

NINGBO BRITISH INTERNATIONAL SCHOOL

NEWSLETTER #28

12TH APRIL 2024



**UNITY
DIVERSITY
EXCELLENCE**



Dates to Remember

- Saturday 13th April – Ningbo Sports League Athletics Competition at NBIS
- Monday 15th to Thursday 18th April – Year 6 Cambridge Checkpoint Exams
- Monday 15th to Thursday 18th April – Early Secondary Cambridge Assessments
- Wednesday 17th to Thursday 18th and April – Early Years Excursion
- Saturday 20th April – NBIS PTA Spring Picnic
- Monday 22nd to Thursday 25th April – Primary Maths Week
- Monday 22nd to Thursday 25th April – Secondary Cambridge Assessments



Dear Parents and Guardians,

As we prepare for the academic year 2024-25, it is imperative that we have a clear indication of student enrollment to facilitate effective planning and resource allocation.

Enrollment figures play a crucial role in key areas of planning, including teacher recruitment, procurement of furniture, textbooks, stationery, and other essential resources, such as coordination of bus services.

We kindly request your assistance in providing us with the necessary information by scanning the QR code below and completing the form to inform us of your intention for next year. Your prompt attention to this matter is greatly appreciated.

Thank you for your continuous support and partnership.



Scan here, thank you



Ningbo Sports League Athletics Competition 2024

When: Saturday, April 13th

Time: 10:30-16:30

Venue: Ningbo British International School



[Scan the QR Code to Register](#)





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

PTA

NBIS SPRING

PICNIC

POTLUCK!
BRING SNACKS
TO SHARE

LIVE MUSIC / YOGA / HANDCRAFTS
SPORTS / GAMES / FOOD & DRINKS

Link Lounge
凌酒廊



SCAN
TO REGISTER

SATURDAY
20 APRIL 10:00 - 14:00



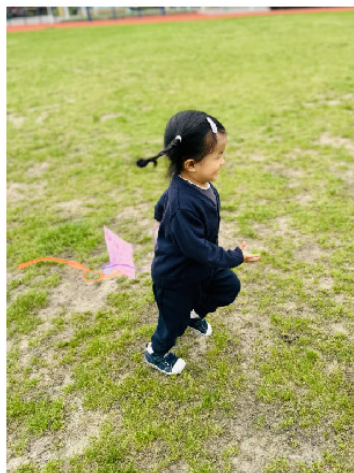
Pre-school

Ms Lulu

Getting close to nature is the best way for the children to learn about the theme "spring". This week the pre-school children engaged in a spring hunt around the big campus. Our children have shown great interest in searching for spring signs such as flowers, bugs, green grass and leaves. Children also made handcrafted kites and went to fly the kites and balloons on the playground. They enjoyed a lot fun in all of these activities.



Early Years
Section



CONGRATULATIONS TO OUR STARS OF THE WEEK

What Makes Us Feel Cross,
Worried or Sad?

Have a think about a time when you have felt cross, sad or worried. Can you remember what made you feel that way?



1A- JINNY, ROBIN
1B- HENRY, ABNER
1C- CHRIS, EVERETT
2A- CHRIS, BRYSON
2B- CHERYL, LEO
2C- YANNY, RUSSELL
3A- JIMMY, MOLLY
3B- JAYDEN, EVIE MAY



PRIMARY SPORTS DAY AT NBIS

Mr Aki Luciano

Opening Ceremony

This year, the four great houses namely; Dragon, Rainbird, Unicorn and Phoenix had met again and brilliantly fought for the most coveted house cup trophy in the Primary Sports Day. The event had started with a short opening ceremony by doing a ribbon-cutting done by the Principals, followed by a mini-parade per year level and welcome remarks by the head of primary. The thrill and excitement of the students were undeniably shown on their faces as they marched on the race track while waving their flags.



GAME PROPER



Students have shown grit, confidence, tenacity, enthusiasm and teamwork to gain points for their houses and be declared as the over-all champion.



However, more than winning, the main goal of this event is to build camaraderie, develop the skills and sportsmanship of our students and strengthen a sense of community amongst NBIS teachers, PTA , Admin and staff.



➤➤➤ NEWSLETTER

RELAY RACE AND TUG OF WAR

The relay race was held on the last part of the event which was a great way to conclude the sports day. Students who were on the benches were ecstatically cheering for their relay representatives who were running at top speed and passing the baton. Also, a tug of war between houses and students versus teachers had brought great amusement in the end part of the game.



It was fantastic day indeed! A collaborative effort was made which resulted to a fruitful event for the students. With a grateful heart, a massive thanks to all the teachers for running the games smoothly and guiding the students all throughout the event.



Also, to the Admin and PTA for supporting and providing healthy snacks for the students to replenish their vitalities. To everyone who took part in this milestone, you are all amazing and selfless!



➤➤➤ AWARDING CEREMONY



Finally, this year's house cup trophy was bagged by (Phoenix) for Lower Primary and (Rainbird) for Upper Primary. While everyone went home with a well deserved Sports Day 2024 medal. Till next year!

Secondary Autism Awareness Assembly

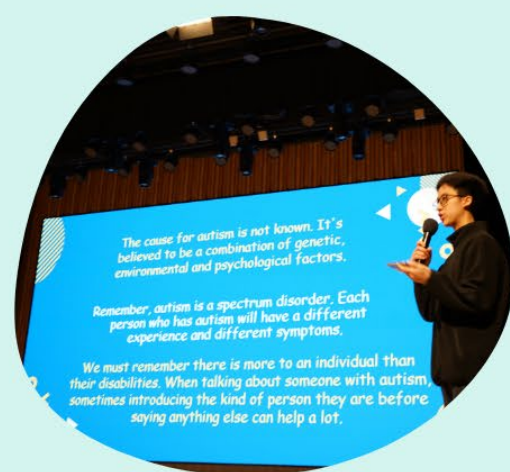
Year 12 Dennis Liu

Our school gathered to honour Autism Awareness Month, a time dedicated to promoting understanding and acceptance of individuals with autism spectrum disorder (ASD).

The student-led Community Service Club leaders Nancy Wu and Felicia Wong from Year 13 introduced Autism Awareness Month, followed by last week's Autism Awareness Day where students wore blue in solidarity.

The assembly was a meaningful opportunity for our community to come together to learn more about autism and how people experience autism. Students watched an informative video and listened to facts shared by our presenters. We discussed the importance of embracing diversity and supporting our peers with autism, as they can have unique strengths and perspectives.

As we continue through Autism Awareness Month, let us carry forward the spirit of understanding and compassion. Together, we can create a more inclusive environment where everyone feels valued and respected in our NBIS community and beyond.



SECONDARY ATHLETICS SPORTS DAY RECAP

Ms Katerina Brozovska & Mr Dani Perales

On Thursday, March 28th, NBIS had the Secondary School Athletics Sports Day, which ignited competitive spirit among Secondary School students.

The weather was perfect, the cheers of the crowd echoed through the different events, and the sound of athletes' footsteps hitting the ground filled the air. It was a day filled with excitement, adrenaline, and friendly rivalry. Students got the opportunity to showcase their athletic abilities, compete against their peers, and most importantly, have fun.

The event began with a grand opening ceremony, where Ms Katerina Brozovska and Mr Dani Perales Gomez briefed the students on the event schedule and important rules to follow. Events such as 100 meters sprint, long-distance run, relay races, long jump, high jump, javelin and shot put were lined up for the day. Students trained hard leading up to the sports day, honing their skills and perfecting their techniques. It was a test of their physical abilities, but also their mental strength and determination.

Year 7 and 8 students had their competitions in the morning, having a boys' category and a girls' category. Year 9 and 10 students had the same system in the afternoon.



Secondary Section



Each event was decided after 20 to 25 minutes of competition, having an outcome of a First, Second and Third for every discipline which would be awarded with a Gold, Silver and Bronze medal respectively.

But it was not just about winning – Sports Day was also about teamwork, sportsmanship, and camaraderie. Students supported each other, high-fiving and cheering their teammates on, regardless of the outcome. For many students, athletics sports day is a chance to step out of their comfort zone, challenge themselves, and push their boundaries. It teaches them valuable life skills such as discipline, determination, resilience, and the importance of striving for excellence.



The cheers and applause filled the air as the athletes stood on the podium, their faces lit up with pride and excitement. The award ceremony following the athletics day was a culmination of weeks of hard work and dedication. After a day of exhilarating races, intense competitions, and unforgettable moments on the field, it was time to honour the standout performers and celebrate the achievements of all participants. It was a chance to recognise the talent, effort, and perseverance of the students who had showcased their athletic prowess throughout the day.



Secondary Section

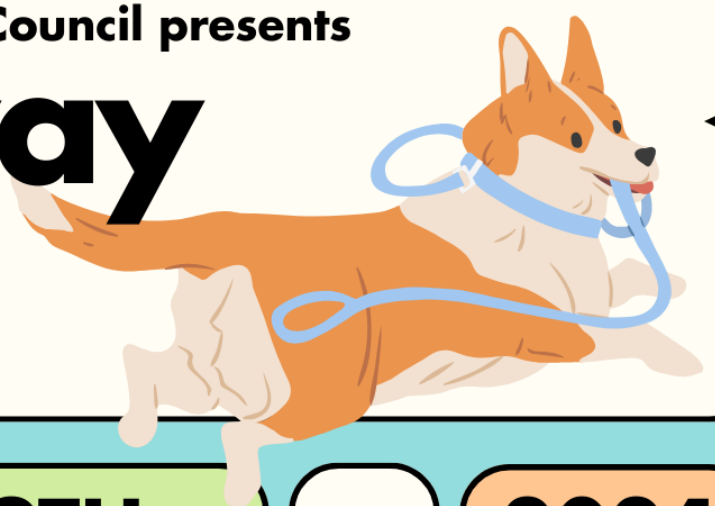


To sum up, it was a great day that was possible thanks to the students' spirit, the hard work from all the teachers and staff from the school, and the support from the PTA parents providing snacks and refreshments.

We are already looking forward to next year's Athletics Sports Day.

The Secondary Student Council presents

Runaway Day



APRIL 19TH



2024

<p>3.35PM</p>	<p>REVIEW THE RULES AND SCHEDULE</p> <p>↘ Auditorium</p>
<p>4.00PM</p>	<p>SPORTS ACTIVITIES</p> <p>↘ AHS Field</p>
<p>6.00PM</p>	<p>PICNIC</p> <p>↘ Quad</p>
<p>7.30PM</p>	<p>MOVIE</p> <p>↘ Quad</p>

**All students must be
picked up by 9.30PM**



Cost: 50RMB



NBIS Weekly Menu



Sample Dishes



April 15 – April 19

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Meat with potato	Roast sausage	Chicken popcorn	Duck	Fish Fillet
	土豆烧肉	烤香肠	鸡米花	椒盐鸭肉	鱼排
	Chicken drumstick	Pork leg	Quail Eggs	Chicken nuggets	Roast Chicken Legs
	芝麻鸡腿	酱猪蹄	芝麻鹌鹑蛋	黄金鸡块	烤鸡腿
	Roast duck	Cuttlefish with onion	Boiled Pork slices	Stewed beef vermicelli	Braised Ribs
	烤鸭	洋葱烩鱿鱼	白切肉	粉条烧肉	红烧仔排
	Baked potatoes	Pasta	Broccoli	Rice with curry	Mashed potato
	焗土豆	意大利面	西兰花	咖喱炒饭	土豆泥
	Broccoli	Cauliflower	Roast sweet potato	Cauliflower	Corn
	西兰花	花菜	红薯	花菜	水果玉米
	Scrabbled egg with tomato	French bread	Cabbage	Sushi	Broccoli
	西红柿炒蛋	法国面包	大白菜	寿司	西兰花
	Poached Shrimp	Salt and Pepper Shrimp	Hamburger	Shrimp with Soy Sauce	Sandwich
	盐水虾	椒盐虾	汉堡	红烧虾	三明治
	Fruit	Fruit	Fruit	Fruit	Fruit
	水果	水果	水果	水果	水果
	Steamed Pomfret	Braised Fish slice	Fried Shrimp	Jerk filefish	Poached Shrimp
	葱油鲷鱼	红烧鱼块	油爆虾	橡皮鱼	盐水虾
	Poached pork slices	Pork with Chopped Bell Pepper	Fish	Eggplant	Pork with Chopped Bell Pepper
	水煮肉片	尖椒肉片	姜蒸玉兔鱼	烤茄子	泡椒肉片
	Croissant	Vegetable	Sichuan-style beef with duck blood curd	Cabbage	Fish slice with Chopped Bell Pepper
	牛角包	五号菜	毛血旺	包菜	剁椒鱼块
	Red dates yingerh cod soup	Tofu and cabbage soup	Minestrone soup	Vegetable soup	Tomato soup with egg
	红枣银耳汤	大白菜豆腐汤	蔬菜通心粉汤	万年青汤	西红柿蛋汤
	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	Cucumber	Banana	Muskmelon	Cherry tomato	Orange
	小青瓜	香蕉	小甜瓜	小番茄	橙子
	Dumpling	Egg	Steamed meat dumpling	Omelette	Dumpling
	蒸饺	水煮蛋	肉包	鸡蛋饼	蒸饺
	Pear	Orange	Apple	Watermelon	Cantaloupe
	香梨	橙子	苹果	西瓜	哈密瓜
	Cake	Croissant	Bread with jam	French bread	Soda biscuit
	蛋糕	牛角包	土司面包+果酱	法国面包	苏打饼干



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