country.

How do I donate a book/s to the school library? Simply contact Alicia Froome (Alicia.froome@nbis.net.cn) with the name of the book/s. Then, you can send the book/s to school with your child to put in the 'international donation box' in the school library.

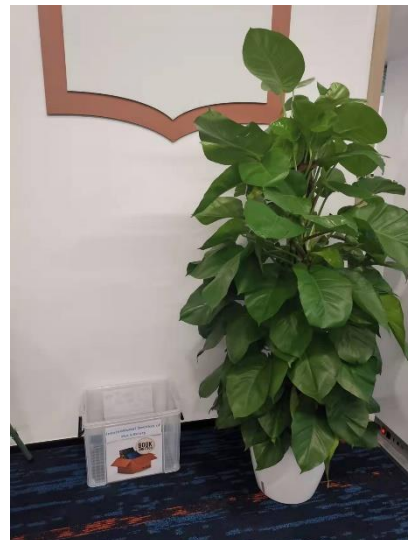
Thank you for your support in this endeavor.

Kind regards,

Alicia Froome

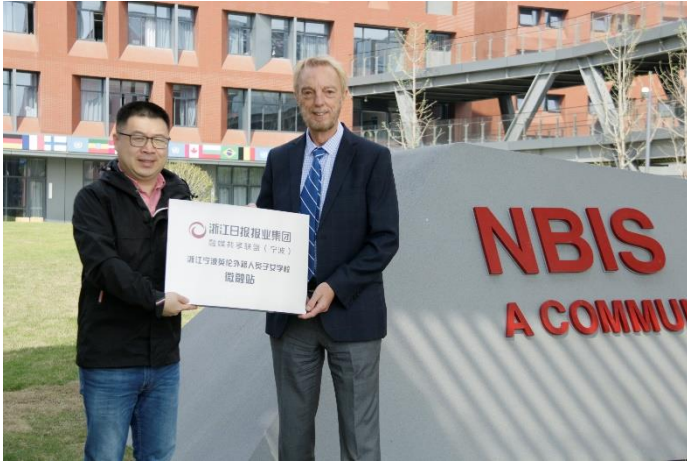
Acting Head of English

Here's the good news, parents are starting to donate books to the international section of the library!

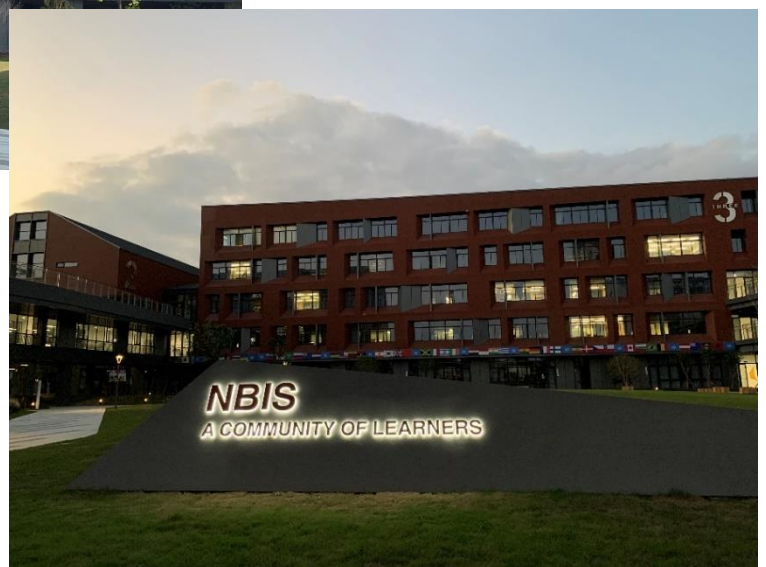


The Micro Media Stations at NBIS

In order to improve the social media connection, Zhejiang Daily Press Group has set up Micro Media Stations all over the province, and NBIS is honored to be one of the first 150 Micro Media Stations. How exciting it is!



NBIS Day & Night



NEW SCHOOL YEAR: NEW SAC MEMBERS!

The NBIS School Advisory Committee (SAC) is several elected and dedicated parents who take an active interest in the affairs of the school and meet regularly with the principal to support and guide the school's development. They act as an advisory committee not as a decision-making council.

On October 14th, 2021, during their Annual General Meeting the new NBIS School Advisory Committee (SAC) was elected:

Here are the SAC Members for 2021-22:

Neta Ronen (Israel) – Chair

Julia Hoferichter (Germany/The Netherlands) – Co-Chair

Ella Pan (China/Canada) – Secretary

Anjali Bijani (India)

Filippo Gilardi (Italy)

Rashel ten Holder (Philippines/The Netherlands)

Jenny Jin (China)

Marisol Negro (Spain)

Zhang Kaiyu (China)

Marta Senkyrova (Czech)...leaving December 2021



The new team is looking forward to working together and supporting NBIS and its community in any way they can. If you have any queries, please do not hesitate to contact us through: SAC@nbis.net.cn

We will be sharing more details about our members (and how to reach them) and activities in the coming Newsletters.

NBIS SAC Minute, October 25th 2021

Date: October 25th 2021, 18:30hrs

Location: Building 1, Staff lounge

Attendees

Meeting Called By: SAC Team

Secretary: Ella Pan

Attendees: Philip Billing, Filippo Gilardi, Julia Hoferichter, Rashel ten Holder, Jenny Jin, Marisol Negro, Ella Pan, Neta Ronen, Zhang Kaiyu, Marta Senkyrova.

Excused: Anjali Bijani

General

1. Last meeting minute is approved by SAC.
2. Short Review AGM
Congratulations to the elected new SAC members joining the team.
Low attendance of AGM is an important issue SAC needs to improve on.
Potential new ideas to improve SAC's visibility in the community.
 - Communication board by school entrance.
 - SAC folder in school website
 - SAC members' photos on wall
 - 2 members' bio post on newsletter every week
 - SAC parent forums
3. SAC & teachers' get-together will be held on Nov 10th at 5:30pm at staff lounge.
4. SAC will organize topic-oriented open parent forums
 - Date: December 2nd
 - Time: 7pm – 9pm
 - The topic is "Imagine the future".
 - Venue is TBD.
5. Short Review Opening Ceremony & UN day
 - Opening ceremony was a very well-organized presentation of the new campus and the spirit of NBIS. All invited parents were very grateful and impressed. The student representatives' performance and speeches were fantastic. It would be great inspirations for the younger students to look up to their role models. It was a pity most of primary students could not participate the event.
 - UN day was a successful interaction between school and parents. It truly celebrated the diversity and harmony of our community. It was remarkable day of great parade, delightful food, and joyful laughing faces.
6. Update Campus Facilities (i.e. PE)
 - Indoor gym now is open for usage under supervision.
 - Outdoor EY play structure is currently closed due to potential safety concerns. School is working on fixing it.
 - Library is open for kids to log in/out books from this week



7. Management system update
 - After trying out several systems, managebac is appointed as the teaching management system for secondary department. The new system will be used as the official platform for teachers and students to access the information about teaching planning, student assessments, and school reports. School will inform parents as the system is purchased, and gradually rolled out.
 - Clasdojo is introduced to secondary department as the teacher-parent communication tool. It will provide instant message channel for parents to contact homeroom and subject teachers.
8. New school website now is activated and running.
 - SAC requests to be assigned with an official NBIS email account. School will confirm and reply in the short future.
9. Enrolment & Staffing update
 - Currently 390 students. No change from last meeting.
 - 13 new coming students in 2nd semester.
 - School is still looking for candidates for librarian and head of secondary. Due to the government restrictions, it's still very challenging to hire staff from overseas.
10. Communication
 - Parents feedback about the nutritious suggestions regarding snacks in lower primary. School will activate the food committee shortly to look into improve the general quality of school catering service.
 - School is aware of the comments from secondary students regarding the amount and variety of lunch choice. School will feedback to the canteen manager.
 - Parent's requests of adding long-sleeve polo into uniform package will be feedback to the supplier.

Next SAC meeting is on November 22nd at 6:30pm.

The meeting closure was at 10:30pm.



NBIS Food

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	土豆烧肉	玉米仔排	牛肉粉条	烤鸡腿	叉烧肉
	Meat with potato	Rib with Corn	Stewed beef vermicelli	Toast chicken leg	Barbecued pork
	黄金鸡块	手撕鸡	盐酥鸡	卤肉	香酥鸡腿
	Chicken nugget	Shredded chicken	Salty fried chicken	Stewed pork	Crispy chicken
	烤鸭	鱼排	火腿片	芝麻鸡丝	烤鸡
	Roast duck	Fish chop	Ham slice	Sesame chicken	Roast chicken
	天菜烤年糕	烤麸	黄焖茄子	日本豆腐虾仁	粽子
	Roasted rice cake with vegetable	Baked bran	Eggplant	Japanese tofu with shrimp	Rice dumpling
	有机花菜	青菜炒蘑菇	清炒绿豆芽	清炒西葫芦	西兰花
	Organic cauliflower	Vegetable with mushroom	Mung bean sprout	Cocozelle	Broccoli
	青豆玉米	烤土豆	西红柿炒蛋	炒包菜	韭黄炒香干
	Corn with green bean	Roast potato	Scrabble egg with tomato	Cabbage	Dry saute with chives
	芝士肉沫焗土豆	寿司	牛角包	法国面包	焗蛋糕
	Baked potatoes with cheese and minced meat	Sushi	Croissant	French bread	Baked cake
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit
	裙带菜豆腐汤	紫菜蛋花汤	万年青汤	大白菜豆腐汤	海带汤
Tofu soup with vegetable	Seaweed soup with egg	Vegetable soup	Tofu and cabbage soup	Kelp soup	
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
	鸡蛋	烧卖	鸡蛋	烧卖	鸡蛋
	Egg	Shao-mai	Egg	Shao-mai	Egg
	包子	牛角包	包子	牛角包	包子
	Steamed Bun	Croissant	Steamed Bun	Croissant	Steamed Bun
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit