



# NINGBO BRITISH INTERNATIONAL SCHOOL

**Weekly Newsletter 13**  
**November 20th, 2025**



# 甬聚国际 才享生活

国际人才  
嘉年华

## International Talent Carnival

Ningbo – Hub for Global Talent · A City to Enjoy Life



## 邀请函 Invitation

亲爱的国际人才伙伴、社区家人们：

Dear friends,

在宁波，温暖从不是孤立的片段

In Ningbo, warmth is not found in grand gestures, but in the details of daily life.

是书藏古今的底蕴里，藏着的包容与厚重

It lives in a city rich with history yet open to the world,

是港通天下的格局中，裹着的开放与热忱

in a port that connects far and near,

更是国际人才社区里，彼此守望的烟火气

and in an international community where people look out for one another.

为了让这份温暖更浓，让交流更畅，我们备好一场嘉年华——既有政策干货解你烦忧，更有游园狂欢伴你开怀，诚邀你共赴这场双向奔赴的相聚！

To make this warmth easier to feel and share, we're hosting a small carnival — some practical info for work and life, and plenty of relaxed activities to enjoy together. We'd love to have you with us.



## 沉浸式游园狂欢·国际人才嘉年华

### International Talent Carnival - Immersive Garden Tour

时间 (Time) : 2025年11月22日 (周六) 13:00-16:30

Time: Saturday, November 22, 2025 13:00-16:30

地点 (Venue) : 宁城社区广场

Venue: Ningcheng Community Square

邀约对象 (Quota) : 全家老少、亲友同行都欢迎~

Who's welcome: You, your family, your friends — all are invited.

### 必玩亮点 (Highlights)

#### What to expect (Highlights)

舌尖上的宁波: 美食品鉴, 唤醒味蕾狂欢;

Food from around Ningbo — follow your appetite

趣味互动: 主题小游戏闯关, 中外朋友一起玩;

Games & Fun — play together, make friends

文化碰撞时刻: 解锁非遗文化, 多元体验;

Culture moments — hands-on traditional craft experiences

服务直通车: 政策咨询, 超省心~

Practical help — policy support

因你更精彩, 我们等你赴约~

It's simple:

good food, easy conversations, light fun. We hope to see you there.

报名电话: 15657860906

(工作日9:00-17:00, 有疑问随时call我们~, 有问题随时打~)

Sign-up Tel: 156-5786-0906 (Mon-Fri, 9:00-17:00)

报名二维码:

Scan the QR code to register.





The NBIS SHARKS began their season with an outstanding **6-0** victory over HD in their opening match.

The football team demonstrated excellent skill, teamwork, and determination throughout the game.

Congratulations to our **Joint Players of the Match: Lucas and Leandro**, both delivering exceptional performances on the field. A fantastic start to the season! **Let's go SHARKS!**





# NBIS SHARKS in Action!

Monday night, our teams showed great spirit:

- U19 Girls Volleyball: Victory 3-1 against HD
  - U19 Boys Basketball: Close game 23-31 vs Xiaoshi
- 1, 2, 3... SHARKS! 🦈





# NBIS SHARKS UPCOMING GAMES!

Get ready to cheer on our Sharks! Here are the upcoming games—come and support our athletes!

- Saturday 22nd, at HD School.

Basketball tournament for the U12 Mixed, U19 Girls and U19 Boys (From 8 am to 4:30 pm).

- Sunday 23rd, at NBIS. Volleyball match vs UNNC for the U19 boys (From 3 to 4:30 pm)

The NBIS community is warmly invited to come and show your support!

If you would like to attend, please email Mr Gomez at: [\*\*Daniel.gomez@nbis.net.cn\*\*](mailto:Daniel.gomez@nbis.net.cn)



## FROM TOKYO TO AUCKLAND: A JOURNEY OF CONNECTION AND CULTURE

Report by Mr Robert Yan, NBIS Chinese Principal

Last week was an incredible journey that took me from the bustling academic halls of Tokyo to the culturally rich landscapes of New Zealand, all in the spirit of bringing the world a little closer to our NBIS community.

In Japan, we immersed ourselves in the innovative atmospheres of Waseda University and Hosei University, exploring how we can better prepare our students for success in top-tier global institutions.

But it was in New Zealand that the journey truly came alive. At Morrinsville College, we weren't just visitors; we were welcomed as friends. The air filled with the rhythmic chanting and powerful movements of a traditional Māori haka, a welcome that resonated deep within us. Haka is more than just a dance, it carries history, conveys identity, and serves as a profound way to express welcome, respect and unity.



The most moving moment was sharing the hongi—a simple, beautiful gesture where the breath of life is exchanged. It's basically shaking hands and touching foreheads and noses together. It symbolises sharing breath in unity. It was a powerful reminder that beyond language and borders, we share a common humanity.

Meanwhile, I proudly signed a Memorandum of Understanding (MOU), officially marking the beginning of a new chapter of collaboration and exchange, witnessed by WEG leaders and sister school leaders from the WEG family.

This trip was more than just a series of meetings, it was about building bridges—between cultures and between schools. In NBIS, we are dedicated to cultivating global citizens with an international vision and a deep respect for diverse cultures. The experience is a vivid lesson, and I love to take this invaluable experience back here to share it with our NBIS community. Thank you!



# STUDENT COUNCIL, BUSINESS STUDENTS AND THE PTA FALL FESTIVAL

The NBIS Fall Festival was a vibrant and exciting community celebration held on Saturday to celebrate the beautiful season of autumn. The event brought together students, families, and staff for a day filled with fun activities and delicious food. Some culinary delights were for sale, such as Simone's amazing apple crumble, 'Eggcellent' samosas, the Persian Corner, the French Corner, and the mocktails. This year's festival was a wonderful opportunity for the school community to come together and enjoy outdoor activities such as face painting, ring toss, a bouncy castle, soccer, darts, and throwing water balloons at Mr Aaron and Mr Simon! All of which contributed to a lively and cheerful atmosphere. The event helped foster a strong sense of community and school spirit among attendees.

In addition to the celebration, the Fall Festival served as an important fundraiser for our school. The Secondary Student Council, Primary Student Council, Business Students, teachers, admin staff, and PTA collaborated seamlessly to plan and organize the event, ensuring everything ran smoothly. Through sales, donations, and various activities, the festival successfully raised funds that will benefit future school programs and initiatives. Thanks to the teamwork and enthusiasm of everyone involved, this year's Fall Festival was a great success, creating lasting memories and strengthening the bonds within the NBIS community.







# NBIS Community at the Ningbo Korean Society Sports Festival



Our NBIS Korean community, including Music Teacher Ms Min Cha and our students, joined the Ningbo Korean Society Sports Festival recently. They enjoyed a day of fun activities and team spirit, celebrating our diverse community. We congratulate the Ningbo Korean Society on a very successful event!



# KEEPING OUR STUDENTS' EYES HEALTHY!

This Monday, doctors from Ningbo Eye Hospital visited NBIS to provide eye examinations and vision tests for students across the Primary and Secondary sections.

Our students received professional check-ups and valuable advice on maintaining good eye health — a great step towards keeping their vision sharp for learning and play!





# 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



# Nursery B

Autumn turns outdoor spaces into a playground of learning where children become leaf detectives. We found crunchy leaves red, orange, and yellow on the ground. We collected so many beautiful ones which now fill our classroom, along with pinecones, and lovely autumn colors.



We set up a little pumpkin stand! We learned how to be little shopkeepers, talking about our pumpkins and sharing them with our friends. It was exciting to "sell" our giant harvest and transporting them in our wheelbarrow.



# Early Years Section



With all these autumn items around, we became artists! Our children made their own special crafts. Come and see our amazing art gallery on the classroom wall!

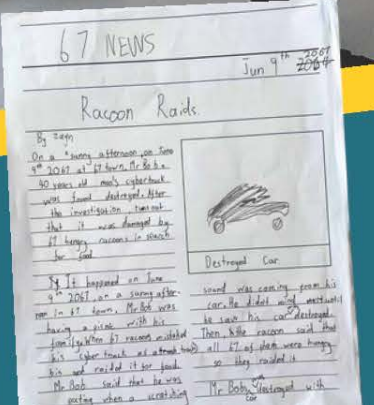
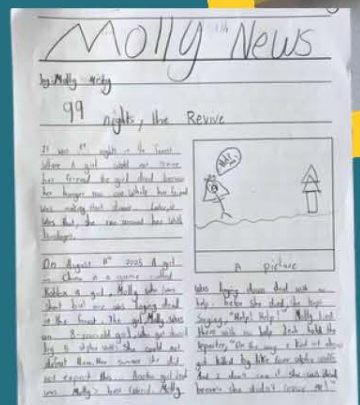
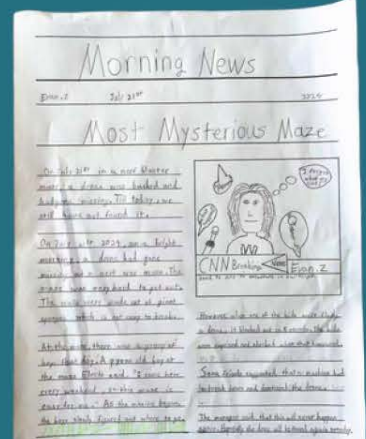


# NEWS REPORT

## Recounts

In the English unit *Recounts*, 5B students have been learning how to write news reports. Unlike diaries, news reports are written in a formal tone and from a third-person perspective, with the main event introduced in the opening paragraph. Students incorporated key features of a news report, including a headline, byline, and interviews with eyewitnesses written in both direct and reported speech.

To conclude the unit, students became news reporters themselves—recording and presenting their reports to the class with great enthusiasm!



Expressive Arts Department - November News

**DRAMA INTERNATIONAL FESTIVAL**

**ORGANISED BY THE NBIS EXPRESSIVE ARTS DEPARTEMENT**

**A cross campus and cross-curriculum series of event to celebrate Theatre, Visual Art, Music, Physical Education, Creativity, and Problem-solving skills**

*From November 10th to 18th, the Expressive Arts Department presented the Ningbo International Drama Festival at NBIS. This year, the Drama Festival explored the themes of Improvisation and Comedy.*

We welcomed acclaimed international artists-in-residence who immersed our community in the spontaneous world of live theatre. An Art and Music exhibition around the theme of Improvisation, hands-on workshops for students, PD for teachers, cross-curricular projects linking drama with Art, Music, and PE, and thrilling student performances at both NBIS and UNNC brought our creative community together! Moreover, NBIS hosted a professional Improvisation Show, a master class on clowning and the seventh edition of the inter-school monologue and duologue competition, celebrating students' talents and skills.

NOV 10	NOV 11	NOV 12	NOV 13
<b>M</b> Improvisation Art Exhibition 11.30 - 1 p.m. Year 8B Workshop 2 - 5 p.m. IGCSE and A Level Drama Interactive Workshop Parallel Worlds: Exploring New Realities Through Long Form Improv	<b>T</b> 9.45 - 12.25 a.m. Year 7 Group 2 Workshop 11.30 - 1 p.m. Year 7 Group 3 Workshop 3.45 p.m. Teachers Workshop	<b>W</b> 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 Interactive Workshop Parallel Worlds: Exploring New Realities Through Long Form Improv	<b>Th</b> 9.00 - 9.45 a.m. Students Improv Show 9.45 - 11.15 a.m. Year 8B Workshop 12 - 1 p.m. Improv Extravaganza Master for Secondary 2 - 3.30 p.m. Year 9 Group 1 Workshop
NOV 14	NOV 16	NOV 18	
<b>F</b> 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	<b>SU</b> 7 - 9 p.m. Show: Drama Burns Improv Show at UNNC in collaboration with NBIS	<b>T</b> 9 - 9.45 a.m. Stage Combat and Spagetti Master class 9.45 - 11.15 a.m. Year 9 Stage Combat and Spagetti Workshop 11.30 - 1 p.m. Year 10 - IGCSE and A Level Drama Stage Combat and Spagetti Workshop	

**International Drama Festival at NBIS: Improvising Our Way to Connection**

by Sean Armstrong

The Drama Festival 2025 filled NBIS with laughter, creativity, and a renewed sense of community as we welcomed Mr Curt Mabry—professional improviser and founder of the Zmack Improv Family—as our artist-in-residence. Throughout the week, Curt worked with Lower Secondary, IGCSE, and A Level students, transforming classrooms into spaces where imagination, trust, and spontaneity took centre stage.



Curt introduced students to the essential principles of improvisational theatre: saying “yes, and”, supporting your partners, and discovering that truth is funnier than imagination. This philosophy guided every workshop. Through energetic warm-ups and collaborative activities, students learned that improv is not about individual brilliance, but about building scenes together through attentive listening and shared creativity.

Lower Secondary students were introduced to groupmind—an improv concept emphasizing trust and collective awareness. Students played games like “Farmer and Chicken,” where gentle leading and careful responding are essential. The popular “I Am” activity invited students to form living tableaux of objects, from trees and lamps to clocks and bicycles. Selected objects would then come alive for a brief conversation, often resulting in unexpected humour or moments of emotional sincerity.

Older students explored Detours, a long-form structure in which a single moment branches into multiple parallel realities. Working in small ensembles, they created scenes blending humour, emotion, and surprise—each twist guided fully by audience suggestions. Partner exercises strengthened their listening skills, physical awareness, and willingness to take imaginative risks.



A standout moment of the week occurred on Thursday and Friday when Mr Curt was joined by senior Zmack Improv Family performers Ms Chen and Ms Jennel, who brought professional polish and contagious energy to the stage. Together with student and teacher volunteers, they delivered fast-paced demonstrations full of charming spontaneity and joyful unpredictability in front of Primary and Secondary students.





NBIS also proudly hosted the 7th edition of the interschool Monologue and Duologue competition, welcoming performers from NBIS, AIAN and HD. Thirty-seven students presented monologues and duologues ranging from the intensity of Lady Macbeth to the wit of The Marvelous Mrs. Maisel. The judging panel—including local theatre masters and NBIS alumnus Chayse Shirley—offered thoughtful and encouraging feedback.

Over the weekend, four NBIS festival winners joined Mr Curt for a special three-act performance at UNNC on Sunday evening. The show opened with a fresh version of Detours with the same NBIS performers, followed by Mr Curt's improvised scene with Professor Bellotti. The final act featured UNNC students performing within the improvisation long form called 'The Armando', blending monologue and duologue performances with improv. As the night ended, Curt expressed his gratitude for the creativity and spirit of the rising generation.



## About artist in Residence : Mr. Curt Mabry

Curt Mabry is an internationally recognised improvisational theatre director, applied improvisation consultant, and the Founding Director of Zmack Improv Family, with bases in Shanghai, Bangkok, La Rioja, and New York City. With over 30 years of experience in performance and organizational training, Curt has pioneered the use of improvisation as a tool for leadership, collaboration, and intercultural communication.



His Zmack Improv curriculum has been adopted worldwide and was recently selected as the primary curriculum for the United Nations Theatre Group in New York. A seasoned performer and facilitator, Curt has designed and led programs for hundreds of multinational organizations and has brought his unique approach to Improvisational theatre to communities across Asia and beyond. We are honoured to have hosted him as our Artist in Residence for a full very special week of creative exchange and learning.

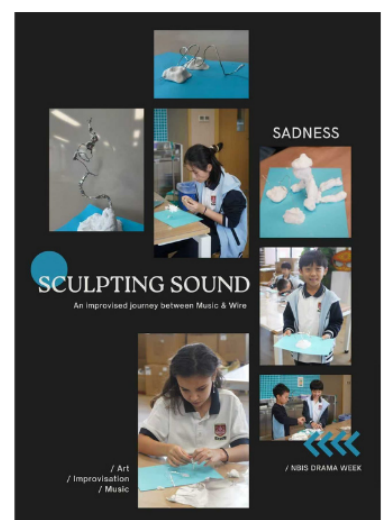


## SCULPTING SOUND: An improvised journey between music and wire

by Adeel Adi

This year's Drama Week centered around the theme of "IMPROVISATION", encouraging artists to think in a creative way. In our Year 6 collaboration project, improvisation played a key role in connecting music and wire sculpture.

By responding freely to the rhythms and moods of the music, we shaped the wire intuitively, letting movement and sound guide our creative decisions. This spontaneous approach encouraged teamwork, as each person's ideas evolved in real time and influenced others. Improvisation not only made the process more dynamic and expressive, but also helped us create artwork that felt alive, responsive, and uniquely shaped by the moment.



## Learning Objectives:

- Recognise how different genres of music can evoke emotions, moods, and imagery.
- Experiment with line, form, and movement in wire to represent rhythm, tempo, and mood.
- Demonstrate originality and imagination in interpreting music through sculpture.
- Gain awareness of contemporary art practices, understanding how artists use music, movement, and improvisation in their work.



## 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.
- Emotional Improvisation by allowing their feelings and mood to guide their creative decisions, resulting in more expressive and personal sculptures.
- Material Improvisation by experimenting with bending, twisting, and layering wire in unexpected ways, discovering new techniques through trial and error.

Their final sculptures showed originality, imagination, and a strong understanding of how music and movement can influence art. Overall, Year 6 not only enjoyed the experience but achieved impressive results through curiosity, collaboration, and a willingness to explore. Well Done Year 6!



*While year 6 experimented with sculpture, AS-Art student Alyssa imagined a new building for NBIS, during a 4-hour period of uninterrupted creative process, guided by background music, architecture ideas and artists work.*





# ART

EMERGING VOICES



NBIS ART & DESIGN

NINGBO BRITISH INTERNATIONAL SCHOOL, CHINA

# Future Foundations

Painting Architecture –  
Imagining the New NBIS School



## Overview

Architecture is more than construction; it's the translation of ideas about space, people, and community into visual and built form. Artists such as Zaha Hadid, Norman Foster, and Frank Gehry have challenged traditional boundaries of architecture by using expressive and imaginative forms. Many contemporary painters and designers also explore architectural concepts through painting, blending realism with abstraction.

*In this project, you will reimagine the new NBIS school building through a painting on canvas, blending architectural ideas with expressive, improvisational mark-making.*

## Objectives and Goals

<p><b>Goal # 1</b> Design and paint your vision of the NBIS school building.</p>	<p><b>Goal # 2</b> Use improvisation to guide the process: allow brushstrokes, textures, and forms to emerge spontaneously rather than sticking to a rigid plan.</p>	<p><b>Goal # 3</b> Balance architectural structure (perspective, scale, form) with expressive qualities (color, light, atmosphere).</p>
--	--	---

## Improvisation Element:

To emphasize improvisation in painting:



### Loose Sketching

Loose sketching only – start with a minimal outline of the building, but don't map every detail.



### Responsive Painting

Responsive painting – layer colors, shapes, and brushstrokes freely, adapting as the work develops.



### Accidental Forms

Accidental forms – use drips, texture, or unplanned brushstrokes to inspire architectural detail.



### Iterative process

Iterative process – step back frequently, reflect, and allow intuition to guide adjustments.



## A Journey into Improvisational Blues

by Yonathan Rinaldi

In the last few weeks, our Year 8 students delved into the world of blues improvisation, discovering one of the most expressive and enduring styles in modern music. The unit began with students learning the foundation of the 12-bar blues chord progression, a structure that has influenced countless songs across genres. By understanding the relationship between the I, IV, and V chords, students gained insight into how harmony drives the unique sound of the blues.

Building on this foundation, students applied their knowledge through blocked and broken chord patterns, accompanied by steady drum backing tracks to strengthen their rhythmic awareness. This stage of learning emphasized timing, coordination, and the ability to maintain a consistent groove—essential skills for any musician.

As the unit progressed, students developed their listening and ensemble playing skills by engaging in a layered recording project. They began by recording blocked chords with a drum track, followed by broken chords played with a swing rhythm, and finally added a layer of blues improvisation using the blues scale.

Through this process, students experienced how individual musical parts blend to form a complete and dynamic performance. To further enhance creativity, students explored the call-and-response technique, which helped them to listen actively and structure their ideas with confidence and personality.



The unit concluded with a series of final performances, showcasing each student's growth by performing solo blues improvisation for the class. It was a rewarding experience that highlighted how theory and creativity come together in the art of improvisation.





## Drama Festival, NBIS, November 14th 2025

by Ivan Muhov



The annual NBIS Drama Festival was another entertaining event that traditionally attracted a large crowd, including dignitaries from several educational institutions from the Ningbo area, among whom were Ms. Qiao Jinjin, Deputy Director of the Ningbo Institution of Culture & Tourism; Mr. Xue Yun, Deputy Secretary-General of Ningbo Dramatists' Association; Ms. Carrie Jao, Chief Operation Officer at the Collaboration Innovation Centre, Ningbo University; and Ms. Song Tianyi, Senior Translator at Ningbo Institution of Culture & Tourism. The audience enjoyed the acting skills of students from three international schools: NBIS, HD, and AIAN. All the participants were very well prepared, which was a sure testimony for drama's growing significance as a valued subject and standalone course from these schools' curricula.

Once again, the members of the jury were reputable, established figures within the Drama and Arts' performance industry, Dr. Derek Irwin being a Drama teacher at The University of Nottingham, Ningbo, having directed numerous shows in China and abroad, with particular interest in the perennial favourite "Journey to the West"; Curt Mabry, the founding director of the Zmack Improv Family, an international improvisation theatre organizations established in Shanghai, a pioneer of intercultural improvisation in Asia; Jehhel Jin, a performer, educator and long-time member of the Zmack Improv Family, with over 15 years of stage experience across Asia; Chay Ying Li, a drama teacher based in Shanghai, with a number of degrees in the field of Film and Theatre, also a notable physical theatre practitioner; and last but not least Chayse Shirley, a student at NBIS, a distinguished performer with a vast array of awards to his foray, a talented young performer whose devotion to the field of Drama is admirable and nothing short of inspiring.



These were another two exciting hours added to this reputable event's expanding resume, the first part again featuring monologues only, and the second one allocated for duologues. The dedicated performances in the first half paid their tribute to both undisputable theatrical classics ("Cat on a Hot Tin Roof", "Who's Afraid of Virginia Woolf") and less known but almost equally worthy material ("It is the Time", "Michelle"), the renowned pioneer William Shakespeare's voluminous contribution reflected in two pieces ("Macbeth", "Romeo & Juliet"). Debbie Isitt's eccentric dark comedy "The Woman Who Cooked Her Husband" continues to attract the attention of the young actors, with another inspired performance coming from there.



The themes covered were rendered meticulously and the requisite amount of seriousness, as there were hardly too many comic touches to be encountered. The latter were spared for the duologues, as it became evident later, with bot overly hilarious and poignantly tragic interpretations were savoured, "Who's Afraid of Virginia Woolf" and "The Woman Who Cooked Her Husband" enjoying very capable, strongly enthusiastic acting for the umpteenth time. It's worth of note the increased participation of students from Lower Secondary (Y7-8), whose enthusiastic presence was more than welcome, not to mention the display of some impressive acting, a testimony for a young talent emergence from the Ningbo international school pool.





While the members of the jury were busy deciding which performers the prizes should go to, the two guests from the Zmack Improv Family, Jennel Jin and Curt Mabry, entertained the audience with a few cool improvisation etudes, keeping the level of excitement high.



And for a good reason since this was hands-down the most competitive instalment of the festival so far, with quite a few of the actors exuding a series appreciative gestures from the spectators, who really had a great time throughout. It wasn't an easy task for the jury to settle for the six finest performances, but after a certain time spent in heated discussions, they came back with the prize winners.

For the first time since the event's inception, the two first prizes left NBIS. They went to HD, whose Drama department has shown a vast improvement in nearly every aspect. Some of those faces were familiar from previous showings, and they saw themselves going away with the laurels eventually, exhibiting ample talent for both highly dramatic and more uplifting acting.

The prize winners were as follows:

### Monologue

1. Mange Xu - Y11 ("Macbeth"), HD
2. Sharon Swan Shi - Y10 ("Hate"), NBIS
3. Tithi Muljiani - Y13 ("Marvelous Ms. Maisel"), NBIS

### Duologue

1. Lezhi Chen & Yichen Huang - Y12 ("Who's Afraid Of Virginia Woolf"), HD
2. Ginevra Gilardi & Hanna Jiang - Y9 ("Make Out Session"), NBIS
3. Clarice Chua & Zoe Xu - Y9 ("Fired"), NBIS

NBIS collected the silver and bronze medals, the young actors feeling content with their achievements, also happy for their fellow performers from the other schools for upgrading their skills and techniques.



At the end of the day, the major purpose of such a gathering is for students to learn from each other, socialize, share experiences, and certainly show their gift for ruling the stage with their numbers. NBIS will continue to host this now reputable event, hoping to see more performers from the schools around Ningbo joining next year, and why not some young talents from other cities and provinces.



## **NBIS Drama Festival Closes with Masterclass in Clowning and Stage combat workshops**

The NBIS Drama Department brought this year's Ningbo International Drama Festival to a spectacular close with a masterclass in clowning and physical comedy by internationally acclaimed artist Mr. Scott Witt, who travelled from Sydney, Australia to share his expertise. The festival's final day began with Mr. Witt performing a hilarious clown sketch that had the entire audience laughing. He then demonstrated how to structure a comic routine, working directly with our Year 11 volunteers Liam and Charly, who bravely explored their inner clowns under his guidance.



Our Year 9 and Year 10 students then participated in a practical workshop, learning fundamental techniques of physical comedy and stage combat. This unique cross-curricular activity between Drama and PE taught students how to create safe, entertaining slapstick routines while discovering their own comedic timing.



### **About Our Guest:**

Scott Witt is an award-winning performer and educator whose career includes collaborations with major Australian institutions like Sydney Theatre Company and Opera Australia. He has taught at the National Institute of Dramatic Art (NIDA) and received multiple Matilda Awards for directing and choreography.

The NBIS Drama Department was honoured to host Mr. Witt as the culminating event of our Drama Festival, providing students with an unforgettable international artistic experience that combined professional expertise with joyful creativity.



*In today's world, success in both academics and the work life relies on solid creativity and problem-solving skills. Drama improvisation is a powerful and practical way to build these abilities, as it requires students to think on their feet, collaborate, and adapt to new challenges in real-time.*

*Drama provides a vital platform for students to develop these essential life skills. The benefits extend directly to the classroom and everyday life, fostering the intellectual agility needed to tackle complex assignments and the confidence to contribute to group projects.*

*By engaging in improvisation, students don't just perform—they build a toolkit of resilience and innovative thinking that drives academic achievement and future career success.*

**Ms. Nausicaa Giavarra**  
**Head of Expressive Arts**



## Why Artist Research Matters in IGCSE & A-Level Art.

### Helping Students Grow, Experiment, and Find Their Creative Voice

For both IGCSE and A-Level Art students, engaging in artist research and creating thoughtful artist studies are essential steps in developing a successful sketchbook and final portfolio. These tasks are far more than a requirement of the course—they play a powerful role in shaping each student's artistic journey, deepening their understanding, and strengthening the development of personal themes.

Artist research allows students to explore how professional artists communicate ideas, emotions, and stories through their work. By looking closely at different styles, materials, and techniques, students begin to understand the many possibilities within art. This process teaches them a wide range of valuable skills, including strong observation, visual analysis, critical thinking, and the ability to make links to their chosen theme. It also encourages experimentation and creative risk-taking, helping students build technical skills, improve their handling of different materials, strengthen their sense of composition, and learn how to work with intention and purpose. These practical studies not only build confidence, but also inspire students to push their ideas further and discover approaches they may not have considered before.

These activities also play a key role in shaping a strong sketchbook or portfolio. A successful art portfolio should clearly show a student's journey from early ideas to their final outcome, and artist research helps organise that journey with depth and direction. As students explore and respond to artists, they develop important skills such as reflection, self-evaluation, decision-making, thoughtful annotation, and the ability to justify their creative choices. This process also encourages independent learning and helps students develop their own artistic style and personal voice. Ultimately, artist research and studies lead to more original, meaningful final artworks—strengthening exam results while nurturing creativity, confidence, and pride in their artistic achievements.

**Ms.Sam, Secondary Art & Design Teacher**

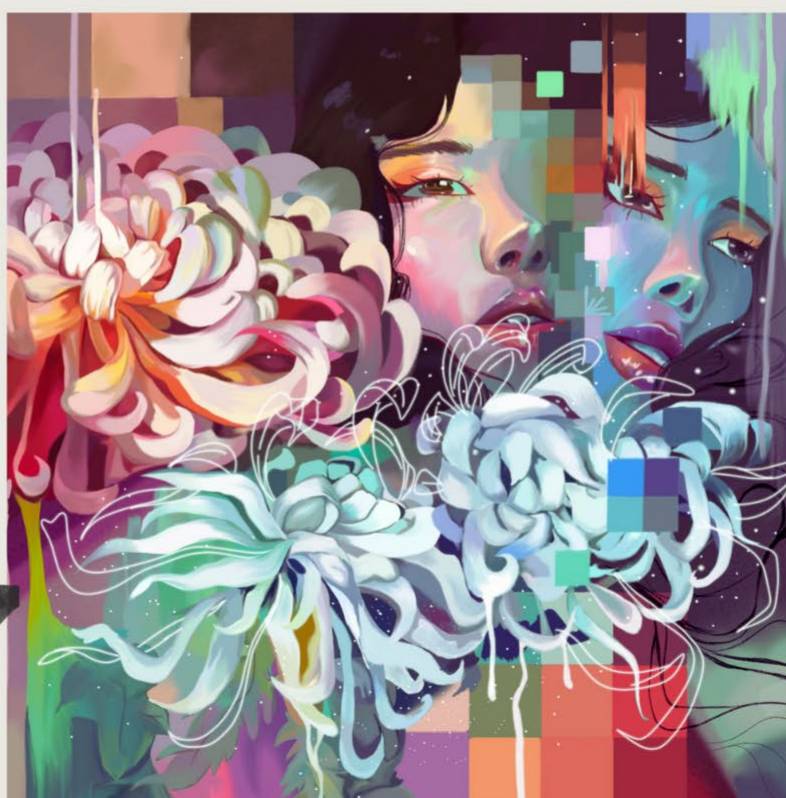


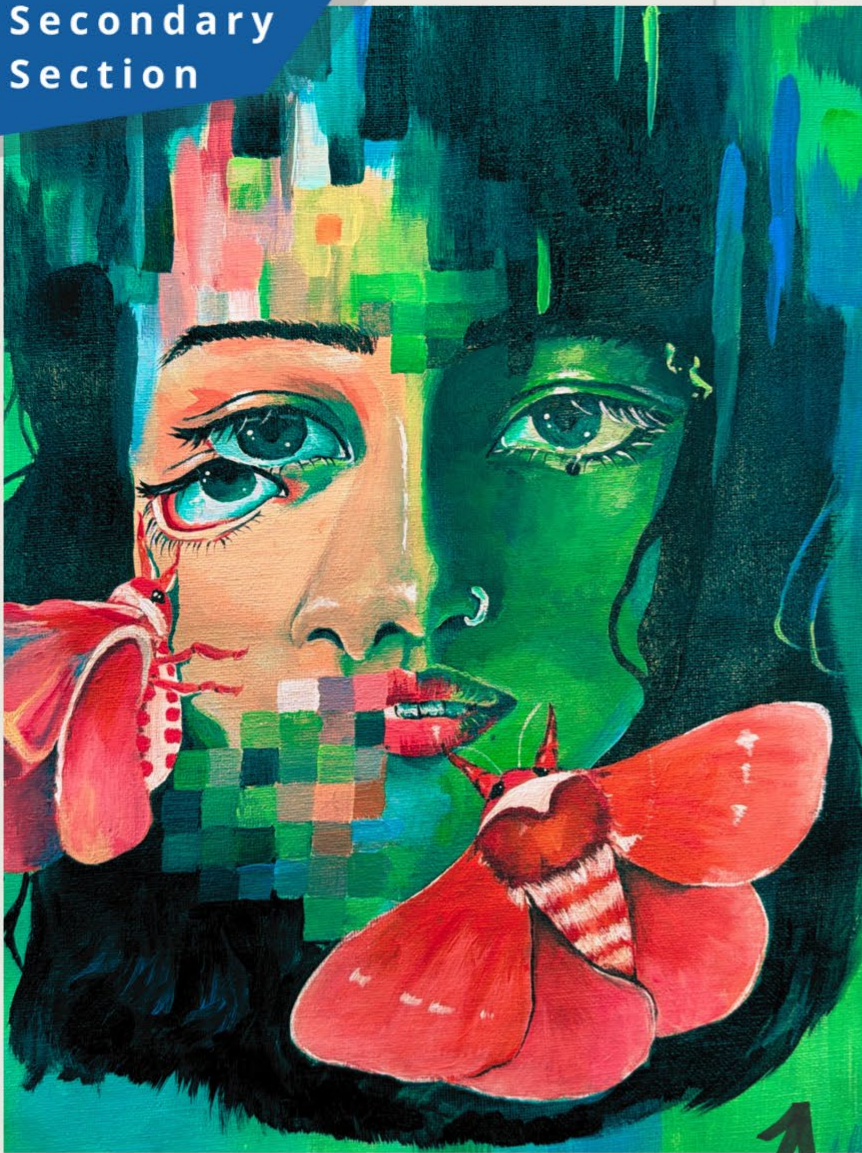
Original Artwork

**Eva GamaYun – Solar Pollen**

**Acrylic on canvas, 40x40cm, 2021.**

**Nikky's Digital  
Recreation of Eva's  
"Solar Pollen".**





Nikky's Acrylic Recreation of "Chroma Key".



Original Artwork

**Eva GamaYun - Chroma Key**

Acrylic on canvas, 40x50cm, 2020.

### Nikky Mason Inspired by Eva GamaYun

Year 11 IGCSE student Nikky Mason has been exploring the work of contemporary artist Eva GamaYun, who is known for her vibrant, emotive compositions that often explore human experiences and abstract forms. Inspired by Eva's use of colour and emotion, Nikky recreated two of her artworks, experimenting with both acrylic painting and digital art. This process inspired her to take a creative photoshoot of herself, incorporating butterflies to bring a personal narrative into her work. While painting and working digitally, she added vertical lines and mosaic-like squares, reflecting the original style of Eva GamaYun and enhancing the emotional impact of her pieces. Through this project, Nikky learned to convey emotion more deliberately, develop her technical skills, and explore composition and style in ways that strengthened her own artistic voice. It's a clear example of how studying artists can inspire creativity and elevate a student's portfolio.



Nikky's Acrylic and Digital Art Interpretation –  
"Fragmented Emotions"



Photoshoot



# KINDNESS WEEK

Monday 24<sup>th</sup> to Friday 28<sup>th</sup>



# M

## MANNERS MONDAY

HOLD THE DOOR FOR PEOPLE AT THE STAIRS AND IN THE CLASSROOM. SAY PLEASE AND THANK YOU.

# T

## THANKFUL TUESDAY

EXPRESS YOUR GRATITUDE BY WRITING A THANK YOU NOTE TO A TEACHER.

# W

## WELLNESS WEDNESDAY

TAKE TIME OUT OF THE DAY TO DO SOMETHING HEALTHY (EAT A HEALTHY SNACK, TAKE A WALK).

# T

## THOUGHTFUL THURSDAY

SAY FIVE KIND PHRASES TO PEOPLE AROUND THE SCHOOL



# F

## FIND KINDNESS FRIDAY

SPOT ACTS OF KINDNESS AROUND THE SCHOOL AND GIVE THEM A COMPLIMENT





# NBIS FOOD

## WEEKLY Menu

The Week of November 24th to 28th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Menu</b>	Baked Pumpkin	Broccoli Sausage Pasta	Mashed Potatoes	Curry Chicken	Baked Peach Pumpkin
	法式焗南瓜	西兰花烤肠炒意面	土豆泥	咖喱鸡	黄桃焗南瓜
	Roast Chicken	Chicken Popcorn	Shredded Chicken	Beef Brisket Stew with Vermicelli	Roasted Chicken Leg
	烤鸡	鸡米花	手撕鸡	粉条炖牛腩	烤鸡腿
	Mushroom & Greens	Peas, Corn, Carrots	Stir-fried No.5 Greens	Celery Shrimp	Stir-fried Greens
	香菇菜心	青豆玉米胡萝卜	炒五号菜	西芹炒虾仁	炒青菜
	Beef Brisket with Radish	Onion Beef Slices	Crispy Chicken Tenders	Chicken Nuggets	Roast Duck
	牛腩烧萝卜	洋葱牛肉片	香酥鸡柳	黄金鸡块	烧鸭
	Garlic Sprout Pork Shreds	Celery Tofu	Pleurotus Pork Shreds	Yu Xiang Pork Shreds	Shrimp & Baby Cabbage
	蒜苗炒肉丝	芹菜香干	杏鲍菇炒肉丝	鱼香肉丝	虾仁娃娃菜
	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli
	炒西兰花	炒花菜	炒西兰花	炒花菜	炒西兰花
	French Fries	Baked Sweet Potato	Steamed Dumplings	Baked Potato	Steamed Corn
	炸薯条	烤红薯	蒸饺	烤土豆	蒸玉米
	Grilled Sausage	Steamed Egg with Minced Pork	Braised Pork Belly	Tofu with Cabbage	Braised Pork Ribs
	烤香肠	肉沫蒸蛋	红烧肉	白菜炖豆腐	红烧仔排
	Hairy Shrimp	Pomfret	Flatfish	Clams with Scallion Oil	Salt & Pepper Shrimp
	长毛虾	鲷鱼	玉秃鱼	葱油花蛤	椒盐虾
	Small Yellow Croaker	Boiled Shrimp	River White Shrimp	Salt & Pepper Rubberfish	Chopped Chili Fish
	小黄鱼	白灼虾	江白虾	椒盐橡皮鱼	剁椒鱼块
	Baguette	Sandwich	Hamburger	Egg Tart	Croissant
	法棒	三明治	汉堡	蛋挞	牛角包
Borscht	Bacon Potato Soup	Pumpkin Potato Soup	Creamy Pumpkin Soup	Cream of Mushroom Soup	
罗宋汤	培根土豆浓汤	南瓜土豆浓汤	奶油南瓜汤	奶油蘑菇汤	
Fruit	Fruit	Fruit	Fruit	Fruit	
水果	水果	水果	水果	水果	
Shrimp Scrambled Egg	Mushroom Onion Beef Slices	Broccoli Steamed Egg	Fried Fish Fillet	Scallion Oil Fish Slices	
虾仁炒蛋	香菇洋葱牛肉片	西兰花蒸蛋	炸鱼排	葱油鱼片	
Dry Pot Cauliflower	Snow Peas with Black Fungus	Garlic Sprout Pork Shreds	Green Pepper Pork Shreds	Celery with Black Fungus	
干锅花菜	荷兰豆炒木耳	蒜薹肉丝	青椒肉丝	西芹炒木耳	
Celery & Carrot	Garlic Spinach	Steamed Dumplings	Scallion Oil Pumpkin	Stir-fried Zucchini	
西芹胡萝卜	蒜蓉菠菜	蒸饺	葱油南瓜	清炒西葫芦	
Stir-fried Greens	Tomato Scrambled Egg	Stir-fried No.5 Greens	Stir-fried Lettuce	Garlic Chrysanthemum Greens	
炒青菜	番茄炒蛋	炒五号菜	炒生菜	蒜蓉茼蒿	
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	
Cherry Tomato	Banana	Peach	Longan	Orange	
小番茄	香蕉	桃子	桂圆	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	
Grapes	Apple	Mandarin Orange	Fragrant Pear	Banana	
葡萄	苹果	橘子	香梨	香蕉	
Walnut Shortbread Cookie	Red Velvet Cookie	Meringue Cookie	Gingerbread Man	Egg Cracker	
桃酥饼	红丝绒饼干	蛋白霜饼干	姜饼人	鸡蛋脆饼	



# Weekly Menu

Early Years Section

The Week of November 24th to 28th, 2025

	Lunch	Snack
<i>Monday</i>	Shrimp Scrambled Egg Dry Pot Cauliflower Celery & Carrot Stir-fried Greens 虾仁炒蛋 干锅花菜 西芹胡萝卜 炒青菜	Steamed BBQ Pork Bun Cherry Tomato Walnut Shortbread Cookie Grapes Pure Milk Yogurt 叉烧包 小番茄 桃酥饼 葡萄 纯牛奶 酸奶
<i>Tuesday</i>	Mushroom Onion Beef Slices Snow Peas with Black Fungus Garlic Spinach Tomato Scrambled Egg 香菇洋葱牛肉片 荷兰豆炒木耳 蒜蓉菠菜 番茄炒蛋	Steamed Dumpling Banana Red Velvet Cookie Apple Pure Milk Yogurt 蒸饺 香蕉 红丝绒饼干 苹果 纯牛奶 酸奶
<i>Wednesday</i>	Broccoli Steamed Egg Garlic Sprout Pork Shreds Steamed Dumplings Stir-fried No.5 Greens 西兰花蒸蛋 蒜薹肉丝 蒸饺 炒五号菜	Steamed Custard Bun Peach Meringue Cookie Mandarin Orange Pure Milk Yogurt 奶黄包 桃 蛋白霜饼干 橘子 纯牛奶 酸奶
<i>Thursday</i>	Fried Shrimp Fillet Green Pepper Pork Shreds Scallion Oil Pumpkin Stir-fried Lettuce 炸虾排 青椒肉丝 葱油南瓜 炒生菜	Soup Dumplings Longan Gingerbread Man Fragrant Pear Pure Milk Yogurt 小笼包 桂圆 姜饼人 香梨 纯牛奶 酸奶
<i>Friday</i>	Scallion Oil Fish Slices Celery with Black Fungus Stir-fried Zucchini Garlic Chrysanthemum Greens 葱油鱼片 西芹炒木耳 清炒西葫芦 蒜蓉茼蒿	Shumai Orange Egg Cracker Banana Pure Milk Yogurt 烧麦 橙子 鸡蛋脆饼 香蕉 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



[nbis.admin@nbis.net.cn](mailto:nbis.admin@nbis.net.cn)



[nbis.net.cn](http://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](mailto:nbis.admin@nbis.net.cn)

☎ +86 57487611005

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

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



 **CAMBRIDGE**  
International Education

Cambridge International School