

# NEWSLETTER

March 10, 2022

## NUTRITION MONTH

The month of March is Nutrition Month in North America, and it focuses on the importance of healthy eating and promotes it. In celebration of Nutrition Month, the Nurses' office has planned weekly contests to help our staff and students think about healthy choices in what they eat and develop good eating habits. By participating in each contest, you enter one entry. At the end of the month, we will draw two winners from each of the following categories: ECC, lower elementary, upper elementary, middle school, high school, and staff. The more contests you participate in, the higher chances you will be chosen. The winners will receive a gift card to a pleasant and healthy restaurant for their family.

### Contest for this week:

Have you ever thought about food sustainability? How do we know that we will have enough food for everyone in the world in the years to come? One way to look at food sustainability is to look at what you have. What do you have already? What are local food options? Can you eat local produce or even grow it yourself?

This week try a new dish from a culture other than your own. Take a photo of your family preparing and eating the meal together and send it to [christa.wilton@yhischina.com](mailto:christa.wilton@yhischina.com) with your child's name and grade to enter the contest. One submission is allowed per family for each week's contest, and the deadline for this week's contest is Thursday, March 17.



## CAFETERIA FOOD SURVEY

We would like to invite you to take part in a cafeteria survey ([LINK](#)) for us to better understand our community's food preferences and needs by Thursday, March 24. We value your feedback, and we will use the data to improve the cafeteria food services. Thank you for taking time to complete the survey.

## COLLEGE ONLINE INFORMATION SESSIONS

YIA is hosting an online informational session from the University of British Columbia next Tuesday (3/15) afternoon (2:37-3:20) during YIA Junior Seminar class. All junior students will be participating in this session. Interested junior students can also attend the sessions with the permission of their



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teacher at that respective time block. This information session will be done in English. If any parents interested, feel free to join it online via Zoom.

Zoom 621 7789 3814

Passcode 332373

## TRAVEL OUTSIDE OF YANTAI

If your student or household member needs to travel outside of Yantai, please inform the national advisory teacher. This information would help the school follow up with families if needed.

## COVID-19 VACCINATION FOR STUDENTS

We would like to remind you of how to get your child vaccinated against COVID-19. The current procedure is that parents and students can go to the vaccination center anytime from 8:00 am to 5:00 pm (weekends included) on their own. The location is 网球馆 (Wang Qiu Guan) on Liuzihe Road (柳子河路) – search for ‘烟台开发区柳子河网球馆’. There is no need to make an appointment beforehand. Please note that there will not be school staff to assist, but government officials will be available to provide guidance and assistance.

Parents must accompany their child and bring along their passport to the vaccination center. The Yantai Education Bureau suggests that parents observe their child's health for 24 hours after they get vaccinated and decide on whether they need to take a day off from school for recovery. In the event this happens, please inform the school and reach out to your child's teacher for learning materials to make up missed work.

We would like to ask for your assistance in informing the school when your student receives the first shot or second shot by sending an email to [operations@yhischina.com](mailto:operations@yhischina.com) as the school is required to report back to the Education Bureau.



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## Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
1 Choose one	Chinese	Poached Pork Slices	Stewed Beef with Radish	New Orleans Style Baked Chicken Thigh	Sichuan Double Cooked Pork Slices	SiChuan Duck Leg
	Western	Spaghetti Bolognese	Mexican Chicken Burrito	Beef Curry	Bacon Ham Pizza	Burgundy Stewed Beef
	Korean	Korean Style Marinated Pork	Roasted Chicken Thigh	Korean Style Boiled Pork	Beef Wrapped in Vegetable	Korean Jajangmyeon Fried Egg ^
2 Choose one	Meat 1	Stewed Beef and Potato with Black Pepper	Stir-fried Spicy Meat Balls	Stir-fried Pork Slices	Braised Pork Spines with Potatoes	Korean Style Roast Chicken Thigh
	Meat 2	Korean Style Roast Chicken Thigh	Stir-fried Vegetables with Pork	Korean Style Stir-fried Rice Cake with Fish Cakes *	Korean Style Fried Chicken	Stewed Mushroom with Chicken
3 Choose two	Vegetable 1	Stir-fried Bok Choy with Mushroom	Stir-fried Celery with Potatoes	Stir-fried Vegetable with Tofu	Scrambled Eggs with Tomatoes ^	Stir-fried Cabbage
	Vegetable 2	Stir-fried Vegetable with Starch Noodles	Garlic Seasoned Spinach	Sesame with Bean Sprouts	Korean Style Stir-fried Glass Noodles with Vegetables	Cream Baked Green Beans &
	Vegetable 3	Stir-fried Culiflower	Stir-fried Broccoli	Potato Wedges	Stir-fried Cabbage	Stir-fried Lotus Root Slices and Mushroom
4 Choose one	Soup 1	Mushroom Soup #	Sole Fish with Tomato Soup #	Huntun Soup *	Black Rice Porridge *	Kimchi Beef Soup
	Soup 2	Millet Porridge *	Mixed Congee *	Fish Cake Soup #	Tomato Egg Soup ^	Cream Mushroom Soup &
5	Fruits	3 Seasonal Fruits				
	Grain/ Appetizer	Black Rice, Steamed Buns *	Millet Rice, Steamed Buns *	Oats Rice, Steamed Buns *	Black Rice, Steamed Buns *	Rice, Steamed Buns *
Dessert (Western/Korean)		Butter Cookies ^	Banana Cake ^	Sponge Cake ^	Blueberry Cupcake ^	Chocolate Cake ^

### Allergies:

\*Wheat

#Seafood

&Dairy

^Eggs

@Nuts



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