

NEWSLETTER

Sept 11th, 2025

School-Wide News

Secondary Fall Camps

Our students have now successfully arrived at Mahota Town, officially marking the start of their two-day autumn camp journey. The children are full of vitality and energy. Through a series of well-designed and engaging team-building activities, they quickly grew closer to one another. Free from the pressures of daily school life, everyone immersed themselves in the beauty of nature, breathing in the fresh air and enjoying the charm of autumn. They ran, collaborated, and laughed together, not only strengthening their friendships but also learning to communicate and cooperate in practice. This journey offers both mental and physical relaxation, as well as a growth experience that brings them closer to nature. We look forward to them gaining even more joy and insights in the upcoming activities!

Odyssey Workshop

Melissa (Mel) McCutchan, the Director of Odyssey, was offering a parent workshop "Helping Children Manage Stress" for YIA parents. Odyssey is the student development division of the LifePlus, focusing on students' holistic development. Mel has worked in student development roles for 12 years. Her direct work with students provides her with understanding of their social and emotional needs. She combines this first-hand knowledge with research into adolescent development and cross-cultural kids to provide parents with insight into how to best support their children.



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PTO Meeting

We sincerely invited all members of the Parent Committee to attend the first meeting of this academic year. During the session, we focused on the roles and responsibilities of the committee as well as strategies for enhancing home-school collaboration, attentively listening to everyone's insights and suggestions. Thank you for your participation and support—together, we are combining our efforts to truly achieve an educational synergy where "1 + 1 > 2."



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



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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 [\[HERE\]](#)

MAP Testing

We officially commenced the MAP Fall Testing for the 2025–26 school year starting September 8, 2025. Developed by NWEA (Northwest Evaluation Association) in the United States, the MAP (Measures of Academic Progress) test is a Computerized Adaptive Test. Unlike traditional exams, it dynamically adjusts the difficulty of questions based on a student's responses, allowing for a more accurate assessment of each student's actual academic level. The test is administered three times a year—in September, January, and May—and the results provide valuable data to support teachers in delivering personalized instruction.

Date	Time	Grade	Subject	Venue
2025/9/8 Monday	1:05-2:37PM	6、7、8	Math	Room 400
	2:40-4:10PM	9	Reading	Room 400
		10	Reading	Room 404
2025/9/9 Tuesday	1:05-2:37PM	6、7、8	Reading	Room 400
2025/9/10 Wednesday	1:05-2:37PM	6、7、8	Writing	Room 400
2025/9/11 Thursday	1:05-2:37PM	6、7、8	Science	Room 400
2025/9/12 Friday	1:05-2:37PM	9	Math	Room 400
		10	Math	Room 404
		9	Writing	Room 400
2025/9/15 Monday	1:05-2:37PM	10	Writing	Room 404
2025/9/23 Tuesday	1:05-2:37PM	9	Science	Room 400
		10	Science	Room 404

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
- 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!



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Challenge Your Mathematical Mind!

UK Intermediate Mathematical Challenge (IMC) 2026 - Registration Open!

Date: 29 Jan 2026 (Thursday)

For Grades:G9 - G10

Why Join?

Boost Your Application - Enhance your profile for university applications

Train Your Brain - Develop creative problem-solving skills

Get Certified- Receive a globally recognized UKMT certificate

Contact Mrs. Yolanda Zhang to Sign Up!

Spaces are limited!

Organized by UK Mathematics Trust (UKMT)

Lunch Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean	Bibimbap ^{#*} , Beef Radish Soup [*]	Multigrain Rice [*] , Kimchi Tofu Soup ^{#*} , Pork Bulgogi [*] , Stir-fried Glass Noodles [*] , Grilled Chicken Salad ^{#*}	Black Bean Sauce Noodles [*] &, Egg Soup ^{^*} #, Sweet and Sour Pork ^{**} , MaLaTang ^{**} ^ Cabbage Salad [^]	Stir-fried Kimchi Rice ^{##} , Egg & Bean Sprout Soup ^{^*} , Grilled Pork Belly, Vegetable Sticks + SsamJang Sauce [*] , Dried Seaweed [#] , Sweet Potato Salad [^] &	Hamburger ^{^*} &, Potato Wedges, French grated -carrot salad Juice
Chinese/ Western	Multigrain Rice, Fried Chicken Fillet [*] , Braised Ribs with White Gourd [*] , Fried Cabbage with Noodles ^{##} Millet Porridge, Braised Baby Cabbage in Scallion Oil	Multigrain Rice, Pan-grilled Pork Belly, Penne Pasta with Meat Sauce ^{&*} , Fried Potato Sticks with Celery [*] Cornmeal Porridge Scrambled Eggs and Tomato ^{^*}	Multigrain Rice, Braised pork belly ^{##} Ham and Bacon Sandwich ^{&*} , Scrambled Eggs with Spinach ^{^*} Cornmeal and Rice Porridge Stir-fried Broccoli [*]	Multigrain Rice, Sweet and Sour Pork ^{^*} , Orleans-style Roasted Chicken Wings, Fried Vegetables [*] Cornmeal Porridge Steamed Egg ^{^*} ,	Multigrain Rice, Mexican Pork Wrap ^{^*&} , Fried Shrimp ^{##^} , Stir-fried Eggs with Tomatoes ^{^*} Seaweed and 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.



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Dinner Menu

combo menu			
Monday	Tuesday	Wednesday	Thursday
Pork with peiking source BBQ chicken Two type of vegies	Fish flavor pork Stew style chicken Two type of vegies	BBQ DUCK Stri-pork Two type of vegies	Sweet and sour fish Chilly chicken Cauliflower Vegie

Special	Snake	Beverage
baozi、dumpling、noodle soup、wutang soup、 rice noodle、 (everyday different)	BBQ MEAT AND VEGIES、 MEAT、 Fruit box	Milk、 100% juice、 yogurt