



# NINGBO BRITISH INTERNATIONAL SCHOOL

**Weekly Newsletter 12**  
**November 14th, 2025**





A huge congratulations to our amazing NBIS Sharks who showed incredible skill and spirit at the recent Badminton and Basketball tournaments! Thanks to all the participants for great effort and to PTA for providing snacks to our athletes! Well done, Sharks!



Here are our amazing results:

U11 Boys Singles - Ryan 3rd

U11 Girls Singles - Vicky 3rd

U11 Boys Doubles - Ryan and Torren 3rd

U11 Girls Doubles - Anna and Celine 2nd

U11 Mixed Doubles - Sam & Vicky 2nd

U13 Girls Singles - Tiffany 2nd, Eloise 3rd

U13 Girls Doubles - Tiffany & Eloise 2nd, Aimee & Emilia 3rd

U13 Mixed Doubles - Lukas & Emilia 3rd

U15 Boys Singles - Matthew 1st

U15 Boys Doubles - Matthew & Terry 2nd, Harry & Felix 3rd

U15 Mixed Doubles - Jason & Sun Zhou 2nd

U19 Boys Singles- Charlie 3rd

U19 Boys Doubles - Rangy & Biel 3rd

U19 Girls Singles - Miranda 3rd

In basketball, our U15 team claimed victory and our U12 team showed great effort against GSN. Well done, everyone!





OPEN TO NBIS COMMUNITY

# Fall Festival



FOOD - MUSIC - GAMES - AND MORE!

**15<sup>TH</sup>** NOVEMBER 2025  
11:00 AM ~ 3:00PM

365 GUANGHUA ROAD  
NINGBO BRITISH INTERNATIONAL SCHOOL

STUDENT COUNCIL 2025-2026



**THIS SATURDAY**

**IT'S  
COMING  
SOON!**

**FALL FESTIVAL**





# **NBIS SHARKS UPCOMING GAMES!**

**Get ready to cheer on our Sharks! Here are the upcoming fixtures—come and support our athletes as they compete with passion and team spirit!**

**- Sunday 16, 3pm, at HD.**

**Football U19 Boys vs HD.**

**- Monday 17, 5pm, at NBIS.**

**Volleyball U19 Girls vs HD.**

**- Monday 17, 6pm, at NBIS.**

**Basketball U19 Boys vs Xiaoshi.**

**Let's Go SHARKS!** 



# Tips for Fire & Electrical Safety

全民消防、生命至上——安全用火用电



## Fire Safety Tips:

- Keep science lab equipment away from flammable materials.
- Do not use personal gas cookers or hot plates in classrooms or dormitories.
- Keep classroom corridors and exits clear – never block fire routes.
- Know the nearest fire extinguisher and how to use it.



## Electrical Safety Tips

- Do not overload sockets with too many devices.
- Keep wet hands away from switches or plugs.
- Report damaged wires or sparking sockets to teachers or maintenance staff immediately.
- Switch off and unplug devices (such as projectors or computers) after lessons.



## Emergency Numbers

- **Fire** ——119
- **Police** ——110
- **Ambulance** ——120
- NBIS Fire Control Room ——  
0574-89076119

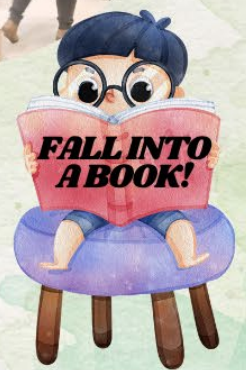




# FALL BOOK FAIR!



## BOOK FAIR BUZZ!



November 4th-7th, our school came alive with literary excitement as we hosted our bi-annual Book Fair, proudly powered by Book Win!

Students filled the lobby with energy and curiosity, diving into stacks of stories, facts, and adventures.

From gripping thrillers to hilarious comics, there was a book for every kind of reader.



## A CHAPTER TO REMEMBER

Captured moments: smiles, stories, and stacks of books—our photo gallery says it all. Take a look at the joy of reading in action!

Until the next chapter, a huge thank you to Book Win and our incredible student readers for making this year's fair a true page-turner. Stay tuned for next year's edition—bigger, bolder, and even more bookish!



- Ms Trina, NBIS School Librarian

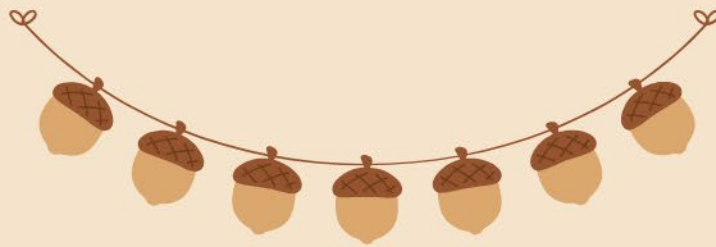
# Nursery A

Ms. Dana, Ms. Mia and Ms. Michelle

We've been working with natural materials to construct a variety of 2-D shapes such as rectangle, square, triangle and circle. As the children designed, they discovered they could make combinations of 2-D shapes and make a new shape, such as a diamond.



We were fortunate to see an Osmanthus tree bloom outside our classroom. The children were excited to use magnifying glasses and investigate!



We visited the STEAM room where children had the chance to use both the microscopes and the light table. Whilst using the microscopes children looked at slides of a celery leaf, Pomegranate flower, lotus root and a carnation leaf. The children were delighted to use these tools to explore and discover!



Children designed their own autumn trees using mixed media. They were delighted to use both red and yellow paint to make orange! We then used sticks we collected on a sensory walk around school!



# EY Teddy Bears' Picnic

You're invited to join our Early Years Teddy Bears' Picnic!

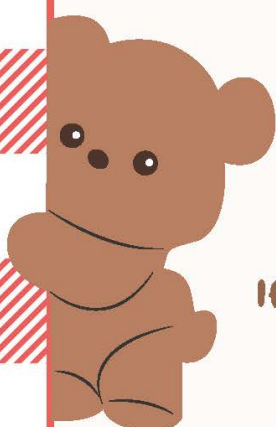


**When?** Thursday 20<sup>th</sup> of November

**Where?** Early Years Undercover Play Area

**What time?** 10-11am

The school will be providing food, however you are welcome to bring food (no soft drinks or sweets please) for your child's class. We kindly ask that food be prepackaged rather than homemade/homecooked.



If you wish to attend please RSVP (notify your class teacher) by Friday the 14<sup>th</sup> of November.

# From Cave Walls to Classroom Walls!



Our Year 4B students have been travelling back in time to explore the fascinating world of the Stone Age as part of our Stone Age to Iron Age learning module. They have been learning how early humans lived, hunted, and gathered food long before modern technology existed.



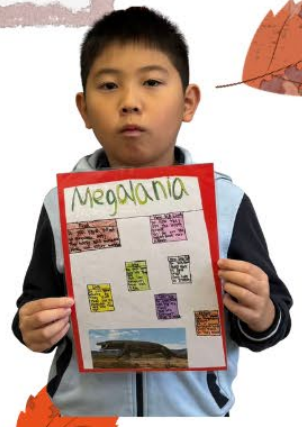
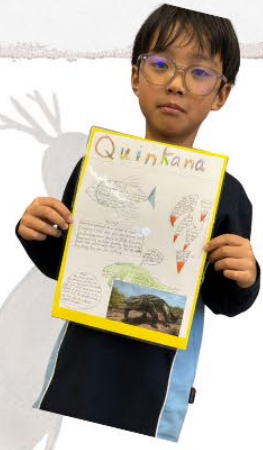
They have been learning how early humans lived, hunted, and gathered food long before modern technology existed. Through discussions, videos, and hands-on activities, students discovered how people used stone tools, made fire, and created shelters for survival.



Inspired by ancient cave art, the children designed their own Stone Age drawings on A3 paper, using natural tones and symbols to tell stories of daily life and adventure. They also researched Stone Age animals, creating colourful and informative posters that showcase both creativity and understanding.



This topic has encouraged curiosity, teamwork, and a deep appreciation for how human life has evolved over time. Our young historians have truly brought the distant past to life with imagination, enthusiasm, and an eye for detail!



# ART OF THE WEEK

PRIMARY ART & DESIGN

## Year 6



## Sculpting Sound

### AN IMPROVISED JOURNEY BETWEEN MUSIC & WIRE

In this cross-curricular project, students use musical and artistic improvisation to explore emotion and movement. They create spontaneous soundscapes expressing mood, then translate these into freeform wire sculptures, shaping rhythm and feeling into form. Through experimentation and collaboration, students discover how improvisation connects music, emotion, and visual art in expressive, creative ways.

#### REQUIRED ITEMS

- Music
- Wire
- Tin Foil
- A4 Paper



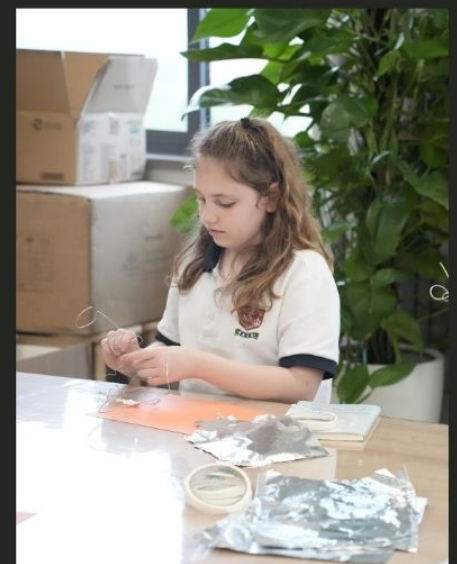
## IMPROVISATION ELEMENT

Musical Improvisation by responding to sound and emotion instead of relying on fixed composition.

Artistic Improvisation by translating music into form and responding rather than aiming for a perfect outcome.

## LEARNING OBJECTIVES

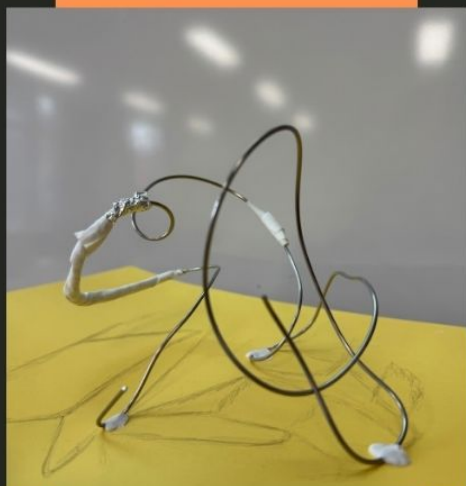
- 1 Recognise how different genres of music can evoke emotions, moods, and imagery.
- 2 Experiment with line, form, and movement in wire to represent rhythm, tempo, and mood.
- 3 Demonstrate originality and imagination in interpreting music through sculpture.



# ART OF THE WEEK

PRIMARY ART & DESIGN

## Year 6



YEAR 6A/6B/6C

MR ADEEL ALI / ART TEACHER



N B I S  
TALENT SHOW

Thursday, November 20th 2pm



Join us in the auditorium for a spectacle of talent



# 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 19<sup>th</sup> 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  
 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 17<sup>th</sup> of November.



For more information, contact [alicia.froome@nbis.net.cn](mailto:alicia.froome@nbis.net.cn)

# Improvising Our Way to Togetherness



**Mr Dominic Armstrong**



Led by Curt Mabry, founder of Zmack Comedy, Shanghai's long-running improv troupe, NBIS Drama week's staff improv workshop introduced us to the eight noble principles of improvisation: active agreement, trust, support, active listening, presence, top-of-your-intelligence, commitment, and unity. In other words: "Say yes, have fun, make eye contact, and try not to break anything."

After Curt's lively introduction, we eased into collaborative story-building in a circle, discovering that nothing bonds colleagues like collectively inventing a narrative that absolutely no one understands. From there, the energy built into the 1-3-5 scene challenge, where staff could speak in only one word, three words, or five words at a time. Curiously, five-word sentences turned out to be the hardest.

The workshop then escalated to a surreal new height when Mr Armstrong transformed into a remarkably convincing tree. Within seconds, Mr Dani perched upon him as a bird of questionable taxonomy, while Ms Emily became a small, emotionally complex insect nestled somewhere in the branches. Their improvised ecosystem evolved, adding and subtracting new teachers as objects and creatures, while exploring conflict, harmony, and the unspoken tension of Mr Isidro becoming Mr Armstrong's shadow.

The session concluded with a gratitude activity that forced us into literal agreement: whatever anyone said, the only acceptable response was, "Thank you, you are exactly right." It was wonderfully affirming, mildly unsettling, and, according to several participants, should be adopted as the school's new meeting protocol.

Curt masterfully linked each improv exercise back to practical classroom applications, helping staff consider ways to weave spontaneity, creativity, and cooperation into their teaching. Beyond the pedagogical gems, the workshop achieved something greater: genuine unity and cohesion across staff from different parts of the school. With our busy schedules, an evening of laughter, chaos, and tree-based role-play proved to be exactly what we needed.

Thank you. You are exactly right.





# NBIS FOOD

## WEEKLY Menu

The Week of November 17th to 20th, 2025

	Monday	Tuesday	Wednesday	Thursday
Lunch Menu	Mashed Blueberry Yam	Curry Chicken	French Baked Pumpkin	Creamy Bacon & Potato Stew
	蓝莓山药泥	咖喱鸡	法式焗南瓜	土豆奶油培根
	Beef Stew with Potatoes	Scallion Oil Fish Fillet	Steamed Chicken with Mushrooms	Roast Duck
	土豆炖牛肉	葱油鱼片	菌菇蒸鸡块	烤鸭
	Stir-fried No.5 Greens	Cabbage with Fried Tofu Puffs	Shredded Potato with Vinegar Sauce	Stir-fried Greens
	炒五号菜	白菜油豆腐	醋溜土豆丝	炒青菜
	Cod Fillet	Cucumber Scrambled Eggs	Fried Shrimp Fillet	Stir-fried Celery with Shrimp
	鲷鱼排	青瓜炒蛋	炸虾排	西芹炒虾仁
	Stir-fried Bacon with Green Peppers	Stir-fried Greens with Shiitake Mushrooms	Spicy Beef in Golden Soup	Di San Xian (Sautéed Potato, Green Pepper & Celery)
	线椒炒培根	香菇青菜	金汤肥牛	地三鲜
	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower
	炒西兰花	炒花菜	炒西兰花	炒花菜
	Honey Glazed Sweet Potato	Baked Potato	Garlic Spareribs	Pepper-Salt Roasted Baby Potatoes
	蜜汁红薯	烤土豆	蒜香仔排	椒盐小土豆
	Roasted Chicken Mid-Joints	Orleans Roasted Chicken Drumstick	Vermicelli with Minced Pork	Boiled Sliced Meat in Hot Chili Oil
	烤中翅	奥尔良鸡腿	肉沫粉丝	水煮肉片
	Poached Shrimp	Braised Shrimp	Jiang Bai Shrimp	Clams
	白灼虾	油焖虾	江白虾	花蛤
	Yellow Croaker	Cruclian Carp	Flatfish	Yellow Croaker
	小黄鱼	鲳鱼	玉秃鱼	小黄鱼
	Stir-fried Crown Daisy with Garlic	Maouxewang (Duck Blood Curd & Organs in Sauce)	Braised Japanese Tofu	Braised Beef Brisket
	蒜泥茼蒿	毛血旺	红烧日本豆腐	红烧牛腩
	Cream of Mushroom Soup	Bacon & Potato Chowder	Pumpkin & Potato Chowder	Borscht
	奶油蘑菇汤	培根土豆浓汤	南瓜土豆浓汤	罗宋汤
	Fruit	Fruit	Fruit	Fruit
	水果	水果	水果	水果
	Shrimp Omelette	Clams with Scallion Oil	Stir-fried Luffa with Eggs	Fried Shrimp Fillet
	虾仁抱蛋	葱油花蛤	丝瓜炒蛋	炸虾排
	Stir-fried Bacon with Green Peppers	Stir-fried Cabbage with Pork Slices	Braised Chicken Chunks	Stir-fried Celery with Yam Slices
	青椒炒培根	白菜炒肉片	红烧鸡块	西芹山药片
Stir-fried Corn Kernels with Carrots	Stir-fried Snow Peas with Black Fungus	Stir-fried Lettuce with Carrots	Shredded Carrots & Potatoes	
玉米粒炒胡萝卜	荷兰豆炒木耳	莴笋胡萝卜	胡萝卜土豆丝	
Garlic Lettuce	Stir-fried Shanghai Bok Choy	Stir-fried Spinach	Stir-fried Crown Daisy	
蒜蓉生菜	清炒鸡毛菜	炒菠菜	炒茼蒿	
Pure Milk	Pure Milk	Pure Milk	Pure Milk	
纯牛奶	纯牛奶	纯牛奶	纯牛奶	
Yogurt	Yogurt	Yogurt	Yogurt	
酸牛奶	酸牛奶	酸牛奶	酸牛奶	
Shine Muscat Grapes	Cherry Tomatoes	Crimson Seedless Grapes	Longan	
阳光玫瑰	小番茄	克瑞森无籽提	桂圆	
BBQ Pork Bun	Steamed Dumpling	Custard Bun	Rice Steamed Bun	
叉烧包	蒸饺	奶黄包	米馒头	
Banana	Orange	Pear	Apple	
香蕉	橘子	香梨	苹果	
Jenny Bear Cookies	Red Cap Cookies	White Lover Cookies	Caramel Biscuit	
珍妮曲奇小熊饼干	红帽子曲奇	白色恋人	焦糖饼干	



# Weekly Menu

Early Years Section

The Week of November 10th to 14th, 2025

	Lunch	Snack
<i>Monday</i>	Shrimp Omelette Stir-fried Bacon with Green Peppers Stir-fried Corn Kernels with Carrots Garlic Lettuce 虾仁抱蛋 青椒炒培根 玉米粒炒胡萝卜 蒜蓉生菜	BBQ Pork Bun Shine Muscat Grapes Jenny Bear Cookies Banana Pure Milk Yogurt 叉烧包 阳光玫瑰 珍妮曲奇小熊饼干 香蕉 纯牛奶 酸奶
<i>Tuesday</i>	Clams with Scallion Oil Stir-fried Cabbage with Pork Slices Stir-fried Snow Peas with Black Fungus Stir-fried Shanghai Bok Choy 葱油花蛤 白菜炒肉片 荷兰豆炒木耳 清炒鸡毛菜	Steamed Dumpling Cherry Tomato Red Cap Cookies Orange Pure Milk Yogurt 蒸饺 小番茄 红帽子曲奇 橘子 纯牛奶 酸奶
<i>Wednesday</i>	Stir-fried Luffa with Eggs Braised Chicken Chunks Stir-fried Lettuce with Carrots Stir-fried Spinach 丝瓜炒蛋 红烧鸡块 莴笋胡萝卜 炒菠菜	Custard Bun Crimson Seedless Grapes White Lover Cookies Pear Pure Milk Yogurt 奶黄包 克瑞森无籽提 白色恋人饼干 香梨 纯牛奶 酸奶
<i>Thursday</i>	Fried Shrimp Fillet Stir-fried Celery with Yam Slices Shredded Carrots & Potatoes Stir-fried Crown Daisy 炸虾排 西芹山药片 胡萝卜土豆丝 炒茼蒿	Rice Steamed Bun Longan Caramel Biscuit Apple Pure Milk Yogurt 米馒头 桂圆 焦糖饼干 苹果 纯牛奶 酸奶
<i>Friday</i>	No School 放假	



Sample Meal (Whole School)



Sample Meal (Early Years)





## CONNECT WITH US



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ENQUIRY



0086-574-87611005 / 83888071



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[nbis.net.cn](http://nbis.net.cn)



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



Aug 2025						
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Jan 2026						
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Feb 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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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

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Cambridge International School