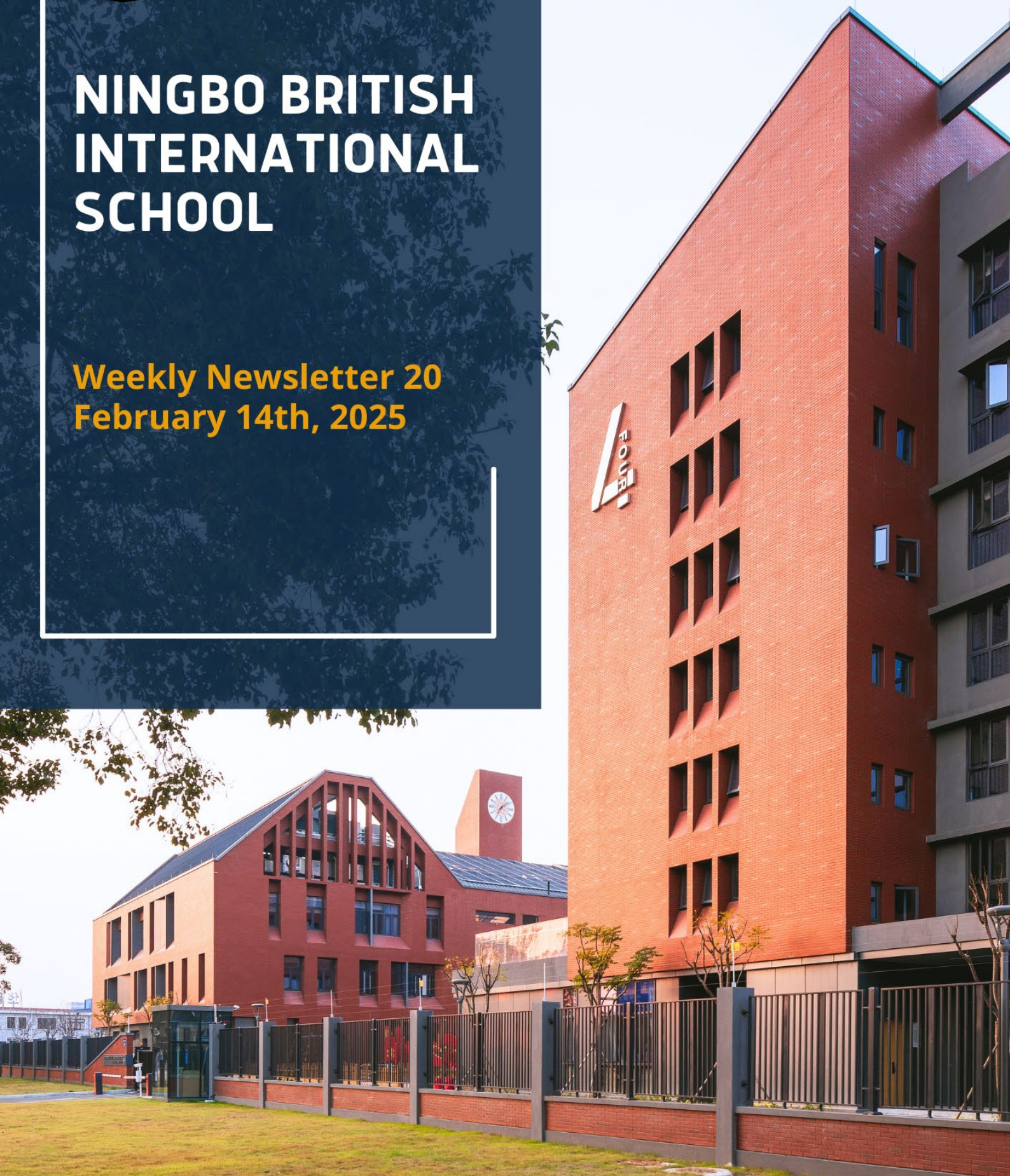




NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 20
February 14th, 2025










NBIS Early Years Information Day 2025

-  **Wednesday, March 5th, 2025**
-  **Registration Time: 10:00 - 10:15 AM**
-  **No. 365 Guanghua Road, National Hi-Tech Zone, Ningbo**

During Information Day, you will have the chance to:

-  Early Years Tour – Explore your child's learning environment
-  Get to know Early Years Foundation Stage (EYFS) framework
-  Discover how play-based learning fosters your child's growth
-  Learn about the transition from Reception to Year 1 and what to expect
-  Q&A – Gain insight into the daily school routines and admission process



Scan the QR Code
to Register

Contact Us

 admission@nbis.net.cn

 www.nbis.admin@nbis.net.cn





20th NBIS Anniversary

GOOD WISHES VIDEO COLLECTION

On the occasion of NBIS's 20th anniversary, NBIS will hold a series of celebratory events from May 12 to 16, 2025, to commemorate this significant milestone. We sincerely invite our dear **alumni, students, parents, and former staff members** to record a good wishes video. Each of your wishes will become a meaningful part of the 20th-anniversary celebration video, creating precious memories for the NBIS community. Thank you!

1. Record Your Video

- Record a short 10–15 second video expressing your wishes for NBIS.
- Start your video with the line: "**NBIS! Happy 20th Birthday!**" to make it unified and celebratory.
- Feel free to include your thoughts on NBIS's achievements, hopes for the future, or special memories with the school.

2. Video Requirements

- Record in **landscape mode**, ensuring a stable and clear video using your phone or camera.
- Use a well-lit environment, with clear audio and minimal background noise.

3. Submission

- Scan the QR code to submit your video.
- Please submit your video by **[17th March 2025]**.



If you have further questions, please contact:
Marketing@nbis.net.cn.



GET READY FOR NEXT SEMESTER

★ ★ ECAs

Enrolling your child in after-school extracurricular activities such as tennis, baseball, golf, or fencing provides numerous benefits beyond physical fitness. These activities help develop important life skills like teamwork, discipline, and perseverance while offering a fun and engaging way to relax after school. They also build confidence, enhance focus, and can positively influence academic performance. Below is a brief introduction to the external ECAs we plan to offer.

Sign-ups will open soon at the start of the semester 2!



Golf



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 provides ideal challenges for kids, helping them manage their emotions, overcome setbacks, and build strong mental resilience. These skills will benefit them throughout their lives.

Ningbo Huixing Sports is proud to be the first golf teaching institution in China to collaborate with Carl Rabito, a PGA Master Certified Teaching Professional and one of the leading master-level teaching experts of the PGA in the United States. This partnership ensures that students receive world-class training, blending professional expertise with a holistic approach to personal growth through golf.

Mr Jia Li
Golf Coach

Brazilian Jiu-Jitsu (BJJ)



Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses primarily on ground fighting, emphasizing technique, strategy, and body control rather than relying solely on strength. It not only enhances physical fitness but also helps children develop focus, patience, and problem-solving skills.

Why Choose Brazilian Jiu-Jitsu for Kids?

- **Improve Physical Fitness:** Through Jiu-Jitsu training, children can enhance their flexibility, coordination, and endurance.
- **Build Confidence:** As children master techniques and overcome challenges, they gradually build self-confidence.
- **Learn Discipline:** Jiu-Jitsu training requires focus and perseverance, helping children develop strong self-discipline.
- **Enhance Social Skills:** During team training, children learn respect, cooperation, and communication.
- **Self-Defense Skills:** Jiu-Jitsu teaches practical self-defense techniques, enabling children to protect themselves in dangerous situations.

Mr Saulo
BJJ Coach



TENNIS



Astra Tennis is a teaching and research institution specialising in youth tennis training with a proven track record of delivering quality tennis programs in schools.

Students who join tennis for the first time will learn foundational skills of tennis: basic techniques of the main 5 strokes; court positioning; simple tactics; and movement patterns. Those with previous experience will further improve their tennis skills that allow them to maintain rallies and play with each other, refine stroke techniques, develop tactical knowledge of the game, and use basic game rules.

Mr Davin
Tennis Coach

BOXING



Old-school boxing is a very advanced combat sport.

Practice boxing can exercise physical fitness, improve responsiveness, improve coordination, but also exercise courage to become more courageous and confident.

Boxing is the most characteristic of its confrontation ability, in the course we will teach children how to defend and attack, thin to bully how to fight back self-defense, this is the fundamental significance of learning boxing.

Please feel free to scan the QR code embedded in the picture to watch the Boxing ECA.

Mr Kim
Boxing Coach

Latin Dance

Latin dance, a kind of energetic and enthusiastic dance art, can not only let the students get physical exercise, but also improve the psychological quality of students. The movement of Latin dance pays attention to the coordination and flexibility of the body, which helps to shape the body and enhance the beauty of the body's lines. Long-term practice of Latin dance can cultivate students' temperament and stage presence, thereby enhancing self-confidence.



Ms Zeng
Latin Dance Coach

Football

The program is designed to introduce children to the fundamentals of football in a fun, engaging, and supportive environment. Whether your child is a beginner or looking to sharpen their skills, they are all welcome.



What to Bring

- Comfortable sports clothing and football shoes/cleats.
- Shin guards (recommended for safety).
- A water bottle.
- A positive attitude and a willingness to learn!

1. Skill Development:

- Dribbling, passing, shooting, and defending.
- Understanding teamwork and game strategies.

2. Game Play:

- Small-sided games to apply skills in real situations.

3. Fitness and Fun:

- Exercises to improve coordination, endurance, and balance.
- Emphasis on sportsmanship and having fun!

4. Experienced Coach:

- Our trainings will be led by coach Yannis. [certified football coach with more than 5 years of experience in youth development, and football Head coach of the University of Nottingham Ningbo].

Mr Yannis
Football Coach



Fencing can foster bravery, decisiveness, tenacity and give students the skills to overcome all difficulties. It can also cultivate children's concentration, reaction, judgment, coordination, and flexibility. Benefits of fencing includes : Strength & Endurance; Increase Balance; Increase Flexibility; Better Coordination; Stress Reduction; Mental Agility.

FENCING



Mr Han
Fencing Coach



Baseball is a kind of team ball game with bat as the main characteristic and strong antagonism. Baseball maximizes the primal instincts of human beings to run, hit, catch and throw, supplemented by experience, judgment, wisdom, determination and action to "conquer the city and seize the land." It is called "chess on the grass".



Baseball

Potato Sports focuses on the field of baseball and is a sports training institution specializing in baseball youth training, event operations, and peripheral product sales. The company has several elite professional baseball coaches who have been in the industry for over 20 years, and has successfully formed multiple local Ningbo youth baseball teams, winning the championship of provincial youth events for two consecutive years. Please feel free to scan the QR code embedded in the picture to watch the interschool baseball match!

Mr Feng
Baseball Coach



My name is Esther Yeh, and I spent my entire childhood dancing ballet in Taiwan. This strong foundation in ballet has been instrumental in allowing me to explore the world of dance. I have been selected as both a ballet dancer and a modern dancer with the Dance Theater of Middle Tennessee State University. Additionally, I have earned several championships in international ballroom Latin competitions.

Ballet



Beyond my life as a dancer, I also find joy in being a dance teacher, guiding children in understanding ballet. With over five years of experience teaching ballet in the United States, I am dedicated to providing a safe method and environment where children can explore ballet movements, techniques, and core muscle training. I believe that every child is unique, and through dance, they can express themselves in their own way. This not only builds their confidence but also leads them to enjoy each step on the dance floor.

Ms Esther Yeh
Ballet Coach





BATTLE OF THE BOOKS



**Years
5-13**

**An interschool
Competition** ★

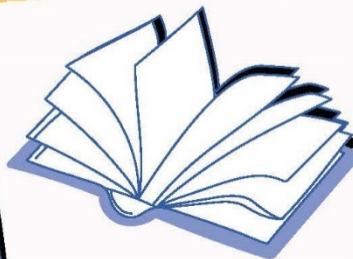
March 31st
1.30 - 3.20pm p.m.
Auditorium

EVENT OVERVIEW

- The Battle of the Books is designed to introduce students to a variety of reading materials, build teamwork skills, and ensure that reading is fun.
- In a typical 'Battle' students' teams earn points by answering questions from the books on the competition book list.
- NBIS has taken part in the Battle of the Books since 2017.

★ PRIZES

**1st, 2nd and
3rd PLACE**
Medal, gift and
certificate



How to Register?

Ask your English teacher or fill out the online form.



More Information



For more information, contact your English Teacher or the Head of the English Department.



CONGRATULATIONS

Leo Birks

Class of 2025



for receiving offers to study Biomedical Science at the University of Brighton and University of Chichester.



Images sourced from the internet.



CONGRATULATIONS

Leo Birks

Class of 2025



for receiving an offer to study Biochemistry at the University of Huddersfield.



CONGRATULATIONS

Leo Birks

Class of 2025



for receiving an offer to study Biomedical Engineering at the University of Hull.





CONGRATULATIONS

Sue Rhee (Zhui)

Class of 2025

for receiving offers to study Design at Monash University and RMIT University.



Images sourced from the Internet.



CONGRATULATIONS

Dennis Weijia Liu
Class of 2025

for receiving an offer to study at the University of North Carolina.



**THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL**

Images sourced from the Internet.



CONGRATULATIONS

Sophia Veecoock-Boisedu
Class of 2025

for receiving an offer to study Psychology at Toronto Metropolitan University.



**Toronto
Metropolitan
University**

Images sourced from the Internet.

Congratulations to our Chinese teacher, Ms Eve Xu, who won the AI Teaching Empowerment Award at the 4th CTC International Chinese Teaching Short Video Competition (2024).

This competition received widespread attention from international Chinese teachers worldwide, with enthusiastic participation from educators across Asia, Europe, the Americas, Africa, and Oceania. A total of 207 entries from 28 countries were submitted.



Ms Eve's creative work, "Harry Potter's Adventure: The Magic of '了'", stood out with its engaging explanations and interactive classroom activities. She effectively enhanced students' understanding and application of vocabulary and grammatical structures by employing knowledge strategies, skill strategies, and emotional strategies. She guided

students to summarise the story while learning from Harry's positive, optimistic, and resilient character.

Notably, Ms Eve utilised Tencent's AI-powered video editing tool and Canva, a design website to intelligently generate animated videos and images tailored to the lesson content. These customised animations captivated students' attention, sparking their interest in learning.

At NBIS, we are constantly striving for self-improvement, continuously learning and updating our teaching methods and skills. We are committed to bringing the best classroom experiences to our students and creating an enriching learning environment.

WELCOME BACK TO NBIS

Welcome back to NBIS! After the joyful Chinese New Year break, it's wonderful to see our campus buzzing with energy once again. A special welcome to the 21 new students joining our NBIS family—we are delighted to have you on this journey with us. Let's embrace new opportunities, support one another, and make this a fantastic start to the year ahead!



NBIS Celebrates Lantern Festival

The Lantern Festival marks the end of Chinese New Year celebrations, symbolising reunion and happiness. At NBIS, we embraced this tradition in Chinese classes, learning about its cultural significance and celebrating together.

Students engaged in a variety of activities, including making Yuanxiao, crafting clay Tangyuan, guessing lantern riddles, creating paper Tangyuan, and designing paper lanterns. These hands-on experiences deepened their understanding of Chinese traditions and customs.



Making Yuanxiao



Making Clay Tangyuan



Guessing lantern riddles



Making paper Tangyuan & paper lantern

Wishing everyone joy, harmony, and prosperity this Lantern Festival!

RECEPTION A

Welcome back!

Ms Samy & Ms Echo

Welcome back, little learners! After a fun and restful break, our Reception A students are returning to school with bright smiles and eager hearts. As they ease back into their school routines, we're focusing on making the transition smooth and stress-free. The excitement of reuniting with friends and getting back to learning is sure to make this a wonderful start. Together, we'll take it one step at a time, ensuring every child feels comfortable and ready to enjoy their time at school.



Writing Wonders

The students worked individually to read about various bugs with different characteristics. They coloured the bugs according to the descriptions provided. Afterward, they wrote sentences about the bugs and compared them using adjectives in the correct order.



Focused!



Building Skills

We are incredibly proud of our students for their hard work and eagerness to learn. As we continue our journey through the English language, we look forward to seeing even more growth and creativity in their writing and speaking skills. Keep up the great work, Intermediate ESL learners!



Art of the Week

Ms Qian

This week, Year 5 and 7 students delved into watercolour painting, creating vibrant landscapes while mastering blending and brush techniques. Their work showcased impressive creativity and skill.

Meanwhile, Year 4 students practised observational drawing, transferring objects from photographs to paper. They focused on detail, proportion, and shading, enhancing both their sketching and observation skills.

Well done to all our budding artists for their dedication and creativity! More exciting projects are on the horizon.





"Journey to the West" Immersive Reading Programme Inspires Year8 MNL-1 Students

Mr Harry Lin

Our Year 8 MNL-1 students embarked on an enriching literary adventure through a whole-book reading programme focused on Journey to the West, one of China's Four Great Classical Novels. Designed to deepen students' understanding of the epic's plot, characters, and themes, the programme combined creativity, critical thinking, and collaboration, resulting in remarkable engagement and growth.

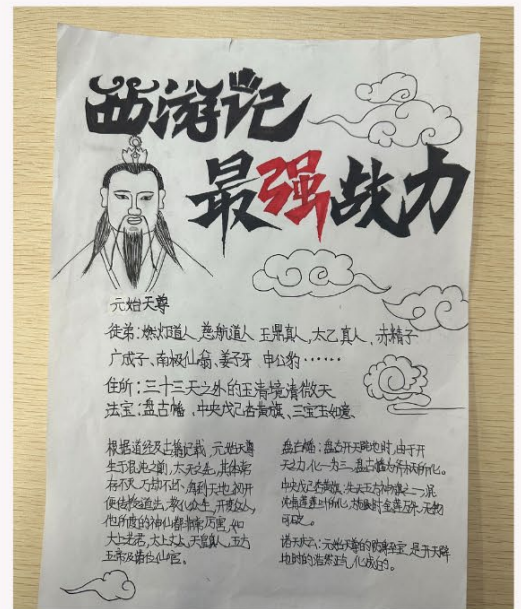
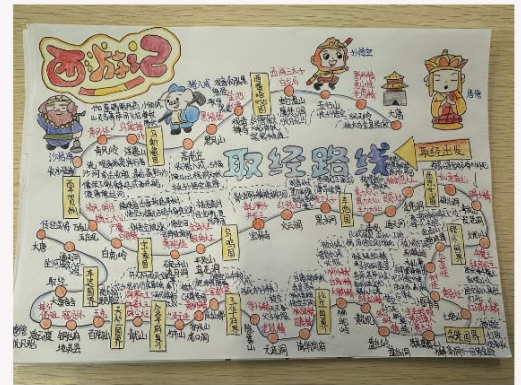
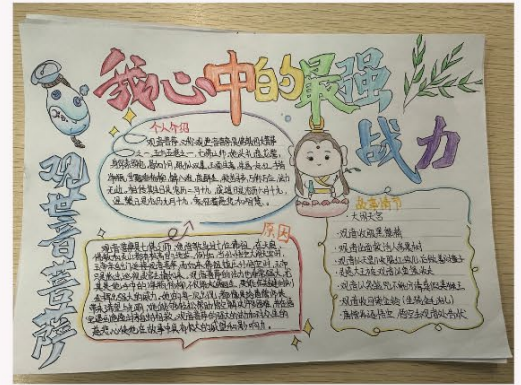


The programme started with students creating a "Pilgrimage Map" to visualise the novel's complex journey. Tracing the Tang Monk and his disciples' route, students analysed how each challenge advanced the plot and symbolised broader themes like perseverance and spiritual growth. This hands-on activity strengthened their grasp of narrative structure and cultural symbolism.

Next, students designed character posters for figures like Sun Wukong, Zhu Bajie, and Sha Wujing, blending artistic expression with textual analysis. They explored traits, motivations, and transformations, debating questions such as, "Is Sun Wukong a hero or a rebel?" Later, students delivered storytelling presentations, adopting the perspectives of their chosen characters to highlight pivotal moments. These activities fostered empathy and nuanced interpretations of the characters' roles.

A highlight was the thematic debate on whether Journey to the West is "a tale of rebellion or enlightenment." Students cited textual evidence to defend their claims, honing logical reasoning and public speaking skills. Many discovered how the novel balances humour, adventure, and philosophical depth—a revelation that sparked lively discussions.

Through these activities, students not only gained a deeper appreciation for classical literature but also developed cross-disciplinary skills in art, critical analysis, and teamwork. Parents and teachers noted increased enthusiasm for reading and improved ability to connect historical texts to modern life.





Welcome to the Newest Member of Our Admin Team



Hi, my name is Sophie Zhuang. I am the new admission officer in NBIS. I graduated from University of California, Irvine, and got my master degree in University of Queensland. I spent 7 years exploring the Early Year education area and established my own childcare institution. I like to communicate with parents and share my view of education. And I also have passion for working with children and helping them grow in a nurturing environment. My experience in the field has taught me the importance of patience, understanding, and creativity in shaping young minds. I am excited to bring my expertise and enthusiasm to NBIS and contribute to the admission work.



NBIS Weekly Menu



Sample Dishes





NBIS Weekly Menu
The Week of February 17th to 21st, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Menu	Radish Stewed with Beef	Popcorn Chicken	Roasted Chicken Leg	Braised Pork Trotters	Braised Lion's Head Meatballs	
	萝卜炖牛腩	鸡米花	烤鸡腿	红烧猪蹄	红烧狮子头	
	Delicious Crispy Pork	Shrimp with asparagus	Boiled Pork Slices	Golden Chicken Nuggets	Roast Duck	
	美味小酥肉	莴笋虾仁	白切肉	黄金鸡块	烤鸭	
	Scallion Oil Fish Slices	Braised Pork	Steamed Egg with Minced Pork	Braised Pork	Potato Stewed with Pork Ribs	
	葱油鱼片	红烧肉	肉末蒸蛋	卤肉	土豆炖排骨	
	Chicken	Sweet and Sour Pork Ribs	Stir-Fried Chicken Chunks	Broccoli	Cane shoot with meat	
	白斩鸡	糖醋小排	生炒鸡块	西兰花	茭白炒肉丝	
	Cauliflower	Broccoli	Cauliflower	Beef	Cauliflower	
	花菜	西兰花	花菜	小炒黄牛肉	花菜	
	Roasted Sweet Potato	Steamed Corn	Roasted Potato	Steamed Purple Sweet Potato	Scallion Oil Pumpkin	
	烤红薯	蒸玉米	烤土豆	蒸紫薯	葱油南瓜	
	Green Peas with Corn	Cabbage with Fried Tofu	Braised Radish	Thousand-Layer Tofu	Roasted Eggplant	
	青豆玉米粒	白菜油豆腐	红烧萝卜	千叶豆腐	烤茄子	
	Cantonese Vegetables	Green Vegetables	Celery with Wood Ear Mushrooms	Spicy and Sour Lotus Root	Stir-Fried Vegetables	
	广东菜心	青菜	芹菜木耳	酸辣藕片	清炒菜心	
	Boiled Shrimp	Scallion Oil Clams	Steamed Egg with Dried Shrimp	Shrimp	Shrimp	
	白灼虾	葱油花蛤	虾皮蒸蛋	虾	虾	
	Small Yellow Croaker	Spicy Fish Chunks	Fish	Flatfish	Ribbon Fish	
	小黄鱼	剁椒鱼块	鲳鱼	玉秃鱼	带鱼	
	Fried slice streaky pork	Garlic Stir-Fried Pork	Poached Pork slices	Fried slice streaky pork with onion	Sichuan-style beef with duck blood curd	
	小炒肉	大蒜炒肉	水煮肉片	洋葱小炒肉	毛血旺	
	Seaweed Soup	Dried Shrimp and Winter Melon Soup	Tomato and Egg Drop Soup	Cabbage and Tofu Soup	Seaweed and Dried Shrimp Soup	
	紫菜汤	虾皮冬瓜汤	番茄蛋花汤	白菜豆腐汤	紫菜虾皮汤	
	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	Steamed meat dumpling	Omelette	Dumpling	Egg	Potato strips cake
		肉包	鸡蛋饼	蒸饺	鸡蛋	土豆丝饼
		Apple	Banana	Pear	Orange	Apple
		苹果	香蕉	香梨	桔子	苹果
Soda biscuit		French bread	Cake	Croissant	Bread with jam	
苏打饼干	法国面包	蛋糕	牛角包	土司面包+果酱		





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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