



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 16
December 12th, 2025





Dear Parents,

As our holiday approaches I would like to take this opportunity to thank you for your support in what has been a thoroughly enjoyable and fulfilling first term here at NBIS.

There is an extremely long list of firsts – first UN Day, first Teddy Bears' Picnic, first Fall Festival and of course the Sports Events, Winter Concerts, Talent Shows, Drama Festival...the list goes on.

These special occasions are very enjoyable, but more fulfilling than these are the less dramatic but more important 'normal' days where I have the privilege of witnessing the education of your children. From our youngest pre-school students all the way up to our Year 13 students I find them positive engaging, welcoming and honest. The same is true of the staff in the school. I enjoyed receiving some well-written and beautifully-decorated letters from Year 3 students which contained some interesting suggestions, not least the need for more bouncy balls in the Undercover Play area! I also spent some time recently talking to some of our boarding students who were articulate, ambitious, loyal to their teachers and well-informed.

Finally, I would like to thank all parents and staff across the school for their work and support throughout such a busy semester, including our two parental bodies, SAC and the PTA. NBIS is a wonderful community to be a part of, and I look forward to coming back in January for the next round!

Have a safe and restful holiday.

Simon Attwood

NBIS International Principal
12 December 2025



CONGRATULATIONS

Yuen Hei Lee

Class of 2026

for receiving an offer to study Finance at Hong Kong University of Science and Technology.



**THE HONG KONG
UNIVERSITY OF SCIENCE
AND TECHNOLOGY**

Images sourced from the Internet.



CONGRATULATIONS



Qichu Li (Chuck)

Year 8A Student

Congratulations to Qichu Li in Year 8A for his outstanding achievement in winning the championship at the WPC2025 World Pickleball Open, the 2025 Zhejiang Youth Pickleball Championships, and the 2025 Ningbo Youth Pickleball Championships.

Well done, Chuck! We are incredibly proud of you!





CHUCK LI SHINES ON THE WORLD STAGE!

We are thrilled to celebrate an outstanding achievement by our very own Y8A student, Chuck Li, who took part in the WPC2025 World Pickleball Open held in Hong Kong on December 4th.

This prestigious international championship brought together 16 elite teams from around the globe, each competing at the highest level of skill, strategy, and teamwork. We are incredibly proud to share that Chuck's team claimed the 1st place title, emerging as the champions of the tournament!



Adding to the excitement of the event, the competition welcomed a very special guest—Olympic champion Li Xiaopeng, whose presence inspired players and spectators alike. It was a memorable moment for all participants, and an especially meaningful experience for Chuck and his team.

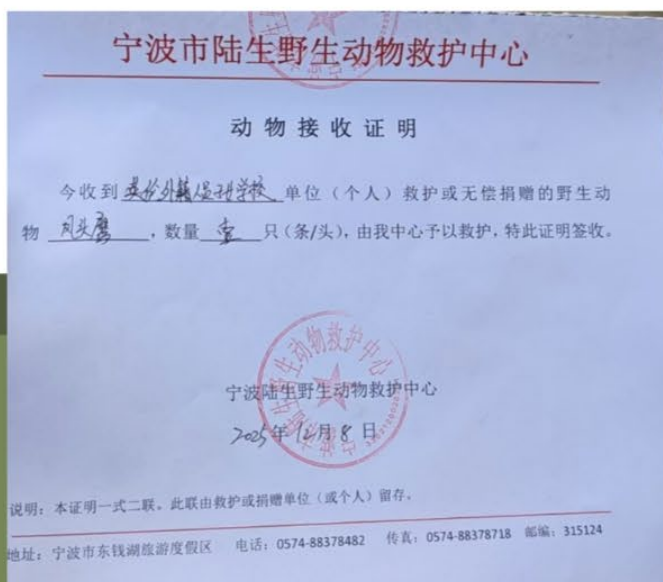
Chuck's dedication, sportsmanship, and determination are a wonderful example for his peers and a source of pride for our entire school community. Congratulations, Chuck, on this remarkable accomplishment.

A Special Visitor on the NBIS Lawn

On 7 December, NBIS campus security officer Mr Yu discovered an injured bird on the central lawn and carefully ensured its safety. With swift support from the school and our Vice Principal of Legal Affairs, Police officer Mr Zhou, the Ningbo Wildlife Rescue Centre collected the bird the next day. It was later identified as a Crested Goshawk, a species protected under national law.

This small but meaningful rescue reflects NBIS's commitment to caring for our environment and protecting the wildlife that shares our community.

Certificate from the Ningbo Terrestrial Wildlife Rescue Centre



Paws for Applause: A Heartfelt Thank You for Your Generosity

The Community Service Club & Ms Chané Coetzee

The halls of NBIS have been buzzing with more than just school spirit this past month—they've been filled with the incredible spirit of compassion. Thanks to the overwhelming support of our amazing school community, the Community Service Club's "Stray Care Campaign" has been a monumental success.

We are thrilled to announce that your generous donations have far exceeded our expectations. Our collection points overflowed with bags of nutritious pet food, stacks of soft, warm blankets, and essential supplies that will provide immediate comfort to animals in need. Furthermore, the financial contributions we received will allow local animal shelters to provide critical medical care, vaccinations, and support for stray animals awaiting their forever homes.



This campaign showcased the very best of who we are. Every can of food, every cozy blanket, and every dollar given represents a conscious choice to extend kindness beyond our own homes and into our wider community. You have shown that empathy is a core lesson learned here, one that extends from our classrooms to the streets where these vulnerable animals live.



A special commendation goes to the Travel and Tourism class who made a large donation to the campaign and to the dedicated members of the Community Service Club, whose passion and hard work in organising, promoting, and managing this drive made it all possible.

Your donations are more than just items or money; they are lifelines. They mean a stray dog will have a full belly on a cold night, a recovering kitten will have a soft place to rest, and an abandoned animal will receive the veterinary care it desperately needs. You have not only donated supplies; you have donated hope.



On behalf of the Community Service Club and the countless animals whose lives will be made better, we offer our deepest and most sincere gratitude. Thank you for opening your hearts and for proving that together, our NBIS family can create tangible, life-changing kindness.



NBIS PTA WINTER CAFÉ

On December 10, the NBIS PTA Winter Café was warmly held in conjunction with the Primary Winter Concert, creating a vibrant atmosphere for families and staff.

The event featured an expanded menu of desserts and beverages, along with a sustainable second-hand uniform sale, encouraging eco-conscious community engagement.

Many parents visited the Teachers' Lounge to express support, further strengthening the bond between home and school.

Thank you to the PTA for preparing such heartwarming cards and lovely gifts for all NBIS staff — your kindness truly made our campus feel warmer and brighter this winter.





NBIS SHARKS UPCOMING GAMES!

 Tournament for U19 Boys and Girls

 Saturday, 13th December

 9 am to 4 pm

 NBIS

 Tournament for Primary and Secondary Teams

 Sunday, 14th December

 10 am to 2 pm

 HD

 NBIS U15 Boys vs Li Zhou Middle School

 Sunday, 14th December

 10:30 am

 Li Zhou Middle School (梨洲中学)

Let's go SHARKS 



NBIS PARENTS' VOICES: WE'D LOVE TO HEAR FROM YOU!

We are excited to launch a new interview series: "NBIS Parents' Voices"!

This series will highlight the stories and experiences of our wonderful parent community, giving you a chance to share your unique journey with NBIS.

Each interview will explore topics such as:

- Your family's story and connection to NBIS.
- Your child's growth and memorable school experiences.
- Your perspective on our community and what makes it special.



We warmly invite interested parents to join us and share their story. If you'd like to participate, please reach out to us at:

Marketing@nbis.net.cn

Your
**VOICE
MATTERS**





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 B explores the season of Winter

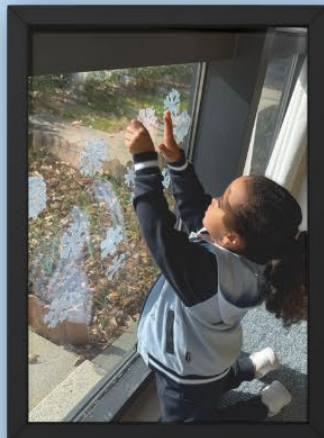
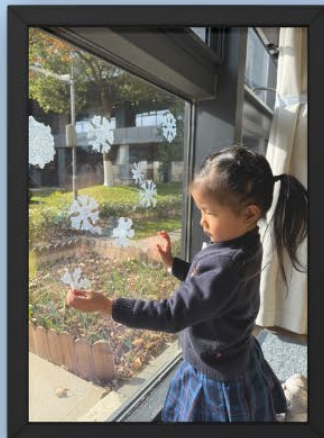
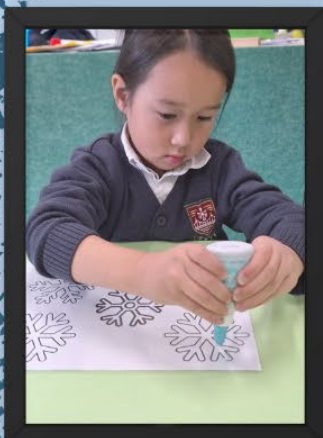
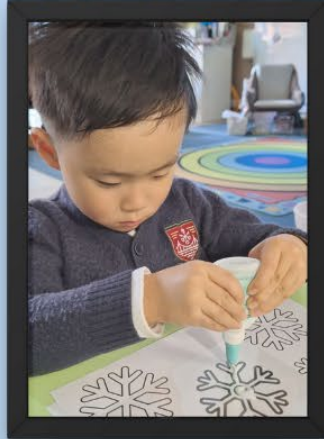
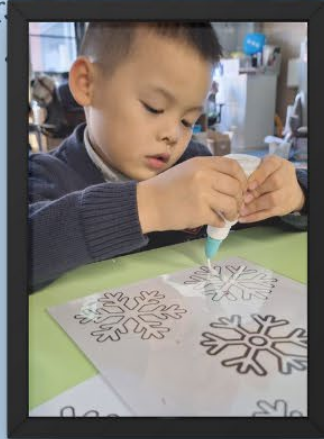
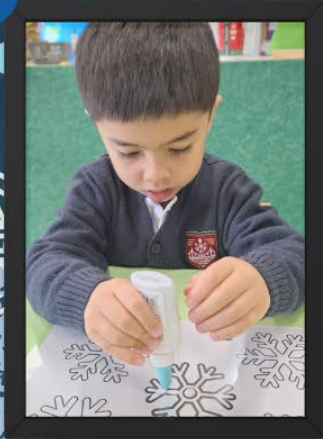
Reception B Teachers



This week, the children have been exploring seasons with a special focus on winter. We talked about how the weather is getting colder and discussed the importance of wearing appropriate clothing such as hats, jumpers, jackets, and scarves to keep ourselves warm. We learnt a new action rhyme about mittens, and a song about warm winter clothing.

The children also enjoyed designing their own winter hats by drawing patterns with white crayons on a hat template, and then painting over the white crayon with watercolours. The technique feels magical, as the paint resists the crayoned areas.





We made glue/glitter snowflakes to decorate our windows. The children showed great focus as they squeezed the glitter glue over the snowflake templates.

We also took a walk around our school grounds and talked about how the cooler weather feels. During the walk we noticed the changes in our environment, especially the trees, many of which have now lost their leaves!



NBIS EARLY YEARS WINTER CONCERT 2025

On Thursday, December 11th, the Early Years Section of Ningbo British International School (NBIS) brought warmth and festive cheer to the campus with its annual Winter Concert. Filled with music, movement, and joyful energy, the event celebrated the wonder of childhood and the expressive confidence nurtured in our young learners.



A Showcase of Young Performers

Students from Pre-school, Nursery A & B, and Reception A & B took to the stage with delightful performances that highlighted their creativity, communication skills, and developing sense of independence and confidence.



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Each performance glowed with seasonal charm, as the children shared songs and dance. It was clear to see the happiness and joy in the children as each class took to the stage to perform. Families and teachers applauded their confidence, enthusiasm, and growing ability to express themselves on stage.

Our Appreciation

Our thanks go to all NBIS teachers, staff, and parents for their support of this festive event. The Winter Concert beautifully showcased the nurturing, creative, and internationally minded environment that defines Ningbo British International School's Early Years programme. NBIS is a place where every child is encouraged to discover, imagine, and shine.



Year 3C

Miss Yu



We are maple syrup experts!

Class Party!



Thinking hard for the exam!



Year 3C had a fun and busy week! Students worked hard on their assessments and still found the energy to shine in our Winter Concert-our "How to Make Maple Syrup" performance was a big hit! We wrapped up the week with a joyful class party filled with yummy treats and big smiles. What a wonderful way to end the semester!

Lower Primary Winter Concert

Ms Emily Clark

Lower Primary hosted its Winter Concert, Fireside Tales, this Wednesday. Inspired by traditional stories shared around a warm campfire, the performance celebrated the winter season and the many ways it is experienced around the world. Students explored how winter can look and feel different depending on a country's location on the equator and its climate.



Each class represented a different country:

1A: New Zealand, 1B: South Africa, 1C: China, 2A: United States of America, 2B: South Korea, 3A: Malaysia, 3B: United Kingdom, and 3C: Canada. Classes selected a meaningful tradition or tale from their country and brought it to life through dialogue, song, or dance.





The concert concluded with a joyful, Whole Lower Primary performance of "Santa Claus Is Coming to Town." Students loved discovering new traditions and learning how, despite our differences, celebrations around the world hold special meaning for everyone.



We are incredibly proud of all our students and teachers for their hard work and creativity. It was a wonderful learning experience for all who attended.





Upper Primary Winter Concert

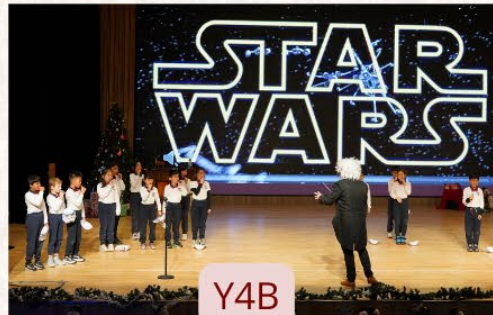
Ms Candice Klue

The festive spirit was in full swing at our Upper Primary Winter Concert this week.



Our talented students delivered a joyful and wonderfully eclectic celebration of the season, showcasing their creativity, humour, and musicality.

The audience was treated to a delightful global journey of sound and spectacle. The energy was high from the start with classic favourites like "Rockin' Around the Christmas Tree" and the original Rock 'n' Roll Snowman. A surprisingly harmonious Night at the Opera... featuring kazoos! showcased our students' comedic timing, while vibrant performances like Christmas in Jamaica and an original winter rap celebrated traditions from around the world.





Student talent shone in every act, from a stunning excerpt of "Frozen" to a playful and spirited rendition of the "12 Days of Christmas," featuring hearty singing and a lovely violin accompaniment played by one of our own musicians. The morning then drew to a beautiful, heartfelt close with a touching "Letter to Santa" poem.



A huge thank you to our incredibly dedicated students for their hard work and bravery on stage, and to our wonderful staff for guiding them. We wish all our families a safe and happy holiday season.



Art of the week

primary section

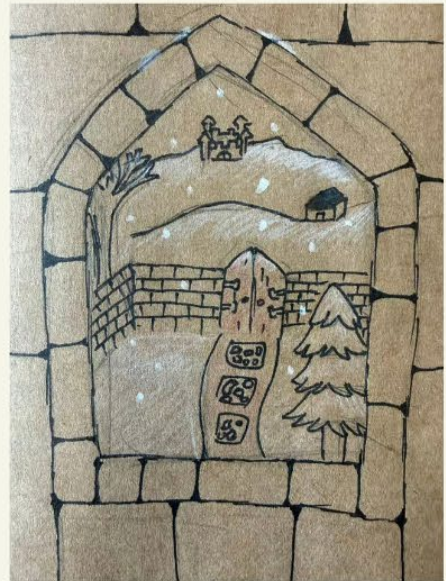
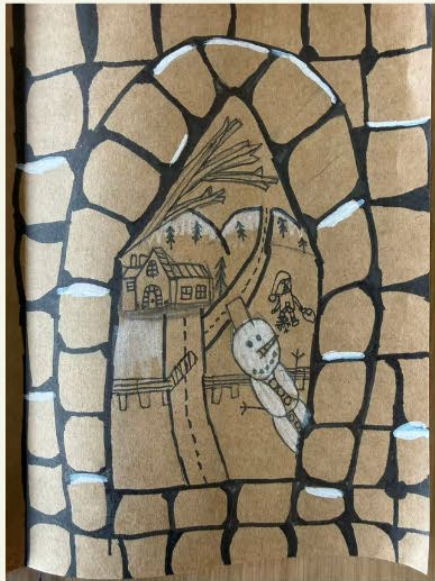
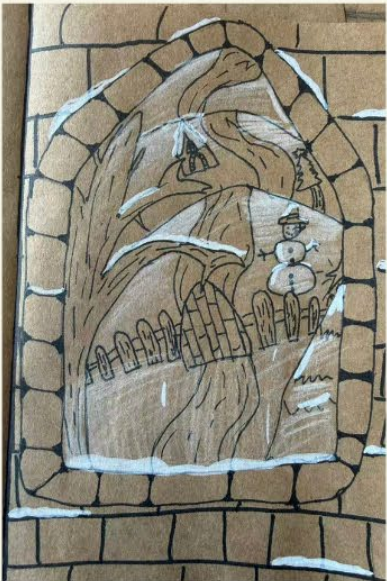
MS.QIAN



YEAR 2 - SNOW GLOBE

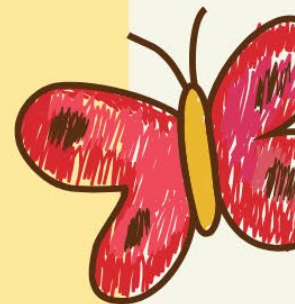
This week, our Year 2 pupils created their own enchanting snow globes using laminated transparency paper. They began by drawing and colouring festive winter scenes with fine markers, before carefully cutting and assembling their designs into charming handheld decorations.





YEAR 5 - WINTER COUNTRYSIDE

Year 5 students embarked on a more advanced study of winter scenery, creating detailed village landscapes with an emphasis on perspective and texture. Using mixed media including sketching pencils, ink liners and soft pastels, they captured the quiet magic of snow-clad cottages, frosted trees and distant hills. Their artworks reflect growing technical skill in creating depth and atmosphere, showcasing how light and shadow define a winter's day.



Expressive Arts Department - December News

THE ARTS AND STUDENT WELLBEING

How creative expression supports mental health in an international school environment.

In international schools, where students frequently navigate multiple cultures, academic and peer pressure and personal transitions and goals, the arts serve a crucial function in promoting mental health. It's easy to feel stressed, anxious, or just plain overwhelmed. NBIS offers a holistic education that includes classes that are also a place to breathe, think outside the box, be a bit weird, experiment with hands-on activities, and support students' mental health and overall well-being.

Creative expression offers a universal language—enabling students to communicate

emotions, explore identity, and foster confidence within a safe, inclusive environment. A study in the American Journal of Public Health concluded that engagement in artistic activities has 'significantly positive effects on health' (Stuckey & Nobel, 2010). For students navigating cultural displacement and academic rigour, activities like drama, visual arts, and music offer a universal language for self-exploration and connection. This process not only builds resilience but also creates a shared community space where diverse identities can be celebrated, directly countering feelings of isolation and promoting inclusive mental health support.



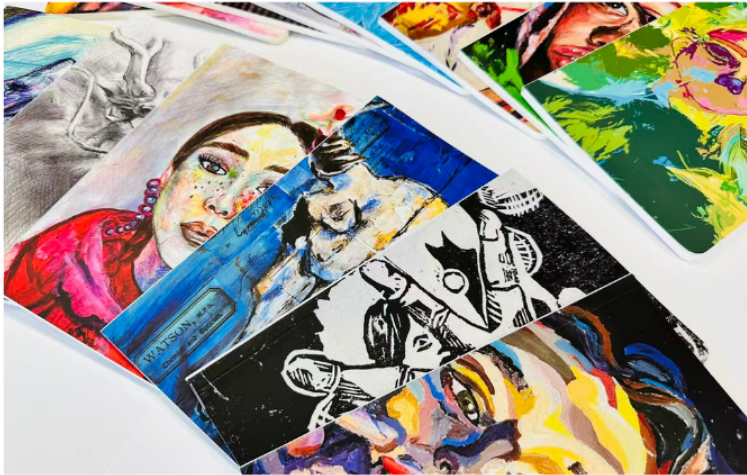
A Healthy Mind Through Art and Design by Adeelkaiser Ali and Ms. Samantha Clegg



Art plays an important role in supporting our mental well-being because it gives us a safe and creative way to express our thoughts, feelings, and experiences. When we draw, paint, sculpt, or design, we focus our minds on the process, which can help lower stress and make us feel calmer.

Creating art allows us to explore emotions that can be difficult to put into words, and this can help us understand ourselves better. It also encourages curiosity and imagination, giving us space to experiment, problem-solve, and make personal choices. Art provides an important break from screens, allowing students to step away from the pressure of digital distractions and be fully present in a hands-on activity. This supports mindfulness, as the slow, repetitive actions of drawing or painting help the brain settle and concentrate on the moment. Working with colours, shapes, and materials can be uplifting, and finishing an artwork often gives a sense of pride and achievement. Art lessons also build confidence as students learn new skills and realise that mistakes can lead to new ideas rather than failure. Overall, art is not just about creating something visually appealing but it is a meaningful way to relax, reflect, stay focused, and connect with ourselves and others.

In a diverse international setting, art promotes connection and community. Students exchange ideas across cultures, collaborate, and celebrate each other's creative expressions. Exhibitions and displays further endorse their voices, instilling a sense of pride and belonging.



For the high school students, the IGCSE & A-Level Cambridge Art & Design is designed to strengthen wellbeing by encouraging student-led inquiry and personal expression.

- Choice of themes allows students to explore topics connected to their identity, experiences, or interests.
- Experimentation and risk-taking build resilience and confidence.
- Reflection and annotation help students understand their creative decisions and emotional responses.
- Portfolio development supports self-discovery as students watch their ideas evolve into meaningful work.

Creative expression is vital for the well-being of students. Through the Cambridge IGCSE and A-Level Art & Design programmes, students acquire not only artistic skills but also emotional resilience, confidence, and a more profound understanding of themselves—thereby fostering their overall mental health throughout their academic journey.

Participating in the arts reduces stress, enhances concentration, and fosters mindfulness. The tranquil, tactile nature of drawing, painting, or sculpting assists students in emotion regulation and stress relief from demanding academic routines. Art instruction provides students with opportunities to experiment, make mistakes, and derive enjoyment from the creative process—an essential balance for maintaining well-being.





Drama and Mental Health by Nausicaa Giavarra

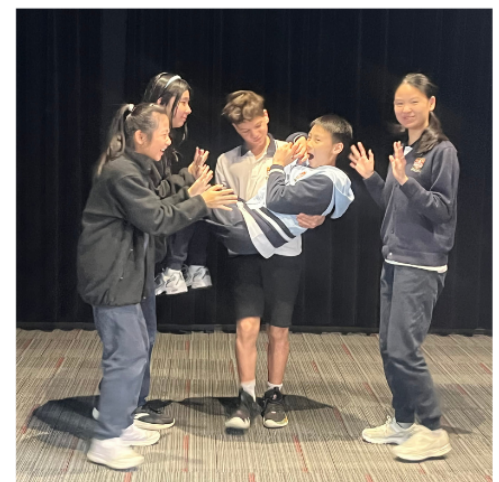


Drama promotes students` mental health by fostering collaborative teamwork, authentic self-expression, and empathetic understanding. Research substantiates its efficacy; for instance, a study published by the Athens Journal of Health & Medical Sciences in 2023 concludes that `drama sessions increased the level of self-esteem and mental well-being of disadvantaged students as well as decreasing the level of shyness`. The unique strength of drama lies in its active, ensemble-based pedagogy, where students must work as a cohesive team to build trust and bring a production to life and in its structured yet liberating environment.



Researchers note that psychodrama and drama therapy sessions are typically built on a three-part structure: a warm-up, a main activity, and reflection, which is the same structure of NBIS Drama lessons. We generally start with drama games, which relate to the learning objective while building a safe, non-judgemental, and playful group dynamic. It allows students to “switch off” from the social and academic pressures, stimulates spontaneity and lowers inhibitions, preparing students for deeper engagement.

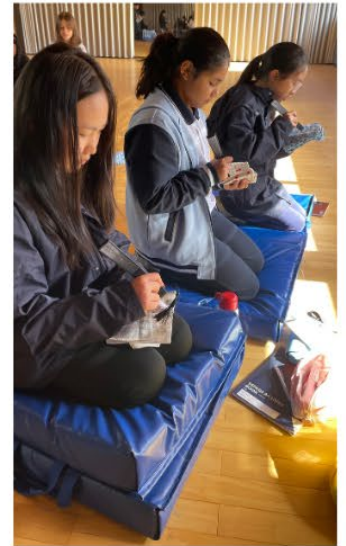
Next, students are invited to engage in improvisation, role-play, and scene creation, exploring specific Drama concepts, techniques or styles. This is where the powerful mechanism of aesthetic distance, which can be described as the psychological gap allowing objective judgment of art. This separates the audience's reality from what happens on stage, allowing students to look critically at characters and stories through which they can explore complex emotions, personal challenges, and universal themes like vulnerability, conflict, sadness or frustration, from a safe distance.



This process allows adolescents to confront difficult issues with emotional distance. They are simultaneously connected to and protected from their strongest feelings, using the character as a conduit for expression.



Finally, the lesson usually finishes with a moment of reflection. Here, students are able to de-role (consciously step out of a character), which allows them to distance themselves from the emotional weight of the roles they played. Following this with guided verbal reflection enables the group to share insights, relate the dramatic work to broader life experiences, and transition back to everyday reality.



This structure helps consolidate learning, prevents emotional carry-over, and reinforces the distinction between the fictional exploration and the student's personal identity. It turns an experiential activity into a reflective learning moment about human behaviour and resilience.

Moreover, the collaborative environment Drama promotes also provides a vital platform for students to showcase their own unique being, celebrating individual differences as creative assets rather than divisions. Fundamentally, the course challenges students to step into "other people's shoes," transforming abstract concepts of diversity into lived experience, which directly builds perspective-taking and emotional intelligence. This is particularly evident when approaching drama techniques such as 'Hot Seating', in which students need to answer question as if their character was interviewed, or dramatic devices such as 'Thought Tracking', which consist in verbalising what a character think, helping students to get in the habit to organise their thought and realise that there are multiple layers to what is said.



Additionally, in Drama, we often use improvisation to explore concepts and themes. This art is a key tool for teaching students how to think on their feet and act with greater confidence when dealing with unpredictable situations in their daily lives. While improvising, students are encouraged to think positively and agree on each other's ideas, building together new improbable realities. They also have to keep in mind that one of their goals is to support their classmates and make them feel awesome and incredibly intelligent, fostering a positive and supportive environment which is inclusive, while celebrating the uniqueness of each individual.

Through fun, low-pressure exercises where students build spontaneous scenes together, they learn to trust their instincts, adapt quickly, and engage creatively with the unexpected. This regular practice makes them less afraid of real-life surprises and more capable of handling them with a positive attitude, which directly supports their sense of well-being and overall happiness.



Music and Wellbeing by Yonathan Rinaldi



Exam periods can be stressful for students, with revision, assignments, and looming deadlines creating a lot of pressure. While studying strategies and time management are important, one simple and enjoyable way to support mental well-being is music. Listening to your favourite songs, singing along, or playing an instrument — whether at school or at home — can help you feel calmer, more focused, and emotionally balanced during these demanding times.

Music has a unique ability to reduce stress and improve mood. For students at home, putting on a calming playlist while reviewing notes or taking a short break to play an instrument can create a soothing environment that refreshes the mind. Singing along to uplifting tunes or practicing a favourite piece can also provide a sense of achievement and satisfaction, helping students feel more confident and motivated.



In addition to stress relief, music can strengthen social and emotional connections. Playing or singing music with family members or even sharing playlists with friends can create feelings of connection and belonging, which is important during exam periods when stress can feel isolating.

Combining music at school with personal music time at home gives students ways to recharge, improve focus, and maintain their mental health. Whether it's background music while studying, a family jam session, or simply listening to songs they love, music can be a simple, effective tool to help students navigate the challenges of life.



Conclusion

By merging teamwork, the celebration of individuality, and empathetic exploration, art, drama and music courses equip students with vital psychosocial skills, helping to mitigate stress and build a foundation for long-term mental well-being.

Moreover, participation in student exhibitions, music, and drama performances provides a powerful platform for fostering essential personal development. These activities directly enhance student confidence by requiring them to prepare for and execute a task before an audience, transforming abstract learning into tangible, shared achievement. The rehearsal and creative process inherently builds self-esteem, as students experience the validation of their ideas, witness their own improvement through practice, and contribute meaningfully to a collective goal.



Engagement in the arts has been consistently linked to positive mental health outcomes; it serves as a constructive platform for emotional expression, reduces stress, cultivates resilience through problem-solving, and strengthens a sense of identity, empathy and belonging within a supportive community. NBIS's holistic approach to education and Expressive Arts Programme prepares students not only for academic success but for the interpersonal and emotional demands of life beyond the classroom.

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

Ningbo ARTS of the Month

Exposing yourself to the arts is a powerful act of self-care and cognitive development. It directly nurtures creativity, teaching the mind to see patterns, make unexpected connections, and approach challenges with innovative problem-solving. Beyond that, engaging with art is profoundly beneficial for mental health, offering a space for reflection, emotional release, and a sense of shared human experience.

To engage with Ningbo's cultural scene this month, here are our top recommendations for December arts events.



The Ningbo Museum has opened a dual exhibition pairing original Claude Monet masterpieces—such as "Water Lilies" and "The Water Lily Pond"—with a collection of Qing Dynasty imperial artifacts. In total, the two connected exhibitions will showcase about 250 works from leading museums in China and the U.S.

Dates: From the 5th of December 2025 to the 8th of March 2026

The French musical *Roméo & Juliette: De la haine à l'amour* is a globally successful adaptation of Shakespeare's play, created by Gérard Presgurvic in 2001, known for its pop/rock score, vibrant blue (Montagues) vs. red (Capulets) costumes, and hits like "Les Rois du Monde," becoming a cultural phenomenon and touring extensively worldwide with acclaimed original stars like Damien Sargue and Cécilia Cara. It's a modern, energetic take on the tragic romance, distinct from Gounod's classical opera version, and is performed in French with international translations.

Dates: 12-14 December 2025



← Touching Music - December Open-Stage Concert 🔗
 Free Entry
 Interested Performers Must Register in Advance



Winter Wind

冬之声

Touching Music
谈琴双语音乐教育

关注



03:01

05:11

TIME:
12/26 18:00
 Friday



Scan the QR Code
to RSVP or Register:

ADDRESS:
 401 Jianlan Road
 Welyou 401 Building A 1F
 Touching Music Concert Hall





Winter Holiday

The Winter Holiday is to begin from

Wednesday 17th December

until

Sunday 4th January (No school)

Monday 5th January (Back to school)

**NBIS wishes you and your family
a wonderful winter holiday
filled with joy and warmth.**



NBIS FOOD

WEEKLY Menu

The Week of December 15th to 16th, 2025

	Monday	Tuesday	
Lunch Menu	Blueberry Yam Mash	Broccoli Sausage Pasta	No School
	蓝莓山药泥	西兰花烤肠意面	
	Crispy Chicken Strips	Spiced Beef	
	香酥鸡柳	五香牛肉	
	Stir-fried Cabbage	Stir-fried Mushrooms with Bok Choy	
	炒大白菜	香菇炒油菜	
	Sweet and Sour Pineapple Pork	Colorful Mixed Nuts	
	菠萝咕咾肉	五彩虾仁	
	Scallion Oil Tofu	Roasted Potatoes	
	葱油豆腐	烤土豆	
	Stir-fried Broccoli	Stir-fried Broccoli	
	炒西兰花	炒西兰花	
	Green Pepper Potato Shreds	Stir-fried Lettuce with Yam Slices	
	青椒土豆丝	莴笋山药片	
	Braised Pork Ribs	Tofu Skin with Braised Pork	
	红烧仔排	油豆腐烤肉	
	Oil-braised Shrimp	Butterfly Shrimp	
	油焖虾	蝴蝶虾	
	Flatfish	Steamed Perch with Scallion Oil	
	玉秃鱼	葱油鲈鱼	
	Stir-fried Pork with King Oyster Mushrooms	Braised Duck Pieces	
	杏鲍菇炒肉丝	红烧鸭块	
	Creamy Pumpkin Soup	Bacon Potato Chowder	
	奶油南瓜汤	培根土豆浓汤	
	Fruit	Fruit	
水果	水果		
Scallion Oil Fish Slices	Shrimp Patty		
葱油鱼片	虾排		
Stir-fried Garlic Sprouts	Stir-fried Lotus Root		
蒜薹肉丝	荷兰豆炒藕片		
Stir-fried Broccoli with Carrots	Steamed Dumplings		
西兰花炒胡萝卜	蒸饺		
Chinese Cabbage with白菜木耳	Stir-fried Lettuce		
清炒生菜			
Pure Milk	Pure Milk		
纯牛奶	纯牛奶		
Yogurt	Yogurt		
酸牛奶	酸牛奶		
Longan	Fragrant Pear		
桂圆	香梨		
Steamed Pork Buns	Shaomai (Pork and Shrimp Dumplings)		
小笼包	烧麦		
Apple	Orange		
苹果	橙子		
Scallion Soda Crackers	Sam's Black Truffle Crackers		
香葱苏打饼干	山姆黑松露饼干		



Weekly Menu

Early Years Section

The Week of December 8th to 12th, 2025

	Lunch	Snack
<i>Monday</i>	Scallion Oil Fish Slices Stir-fried Garlic Sprouts with Shredded Pork Stir-fried Broccoli with Carrots Chinese Cabbage with Black Fungus 葱油鱼片 蒜薹肉丝 西兰花炒胡萝卜 白菜木耳	Steamed Pork Buns Longan Scallion Soda Crackers Apple Pure Milk Yogurt 小笼包 桂圆 香葱苏打饼干 苹果 纯牛奶 酸奶
<i>Tuesday</i>	Shrimp Patty Stir-fried Lotus Root with Snow Peas Steamed Dumplings Stir-fried Lettuce 虾排 荷兰豆炒藕片 蒸饺 清炒生菜	Steamed Dumplings Fragrant Pear Sam's Black Truffle Crackerst Orange Pure Milk Yogurt 烧麦 香梨 山姆黑松露饼干 橙子 纯牛奶 酸奶
<i>Wednesday</i>	No School 放假	
<i>Thursday</i>	No School 放假	
<i>Friday</i>	No School 放假	



Sample Meal (Whole School)



Sample Meal (Early Years)



Unity
Diversity
Excellence

Vision & Mission

VISION

We strive to develop the whole child to best achieve his or her intellectual, social, emotional and physical potential.

MISSION

Cultivating internationally-minded, confident and compassionate individuals, equipped to collaborate with others for positive impact.



Unity
Diversity
Excellence

Our Values

In our school we strive to live by
and develop the following values
in our students:





CONNECT WITH US



WECHAT
ACCOUNT



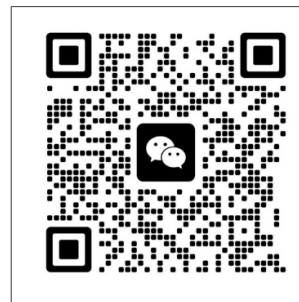
XIAOHONGSHU
ACCOUNT



FACEBOOK
ACCOUNT



INSTAGRAM
ACCOUNT



ADMISSIONS
ENQUIRY



0086-574-87611005 / 83888071



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No. 365 Guanghua 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
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Oct 2025						
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27	28	29	30	31		

Nov 2025						
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24	25	26	27	28	29	30

Dec 2025						
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22	23	24	25	26	27	28
29	30	31				

Jan 2026						
M	T	W	T	F	S	S
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Feb 2026						
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Mar 2026						
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30	31					

Apr 2026						
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27	28	29	30			

May 2026						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Jun 2026						
M	T	W	T	F	S	S
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29	30					

Jul 2026						
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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

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Cambridge International School