



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 11
November 7th, 2025



A UNNC SENIOR LEADER VISIT NBIS

This Thursday, we were delighted to welcome special guests from the University of Nottingham Ningbo China (UNNC): Professor Umesh Sharma, Vice Provost for People and Culture. WEG chair Julie Lv accompanied the guest with NBIS principals.

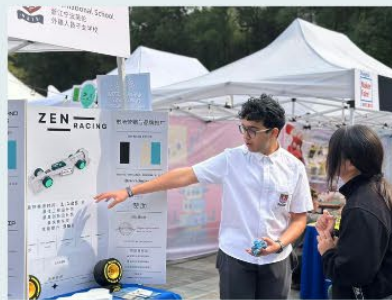
Our guests toured the campus, met with students, and joined a friendly discussion about how NBIS and UNNC can work more closely together. They shared wonderful ideas on promoting high-quality education and making school life happier and more fulfilling for our students.

We're excited to keep building this bond in the big family of WEG and to continue supporting our students to thrive, learn with joy, and belongingness.



NBIS STUDENTS SHINE AT MAKER FAIRE SHANGHAI 2025!

On 1–2 November, NBIS teachers and students made a remarkable appearance at Maker Faire Shanghai 2025, achieving great success! Under the leadership of Secondary Head Mr Aaron Lowe, and with the support of Mr Sean Pollitt and Mr Joshua Exley, ten NBIS teachers and students showcased their projects alongside many renowned international schools in Shanghai, promoting NBIS’s visibility and influence across the Yangtze River Delta region. Ms Vicky Ren, Director of Admissions, and Ms Sira Wu, Marketing Officer, fully supported and participated in the event.



During the exhibition, numerous schools from Shanghai actively engaged with NBIS teachers and students, exchanging ideas and exploring ways to implement similar STEM programmes on their own campuses.

NBIS has also established connections with several schools in Shanghai, aiming to develop future collaborative projects and competitions that will further promote and strengthen the impact of STEM education within our communities.

The balloon-powered car featuring the NBIS logo was a hit among young visitors, and Mr Exley was surrounded by enthusiastic “little fans.” Many curious children eagerly asked how the car worked, learning that its movement was powered by the air released from the balloon. Through this simple yet fascinating experiment, NBIS helped young visitors understand real scientific principles in a fun and hands-on way.

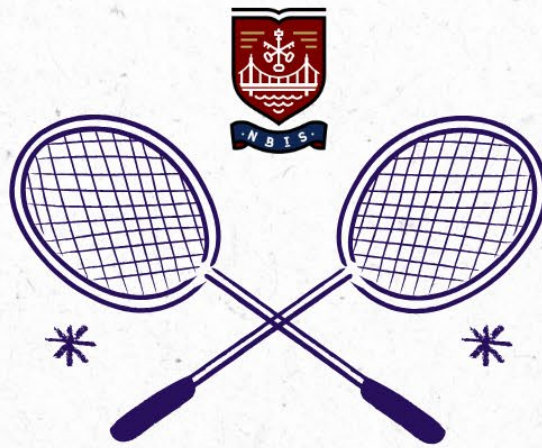
The F1 in Schools team—Johnson, Nono, Jagrav, Yokoi, and Keane—brought their innovative creations to Shanghai, promoting their projects while seeking collaboration and sponsorship opportunities.



At the conclusion of the exhibition, NBIS proudly received the “Maker of Merit” award, one of just five booths recognised at the event. Throughout the day, many parents shared that their children study in places such as Shanghai or abroad, including Germany.

They expressed amazement at the passion and dedication of NBIS teachers, as well as the confidence, engagement, and independence demonstrated by the students.

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Badminton Tournament Invitation

Dear parents and students,

This year, Badminton will be the first tournament of the *Ningbo Sports League*, a league that involves different schools from Ningbo (mainly International), and sometimes other International Schools from nearby cities.

The tournament will be held on **November 8th** (U11 and U13 categories) and **9th** (U15 and U19 categories), in the following venue:

宁波东论羽毛球俱乐部馆金达路789号,
Donglun Badminton Clubhouse.

Both days we will start at 9 am and finish at around 1 pm (8:30 am will be the meeting time, so students can warm up and be ready).

Come to Cheer for the NBIS Sharks!





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





International Drama Festival Schedule



November

2025

M

NOV
10

Improvisation Art Exhibition

11.30 - 1 p.m. Year 8A Workshop

2 - 5 p.m. IGCSE and A Level Drama Intensive Workshop
Parallel Worlds: Exploring New Realities Through Long Form Improv

T

NOV
11

9.45 - 11.15 a.m. Year 7 Group 2 Workshop

11.30 - 1 p.m. Year 7 Group 3 Workshop

3.45 p.m. Teachers Workshop

W

NOV
12

9.00 - 10.30 a.m. Year 9 Group 2 Workshop

11.30 - 1 p.m. Year 7 Group 1 Workshop

2 - 5 p.m. IGCSE and A Level Drama Intensive Workshop
Parallel Worlds: Exploring New Realities Through Long Form Improv

Th

NOV
13

9.00 - 9.45 a.m. Students Improv Show

9.45 - 11.15 a.m. Year 8B Workshop

12 - 1 p.m. Improv Extravaganza Show for Secondary

2 - 3.30 p.m. Year 9 Group 1 Workshop

F

NOV
14

9.00-10.30 a.m. Year 9 Group 3 Workshop

11.45 - 12.30 p.m. Improv Extravaganza Show for Primary

1.30 p.m. Ningbo International Drama Festival - Monologue and Duologue Competition

SU

NOV
16

7 - 9 p.m. Show: Drama Rama Improv Show at UNNC in collaboration with NBIS

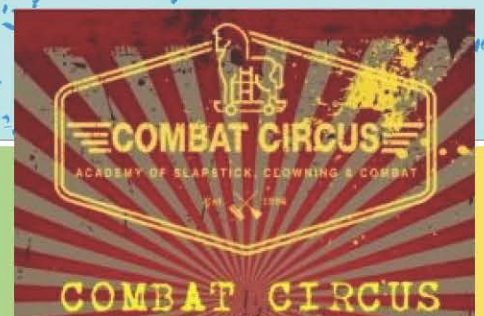
T

NOV
18

9 - 9.45 a.m. Stage Combat and Slapstick Master class

9.45 - 11.15 a.m. Year 9 Stage Combat and Slapstick Workshop

11.30 - 1 p.m. Year 10 - IGCSE and A Level drama Stage Combat and Slapstick Workshop





Ningbo International Drama Festival



Monologue & Duologue Competition

Friday 14th November, 2025

1:30-4 p.m.

NBIS AUDITORIUM



nausicaa.giavarra@nbis.net.cn



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 B learns about Healthy and unhealthy food



This week the children in Reception B have been learning all about healthy and unhealthy food. They discovered that fruit and vegetables keep their bodies strong and healthy. While treats like cake, chocolate, and fizzy drinks, although tasty, are not as good for them and should only be enjoyed sometimes rather than every day.

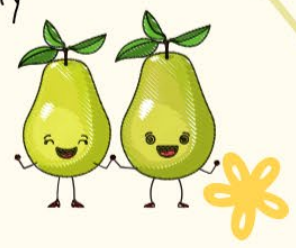
The children took part in sorting food into 'healthy' and 'unhealthy' groups, shared what their favourite healthy snacks are, created a plate of healthy food, learnt a song called 'Tasty Food', listened to the story 'Stone Soup' and also wove a place mat for their healthy food plate.

There was a lot of discussion during the creating a plate of healthy food. The children were telling each other, and their teachers, what they like and do not like to eat, pointing out which food was healthy and which food was not. This discussion showed the learning that had taken place and the understanding that the children have of the concepts 'healthy' and 'unhealthy'. Well done Reception B!

Sorting food into healthy and unhealthy categories



Creating our healthy plates



Weaving our placemats



Links to EYFS
Understanding the world
Communication & Language
Personal Social & Emotional Development
Expressive Art & Design
Physical Development



Year 3B

Adjectives and story writing



Shadin



Jinny



Shinning



Vicky



Anna Sofia



Molly



Edan



Aayan



Kylie



Jacob



Ginny



Thor



Muhammad



Archi





This week, Year 3B set off on an exciting treasure hunt around the Primary Section, exploring NBIS's beautiful campus spaces in search of interesting adjectives and creative synonyms to use in their spooky stories.



This hands-on activity encouraged pupils to enrich their vocabulary, experiment with language, and strengthen their descriptive writing skills, all while enjoying the fresh air and a sense of adventure!



Spotlight On

Primary Talent Show Auditions Shine with Promise!

Mr Isidro Santos Galindo



The Primary building of NBIS was buzzing with a different kind of energy this week as the we hosted the Primary Talent Show auditions. Last Monday and Wednesday, we welcomed over 30 talented students, each eager to secure their spot in the upcoming show. The air was filled with a mix of nerves, excitement, and an incredible display of young creativity.



The audition process was a true testament to the vibrant expressive arts culture at NBIS. A huge thank you must go to Ms Min, our wonderful Primary Music Teacher, who masterfully organised and coordinated the two days. She ensured everything ran smoothly, offering encouragement and helping every student to give their very best performance.

Being part of the jury is both a privilege and a challenge. The judging criteria focused on three key areas: **Raw talent**, **stage presence**, and **preparedness**. We were looking not just for polished acts, but for that spark of confidence and the potential for growth. We are thrilled to report that the overall level of talent was exceptional, making the deliberations incredibly tough.

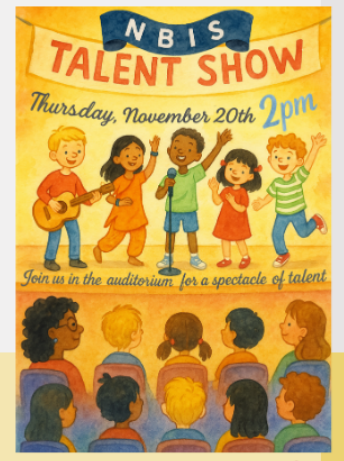


Most of all, we are immensely proud of every single student who signed up and had the courage to perform. Stepping onto a stage and sharing your passion takes great bravery, and each participant should be commended for their effort.



The selected candidates are now being personally informed. The journey, however, does not end here. The next step in our process is to host personalised coaching sessions. Our team will work one-on-one with each act to help refine their performance, build their stagecraft, and ensure they feel confident and ready to shine.

The final step, of course, is the main event itself. We cannot wait to see these talented individuals come together for what promises to be a spectacular NBIS Primary Talent Show!!!



IGCSE Drama & Geo Trip Shanghai



On October 30th and 31st, a combined group of Drama and Geography students took a trip to Shanghai, under the supervision of Ms Nausicaa, Mr Dave and Ms Fay. Students of both subjects experienced two exceptional theatre shows from European theatre companies, investigated the future of Shanghai, immersed themselves in Van Gogh and explored modern art and urban regeneration.

The theatre performances were staged by award-winning international theatre groups. This was a valuable opportunity for our students to be exposed to Western Drama, which is extremely rare in Ningbo. The performances served as an example of the contemporary theatre scene in which the use of multimedia and themes, such as technology and attention spans, fostered students' creativity and knowledge, and invited them to reflect upon the world that surrounded them.



Secondary Section

Overload tackled our info-saturated lives, with a hypertext twist. Described as a “choose-your-own-adventure setup that mirrors our always-on, notification-dinging reality,” it was performed by the Italian theatre production company Sottarraneo. The performance culminated in the audience throwing cabbage at the actors on stage!



Michael Kohlhaas is a gripping modern adaptation of Heinrich von Kleist’s classic tale of justice and revenge, brought to Shanghai by the Berlin-based theatre Schaubühne am Lehniner Platz. It told the story of the eponymous protagonist, seeking simple justice for a wrongdoing by an elite landowner, but who descends into widespread violence and retribution in his search.

The Shanghai Urban Planning Exhibition Center showcased the past, present, and future of the city. It illustrated how Shanghai, at its current stage of development, is embracing innovative strategies and forward-thinking principles to shape its growth. The exhibition highlights Shanghai’s vision of becoming a more welcoming and culturally vibrant city — a hub of innovation and prosperity, and a model of resilience and sustainability. For Geography students, this aligns excellently with the IGCSE Geography syllabus – notably the Changing Towns & Cities and Changing Economies topics.



IGCSE Geography students exploring Shanghai’s future

Students “fly over” the Bund

Field sketching is an important skill to develop for IGCSE Geography. Here, students draw and annotate a sketch of the Bund

The M50 Art District also provided an opportunity to explore the same topics for IGCSE Geography (urban regeneration and gentrification), while allowing students a valuable chance to gain a glimpse of the contemporary Chinese art scene, enhancing their knowledge, their ability to appreciate art, and their overall cultural education.



Here are two accounts from Drama students who attended the trip:

We really enjoyed the opportunity of going to Shanghai for drama and geography trip which was really good because we had time with my friends and the opportunity to make new friends. The show we watched the first evening, "Overload" by Sotteraneo, was fantastic! We learned a lot of new things such as integrating many different scenes in a monologue, and having interactions with the audience. Later we had the chance to talk to the actors/actresses about the reasons behind their drama careers, passion for theatre and techniques to memorize and perform such a play with no mistakes.



NBIS group meets actors from Overload, outside the Jasmine Theatre



The museum about the city of Shanghai was very interesting and Mr Dave guided the visit with meaningful questions.



On Friday, we had lunch in Nanjing Rd where we had fun going to different places and walking through the street seeing different cultures and people before heading to the Van Gogh Museum. There we had the chance to see some amazing reproductions of his painting and his creative creations.



The last show we saw was called "Michael Kohlhaas" by Heinrich von Kleist. It was a very good show: we liked the way the actors were changing into different costumes really quick and the way they were projecting the actor through the camera was super fascinating. It looked like it was a real movie I was watching.



And the sound design was super good and the way they made the sound with their shoe to represent the horses in the play was extremely captivating.

Overall it was a great and memorable experience for all of us!

Stanley Mutunga (Y11B) & Martina Ma (Y11A)

The trip was a cool and new experience for us. We enjoyed watching the weather change from the window as we drove to Shanghai, and we also saw different buildings. During the trip, we had the chance to choose what we wanted to eat and some time to discover areas of Shanghai, which made us happy.

On the first evening we saw the play Overload, which explored the short span of focus we have in a world dominated by media and information. It was an interactive play in which the audience was invited to stand up if they wanted the scene to change. This dramatic technique was creative and really fascinating. We even got to throw vegetables towards the actors at the end! Later on, we had the opportunity to go to



the back of the theatre to ask the actors questions; it was a really nice experience to know the perspective of professional theatre actors.



Friday morning started with breakfast around 9am, then we headed off to the Urban Planning Shanghai Museum. The geography students were assigned worksheets to fill out questions, while the drama students explored the museum. Lunch was held in a plaza next to the Van Gogh exhibition. We had a nice time wandering around the plaza and spending time with our friends.

Next, we arrived at the exhibition. The interior was really creative, some rooms were filled with various types of flowers, while others were bursting with decorative lights, different drawings and vibrant effects.



After that, we headed for dinner, which was next to the theatre we were attending for the next show. We got seated inside the theatre and enjoyed the show. The show portrays a horse trader called Michael Kohlhaas. It was a contrast to the first show with a more serious tone and large use of media and projections. After this very interesting show, we were on our way back to Ningbo. What an amazing trip! We're looking forward to the next one soon!

Wendy Wang (Y10B) , Lily Zhang (Y10B) & Sharon Shi (Y10A)

SECONDARY SPORTS DAY

4 NOV, 2025

Secondary Sports Day was a traditionally fantastic celebration of teamwork, cooperation and school spirit. The day was filled with excitement from the first match till the last minute of the day.

Students could sign up for a range of games, some more competitive, some more joyful, but all students joined and had a great time.

The morning began with the competitive matches in football, basketball and volleyball. Year groups were split into three categories – Years 7 & 8, 9 & 10 and 11 – 13; each group made teams from students from A homerooms and B homerooms. The atmosphere was lively, plenty of cheering and friendly rivalry as the teams battled it out for the victory. The new system of games A vs B turned out as a great way, students enjoyed it so much, opposite genders had a chance to watch each other and in the end, there was a more game time for those playing. By the end of the morning block, it was the B group who lifted the trophy! Congratulation!

In the second block, the focus shifted from the rivalry to the fun games. In those, students fought for the Class Excellence Points. Students could join Accuracy games, such as throwing balls on target, 'Curling' and 'Cross the fire' with dodgeballs; in Fun relays they had to cooperate to jump on the mat at the same time to move it across the court, slide on



Secondary Section

the push trolley to collect more cones than the other group and teamwork to carry the ball together. Last but not least was a popular Tug of War, where the students fought with all their strength to pull the other team over the line. Many Excellence points were given and students were leaving for lunch with happiness and pride.



The afternoon session was one of the most anticipated part of the day – the Students vs Teachers. Matches were played in Basketball, Volleyball and Football. This year change was to allow younger players to join the teachers' team and promote the sense of equity for all, and to form a girls' team vs female teacher's team separately. It was a brilliant way to end the day, showcasing a fair play, camaraderie and a pure joy of the sports.

Overall, Sports Day was a huge success, filled with energy, enthusiasm and plenty of memorable moments for all who participated.

Good job, everyone! A big thank you to the PE team for organising, to all the staff for making it happen, and to the PTA parents for their amazing Energy Booth! What a fantastic sports day!



ART OF THE WEEK

NBIS Fall Festival Art Stall – Coming Soon!

Saturday, November 15th • 11:00 AM – 3:00 PM

We are very excited to announce that, for the first time, NBIS will be hosting a **Student Art Stall at this year's Fall Festival!** Our Art students have been working hard to create a collection of merchandise featuring their own original artwork, including beautifully designed mugs, glass cups, canvas bags, and notebooks. Each item reflects the individuality and creativity of our students, and this event provides a wonderful opportunity for them to experience what it's like to share their work with a wider audience. By purchasing an item, you are not only taking home something special, but also supporting our young artists and encouraging their artistic journey.



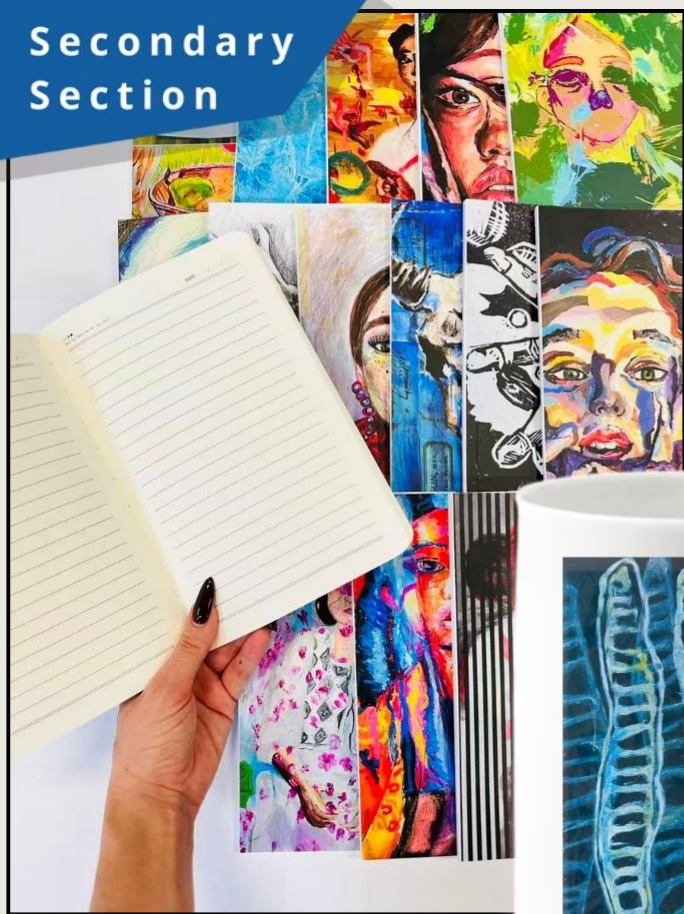
Winter Hoodies – Pre-Orders Open!

We will also be taking pre-orders at the Fall Festival for our brand-new NBIS Art Hoodies, perfect for staying warm this winter. With 20 student-designed options to choose from, you can select a style that suits you and make it truly personal.

We warmly invite you to visit our stall, celebrate our students' creativity, and be part of this exciting new chapter for the Art Department. We look forward to seeing you at the Fall Festival!

Ms.Sam, Secondary Art & Design Teacher

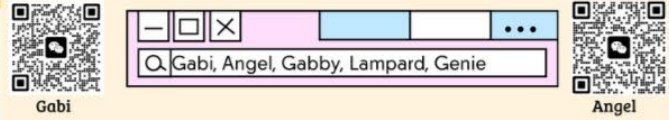
Secondary Section



Upcoming Travel & Tourism Trips

Beach and Ice World Trip by Crystal Paradise

This trip is open to all students in secondary and includes a picnic at the beach and Ice World in Beilun. It will be on the 19th of November.



Trip to the Beach & Ice World!



Students will:

- Relax at the beach!
- Explore Ningbo Ice World and have a fun and cool experience!

Only ¥150!

Before the 11th
EARLY BIRD

- Sign up **before the 14th!**
- Bring your permission form and payment to us or Ms Froome (room 1-408)

Normal price
¥170



19 NOV, 2025	9:00 - 15:20
Beach and Ice World	Beilun
CONTACT US FOR MORE INFORMATION	

Open to whole secondary students (Year 7 and above!)

TRAVEL & TOURISM

BBQ TRIP

20RMB
off!!!
until 7/11



MONDAY 17TH NOVEMBER 2025
9.00AM-3:30PM

Contact Mohammed for more information on WeChat
[ID: 13106338131].

It's not just BBQ,
but also laser tag, four wheel bike, and
archery, etc.

Package A—229RMB/person
Package B—429RMB/2 people
Package C—649RMB/3 people +1 free four wheel bikes
Package D—889RMB/4 people +1 free four wheel bikes

(Additional 45 RMB if you want to ride four wheel bikes)

BBQ Getaway by Sparkstorm

Open to Years 10-13 only. Students are invited to enjoy an outdoor BBQ getaway, including laser tag and archery. It will be on the 17th of November.



For more information, contact alicia.froome@nbis.net.cn

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 10th to 14th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Broccoli Sausage Pasta	Baked Peach Pumpkin	Beef Burgundy	Mashed Potatoes	French Cream Shrimp
	西兰花烤肠意面	黄桃焗南瓜	红酒牛肉	土豆泥	法式奶油虾
	Chicken Nuggets	Basa Fish	Salt & Pepper Chicken	Roasted Chicken Leg	Spiced Beef
	黄金鸡块	巴沙鱼	盐酥鸡	烤鸡腿	五香牛肉
	Black Fungus, Lettuce & Yam	Spinach Egg Dumplings	Shredded Potatoes	Bean Sprouts with Chives	Stir-fried Greens
	木耳莴笋山药	菠菜蛋饺	土豆丝	韭菜豆芽	炒青菜
	Ginger Braised Pork Ribs	Braised Chicken Leg	Steamed Meatloaf with Egg	Braised Duck Pieces	Shredded Chicken
	姜汁仔排	红烧鸡腿	肉饼蒸蛋	红烧鸭块	手撕鸡
	Sautéed Pork Slices with Lettuce	Green Pepper Pork Shreds	Scallion Oil Enoki Mushrooms	Scallion Braised Pork Chop	Lotus Slices with Snow Peas
	莴笋肉片	青椒肉丝	葱油金针菇	葱烤大排	荷兰豆炒藕片
	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
	Pan-fried Quail Eggs	Celery & Mushrooms	Braised Pork Belly	Onion & Dry Tofu Slices	Classic Sausage
	虎皮鹌鹑蛋	西芹口蘑	红烧肉	洋葱干页豆腐	地道肠
	Boiled Shrimp	Fried Shrimp	Salt & Pepper Shrimp	River White Shrimp	Clams with Scallion Oil
	盐水虾	油焖虾	椒盐虾	江白虾	葱油花蛤
	Flatfish	Rubberfish	Small Yellow Croaker	Chopped Chili Fish	Crucian Carp
	玉秃鱼	橡皮鱼	小黄鱼	剁椒鱼块	鲢鱼
	Baked Sweet Potato	Cumin Potatoes	Baked Sweet Potato	Stir-fried Noodles	Stir-fried Mung Bean Sprouts
	烤红薯	孜然土豆	烤地瓜	炒面	炒绿豆芽
	French Fries	Radish Beef	Tian Cai with Baked Rice Cakes	Stir-fried Pork	Steamed Dumplings
	炸薯条	萝卜牛肉	天菜烤年糕	小炒肉	蒸饺
	Pumpkin Potato Soup	Borscht	Creamy Pumpkin Soup	Cream of Mushroom Soup	Bacon Potato Soup
	南瓜土豆浓汤	罗宋汤	奶油南瓜汤	奶油蘑菇汤	培根土豆浓汤
	Fruit	Fruit	Fruit	Fruit	Fruit
水果	水果	水果	水果	水果	
Onion Beef Slices	Celery Shrimp	Steamed Egg with 肉沫蒸蛋	Fried Chicken Popcorn	Fish Fillet	
洋葱牛肉片	西芹炒虾仁		炸鸡米花	鱼排	
Stir-fried Zucchini & 西红柿炒西葫芦	Garlic Sprout Pork 蒜薹肉丝	Chives with Pumpkin 韭菜南瓜	Pork Slices with Carrots 胡萝卜炒肉片	Steamed Egg with 花蛤蒸蛋	
Black Fungus with Carrots	Mashed Potatoes	Corn & Peas	Shredded Potatoes	Kale with Black Fungus	
胡萝卜炒木耳	土豆泥	玉米青豆	土豆丝	芥兰木耳	
Stir-fried Greens	Stir-fried Spinach	Stir-fried Lettuce	Stir-fried No.5 Greens	Stir-fried Shanghai	
炒青菜	炒菠菜	炒生菜	炒五号菜	炒鸡毛菜	
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	
Orange	Cherry Tomato	Jujube	Dragon Fruit	Longan	
橙子	小番茄	冬枣	火龙果	桂圆	
Steamed BBQ Pork Bun	Steamed Custard Bun	Custard Bun	Soup Dumpling	Shumai	
叉烧包	蒸饺	奶黄包	小笼包	烧麦	
Grape	Banana	Pear	Orange	Apple	
葡萄	香蕉	香梨	橘子	苹果	
Bear Cookie	Butter Cookie	Egg Waffle	Steamed Cake	Cranberry Cookie	
小熊饼干	黄油曲奇	鸡蛋仔	港式蛋糕	蔓越莓饼干	





Weekly Menu

Early Years Section

The Week of November 10th to 14th, 2025

	Lunch	Snack
<i>Monday</i>	Onion Beef Slices Stir-fried Zucchini & Tomato Black Fungus with Carrots Stir-fried Greens 洋葱牛肉片 西红柿炒西葫芦 胡萝卜炒木耳 炒青菜	Steamed BBQ Pork Bun Orange Bear Cookie Grape Pure Milk Yogurt 叉烧包 橙子 小熊饼干 葡萄 纯牛奶 酸奶
<i>Tuesday</i>	Celery Shrimp Garlic Sprout Pork Shreds Mashed Potatoes Stir-fried Spinach 西芹炒虾仁 蒜薹肉丝 土豆泥 炒菠菜	Steamed Custard Bun Cherry Tomato Butter Cookie Banana Pure Milk Yogurt 蒸饺 小番茄 黄油曲奇 香蕉 纯牛奶 酸奶
<i>Wednesday</i>	Steamed Egg with Minced Pork Chives with Pumpkin Corn & Peas Stir-fried Lettuce 肉沫蒸蛋 韭菜南瓜 玉米青豆 炒生菜	Custard Bun Jujube Egg Waffle Pear Pure Milk Yogurt 奶黄包 冬枣 鸡蛋仔 香梨 纯牛奶 酸奶
<i>Thursday</i>	Fried Chicken Popcorn Pork Slices with Carrots Shredded Potatoes Stir-fried No.5 Greens 炸鸡米花 胡萝卜炒肉片 土豆丝 炒五号菜	Soup Dumpling Dragon Fruit Steamed Cake Orange Pure Milk Yogurt 小笼包 火龙果 港菜蛋糕 橘子 纯牛奶 酸奶
<i>Friday</i>	Fish Fillet Steamed Egg with Clams Kale with Black Fungus Stir-fried Shanghai Greens 鱼排 花蛤蒸蛋 芥兰木耳 炒鸡毛菜	Shumai Longan Cranberry Cookie Apple Pure Milk Yogurt 烧麦 桂圆 蔓越莓饼干 苹果 纯牛奶 酸奶





Sample Meal (Whole School)



Sample Meal (Early Years)



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ENQUIRY



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



Aug 2025						
M	T	W	T	F	S	S
				1	2	3
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Sep 2025						
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Oct 2025						
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Nov 2025						
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Dec 2025						
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Jan 2026						
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Feb 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

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