

NEWSLETTER

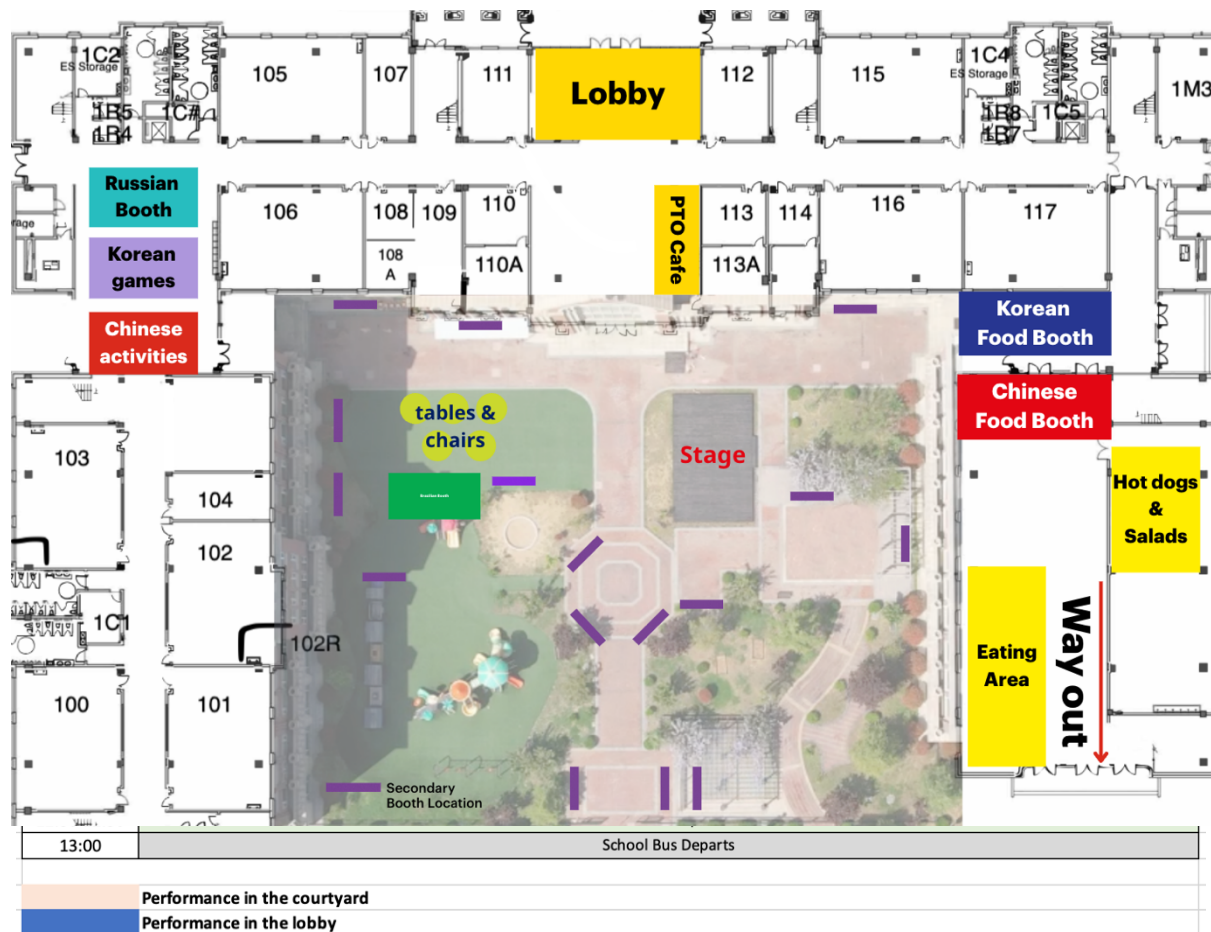
Oct 16th, 2025

School-Wide News

International Day

International Day is our annual tradition of celebrating our diversity and learning about countries at YHIS&YIA. This year's International Day is scheduled for 10:00 am on Saturday, November 1. All parents are welcome to come and enjoy the celebration!

There are many performances for you to enjoy. Additionally, the secondary advisory students and teachers are organizing an array of engaging activities in the courtyard for all students to enjoy. Our PTO is also contributing with booths representing Korea, China, Russia, and Brazil, offering finger foods and cultural activities/games. The school will provide everyone with hotdogs, chicken salad, and Lays Chips.





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McMaster University Admissions Information Session

Date: Next Tuesday, November 4
Time: 3:40 PM - 4:40 PM
Location: School Fourth Floor Auditorium

We are honored to welcome an admissions officer from McMaster University, a top Canadian medical-doctoral university consistently ranked among the top five in Canada, to our school. They will deliver an information-packed session for our students and parents.

In this session, you will gain insights into:

- How to strategically choose a study destination and academic program?
- Unlocking the "code" to admission into top-tier universities
- Future-proofing against AI disruption: McMaster's premier programs and career prospects

Secondary Talent Show

The Secondary Talent show will take place on Friday, November 7 in the theater at 3:20 pm. Many students have been selected to be in the show, and we look forward to their performance. While there will be no judged awards, every participant will be honored with a "Finalist" certificate and award as we celebrate the wide variety of talents in our community!

We would like to encourage all secondary students to attend the show! The regular secondary after-school activity bus will be available after the show. We would also like to invite parents to attend.

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*	Miso Soup#*, Spam Tuna Mayo Rice#^*, Stir-fried Broccoli + Mushroom*, Yakult&	Kimchi Soup##*, Multigrain Rice*, Fried Cod*#^, Spicy Stir-fried Pork*, Quail Egg Salad^	Rose sauce Tteokbokki*##&^ Stir-fried Beef Rice* Fried Shrimp*#^ Candied Sweet Potatoes* Juice



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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*	Multigrain Rice, Braised Pork Ribs*, Beef Rice Ball*, Stir-fried Mushroom with Broccoli*, Rice Porridge Stir-fried Tofu Rolls with Bell Peppers#*	Multigrain Rice, Braised Pork with Quail Eggs*, Popcorn Chicken*^ Stir-fried Celery with Tofu Skin*, Minced Garlic Bok Choy*	Multigrain Rice, Fried Chicken Fillet*, Stewed Beef Brisket, Stir-fried Vegetables*, Seaweed Egg Soup#*^ Stir-fried Shredded Potatoes*
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.