

# NEWSLETTER

September 16, 2021

## MID-AUTUMN FESTIVAL

The Mid-Autumn Festival is coming up on Tuesday, September 21. It is a no-school day. We wish you a happy Mid-Autumn Festival!

In celebration of the upcoming Mid-Autumn Festival, students will be making moon cakes during house activity time on Friday.



## TRAVEL ADVISORY

We continue to discourage non-essential travel outside of Yantai. However, if your child needs to travel, please note that students traveling within Shandong Province should produce a negative COVID-19 test result before returning to school. Students who are traveling outside of the province will be allowed back on campus 14 days after they have returned to Yantai.

## TALENT SHOW

We are having a Talent Show on Friday, October 22! It will be held in the Large Auditorium during the school day.

A judging panel comprised of teachers and parents will select the winners for three categories: Best Quality Talent, Most Popular with Audience, and Best Effort.



Video auditions will be due to Ms. Forstrom by October 11. More information about auditions and registration will come at a later time. Students who would like to participate may begin preparing their act.

If you have any question, please contact Ms. Forstrom at [lexi.forstrom@yhischina.com](mailto:lexi.forstrom@yhischina.com). We look forward to seeing our students share their talents.

## SPIRIT DAY

The first YIA Spirit Day of the 2021-2022 year is Hello Autumn Day on Friday, September 17! Teachers and students can wear anything that is connected with Autumn. We would like to encourage all students to come and dressed up. Students who choose not to participate are to wear school uniforms. We look forward to a fun Spirit Day!

## SCHOOL UNIFORM POLICY

Our international school's uniform is an important part of our identity. Students are expected to wear uniform to school everyday. Please refer to the picture below for the requirements of bottoms and base layers.



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](http://www.yia-china.com)

E: [admissions@yia-china.com](mailto:admissions@yia-china.com)

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## PROTECTIVE EYEWEAR FOR SPORTS AND PE CLASS

Students who wear glasses need to have protective eyewear when they participate in sports and PE classes. We strongly recommend sports goggles, but contact lenses can be worn. Please note that glasses are not allowed in any of the sports teams.

## ROTATIONAL LUNCH MENU SYSTEM

With the new food services program in full swing, we would like to inform you that the school cafeteria will serve a three-week rotational lunch menu for this semester. Please refer to the [menu schedule](#) and [rotational menu](#). The school will continue to work closely with the cafeteria management to improve the food service program.

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## LUNCH MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
1 Choose one	Chinese	Braised Pork Meat Balls	Stewed Pork Backbone in Sauce	Sweet and Sour Pork	Fried Chicken Pieces with Laurel Leaves	Stewed Beef with Potatoes
	Western	Spaghetti Bolognese	Hawaiian Pizza	Italian Roast Pork Neck Meat	American Style Stir-fried Pork	Sandwich *
	Korean	Korean Style Sandwich	Stir-fried Beef with Vegetables	Tuna Rice Ball #	Braised Pork with Quail Eggs ^	Sweet and Spicy Chicken Nuggets
2 Choose one	Meat 1	Kongpao Chicken	Shredded Pork with Garlic Sauce	Peking Roast Duck Leg	Stir-fried Pork Slices with Garlic	Stir-fried Pork Slices with Scrambled Eggs and Mushrooms
	Meat 2	Stir-fried Beef with Vegetables	Braised Chicken Nuggets	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	Home-style Tofu	Stewed Tofu with Cabbage	Fried Potato with Green Pepper and Eggplant	Stir-fried Cole with Garlic	Stir-fried Dried Beancurd with Onion Oil
	Vegetable 2	Stir-fried Broccoli	Stir-fried Fish Cake with Vegetables #	Spinach with Galic	Fried Egg Circle with Color Peppers ^	Stir-fried Broccoli with Black Pepper
	Vegetable 3	Stir-fried Mushroom with Black Pepper	Stir-fried Carrot with Zucchini with Black Pepper	Stir-fried Carrot with Broccoli	Stir-fried Seasonal Vegetables with Black Pepper	French Fries
4 Choose one	Soup 1	Mixed Congee*	Millet Porridge *	Seaweed Egg Soup ^	Cornmeal Porridge *	Noodle Soup *
	Soup 2	Beef Radish Soup	Cream Potato Soup &	Beef Kelp Soup #	Cream Pumpkin Soup &	Beef Bean Sprout Soup
5	Fruits	Apple, Melon, Dragon Fruit	Dragon Fruit, Orange, Apple	Wrinkle Melon, Apple, Cherry Tomato	Banana, Orange, Melon	Apple, Orange, Cherry Tomato
	Grain/ Appetizer	Rice with Black Rice, Steamed Buns *	* Rice with Millet, Steamed Buns	* Rice with Oats, Steamed Buns	Rice with Black Rice, Steamed Buns *	Rice with Millet, Steamed Buns *
Dessert (Western/Korean)		Muffin Cake ^	Chocolate Cookie ^	Green Matcha Cake ^	Marble Cake ^	Whole Wheat Bread ^

### Allergies:

\*Wheat

#Seafood

&Dairy

^Eggs

@Nuts



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