



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 4
September 20th, 2024





JOIN US ON THE JOURNEY

Where are we going?

We're heading towards the much-acclaimed Accreditation from the Council of International Schools!

Take a look at the route map below to see where we're going and who will be involved.

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- ✓ APPLICATION FOR **MEMBERSHIP**
 - ✓ SUBMISSION OF DOCUMENTATION WITH EVIDENCE
 - ✓ VIRTUAL VISIT BY CIS REPRESENTATIVE
 - ✓ VISIT REPORT CONSIDERED BY CIS PANEL
 - ✓ MEMBERSHIP GRANTED
 - ✓ SCHOOL RECEIVES MEMBERSHIP ENGAGEMENT REPORT WITH RECOMMENDATIONS



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- ✓ APPLICATION FOR **ACCREDITATION**
 - PREPARATION AND SUBMISSION OF MORE DETAILED DOCUMENTATION WITH EVIDENCE
 - ON-SITE **PRE-EVALUATION** VISIT BY CIS REPRESENTATIVES
 - VISIT REPORT BY CIS TEAM WHO WILL ASSESS NBIS READINESS TO UNDERTAKE THE CIS ACCREDITATION SELF-EVALUATION SURVEY



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- MAJOR **SELF-EVALUATION** SURVEY CONDUCTED AND SUBMITTED
 - CIS ACCREDITATION TEAM VISIT
 - CIS ACCREDITATION TEAM REPORT AND **RESULT**



Who will be involved?

Mainly the Principals and Senior Leadership Team

But they will need to gather information and opinions from *some* Board Members, Teachers, Parents and Students.

Who will be involved?

EVERYONE! Principals and Senior Leadership Team

Board Members, Teachers, Admin, Parents, Support Staff and Students.

Sign Up for Our Exciting External ECAs

NBIS dedicates great effort and enthusiasm to organizing and conducting extracurricular activities, aiming to provide students with a diverse, fulfilling, and challenging platform. These activities are like a vibrant tapestry, covering the passion of sports competitions, the depth of academic exploration, and the inspiration of artistic creation, fully catering to the unique interests and talents of different students.

For more details, please read the information below and scan the QR code to register. We look forward to seeing you there!



Golf is a sport that connects you with nature and teaches you to appreciate it. It offers participants a chance to find peace in a natural setting while fostering qualities such as confidence, decisiveness, honesty, patience, self-awareness, and self-discipline in children. Each training session presents the ideal challenges for kids, helping them manage their emotions, overcome setbacks, and build strong mental resilience. These skills will benefit them throughout their lives.

Mr Jia Li
Golf Coach

Our programme is designed to nurture young players' skills and foster a love for the game. We focus on fundamental techniques, positive reinforcement, and teamwork in a safe, fun, and supportive environment. Each session includes skill drills, fitness exercises, and small-sided games to ensure comprehensive development. Safety and well-being are our top priorities, with all activities adhering to strict health guidelines. Whether your



child is a beginner or an experienced player, they'll find a welcoming space to grow and enjoy football with us. Join our football family, and let's kickstart an exciting journey together!

Mr Yannis
Football Coach



Tennis is a popular individual racket sport suitable for all genders, ages, and skill levels. As a safe, non-impact activity, it can be enjoyed indoors or outdoors. The sport offers numerous physical, social, and psychological benefits. Students are encouraged to engage in various collaborative activities and learn tennis in a supportive environment, ensuring it becomes a lifelong sport for them.

Ms Yulia Kharitonova
Tennis Head Coach

Our Latin dance courses emphasize fundamental steps, intricate combinations, and performance techniques, aiming to enhance students' physical posture, fitness, self-confidence, resilience, and overall personal development.

Ms Zeng
Latin Dance Teacher



Fencing is often considered a noble sport in many cultures. When trainees don their fencing gear and black helmets, confidently wielding their swords, they naturally exude self-assuredness. The practice of fencing can enhance inner temperament, leading to a more graceful posture and noble demeanor. Additionally, it fosters leadership skills, as physically adept children tend to display greater confidence and authority among

their peers. Regular practice also helps trainees maintain a stable physical condition, thereby improving their overall fitness.

Mr Han
Fencing Head Coach



Baseball is a team sport centred on the art of hitting, fostering cooperation and competition. Our courses begin with basic etiquette and rules, covering essential skills such as throwing, catching, running, and hitting. Recognising the demands of the game, we include team drills focused on base-to-base cooperation, infield and outfield collaboration, and pitching and catching teamwork.

Mr Feng
Baseball Coach

Often referred to as "The Sport of the Brave," boxing is a fighting sport where the fist is the primary means of attack. In modern times, it has become more accessible, with proper safety equipment and tuition ensuring a safe environment for young learners to improve their health and skills while overcoming mental and physical challenges. Boxing helps students develop focus, enhance flexibility, and improve foot speed.



Additionally, training in boxing significantly enhances the coordination between the eyes, hands, and feet, boosting brain responsiveness, bodily flexibility, and mental adaptability.

Mr Kim
Boxing Head Coach



Welcome to Brazilian Jiu-Jitsu at NBIS! In our classes, kids will learn essential self-defense skills to handle bullying and personal attacks. We focus on using leverage and techniques to control opponents while enjoying close combat skills. Brazilian Jiu-Jitsu enhances cardio, physical coordination, and fosters teamwork. It's an invaluable experience that every child should try!

Mr Tony Tang
Brazilian Jiu-Jitsu Head Coach



Welcome to Figure Skating and Ice Hockey at NBIS! Figure skating, known as the ballet on ice, showcases grace and athleticism, while ice hockey combines speed, skill, and physicality, captivating millions worldwide.

We support skaters of all levels—from beginners learning to glide and spin to experienced athletes refining their skills for competition. Our lessons foster friendships and create lasting memories,

highlighting the power of ice to bring people together.

Skating requires dedication and hard work, but the rewards are immense. Embrace the challenges; each fall is a lesson, and every spin brings you closer to your dreams. Lace up your skates and carry on the spirit of this wonderful sport!

Mr Liu
Ice Skating and Hockey Head Coach



Discover the Magic of External ECAs

There are some seats available for Primary External ECAs



Scan to Register

Don't miss out! Registration Ends on September 23th

Creative Arts in Preschool

Ms Janet & Ms Betty & Ms Michelle

What a busy start to the year in Preschool! All the children have settled in well to the new environment, getting to know each other, making friends, and developing social skills. They are learning the routines and rules of the class. The children like to help each other and be part of a team during play, a lot of teamwork has been shown both inside and outside. We are very proud of each individual in my class for the past two weeks.

The children have also learned that each of them is unique and special in this world. They have been learning about their body parts, colours, and shapes.





They have also been very busy engaging in different activities. Here are my favourite quotes about art for children. All of them can be a great way to motivate and inspire our children's creativity and love for Art.



Year 3A

Challenge! Mr Armstrong has lost his praying mantis. Can you help him find it in the picture?

Living things can grow.

Living things make waste.

Living things use energy.

Living things can breathe.

Living things can sense.

In science class, Year 3A have been learning about living things and the properties of life.

They went on an expedition to explore the NBIS campus! They observed, identified and recorded the diversity of life which lives alongside us. Then, pupils made posters and presented their findings to the rest of the class.

We're off to a great start! Well done Year 3A!

You are a living thing!

Living things can move!

Can you help me get this living thing off my head please?



Meet Our Secondary Student Council Members



President
Dennis Liu
Y13

I want to continue and improve upon these traditions like the Fall Festival, Spirit Week, and Activities Week, but also to come up with new events that enrich our school experience. Expand the selections of snack shack, plan more community-building games and activities, and provide more sports and equipment for breaks and lunchtime.



Vice President
YuenHei Lee
Y11

I want to help improve school events and activities so they are enjoyed by all members of the student community. I listen to all the suggestions and advice provided by other members of a group and connect them in the best way possible for optimal results. A key factor of a leader is being able to combine different ideas and solutions into one which could be agreed on by the whole team.



Secretary
Sophia Veecock- Boseidu
Y13

I would like to be a member of the student council because it is an amazing opportunity to play a role in enriching the school experience for all secondary students. Over the years, the student council has had a lot achievements, such as running a successful SNACK SHACK, and has organized many memorable events, such as SUMMER GALA. This year, I would like to make sure there will be many more to come, and also, that there will be brand new events to enjoy.



**Public Relations (PR)
&
Marketing**

Liam Ronen
Y10A

If elected for public relations, I will focus on making our school a place where everyone's voice counts. I plan to create a platform where students can suggest ideas and share concerns regularly, so we all have a say in the activities and changes that happen. I'll also push for more fun and inclusive school events, such as school trivia/game shows, charity fundraisers, and twisted sports competitions, that represent all interests. Together, we can make our school a more exciting and united community. MAKE NBIS GREAT AGAIN!



PR & Marketing

Biel Cervera
Y10A

I want to make a difference at the school and help our students achieve their dreams and goals for a fun and exciting year.

I want to have monthly activities that the family of NBIS can all participate and have fun and interact together.



PR & Marketing

Arpitha Shaji
&
Anisa Khaydarova
Y12B

We would like to experience being part of the student council and develop our leadership and teamwork skills. As newcomers to the school, we are eager to immerse ourselves in the school culture and engage with other schools. We already have connections with other schools and are keen to establish more across China, such as in Yiwu, Hangzhou, and Shanghai. Additionally, we would like to contribute to organising events.



Treasurer

Johnson Huang
Y11B

I would like to be a Treasurer on the Student Council because I am good with numbers and managing budgets. I want to help ensure that the council's funds are used effectively to benefit the entire student body. I believe I can bring organization and transparency to how our resources are handled. The Student Council can also help make NBIS by organizing activities that promote school spirit, addressing student concerns through regular feedback sessions, and launching initiatives to improve student well-being, such as mental health support and extracurricular activities.



Snack Shack Manager

Yuu Takanaka
Y12B

I want to be part of the Student Council because I want to help raise funds for school activities and create fun and educational activities for students. My experience in business studies has taught me how to delegate tasks efficiently.



Snack Shack Manager

Takuma Yokoi
Y11A

I would like to be a member of the Student Council because I am interested in organization and technology and as a Snack Shack Manager I will make sure that our school's secondary finances are well managed and dedicated to what the students want.

Year 7 Homeroom Representatives:



Cherry Xu & Guanhe Tang

Year 8 Homeroom Representatives:



Rom Ronen & Agnetha Yang

Year 9 Homeroom Representatives:



Sean Zhang, Braxton Chan & Ishan Bhatia

Year 10 Homeroom Representatives:



João Pauletti, Eva Ding & Charles Morris

Year 11 Homeroom Representative:



Jagrav Lalwani

Year 12 Homeroom Representatives:



YuenHei Lee & Yuu Takanaka

Year 13 Homeroom Representatives:



Dennis Liu & Sophia Veacock- Boseidu



Ningbo British International School



SAC is the **School Advisory Committee** – a team of dedicated parents who take an active interest in the affairs of the school and meet regularly with the principal to support and guide the school's development. They act as an advisory committee not as a decision-making council.

Who can be a member of the School Advisory Committee?

Well ... anyone really! As long as ...

- You are a parent and have children attending NBIS
- You have time ... You are ready to meet roughly every 6 weeks on Monday evenings at 6:30pm... (And to make this work, that is a commitment to be kept)
- AND ... you are elected by the wider parent community at the Annual General Meeting (AGM) for a term of 2 years

Special skills required?

No. Of course, most of our parents have skills or experience or expertise of one kind or another. Being a parent is one of them! But we guess the magic ingredients are ... a passionate commitment to support the school and its values, a listening ear ... to understand wider community issues, an international mind ... willing to appreciate the diverse cultures represented in our community.

How many Members are there?

Depends on student enrolment. With the current number of students, we will have 13 SAC Members in 2024-25. This year there are 9 vacant seats, as 4 of the current members will continue their second term.

Does SAC truly represent the different nationalities in the wider community?

NBIS Students come from so many countries and territories! We'd like to keep SAC as diverse as possible and feel that it's especially important that parents from countries which have a larger number of children in the school should offer themselves for election. Having said that ... it's an open election, and it is the parent community who will decide who sits on the Committee! The SAC Constitution says however that the max number of representatives of one country elected at the AGM should not exceed 2, to guarantee a healthy balance.

What's the procedure for nomination and election?

If you'd like to stand for election, you fill in this [FORM](#) (Scan the QR code to download) and submit it. Information about the nominees is circulated to the parent community. And then the Annual General Meeting is held, attended by all parents ... who will vote for the Members for the next year.



And when will this happen for 2024-25!

VERY SOON!! Please submit your nomination by 20 September at the latest. On Thursday 10 October, at 7:00 pm we will hold the SAC Annual General Meeting. We hope that MANY parents will offer themselves for election and even more will attend to vote for their desired candidates!

ONE WORLD ONE DREAM AND
UNIVERSITY OF NOTTINGHAM NINGBO CHINA
PRESENT

5K CAMPUS PINK RUN

Wear lots of
pink and
show your
support!



SCAN THE QR
CODE TO REGISTER

Join us for a family-friendly fun run
and walk for breast cancer
awareness.

SEPTEMBER 28 | 9:00AM
UNNC ATHLETICS TRACK



University of
Nottingham
UK | CHINA | MALAYSIA

20
2004-2024
20th Anniversary



Ningbo British
International School

Unity - Diversity - Excellence



NBIS Weekly Menu



Hello everyone! I'm Linwang Chen, the new chef on the team. With over 30 years of experience in the culinary field, I have previously worked at the Tangdu Hotel in Beijing and the Pan Pacific in Ningbo. I specialise in Chinese cuisine and a wide range of signature dishes. At NBIS, I am excited to offer healthier, more nutritious meals and create a diverse food experience for our students and staff!



Sample Dishes





NBIS Weekly Menu

The Week of September 23rd to 27th, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Menu	Beef with potato	Fried mushroom with meat	Salty fried chicken	Braised meatball	Spiced Beef	
	土豆牛肉	香菇肉片	盐酥鸡	红烧狮子头	酱牛肉	
	Roast chicken	Chicken drumstick	Braised pork leg	Crispy chicken cutlet	Kung Pao Chicken	
	烤鸡	芝麻鸡腿	红烧猪蹄	啫焗脆鸡排	宫保鸡丁	
	Chicken nuggets	Garlic vermicelli scallops	Pork loin	Pork joint	Roast duck	
	黄金鸡块	粉丝扇贝	黑椒汁猪排	葱油肘子	烤鸭	
	Corn with green beans	Celery with Bean Curd	Spicy tofu	Baked potatoes	Tapioca pudding	
	青豆玉米	芹菜拌干丝	麻辣豆腐	焗土豆	西米露	
	Pasta with beef	Pasta with cream	Minestrone with vegetable	Spaghetti meat sauce	Corn	
	牛肉末通心粉	奶油意面	素菜螺丝通心粉	肉酱意大利面	玉米棒	
	Roast sweet potato	Cabbage	Broccoli	Roasted rice cake with vegetable	Curry potato	
	烤地瓜	花菜	西兰花	天菜烤年糕	咖喱土豆	
	Broccoli	Honey pumpkin	Hamburger	Cabbage	French bread	
	西兰花	蜜汁南瓜	汉堡	花菜	法棍	
	Fruit	Fruit	Fruit	Fruit	Fruit	
	水果	水果	水果	水果	水果	
	Croissant	Caesar meat roll	Kelp knot	Pizza	Broccoli	
	牛角包	凯萨卷	葱油海带	披萨	西兰花	
	Pork slices	Roast chicken breast	Fried meat	Sichuan-style beef with duck blood curd	Spicy pork slices	
	酸菜肉片	水煮肉片	小炒肉	毛血旺	麻辣肉片	
	Shrimp with Soy Sauce	Poached Shrimp	River shrimp with sauce	Shrimp with Soy Sauce	Shrimp with sauce	
	红烧虾	盐水虾	油爆河虾	红烧虾	油爆虾	
	Fish slice	Jerk filefish	Little yellow croaker	Braised Fish slice	Braised pomfret	
	剁椒鱼块	孜然橡皮鱼	葱油小黄鱼	红烧鱼块	葱油鲰鱼	
	Radish soup	Tofu and cabbage soup	Tomato soup with egg	Seaweed soup	Seaweed soup with egg	
	萝卜汤	大白菜豆腐汤	番茄蛋汤	海带汤	紫菜蛋汤	
	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	Grapes	Banana	Cherry tomato	Banana	Cucumber
		葡萄	香蕉	小番茄	香蕉	小黄瓜
Omelette		Barbecued pork bun	Egg	Dumpling	Turnip strips cake	
鸡蛋饼		叉烧包	鸡蛋	蒸饺	萝卜丝饼	
Orange		Apple	Pear	Longan	Orange	
橙子		苹果	雪梨	桂圆	蜜桔	
Egg Waffle		Bread with jam	Cranberry biscuit	Cake	Biscuit	
鸡蛋仔		土司面包+果酱	蔓越莓饼干	蛋糕	小熊饼干	



Aug 2024						
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Jan 2025						
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Mar 2025						
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Apr 2025						
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May 2025						
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Jun 2025						
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Jul 2025						
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2024-25 Semester 1 (School Days-90 Days)

26/08/2024 Semester 1 Begins, 14/02/2025 Semester 1 Ends

Holidays in Semester 1

- 14/09/2024 to 17/09/2024 Mid-Autumn Festival
- 28/09/2024 to 07/10/2024 Chinese National Holiday
- 22/11/2025 PD Day
- 18/12/2024 to 05/01/2025 Winter Holiday
- 22/01/2025 to 09/02/2025 Spring Festival Holiday

2024-25 Semester 2 (School Days-90 Days)

17/02/2025 Semester 2 Begins, 01/07/2025 Semester 2 Ends

Holidays in Semester 2

- 04/04/2025 to 06/04/2025 Qingming Holiday
- 28/04/2025 to 04/05/2025 Labour Day Holiday
- 30/05/2025 to 01/06/2025 Dragon Boat Holiday



Ningbo British International School

浙江宁波英伦外籍人员子女学校

Unity - Diversity - Excellence

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International Education

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