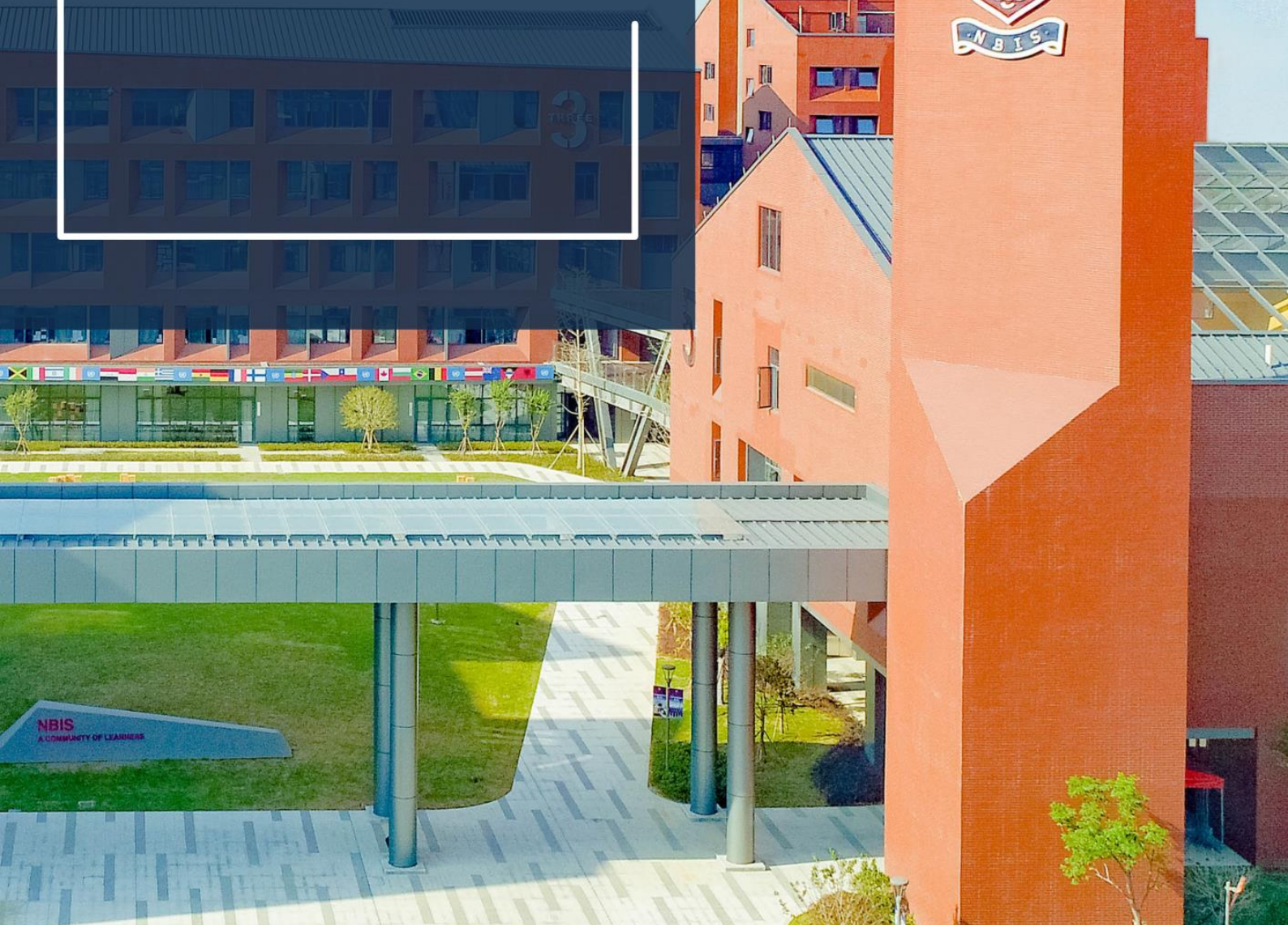




# NINGBO BRITISH INTERNATIONAL SCHOOL

**Weekly Newsletter 19**  
**January 23rd, 2026**





# NBIS Students Shine at the Ningbo School Sports League

Exciting news! NBIS Football teams delivered fantastic performances at the Ningbo School Sports League Football Tournament last week:

- U12: Second Place 🥈
- U15: Girls – Third Place 🥉 | Boys – Champions 🏆
- U19: Champions 🏆





# NBIS SHARKS UPCOMING GAMES!

 NBIS U19 Boys and Girls (Hangzhou  
Tournament)

 Saturday, January 24th

 10 am to 4 pm

 Hangzhou

Let's cheer on our Sharks as they bring energy,  
teamwork, and Shark spirit to the court!

Let's go SHARKS 

# NBIS RECEIVES BEACH VOLLEYBALL BALLS FROM UNNC



NBIS would like to express its sincere gratitude to our partner university, the University of Nottingham Ningbo China (UNNC), for their generous gift of beach volleyball balls. This thoughtful contribution reflects the strong and supportive partnership between our institutions and their continued commitment to promoting sport and student development.

The new beach volleyball balls have already been put to excellent use by our girls' volleyball team, who are enjoying training with high-quality equipment that supports both skill development and enthusiasm for the sport. The gift has been warmly received by students and staff alike and has added great value to our volleyball programme.

We truly appreciate UNNC's generosity and ongoing support and look forward to further collaboration and shared opportunities in the future.

— NBIS PE Team

# PTA CAFE



FRIDAY, 30TH JANUARY

FOR

PARENTS & STAFF

STAFF LOUNGE

10.00 - 11.30

SCAN TO PREORDER





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

# CHINESE NEW YEAR CONCERT

YEAR OF THE HORSE

FEBRUARY 5TH  
AUDITORIUM  
7 PM



SCAN THE QR  
CODE TO GET  
YOUR FREE  
TICKETS



## **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





# Fire Safety Learning & An Unforgettable Firefighters Visit

Ms Angela

In our classes, Early Years children have been learning essential fire safety knowledge. They explored the dangers of fire, recognised firefighting equipment and safety signs, and understood how to protect themselves and seek help from adults in an emergency —planting the early seeds of safety awareness in their young minds.

To bring these lessons to life, last Friday, January 16th, we were thrilled to welcome a fire engine and five firefighters from the Hi-Tech Zone Fire Station to our Early Years for a very special visit!



The children had an unforgettable hands-on experience as they climbed a ladder, sat inside the fire engine, tried on firefighter clothing, explored firefighting equipment, and even held the fire hose as water squirted out. We even saw a rainbow in the water that was created by the water being squirted from the fire hose!

## What's on Board? Life-Saving Tools!



Look — even a child's hand can operate this rescue cutter. What a powerful yet simple device!

Climb up and see how tall and big it is!

# Early Years Section



## Try-On Time: Helmet, Uniform & Boots



## Our little firefighters got hands-on with the fire hose! Did you see the rainbow in the water?

It was just as heart-warming to see the firefighters enjoying the experience too, sharing big smiles as they connected with the children. It was a very happy visit for everyone involved!

The children spent some time after the visit creating class thank-you cards for the firefighters. This activity allowed the children to revisit the experience and talk about what they enjoyed about the visit.



# Early Years Section

Some of the things the children said included:

*'I liked climbing the ladder'*

*'I liked seeing the rainbow'*

*'The hat was heavy'*

*'I like fire trucks'*

*'I like firefighters'*

*'I liked squirting the water'*

*'I liked sitting in the fire truck'*



A heartfelt thank you again to the firefighters from the High-tech Zone Fire Station for their professional, friendly, and inspiring visit, and to everyone involved and supported this event. Their collective effort truly made safety learning come alive for our young learners!



Early Years Section



It Looked Like Spilt Milk...  
 Only it wasn't...  
 It was much more!  
 Sometimes it looked like a...

- Cake
- Cloud
- Ghost eyes
- Butterfly
- Gingerbread
- Snowflake
- Horse
- Donut



- Helmet
- Lion
- Bone
- Princess
- Meh Meh-sheep
- Squirrel

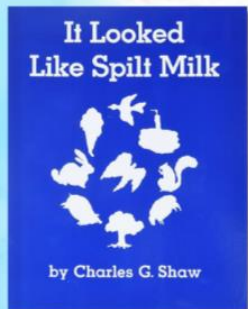


- Owl
- Rabbit



FROM BOOK TO TABLE  
 IN PRESCHOOL

Ms Louise & Ms Janet



## It Looked Like Spilt Milk

Imaginative ideas spread as we peered into the book, *“It looked like Spilt Milk”* written by Charles G Shaw.

Students quickly recognised that spilt milk could look like many things, from bugs to treasure!

After seeing what milk shapes were formed by milk in the book, preschoolers were keen to create spills of their own using bright white cow milk and sweet-smelling soya milk. Classmates carefully poured, swirled, mixed, dotted, and observed as the milk spread and changed shape.

As they explored, Preschoolers confidently shared what they thought the milk looked like, with ideas changing just as their milk patterns did!

### Students decided the patterns could be:

A cake, cloud, ghost eyes, butterfly, gingerbread, snowflake, doughnut, horse, helmet, lion, bone, squirrel, owl, rabbit, sheep, mixed snow, xīnjiāo, a pan, treasure, bug, a mouse, and a princess snowman.

Preschoolers showed careful control as they poured and stirred the milk, avoiding big spills, using language to explain their thinking, and showing enjoyment of one another’s ideas. Preschoolers also noticed the difference between the soy milk and cow’s milk, recognising that the soy milk was “so sweet.” They are keen to create more designs using different flavoured milk!

### Links to the EYFS:

- **Communication and Language:** Preschoolers excitedly used words and simple phrases to express what they saw, including seeing a "cake" and "ghost eyes."
- **Physical Development:** Students showed control and coordination when pouring, swirling and mixing milk.
- **Personal, Social and Emotional Development:** Classmates shared the creative space, taking turns, and showed excitement in sharing and receiving new ideas.
- **Expressive Arts and Design:** Students created different shapes using cotton buds, spoons and scoops, moving their spilt milk.
- **Understanding the World:** Preschoolers commented on the different properties of the two types of milk, one being "sweet," the other "sticky."





# Y5: The Ukulele Journey



Ms Kaia Lyu

This semester, Year 5 students have made impressive progress in learning the ukulele. They began by identifying the different parts of the instrument, and gradually mastered the correct way to hold and play it. After this initial introduction, they started learning single notes, chords, and eventually a series of complete songs, progressing from simple to more complex pieces. Throughout the journey, the students encouraged one another and celebrated each other's improvements.



During the dedicated practice time in each lesson, students worked independently with notable concentration. When encountering challenges, they would either seek my guidance or ask for help from classmates who had mastered the skills more rapidly. This fostered a supportive classroom environment where learning was reinforced through peer assistance and attentive listening.



I would often invite students who learned the pieces more rapidly to form small ensembles. Through collaborative practice, they developed the ability to coordinate effectively in order to play in unison. This process not only enhanced their teamwork skills but also deepened their musical sensitivity.



At the end of each lesson, we held a performance session. Every student performed in front of the class—some played solo, while others played in groups. These regular performances helped them gain stage experience and build confidence in a friendly and encouraging setting.



# January Mock Exams

Mr Simon Liu

Last week and this week, our dedicated IGCSE and AS/A Level students participated in a crucial series of Mock Examinations. This rigorous practice is an essential step in their academic journey, designed to familiarise them with the specific format, timing, and standards of the Cambridge International assessments.

This preparation is vital as they work towards the official Cambridge exams in June 2026, outstanding results from which are a key component of competitive university applications.



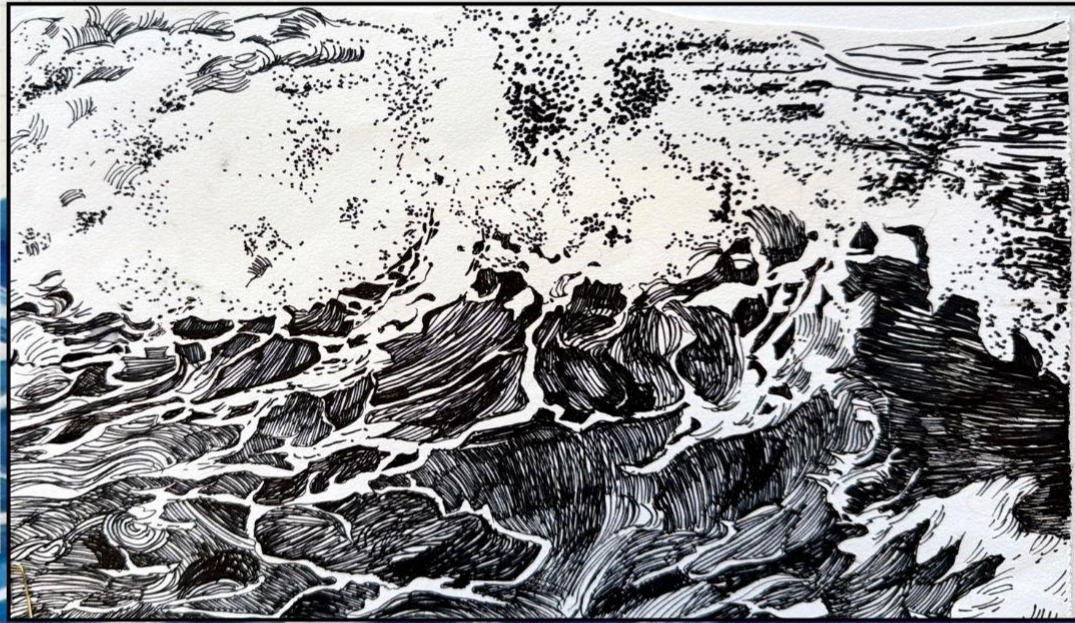
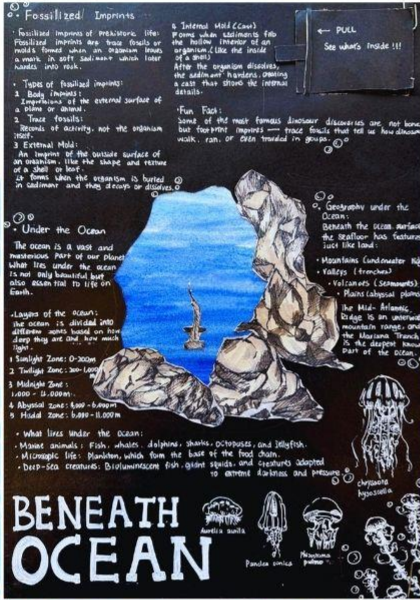
We are incredibly proud to share that our current students are already achieving remarkable success in their university applications, having received numerous conditional and unconditional offers from prestigious institutions worldwide. So far, all offers we have received are from universities ranked within the global top 100.



## Exploring Creativity: Miranda's IGCSE Art & Design Journey

Miranda has recently joined NBIS this academic year and has begun the IGCSE Art & Design programme with confidence and dedication. As a new student, she has shown a strong work ethic, enthusiasm for learning, and a genuine commitment to developing her artistic skills. Her creativity, positive attitude, and willingness to engage fully with the course already mark her as a talented and outstanding student, and she has made an impressive start to the programme. Below is a short interview to gain insight into how Miranda feels about the IGCSE Art & Design programme and her creative learning experience so far.

Ms.Sam, Secondary Art & Design Teacher



## Interview with Miranda Zhang

### 1. How are you finding the IGCSE Art & Design program so far, and what do you enjoy most about it?

So far, I find the IGCSE Art & Design course enjoyable and engaging. I like that we can choose topics we're passionate about instead of sticking to fixed assignments. My favourite part is creating art inspired by the sea, which helps me relax as I draw its waves and marine life. I also enjoy trying different ways to depict the sea, like using light colours to make the water look bright. Although my skills are still improving, I feel proud and happy every time I finish a small artwork.

### 2. How do you feel about working in a sketchbook to record ideas, experiments, and development?

Working in a sketchbook is a great experience for me. I enjoy jotting down small ideas about water waves, like their appearance when the wind gently blows. It's also enjoyable to experiment with different drawing tools, such as soft pencils and light watercolors, to find out which best captures the sea. Looking back at my old pages reveals how my wave drawings have evolved. It's like maintaining a personal art diary filled with my creative stories, and I never find it boring.

### 3. How confident do you feel when creating your own ideas or themes for an art project?

I feel quite confident when I create my own themes, especially those about the sea and water. This topic is something I really like, so I have plenty of small ideas to draw on. Sometimes I'm a little worried whether my ideas are good enough, but I know it's okay to try new things. Even if my drawings aren't perfect, I enjoy turning my ideas into real pictures. I think the more I try, the more confident I will be in future.



#### 4. What is your theme, and where do you see your current project going?

##### What type of final pieces would you like to create?

My project focuses on water waves, the sea, and marine life. I have sketched basic images of small sea animals like fish and sharks, along with various water wave patterns. To improve my project, I plan to add more details to the sea creatures, making them more vivid. I have already completed the theme using pencil, pen, and color. For my final pieces, I intend to compile a diverse set of paintings, exploring different styles and materials to give each piece a unique touch.

#### 5. What is one skill or area in art that you are most excited to develop during this year?

This year, I am most eager to enhance my watercolor skills, especially in drawing water waves. My goal is to master the use of light and dark blue hues to convey movement within the waves. Right now, my waves lack a soft, realistic appearance, and I want to improve that. Additionally, I aim to learn how to illustrate sunlight on the water, such as the bright reflections when the sun hits the waves. I believe developing this ability will significantly improve my sea-themed paintings.

#### 6. How does Ms. Sam help you in the Art Lesson? How does the class compare to other classes at NBIS?

Ms. Sam is very helpful during art lessons. When I struggle with drawing wave curves, she always shows me simple starting methods and never criticizes my work. She also offers useful tips. I find art class to be more relaxed and free, where we can draw what we enjoy and discuss ideas with classmates. It feels like a joyful break from my busy school schedule, and I always look forward to it.

# 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





# NBIS FOOD

## WEEKLY Menu

The Week of January 26th to 30th, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Menu</b>	Beef Bourguignon	Cheese Baked Rice	Broccoli & Sausage Pasta	Potato Cream Bacon	Curry Chicken
	红酒烩牛肉	芝士焗饭	西兰花烤肠意面	土豆奶油培根	咖喱鸡
	Scallion Oil Fish Slices	Roasted Chicken Drumstick	Chicken Popcorn	Golden Chicken Nuggets	Roasted Duck
	葱油鱼片	烤鸡腿	鸡米花	黄金鸡块	烤鸭
	Green Peas & Corn Kernels	Stir-fried Greens	Scallion Oil Seaweed Knots	Hand-shredded Cabbage	Scallion Oil Pumpkin
	青豆玉米粒	炒青菜	葱油海带结	手撕包菜	葱油南瓜
	White Cut Chicken	Braised Pork Ribs with Winter Melon	Garlic Broad Beans	Minced Pork Vermicelli	Sliced Boiled Pork
	白斩鸡	冬瓜烧排骨	蒜泥带豆	肉末粉丝	白切肉
	Cabbage Stir-fried with Vermicelli	Baked Sweet Potato	Steamed Corn	Chicken Sausage	Beef Stew with Potatoes
	包菜炒粉丝	烤红薯	蒸玉米	鸡肉肠	土豆炖牛肉
	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower	Stir-fried Broccoli	Stir-fried Cauliflower
	炒花菜	炒西兰花	炒花菜	炒西兰花	炒花菜
	Roasted Potatoes	Cabbage with Fried Tofu Puffs	Mapo Tofu	Thousand-Layer Tofu	Stir-fried Macaroni
	烤土豆	白菜油豆腐	麻婆豆腐	千页豆腐	炒通心粉
	Celery Stir-fried with Dried Tofu	Steamed Egg with Minced Pork	Braised Pork Belly	Braised Pork Trotters	Tomato Scrambled Eggs
	芹菜炒香干	肉沫蒸蛋	红烧肉	红烧猪蹄	番茄炒蛋
	Stir-fried Pork Slices	Boiled Spicy Pork Slices	Onion Beef Strips	Mao Xue Wang (Spicy Blood and Offal Stew)	Garlic Oil Mai Cai
	小炒肉	水煮肉片	洋葱牛柳	毛血旺	蒜泥油麦菜
	Poached Shrimp	Scallion Oil Clams	River White Shrimp	Flatfish	Braised Shrimp
	白灼虾	葱油花蛤	江白虾	玉秃鱼	红烧虾
Croissant	Baguette	Burger	Egg Tart	Sandwich	
牛角包	法棒	汉堡	蛋挞	三明治	
Borscht	Pumpkin Potato Soup	Bacon Potato Soup	Creamy Pumpkin Soup	Cream of Mushroom Soup	
罗宋汤	南瓜土豆浓汤	培根土豆浓汤	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	
	Lettuce with Shrimp	Shrimp Cake	Steamed Egg with Clams	Stir-fried Mushrooms with Prawns	Chicken Burger
	莴笋虾仁	虾饼	花蛤蒸蛋	口蘑炒大虾	鸡肉汉堡
	Stir-fried Radish with Pork Slices	Stir-fried Corn with Green Peas	Broccoli & Sausage Pasta	Stir-fried Asparagus with Corn	Stir-fried Celery with Lily Bulbs
	萝卜炒肉片	玉米炒青豆	西兰花烤肠意面	芦笋炒玉米	西芹百合
	Mashed Potatoes	Stir-fried Chives with Pumpkin	Shredded Potatoes	Stir-fried Broccoli with Carrots	French Fries
	土豆泥	韭菜炒南瓜	土豆丝	西兰花炒胡萝卜	炸薯条
	Stir-fried Greens	Garlic Oil Mai Cai	Chinese Greens	Stir-fried Greens	Garlic Lettuce
	炒青菜	蒜泥油麦菜	五号菜	炒青菜	蒜蓉生菜
	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
	Banana	Cherry Tomatoes	Winter Jujube	Longan	Apple
	香蕉	小番茄	冬枣	桂圆	苹果
	Steamed Pork Buns	Shredded Potato Pancake	Custard Bun	Radish Shred Pancake	Shaomai
	小笼包	土豆丝饼	奶黄包	萝卜丝饼	烧麦
	Grapes	Banana	Apple	Banana	Grapes
	葡萄	香蕉	苹果	香蕉	葡萄
	Swiss Vanilla Sandwich Biscuits	Danish Blue Tin Cookies	Banana Cheese Biscuits	Scallion & Milk Biscuits	DHA Nut Panda Biscuits
	瑞士万恩利夹心饼干	丹麦蓝罐	香蕉芝士饼干	香葱牛乳饼干	DHA坚果熊猫饼干



# Weekly Menu

Early Years Section

The Week of January 26th to 30th, 2025

	Lunch	Snack
<i>Monday</i>	Lettuce with Shrimp Stir-fried Radish with Pork Slices Mashed Potatoes Stir-fried Greens 莴笋虾仁 萝卜炒肉片 土豆泥 炒青菜	Steamed Pork Buns Grapes Swiss Vanille Sandwich Biscuits Banana Pure Milk Yogurt 小笼包 葡萄 瑞士万恩利夹心饼干 香蕉 纯牛奶 酸奶
<i>Tuesday</i>	Shrimp Cake Stir-fried Corn with Green Peas Stir-fried Chives with Pumpkin Garlic Oil Mai Cai 虾饼 玉米炒青豆 韭菜炒南瓜 蒜泥油麦菜	Shredded Potato Pancake Cherry Tomatoes Danish Blue Tin Cookies Banana Pure Milk Yogurt 土豆丝饼 小番茄 丹麦蓝罐 香蕉 纯牛奶 酸奶
<i>Wednesday</i>	Steamed Egg with Clams Broccoli & Sausage Pasta Shredded Potatoes Chinese Greens 花蛤蒸蛋 西兰花烤肠意面 土豆丝 五号菜	Custard Bun Winter Jujube Banana Cheese Biscuits Apple Pure Milk Yogurt 奶黄包 冬枣 香蕉芝士饼干 苹果 纯牛奶 酸奶
<i>Thursday</i>	Stir-fried Mushrooms with Prawns Stir-fried Asparagus with Corn Stir-fried Broccoli with Carrots Stir-fried Greens 口蘑炒大虾 芦笋炒玉米 西兰花炒胡萝卜 炒青菜	Radish Shred Pancake Longan Scallion & Milk Biscuits Banana Pure Milk Yogurt 萝卜丝饼 桂圆 香葱牛乳饼干 香蕉 纯牛奶 酸奶
<i>Friday</i>	Chicken Burger Stir-fried Celery with Lily Bulbs French Fries Garlic Lettuce 鸡肉汉堡 西芹百合 炸薯条 蒜蓉生菜	Shaomai Apple DHA Nut Panda Biscuits Grapes Pure Milk Yogurt 烧麦 苹果 DHA坚果熊猫饼干 葡萄 纯牛奶 酸奶





Sample Meal (Whole School)



Sample Meal (Early Years)





## CONNECT WITH US



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ACCOUNT



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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 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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29	30					

Oct 2025						
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Nov 2025						
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Dec 2025						
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29	30	31				

Jan 2026						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Feb 2026						
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Mar 2026						
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30	31					

Apr 2026						
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May 2026						
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25	26	27	28	29	30	31

Jun 2026						
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29	30					

Jul 2026						
M	T	W	T	F	S	S
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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**

- 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

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