

# NEWSLETTER

March 24, 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 Week 4:

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Keep it interesting by changing how and when you eat your fruits and vegetables. Try veggies as a handy snack, in a smoothie, in your sandwich. Substitute desserts with fruit. Live colorful!

This week try a new fruit or vegetable, or use a fruit or vegetable in a new way. Take a photo to show us how you are eating fruits or vegetables, send it to [healthcontest@yhischina.com](mailto:healthcontest@yhischina.com) with your child's name and grade to enter the contest. One submission is allowed per family for each week's contest. Families with two or more children in different grade categories can choose one grade category. With many disruptions this month, we are extending deadlines for all weekly contests to Thursday, March 31.



## PARENT-TEACHER CONFERENCE

Spring Parent-Teacher Conferences (PTC) are scheduled for April 7-8 via Zoom. Parents are invited to meet with their child's teachers to discuss student progress and goals. The time is planned to be reflective and action-oriented. Conferences can be an important part of the education process, giving parents time to ask questions and work together with teachers. More information will be provided next week.

## ISC ANNUAL PARENT SURVEY

As part of our ongoing continuous improvement, we invite you to take part in our annual parent survey ([Link](#)) by April 1, Friday. The survey will ask you questions about your school's learning environment, educational programs, your child's teachers, school safety, school-home communication, and parental involvement opportunities. We need your perspective as we evaluate these aspects of our schools, and we appreciate your comments. The iSC leadership team, principals, and school improvement teams will use the results to help guide both the consortium and individual schools.

## College Counseling Parents Workshop

Our College Counsellors are going to hold the second virtual parents workshop of the year from 7pm to 8pm on March 30th. Have you asked questions like what documents to prepare for application, application deadline, how to submit application? Many parents are curious about university application process. This session's topic is



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College Application Process. You will learn four stages of application process which are prepare for application, apply, after submission and accept the offer. We also encourage students to join the workshop to know what to expect when apply university. Please mark it on your calendar.

Zoom link: <https://ldiglobal.zoom.us/j/2021819214>

Zoom ID: 2021819214

## 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.

## ATTENDANCE POLICY

Parents should inform the national advisory teacher by 8:00 am on the day their child will be unable to attend school. The reason for the absence should also be given at this time. If a student attends after 10:00 am, he/she will be counted a 1/2 day absent. Those who attend after 12:30 pm will be counted absent for a full day.

## 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.



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## Lunch Menu(IF CAMPUS REOPENS)

		Monday	Tuesday	Wednesday	Thursday	Friday
1 Choose one	Chinese	Spine Stewed Corn	Sanxian Meat Ball	Beef with Carrot and Radish	Maojia Braised Pork	Fruity Tenderloin
	Western	Mexican Pork Tortilla *	Rosemary Grilled Pork Chop	Spaghetti with Meat Sauce*	German Whole Roasted Beef Tenderloin	Italian Roasted Pork Neck
	Korean	Chicken Curry	Korean Beef	Korean Boiled center heel of shank	Korean Sweet Chicken Nuggets	Vegetable Wrapped Beef
2 Choose one	Meat 1	Stewed Beef Brisket with Tomatoes	Braised Pork with Mushrooms	Shredded Pork in Beijing Sauce	Cumin Pork Slices	Mushroom Chicken Nuggets
	Meat 2	Meat Wrapped in Vegetables	Korean Chicken Chop	Korean Fried Chicken	Crispy Cod	Korean Roasted Wing Root
3 Choose two	Vegetable 1	Stir-fried Bok Choy with Mushroom	Scrambled Eggs with Tomatoes ^	Stewed Tofu with Cabbage	Stir-fried Bok Choy	Scrambled Eggs with zucchini ^
	Vegetable 2	Sesame Soybean Sprouts	Korean Fried Tofu	Korean Mixed Vegetables	Kimbab	Korean fried dumplings *
	Vegetable 3	Celery and Lotus Root Slices	Tricolor Yam	Organic Cauliflower with Green Pepper	Colorful Corn Kernels &	Black Pepper Broccoli
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 Porridge *	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 *	Millet 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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