



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 18
January 16th, 2026





NBIS SHARKS UPCOMING GAMES!

 NBIS Football Teams (NSL Tournament)

 Saturday, January 17th

 11 am to 4 pm

 UNNC

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

Let's cheer for our young athletes as they bring their energy, teamwork, and Shark spirit to the field.

Let's go SHARKS 



University of
Nottingham

UK | CHINA | MALAYSIA

Invitation letter for
January 17th 2026
Ningbo Sport League
Schools Football Tournament
2026年1月17日邀请函
宁波体育联赛
学校足球锦标赛

Address:

University of Nottingham Ningbo China,
199 Taikang E Rd, Yinzhou, Ningbo city, Zhejiang , China, 315104
浙江省宁波市鄞州区泰康东路199号宁波诺丁汉大学 邮编: 315100



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





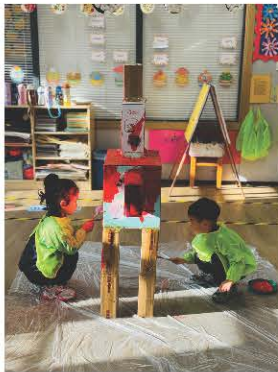
Nursery B



Chinese New Year is a joyful and vibrant celebration filled with red decorations, delicious food, and exciting traditions that children love. It's the most important holiday in China and offers a perfect opportunity for us to introduce children to Chinese culture in a fun and engaging way.



Making the Lunar Horse for the New Year



Our sensory play was linked to what we have been learning about Chinese New Year.



Nursery B



Spring Festival "Fu" Character and the Year of the horse Art Activity.



Set up our home corner as a Chinese restaurant during the Spring festival celebration. Children enjoyed playing with their friends.

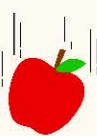
3A's Fantastic Forces

Ms. Racheal Anne & Ms. Bonnie Zhang

MARBLE RUN MAYHEM

The classroom turned into a construction zone as students designed and built their own marble runs. Once the marbles were released, gravity took over, pulling them down toward the Earth. The faster the marble went, the more exciting the run became. Students quickly learned that no pushing was needed — gravity did all the work! Along the way, they showed great creativity and teamwork, testing, rebuilding, and improving their designs.





3A's Fantastic Forces



3A's Fantastic Forces

Week 18 2026



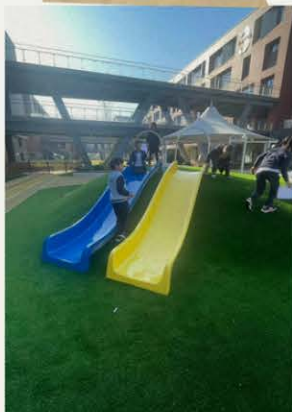
Parachute Power

Our forces adventure took off as students designed parachutes to carry a mini water balloon. When we dropped them from the bridge, the parachutes did not all fall straight down — some drifted, some spun, and some floated gently! This helped us learn about gravity, pulling everything down, and air resistance, slowing things through the air. We could not see these forces, but we definitely saw their effects in action.



RAMPS, ROLLS, AND ROADBLOCKS

At the playground, students explored friction by rolling toy cars down ramps and across different surfaces. Some cars raced ahead, while others slowed or stopped quickly. This hands-on activity showed how friction resists movement and how surface type affects motion, proving that unseen forces can have a big impact.



Art of the week Primary



Year 3 Embraces the Year of the Horse with Artistic Designs

In celebration of the approaching Year of the Horse, our talented Year 3 pupils have embarked on a creative journey. Each student designed their very own distinctive pony, adorning their creations with intricate patterns and elegant line work.

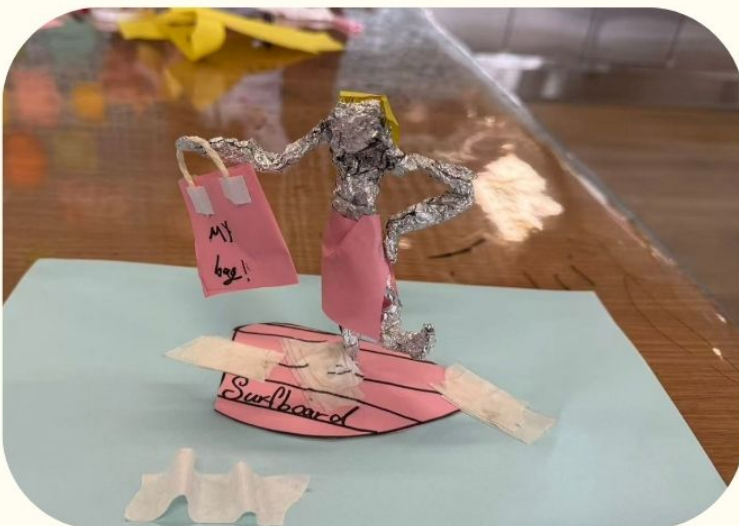


Year 1 Builds Imaginative Worlds with Paper Sculptures

Our youngest learners in Year 1 have showcased their boundless creativity through a vibrant paper sculpture project. Using an array of colourful paper strips, they meticulously cut, folded, and assembled their pieces to construct miniature amusement parks from their imaginations. From whimsical rollercoasters to playful merry-go-rounds, each unique three-dimensional creation stands as a testament to their developing fine motor skills and inventive thinking.

Year 5 Explores Anatomy with Tin Foil Figures

Drawing upon their scientific studies of the human body, Year 5 students have translated their knowledge into art. Using malleable tin foil, they crafted a series of dynamic human figures. By manipulating the material, they successfully captured a variety of poses and forms, demonstrating a clear understanding of proportion and movement.



THE FUTURE OF NBIS

DESIGN TOMORROW'S SCHOOL, TODAY.



HOW DO YOU IMAGINE OUR SCHOOL 10 YEARS—OR EVEN 50 YEARS—FROM NOW?
SHOW US YOUR VISION OF A SMARTER, GREENER, AND MORE INSPIRING NBIS!

YOUR CHALLENGE:

DESIGN WHAT YOU THINK NBIS WILL LOOK LIKE IN THE FUTURE — IN 2035 OR 2075 — USING ANY CREATIVE MEDIUM.

YOU CAN DRAW, PAINT, 3D MODEL, BUILD, ANIMATE, OR PROTOTYPE YOUR VISION.

PRESENT:

THE BEST IDEAS WILL BE SELECTED TO PRESENT THEIR VISION AND IDEAS DIRECTLY TO THE PRINCIPAL AND OTHER SCHOOL LEADERS.

STUDENTS WILL HAVE THE OPPORTUNITY TO PITCH THEIR DESIGNS, EXPLAIN THEIR CONCEPTS, AND SHOWCASE HOW THEIR IDEAS COULD SHAPE THE FUTURE OF NBIS.

WHO CAN JOIN:

ALL NBIS STUDENTS — PRIMARY AND SECONDARY.
WORK INDIVIDUALLY OR IN TEAMS OF UP TO 4 STUDENTS.

IMPORTANT DATES:

SUBMISSION DEADLINE: 9TH MARCH 2026
PRESENTATIONS: 23RD MARCH 2026

AWARDS & RECOGNITION

BEST OVERALL DESIGN
MOST SUSTAINABLE IDEA
MOST TECHNOLOGICALLY INNOVATIVE
BEST PRESENTATION
PEOPLE'S CHOICE AWARD

FOR MORE INFORMATION PLEASE SEE MR SEAN IN THE STEM LAB (3-315)



Ningbo British
International School
浙江宁波英伦
外籍人员子女学校



Flavours Meet at NBIS

Series 1: *Noodles Along the Silk Road*



Lanzhou Beef Noodles

A Live Noodle-Pulling Demo by Chef Han



Culture Learning

Lanzhou Beef Noodles come from the city of Lanzhou along the Silk Road. It's not just a delicious dish—it also represents the blending of different cultures through centuries of exchange.

Today, Lanzhou beef noodles have opened branches in more than 60 countries and regions, including Canada and the United States, becoming a prime example of Chinese cuisine going global and allowing more and more people to discover and appreciate this iconic dish.



***Knead, Stretch, Pull
— Taste the Fresh!***

Make Today
AMAZING



Students Hands-On Experience



This is hand-pulled magic — from dough to delicious!

Wow!

Behind the Bowl: The Story of a Lanzhou Noodle and Chef

Nice Work

"I've been making Lanzhou beef noodles for more than 15 years. Honestly, nothing beats the feeling when I see NBIS students and teachers loving my bowls. To me, making sure Lanzhou beef noodles stay awesome and keep improving isn't just a job — I'm kinda on a personal mission with this."



Chef Han & Year 6B Eamonn Towey

Let's Taste & Tell!



"I really enjoyed today's experience. I got to learn about the craftsmanship behind Lanzhou beef noodles."

"I think the canteen's new noodle station is really good, and I loved how they prepared different kinds of noodles every day."

"The noodles are delicious — I'd like another bowl. Thanks so much for this event, I'm really looking forward to the next series."



NBIS FOOD

WEEKLY Menu

The Week of January 19th to 23rd, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	Creamy French Shrimp	Baked Pumpkin with Yellow Peach	Red Wine Beef	Blueberry Yam Purée	Mashed Potatoes
	法式奶油虾	黄桃焗南瓜	红酒牛肉	蓝莓山药泥	土豆泥
	Roast Chicken	Fried Chicken Steak	Vermicelli with Scallops	Shredded Chicken	Braised Beef in Sauce
	烤鸡	炸鸡排	粉丝扇贝	手撕鸡	酱牛肉
	Stir-fried Choy Sum	Stir-fried Greens	Stir-fried No.5 Cabbage	Stir-fried Mushrooms with Yu Choy	Stir-fried Young Bok Choy
	炒菜心	炒青菜	炒五号菜	香菇炒油菜	鸡毛菜
	Stir-fried Garlic Sprouts with Bacon	Braised Pork Ribs	Sliced Boiled Pork	Cod Steak	Braised Pork Knuckle
	蒜苗炒培根	红烧排骨	白切肉	鳕鱼排	红烧猪蹄
	Steamed Corn	Baked Sweet Potato	Scallion Oil Pumpkin	Spicy Salted Small Potatoes	Baked Gluten
	蒸玉米	烤红薯	葱油南瓜	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 and Wood Ear Mushroom	Stir-fried Onion and Potato Slices	Stir-fried Celery with Lily Bulbs	Cabbage Flour Dumpling Soup
	莴笋炒山药	洋葱木耳	洋葱土豆片	西芹百合	白菜面疙瘩
	Braised Beef Brisket with Vermicelli	Curry Chicken	Scallion Oil Kelp Knots	Corn and Pork Rib Soup	Chicken Popcorn
	粉条牛腩	咖喱鸡	葱油海带结	玉米排骨	鸡米花
	Scallion Oil Clams	Flatfish	Small Yellow Croaker	Braised Shrimp	Yellow Croaker with Preserved Vegetable
	葱油花蛤	玉秃鱼	小黄鱼	油焖虾	雪菜黄鱼
	Crucian Carp	Braised Shrimp	River White Shrimp	Fish Fillet with Chopped Chili	Poached Shrimp
	鲮鱼	红烧虾	红白虾	剁椒鱼块	白灼虾
Croissant	Baguette	Hamburger	Egg Tart	Sandwich	
牛角包	法棒	汉堡	蛋挞	三明治	
Loofah Egg Soup	Tomato and Tofu Soup	Dried Shrimp and Winter Melon Soup	Tomato and Egg Drop Soup	Seaweed and Dried Shrimp Soup	
丝瓜蛋汤	番茄豆腐汤	虾皮冬瓜汤	番茄蛋花汤	紫菜虾皮汤	
Fruit	Fruit	Fruit	Fruit	Fruit	
水果	水果	水果	水果	水果	
Tomato Scrambled Eggs	Stir-fried Shrimp with Garlic Scapes	Crab Meat with Egg	Scallion Oil Fish Slices	Shrimp Omelette	
番茄炒蛋	蒜蓉炒虾仁	海蛎蒸蛋	葱油鱼片	虾仁跑蛋	
Stir-fried Celery with Wood Ear Mushroom	Stir-fried Mushrooms with Pork	Honey Glazed Pumpkin	Stir-fried Celery with Dried Tofu	Stir-fried Pork with Pineapple	
西芹木耳	香菇炒肉	蜜汁南瓜	芹菜香干	菠萝肉片	
Dry Pot Cauliflower	Stir-fried Snow Peas with Carrots	Stir-fried Okra with Chicken Dices	Braised Eggplant	Stir-fried Zucchini	
干锅花菜	荷兰豆炒胡萝卜	秋葵鸡丁	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 Mushroom with Milky Cabbage	Stir-fried Lettuce with Oyster Sauce	
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 Tomatoes	Banana	Longan	
橙子	牛奶枣	小番茄	香蕉	桂圆	
Shumai	Steamed Dumplings	Shredded Potato Pancake	Steamed Pork Buns	Shredded Radish Pancake	
烧麦	蒸饺	土豆丝饼	小笼包	萝卜丝饼	
Grapes	Apple	Banana	Mandarin Orange	Fragrant Pear	
葡萄	苹果	香蕉	橘子	香梨	
Telunsu Milk Cookies	Macaron Sandwich Cookies	Jam Sandwich Cookies	Chocolate Chip Cookies	Hericum & Yam Cookies	
牛乳特仑苏饼干	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 January 19th to 23rd, 2025

<i>Monday</i>	Lunch	Snack
	Tomato Scrambled Eggs Stir-fried Celery with Wood Ear Mushroom Dry Pot Cauliflower Stir-fried Choy Sum	番茄炒蛋 西芹木耳 干锅花菜 炒菜心

<i>Tuesday</i>	Lunch	Snack
	Stir-fried Shrimp with Garlic Scapes Stir-fried Mushrooms with Pork Stir-fried Snow Peas with Carrots Stir-fried Greens	蒜苔炒虾仁 香菇炒肉 荷兰豆炒胡萝卜 炒青菜

<i>Wednesday</i>	Lunch	Snack
	Crab Meat with Egg Honey Glazed Pumpkin Stir-fried Okra with Chicken Dices Stir-fried Garland Chrysanthemum with Garlic	海蛎蒸蛋 蜜汁南瓜 秋葵鸡丁 蒜蓉茼蒿

<i>Thursday</i>	Lunch	Snack
	Scallion Oil Fish Slices Stir-fried Celery with Dried Tofu Braised Eggplant Stir-fried Cabbage with Wood Ear Mushrooms	葱油鱼片 芹菜香干 红烧茄子 木耳奶白菜

<i>Friday</i>	Lunch	Snack
	Shrimp Omelette Stir-fried Pork with Pineapple Stir-fried Zucchini Stir-fried Lettuce with Oyster Sauce	虾仁跑蛋 菠萝肉片 清炒西葫芦 蚝油生菜



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



nbis.net.cn



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



Aug 2025						
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Jan 2026						
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Feb 2026						
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Mar 2026						
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Apr 2026						
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May 2026						
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Jun 2026						
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Jul 2026						
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2025-26 Semester 1 (School Days-90 Days) 01/09/2025 Semester 1 Begins, 30/01/2026 Semester 1 Ends

Holidays in Semester 1

- 01/10/2025 to 08/10/2025 Chinese National/Mid-Autumn Holiday
- 21/11/2025 PD Day
- 17/12/2025 to 04/01/2026 Winter Holiday

2025-26 Semester 2 (School Days-90 Days) 02/02/2026 Semester 2 Begins, 03/07/2026 Semester 2 Ends

Holidays in Semester 2

- 07/02/2026 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

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