



# NINGBO BRITISH INTERNATIONAL SCHOOL

**Weekly Newsletter 15**  
**December 5th, 2025**



# NBIS Students Honoured at Outstanding Cambridge Learner Awards



NBIS students shine once again on the global stage. The 2025 Outstanding Cambridge Learner Awards ceremony was recently held in Shanghai.

Three students from Ningbo British International School (NBIS) — Charles Edward Morris, Arturo Martinez Negro, and Hossein Rahimi — stood out for their exceptional achievements, receiving the Top in the World Award in Chinese as a Foreign Language for the IGCSE, the Top in China Award in Music for the AS Level, and the High Achievement Award in Travel and Tourism for the AS Level, respectively.

As a globally recognised honour, the Outstanding Cambridge Learner Awards are conferred by Cambridge Assessment International Education. The awards not only acknowledge the remarkable efforts of individual students but also reflect a school's strong foundation in international education.

To date, a total of 15 NBIS students have been recognised with the Outstanding Cambridge Learner Awards. Behind each accolade lies the dedication and curiosity of the students, as well as NBIS's steady and sustained excellence in teaching over the past two decades.

At the ceremony, NBIS representatives—including NBIS International Principal Mr Simon Attwood and subject teachers Ms Emily Zhang, Mr Isidro Santos Galindo, Ms Alicia Froome, and Mr Simon Liu—joined parents in witnessing this moment of honour.



Each award is both a celebration of achievement and a new beginning. It reflects NBIS students' growth and the school's ongoing development of curriculum and teaching. We believe this honour will inspire more students to reach new heights on the global academic stage.

Congratulations to Charles Edward Morris from NBIS, who won the 2025  
Top in the World  
Award for Cambridge IGCSE Chinese Foreign Language.

Charles Edward Morris (Year 11) earned the distinguished Top in the World Award for Cambridge IGCSE Foreign Language Mandarin Chinese. As a non-native learner, this achievement is particularly outstanding. Supported by the expert guidance of Ms Emily Zhang, Charles's success continues NBIS's strong record in this subject and reflects the school's sustained commitment to high-quality Chinese language education.



“

I am extremely grateful to receive the Top in the World Award for Foreign Language Mandarin Chinese. Walking onto the stage, I felt nervous, surrounded by so many outstanding students from across China—many of whom have achieved results as remarkable as, if not even better than mine. Being among such world-class learners was truly inspiring.

It is a great honour to receive this recognition, and it motivates me to continue working hard as I prepare for next year's IGCSE examinations. I know they will be more challenging, with greater depth and detail required, but I am ready to face that challenge.

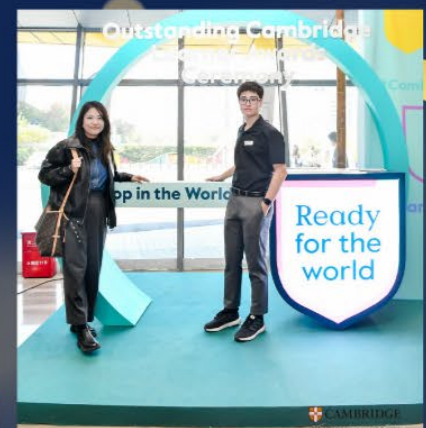
I believe that any challenge can be overcome with commitment and consistent effort. I will give it my all—100 percent.

*Charles Edward Morris*

”



*Charles with Ms Zhang*



*Charles with his parent*

# Congratulations to Arturo Martinez Negro from NBIS, who won the 2025 Top in China Award for Cambridge AS Level Music.

Arturo Martinez Negro (Year 13) secured the distinguished Top in China Award for Cambridge AS Level Music. As the school's first candidate for this newly adopted syllabus, Arturo's achievement, guided by teacher Mr Isidro Santos Galindo, not only showcases exceptional individual talent but also serves as a resounding validation of our expanding and robust creative arts programme, setting an outstanding precedent for future students.



“

Receiving the Outstanding Cambridge Learner Award was an unexpected and deeply meaningful moment for me. When I began AS Level Music, I knew it would be challenging. I hadn't taken IGCSE Music, and my background in theory was limited. My only aim was to learn as much as I could and do my best, but I never imagined that I would achieve a result like this.

I'm incredibly grateful for the support I received throughout the year. My parents have encouraged my interest in music since I was young, and their constant belief in me continues to push me forward. I would also like to thank Mr Isidro for his guidance, patience, and for helping me navigate both IGCSE and AS content in the same year. Finally, I'm grateful to NBIS for providing the environment and opportunities that allowed me to pursue AS Level Music despite my unconventional starting point.

*Arturo Martinez Negro*

”



*Arturo with Mr Isidro*



*Arturo with his parents*



## Congratulations to Hossein Rahimi from NBIS, who won the 2025 High Achievement Award for Cambridge AS Level Travel and Tourism.

Hossein Rahimi (Year 13) was honoured with a High Achievement Award for Cambridge International AS Level Travel and Tourism. Under the instruction of Ms Alicia Froome, this accomplishment is especially notable as it marks the third consecutive year an NBIS student has excelled in this subject, underscoring the consistent strength, expert teaching, and real-world relevance of our applied learning pathways.



“

Standing at the Cambridge award ceremony to receive the Highest Achievement Award for Travel & Tourism, I'm reminded of the days starting Travel & Tourism in Year 11. I had missed a year of it before and knew nothing about it. It was a very tough year, but standing on stage, my heart was full of pride, gratitude, and happiness. This honor proved all my efforts, including the late nights revising, were completely worth it.

I deeply love this subject. Travel & Tourism brings together culture, geography, business and how people can connect with each other. When learning about different types of tourism and creating good travel experiences in Year 12 was amazing. Working together to plan a trip made it even more special.

I'm very thankful to Ms Alicia Froome for all of her help, and to my family and friends for their constant support during those days when things got hard.



*Hossein with Ms Froome*



*Hossein Rahimi*

*Hossein with his parents*

# NBIS Students Shine on City Stage with Wonderful Duologue Performance

Excellent news from our Year 9 students, Hanna Jiang and Ginevra Gilardi, who have taken the initiative to challenge themselves far beyond the classroom.

Last Sunday, they presented the Chinese version of their winning duologue from the Ningbo International Drama Festival Competition at "IN NINGBO ENJOY!" – an International Chinese Talent Show, impressively showcasing NBIS's excellence in the arts to the wider Ningbo community.



Their participation in this event, organised by the Ningbo Science & Technology Bureau, highlights their dedication and the high standards of our arts programme. We commend Hanna and Ginevra for their outstanding achievement and for so positively representing our school. NBIS members' presence was more than a demonstration of skills, it was an active contribution to cultural exchange, highlighting our students' bilingual proficiency and cross-cultural understanding.

# The Beauty of Traditional Chinese Opera Comes to NBIS

传统戏曲进校园走进浙江宁波英伦外籍人员子女学校  
Introducing Traditional Chinese Opera into Campus:  
Visiting Ningbo British International School

宁海平调 & 越剧  
Ninghai Pingdiao Opera & Yue Opera



The Beauty of  
中国戏曲之美

主办单位 (Organizer) :  
宁波市文化旅游研究院 Ningbo Institute of Culture & Tourism  
承办单位 (Co-organizers) :  
宁波市海曙区戏曲家协会 Ningbo Haishu District Opera Artists Association  
浙江宁波英伦外籍人员子女学校 Ningbo British International School  
承制单位 (Producer) :  
宁波无域文化传播有限公司 Ningbo Wuyu Culture Communication Co., Ltd.  
支持单位 :  
宁波市小百花越剧团 Ningbo Xiaobaihua Yue Opera Troupe  
宁海县平调艺术传承中心 Pingdiao Opera Heritage Centre of Ninghai County

To further promote the international dissemination of China's outstanding traditional culture and to build a solid bridge for mutual learning among civilisations, the "Traditional Chinese Opera on Campus" programme—hosted by the Ningbo Institute of Culture and Tourism and organised by the Haishu District Opera Artists Association of Ningbo—was warmly launched on 1 December at Ningbo British International School (NBIS).

The Ningbo Xiaobaihua Yue Opera Troupe and the Ninghai Pingdiao Art Inheritance Center came together to present a cultural feast of Chinese opera to our Primary and Secondary. Through the graceful elegance of Yue Opera and the robust, ancient charm of Ninghai Pingdiao, the performers offered a vivid encounter with the richness of Chinese theatrical arts.

The programme featured separate sessions for primary and secondary students, each highlighting two of Zhejiang's most representative local opera genres.

For the Primary session, the Pingdiao Heritage Centre performed classic excerpts such as Jinlian Slays the Flood Dragon and LuiBo's trick on Due Sim. As a form of national intangible cultural heritage, Pingdiao's powerful vocal style and dynamic staging were highly compelling. In particular, performance highlights were the use of the "teeth skill" and the intricate movements called "phoenix plume work", which drew repeated gasps and amazement from the audience.



*LuiBo's trick on Due Sim*



*Jinlian Slays the Flood Dragon*

The Secondary session was led by the Ningbo Xiaobaihua Yue Opera Troupe, which presented the iconic scenes "The Eighteen-mile Send-off" and "Visiting Zhu YingTai" from The Butterfly Lovers. Its romantic and poignant storyline, lyrical singing style and refined acting enabled international students to appreciate the poetic beauty and emotional depth of Chinese opera at close range.



Genuine cultural exchange thrives on meaningful engagement. This event moved beyond a simple performance by incorporating an academic lecture and a hands-on workshop, allowing students to experience opera culture in a tangible and approachable way.

During the lecture segment, Pan Qiaoqiao, Actress and Deputy Troupe Master of the Ningbo Xiaobaihua Yue Opera Troupe, and Wang Huan, a young scholar from the Ninghai Pingdiao Art Inheritance Center, introduced fundamental concepts and the aesthetic system of Chinese opera. They focused on explaining and demonstrating the "Four Skills and Five Methods" as well as the various role types, opening a doorway for international students and staff to deepen their understanding of Chinese Opera aesthetics.

The drama workshop brought the atmosphere to a climax. Students enthusiastically went on stage to try basic Chinese opera movements and learn Yue Opera singing, gaining a closer understanding of the art through hands-on experience. Through hands-on participation, they were able to grasp the essence of Chinese opera.





**Reflections from Students - Rom Ronen and Artin Razavi**

*The Chinese Opera Master class was extremely fun and unique. It really helped us to better understand Chinese Culture. The harmony between the gestures of the two characters in 'The Butterfly Lovers' was both beautiful and complex: how they sang and moved on stage was extraordinary. The actors explained to us who the characters were and what they were representing with their gestures. Even though the show was really fun and interesting, we particularly enjoyed the workshop: we learned how to move, and try to use some of the Chinese Opera props and even how to sing, which we thought was fun and a bit embarrassing at the same time. This one hour and a half was an extremely fun and educational experience.*

*The Chinese Opera event was the result of a cross-curriculum project between the Expressive Arts and the Chinese Departments. Students were exposed to high-quality performances, accompanied by meaningful explanations which provided deeper insights into the main characters and distinctive features of this incredible art form. We learned how every single gesture is precise and meaningful. Many of the beautiful, elegant gestures used by actors on stage are stylised versions of what in Western Drama we call "mime": the simple action of opening a door and looking for a butterfly flying away became a subtle choreography. Chinese Opera combines acting, combat, and singing skills, forming a rich art form deeply rooted in regional culture, and Ningbo is fortunate to have such a long-lasting tradition.*

**Insights from Ms Nausicaa Giavarra**



*After the Chinese Opera Master class, a group of drama and music students were offered a workshop during which they were introduced to some of the props that convey character and emotion in Chinese Opera. For instance, we looked into how a fan can be used in various ways to indicate status, or to hide shyness or mischief. Overall, we are grateful to the Ningbo Institute of Culture and Tourism for organising such an educational and valuable event for teachers and students alike, which offered us an insight into the cultural variety of the Chinese Performing Arts Culture.*





# NBIS SHARKS UPCOMING GAMES!

 NBIS U19 Boys vs UNNC students

 Sunday, December 7th

 11 am

 UNNC

Friendly reminder: Show the invitation poster at the UNNC gate if you plan to come and watch the game.

 NBIS U19 Boys vs Xiaoshi

 Thursday, December 11th

 5:15 pm

 NBIS

Let's go SHARKS 



University of  
Nottingham

Event Name: Football Match NBIS vs UNNC  
活动名: 足球比赛 NBIS vs UNNC

Everyone is welcome to come and support! You will just need to **show this invitation poster to the UNNC security guard** at the UNNC Campus gate in order to enter the venue.

# INVITATION / 邀请

Entry for Sunday **7<sup>th</sup> Dec** 2025 ONLY  
仅限2025年**12月07日**星期日入场

10:00am – 12:30pm  
上午10:00至12:30

**Note:** This invitation is solely for the purpose of attending this event. Please respect the rules and policies of UNNC. The UNNC Security Team reserves the right to deny entry or access if necessary.

**备注:** 本邀请函仅用于参加本次活动。请遵守诺丁汉大学的规则和政策。如有必要，诺丁汉大学安保团队有权拒绝入场或访问权限。

Location/ 活动地点: UNNC 3G Football Field  
Event Manager / 活动责任人: Mark Li



## **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](mailto:Marketing@nbis.net.cn)

*Your*  
**VOICE  
MATTERS**





# 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

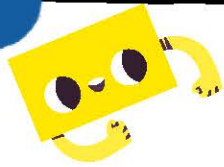
- Do not overload sockets with too many devices.
- Keep wet hands away from switches or plugs.
- Report damaged wires or sparking sockets to teachers or maintenance staff immediately.
- Switch off and unplug devices (such as projectors or computers) after lessons.



## Emergency Numbers

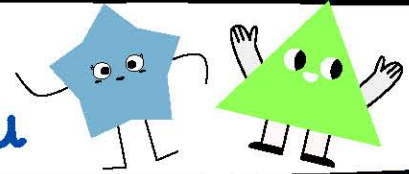
- **Fire** ---119
- **Police**---110
- **Ambulance**---120
- NBIS Fire Control Room---  
0574-89076119





# Reception A

## Ms. Fiona & Ms. Lulu



Greetings from Reception A!! Over the past few weeks, we have been learning all about 2D shapes!! We began with some very simple shapes such as circle, triangle and square before moving on to more complex shapes like pentagon, hexagon and octagon.

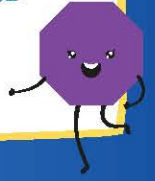
We learned that we could tell the difference between each shape by counting how many sides they had. We discovered that pentagons have five sides while octagons have eight sides, just like an octopus has eight tentacles!



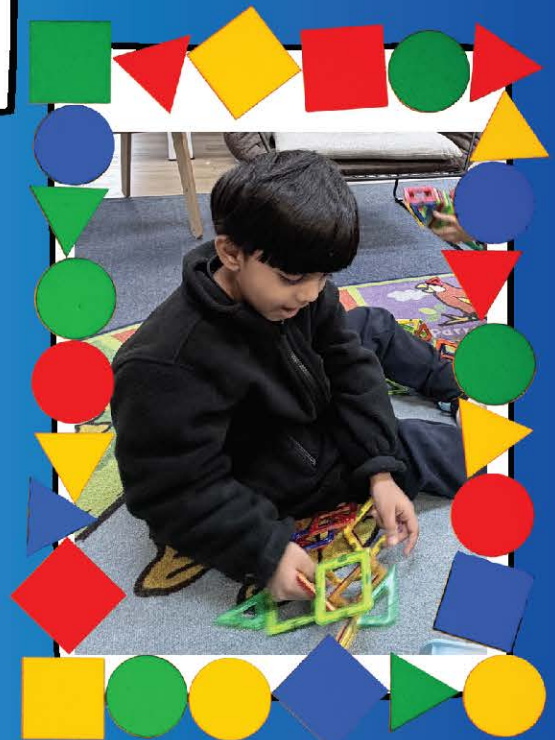
The children enjoyed many different games including matching and swapping shapes with each other.



We also created our own pentagons, hexagons and octagons using small coloured match sticks.



When taking a closer look at our toys we discovered many of these shapes and the children enjoyed creating their own models. Shapes truly are all around us!!!



# Year 2B

Mrs McAleer

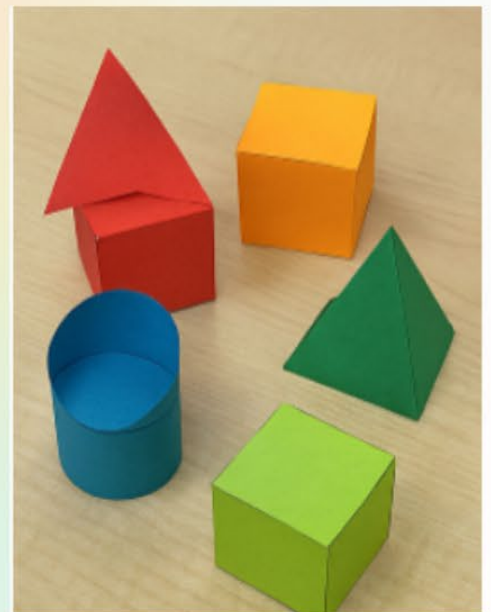
Hello! Here we shall look at what we have been doing in Maths and Science this week. Children have experimented with hands-on activities to help them grasp new concepts. Activities have had the added advantage of being fun. Everyone had lots of fun and participated well. In addition, there were lots of opportunities to develop language skills and broaden vocabulary.

## Year 2B Maths Exploring 3D shapes!



This week in Maths, we have been exploring 3D shapes and their properties. The children now know the names of lots of 3D shapes, including: **cube**, **cuboid**, **sphere**, **cylinder**, **cone**, **square**, based **pyramid** and **triangular prism**.

Everyone did a fantastic job counting and describing the number of **faces**, **edges**, and **vertices** each shape has. We used real objects like balls, tissue boxes, and party hats to help us spot these shapes in real life. The children were amazed at how many 3D shapes are all around us!

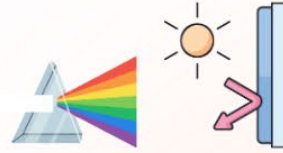


**Making Pull Up 3D Shapes!** This week we turned into 3D shape engineers! Every child decorated, cut out and folded a net to create their very own pull-up 3D shape. With a piece of string, we watched in delight as our flat nets popped up into perfect cubes, pyramids, and prisms when we pulled on the string. Children were able to brilliantly explain the name and properties of all the 3D shapes that we learned about.



## Year 2B Science

### Exploring Sources of Light and Reflectors



This week in Science, Year 2B students have been investigating sources of light and reflectors. The lesson focused on understanding what produces light and what reflects it.

#### ! ? What We Did

- **Introduction with PPT Slides:** We began the lesson with colourful and interactive PowerPoint slides to introduce the concept of light sources and reflectors. The children learned that light sources produce their own light (like the Sun or a lamp), while reflectors bounce light from another source (like mirrors or shiny metal).
- **Class Discussion:** After the presentation, we had a lively discussion about why light is important and how it helps us see. The children shared examples from their homes and surroundings, such as car headlights, street lamps, and shiny spoons.
- **Whole-Group Interactive Sorting Game:** Next, we played a fun sorting game together as a whole class. Using pictures and real objects, the children helped sort items into two categories:
  - **Sources of Light** (e.g., the Sun, lamps, candles)
  - **Reflectors** (e.g., mirrors, shiny metal, water)



Everyone was excited to participate, and the game sparked great conversations about why certain objects belong in each group. The children used scientific vocabulary like light source and reflector confidently.

# OUR TIME TO SHINE!

## PRIMARY TALENT SHOW 2025

Ms Min Cha

On the afternoon of 28 November, the NBIS Primary Talent Show returned to the stage in a joyful celebration of student artistry and dedication, featuring performers selected through a competitive audition process. The afternoon was expertly hosted by Regina Kim (Y5C), Polina Grigorenko (Y5A), Evie Chiquito (Y5A), and Alicia Andersen (Y6A). The programme opened on a bright, festive note as the school choir performed "The Papaya Song," accompanied by Ms Kaia's lively Caribbean-Jamaican rhythms.



The concert presented a diverse programme spanning ages and disciplines. Young pianists impressed with poise and musical sensitivity: Fanfan Kim (Y1A) delivered Beethoven's Sonatina in G, 1st movement, with a steady pulse and expressive phrasing, while Kannon Chen (Y1B) charmed the audience with an endearing stage presence and a mature interpretation of the Scottish favourite "Auld Lang Syne."



Piano and dance performances combined technical skill with expressive nuance throughout the afternoon. Mira Shen (Y4B) embodied the "Silver Fairy" with delicate balletic movement; Mia Zhou (Y2A) offered a lyrical, film-like reading of Joe Hisaishi's "One Summer's Day," demonstrating refined dynamics and legato; and Ariadni Spita (Y5A) showcased precise finger technique and musical understanding in Lemoine's Études enfantines.



Under the direction of Mr Rinaldi and with support from Ms Min Cha, this year's string ensemble brought a fresh colour to the programme; their rendition of Disney's "A Whole New World" featured warm cello lines from Jimmy Ye (Y5A) alongside expressive violin playing from Vanessa and YoYo (Y4A), with ensemble contributions from Ariadni Spita (Y5A), Sophia Han (Y5B), and Alkyoni Spita (Y7B), resulting in thoughtful musical dialogue and excellent teamwork.



High-energy highlights included a spirited piano duet of Offenbach's "Can-Can" by Caspian Chang (Y3C) and Melodie Tournebize (Y7A), enhanced by Jacqueline Zhang's vibrant ballet; Stella Xu (Y6B) captivated listeners with a cinematic interpretation of "Remember Me" from Coco; and Steven Wang (Y6B) moved the audience with a clear, heartfelt performance of "The End of the World." Yoyo Zhu (Y4A) performed Chopin's Waltz in A minor with elegance, while Sophia Han (Y5B) impressed with exemplary bow control and a clear, expressive tone.





The dance programme shone as well: Viktorie Brozovska (Y5A) conveyed both strength and delicacy in the Medora & Second Shade variations from Le Corsaire, and the ECA dancers — Annabelle Park (Y6C), Nomnotho Zibusiso Sibiya (Y6B), Ethan Nan (Y4A) and Lia Lee (Y5A) — delighted the crowd with a bright, dynamic K-Pop medley. Carina Shi (Y4A) closed several quieter moments with Carl Bohm's "The Fountain, Op. 221," producing a singing melodic line and tasteful pedaling that flowed beautifully.



The afternoon concluded with a heartfelt finale led by Candice Lou, Jessica Dong, and Chanel Xiao (Y6C), supported by the school choir, Mr Joshua Exley on drums, and Mr Rinaldi on piano, alongside student and teacher collaborators — a stirring close that celebrated both individual talent and collective spirit. Primary Section Head Mr Mathew T presented certificates to every participant in recognition of their dedication and growth.



We extend our sincere thanks to the Talent Show Committee and to everyone who supported the event: Mr Joshua Exley (hosts' coach and drummer), Ms Grace Ge (background video production), Mrs McAlee, Mr Mathew T, and Mr Isidro (audition panel), Mr Armstrong (posters and programme), and the teachers who provided exceptional musical guidance — Ms Angela, Ms Kaia, and Mr Rinaldi.

To the students who did not perform this year: we encourage you to keep practising and audition again next year. Warm congratulations and deep gratitude go to all performers, their families, and the staff who supported them — thank you for making this year's Talent Show a memorable celebration of creativity and community.



WELL DONE EVERYONE  
YOU WERE ALL ABSOLUTELY  
BRILLIANT !!!



# Upper Primary Basketball Lunchtime Tournament

Ms Lana Guo

From Monday to Thursday this week, the Upper Primary successfully ran their Class Basketball Tournament. The competition showcased the pupils' learning achievements following the basketball unit. Throughout the games, all participating classes demonstrated great effort, strong teamwork, and a highly positive spirit. The event also provided a platform for basketball-enthusiastic pupils to display their skills, further encouraging students to take an active part in physical activity.

## Class Basketball Tournament Results

Y6		Y5		Y4	
Matchup	Score	Matchup	Score	Matchup	Score
6A vs 6B	14:8	5A vs 5B	10:6	4A vs 4B	0:32
6A vs 6C	10:16	5A vs 5C	12:6		
6B vs 6C	8:2	5B vs 5C	2:8		
<b>Champion:6A</b>		<b>Champion:5A</b>		<b>Champion:4B</b>	
<b>MVP: Elvis Hu</b>		<b>MVP: James Tang</b>		<b>MVP: Luke Li</b>	





# ART OF THE WEEK

### Colour Pop Still Life



In this project, students explore the bold, graphic style of Michael Craig-Martin. They begin by creating a textured newspaper background, which acts as a layered surface for their artwork. Using artist research, students identify and extract the vibrant colours Craig-Martin is known for, applying these to their own drawings of everyday household objects. Once their objects are outlined in his signature clean line style, students enhance their compositions by adding complementary colours to create contrast and visual impact.

#### REQUIRED ITEMS

- 30x40cm Canvas
- Newspaper
- PVC glue
- Paint



This project helps students understand colour theory, develop confident line work, and transform ordinary items into striking contemporary artworks. The project builds technical skill, creativity, and visual literacy while making art meaningful and accessible through familiar objects.

### Key Aims

This project aims to develop students' observational drawing skills by encouraging them to study everyday household objects and represent them with confident, accurate line work. Through researching Michael Craig-Martin's vibrant and graphic style, students learn how artists use inspiration and visual references to inform their own creative choices. By constructing a layered newspaper background and combining it with bold outlines, students experiment with mixed-media techniques and learn how different materials interact. The project also strengthens students' understanding of colour theory, as they explore complementary colours and apply them purposefully to create contrast and visual interest. Throughout the process, students are encouraged to make personal decisions about composition, colour selection, and object arrangement, fostering independence and creativity. Finally, students develop reflection skills by evaluating their own work and the work of others, using visual language to identify strengths and areas for improvement.

# ART OF THE WEEK

SECONDARY ART & DESIGN

## Year 7



YEAR 7A/7B

MR ADEEL ALI  
MIDDLE SCHOOL ART TEACHER





# NBIS FOOD

## WEEKLY MENU

The Week of December 8th to 12th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Menu</b>	Creamy French Shrimp	Baked Pumpkin with Yellow Peach	Red Wine Beef	Blueberry Yam Purée	Cheese Mashed Potatoes
	法式奶油虾	黄桃焗南瓜	红酒牛肉	蓝莓山药泥	芝士土豆泥
	Roast Chicken	Crispy Chicken Steak	Steamed Scallops with Vermicelli	Shredded Chicken	Braised Beef in Soy Sauce
	烤鸡	香酥鸡排	粉丝扇贝	手撕鸡	酱牛肉
	Stir-fried Choy Sum	Stir-fried Greens	Stir-fried No.5 Greens	Stir-fried Shitake Mushrooms with 油菜	Stir-fried Young Bok Choy
	炒菜心	炒青菜	炒五号菜	香菇炒油菜	鸡毛菜
	Garlic Sprouts with Bacon	Braised Pork Ribs	Stir-fried Chives with Egg	Breaded Cod Fillet	Braised Pork with Dried Bamboo Shoots
	蒜台培根	红烧仔排	韭黄炒蛋	鳕鱼排	笋干烤肉
	Baked Rice Cake with Vegetables	Honey Glazed Pumpkin	Green Onion Oil Steamed Fenghua Taro Cubes	Salt & Pepper Baby Potatoes	Braised Wheat Gluten
	烤菜年糕	蜜汁南瓜	葱油奉化芋头块	椒盐小土豆	烤麸
	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
	Stir-fried Lettuce with Yam	Stir-fried Onion, Wood Ear Fungus & Carrot	Mapo Tofu	Stir-fried Celery with Lily Bulbs	Cabbage & Dough Drop Soup
	莴笋炒山药	洋葱木耳胡萝卜	麻婆豆腐	西芹百合	白菜面疙瘩
	Beef Brisket Stew with Vermicelli	Sesame Chicken Drumstick	Korean Fried Chicken	Corn & Pork Rib Soup	Salt & Pepper Duck Chunks
	粉条炖牛腩	芝麻鸡腿	韩式炸鸡	玉米排骨	椒盐鸭块
	Green Onion Oil Crucian Carp	玉秃鱼 (Flatfish)	Small Yellow Croaker	Braised Fish Chunks	Braised Small Yellow Croaker with Pickled Mustard Greens
	葱油鲈鱼	玉秃鱼	小黄鱼	红烧鱼块	雪菜小黄鱼
	Salt & Pepper Shrimp	Braised Shrimp in Soy Sauce	江白虾 (Jiang Bai Shrimp)	Braised Shrimp in Oil	Poached Shrimp
	椒盐虾	红烧虾	江白虾	油焖虾	白灼虾
Hawaiian Pizza	Sushi	Chicken Wrap	Cranberry Bread	Jam Bread	
夏威夷披萨	寿司	鸡肉卷	蔓越莓面包	果酱面包	
Duck & Bamboo Shoot Soup	Tomato & Enoki Mushroom Soup	Dried Shrimp & Radish Soup	Mushroom Chicken Soup	Seaweed & Pork Rib Soup	
老鸭尖笋汤	番茄金针菇汤	虾皮萝卜汤	菌菇鸡汤	海带排骨汤	
Fruit	Fruit	Fruit	Fruit	Fruit	
水果	水果	水果	水果	水果	
Tomato Scrambled Eggs	Garlic Sprouts with Shrimp	Crab Meat Omelette	Green Onion Oil Fish Slices	Shrimp Omelette	
番茄炒蛋	蒜苔炒虾仁	海蛎蒸蛋	葱油鱼片	虾仁跑蛋	
Stir-fried Celery with Wood Ear Fungus	Stir-fried Shitake Mushrooms with Pork	Honey Glazed Pumpkin	Stir-fried Celery with Dried Tofu	Pineapple with Sliced Pork	
西芹木耳	香菇炒肉	蜜汁南瓜	芹菜香干	菠萝肉片	
Dry Pot Cauliflower with Sliced Pork	Stir-fried Snow Peas with Carrot	Okra with Diced Chicken	Minced Pork Braised Eggplant	Stir-fried Zucchini	
干锅花菜肉片	荷兰豆炒胡萝卜	秋葵鸡丁	肉末红烧茄子	清炒西葫芦	
Stir-fried Choy Sum	Stir-fried Greens	Stir-fried Garland Chrysanthemum with Garlic	Stir-fried Wood Ear Fungus with Milk Cabbage	Oyster Sauce Lettuce	
炒菜心	炒青菜	蒜蓉茼蒿	木耳奶白菜	蚝油生菜	
Pure Milk	Pure Milk	Pure Milk	Pure Milk	Pure Milk	
纯牛奶	纯牛奶	纯牛奶	纯牛奶	纯牛奶	
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	
酸牛奶	酸牛奶	酸牛奶	酸牛奶	酸牛奶	
Orange	Milk Jujube	Cherry Tomato	Winter Jujube	Longan	
橙子	牛奶枣	小番茄	冬枣	桂圆	
Brown Sugar Steamed Bun	Steamed Dumplings	Scallion Pancake	Scallion Roll	Egg Pancake	
红糖馒头	蒸饺	葱油饼	葱卷	鸡蛋饼	
Grape	Apple	Banana	Mandarin Orange	Fragrant Pear	
葡萄	苹果	香蕉	橘子	雪梨	
Telunsu Cow's Milk Biscuit	Macaron Sandwich Biscuit	Jam Sandwich Biscuit	Chocolate Cookie	Mushroom & Yam Biscuit	
牛乳特合苏饼干	马卡龙夹心饼干	果酱夹心饼干	巧克力曲奇	猴头菇山药饼干	



# Weekly Menu

Early Years Section

The Week of December 8th to 12th, 2025

	Lunch	Snack
<i>Monday</i>	Tomato Scrambled Eggs Stir-fried Celery with Wood Ear Fungus Dry Pot Cauliflower with Sliced Pork Stir-fried Choy Sum 番茄炒蛋 西芹木耳 干锅花菜肉片 炒菜心	Brown Sugar Steamed Bun Orange Telunsu Cow's Milk Biscuit Grape Pure Milk Yogurt 红糖馒头 橙子 特仑苏牛乳饼干 葡萄 纯牛奶 酸奶
<i>Tuesday</i>	Garlic Sprouts with Shrimp Stir-fried Shitake Mushrooms with Pork Stir-fried Snow Peas with Carrot Stir-fried Greens 蒜苔炒虾仁 香菇炒肉 荷兰豆炒胡萝卜 炒青菜	Steamed Dumplings Milk Jujube Macaron Sandwich Biscuit Apple Pure Milk Yogurt 蒸饺 牛奶枣 马卡龙夹心饼干 苹果 纯牛奶 酸奶
<i>Wednesday</i>	Crab Meat Omelette Honey Glazed Pumpkin Okra with Diced Chicken Stir-fried Garland Chrysanthemum with Garlic 蟹肉跑蛋 蜜汁南瓜 秋葵鸡丁 蒜蓉茼蒿	Scallion Pancake Cherry Tomato Jam Sandwich Biscuit Banana Pure Milk Yogurt 葱油饼 小番茄 果酱夹心饼干 香蕉 纯牛奶 酸奶
<i>Thursday</i>	Green Onion Oil Fish Slices Stir-fried Celery with Dried Tofu Minced Pork Braised Eggplant Stir-fried Wood Ear Fungus with Milk Cabbage 葱油鱼片 芹菜香干 肉末红烧茄子 木耳奶白菜	Scallion Roll Winter Jujube Chocolate Cookie Mandarin Orange Pure Milk Yogurt 葱卷 冬枣 巧克力曲奇 橘子 纯牛奶 酸奶
<i>Friday</i>	Shrimp Omelette Pineapple with Sliced Pork Stir-fried Zucchini Oyster Sauce Lettuce 虾仁跑蛋 菠萝肉片 清炒西葫芦 蚝油生菜	Egg Pancake Longan Mushroom & Yam Biscuit Fragrant Pear Pure Milk Yogurt 鸡蛋饼 桂圆 猴头菇山药饼干 香梨 纯牛奶 酸奶





New Noodle Station  
Open!



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 School