

NEWSLETTER

March 3, 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:

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine.

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 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 10.



RECOGNIZING ISC 9 QUALITIES FOR LIFE

Teaching students about the ISC 9 Qualities for Life is an integral part of the character education and development program at YIA. Each month, YIA teaches about a single characteristic and we award students from all grade levels who have demonstrated that characteristic the most. Teachers observe the students throughout the month and nominate winners. For the

month of January, our focus was on "Persistence". We would like to congratulate



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and recognize Amy Ruan (Grade 8) and Sylvia Chen (Grade 9) leading with curiosity among their peers!

BEST DORMITORY OF THE MONTH

Dormitory is a second home for the boarding students. A positive dorm culture helps students cultivate team spirit and develop good habits. To encourage building a good dorm culture, we reward the outstanding dormitory of each month. It is the dorm that keep tidy, follow the rule, maintain good relationship with each other, and eager to learn. The winner of the best dormitory in October is Room 5134. Congratulations on winning the Best Dormitory Award!



FRENCH LANGUAGE PROGRAM INTEREST SURVEY

YIA/YHIS is considering offering non-native French students an opportunity to learn French. French is the second widely learned language after English and the fifth most commonly spoken language globally. In addition, French is a good base for learning other languages such as Spanish, Italian, and even English because much of English vocabulary is derived from French. Learning French also opens up career options and educational opportunities. To this end, we would like to invite secondary students to take part in a short questionnaire ([link](#)) about their interest in learning the French language by Friday, March 4. If you have further questions, please contact Mr. Thierry Lépinay, the French language teacher, at thierry.lepinay@yhischina.com.



VIRTUAL MUNISC 2022

The Yantai MUN Club is excited to be participating in MUNiSC 2022 "Overcoming Obstacles to Collaborative Efforts" next week, from March 3-5. The conference will be held virtually; students will be participating from the YHIS campus on March 3-5. MUNiSC is a three-day United Nations simulation for G8-12 hosted by International School of Qingdao (ISQ). Students from schools from



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all over China will work together to develop and debate innovative solutions to pending global issues.

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 as the school is required to report back to the Education Bureau.

PSAT 8/9 & PSAT 10

This year, the 8th and 9th grade students will participate in the PSAT 8/9 on Tuesday, March 8, and the 10th grade students will be participating in the PSAT 10 on Thursday, March 10. We wish the best to them on their test!



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Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
1 Choose one	Chinese	Saliva Chicken	Meat Ball with Soy Sauce	Stewed Shrimp with Radish	Chuanxiang Duck Leg	Stewed Pork Spine with Yam
	Western	Pasta with Chopped Chicken	Beef Burger	BBQ Chicken Thigh	Irish Beef Stew	Mushroom Pasta
	Korean	Korean BBQ	Korean Sweet and Sour Pork	Korean Beef Rice Ball	Stir-fried Plum Pork	Korean Beef with Mushroom
2 Choose one	Meat 1	Stir-fried Pork with Eggs and Zucchini	Beef Stew with Potatoes	Spicy Pork Meat Balls	Coke Chicken Wing Root	Chicken Curry
	Meat 2	Stir-fried Pork with Kimchi	Korean Barbecue Steak	Roasted Chicken Thigh	Korean dry boiled chicken	Roasted Pork Slices
3 Choose two	Vegetable 1	Bean Sprouts in Vinegar	Dried Tofu with Celery	Stir-fried Bok Choy with Mushrooms	Smashed Tofu with Vegetables	Stir-fried Noodles with Cabbage
	Vegetable 2	Fried Fish Cakes with Vegetables	French Fries	Sesame Soybean Sprouts	Stir-fried Vegetables with Ham	Korean Style Braised Tofu
	Vegetable 3	Baked Tomatoes with Cheese	Stir-fried Broccoli	Stir-fried Zucchini and Carrot	Stir-fried Cabbage	Potato Wedges
4 Choose one	Soup 1	Mixed Nuts Congee *	Millet Porridge *	Egg Seaweed Soup ^	Corn Porridge *	Black Rice Porridge
	Soup 2	Fresh Vegetable Soup	Pumpkin Cream Soup &	Bean Sprout Soup	Kimchi soup	Beef Seaweed 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)		Marble Cake ^	Muffin Cake ^	Roll Cake ^	Chive Pork Floss Roll ^	Mini Egg Tart^

Allergies:

*Wheat

#Seafood

&Dairy

^Eggs

@Nuts



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