



NEWSLETTER

Sept 11th, 2025

School-Wide News

National Day, Mid-Autumn Festival, Staff PD Days

The school will be closed from Wednesday, October 1 to Friday, October 10 for the National Day, Mid-Autumn Festival, and Staff Professional Development Days. We will resume school on Monday, October 13. Have a wonderful time with your family.



Barista Experience Class for Moms

Thank you to everyone who signed up for the first term. We are excited to launch the second term of the Barista Experience Class for YHIS & YIA moms. The class will be led by our café barista, Mrs. Eunice Li, and will give participants the opportunity to learn and practice basic coffee-making skills. Please note that the class will be conducted only in Korean and Chinese.

Each session will run for one hour. Space is limited to 4 participants. If you are interested, please complete the [registration form](#) by Wednesday, October 15. Once the registration closes, participants will be randomly selected, and those selected will be invited to join a WeChat group.

Class Schedule & Location

Time: 2:00–3:00 pm, every Monday, from October 20 to November 10 (4 weeks)

Location: School Café

Language: Korean and Chinese

What to wear: Long pants and shoes that cover toes



Yantai International Academy
35 Tianshan Road, Yantai Economic Development Area, Shandong, China 264000
烟台爱华双语学校出国留学部
中国山东省烟台市开发区天山路35号 邮编264000

www.yia-china.com

E: admissions@yia-china.com



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Spirit Day

After a meeting, the StuCo has decided that September 30th (next Tuesday) will be a Spirit day. We encourage everyone to discover the charm of sports and help create a positive, health-conscious atmosphere in our community. On this day, students and teachers are allowed to wear sportswear. Please note that outfits should align with a youthful image—sleeveless tops and leggings are not permitted.

Thailand Service Trip

Dear LifePlus high school students and parents,

It's time for adventure! Join Odyssey this Spring Festival for a service trip to Chiang Rai, Thailand, where high schoolers will engage in hands-on community service projects, explore local culture, and make lifelong friendships with students from across LifePlus. Ready to join the team? Read more below.

Trip Overview

Dates: February 16-26, 2026

Who can attend: LifePlus - China students in grades 9-12

Cost: 5,000RMB + round-trip airfare and spending money

Lodging: 4-star hotel in central Chiang Rai

Meals: Food is included in the trip cost and will mostly include Thai food. Students should bring money for snacks and travel meals.

More information click [【HERE】](#)

Talent Show Auditions

The showcases of talent will take place in the theater in October and November. This year, selected students will be chosen to perform at the final show. While there will be no judged awards, every participant will be honored with a "Finalist" certificate and medal as we celebrate the wide variety of talents in our community! To participate, students will need to submit an application form and an audition video. Applications will become available next week. Students can start thinking now about the types of talent they may try.

Secondary:

- Show Date: Friday, November 07



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- Registration: Students must turn in a registration form to Ms. Forstrom by **Friday, October 17** to participate. Forms will be available next week on a table outside the music room (Room 420). Audition results will be announced on October 20.

For any questions, please contact Ms. Forstrom at lexi.forstrom@yhischina.com or Ms. Ma at angela.ma@yhischina.com We look forward to seeing our students share their talents!

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean	Bean Sprout Soup*#, Rice Omelet#^*, Carbonara Pork Cutlet*^&, Pickles, Apple Cabbage Salad^	Chicken Soup*, Multigrain Rice*, Tuna Kimchi Pancake*#, Braised Potato* Silken Tofu*	No School Days		
Chinese/ Western	Multigrain Rice, Pork Chop Burger*&^, Braised pork belly##* Stir-fried Broccoli and Cauliflower*, Cornmeal Porridge, Stir-fried Potato, Green Pepper and Eggplant*#	Multigrain Rice, Cream Pasta&*, Poached Beef Slices##*, Stir-fried Tomatoes with Eggs*^ Millet Congee Colorful Corn Kernels*			
Fruit	Seasonal Fruits				

Allergies:

*Wheat

#Seafood

&Dairy

^Eggs

@Nuts

*If a salad is served with a specific dressing, the allergens are listed on the menu. However, for the salad with optional dressings, the allergens are not listed.