

School-Wide Newsletter

Parent Workshop: Screen Smart – Helping Your Child Build Healthy Technology Habits

Technology is an important part of our children's daily lives, but finding a healthy balance can be challenging. From screen time and online entertainment to social media and digital learning, children are constantly navigating a digital world. Helping children develop healthy technology habits can support their well-being, focus, and relationships.

We are excited to invite you to a special parent workshop on Monday, September 14, from 3:30–4:15 pm. The workshop will be led by our LifePlus Director of Odyssey, Melissa McCutchan. The LifePlus Odyssey team is a group of staff committed to fostering the social and emotional growth of LifePlus students by regularly providing invaluable support to our students and staff.

Join us as we explore practical strategies for helping children develop healthy and balanced technology habits. This session will provide useful ideas for setting boundaries, encouraging mindful screen use, and supporting children in making responsible choices in the digital world.

If you are interested in attending the workshop, please scan the QR code to sign up.



LifePlus Principals Meeting and Curriculum Review

YIA is excited to welcome principals from LifePlus schools and curriculum leaders to our campus this week. The school leaders work together to strengthen teaching and learning, align and review curriculum standards, support student well-being, and develop strategies to better serve our students.

YIA Board Meeting

The YIA Board Meeting will be held on Thursday, September 17. To showcase our students' energetic spirit and positive image, all students are required to wear their formal school uniforms.

Talent Show Auditions

Our students will have the opportunity to showcase their talents in the theater this October. Selected students will be invited to perform in the final show. To participate, students will need to submit a registration form and an audition video.

Applications will become available by the end of this week. We look forward to celebrating the wide variety of talents in our school community!

- Show Date: Wednesday, October 28 at 15:00
- Registration: Students must submit a registration form to Ms. Figueroa by Friday, October 9.
- Registration Forms: Available by the end of this week outside the music room (Room 420).
- Audition Results: Wednesday, October 14
- Dress Rehearsal: Monday, October 26 after school (to be confirmed).

For any questions, please contact Ms. Figueroa at constanza.figueroa@yhischina.com or Ms. Ma at angela.ma@yhischina.com.

Welcoming the Mid-Autumn Festival · Celebrating National Day

As the Mid-Autumn Festival and National Day approach, YIA will host its inaugural Hard-Pen Calligraphy Competition, themed “The Beauty of Chinese Characters · Celebrating Family Reunion and National Celebration.” All students enrolled in Chinese courses will create poetry calligraphy works during Chinese class from September 14 to 16. Other students are also encouraged to participate. For more information, please contact Ms. Molly Zhang.



Lunch Menu Update

We are pleased to introduce a four-week rotating lunch menu. The new cycle will continue to offer students a greater variety of dishes and more choice at lunchtime. For changes to breakfast and dinner, please refer to the Letter to Parents.

Fall Camp

As autumn deepens and the season grows bright, to further strengthen character education, foster warm connections among teachers, students, and peers, enrich growth experiences beyond the classroom, and help students cultivate responsibility, inclusiveness, and mutual support through collaboration and shared

experiences—so they can engage in future studies and campus life with greater positivity and vitality—the school will organize a fall camp from September 23–24. The specific itinerary and details will be announced separately.

HS Volleyball

The boys' and girls' volleyball teams have seen an enthusiastic sign-up this year, and training is now underway! Starting with fundamental skills, the players are diligently honing their serving, passing, spiking, and blocking. This year's volleyball league match will be held in Tianjin on October 23-24, offering a valuable opportunity to showcase their hard work. We look forward to seeing the players train with full passion, improve continuously, and unite to strive for excellence on the court. Let's go Leopards!



Lunch Menu

	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五
SOUP 汤	Tomato and Egg Soup** 西红柿鸡蛋汤**	Bean Sprout Soup*# 豆芽汤*#	Kimchi Fish Cake Soup*# 辛奇鱼饼汤*#	Special Meal 特色餐	Chicken Soup* 韩式鸡汤*
MAIN 主菜	① Chicken Curry* 鸡肉咖喱*	① Braised Pork Ribs* 炖猪排*	① Dak-galbi* 辣炒鸡肉*	↓ CHOOSE 1 选一个	① Fried Chicken Cutlet** 炸猪排**
↓ CHOOSE 2 选两个菜	② Tomato & Vegi Beef dish 西红柿炖牛肉菜	② Grilled Fish Fillet with Lemon and Herbs? 柠檬香草烤鱼柳?	② Chicken Stroganoff*& 炸鸡斯特罗格诺夫*&		② Chicken steak 煎烤鸡肉
	③ Fried Small Shrimp#** 炸小虾仁#**	③ Salt and Pepper Pork T-Bone Chops** 椒盐丁骨猪排**	③ Braised Chicken Legs with Mushrooms and Potatoes* 香菇土豆炖鸡腿肉*	① Black Bean Sauce Noodles* + Sweet and Sour Pork** 炸酱面* + 糖醋肉**	③ Braised Pork Belly with Sour Cabbage* 酸白菜炖五花肉*

SIDE DISH 配菜 ↓ CHOOSE 2 选两个菜	① Silken Tofu* 韩式凉拌豆腐* ② Roasted vegetables 烤蔬菜 ③ Scrambled Eggs and Tomato** 西红柿炒鸡蛋** ④ Quail Egg Salad^ 鹌鹑蛋蔬菜沙拉^	① Kimchi Pancake* 辛奇饼* ② Black Bean Dish 炖黑豆菜 ③ Stir-fried Broccoli and Cauliflower* 西兰有机花菜* ④ Potato Salad^ 土豆沙拉^	① Steamed Egg^^ 蒸鸡蛋^^ ② Garlic bread*& 蒜蓉面包*& ③ Stir-fried Potato, Green Pepper and Eggplant*# 地三鲜*# ④ Salad with Cherry Tomatoes 西红柿沙拉	② Mexican Pork Wrap**& 墨西哥猪肉卷**& ③ Spicy Dry Hot Pot** 麻辣香锅** + Juice 果汁	① Stir-fried Glass Noodles* 杂菜* ② Stir-fried Broccoli* 炒西兰花* ③ Braised Baby Cabbage in Scallion Oil* 葱油娃娃菜* ④ Tornado Potatoes**& 炸薯塔**&
	DAILY SIDES 每日供应 Kimchi & Seasonal Fruit / 泡菜 & 水果				

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.