

# NINGBO BRITISH INTERNATIONAL SCHOOL

## NEWSLETTER #13

1ST DECEMBER 2023



**UNITY  
DIVERSITY  
EXCELLENCE**



 Cambridge Assessment  
International Education  
Cambridge International School

## Dates to Remember

- Monday 4th December – Lower Secondary start of exams
- Monday 4th to Friday 8th December – Primary Assessment Week
- Monday 4th December – SAC Meeting
- Friday 8th December – PTA Café
- Friday 8th December – NBIS Staff Christmas potluck and exchange of gifts
- Monday 11th December – EY & Primary Winter Party
- Wednesday 13th December - EY & LP Winter Concert
- Thursday 14th December – Secondary Santa vs Elves Football Match
- Friday 15th December – Primary Pyjama Day / Secondary Talent Show



**CONGRATULATIONS**

**Jianuo Zhu (David)**

Class of 2024



for getting through to the interview stage for Natural Sciences (Biology) at the University of Cambridge (#2 in the QS World University Rankings 2024).



**UNIVERSITY OF  
CAMBRIDGE**





CONGRATULATIONS



**Nancy Wu**

Class of 2024

for receiving the offer to study a Bachelor of Commerce at the University of Melbourne (#14 in the QS World University Rankings 2024 and #1 in Australia).



CONGRATULATIONS



**Jianuo Zhu (David)**

Class of 2024

for receiving the offer to study Biology at the University of St Andrews.



University of  
St Andrews



# 2023 Ningbo International Students Chinese Speaking Competition

Ningbo's final Oral Chinese Competition for international students was held on November 24 at University of Nottingham Ningbo China (UNNC).



Chinese is often said to be one of the most challenging languages. But the 4 NBIS finalists of the competition have defied this belief.

They spoke with such accuracy and fluency that anyone who couldn't see these foreign faces would assume they were Chinese.

The competition contains two segments: personal speech and questions related to Chinese culture. The competitors played to their strengths, and the competition was quite fierce.



Through strong competition, Ariana Rutherford from Year 5C has won Second place. Kaylee Kirkpatrick, Sean Yu from Year 6, and Biel Das Cervera from Year 9A have won Third place out of all the primary and middle school competitors.



Thanks to the students for their efforts and the teachers for their support, and congratulations to our winners.



The Closing Ceremony of the 10th Ningbo International University Students Festival And 2023 Ningbo International Students Chinese Speaking Competition

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2023年宁波市国际学生汉语口语大赛  
2023 Ningbo International Students Chinese Speaking Competition

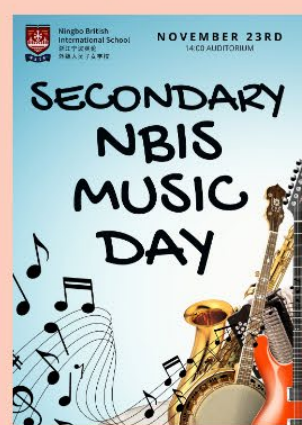
颁奖仪式  
Awards ceremony

# Secondary Music Day at NBIS

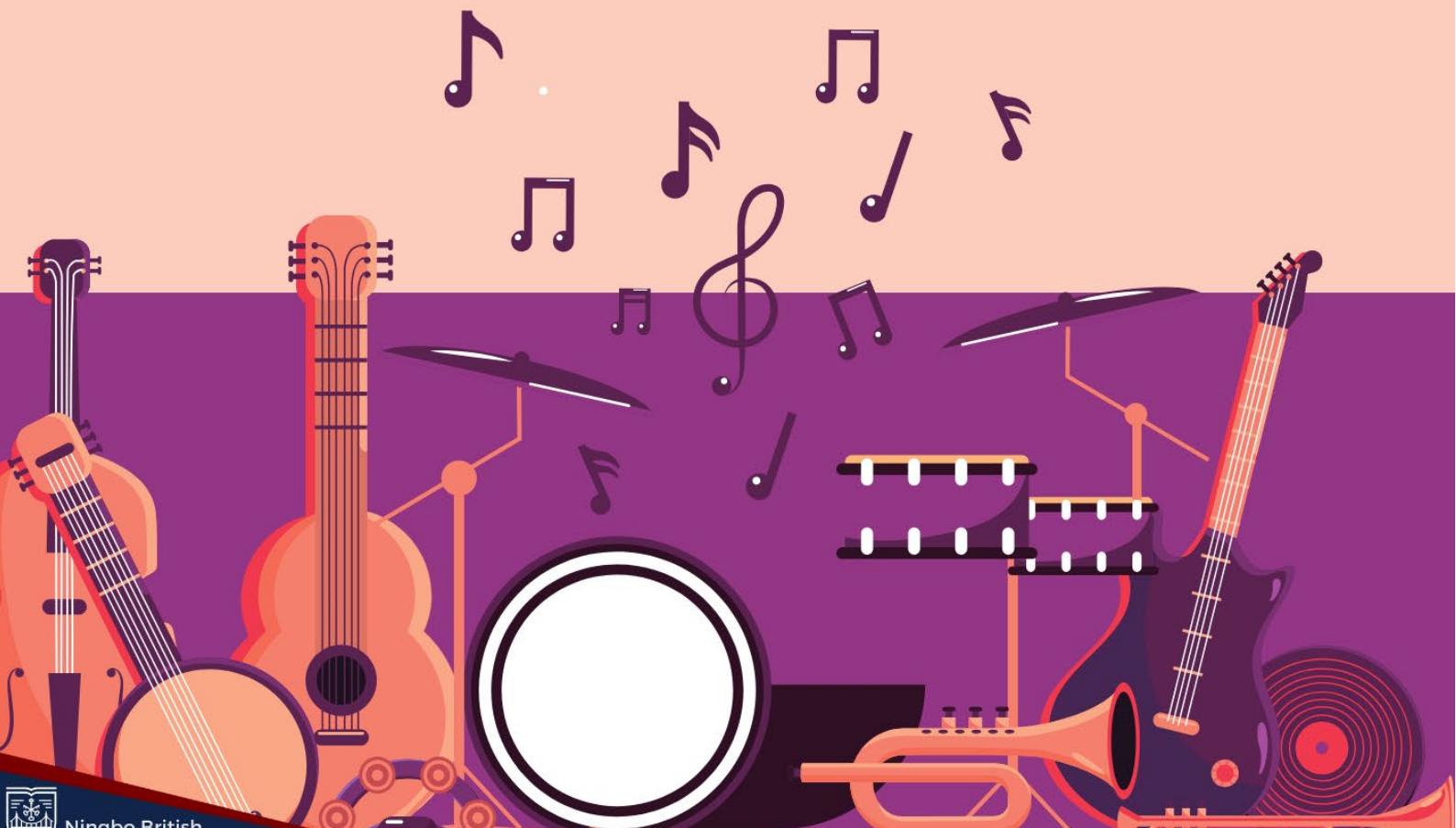
Last week, I had the honour of organising our second NBIS Secondary Music Day. It was a day to celebrate and share all the musical talent that our students have. They had been studying hard for the last few weeks, and once it was over, they were all happy. That's the best reward a teacher can have.

The concert itself had different parts: A song sung by our NBIS Young Voices Choir, selected students who wanted to share their love for music, IGCSE Music students, teachers, special guests, and teachers' band to finish it with something different and some laughter.

I would like to share some words for each of the parts, as it was the work of everyone involved that made it a successful day for our Music department.



Y11A Nandini Kumar  
MC

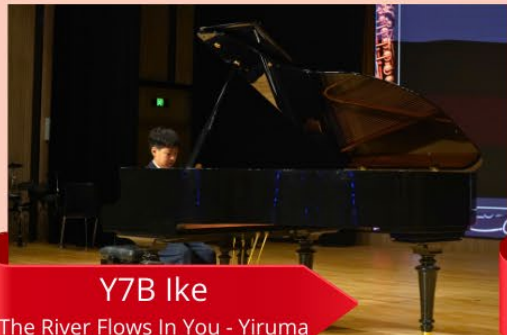


NBIS Young Voices Choir was created at the beginning of the 2021/22 academic year. The hard work that Miss Min Cha makes in her primary music lessons is the foundation of this ensemble, as most of the students in the choir come from the primary. This is our third year singing together, and we have almost 30 students who share their love for singing, from singing simple melodies at the beginning to singing a jazzy three-part canon in front of the whole secondary. I couldn't be prouder of them.



NBIS Young Voices Choir  
Hallo Django - U. Fuhre

Right after that, it was the turn for our selected students from secondary. Ike, Zoe, Linda, James and Arturo performed skillfully, which is not easy, and we could enjoy this eclectic selection that included piano performance by Ike and James, singing by Zoe, traditional Chinese music on the Guzheng by Linda, or a piece composed and performed by himself on the piano by Arturo. Bravo for each one of them!



Y7B Ike  
The River Flows In You - Yiruma



Y7B Zoe  
Ru Huan



Y8B Linda  
The General's Order



Y9B James  
Nocturne Op.9 No.1 - F. Chopin



Y11 Arturo  
Own composition



Y10 Kaishu  
Roll With It - Oasis



Y10 Ray  
CK Chen



Y10 Jocelyn  
Lose - Nikki

Our Secondary Music Day was a day to celebrate not only our passion and love for music but also that music is growing in our school, and students are asking for more. This year is the first year since NBIS was created that we are offering the Cambridge IGCSE Music course. Among the different components to study, we can find performance, so it was the perfect occasion to have our first generation of music prospects give a commission as a soloist. They selected challenging pieces to perform, and even if they were nervous and excited in equal parts, they showed us that when you work hard, results always come by. Now, as their teacher, I am looking forward to seeing how they improve as they will perform in future events.

Once students finished performing, it was the turn of the teachers to share their skills and show what they could achieve if they dedicated themselves to music. Our piano teacher, Miss Kaia Lyu, showed a deep range of emotions performing the Waltz Op.62 No.2 by the Polish composer Frederic Chopin. This composer is known as one of the most representative composers of the Romantic era and as a virtuoso pianist who was able to create a new, intimate atmosphere with his piano compositions. Right after that, I joined her on stage to perform the second movement of Francis Poulenc's sonata, which is a Romance with a melancholic touch that I hope moved some of our spectators.



Ms Kaia Lyu  
Waltz Op.62 No.2 - F. Chopin



Ms Kaia & Mr Isidro  
Romanze - Poulenc

This year, we had a perfect opportunity, and we took it. The international artist, pianist and composer Oleg Polyanskiy was in town, and he agreed to join us. He has performed in many countries around the world, and he has recorded several CDs, performing classical music and his own compositions. We gave him a warm welcome, and indeed, he did correspond us with a top-notch performance. First, I was lucky to perform with him a short modern jazz piece from the American composer Philip Parker. Second, he delighted us with “Carpathian Rock Variations”, one of his last compositions that was recorded by himself last summer with a record label from Denmark. Several rounds of applause from the public showed their appreciation for good music and an accomplished performer such as Oleg Polyanskiy.



As we were celebrating, we finished with “The Clueless Talentless”, a rock band formed by Mr Black, Mr Yasine and myself. We only have two goals: to have fun on stage and entertain our students. We made our own cover version of the famous song “Seven Nation Army” with arranged lyrics from Mr Black, making a satiric version of students’ life at NBIS mentioning Mr Aaron, Mr Buck, Ms Froome and Mr Amine. As boy bands used to have four members, we asked Mr Dani to help us. We couldn’t have it done without his help as Mike Holder.



This kind of event takes weeks of preparation, teachers organising, marketing supporting and students getting their performances ready. I don’t want to finish these lines without expressing my most sincere gratitude to every single individual who has helped the Music department to make it possible.



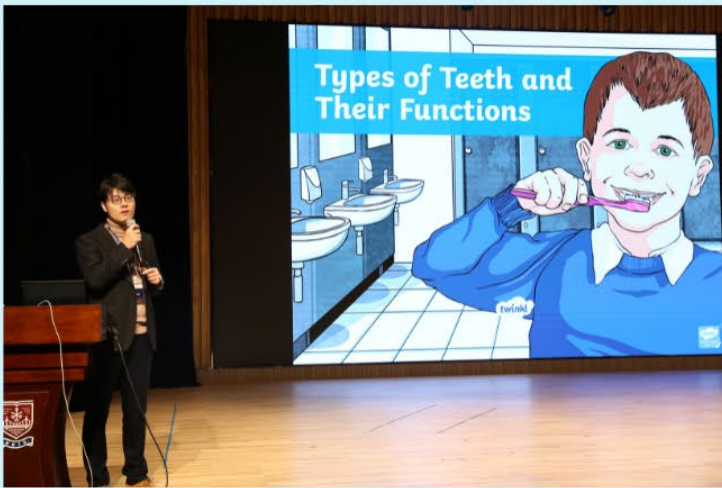
Looking forward to an even bigger and better Secondary Music Day next academic year!

Mr Isidro Santos Galindo  
NBIS Music Coordinator



# Dentist Visit the EY and Primary Sections

This week, the local dentist Mr Lai visited our Lower Primary and Early Years Sections. Dental health awareness is crucial for good oral health. They help detect and prevent dental issues, educate children about oral health, and reduce dental anxiety. On Thursday and Friday, Mr Lai gave two exciting and meaningful presentations to our students. The students learned about the types, structure and functions of teeth and how to protect them.



After that, the students had oral checks. Thanks to the patient dentist and nurses for their visit, mainly to our school nurse, Ms Daniella Zheng, and our teachers for their tremendous support!



# Lower Primary



# Early Years



# Pre-school

In week 13, pre-school has conducted a series of activities surrounding the topics of friendship and dental health. We have talked about what friendship is. A friend is someone who knows all about you and still loves you. In our little children's eyes, a friend is someone who can play with them, love them and accompany them. We have discussed how friends get along with each other at group time and our children also shared their friend's name. We also extended our theme through handcrafts. Our children have made a friend card and a friendship tree together with their handprints.



We had a dental check this Friday! Before the dentist visit, we also arranged activities like brushing teeth, painting teeth and telling stories about healthy teeth to give our children a better understanding of the importance of protecting their teeth. Our children really enjoy it!





# YEAR 4 ASSEMBLY



On Monday, Year 4 delivered an assembly about creativity! The assembly started with two creative musical performances, a percussion ensemble from Year 6 students and a musical performance by Year 5A and 5C, who sang 'Best Day of My Life' by American Authors.

Year 4 began their assembly by asking the audience to consider everyday objects and how we can use them. They were encouraged to "Think outside the box!". Students then performed 'The Tale of Two Pebbles', about a shopkeeper who needed to think creatively to save his family business. The assembly also included a video which showcased the work of some truly creative people. However, perhaps the most creative people included in the assembly were our stars of the week! Well done Year 4!



## CONGRATULATIONS TO OUR STARS OF THE WEEK

- 4A - Miah and Eddie
- 4B - Luke and Tim
- 5A - Ayesha and Kayleb
- 5B - Aimee and Rosemary
- 5C - Pariza and Brayden
- 6A - Anne and Quintus



# SECONDARY SPORTS DAY AT NBIS

Sports Day was an exciting event that brought together students, teachers, and staff for a day filled with sports and fun activities. It was a day where everyone showcased their athletic abilities and enjoyed friendly competitions.

The event had three different blocks. The first block with house-based sports competitions (basketball, football and volleyball); the second block with house-based games (fun relays, tug of war and a spartan race); and the third block with an always thrilling students vs teachers matches (football, basketball and volleyball).

Let's have a look at how the day went!



Rainbirds, Unicorns, Phoenixes and Dragons started arriving at the meeting point at 9:15 am, getting ready behind their house banner and wearing their house's colour. A beautiful, sunny and exciting day ahead of them was evident in their smiles and their eagerness to start. After a great speech from the event host, Mr Simon, students and teachers started to make their way to the basketball courts, volleyball courts and football field.



Throughout the tournament, participation and effort from the students were amazing, helped with a great job from teachers by refereeing and cheering in every game. Incredible goals, saves, lay-ups, blocks, receptions and spikes were seen and celebrated by the teams. Everyone could feel a huge level of cooperation and camaraderie between the house members.

After a well-deserved break where students and teachers could enjoy some snacks and drinks prepared by our beloved PTA, it was time for some more fun games and events.

In this second block, the students will again compete by houses in the three different stations organised:



- In the tug of war, always a delight on sports day highlight, students were displaying their strength and team coordination in order to beat the opponent team. You only had to look at the faces of the students to appreciate their effort.



- Time for some smiles in the relays, where students had to work together in order to be faster than the other houses and the teachers' team. Speed, coordination, intelligence...all were required to get points for their Houses.



- Suffering can be fun when you are doing a spartan race, which is what the students did. A 600m track full of obstacles where students and teachers had to show their skills for being faster than the other houses.



The morning ended with the much-anticipated 4x100m relay. Races involving different year groups and houses, with some of the fastest students participating. We saw great baton passing and incredible speed, as well as a fantastic spirit from the peers who were cheering in the stands.



The afternoon programme, right after recharging batteries with lunch and some break time, provided us with thrilling and very close games between teachers and students. This year, there was a trophy to win for every sport played.

We started with the Football match, where students scored in the first few minutes of the game. After that, the teachers' squad dominated the game although a very good performance from the students' defence and the goalkeeper kept the score in a final 1-0 for the young ones.

The Basketball game was a different story, with constant back and forth scoring from both teams. The students showed excellent performance in the first part of the game, but eventually, the teachers got into the game with beautiful plays and quick counterattacks. In this case, a 13-11 in favour of the experienced ones brought the trophy to the teachers' cabinet.

Last but not least, the volleyball match. Surrounded by a great crowd cheering up for their peers and colleagues, the game was close from beginning to end. Teachers and students showed excellent skills in every single play of the game, getting down to the last two minutes with an even score. In these last two minutes, students showed more composure and achieved victory and, therefore, the trophy! Just two points difference were more than enough for glory!



At the end of the day came the most anticipated moment - who was the winning house this year? Would it be Rainbirds again, or would we have a new victorious House? Students waited behind their House banners, anxious to know the ranking. Dragons placed 4th, followed by a 3rd place for Unicorns. Rainbirds and Phoenixes were nervously waiting for the final call. And yes, NBIS has a new dominant house; Phoenix won this year by a very close final score! Congratulations to all of the teams for a great effort, but now it's time for Phoenix to lift the house cup.



Once again, it was a great sports day at NBIS. From the P.E. department, we want to thank all the teachers, staff and students for showing their commitment and for making this day an unforgettable one. We are already looking forward to the next event!

Written by Mr Dani Perales Gomez  
Secondary P.E. Teacher



# NBIS Weekly Menu



Sample Dishes

November 27 – December 1



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

NBIS: Unity - Diversity - Excellence

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Beef Curry	Roast Chicken Legs	Crispy chicken cutlet	Shredded chicken	Spiced Beef
	咖喱牛肉	烤鸡腿	炸鸡排	手撕鸡	酱牛肉
	Chicken popcorn	Chicken with shedded coconut	Shrimp	Pork Ribs with Corn	Beef with Radish
	鸡米花	椰蓉鸡丁	五彩虾仁	仔排玉米	萝卜烧肉
	Pork with garlic sauce	Tofu with pork	Braised meatball	Shrimp Cake	Roast chicken
	蒜泥白肉	油豆腐烧肉	红烧狮子头	虾饼	烤鸡
	Egg Tart	Milk Tea	Hamburger	Salt and Pepper 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
	Scrabbled egg with tomato	Spring roll	Pork mince with glass noodle	Sandwich	Braised radish
	西红柿炒蛋	春卷	肉末粉丝	三明治	油焖萝卜
	Fruit	Fruit	Fruit	Fruit	Fruit
	水果	水果	水果	水果	水果
	Salt and Pepper Shrimp	Fish with Chopped Bell Pepper	Yellow Croaker	Poached Shrimp	Steamed Pomfret
	椒盐虾	剁椒鱼	葱油小黄鱼	盐水虾	葱油鲷鱼
	Salt Eel	Shrimp with Soy Sauce	Fried Shrimp	Braised Crucian Carp with Scallion	Fried Shrimp
	爆盐鳗鱼	红烧虾	油爆虾	葱烤鲫鱼	油爆河虾
	Stir Fried Pork wih Pepper	Poached pork slices	an-style beef with duck blood	Spicy Pork slices	ork with Chopped Bell Pepp
	辣椒炒肉	水煮肉片	毛血旺	麻辣肉片	泡椒肉片
	Radish soup	Tomato soup with egg	Pumpkin soup	Snow Fungus and Red Date 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	strawberry
	西瓜	香蕉	小番茄	小甜瓜	草莓
	Omelette	Dumpling	Shao-mai	Stemed creamy custard bun	Turnip strips cake
	鸡蛋饼	蒸饺	烧卖	奶黄包	萝卜丝饼
	Pear	Orange	Apple	Longan	cucumber
	香梨	橙子	苹果	桂圆	小黄瓜
	Bread with jam	Cake	Daliyuan bread	Cranberry biscuit	Croissant
	面包片+果酱	港荣蛋糕	达利园面包	蔓越莓饼干	牛角包





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✉ [nbis.admin@nbis.net.cn](mailto:nbis.admin@nbis.net.cn)

☎ +86 57487611005

🌐 [www.nbis.net.cn](http://www.nbis.net.cn)

📍 No. 365 Guanghua Road  
Hi-Tech Zone  
Ningbo 315000