



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 10
October 31st, 2025



The Virtue of Charity

SECONDARY STUDENTS LEARN ABOUT THE IMPORTANCE OF CHARITY



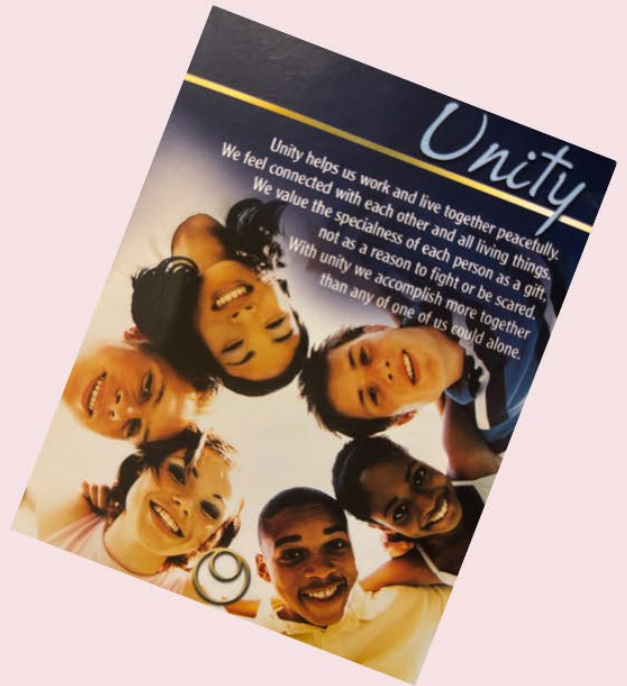
SUSAN IRWIN

Women's health
advocate and OWOD
Liaison

During the recent Monday Secondary assembly, students had the opportunity to reflect on several important virtues through a meaningful presentation delivered by Susan. The virtues discussed included kindness, generosity, service, charity, and unity, all of which are essential qualities that contribute to personal growth and the development of a supportive community. These values serve as guiding principles not only in our daily interactions but also in fostering a caring and compassionate environment within the school.

The presentation highlighted the significance of practicing these virtues in our everyday lives, emphasizing how acts of kindness and generosity can positively impact others. Service and charity were recognized as ways to give back to the community and support those in need, reinforcing the importance of empathy and social responsibility. Unity was also a central theme, reminding students of the strength that comes from working together and embracing diversity.

Many of these virtues closely align with the school's ethos of 'diversity, unity, excellence,' demonstrating how these principles are woven into the fabric of school life. The assembly encouraged students to embody these qualities not only during school hours but also beyond, fostering a culture of respect, collaboration, and excellence. Overall, it was a powerful reminder of the values that help create a harmonious and thriving school community.



OCTOBER IS BREAST CANCER AWARENESS MONTH

DRESSING IN PINK FOR A GOOD CAUSE



OCTOBER IS BREAST CANCER AWARENESS MONTH



NBIS Celebrates the Double Ninth Festival

The Double Ninth Festival arrives with the clear, refreshing weather and blooming chrysanthemums of autumn. It falls on the ninth day of the ninth month in the Chinese lunar calendar. In Chinese folklore, the number nine is considered the largest number and is a homonym for the word "jiu" (久), which carries the auspicious meaning of "a long and healthy life."





The MFL and MNL students expressed their gratitude for their grandparents by creating a variety of handmade items, such as peach-shaped (寿桃) cards and long noodle (长寿面) handcraft art, which are traditional symbols of longevity and good health in Chinese culture. Through these creative projects, they not only practised Chinese character writing and communication skills but also deepened their understanding of traditional Chinese cultural heritage.





PTA Spooky Café Brings Fun and Connection

This month's PTA Café featured a spooky theme, creating a lively and cheerful atmosphere. Parents, teachers, and staff gathered to enjoy coffee, snacks, and friendly conversations, surrounded by creative decorations.



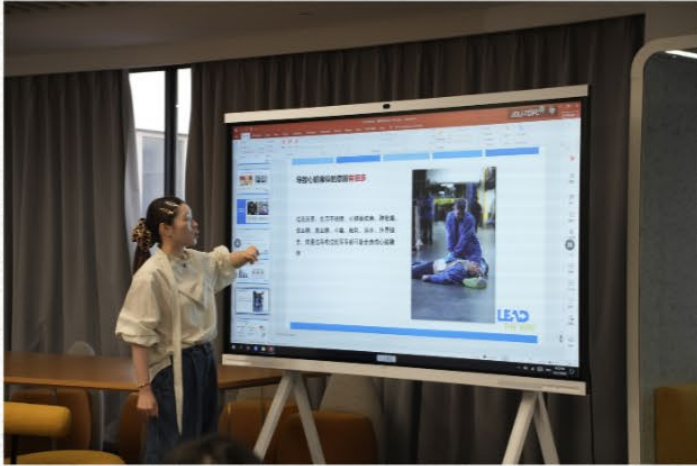
PTA members also handed out candies to students, spreading joy and excitement throughout the day. The Spooky Café offered a lovely opportunity for our community to relax, connect, and strengthen the bond between home and school.



Many thanks to our PTA members and volunteers for organising such a delightful event!

Staff Complete First Aid Training

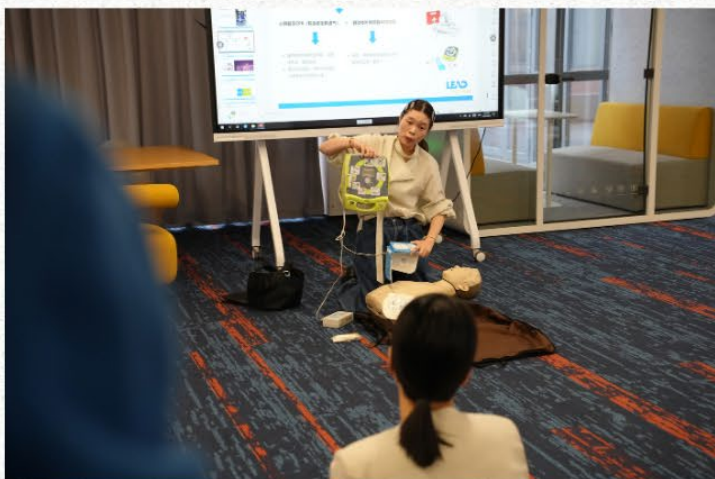
We are pleased to share that our staff completed a First Aid Training session on Monday. Conducted by Zoll Company, the training equipped our team with essential skills in CPR and AED use.



A special thank you to our trainer, Miss Jia from Zoll, for her excellent guidance, and to our school nurse, Ms Daniella, for her wonderful organisation.

This initiative reinforces our commitment to student safety and ensures our staff are prepared to act confidently in an emergency, helping us maintain a secure environment for all children.

We are proud of our team's dedication to continuous learning and safety.





A Wonderful Night of Music

Thanks to the kind invitation from Ningbo Focus, members of our NBIS community enjoyed a beautiful symphony concert on October 25. The performance at Ningbo Grand Theatre celebrated the 10th anniversary of Ningbo as an "East Asia Culture Capital," featuring outstanding music from China, Japan, and Korea.

It was a joyful and meaningful evening where our teachers, parents, and students came together to appreciate beautiful music and strengthen our community bonds. The event reminded us all of the power of music to connect and inspire.

We are grateful to Ningbo Focus for this wonderful opportunity and look forward to more shared cultural experiences in the future.





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





BOOK FAIR

Bring your love for reading and
leave with inspiration!



TUESDAY-FRIDAY

NOV 4 - NOV 7

Location: Main Lobby





Drama Week



November

and more...

2025

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	Imporvisation workshop at UNNC
NOV 16	Students` show at UNNC
18	Stage Combat masterclass Year 9 and 10 workshop





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

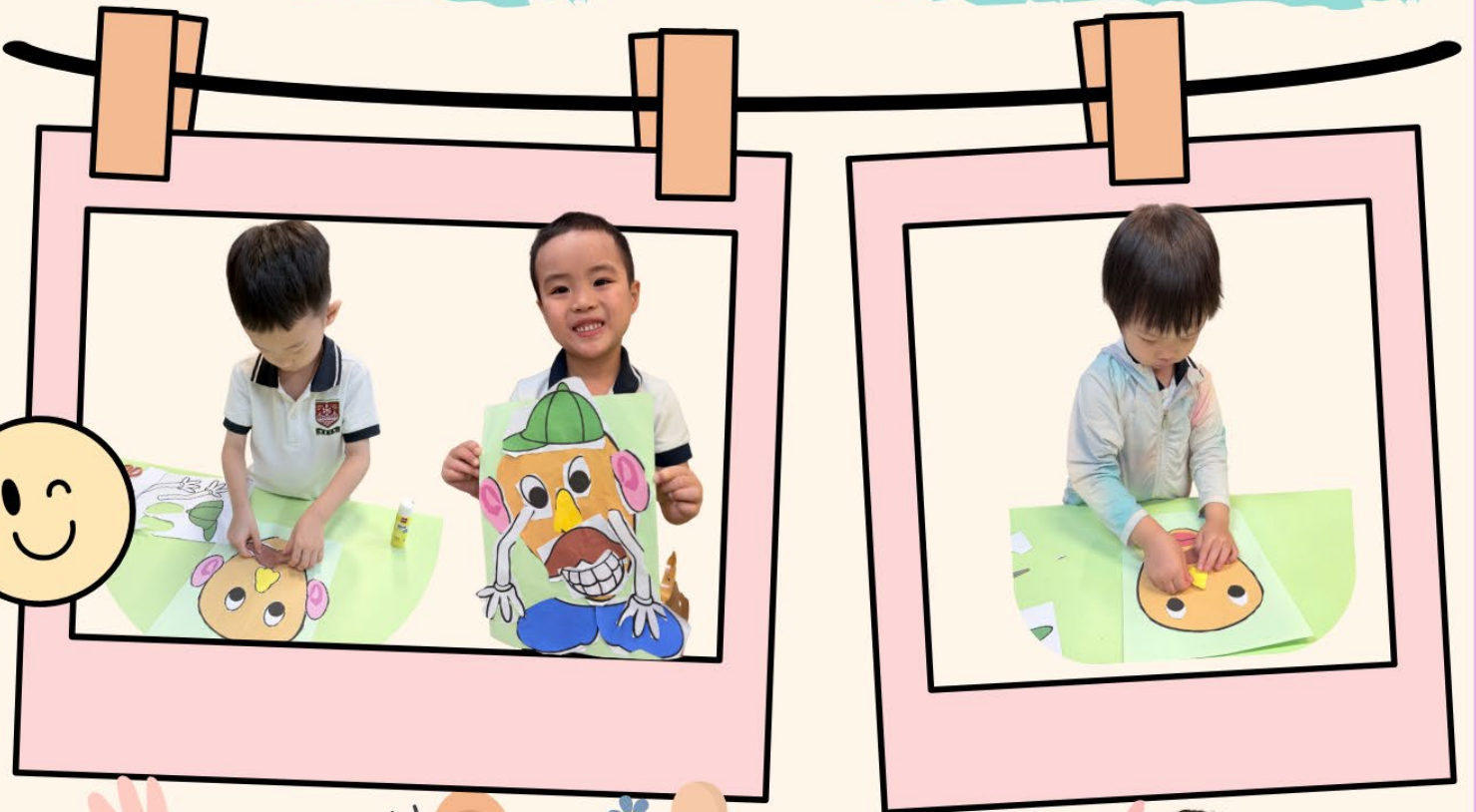


Reception A

Ms Fiona & Ms Lulu & Ms Betty



Greetings from Reception A, where we've been learning all about our five senses! Most recently the children have been exploring each of their five senses and the important role they play in helping us to see, hear, smell, touch and taste. We also welcomed special guest Mr. Potato Head to help us create different representations of our five senses.



Our first project focused on each individual sense. The children put together their own Mr. Potato head by assembling his face complete with ears, eyes, nose, mouth, hands and feet. We then added googly eyes, bells to the ears, feathers on his hands, corn on his mouth and a flower to his nose.



Reception A

Our second project allowed the children to exercise their creativity and design their own Mr. Potato Head using coloured modelling clay. The children had a lot of fun completing this project and were very proud of their finished pieces!

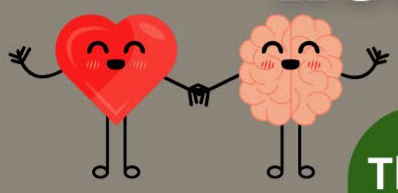


We also welcomed a special guest, our International Principal, Mr. Simon!



Year 2A's Journey to a Healthy Body and Mind!

Ms Nicole & Ms Angela



This semester Year 2A have been busy learning all about how to keep our bodies and minds healthy, and having tons of fun along the way!



We explored what makes a healthy plate and learned about the food pyramid to understand how to eat a balanced diet. The students enjoyed sorting foods into groups and discovering what helps us grow strong and stay energized.



In our handwashing experiment, we saw just how important soap is for keeping germs away. The students were amazed by the results and now know why proper handwashing matters!



We also focused on our teeth. Learning their names and functions, how to take care of them, and even building tooth models. A highlight was our visit from the dentist, who checked our smiles and gave great advice for keeping them healthy.



Finally, we talked about staying active and looking after our mental well-being. Through games and discussions, students learned how exercise, rest, and positive thinking all help us stay healthy inside and out.

Take care of your body

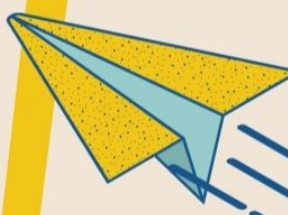


PRIMARY ART

MS. QIAN

YEAR 3 PRINTMAKING

This week, our Year 3 pupils channelled their creativity into the art of printmaking. After designing and sketching their own dream houses, they carefully carved these illustrations into foam boards to create their own printing plates. Using black printing ink, they mastered the relief printing technique to produce a series of striking monochrome prints.

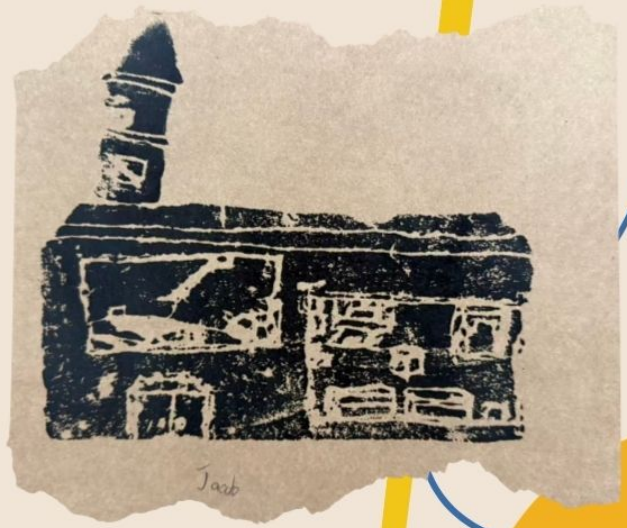


FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE





YEAR 1 PUMPKIN DESIGNS

Meanwhile, our Year 1 students put their knowledge of lines and patterns to creative use by decorating pumpkin-shaped templates. Building on their prior lessons about different types of lines—straight, wavy, zigzag, and more—the children composed imaginative patterns to adorn their pumpkin designs. The activity allowed them to explore rhythm and repetition in visual art, resulting in a wonderful collection of charming pumpkin masks.

Travel & Tourism IGCSE

School Trip to the Zoo

On October 23rd, Year 10 and Year 11 students embarked on a school trip to the local zoo as part of the IGCSE Travel & Tourism course. This trip provided students with practical insights into the tourism industry.



During the visit, students explored various services offered at the zoo, such as educational programs and food services, while observing the importance of customer service. They identified target tourist groups, including families and leisure tourists, and analysed the zoo's marketing strategies.

Additionally, students investigated how the zoo encouraged repeat visits through seasonal events and membership programmes, considering the impact of customer feedback on service improvements.

Students wore comfortable clothing, brought a packed lunch or money for food, and carried notebooks for observations. This trip proved to be an enriching experience, and we appreciated the full participation.



Spirit Week 2025

NBIS SECONDARY
STUDENT COUNCIL



PINK DAY 



JERSEY DAY 



PYJAMA DAY 



Secondary Section



DENIM DAY



SPOOKY FRIDAY



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



NBIS FOOD

WEEKLY MENU

The Week of November 3rd to 7th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Potato Cream Bacon	Cheese Baked Rice	French Cream Shrimp	Blueberry Yam Mash	Beef Burgundy
	土豆奶油培根	芝士焗饭	法式奶油虾	蓝莓山药泥	红酒烩牛肉
	Beef Vermicelli	Sesame Chicken Drumstick	Potato Curry Chicken	Roasted Duck Wing Mid-joint	Colorful Diced Chicken
	牛肉粉条	芝麻鸡腿	土豆咖喱鸡块	烤鸭翅中	五彩鸡丁
	Spinach with Garlic	Stir-fried No.5 Greens	Stir-fried Shanghai Greens	Hand-shredded Cabbage	Stir-fried Greens
	蒜泥菠菜	炒五号菜	炒鸡毛菜	手撕包菜	炒青菜
	Salt & Pepper Chicken	Winter Melon Spareribs	Scallion Oil Fish Slices	Pickled Veggie Pork Slices	Celery Stir-fried Pork
	盐酥鸡	冬瓜排骨	葱油鱼片	酸菜肉片	芹菜炒肉
	Stir-fried Pork	Tomato & Egg	Mapo Tofu	Peas & Corn Kernels	Stir-fried Macaroni
	小炒肉	番茄鸡蛋	麻辣豆腐	青豆玉米粒	炒通心粉
	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower
	炒花菜	炒西兰花	炒花菜	炒西兰花	炒花菜
	Baked Potato	Steamed Corn	Salted Okra	Ants Climbing a Tree	Scallion Oil Potato
	烤土豆	蒸玉米	盐水秋葵	蚂蚁上树	葱油土豆
	Cheese Baked Beans	Roast Duck	Mushroom Stir-fried Pork Slices	Braised Spare Ribs	Fried Chicken Steak
	芝士焗豆	烤鸭	香菇炒肉片	红烧排骨	炸鸡排
	Hairy Shrimp	Braised Shrimp	Clams	River White Shrimp	Salt & Pepper Shrimp
	长毛虾	红烧虾	花蛤	江白虾	椒盐虾
	Chicken Sausage	Boiled Sliced Pork	Sliced Boiled Pork	Water Chestnut Meatballs	Roasted Lotus Root Slices
	鸡肉肠	水煮肉片	白切肉	马蹄肉丸	烤藕片
	Croissant	Baguette	Hamburger	Egg Tart	Sandwich
	牛角包	法棒	汉堡	蛋挞	三明治
	Cream of Mushroom Soup	Bacon Potato Soup	Borscht	Creamy Pumpkin Soup	Pumpkin Potato Soup
	奶油蘑菇汤	培根土豆浓汤	罗宋汤	奶油南瓜汤	南瓜土豆浓汤
	Fruit	Fruit	Fruit	Fruit	Fruit
水果	水果	水果	水果	水果	
Braised Clams	Corn Spareribs	Fish Fillet	Mushroom Shrimp	Scallion Oil Fish Slices	
红烧蛤蜊	玉米排骨	鱼排	口蘑虾	葱油鱼片	
Stir-fried Noodles	Cucumber Scrambled Egg	Sliced Boiled Pork	Asparagus & Corn	Celery & Lily Bulbs	
炒面	青瓜炒蛋	白切肉	芦笋玉米	西芹百合	
Radish Pork Slices	Stir-fried Snow Peas	Shredded Potatoes	Broccoli & Carrot	French Fries	
萝卜肉片	清炒荷兰豆	土豆丝	西兰花炒胡萝卜	炸薯条	
Stir-fried Lettuce	Stir-fried No.5 Greens	Stir-fried Greens	Stir-fried Spinach	Stir-fried Chrysanthemum Greens	
炒生菜	炒五号菜	炒青菜	炒菠菜	炒茼蒿	
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	
Longan	Cherry Tomato	Shine Muscat Grapes	Banana	Orange	
桂圆	小番茄	阳光玫瑰	香蕉	橙子	
Steamed BBQ Pork Bun	Steamed Dumplings	Steamed Custard Bun	Soup Dumplings	Shumai	
叉烧包	蒸饺	奶黄包	小笼包	烧麦	
Apple	Banana	Fragrant Pear	Mandarin Orange	Grapes	
苹果	香蕉	香梨	橘子	葡萄	
Grilled Cheese Waffle	Milk Biscuit	Cheese Sandwich Biscuit	Soda Cracker	Butter Waffle	
岩烧芝士华夫饼	牛乳饼干	芝士夹心饼干	苏打饼干	黄油华夫饼	





Weekly Menu

Early Years Section

The Week of November 3rd to 7th, 2025

	Lunch	Snack
<i>Monday</i>	Braised Clams Stir-fried Noodles Radish Pork Slices Stir-fried Lettuce	红烧蛤蜊 炒面 萝卜肉片 炒生菜
		Steamed BBQ Pork Bun Grilled Cheese Waffle Longan Apple Pure Milk Yogurt
		叉烧包 岩烧芝士华夫饼 桂圆 苹果 纯牛奶 酸奶
<i>Tuesday</i>	Corn Spareribs Cucumber Scrambled Egg Stir-fried Snow Peas Stir-fried No.5 Greens	玉米排骨 青瓜炒蛋 清炒荷兰豆 炒五号菜
		Steamed Dumplings Milk Biscuit Cherry Tomato Banana Pure Milk Yogurt
		蒸饺 牛乳饼干 小番茄 香蕉 纯牛奶 酸奶
<i>Wednesday</i>	Fish Fillet Sliced Boiled Pork Shredded Potatoes Stir-fried Greens	鱼排 白切肉 土豆丝 炒青菜
		Steamed Custard Bun Cheese Sandwich Biscuit Shine Muscat Grapes Fragrant Pear Pure Milk Yogurt
		奶黄包 芝士夹心饼干 阳光玫瑰 香梨 纯牛奶 酸奶
<i>Thursday</i>	Mushroom Shrimp Asparagus & Corn Broccoli & Carrot Stir-fried Spinach	口蘑虾 芦笋玉米 西兰花炒胡萝卜 炒菠菜
		Soup Dumplings Soda Cracker Banana Mandarin Orange Pure Milk Yogurt
		小笼包 苏打饼干 香蕉 橘子 纯牛奶 酸奶
<i>Friday</i>	Scallion Oil Fish Slices Celery & Lily Bulbs French Fries Stir-fried Chrysanthemum Greens	葱油鱼片 西芹百合 炸薯条 炒茴香
		Shumai Butter Waffles Orange Grapes Pure Milk Yogurt
		烧麦 黄油华夫饼 橙子 葡萄 纯牛奶 酸奶



Sample Meal (Whole School)



Sample Meal (Early Years)



CONNECT WITH US



WECHAT
ACCOUNT



XIAOHONGSHU
ACCOUNT



FACEBOOK
ACCOUNT



INSTAGRAM
ACCOUNT



ADMISSIONS
ENQUIRY



0086-574-87611005 / 83888071



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



Aug 2025						
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Jan 2026						
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Mar 2026						
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Apr 2026						
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May 2026						
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Jun 2026						
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Jul 2026						
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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

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International Education

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