

# NINGBO BRITISH INTERNATIONAL SCHOOL

## NEWSLETTER #30

26TH APRIL 2024



**UNITY  
DIVERSITY  
EXCELLENCE**



## Dates to Remember

- Saturday 27th April to Sunday 5th May – Labour Day Holiday – No School
- Monday 6th May – Back to school
- Monday 6th May – Start of Primary Creative Writing Competition
- Monday 13th to Friday 17th May - Book Week
- Tuesday 14th to Friday 17th May - Book Fair
- Tuesday 14th May – Early Years Information Day
- Wednesday 15th May – Primary Talent Show
- Thursday 16th May – Primary Information Day
- Friday 17th May – Secondary Information Day



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*



# Congratulations



CONGRATULATIONS

**Chloe Erin Chng**

Class of 2024



for receiving the offer to study Biological Sciences (Biochemistry) at the University of Edinburgh.



THE UNIVERSITY  
of EDINBURGH



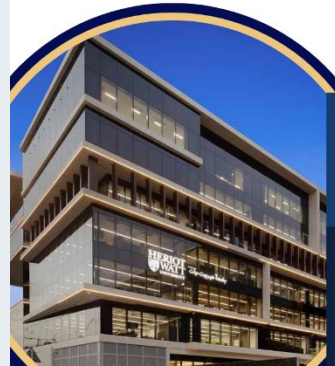
CONGRATULATIONS

**Sikata Anilkumar Gehani**

Class of 2024



for receiving the offers to study Marketing at Heriot Watt University (Dubai) and Business at the University of Wollongong in Dubai.



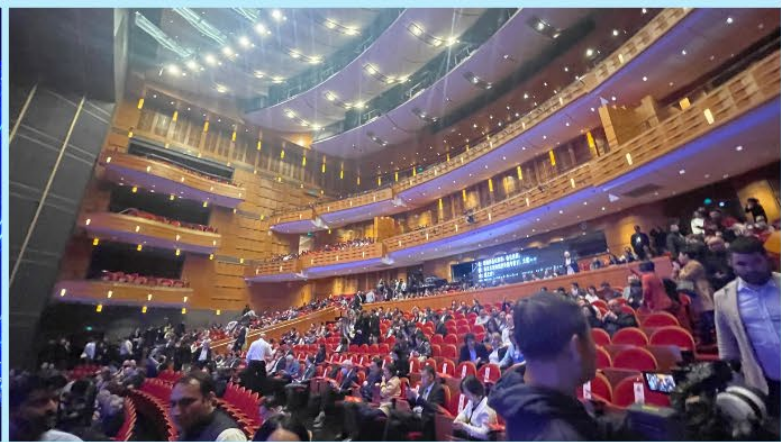
HERIOT  
WATT  
UNIVERSITY  
UK | DUBAI | MALAYSIA

UNIVERSITY  
OF WOLLONGONG  
IN DUBAI



# Celebrating Unity and Diversity: National Foreign Expert Bureau's Extraordinary May Day Concert

NBIS representatives were cordially invited to the National Foreign Expert Bureau concert in Shanghai this week in celebration of the May Day holiday, bringing together esteemed delegates from around the country to celebrate cultural heritage and togetherness. With the slogan "working together for a shared future," the event was a unique and uplifting experience for the foreign expert community.



At the core of the event was the celebration of diversity and unity. Esteemed delegates from various regions came together to showcase and celebrate the rich cultural heritage in our host country and within the foreign expert community and bringing together a tapestry of collaboration.

The concert showcased the tapestry of cultures and the blending of music and dance. It served as a platform for unity and togetherness, emphasising the importance of embracing diversity and celebrating shared experiences.





The vision of the event was encapsulated in the slogan "working together for a shared future." This message of collaboration and cooperation resonated throughout the event, encouraging the foreign expert community in pursuit of common goal - a shared future. The shared vision promoted unity and purpose, inspiring participants to work towards a brighter and more inclusive future.

Above all, the concert served as a unifying force for the national human resource bureau and the foreign expert community. It brought individuals together to celebrate their collective achievements and contributions, fostering a sense of camaraderie and solidarity among participants. The event was not just a celebration of talent and cultural heritage but a testament to the power of unity in our diversity.

The National Foreign Expert Bureau's extraordinary May Day concert was a celebration of unity and diversity - NBIS core values. It was a reflection of the beauty and richness of the foreign expert community, showcasing the power of collaboration and togetherness. As esteemed delegates came together to celebrate cultural heritage and shared experiences, paving the path for a brighter and more inclusive future.



# PTA PICNIC DAY AT NBIS



On April 20th, the weather was splendid, setting the perfect stage for a delightful picnic day organised by the PTA at the NBIS campus. The event was a harmonious blend of delicious snacks, captivating live music, and engaging ECA activities. People interacted, laughed, and strengthened family and school community bonds in a lively atmosphere.



The day's highlights were the parents + students' performance and treasure hunt game, which sparked our children's sense of adventure and excitement. Additionally, the school's external ECAs activities added character to the event.





The PTA picnic day facilitated meaningful interactions, fostering collaboration and communication between families and the school. As laughter echoed across the campus, cherished memories were created, leaving a lasting impression on all who attended. It was a day filled with joy, laughter, and camaraderie, showcasing the strong sense of community at NBIS.

A big thank you to the PTA for organising this fantastic event!



# Early Years Excursion

Mr Brian Thomas

On April 18th and April 24th, the NBIS Early Years Section excitedly visited a nearby Plant World inclusive of desert, jungle, and farm areas. Students happily held plants and picked fruit. They considered with wonder the natural beauty found within Ningbo. These immersive experiences not only sparked their curiosity but also instilled valuable lessons about nature and our responsibility to care for it. And as our young learners are 2-5 years old, it is important to remember how big things are to them in relation to how small things are for us adults. It is in this perspective that the joy of learning and discovering is to be appreciated.



We follow the winding path through the botanical garden, eager to explore its wonders.



We enjoy the pleasure of picking fresh produce here. Look! Such beautiful strawberries.



# Nursery B

Ms Karen Yang

Certainly! Spring is a delightful season for our children to explore the outdoors, get creative, and enjoy the blooming beauty.

Here are some fun and imaginative spring activities we did with our little ones:



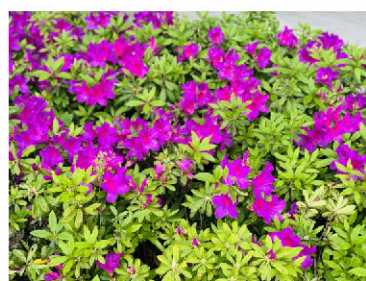
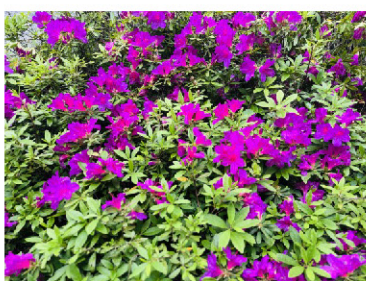
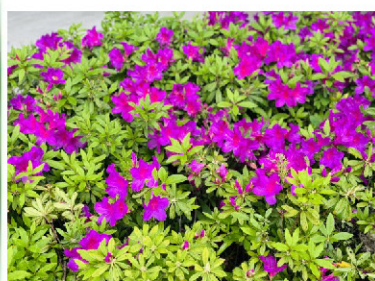
**The children made caterpillars, butterflies and frogs.**



# Nursery B



Flower crafts are a great way to bring some beauty and creativity into our children's life.



# CONGRATULATIONS TO OUR STARS OF THE WEEK



- 1A- YICHENG & TAISEI
- 1B- ZOE & DAPHNE
- 1C- JISEOK (JS) & LISA
- 2A- JUSTIN AND VANESSA
- 2B- CARINA & ISABELLA
- 2C- BELLA & KARTIK
- 3A- LUKE & JAMES
- 3B- VIKTORIE & LORRAINE



# Primary Creative Writing Competition

For: Year 1- Year 6 Students

Time: 6th May - 7th June

Students are required to write independently, and they may seek guidance (without having their work written for them) from class teachers or parents during this time.



**Mrs Candice Klue**

Primary Subject Lead- English


If you'd like to meet Mrs Candice Klue, please go to the Year 2B classroom, 3-205, thanks.

Mrs Candice Klue will also be hosting classes during break times during the month for different year groups to help guide them in their writing process.

**Year 1**

Picture Prompt:  
Brave Bingo  
Write a story in 50-100 words.


**Brave Bingo**

friendly		adventurous
bold		affectionate
beloved		loyal

Write a story in 50 -100 words.

**Year 2**

Picture Prompt:  
Underwater School  
Write a story in 50-150 words



Nia thought going to school underwater would be exciting, but some days she really missed going outside for recess.

Write a story in 50-80 words

**Year 3**

Picture Prompt:  
Get me out of here!  
Write a story in 100-300 words

The keyboard button could only be used once, and no one knew exactly what happened when you pressed it ...



Write a story in 100-300 words

**Year 4**

What kind of mischief would you get into if you found a cloak that made you invisible?  
Write a story in 200-500 words

**Year 5**

If you could invent something new the world really needs, what would it be? How would it work?  
300-500 words

**Year 6**

Your class gets superpowers based on their personalities. What's yours, and how do you use it to help others?  
Write a story in 500-1000 words.

Looking forward to your participation in the Primary Creative Writing Competition!

# Primary Music Classes at NBIS

Ms Min Cha

We're excited to share the vibrant and creative endeavours happening in our music classes across all year groups.

## Year 1:



Our Year 1 students are busily preparing for the upcoming school assembly with a delightful performance of "Oompa Loompa" from the Chocolate Factory. The children are thoroughly enjoying the combination of singing and dancing, working hard to master the lyrics and movements.

## Year 2:



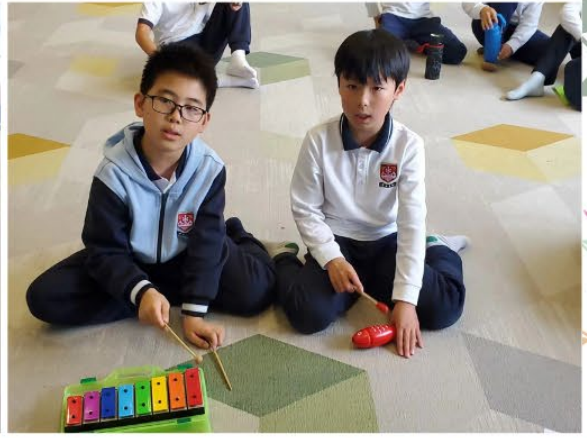


The Year 2 students are exploring agricultural themes through the song "Oats, Peas, Beans and Barley Grow." This engaging activity not only teaches them about farming but also involves a lively game where they move in a circle and act out the song lyrics, enhancing their understanding of how food is cultivated.

### Year 3:



In Year 3, our budding vocalists are learning about various types of flowers and the season of spring through songs from a small-scale musical production. They are also encouraged to create movements that correspond to the lyrics, which adds a layer of interpretation and enjoyment to their learning.



Year 4 students are divided into two groups for their mini-musical production, "Jack and the Beanstalk." Group 4A is focusing on playing recorders to mimic the Giant's flute, while Group 4B is enhancing their musical skills with percussion instruments. Together, they narrate the story through song, featuring five different pieces.

Year 5:





Students in Year 5 are diving into more complex musical concepts such as themes and variations. They are currently experimenting with rhythmic variations using buckets as their instruments, allowing them to explore different sounds and rhythms creatively.

Year 6:



Recently, Year 6 dazzled us with a performance at the school assembly where they showcased their skills in body percussion and sang "White Winter Hymnal" by Fleet Foxes. The experience was not only fun but also a great way to enhance their coordination and rhythm.

# “Love Grows Here” – Our NBIS Primary Garden Project



Spring has sprung and we are making the most of it with our primary school garden!



A school garden offers a place to enrich teaching efforts with powerful hands-on experiences that make learning come alive. It is an effective way to promote life-long healthy eating habits and connect students to the natural world. Gardening provides educators with opportunities to enhance student education through practical, reality-based learning.



At NBIS, we have a beautiful roof garden area that is perfect for a school garden and so we have embarked this project with the hope that we will have some beautiful plants by the end of the school year. Each primary class received their own plot of land and have already begun their gardening journey. The learning objectives are as varied as the classes but one thing is common - everyone is enjoying the gardening.



Here are a few photos of our journey. Consider these the 'before' photos and let's hope for some great 'after' ones by summer!

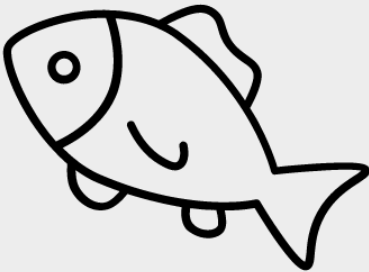


Submitted by: Aileen Shirley  
Primary Subject Lead- Science

# MARINE SCIENCES Y10

Ms Sitha Mnyandu

## TRIP TO THE AQUARIUM

1. 



We are thrilled to share an exciting update from our recent field trip to the local aquarium! Our enthusiastic group of students embarked on a fascinating journey to explore the wonders of marine life. Armed with dichotomous keys, they delved into the intricate world of animal identification.

2. 

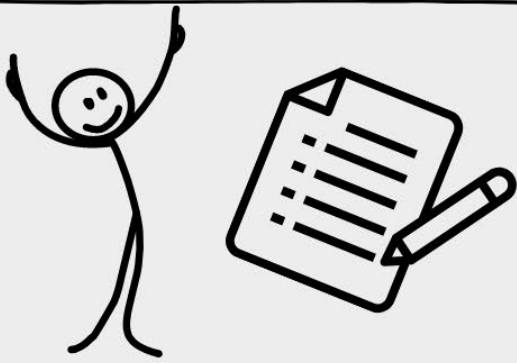
The students eagerly observed the diverse array of marine creatures, ranging from colorful fish to mesmerizing invertebrates. With the help of their trusty dichotomous keys, they skillfully deciphered the unique characteristics of each species, unlocking the secrets of their identities. It was truly a hands-on experience that brought their classroom learning to life.



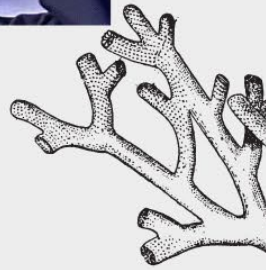


3.

Through this activity, our budding marine scientists not only honed their observation skills but also gained a deeper appreciation for the incredible biodiversity that thrives beneath the ocean's surface. They were captivated by the intricate details and adaptations of the animals they encountered.



4.



This immersive experience at the aquarium has sparked a newfound curiosity and passion for marine science among our students. We look forward to further exploring the wonders of the ocean and continuing our journey of discovery.

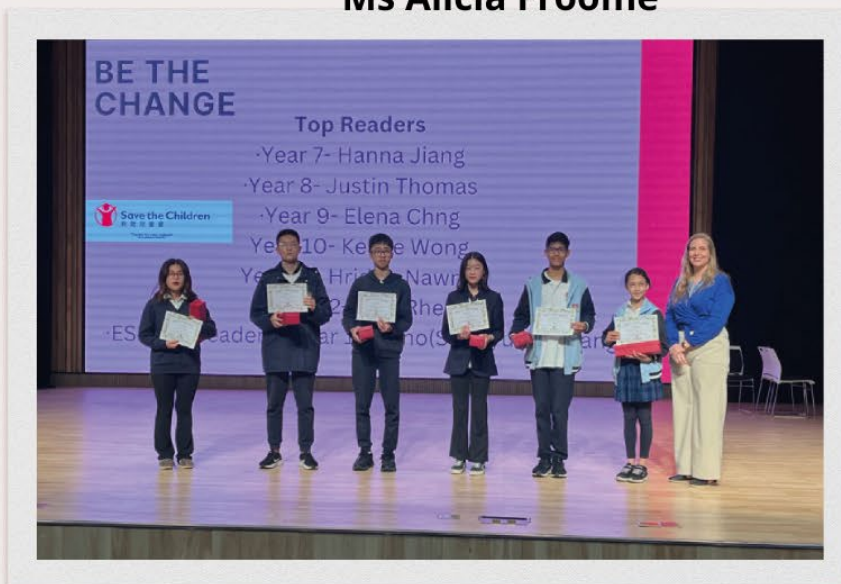


# READ-A-THON



Ms Alicia Froome

**TOP READERS:**  
**YEAR 7- HANNA JIANG**  
**YEAR 8- JUSTIN THOMAS**  
**YEAR 9- ELENA CHNG**  
**YEAR 10- KEANE WONG**  
**YEAR 11- HRIDITA NAWRIN**  
**YEAR 12- ZHUI RHEE**  
**ESL TOP READER IS YEAR 11**  
**NONO(SHUOYUAN) ZHANG**



**TOP EARNERS:**  
**YEAR 7- GINEVRA GILARDI**  
**ABSENT: YEAR 11- TITHI MULJANI**  
**YEAR 12- ZHUI RHEE**

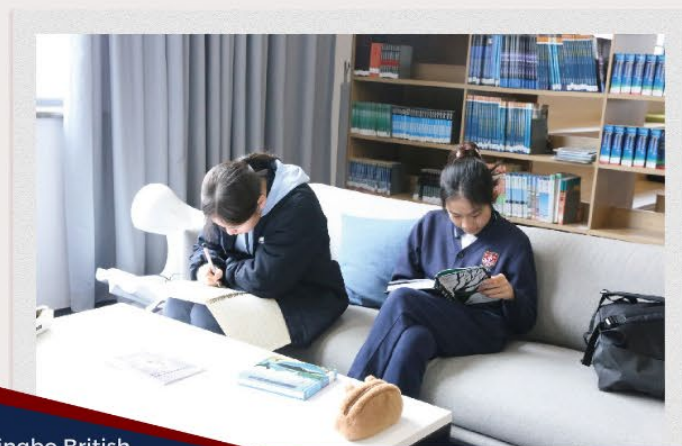
**AMOUNT DONATED FROM YEAR 6-  
 YEAR 12: 1,663.98 CHINESE YUAN  
 FOR THE SAVE THE CHILDREN  
 CHARITY.**



**Save the Children**  
 救助兒童會

Thanks for your support!  
 We've received your submission.

- 350RMB - can provide enough food to keep three children from going hungry for a month
- 1000RMB - can wrap 30 warm, cosy blankets around children affected by conflict
- 2000RMB - can provide a month's worth of water to 20 children



# Secondary Student Council Runaway Day 2024

Ms Alicia Froome

A student-led event with sports games, a picnic and a movie. This event provides students with opportunities to relax, build friendships, develop independence, and improve problem-solving and social skills.



**Draw, paint or  
sketch your  
favourite animal,  
plant or fungi**

Competition  
open to all  
pupils aged  
7-18

# **BioArtAttack 2D 2024**

**Combining  
Art with  
Science**

**Closes 30th  
June 2024**



Amy Mackintosh,  
winner 2023

**@RoyalSocBio**  
[rsb.org.uk/  
nancy-  
rothwell-award](https://rsb.org.uk/nancy-rothwell-award)



# Photography Competition 2024

Competition open to all  
amateur photographers

Open to entries on the  
theme of  
**Transforming Life**

Closes 20th June 2024



Photo by Saurabh Chakraborty

# Music Extravaganza at NBIS

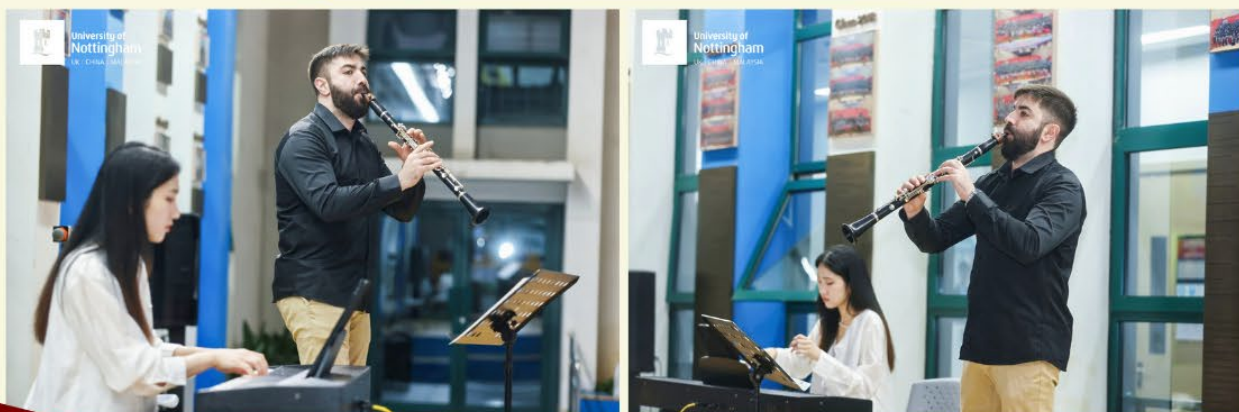
Last week, the NBIS Music team enjoyed an extraordinarily fruitful period with a series of successful music-related activities.

The week kicked off with Mr Isidro Santos Galindo's distinguished collaboration with the Ningbo Symphony Orchestra. As the featured international soloist at Ningbo Talent Night, with rehearsals on Tuesday and Wednesday, leading to a stellar performance at the Ningbo Grand Theatre. His rendition of Rossini's "Introduction, Theme and Variations" was met with resounding applause and high praise from the audience and orchestra. His talent was further recognised in an interview with the Ningbo Daily Newspaper.



Building on this momentum, the NBIS Music team organised the auditions on Thursday and Friday for the upcoming Primary Talent Show. Ms Min Cha expertly coordinated the auditions in the auditorium, where over 30 students demonstrated their diverse talents in instrumental music, singing, and dance, hinting at an exceptional upcoming show.

The musical festivities continued into Friday evening as the music team joined forces with the University of Nottingham Ningbo China for the UNNC Family Day event. Ms Kaia Lyu and Mr Isidro, along with other artists, delivered enthralling performances. A standout moment was Ray Huang, an NBIS IGCSE Year 10 student, showcasing his musical prowess and astonishing the audience, some of whom mistook him for a university student.



The weekend saw the PTA Picnic Day on Saturday, where students, parents, Mr Robert Yan and Mr Isidro provided a series of delightful musical performances for everyone present.



The week reached its crescendo on Sunday with three NBIS students participating in a concert alongside Dr Tsalka at the Touching Music event. They displayed their musical skills, dedication and hard work. Notably, Olivia Chi and Ruby Xu in Year 3 opened the masterclass with their melodic contributions, while Arturo Martinez Negro in Year 11 showcased his talent through an impressive original composition.



This week was a true testament to the celebration of music at NBIS, showcasing the talent and accomplishments of our students and teachers. We extend our congratulations to the NBIS Music team and students for orchestrating a remarkable week filled with musical excellence!

# NBIS Students and Teachers Engaged in Multilingual Reading of 'The Little Prince' at UNNC

Ms Nausicaa Giavarra



"And now here is my secret, a very simple secret: it is only with the heart that one can see rightly; what is essential is invisible to the eye."

Quote from 'The Little Prince' by Antoine de Saint-Exupéry

What truly matters in life cannot be seen with the eyes, but by the spirit, the emotions and each one's moral compass. This is the idea that has inspired the multilingual reading of 'The Little Prince' organised by the UNNC Library and Language Centre (FHSS), an event initiated by Ms Roser Cervera, Director of the Language Centre FHSS and also a valuable member of the NBIS community.



On World Book & Copyright Day, 23 April, about forty people were invited to share a quote from the world-famous masterpiece by French writer Antoine de Saint-Exupéry while also enjoying an exhibition of some of the hundreds of copies of the book that Ms Roser Cervantes has collected in the past three decades from all over the world.

Nausicaa Giavarra, NBIS Drama Teacher



Men have no more time to understand anything. They buy ready-made things in the shops. But since there are no shops where you can buy friends, men no longer have any friends.

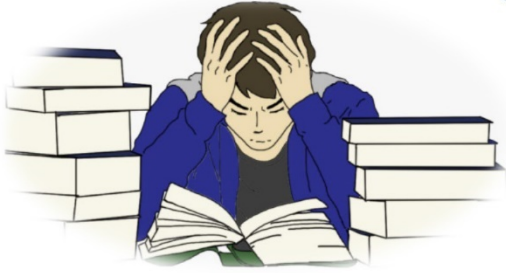
Gli uomini non hanno più tempo per conoscere nulla. Comprano dai mercanti le cose già fatte. Ma siccome non esistono mercanti di amici, gli uomini non hanno più amici.

It also was the occasion to celebrate Saint George's Day, an important festivity in Catalonia, Spain, during which roses are gifted as a symbol of love. The rose has a similar meaning in the book 'The Little Prince', and each reader was gifted with a rose.

It was an educational and inspirational event which invited a diverse community to get together and reflect on values and the meaning of life while appreciating languages and literature. Many thanks to UNNC and Ms Roser for organising such a meaningful event.



# Managing Exam Stress: Tips for Success



Ms Chane Coetzee

As we navigate another exciting academic season, it's crucial to remember that along with the thrill of learning comes the challenge of exams. For many students, exam stress can be a significant hurdle. However, with the right techniques, this stress can be managed effectively, leading to improved performance and a more positive experience overall.

## Understanding Exam Stress

Exam stress is common and experienced by students of all ages. It can come from feelings of anxiety, nervousness, or pressure to perform well. While a certain level of stress can be motivating, excessive stress can affect concentration and lead to burnout.

Burnout signs that might show you're feeling burnt out:

- **Feeling Tired:** You might feel super tired all the time, even after a good night's sleep. Your body might feel achy, and you might get more headaches than usual.
- **Feeling Sad or Grumpy:** Sometimes, when we're burnt out, we might feel sad or grumpy a lot. Little things might bother us more than they usually do, and we might feel like giving up.
- **Not Wanting to Do Fun Stuff:** When we're burnt out, we might not feel like doing things we used to enjoy, like playing games or hanging out with friends. We might lose interest in fun activities.
- **Forgetting Things:** Burnout can make us forgetful. We might forget to do our homework or other important stuff because our minds feel too full and tired.
- **Wanting to Be Alone:** Sometimes, when we're burnt out, we want to be alone more than usual. We might not feel like talking to our friends or family as much.
- **Feeling Sick:** Burnout can sometimes make us feel physically sick, like having a tummy ache or feeling like we're catching a cold often.

Remember, it's okay to feel this way sometimes, but if you feel like this a lot, it's important to talk to someone you trust, like your teacher, parent, or school counselor.



## Techniques to Manage Exam Stress

1. **Effective Time Management:** Plan your study schedule well in advance. Break down your study sessions into manageable chunks, allowing for regular breaks to rest and recharge.
2. **Practice Mindfulness:** Incorporate mindfulness techniques such as deep breathing, meditation, or yoga into your daily routine. These practices can help calm your mind and reduce anxiety levels.
3. **Healthy Lifestyle Choices:** Prioritize healthy eating, regular exercise, and sufficient sleep. A well-nourished body and mind are better equipped to handle stress.
4. **Positive Self-Talk:** Replace negative thoughts with positive affirmations. Remind yourself of your strengths and past achievements, boosting your confidence and resilience.
5. **Practice Past Papers:** Familiarize yourself with the exam format by practicing past papers. This can help build confidence and reduce anxiety on the day of the exam.
6. **Stay Organized:** Keep your study materials, notes, and resources organized. A clutter-free environment can promote focus and productivity.

## Conclusion

Exams are an important part of our educational journey, but they don't have to be overwhelming. By adopting these techniques and cultivating a positive mindset, you can navigate exam stress with resilience and success. Remember, your well-being is a priority, so consider your self-care and seek support when needed. Wishing you all the best in your exams!

*Good Luck*

Book Week  
May 13 - 17

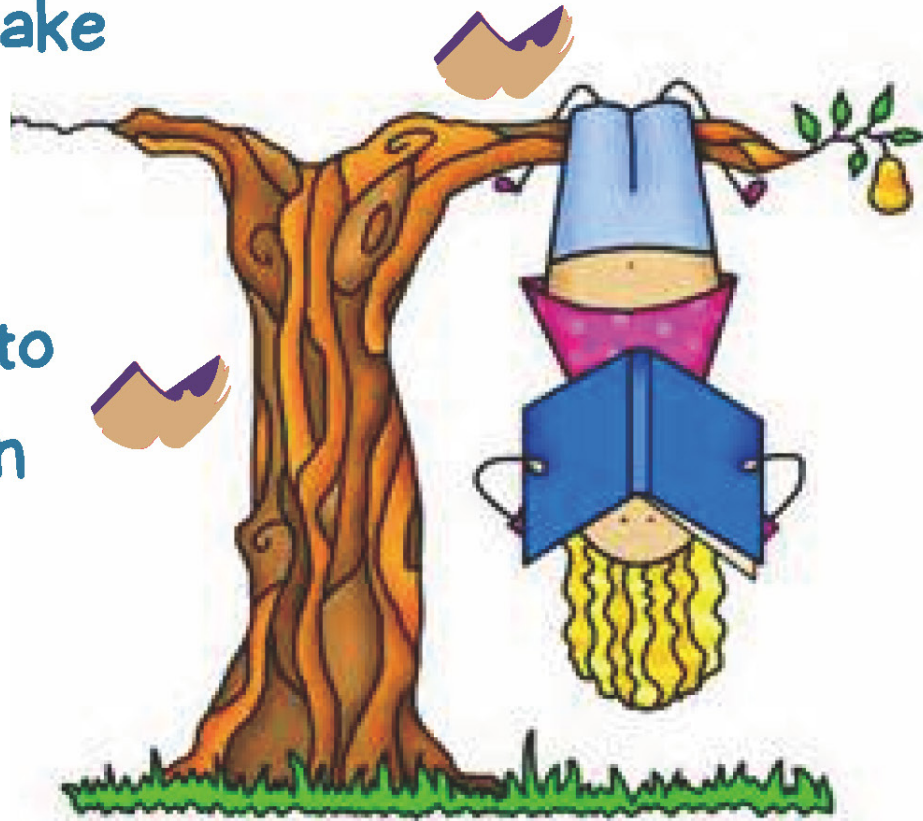
# Get Caught Reading!



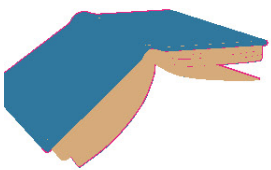
## A Reading Photo Challenge!

Get caught reading in  
unusual places and take  
a photo!

Send your photos to  
[library@nbis.net.cn](mailto:library@nbis.net.cn)



Winning photos are  
displayed in the library.





# Early Years Information Day 2024

**Tuesday, May 14th**

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

 0086-574-87611005 / 83888071

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



*Scan QR code  
to register*



 **CAMBRIDGE**  
International Education

Cambridge International School

Unity - Diversity - Excellence



# Primary Information Day 2024

Thursday, May 16th

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

 0086-574-87611005 /  
83888071

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



Scan QR code  
to register



Cambridge International School



Unity - Diversity - Excellence

**Friday, May 17th**

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

 0086-574-87611005 /  
83888071

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

# Secondary Information Day 2024



*Scan QR code  
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