

NINGBO BRITISH INTERNATIONAL SCHOOL

NEWSLETTER #6

13RD OCTOBER 2023



**UNITY
DIVERSITY
EXCELLENCE**



Cambridge Assessment
International Education
Cambridge International School

Dates to Remember

- October 16-20: Secondary Biology Week
- October 24: Primary Spooky Dress-up Day
- October 25: Secondary Ed Talk
- October 27: NBIS United Nations Day
- October 30: NBIS Primary Parent/Teacher Conferences (PTC)
- October 30: NBIS Pink Day/Secondary Spirit Week Starts



Ningbo British
International School
浙江宁波英伦
外籍人员子女学校

FRIDAY
OCTOBER 27TH

NBIS UNITED NATIONS DAY

9:30AM
PARADE OF NATIONS & PERFORMANCES

11:30AM - 2PM
WORLD BUFFET

Please be aware the UN Day is a normal school day that ends at 3:30 PM.



Tuesday's Staff Meeting

Ms Nancy Eldars, International Principal of NBIS, led Tuesday's collaborative staff meeting. First, staff members worked together to create visual representations of the qualities that the school values and promotes. They discussed the characteristics of we wish to instill in NBIS's graduating students.

Next, NBIS staff conducted a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis to assess the current strengths of the school and find ways which we can be even better. By identifying these areas, staff not only become better equipped to create an action plan to improve the school even further, but they can think about how they can bring their unique skills and talents to do so.

By working together, staff can share ideas, experiences, and best practices to create a positive and effective learning environment as well as more opportunities for our students.





NBIS School SAC AGM and Election for 2023-24

We are pleased to announce that the Annual General Meeting (AGM) of the School Advisory Committee (SAC) for the year 2023-24 was successfully conducted on Thursday, 12th of October. We extend our gratitude to all the parents who attended the AGM and took part in the important election of the new SAC members.



The AGM served as a platform for parents to actively participate in shaping the future direction of our school. It provided an opportunity to discuss various matters related to school policies, programs and overall development. We greatly value your input and involvement in creating a positive environment for our students.

We congratulate newly elected SAC members and express our appreciation for their commitment to serving the school community. Their valuable contributions and insights will further enhance our collaborative efforts in ensuring the best educational experience for NBIS students.

WELCOME TO SAC MEMBERS 2023-24!

The SAC contact email will be published in the Newsletter next week.

The SAC 2023-24 are:

Rosaria Franco	Italy	Chair	2 children in Secondary
Francesco Aguiari	Italy	Vice-Chair	1 child in Early Years
Sharon Wang	China	Secretary	2 children in Secondary
Julia Hoferichter	Germany		2 children in Secondary
Neta Ronen	Israel		1 child in Secondary and 2 in Primary
Roziel Dorin Rhee	Philippines		2 children in Secondary
Adrien Chicouard	France		1 child in Early Years
Marisol Negro	Spain		1 child in Secondary
Zhang Kaiyu	China		1 child in Primary
David Foster	Irish		1 child in Primary
Brian Thomas	America		2 children in Secondary

Those listed in red are first-time members of SAC. Welcome!

Those in blue were re-elected.

Those in black are continuing into their second year of service.



The first SAC meeting will take place on the Monday 23rd of October. This meeting will focus on discussing key initiatives and addressing any pertinent concerns raised by the SAC members.

The SAC plays a crucial role in serving as a bridge between parents, staff and the school administration. It is a platform where important topics are discussed and suggestions are considered. We encourage all parents to actively engage with the SAC members, share their valuable perspectives and contribute towards the overall growth and development of our beloved school.

We appreciate SAC members' continued support and involvement in making NBIS a nurturing and inclusive learning community. Together, we can create an environment where every child thrives and reaches their full potential.





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Well Done!



中国新闻社
CHINA NEWS SERVICE

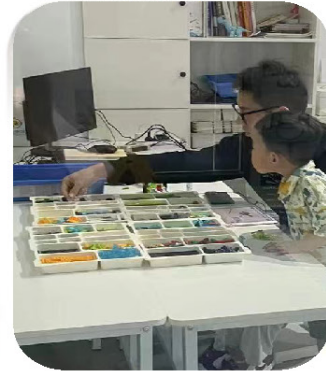


Our Year 13 student Chloe Erin Chng took part in the global street dance relay "Speak with Street Dance in Asian Games," which was organized by China News Service's Zhejiang Branch. The impressive way she performs is full of inspirational beauty and charm.



Reception B

Certainly learning continues outside the classroom / school daily life. Reception B Parents work hard to ensure their children receive an enriched away-from-school learning environment. Authentic experience serves the best forum for the implementation of taught lesson material. Great work, parents! Great work, students!



PRIMARY SECTION



It's week 6! Mrs Emily astutely communicated the concept of growth mindset. It's not something that all students will have thought about, yet!

Mrs Emily went on to explain that having a growth mindset means believing that you can improve your abilities and skills through effort and hard work. On the other hand, a fixed mindset is when you believe that your abilities and skills are innate and cannot be changed or improved upon.

The discussion continued as the students shared examples of times when they had a fixed mindset and how it affected their approach to learning.



CONGRATULATIONS TO OUR STARS OF THE WEEK

- 1A - Shinning, Kayla
- 1B- Leon, Anna Sofia
- 1C- Sean, Owen
- 2A- Sam, Bryson
- 2B- Yuto, Jacob
- 3A- Elva, Juni
- 3B, Viktori, Kai



In order to promote awareness about World Mental Health Day and mental health in general, Mr Armstrong and Ms Yu led a discussion about mental health with Year 3.

They talked about the difference between physical and mental health and asked students to think about helpful strategies for when they don't feel their best. They also highlighted the available support network, both at NBIS and in the wider community for students who think they might need help.

Next, Year 3 students participated in a collaborative art project. In small groups, they wrote down vocabulary related to mental health and engaged in a mindfulness colouring activity.

Finally, they combined their group's art together as a whole yeargroup to form a larger piece of artwork to represent the community and support networks available to them at NBIS and some useful mental health strategies.

Check out the artwork below!

Year 3 World Mental Health Day



PRIMARY SECTION



SPOOKY DRESS UP DAY



OCTOBER 24TH

COME TO SCHOOL IN A SPOOKY COSTUME



YEAR 12 ASSEMBLY

Year 12 students successfully presented the 1st student-led assembly of the academic year this Monday! They independently chose their topic, researched, worked on their public speaking skills, and created an educational and entertaining presentation, inviting the audience to share stories about friendship and to join a Kahoot with a huge strawberry squeezey to win. A great start! Well done, Year 12!



YEAR 12 ASSEMBLY

Greetings NBIS Community,

We are happy to share with you a glimpse into the thought-provoking and insightful class presentation that took place Monday morning, centered on the topic of healthy relationships. In a world where connections with others are of great significance, our Y12 class explored the importance of fostering relationships that promote well-being and personal growth and gave out tips and methods to improve those relationships.

During the presentation, our classmates explored the aspects of healthy relationships, emphasizing the significance of communication, trust, and mutual respect. We delved into the impact of these elements on various types of relationships, from romantic partnership to friendships, in the classroom to in the family, even covering the relationship we have with food. The key takeaway was the understanding that building and maintaining healthy relationships is not only vital for personal happiness but also contributes significantly to mental and emotional health.

In conclusion, our class presentation on healthy relationships was an enlightening exploration of an aspect of our lives. It reinforced that building meaningful connections is not only possible but also important for our personal growth and well-being, both as students and as future leaders in society.

Best Regards,
Dennis Liu
Year 12 Student

Secondary Asian Games Knowledge Contest



The tide rushes up the river, and the flame is passed on to the next generation.

The 19th Asian Games in Hangzhou was held from September 23rd to October 8th. The atmosphere of celebrating the arrival of the Asian Games has also become very strong in NBIS's Secondary Chinese Department.

Year 9 students made posters and display boards for the Asian Games and decorated their classrooms for the event as they learned about the Asian Games.



Year 8 students actively searched for knowledge about the Asian Games and worked in small groups to present the class with a variety of perspectives.

Year 7 students were even more active. The whole year held the Asian Games Knowledge Contest on September 28th. Earlier on, the whole year group went through the preliminary round and selected 8 students to participate in the final competition. During the preparation for the competition, students quizzed each other and learned a lot related to the Asian Games, creating a strong interest in the sporting event. They also had a wonderful performance on the day of the Asian Games Knowledge Finals.



In addition, the Chinese Department held an Asian Games Essay Writing Competition on "Together we love, together we share", which linked the Asian Games to the students' lives and allowed them to feel the charm of sports, health and life.



WORLD MENTAL HEALTH DAY

October 10th, 2024

Promoting the importance of mental health all over the world!



MENTAL HEALTH

YOU can help YOUR mental health

Give yourself a break and mind your mental health!

Make time for it!

SELF-CARE

STRESS

Control it!

SLEEP

Get enough of it!

Do it right!

DIET & EXERCISE

CONNECT

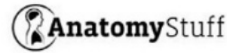
Go do it!

TALK

Start it!

EMOTIONS

Go with it!



Follow us on Instagram @findanatomystuff
www.anatomystuff.co.uk

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TAKE IT EASY ON YOURSELF



MENTAL HEALTH AWARENESS

World Mental Health Day
October 10



WORLD MENTAL HEALTH DAY



It's Okay
not to be
Okay



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NBIS Raised Awareness of the Value of Mental Health on Campus

World Mental Health Day is October 10, to help students understand the significance of mental health, the NBIS Secondary Section quizzed students on the topic.



Additionally, the inclusion department provided a lockable post box in the atrium where students may write an anonymous message to the counselling team expressing their feelings.





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16-20 October 2023

Biology Week



- **QUIZZES**
- **DISSECTIONS**
- **HOMEROOM VIDEOS**
- **CAREERS INFORMATION**
- **FEATURE FILM – CONTAGION**
- **DOCUMENTARY FILM – MY OCTOPUS TEACHER**

“AN UNDERSTANDING OF THE NATURAL WORLD AND WHAT’S IN IT IS A SOURCE OF NOT ONLY A GREAT CURIOSITY BUT GREAT FULFILLMENT.”

SIR DAVID ATTENBOROUGH



SPIRIT WEEK

A SECONDARY STUDENT COUNCIL EVENT 2023-2024

SPIRIT WEEK THEMES

OCT 30

PINK DAY



OCT 31

SPOOKY TUESDAY

NOV 1

DRESS AS YOUR
FAVOURITE TEACHER

NOV 2

PAJAMA DAY

NOV 3

CASUAL FRIDAY

45 RMB FOR THE WEEK

OR 10RMB FOR EACH DAY YOU DRESS UP

ALL PROCEEDS FROM PINK DAY GO TOWARDS ONE WORLD ONE
DREAM

NBIS 'ED' TALK

'Ideas worth spreading'

OCTOBER 25TH, 2023

NBIS Ed Talk Competition

Do you have an idea that is worth spreading?

- TED, founded in 1984, stands for 'Technology, Entertainment, and Design'. Your mission is to create your own Ted-style Talk to educate and entertain your peers.
- The speech must be 3-8 minutes long (time expectations may be flexible for younger students and ESL students)
 - The topic must be in the spirit of the TED Talk genre and is based on an idea worth spreading.
 - Topics must be school-appropriate and respectful of cultures within the school. All topics need to be approved by your English teacher.
- The winning Ted Talk in each class will perform in the NBIS Ed Talk Competition in the auditorium on Wednesday, 25th October. The best overall speaker will receive a trophy and prize.

How to prepare your Talk:

- Step 1: Get familiar with example Ted Talks
- Step 2: Develop an idea
- Step 3: Make an outline and script
- Step 4: Create slides on a PPT
- Step 5: Rehearse

Further Guidance:

- You can brainstorm ideas with your classmates.
- You can practice in front of your classmates.
- Ms Nausicaa will give you tips on public speaking.
- Your English teacher will check your writing and PPT slides before you present.



Number rules the universe. —Pythagoras



If any parent or student is interested in these competitions and would like further information, then please email Mr Jeffries:
Jason.Jeffries@nbis.net.cn

American Mathematics Competition (AMC 10/12)

Language	Version A	Version B
English/Chinese	9 Nov. 2023	15 Nov. 2023

- ★ Global authoritative youth math competition
- ★ Over 300,000 students participating annually in over 6000 schools from 30 countries and regions
- ★ Set up Global awards and School awards
- ★ Top achievers can advance to AIME
- ★ Examination commences at the same time throughout mainland China

Location: Online
Deadline: Version A-30 Oct. 2023 / Version B-5 Nov. 2023



Scan QR Code to register

Website: www.seedasdan.asia/en/amc12-en/ | www.seedasdan.asia/en/amc10-en/
Telephone: 400-9999-615, Email: science@seedasdan.asia



If fate is a insensate stone, I will turn into a big hammer and hit it into pieces.
—Leonhard Euler



Senior Mathematical Challenge (UKMT-SMC) & British Mathematical Olympiad (UKMT-BMO)

SMC BMO Round 1 BMO Round 2 BMO Camp

- ★ Founded by the largest UK Math Organization — UKMT
- ★ Over 700,000 participants all over the world annually
- ★ Suitable for students in grade 12 and below
- ★ SMC, up to 50%-66% award ratio
- ★ BMO, a difficult test for high school students to select UK Olympiad team
- ★ The global competitors are ranked uniformly, competing for global awards

Language: SMC-English/Chinese, BMO-English
Date: SMC - 4 Oct. 2023

BMO Round 1 - 16 Nov. 2023
BMO Round 2 - 25 Jan. 2024

Location: Online
Deadline: SMC - 22 September 2023

BMO Round 1 - 5 November 2023
BMO Round 2 - 15 January 2024



Scan the QR code to register for SMC



Scan the QR code to register for BMO

Website: www.seedasdan.asia/en/smc-en/ | www.seedasdan.asia/en/bmo-en/
Telephone: 400-9999-615, Email: science@seedasdan.asia



Ningbo British International School

NBIS Science Department Presents

THE URBAN JUNGLE

PHOTOGRAPHY COMPETITION

Deadline: October 22nd, 2023

Submit one photo that showcases the nature in Ningbo this autumn! Get out, explore, and let's see those photography skills!

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



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PINK DAY

OCTOBER IS BREAST CANCER
AWARENESS MONTH

DEAR NBIS COMMUNITY,

IN HONOUR OF BREAST CANCER AWARENESS MONTH, STUDENT COUNCIL DECIDED TO RAISE FUNDS FOR ONE WORLD ONE DREAM (OWOD), A LOCAL ORGANIZATION FORMED IN PARTNERSHIP WITH THE NINGBO CHARITY FEDERATION, WHICH HELPS WOMEN BATTLING BREAST CANCER. ON MONDAY, THE 30TH OF OCTOBER, THE NBIS FAMILY FROM EARLY YEARS TO YEAR 13 ARE INVITED TO WEAR PINK TO SHOW THEIR SUPPORT.

PINK DAY IS OPTIONAL AND INVOLVES A 10RMB DONATION; STUDENTS MAY WISH TO DONATE MORE IF THEY WISH. STUDENTS ARE REQUESTED TO GIVE DONATIONS TO THEIR HOMEROOM TEACHERS IN CASH. AFTER ALL DONATIONS ARE COLLECTED, IT WILL BE PASSED TO OWOD.

NBIS ARE LOOKING FORWARD TO CARRYING ON THE PINK DAY TRADITION THIS YEAR. HERE ARE SOME PHOTOS FROM PAST PINK DAY EVENTS:

亲爱的NBIS社区：

为了纪念乳腺癌宣传月，学生会决定为“同一个世界同一个梦想”（OWOD）筹集资金，这是一个与宁波市慈善总会合作成立的当地组织，旨在帮助女性对抗乳腺癌。10月30日星期一，NBIS邀请全校师生穿着粉红色衣服以表达我们的支持。

粉红日是自愿参与，需要捐款10元；如果学生愿意，不妨捐赠更多。请学生向班主任捐款现金。所有捐款筹集完毕后，将转交给OWOD。

NBIS期待今年继续延续粉红日的传统。以下是过去粉红日活动的一些照片：

30TH OCTOBER



BREAST CANCER AWARENESS MONTH



NBIS宁波英伦外籍人员子女学校



NBIS宁波英伦外籍人员子女学校

LET'S LEARN CHINESE



We are planning to
organise a paid HSK course
for our international teachers and students
to better prepare for the tests.
Please scan the QR code to find out more.

ECAs Start

We are pleased to announce that Extra-Curricular Activities (ECAs) are back in full swing at NBIS!

NBIS offers a wide range of activities such as Lego, Singing and Dancing, Fencing, Football, Tennis, and Volleyball.

We look forward to students developing their skills and having fun during the ECA classes.



Football



Volleyball



Tennis



Dance Club



Fencing



Lego



Reading Support and Activities



Shrink Plastic



Singing and Dancing



NBIS Choir



BJJ-Brazilian Jiu-Jitsu



NBIS Weekly Menu



Sample Dishes



October 16 – October 20



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NBIS: Unity - Diversity - Excellence

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Braised beef	Toast chicken leg	Chicken chop	Shredded chicken	Beef
	红烧牛肉	烤鸡腿	烤鸡排	手撕鸡	酱牛肉
	Popcorn chicken	Roast potato with cheese and sausage	Shrimp	Rib with corn	Beef with turnip
	鸡米花	芝士香肠烤土豆	五彩虾仁	仔排玉米	萝卜烧肉
	Chicken sausage	Roast pork with dates	Braised meatball	Deep fried shrimp	Toast chicken
	鸡肉肠	蜜枣烧肉	红烧狮子头	虾饼	烤鸡
	Egg tart	Milk tea	Hamburger	Potato	Tofu
	蛋挞	奶茶	汉堡	椒盐土豆	家常豆腐
	Roast potato	Broccoli	Roast sweet potato	Broccoli	Cauliflower
	烤土豆	西兰花	烤红薯	西兰花	花菜
	Cauliflower	French bread	Cauliflower	Cabbage	Pizza
	花菜	法国面包	花菜	大白菜	披萨
	Scrabble egg with tomato	Vegetable	Meat with glass noodle	sandwich	Cold noodle
	西红柿炒蛋	葱油万年青	肉沫粉丝	三明治	拌凉皮
	Shrimp	Fish	Little yellow croaker	Shrimp	Butterfish
	椒盐虾	瓦块鱼	葱油小黄鱼	盐水虾	葱油鲳鱼
	Ribbonfish	Shrimp	Shrimp	raised Crucian Carp with Scallops	Shrimp
	葱油带鱼	红烧虾	油爆河虾	葱烤河鲫鱼	油爆河虾
	Capsicum fried meat	Pork slice	Gross blood Mong	Spicy pork slice	Pork slice
	辣椒炒肉	水煮肉片	毛血旺	麻辣肉片	酸菜肉片
	Fruit	Fruit	Fruit	Fruit	Fruit
	水果	水果	水果	水果	水果
	Radish soup	Tomato soup with egg	Pumpkin soup	Red dates yingerh cod soup	Seaweed soup with egg
	萝卜汤	番茄蛋汤	南瓜汤	银耳红枣汤	紫菜蛋花汤
	Rice	Rice	Rice	Rice	Rice
	米饭	米饭	米饭	米饭	米饭
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	
蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	
Snack Menu	Watermelon	Banana	Cherry tomato	Muskmelon	Pitaya
	西瓜	香蕉	小番茄	小甜瓜	火龙果
	egg cake	Dumpling	Shao-mai	Stemed creamy custurd bun	Turnip strips cake
	鸡蛋饼	蒸饺	烧麦	奶黄包	萝卜丝饼
	Pear	Orange	Apple	Longan	cucumber
	香梨	橙子	苹果	桂圆	小青瓜
Bread with jam	Vegetable biscuit	Egg-yolk puff	Milk biscuit	Croissant	
吐司面包+果酱	蔬菜小饼干	咸蛋黄酥	鲜奶乳饼干	牛角包	





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