

# NINGBO BRITISH INTERNATIONAL SCHOOL

## NEWSLETTER #34

31ST MAY 2024



**UNITY  
DIVERSITY  
EXCELLENCE**



 **CAMBRIDGE**  
International Education

Cambridge International School

## Dates to Remember

- Monday 3rd to Thursday 13th June – Year 7 to Year 10 Exams
- Monday 3rd June – Early Years and Primary Children’s Day Carnival
- Wednesday 5th June – World Environment Day
- Thursday 6th June – Chinese Summer Poetry Gala
- Friday 7th June – End of Primary Creative Writing Competition
- Saturday 8th June to Monday 10th June – Dragon Boat Festival Holiday – No School
- Tuesday 11th June – Back to School



**CONGRATULATIONS**

**Sikata Anilkumar Gehani**

Class of 2024



for receiving the offer to study Marketing at Ulster University.

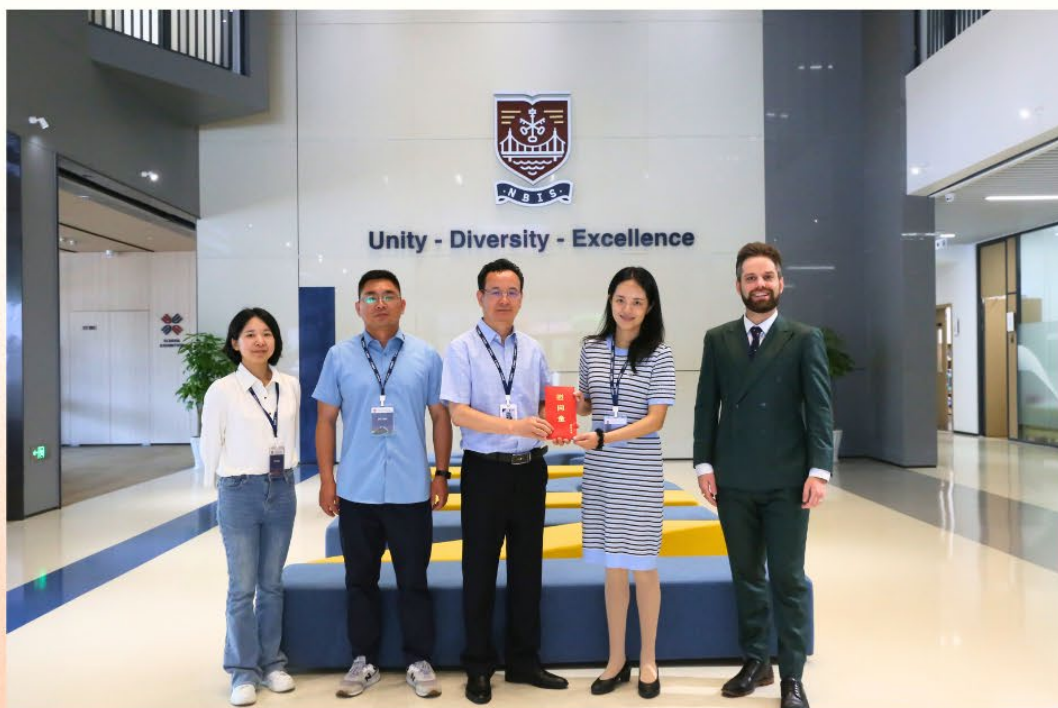


# International Children's Day Warm Greetings from Juxian Street to NBIS

As International Children's Day approaches, on May 30th, Ms Hu, deputy head of local Juxian Community, High-tech Zone visited NBIS with the other two leaders. They were welcomed and guided around the campus by Mr Robert Yan, the NBIS Chinese Principal, and Mr Aaron Lowe, the Head of Secondary. During the visit, they had the opportunity to meet with our students and teachers, experiencing the unique and vibrant teaching atmosphere at our school. In a heartfelt gesture, Ms Hu and her team extended Children's Day wishes to our students. We are deeply grateful for the kindness and care they have shown. It was a memorable visit filled with connection and joy.



Looking ahead, NBIS and Juxian Community aim to continue building a deeper friendship and maintaining strong ties. We look forward to our next interaction and the many collaborative opportunities to come.



# SUCCESSFUL EARTHQUAKE DRILL AT NBIS

NBIS effectively executed an earthquake drill on the 30th May, following comprehensive training for the entire school community.

When the alarm sounded, swift actions were taken as staff and students promptly sought shelter under desks, prioritising head protection. Subsequently, a smooth transition to the designated assembly area on the lawn was carried out in an orderly manner, completing the drill within a brief 7-minute timeframe. This practical exercise exemplified our commitment to safety protocols and significantly enhanced safety awareness within the school.



Safety is paramount at NBIS and we have clear emergency evacuation procedures and are regularly practiced to ensure everyone knows what to do in case of an emergency. Our ongoing commitment to safety includes regular updates and training to maintain a secure learning environment for all.

# Nursery A

Ms Mia Li

Transportation is an essential part of our daily lives, and for young learners, it holds a fascination that combines motion, sound, and a variety of shapes and sizes. In this week, we had several fun activities that were not only a blast but also steered our children's learning and development in the right direction. So, buckle up as we dive into a world of ships, boats, hot air balloons, and more!



'Paper Boat Sailing' stimulates children's sense of touch and enhance their fine motor skills, such as sense of touch and accuracy in mouth movements.

'Fill the Balloon Science Experiment' demonstrates the space air molecules take up as they are heated and cooled. The science behind it is that as air molecules get hot, they can inflate the balloon, because they move around more and occupy more space.





# CONGRATULATIONS TO OUR STARS OF THE WEEK



- 4A - AARAV & EASON
- 4B - KIROS & HANK
- 5A - AYUSH, LILLIAN & LOUIS
- 5B - RYOGA & ASGER
- 5C - ARIANA & AAHEL
- 6 - KAYLEE & KIANA



# Upper Primary Chinese Class: Exploring the Dulcimer

Ms Angela Tao

On 25th May, Ms Zhou Yao and her team from Ningbo Cultural Centre visited NBIS to give us an enlightening lesson about the Chinese instrument, the Dulcimer. Ms Zhou Yao impressed everyone with her performances of beautiful song segments on the Dulcimer, including "Hedwig's Theme," "Let It Go," "Believe," "See You Again," and "Day Lilies." Our Upper Primary students were thrilled to have the opportunity to play the Mini Dulcimer themselves, adding an interactive and enjoyable element to the event.



The visit was not only educational but also inspiring. Students were impressed by the rich tones of the dulcimer and learned about the characteristics of the dulcimer and even other traditional Chinese instruments. They couldn't wait to participate in the hands-on experience and discover the joy of creating music with this traditional Chinese instrument.





This wonderful experience highlighted the importance of cultural exchange and the joy of learning through music. It was a fantastic opportunity for our students to explore a new musical instrument, appreciate Chinese culture, and develop a deeper interest in Chinese culture and music. We are grateful to Ms Zhou Yao and her team for their time and effort in bringing this unique experience to NBIS.

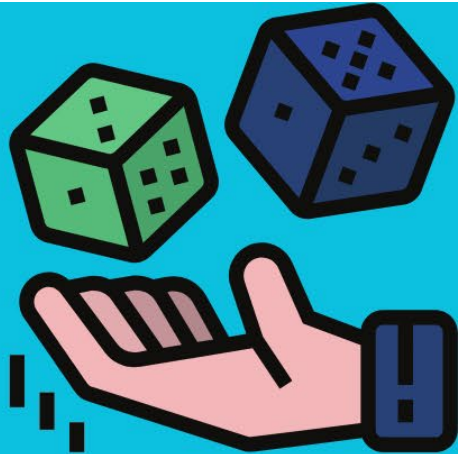
Thank you again to Ningbo Cultural Centre for enriching our students' learning journey with this unforgettable musical experience. We look forward to more such inspiring and educational events in the future.





# Probability Year 4B

Ms Jessie and Mr Leon



Year 4B has been learning about Probability!

$$\frac{1}{2}$$

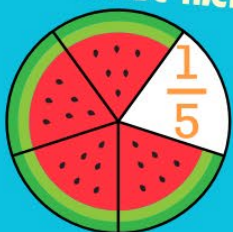


How likely is it that you will wear brown socks or white socks? What is the chance that you will find yourself in a coffee shop next week?



Students learned how to determine the possibility of occurrence based on a set of circumstances. Making use of fractions and percentages, students learned to answer questions by saying whether something is certain, likely, even, unlikely, or impossible.

Using the Coin-flip experiment, students had to make predictions first before flipping a coin several times and recording the results of each flip. Afterward, they had to describe their results making use of the correct vocabulary.



$$\frac{1}{3}$$



Not only did the students enjoy this experiment, but they could apply the concepts and theories that they learned in real life!

# DRAMA NIGHT AT NBIS

Mr Ivan Muhov

The annual instalment of the regular Drama Night Event at NBIS took place on May 22nd and 23rd, 2024. The audience was kept thrilled and highly entertained throughout, with both serious numbers and lighter humorous etudes taking turns to ensure a wide gamut of acting skills had been covered, showing full well what the students had learnt during their drama classes.

On the first night the students had prepared a variety of issues and themes, ranging from teenagers' sense of responsibility, peer pressure and friendship (Y7A), to looking at life from a different, more light-hearted, humorous perspective (Y8A), to the handling of serious historical moments like the tragic Holocaust chapter from World War II (Y9A).



Top Secret



Dead Or Alive



The Spark



The Library



Laughing Context



Frederick's Journey



The Pesky Fly

The diversity presented made sure the audience were spared from rolling on the floor with laughter although some pieces ("The Pesky Fly", Y7A) came quite close to achieving that with their overt humorous flair.



Swim



Lemonade

At other times ("Swim", Y8A) the comic touches were deftly blended with serious musings on the monotony of the daily routine and the overall meaning of life; not to mention other acts ("Lemonade", Y7A) where just two students were able at producing strong performances with verve and passion by also making people think.



Ordinary



Night Time

In a similar vein we had "Ordinary" (Y8A), another two actors' stint, a really moving story about the love between the siblings of whom one goes to war; and "Night Time" (Y8A), a powerful take on people's wide spectre of emotions, and how their constant fluctuation can affect their lives in a variety of both good and not so good ways.

A special shout-out should go to Liam from Y9A who wrote the play for his class' performance, an admirable skill displayed by just a 13-year old student who produced this piece after interviewing a survivor from the Holocaust, and turned it into a script format. And not only but he also managed to create a really poignant, moving story with a strong educational potential, one that would resonate with students, teachers and parents in the days to come. "Frederick's Journey", the title of Y9A's number, was a logical finale to an event full of compelling powerful performances, also promising more similar excitement the next night.



Unity - Diversity - Excellence

The second part from the Drama Night event was, needless to add, equally exciting and entertaining. The students from different grades had again chosen various aspects of social and behavioral issues to address in their performances: Y7B focused on teenagers' bad habits and the importance of friendship; Y8B presented plays dealing with positive interactions and empathy; and Y9B explored the dynamics within relationships, family, and social pressure.

It was really interesting to see how young students could tackle a serious issue like jealousy ("Jealousy", Y7B) with both a subtle comic undercurrent and a certain lesson to be learnt, including discussing the everyday tedium ("Bored", Y7B) with a sense of optimism and again a hefty doze of humour.



Jealousy



Bored

Obsession and addiction ("I'd rather Watch TV", Y7B) to favourite pastimes were presented with the necessary didactic tone, the atmosphere getting a tad tenser and somber for "Friends" (Y8B), a near-profound meditation on what makes a good friend.



I'd rather Watch TV



Friends



However, the diversity of the performances took care of the instilled seriousness with "Doctor Duplicate", a rousing hilarious take on the ever-popular doctor-cures-it-all theme, with Daniel from Y8B displaying a rare comic talent; and with "Friendship" which showed Y9B aptly mixing dramatic flair with humorous touches for a really captivating showing.

“The Party” was another effective rendition, the “party” topic presented in the form of a discussion between two friends, an unusual but intriguing form that accentuated on the two 7B students’ acting skills.



Friendship



The Party



Good Girl

This number was also a kind of a warm-up for the string of performances by the IGCSE Drama Course students, where we also heard two monologues from contemporary plays (Joyce Y10B and Gabby 10A).



Cat's Monologue from the play  
'Out of Water' by Brooke Berman



Rachelle's Monologue from the play  
'Sarah, Sarah' by Daniel Goldfarb



Alyssa and Nelly from Y10 displayed their drama knowledge from the World Literature Course as well by selecting characters from the play that they have been studying (“A Raisin in the Sun”), pouring a lot of emotion and pathos in their monologues. The two students also had a double duty on both nights as they also participated as the hosts, and their detailed informative introductions and the frequent provision of comic relief greatly added to the overall cheerful festive environment.

# Secondary Section



Mama's Monologue from the play 'A Raisin in the Sun' by Lorraine Hansberry



The Hosts of Drama Night



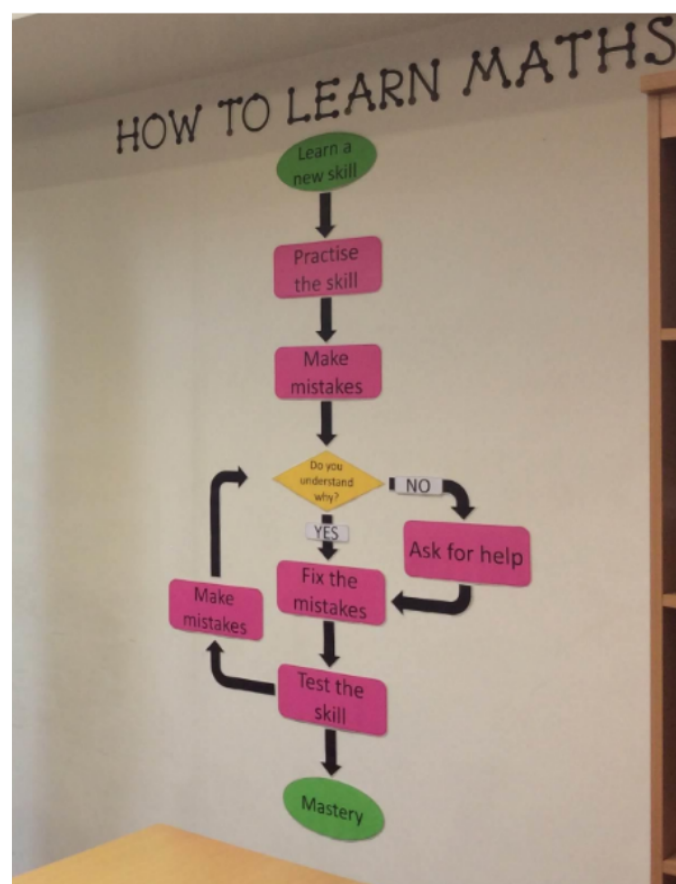
Beneatha's Monologue from the play 'A Raisin in the Sun' by Lorraine Hansberry

We have to send our sincere thanks to all the young actors who took part in this exciting event and parents and friends who came to watch the shows, but above all, we should pay our kudos to Ms Nausicaa who has done such great work with all of them for the umpteenth time, making the Drama Department both a place for learning and improvement and a source for entertainment and fun.

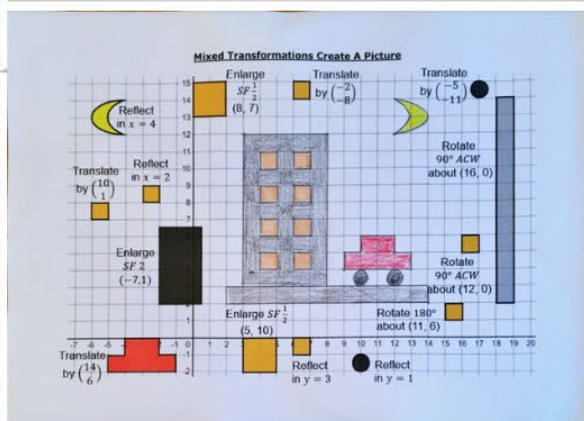
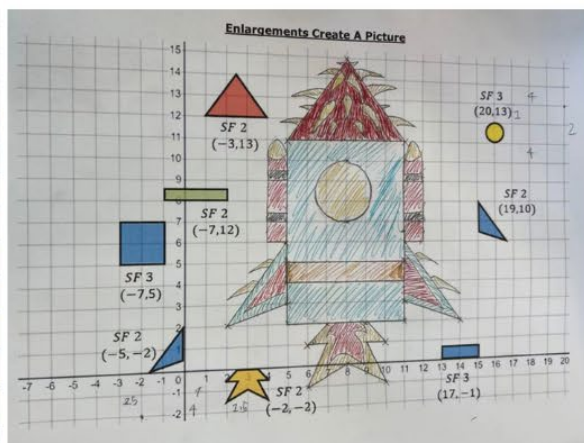
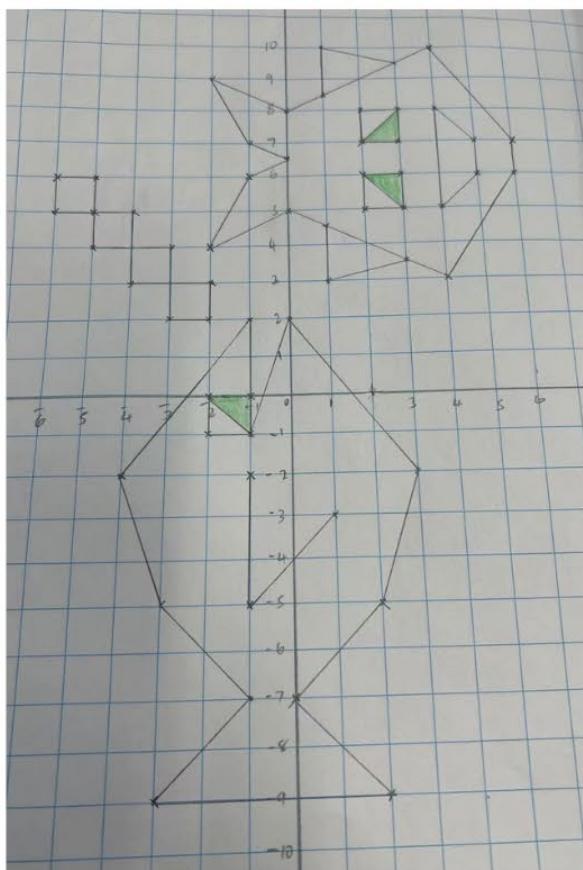


We are at the end of the semester, and classes are bustling with activities geared towards preparing for end of semester two exams. Throughout the year we have continued to engage our students in various activities that enabled students to understand and remember the concepts taught.

We know that many concepts are remembered through repetition, thus we encourage our students to attempt as many questions as possible to increase their retention rate of the material covered in class. This can be done through frequently visiting the website myimaths that has questions from every topic covered in class, including videos that help students to re-learn concepts. The website has fun stuff like games and puzzles that aid students in critical thinking. Every student has his/her login details. The following flowchart shows the steps that a student might take in order to master a concept.



As teachers, we understand that learning mathematics doesn't have to be a boring and laborious endeavor. To ensure that, we also incorporate in class activities that keep the students engaged in class. After learning the basic idea of transformation, we provided students with interesting worksheets that kept them thinking, working and having fun. Take a look at the following samples of student work.



Lastly, we are aware that technology plays a major role in student's learning. We allow some technology time in class for review and competition purposes. One such activity is Kahoot which is very popular among the students. Students learn as they have fun.



@RoyalSocBio  
www.rsb.org.uk/photocomp



# Photography Competition 2024

Competition open to all  
amateur photographers

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

Closes 20th June 2024



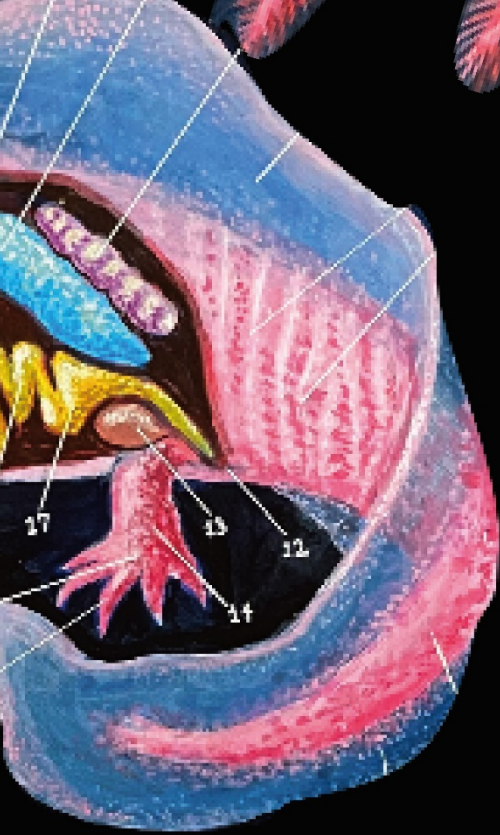
Photo by Saurabh Chakraborty



Royal Society of  
**Biology**

# BioArtAttack 2D 2024

## Combining Art with Science



Leonardo Falcone,  
winner 2023

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

Competition open to  
all pupils aged 7-18

Closes 30th June 2024

**The Axolotl**  
*Ambystoma mexicanum*



@RoyalSocBio

rsb.org.uk/  
nancy-  
rothwell-award



# Study Undergraduate Degrees in Liberal Arts at Sydney

## 悉尼大学人文社科学院&理学院 - 本科招生专场



### Ranked in the top 50 of the world's best universities for Arts and Humanities and Life Sciences\*

Meet us in person and listen to our prominent academics about:

- Bachelor of Arts, Bachelor of Science, Bachelor of Liberal Arts and Science, etc.
- find out about the many exciting subjects you could study from history or international relations all the way to mathematics or biology.
- pathways into our bachelor's degrees through the University of Sydney Foundation Program.

\*QS World University Rankings by Subject 2024

### Nanjing 南京

周六 6月22日 13:00-16:00

Shangri-la Nanjing 2F Yingzhou Room

南京香格里拉酒店2层 樱洲厅

### Shanghai 上海

周日 6月23日 13:00-16:00

Swissotel Grand Shanghai 3F Davos II+III

上海宏安瑞士大酒店3层 达沃斯厅II+III

### Beijing 北京

周日 6月30日 13:00-16:00

Grand Hyatt Beijing LG floor Salon I-V

北京东方君悦大酒店LG层 沙龙厅1-5

### More information

International.recruitment@sydney.edu.au

WeChat: 悉尼大学教育资讯



THE UNIVERSITY OF  
SYDNEY

### RSVP

To secure your place, please scan the QR code and register online

请扫描二维码报名注册活动



### Speakers



#### Professor Michael Wheatland

Associate Dean (Education)

Faculty of Science



#### Associate Professor Sanaa Zaki

Associate Dean (Student Life)

Faculty of Science



#### Dr. Sophie Loy-Wilson

Senior Lecturer in Australian History

Faculty of Arts and Social Sciences



**NBIS 2023-24 Semester 2 SAC meeting minutes**

<b>Date and Time</b>	May 20th, 2024, 18:30-22:00	<b>Location</b>	NBIS Conference Room
<b>Meeting Called By</b>	NBIS SAC Team	<b>Secretary</b>	Sharon Wang (SW)
<b>Attendees</b>	Nancy Eldars (NE); Brian Thomas (BT); Zhang Kaiyu (ZK); Neta Ronen (NR); Marisol Negro (MN); Roziel Dorin Rhee (RDR); Julia Hoferichter (JH); Rosaria Franco (RF); David Foster (DF); Sharon Wang (SW)		
<b>Excused</b>	Adrien Chicouard (AC); Xiru Chen (XC)		

No.	Agenda
<b>1</b>	<p><b>Welcome (RF)</b></p> <ul style="list-style-type: none"> <li>The Chair of SAC Rosaria welcomed everyone and introduced the meeting agenda.</li> </ul>
<b>2</b>	<p><b>International Principal's update (NE)</b></p> <p>1) Staffing and recruitment update emphasised the importance of staff qualifications and continued professional development and support by WEG, which ensures that teachers possess the most up-to-date knowledge and skills in their respective fields, thus empowering NBIS staff to provide high-quality education to our students.</p> <p>2) Feedback on the whole school staff meeting in early May. The meeting included a platform for staff to express their views on personal and school progress and achievements as well as future personal and school goals, developing ownership and engagement of future goals.</p> <p>(Some) Development Expectations for the academic year 2024 – 2025:</p> <ul style="list-style-type: none"> <li>Professional Development Plan and support from WEG in developing NBIS staff.</li> <li>Quality assurance with a focus on the quality of Teaching and Learning through Lesson Studies.</li> <li>Updates on the Primary organisational structure.</li> <li>Well-being initiatives – an area of focus 2024-2025</li> </ul> <p>3) Whole School:</p> <ul style="list-style-type: none"> <li>Professional Development: 90% of staff have completed Epilepsy Training. All staff have access to the Cambridge Learning Hub and are completing independent sign-ups for curriculum training. All staff have access to the TES PD platform for Safeguarding, Subject Knowledge, Leadership and Professional Studies. A comprehensive PD plan is being devised for 2024-2027 with clear structure, support and guidance for staff to continue to develop and career progress.</li> <li>Appraisals of teaching staff in all sections are going well.</li> <li>An Earthquake Evacuation guidance training has been delivered to all staff and students in preparation for the upcoming announced Earthquake Drill. (Appendix 2).</li> <li>Student attendance is generally good between 88% and 95% with decreased attendance in Secondary due to 'Study Leave'. Y11, 12, and Y13, students absent during 'study leave' is decreasing.</li> <li>Important Dates at the beginning of the Academic Year 2024-2025 – shared (Appendix 3).</li> </ul>



	<ul style="list-style-type: none"><li>• Sports and athletics targets for next year include continuing competitions within and beyond Ningbo and increased focus on the participation of girls.</li><li>• Recruitment, Retention, and PD data - shared.</li><li>• Age Boundaries for the Admission Process – shared (Appendix 1). Maintaining accurate age boundaries during admissions is crucial as it ensures that students receive appropriate pastoral care tailored to their age group, promoting their overall well-being and social and emotional development. Moreover, following age boundaries during admissions allows for age-appropriate access to the curriculum, enabling students to engage with content that aligns with their cognitive and emotional maturity levels. Thus, creating a supportive and conducive learning environment that prioritises the student's holistic growth and academic success.</li><li>• Invitation to attend the school's Upcoming Events (reminder):<ul style="list-style-type: none"><li>○ Wednesday 22nd and Thursday 23rd May – Secondary Drama Night</li><li>○ Tuesday 28th May – Secondary Art Exhibition Week</li></ul></li></ul> <p>4) Primary Update:</p> <ul style="list-style-type: none"><li>• Middle leaders appointed – UP/LP Co-ordinator, Maths Support, Phonics Lead.</li><li>• Metacognition training - whole section.</li><li>• An ESL programme and resources in alignment with Cambridge curriculum have been developed allowing for a consistent ESL curriculum to be delivered with a standardised assessment process.</li><li>• Primary admission numbers are still increasing.</li><li>• Timetables are almost fully confirmed, staff deployment and pupil mixing are going well. Classroom appointment will occur in June.</li><li>• New phonics resources have arrived for 2024-2025 to enhance progress and provide consistency in Phonics Teaching and Learning.</li><li>• Upper Primary guided reading is being re-modelled with support from the new Phonics Lead and English Subject Lead.</li><li>• New assessment software has been purchased and will be set up before August to use from August 24.</li></ul> <p>5) Secondary Update:</p> <ul style="list-style-type: none"><li>• Assessments and study leave period going well.</li><li>• Formula 1 (F1) for 2024-2025 is the next level of the STEM ECA project and investment by NBIS.</li><li>• Continued development of the Ningbo Sports League (NSL) following the effects of the last three years with an increased focus on the participation of girls.</li><li>• Model United Nations (MUN) will continue in 2024-2025 with consideration of attendance in Shanghai.</li></ul>
<b>3</b>	<b>The SAC Constitution (RF)</b> <ul style="list-style-type: none"><li>• The Final Constitution has been approved by all SAC members.</li><li>• The PDF version will be published on the school website on the SAC page.</li></ul>
<b>4</b>	<b>SEN Referrals and Policy (DF)</b> <p>1) SAC acknowledges the school's commitment to promoting inclusion and the importance of Special Educational Needs (SEN) support school-wide. The school is</p>





	<p>actively seeking an SEN specialist to lead and establish a comprehensive policy that will outline expectations, ensure quality assurance, protect students, parents, and staff, and uphold accountability. This can be accomplished through:</p> <ul style="list-style-type: none"> <li>• Early identification and assistance for parents in accessing external services and resources.</li> <li>• Staff training and professional development on identification, support, and referrals of students with additional needs.</li> <li>• Development of detailed Individual Educational Plans (IEPs) to address specific learning needs and guidance on conducting IEP meetings with parents and implementing support measures for their child.</li> </ul>
<b>5</b>	<p><b>Play in the Undercover Playground (DF)</b></p> <ul style="list-style-type: none"> <li>• SAC noted that the Lower Primary (Year 1 only) play area is covered with limited exposure to natural sunlight. This is due to the distance to the field across the connecting bridge, which only affects Year 1 students. Year 1 playtime is now scheduled on the green between the school buildings with healthy exposure to natural sunlight during break times. The undercover area is utilised during rainy weather. On days with high AQI (above 150), all students stay indoors according to the school Air Quality policy.</li> </ul>
<b>6</b>	<p><b>Extra-curricular Activities for Weekend (NR)</b></p> <ul style="list-style-type: none"> <li>• The school understands parents' interest in having ECAs during the weekend. However, no staff is working at that time. The school values the importance of safeguarding students and staff's well-being and the need for a healthy work-life balance. The school appreciates parents' understanding and continuous support and will continue to explore utilising the school's fantastic grounds on the weekend.</li> <li>• The school is keen on engaging with our community and actively seeks input from the SAC and all parents on external ECA ideas, including opportunities for volunteering and leading ECAs at school.</li> </ul>
<b>7</b>	<p><b>Communication with students and response time (RF)</b></p> <ul style="list-style-type: none"> <li>• Generally, the school expects teachers to reply to Secondary students within one working day and within three working when action is required.</li> </ul>
<b>8</b>	<p><b>Feedback on Secondary Student Study Leave (RF)</b></p> <ul style="list-style-type: none"> <li>• Student leave is going well with good monitoring of students' leave approvals. SAC suggested improved scheduling of the revision sessions before (not after) the specific exams, avoiding last-minute revision session cancellations and effective timetabling and invigilating for staff during this important period and aligning the planning with the Cambridge exams schedule.</li> </ul>
<b>9</b>	<p><b>Continuing SAC members and AGM 2024-25 formal/set-up (JH)</b></p> <ul style="list-style-type: none"> <li>• The AGM arrangement and details will be further discussed in the next SAC meeting on Monday, September 9th, 2024.</li> </ul>

<b>Next Meeting</b>			
<b>Date</b>	Monday, September 9 <sup>th</sup> , 2024	<b>Time</b>	6:30 pm



Appendix 1

Age on or before September 1 <sup>st</sup>	Year Level	2024-2025 Academic Year (year-age Range)
2Y to 3Y	Pre-School	1/9/2021 - 31/8/2022
3Y to 4Y	Nursery/KG	1/9/2020 - 31/8/2021
4Y to 5Y	Reception	1/9/2019 - 31/8/2020
5Y to 6Y	Y1	1/9/2018 - 31/8/2019
6Y to 7Y	Y2	1/8/2017 - 31/8/2018
7Y to 8Y	Y3	1/9/2016 - 31/8/2017
8Y to 9Y	Y4	1/9/2015 - 2016/8/31
9Y to 10Y	Y5	1/9/2014 - 31/8/2015
10Y to 11Y	Y6	1/9/2013 - 31/8/2014
11Y to 12Y	Y7	1/9/2012 - 31/8/2013
12Y to 13Y	Y8	1/9/2011 - 31/8/2012
13Y to 14Y	Y9	1/9/2010 - 31/8/2011
14Y to 15Y	Y10	1/9/2009 - 31/8/2010
15Y to 16Y	Y11	1/9/2008 - 31/8/2009
16Y to 17Y	Y12	1/9/2007 - 31/8/2008
17Y to 18Y	Y13	1/9/2006 - 31/8/2007

Appendix 2



Appendix 3

 Ningbo British International School  
浙江宁波国际学校  
外籍人员子女学校

**Academic Year 2024/2025**

Wednesday 14 <sup>th</sup> August	Return of Admin Staff
Thursday 15 <sup>th</sup> August	Return of SLT
Friday 16 <sup>th</sup> August	Start of New Staff
Mon 19 <sup>th</sup> to Fri 23 <sup>rd</sup> Aug	All Staff Orientation Week
Monday 26 <sup>th</sup> August	First Day of School



# NBIS Weekly Menu



Sample Dishes



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Roast sausage	Sweet sour pork	Barbecued pork	Basa Fish	Beef
	烤香肠	菠萝古老肉	叉烧肉	葱油巴沙鱼	五香牛肉
	Chicken breast strips	Roast Chicken Legs	Meat with Garlic	Crispy Ribs	Roast Chicken
	鸡柳	烤鸡腿	蒜苗腊肉	香酥仔排	烤鸡
	Meat with potato	Basa Fish	Salt baked chicken	Sesame Chicken	Deep fried shrimp
	土豆烧肉	葱油鱼片	盐焗鸡	芝麻鸡丝	虾饼
	Minced Pork with Glass Noodle	Baked Potato	Cauliflower	Broccoli	Cauliflower
	肉末粉丝	焗土豆	花菜	西兰花	花菜
	Pasta with beef	Pasta with cream	Grilled corn	Spaghetti meat sauce	Steamed purple potato
	牛肉末通心粉	奶油意面	烤玉米	肉酱意大利面	紫薯
	Cauliflower	Broccoli	Cabbage	Roast potato	French Fries
	花菜	西兰花	炒包菜	烤土豆	薯条
	Tofu	Egg tart	Croissant	Pearl Milk Tea	Caesar Chicken Roll
	葱油豆腐	蛋挞	牛角包	珍珠奶茶	凯撒鸡肉卷
	Bread with jam	Mung bean sprout	Roast sweet potato	French bread	Vegetable
	果酱面包	炒绿豆芽	烤地瓜	法国面包	葱油万年青
	Fried slice streaky pork	Poached pork slices	Pork slices	Sichuan-style beef with duck blood curd	Spicy pork slices
	小炒肉	水煮肉片	酸菜肉片	毛血旺	麻辣肉片
	Shrimp with Soy Sauce	Poached Shrimp	Fried Shrimp	Shrimp with Soy Sauce	Shrimp with Soy Sauce
	红烧虾	盐水虾	油爆河虾	红烧虾	红烧虾
	Fish	Jerk filefish	Little yellow croaker	Braised Crucian Carp with Scallion	Ribbonfish
	椒盐玉兔鱼	孜然橡皮鱼	葱油小黄鱼	葱烤河鲫鱼	椒盐带鱼
	Vegetable soup	Tofu and cabbage soup	Tomato soup with egg	Seaweed soup with dried shrimps	Seaweed soup
	万年青汤	大白菜豆腐汤	西红柿蛋汤	紫菜虾皮汤	海带汤
	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
Fruit	Fruit	Fruit	Fruit	Fruit	
水果	水果	水果	水果	水果	
Snack Menu	Cucumber	Banana	Cherry tomato	Banana	Grape
	小黄瓜	香蕉	小番茄	香蕉	提子
	Omelette	Dumpling	Egg	Steamed creamy custard bun	Potato strips cake
	鸡蛋饼	蒸饺	水煮蛋	奶黄包	土豆丝饼
	Grape	Orange	Apple	Longan	Pear
	阳光玫瑰	沃柑	苹果	桂圆	香梨
	Bread with jam	Cranberry Biscuit	Cake with dried meat floss	Red bean bread	Cookie
	土司面包+果酱	蔓越莓饼干	肉松蛋糕	红豆餐包	抹茶曲奇





UNITY  
DIVERSITY  
EXCELLENCE



✉ [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