



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 8
October 17th, 2025





CONGRATULATIONS



Zhun Sui (Harry)
Year 6C Student



Congratulations to Harry Sui in Year 6C for winning Third Place in the U10 Coach-Pitch Division of the Dragon League Youth Baseball Challenge. This achievement reflects his great skills and dedicated performance in both pitching and hitting throughout the competition.

Well done, Harry! We are proud of you!



CONGRATULATIONS TO LINDA ON HER KICKBOXING SUCCESS



When Year 10B student Xinmiao Zhang (Linda) first tried kickboxing in 2023, it wasn't love at first punch. It was her mother who encouraged her to give the sport a go.

"I thought it would be something that could strengthen her will," her mother recalled.



In the beginning, Linda wavered between wanting to train and wanting to give up. But she pushed through her doubts, overcame inertia, and stayed committed—even during holidays. She often arranged extra training sessions on her own, refining her skills and building endurance through demanding workouts, keeping her love for the sport alive.



As schoolwork became heavier, Linda and her family learned to find a balance—training on set days after school, and focusing on studies before practice during weekends. This steady rhythm allowed her to keep progressing in both areas.

"Training can be really tough. I run five or ten kilometres every week. **But when I win a match and my coach lifts my hand, all that exhaustion suddenly feels worth it,**" Linda said with a smile. Kickboxing has taught Linda to stay focused and resilient. In the ring, she faces her opponents; outside of it, she learns to face herself.

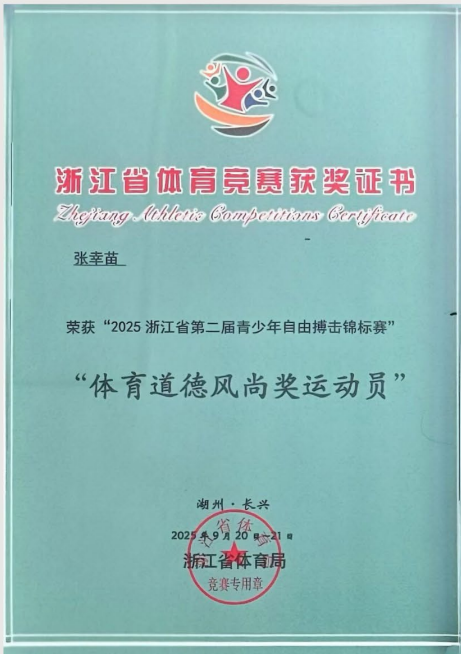
She now understands that **"there's no victory without persistence—only progress built day by day."**

From nervous and hesitant to confident and composed, from defending to taking the initiative—every punch and every dodge marks a step in her growth.



Through her relentless efforts, Linda has earned remarkable achievements:

- 🏆 **Champion title at the Kunlun Fight Youth Elite Competition**
- 🏆 **Girls' 42kg Champion title at the Zhejiang Youth Kickboxing Championship**
- 🏆 **The prestigious Youth Golden Belt from Wu Lin Feng**





UNITED NATIONS DAY

October 24th, 2025





If you would like to
represent your country at
the international buffet,
please contact

Jiyoung Lee - PTA Chair
aetsjylee@gmail.com



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



首善有爱
SHOUSHANYOUAI
助残服务综合体

NBIS United Nations Day Charity Drive

Donation Period: From now until 24 October

Drop-off Venue: Primary Atrium (Building 2, 2nd Floor)

We Are Collecting: ★ Kitchenware

★ Books

★ Toys

Hand in Donations to Your Homeroom Teachers!

Support local Ningbo children by
donating to Lemon Tree





NBIS PARENTS' VOICES: WE'D LOVE TO HEAR FROM YOU!

We are excited to launch a new interview series: "NBIS Parents' Voices"!

This series will highlight the stories and experiences of our wonderful parent community, giving you a chance to share your unique journey with NBIS.

Each interview will explore topics such as:

- Your family's story and connection to NBIS.
- Your child's growth and memorable school experiences.
- Your perspective on our community and what makes it special.



We warmly invite interested parents to join us and share their story. If you'd like to participate, please reach out to us at:


Marketing@nbis.net.cn

Your
**VOICE
MATTERS**













Quick Safety Tips

 Swimming is great fun, but **safety always comes first!**


Please remind your children:

-  Don't swim alone
-  Don't swim without adult supervision
-  Don't swim where there's no lifeguard
-  Don't swim in unfamiliar places
-  Don't swim in unsafe waters
-  If you can't swim, don't try to rescue others
-  If someone is drowning: Call 110 or 120 right away!


 Road Safety – Whether on a bicycle or e-bike, helmets are a must!

Always wear your helmet—chin strap on!

 Under 12 → No riding on public roads

 Under 16 → No riding e-bikes

 Ride in bike lanes or keep right (within 1.5m of curb)

 Don't: ride against traffic, ride side by side, carry passengers, ride one-handed, or use headphones





STRING ENSEMBLE E C A

BEGINNER TO ADVANCED LEVELS

**Weekly Sessions: Every
Monday at 3.45 PM**

Location: Room 3-510

Free ECA

**Instructors: Mr Rinaldi &
Ms Min**

**Primary and
Secondary**



**Please contact Mr Rinaldi at
rinaldi.yonathan@nbis.net.cn
for further information**



PINK DAY

OCTOBER IS BREAST CANCER
AWARENESS MONTH

Dear NBIS community,

In honour of Breast Cancer Awareness Month, the Secondary Student Council has decided to raise funds for One World One Dream (OWOD), a local organisation formed in partnership with the Ningbo Charity Federation that helps local women battling breast cancer. On Monday, October 27th, the NBIS family from Early Years to Year 13 is invited to wear pink to show their support.

Pink Day is optional and involves a 10RMB donation; students may wish to donate more. Students are requested to give donations to their homeroom teachers in cash. After collecting all donations, the Secondary Student Council will count the money and pass all funds to OWOD.

NBIS are looking forward to carrying on the Pink Day tradition this year. Here are some photos from past Pink Day events:

亲爱的NBIS社区：

为了纪念乳腺癌宣传月，学生会决定为“同一个世界同一个梦想”(OWOD) 筹集资金，这是一个与宁波市慈善总会合作成立的当地组织，旨在帮助女性对抗乳腺癌。10月27日星期一，NBIS邀请全校师生穿着粉红色衣服以表达我们的支持。

粉红日是自愿参与，需要捐款10元；如果学生愿意，不妨捐赠更多。请学生向班主任捐款现金。所有捐款筹集完毕后，将转交给OWOD。

NBIS期待今年继续延续粉红日的传统。以下是过去粉红日活动的一些照片：



NBIS PINK DAY OCTOBER 27TH



SUPPORT
 BREAST
CANCER
AWARENESS





NBIS Leadership Team Conducts Admissions Reach-Out at UNNC

The NBIS leadership team recently conducted an admissions reach-out session at the University of Nottingham Ningbo China (UNNC), engaging with prospective families and introducing the school's educational offerings.

The senior leaders, including International Principal Mr Simon Attwood, Chinese Principal Mr Robert Yan, Early Years Head Ms Angela Thompson, and Primary Head Mr Mathew Thompson, provided professional support and insights to attending families.

The event reinforced NBIS's commitment to serving Ningbo's expatriate community through high-quality, internationally oriented education and a supportive environment where every student can thrive.



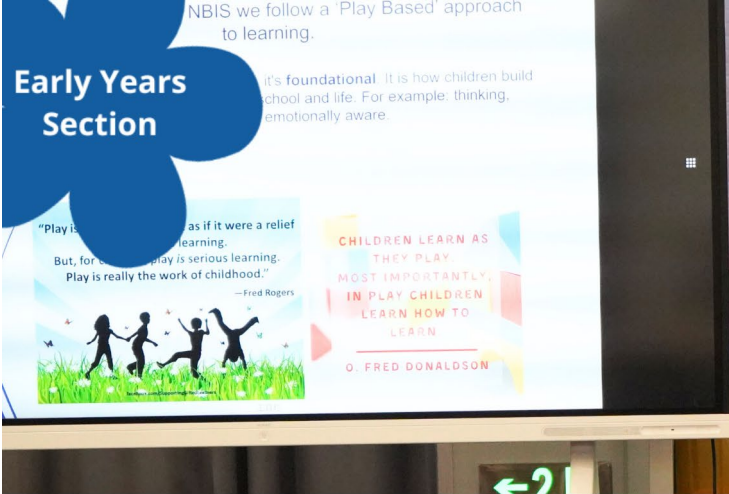
Principal Mr Attwood in Early Years

As a trained high school teacher, it is always fascinating to spend time in EY. Most of my teaching life has been spent focusing on children at the end of their school career, so I am very interested in seeing more of the children who are at the beginning of their educational journey. I love their honesty and directness. They say things like 'Who are you?' and yesterday when I asked a girl in reception to show me how to make a worm with playdough she replied, 'I know how to do it, but I don't want to do it right now.' Such interaction keeps me grounded as a Principal, not to mention the entertaining lunchtimes we share once a week.



Above all these observations, however, is the care and dedication of our EY staff. The children have a great balance of structured learning and learning through play. They are surrounded by well-qualified, caring adults, who have exactly the right mixture of discipline, knowledge and warmth to help the children develop. It's a wonderfully inspiring and positive part of the school to visit.





EARLY YEARS CURRICULUM EVENING 2025

The NBIS Early Years Curriculum Evening, held on Friday, October 10, 2025, brought together families and teachers for an engaging evening of sharing and learning. Head of Early Years, Ms Angela Thompson, warmly welcomed parents and gave an in-depth overview of the Early Years.

Early Years follows the UK Early Years Foundation Stage (EYFS) framework, supporting children's growth in communication, physical development, literacy, mathematics, and other key areas. Ms Thompson explained that the curriculum blends play-based learning, where children explore and create to develop life skills such as communication, problem-solving, and social interaction, with structured, teacher-led lessons that strengthen their English, phonics, and mathematics. She also highlighted the team's core aims: to provide a safe, supportive environment, regularly observe and assess children's progress, and maintain close communication with parents to support every child's learning journey.





Early Years Section



Parents also learned about the structure of the Early Years section, which includes classes for Preschool, Nursery, and Reception, each led by experienced and caring international teachers. Following the presentation, parents had an extended opportunity to meet with their children's homeroom teachers. These sessions allowed parents to explore the newly renovated EY section, observe learning materials and displays, ask detailed questions about daily routines, and gain a deeper understanding of how teachers support each child's learning and development in practical, hands-on ways.

This Curriculum Evening was a valuable opportunity to strengthen home-school collaboration and build a shared understanding of children's growth. By seeing and hearing about their children's learning at school, parents can work closely with teachers to support each child. We look forward to every child growing with confidence and curiosity, and flourishing in their love for the world.



Nursery A Class

As we continue our theme of healthy eating and personal hygiene, the children were delighted to design their own germs. Children had the opportunity to use a variety of colours and used a pipette to add the paint. Then, using a straw they were able to blow the paint to create their germ. Finally, the children then added eyes to complete their work!



We did a science experiment called 'glitter germs!' Children had the opportunity to dip their hands in glitter and water and then would 'pass' to a friend to understand how germs can move from each person and the importance of hand washing.





Children have continued to be interested in our hospital role play. Using prior knowledge, the children have been re-enacting what happens at the doctor and have been working on their personal vocabulary, such as: injection, patient, gloves, plasters and thermometer.



We've been working diligently on our fine muscle control and coordination. Child had the opportunity to use tweezers and 'collect' the germs. In addition, we used our Math skills to sort the germs by colours and size.





YEAR 4 SCIENCE

SKELETONS

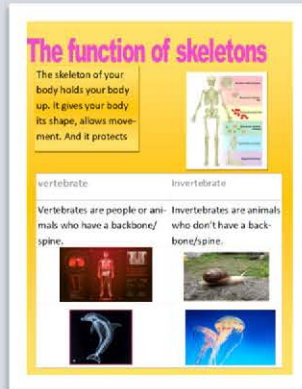
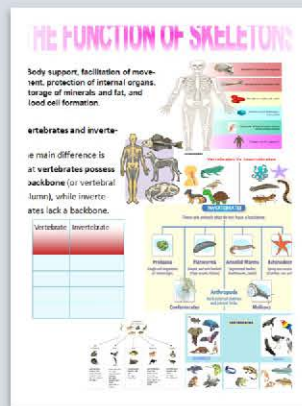
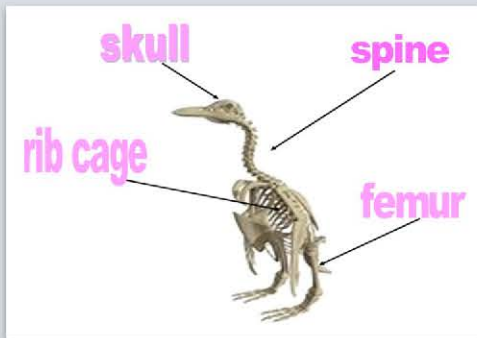
YEAR 4A
MR DOBSON & MS EVE



In science, 4A have been learning all about skeletons. They have explored the important functions of the skeleton, including support, protection, growth and movement, and discovered how muscles work together with bones to help us move.

The class also investigated different types of skeletons found in nature, from vertebrates and invertebrates to animals with exoskeletons.





In the IT lab, the children built on their Microsoft Office skills to present what they had learned about skeletons. They developed greater fluency with key digital skills such as editing text, copying and pasting, and formatting their work clearly and creatively. The pupils took pride in producing some fantastic presentations that showcased both their scientific understanding and their growing confidence with technology.

To bring their learning to life, the children made models of a human hand using straws and string to show how muscles contract and move our fingers. They also designed and built their own model skeletons to protect a soft organ - a tomato - and then tested their creations under 500g of weight. The highlight of the topic was definitely the dramatic drop test, which caused lots of excitement as the children saw how well their designs withstood impact!



ART OF THE WEEK

This Week

Our Y1 art focus was on texture, pattern, and colour mixing. The children learned how to use everyday materials in a creative and surprising way.



What did we do?

- Step 1: Drawing with Line. The children started by using wax crayons to draw a variety of lines and patterns. We explored zigzags, waves, straight lines, and spirals—seeing how each one added a different character to their artwork.

- Step 2: The Reveal! Then came the exciting part: washing over their crayon drawings with vibrant watercolours. The children were amazed to see how the waxy drawings resisted the paint, popping out against the colourful background.

What did we learn?

This project was more than just fun with paint. It helped develop:

- **Fine Motor Skills:** Controlling the crayon and paintbrush.
- **Scientific Curiosity:** Observing how different materials (wax and water) interact.
- **Creative Confidence:** Building patterns from simple lines and enjoying the colourful result.



Primary Picture Collage



Do you have awesome photos from Primary events? We'd love to see them! 🎉

Scan the QR code on this flyer and upload your favourite memories so we can create a **BIG**, colourful collage to celebrate all the fun we've had together! ✨

 Send in your photos by **October 17th**

 Try to share **up to 5** pictures per child

Let's make this collage full of smiles, laughter, and memories! ❤️



ECONOMICS WORLD CUP

SECONDARY SCHOOL
COMPETITION



Wednesday, October 15th,
2025



CELEBRATING EXCELLENCE

NBIS students show resilience
and brilliance during exam
season!

Despite a packed exam season, an impressive 23 NBIS students rose to the challenge of the 2025 Economics World Cup, a global competition featuring over 1,000 students from 100+ schools across 40 countries.

The event tested not only economic and business knowledge but also critical thinking, teamwork, and analytical skills. In the first round, students completed a 30-question online quiz, with top scorers advancing to the second stage: a 40-page case study.

Join students across international schools!

100+ Schools

1000+ Students

40+ Countries





Sustainable Innovation

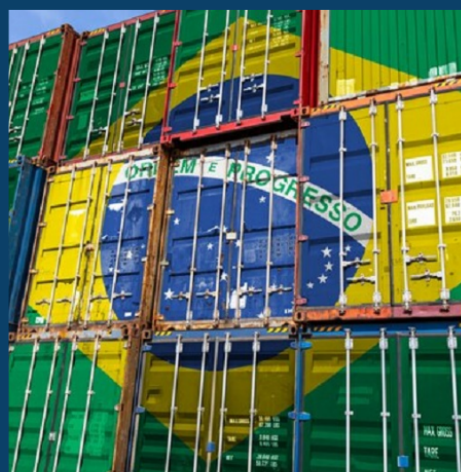
This year's challenge centered on Brazil's discovery of vast graphite deposits deep within the Amazon rainforest. Given graphite's crucial role in EV batteries and green technologies, teams had to propose solutions for extraction, transport, and export that balanced economic viability, ethics, and environmental protection.

LOOKING AHEAD

Despite the demanding timing during exam season, NBIS students embraced the challenge with enthusiasm and creativity.

Many described the competition as one of the most engaging and eye-opening experiences of their academic journey. Having developed new insights and teamwork skills, they are already eager to take part again next year, ready to tackle the next global economic challenge with even greater confidence and curiosity.

GLOBAL CITIZENSHIP



The case study perfectly embodied the spirit of global citizenship. By tackling Brazil's graphite discovery deep in the Amazon, students were challenged to think beyond borders and beyond profit. The task pushed them to view economics not just as theory, but as a tool to create solutions that balance people, planet, and progress, the very essence of what it means to be a globally minded learner.

Expressive Arts Department - October News

A LIFE FULL OF ART AT NBIS!

Walking around our beautifully designed campus, students are surrounded by Art. Starting from the artworks that give life to our walls to the live music and drama performances that resonate on the 5th floor and enrich school events, concerts and assemblies, Art is everywhere on campus and contributes to making NBIS so special.

Fostering Growth and Well-Being Through the Arts

The integration of arts in the curriculum and our students' learning journey is proven to be beneficial for their growth and mental health. Transforming blank walls into galleries of student work, creating objects and posters with students drawing and painting, fosters their sense of pride, accomplishment, and belonging, validating their creative efforts. Meanwhile, music and drama classes offer students opportunities for emotional release, teaching students to collaborate, communicate, and build empathy as they work together to create something larger than themselves.

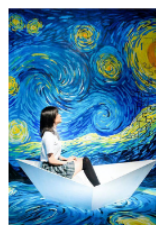


Beyond the Classroom: How Arts Exposure Fosters Empathy and Global Responsibility

Encouraging students to venture beyond the school walls to experience professional art exhibitions, concerts, and theatre performances is an important step in their development as all-round and globally responsible citizens. In fact, these immerse students into the heart of diverse cultures, historical narratives, art forms, and contemporary social issues. By standing before a powerful painting, being moved by an opera, or witnessing the emotion of a live play, students develop empathy and a nuanced understanding of perspectives different from their own. Ultimately, these experiences cultivate the essential qualities of a global citizen: curiosity, critical thought, and a sense of responsibility towards a wider, more interconnected world.



This is why, this year, we are planning field trips to Art Galleries, Shows, and Concerts. For instance, IGCSE and A-level Drama and Geography students are offered the opportunity to go to Shanghai to watch two world-class theatre productions, Van Gogh's exhibition and the Shanghai Urban Planning Exhibition Centre at the end of this month.



Drama Week and more... 2025	
November The Art of Improvisation	
NOV 10	Art Exhibition Year 8 and Drama advanced workshop
NOV 11	Year 7 Group 2 and 3 workshop Teachers workshop
NOV 12	Year 7 Group 1, Year 9 Group 2 and Drama advanced workshop
NOV 13	Students' show Professional Improvisation Show for Secondary Year 8 and 9 Group 1 workshop
NOV 14	Professional Improvisation Show for Primary Year 9 Group 3 workshop Ningbo International Drama Festival
NOV 15	Improvisation workshop at UNNC
NOV 16	Students' show at UNNC
18	Stage Combat masterclass Year 9 and 10 workshop

Next month we'll have Drama week and a professional improvisation Theatre Company "Zmack Improv" with an international team composed of American and Chinese actors Curt Mabry, Jennel Jin and Chen Siyu coming to our school!



New Creative Opportunities: 3D Design and String Ensemble



We are excited to have introduced a new Year 12 and 13 3D Design class. This is a hands-on project-based course which aims to engage students in Art projects to experiment with different media and relieve stress. Students are exploring the theme of memory interpreted through personal, psychological, cultural, or emotional lenses. The focus is on creativity, personal response, and thoughtful material experimentation, with students documenting and reflecting on their progress throughout.

Additionally, we are excited to introduce our new String Ensemble as an extracurricular activity, open to both primary and secondary students, led by Mr Ray. This ensemble welcomes students with basic to advanced skills in playing the violin, viola, or cello. As a group-based activity, it offers a wonderful opportunity for students to connect with other string players, collaborate closely, and share the spotlight—providing a unique experience that differs from solo playing. Through regular rehearsals and performances, students will build ensemble skills while enjoying the joy of making music together. For more information, please contact Mr Ray at rinaldi.yonathan@nbis.net.cn.



STRING ENSEMBLE

E C A

BEGINNER TO ADVANCED LEVELS

Weekly Sessions: Every Monday at 3.45 PM

Location: Room 3-510

Instructors: Mr Rinaldi & Ms Min

Primary and Secondary

Free ECA



Please contact Mr Rinaldi at rinaldi.yonathan@nbis.net.cn for further information



We also encourage parents to actively seek out cultural experiences within Ningbo to further enrich their child's artistic education.

For instance, on the 17th of October at Ningbo Grand Theatre there will be an **opera** performance of Italian and Spanish arias featuring Spanish artists;



on the 1st and 2nd of November at the Cultural Plaza Grand theatre, a UK theatre company will present **Murder on The Orient Express**;



and an art exhibition entitled **The Art of Xu Jian: Approaching Magnificent Mountains** is on display at the Lao Wai Tan Ningbo Museum of Art until the 3rd of December.

Upcoming Drama Festival: Monologue and Duologue Competition

Year 7 to 13 students with a passion for performing are encouraged to take part in the Interschool Monologue and Duologue competition, which will take place on November 14 at NBIS. This will be our 6th editions and international school such as HD, Hua Mao and AIAN and Drama experts will join us to celebrate Ningbo young theatre talents.

Monologue (one-person speech) should be no longer than 2 minutes, and duologue (2-person scene) no longer than 4 minutes. The students willing to participate will be given the opportunity of additional coaching to prepare for the event, in which up to of 3 monologues and 3 duologues will be selected to represent NBIS's theatrical excellence in front of an audience and a jury composed of International Theatre Experts invited for the event! If you have any questions, please do not hesitate to contact me via email (nausicaa.giavarra@nbis..net.cn).



Stay tuned for our upcoming events—from the Fall Festival merchandise launch, to Drama Week and Festival, Talent Show, Chinese New Year Concert, the Annual Art Exhibition, and more—where our students' incredible talents will be on full display and Arts celebrated!

Ms. Nausicaa Giavarra
Head of Expressive Arts



TINKERTOBER 3D MODEL COMPETITION

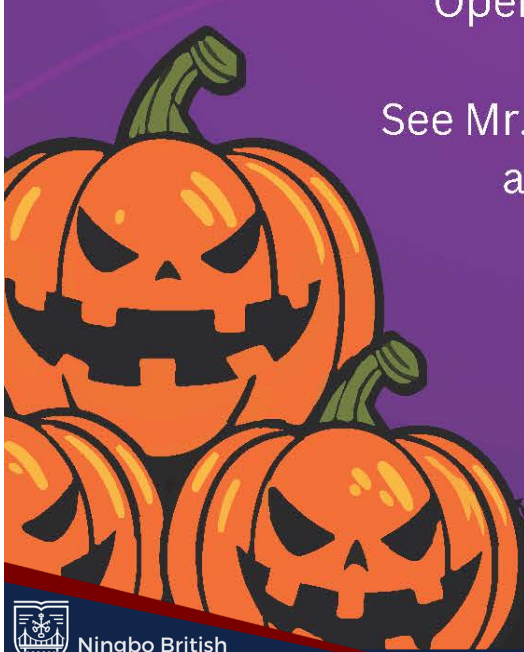


Do you have a frightfully great idea for a
spooky 3D model!!!

Open to all students from years 7-13

See Mr. Helmy or Mr. Pollitt to learn more
about 3D design and printing

Final submissions
Monday, 10th November 2025



SPIRIT WEEK

A SECONDARY STUDENT COUNCIL EVENT 2025-2026

SPIRIT WEEK THEMES

OCT 27

PINK DAY



OCT 28

JERSEY DAY



OCT 29

PYJAMA DAY



OCT 30

DENIM DAY



OCT 31

SPOOKY FRIDAY



45 RMB FOR THE WEEK

OR 10 RMB FOR EACH DAY YOU DRESS UP

ALL PROCEEDS FROM PINK DAY GO TOWARDS ONE WORLD ONE DREAM





OPEN TO NBIS COMMUNITY

Fall Festival



FOOD - MUSIC - GAMES - AND MORE!

15TH NOVEMBER 2025
11:00 AM ~ 3:00PM

365 GUANGHUA ROAD
NINGBO BRITISH INTERNATIONAL SCHOOL

STUDENT COUNCIL 2025-2026





NBIS FOOD

WEEKLY Menu

NBIS Weekly Menu
The Week of October 20th to 24th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Beef Bourguignon	French Baked Pumpkin	Potato Cream Bacon	Blueberry Yam Purée	Broccoli Sausage Pasta
	红酒烩牛肉	法式焗南瓜	土豆奶油培根	蓝莓山药泥	西兰花烤肠意面
	Braised Chicken Wings	Crispy Chicken	Baked Mid-Joints	Golden Chicken Nuggets	Spiced Beef
	红烧翅根	香酥鸡	烤中翅	黄金鸡块	五香牛肉
	Stir-fried Choi Sum	Garlic Wu Hao Cai	Stir-fried Greens	Oyster Sauce Lettuce	Stir-fried Mushrooms & Rapeseed
	炒菜心	蒜泥五号菜	炒青菜	蚝油生菜	香菇炒油菜
	Mapo Tofu	Steamed Pork Ribs with Potato	Pan-fried Chicken Chunks	Vermicelli with Scallops	Shrimp Cake
	麻婆豆腐	土豆蒸排骨	生烧鸡块	粉丝扇贝	虾饼
	Steamed Dumplings	Lotus Pond Stir-fry	Honey Glazed Pumpkin	Scallion Home-style Tofu	Baked Potatoes
	蒸饺	荷塘小炒	蜜汁南瓜	葱香家常豆腐	烤土豆
	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Broccoli
	炒花菜	炒西兰花	炒花菜	炒西兰花	炒西兰花
	Stir-fried Lettuce & Yam Slices	Stir-fried Celery, Mushrooms & Carrots	Baked Rice Cakes with Vegetables	Stir-fried Potato & Green Pepper	Stir-fried Tomato & Zucchini
	莴笋山药片	西芹口蘑胡萝卜	烤菜年糕	青椒土豆丝	西红柿炒西葫芦
	Grilled Sausage	Steamed Egg with Minced Meat	Scallion Braised Pork Chop	Braised Pork with Dried Bamboo Shoot	Crispy Chicken Tenders
	烤香肠	肉沫蒸蛋	葱烤大排	笋干烤肉	香酥鸡柳
	Braised Shrimp	Braised Prawns	Jiang Bai Shrimp	Oil-braised Shrimp	Salt & Pepper Shrimp
	红烧虾	红烧对虾	红白虾	油焖虾	椒盐虾
	Steamed Yellow Croaker	Scallion Oil Crucian Carp	Braised Fish Chunks	Salt & Pepper Sole	Scallion Oil Crucian Carp
	清蒸小黄鱼	葱油鲳鱼	红烧鱼块	椒盐玉秃鱼	葱油鲈鱼
Taro with Sliced Beef	Stir-fried Pork with Garlic	Stir-fried Yellow Beef	Stir-fried Cucumber with Egg	Braised Duck with Sauce	
芋艿滑牛肉	大蒜炒肉	小炒黄牛肉	青瓜炒蛋	酱烧鸭	
Pumpkin Potato Soup	Spanish Seafood Soup	Cream of Mushroom Soup	Italian Vegetable Soup	Korean Pork Bone Soup	
南瓜土豆浓汤	西班牙海鲜汤	奶油蘑菇汤	意大利蔬菜汤	韩式猪骨浓汤	
Fruit	Fruit	Fruit	Fruit	Fruit	
水果	水果	水果	水果	水果	
Stir-fried Apricot Mushroom & Diced Meat	Stir-fried Corn with Shrimp	Stir-fried Tomato & Beef Dices	Scallion Oil Fish Fillet	Shrimp Steak	
杏鲍菇肉丁	玉米炒虾仁	番茄牛肉丁	葱油鱼片	虾排	
Stir-fried Onion, Wood Ear & Yam	Stir-fried Chives with Egg	Steamed Egg with Minced Meat	Stir-fried Garlic Sprout with Shredded Pork	Stir-fried Lotus Root with Snow Peas	
洋葱木耳山药	韭菜鸡蛋	肉末蒸蛋	蒜薹肉丝	荷兰豆炒藕丝	
Steamed Egg with Clams	Pan-fried Quail Eggs	Stir-fried Shredded Potatoes	Stir-fried Broccoli with Carrots	Steamed Dumplings	
花蛤蒸蛋	虎皮鹌鹑蛋	清炒土豆丝	西兰花炒胡萝卜	蒸饺	
Stir-fried Greens	Garlic Stir-fried Lettuce	Stir-fried Wu Hao Cai	Chinese Cabbage with Wood Ear	Stir-fried Lettuce	
炒青菜	蒜泥油麦菜	炒五号菜	大白菜木耳	清炒生菜	
Pure Milk	Pure Milk	Pure Milk	Pure Milk	Pure Milk	
纯牛奶	纯牛奶	纯牛奶	纯牛奶	纯牛奶	
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	
酸牛奶	酸牛奶	酸牛奶	酸牛奶	酸牛奶	
Banana	Cherry Tomato	Jujube	Longan	Fragrant Pear	
香蕉	小番茄	冬枣	桂圆	香梨	
Shredded Potato Pancake	Steamed Dumplings	Shredded Radish Pancake	Soup Dumplings	Shaomai	
土豆丝饼	蒸饺	萝卜丝饼	小笼包	烧麦	
Orange	Apple	Autumn Moon Pear	Hami Melon	Grapes	
橘子	苹果	秋月梨	哈密瓜	葡萄	
Pistachio Cream Sandwich Biscuit	Chocolate Cookie	Cheese Sandwich Biscuit	Scallion Soda Cracker	Sam's Black Truffle Cookie	
开心果酱夹心饼干	巧克力曲奇	芝士夹心饼干	香葱苏打饼干	山姆黑松露饼干	



Weekly Menu

Early Years Section

The Week of October 20th to 24th, 2025

<i>Monday</i>	Lunch	Snack
	Stir-fried Apricot Mushroom & Diced Meat Stir-fried Onion, Wood Ear & Yam Steamed Egg with Clams Stir-fried Greens	杏鲍菇肉丁 洋葱木耳山药 花蛤蒸蛋 炒青菜

<i>Tuesday</i>	Lunch	Snack
	Stir-fried Corn with Shrimp Stir-fried Chives with Egg Pan-fried Quail Eggs Garlic Stir-fried Lettuce	玉米炒虾仁 韭菜鸡蛋 虎皮鹌鹑蛋 蒜泥油麦菜

<i>Wednesday</i>	Lunch	Snack
	Stir-fried Tomato & Beef Dices Steamed Egg with Minced Meat Stir-fried Shredded Potatoes Stir-fried Wu Hao Cai	番茄牛肉丁 肉末蒸蛋 清炒土豆丝 炒五号菜

<i>Thursday</i>	Lunch	Snack
	Scallion Oil Fish Fillet Stir-fried Garlic Sprout with Shredded Pork Stir-fried Broccoli with Carrots Chinese Cabbage with Wood Ear	葱油鱼片 蒜薹肉丝 西兰花炒胡萝卜 大白菜木耳

<i>Friday</i>	Lunch	Snack
	Shrimp Steak Stir-fried Lotus Root with Snow Peas Steamed Dumplings Stir-fried Lettuce	虾排 荷兰豆炒藕丝 蒸饺 清炒生菜

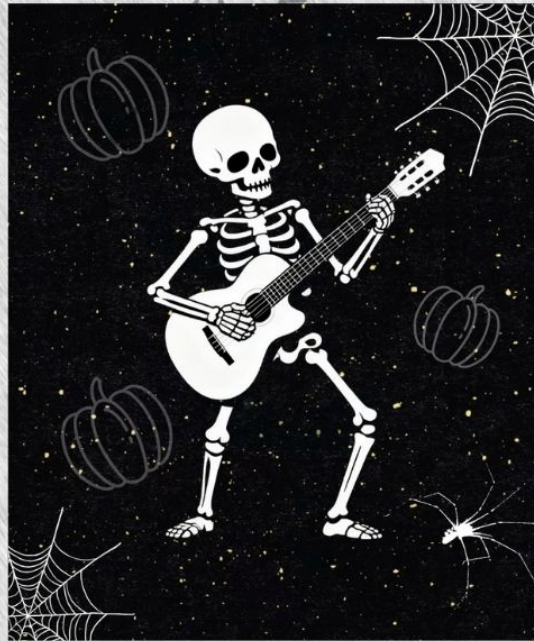


Sample Meal (Whole School)



Sample Meal (Early Years)

什么鬼音乐会
PHANTOM OF
THE CONCERT



Touching Music - October Open-Stage Concert

Free Entry

Interested Performers Must Register in Advance



TIME:
10/31 18:00

Friday

ADDRESS:
401 Jianlan Road
Welyou 401 Building A 1F
Touching Music Concert Hall

Scan the QR Code
to RSVP or Register



Phantom of the Concert – Touching Music Open Stage

Date & Time: 18:00, Friday, October 31

Venue: Link Lounge, 401 Jianlan Road (Welyou 401 Building A, 1F)

Admission: Free Entry

We warmly invite you to join “Phantom of the Concert”!

Organised by one of our school parents, it's a great stage for our students and teachers to perform, and a lovely chance for families to enjoy music together. Jo'An is a long-standing parent and great supporter of NBIS, and I am happy to encourage members of our community to enjoy what I am sure will be a very memorable event.

Simon Attwood

International Principal of NBIS





CONNECT WITH US



WECHAT
ACCOUNT



XIAOHONGSHU
ACCOUNT



FACEBOOK
ACCOUNT



INSTAGRAM
ACCOUNT



ADMISSIONS
ENQUIRY



0086-574-87611005 / 83888071



nbis.admin@nbis.net.cn



nbis.net.cn



No. 365 Guanghai Road,
National Hi-Tech Zone, Ningbo



Aug 2025						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sep 2025						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Oct 2025						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Nov 2025						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Dec 2025						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jan 2026						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Feb 2026						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Mar 2026						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Apr 2026						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2026						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Jun 2026						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Jul 2026						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2025-26 Semester 1 (School Days-90 Days) 01/09/2025 Semester 1 Begins, 30/01/2026 Semester 1 Ends
Holidays in Semester 1

- 01/10/2025 to 08/10/2025 Chinese National/Mid-Autumn Holiday
- 21/11/2025 PD Day
- 17/12/2025 to 04/01/2026 Winter Holiday

2025-26 Semester 2 (School Days-90 Days) 02/02/2026 Semester 2 Begins, 03/07/2026 Semester 2 Ends
Holidays in Semester 2

- 09/02/2026 to 01/03/2026 Spring Festival Holiday
- 04/04/2026 to 06/04/2026 Qingming Holiday
- 01/05/2026 to 05/05/2026 Labour Day Holiday
- 19/06/2026 to 21/06/2026 Dragon Boat Holiday



Ningbo British International School

浙江宁波英伦外籍人员子女学校

Unity - Diversity - Excellence

✉ nbis.admin@nbis.net.cn

☎ +86 57487611005

🌐 www.nbis.net.cn

📍 No. 365 Guanghua Road,
Hi-Tech Zone,
Ningbo 315000



 **CAMBRIDGE**
International Education

Cambridge International School