

NEWSLETTER

March 31, 2022

NUTRITION MONTH

We hope that you have been encouraged to think about nutrition for the month of March. The iSC 9 quality of March is discernment and nutrition choices is a way that we all can use our discernment every day. Even in the past few weeks where so little has been in our control, we can still make healthy nutrition choices. During the March nutrition contest staff and students have been encouraged to try new foods, try growing their own foods, and try eating more vegetables. Students and staff took photos of these activities and submitted them as entries into the contest draw. The draw will take place on Friday, April 1. Looking at the photos, it would seem that our community had a good time with nutrition this month!

SPRING VIRTUAL 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. Both days are regular instructional days without after-school activities. Teachers will meet with parents between classes. Parents can check teachers' availability and reserve appointments through PowerSchool. Please refer to this [guide](https://yia-china.cn/en/community/information/_information/PTC%20Sign%20Up%20Guideline%20Eng.pdf) that explains how to view teachers' availability and sign up for a meeting. The sign-up will close at 1:00 pm on Wednesday, April 6.

Guide: https://yia-china.cn/en/community/information/_information/PTC%20Sign%20Up%20Guideline%20Eng.pdf

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.

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	Braised Pork Meat Balls	Stewed Pork Backbone in Sauce	Sweet and Sour Pork	Laurel Leaves Chicken Pieces	Stewed Beef with Potatoes
	Western	Spaghetti Bolognese *	Hawaiian Pizza	Italian Roasted Pork Neck	Minced Beef Patties	Sandwich *
	Korean	Bacon with Potato Pieces	Stir-fried Beef with Vegetables	Tuna Rice Ball #	Braised Pork with Quail Eggs ^	Sweet and Spicy Chicken Pieces
2 Choose one	Meat 1	Kongpao Chicken	Shredded Pork with Garlic Sauce	SiChuan Flavor Duck Leg	Stir-fried Pork Slices with Garlic	Stir-fried Pork Slices with Scrambled Eggs and mushroom
	Meat 2	Stir-fried Parsley with Egg	Korean Style Braised Chicken Pieces	Korean Style Fried Fish Cake with Rice Cake *	Korean Style Stewed Meat Ball	Korean Style Stir-fried Onion with Beef
3 Choose two	Vegetable 1	Stir-fried Potato, Green Pepper, and Eggplant	Stewed Tofu with Cabbage	Smashed Tofu with Vegetables	Stir-fried Bok Choy	Stir-fried Potato with Green Bean
	Vegetable 2	Stir-fried Broccoli	Stir-fried Fish Cake with Vegetables #	Galic Seasoned Spinach	Egg Roll with Vegetables ^	Stir-fried Broccoli
	Vegetable 3	Stir-fried Mushroom with Black Pepper	Stir-fried Broccoli	Stir-fried Culiflower and Carrot	Stir-fried Vegetables	French Fries
4 Choose one	Soup 1	Mixed Nuts Porridge *	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 *	Millet Rice, steamed buns *
Dessert (Western/Korean)		Marble Cake ^	Muffin Cake ^	Tiger Cake ^	Chive Pork Floss Roll ^	Mini Egg Tart ^

Allergies:

*Wheat

#Seafood

&Dairy

^Eggs

@Nuts



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