

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 Tuesday, September 15, from 9:45–10:30 am, in room 107. 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 complete the [registration form](#).

LifePlus Principals Meeting and Curriculum Review

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

Flag-Raising Ceremony

On Tuesday, September 1, all students of Aihua School assembled on the main sports ground for the flag-raising ceremony. The students were orderly, well-disciplined, and demonstrated remarkable spirit and demeanor. The speeches delivered by the school leadership were inspiring, instilling hope and motivation for the coming semester.

During the ceremony, the following students were honored as "Five-Aspirations Aihua Student" for the 2025–2026 academic year: Miranda Zhang, Mia Lin, Kimi Gong, Jason Deng, Steven Du, Sydnie Yu, Hope Gao, Gabriel Liu, Wing Wang, Sarita Lin, and Rice Liu. In addition, academic scholarships for the 2025–2026 academic year were awarded to Hope Gao, Gabriel Liu, and Sydnie Yu.



New Staff Arrival

We are thrilled to welcome two new teachers to the YIA community! Please join us in giving a warm welcome to Mrs. McKenzie Evans and Mr. Deyvis Giovanni Garcia, who are joining our team this year. We look forward to the experience, energy, and passion they will bring to our students and school.

Fall Camp

Golden autumn is here, and we hope students can immerse themselves in nature to relax and recharge for the new semester. We also aim to enhance team cohesion through the autumn camp, fostering a supportive and friendly family atmosphere. To achieve this, we will organize an off-campus autumn camp on September 23 and 24. More details will be announced soon.

Lunch Menu

	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五
SOUP 汤	Kimchi Tofu Soup* 豆腐辛奇汤#*	Egg Soup**# 香葱蛋汤**#	Mushroom Cream Soup*& 双孢菇奶油汤*&		Soybean Paste Soup*# 白菜蘑菇大酱汤*#

MAIN 메인 요리 主菜	① Stir-fried Sausages and Vegetables* 蔬菜炒火腿肠*	① Fish Fillet**# 炸鱼块**#	① Sweet and Sour Fried Chicken** 炸鸡块**	Special Meal 特色餐	① Braised Pork Ribs* 炖猪排*
	② Chicken Stroganoff* & 炸鸡斯特罗格诺夫^&	② Tomato&Vegi Beef dish 西红柿炖牛肉菜	② Hamburg Steak* &^ 汉堡牛排* &^		② Tteokbokki*#&^ 玫瑰奶油炒年糕*#&^
↓				↓	
CHOOSE 2 2 가지 선택 选两个菜	③ Braised Pork Ribs with Seaweed#* 海带排骨#*	③ Western-style Roasted Pork Neck* 西式烤猪颈肉*	③ Yu-Shiang Shredded Pork* 鱼香肉丝*	CHOOSE 1 选一个	③ Stir-fried Shrimp with Celery#* 芹菜炒虾仁#*
SIDE DISH 配菜	① Braised Potato* 酱油炖土豆*	① Kimchi Pancake* 辛奇饼*	① Steamed Egg** 蒸鸡蛋**	① Bibimbap#** 拌饭#**	① Stir-fried Glass Noodles* 杂菜*
	② Stir-fried Broccoli + Mushroom* 炒蘑菇西兰花*	② Mashed potato*& 土豆泥*&	② Roasted vegetables 烤蔬菜		
↓					
CHOOSE 2 选两个菜	③ Stir-fried Tofu Rolls with Bell Peppers#* 彩椒炒豆卷#*	③ Stir-fried Choy Sum with Mushroom* 香菇油菜*	③ Stir-fried Shredded Potatoes* 炆土豆丝*	③ Braised Pork Knuckle Rice 肘子饭	③ Scrambled Eggs and Tomato** 西红柿炒鸡蛋**
	④ Cobb salad with wrench sauce &^ 科布蔬菜沙拉&^	④ Salad with Cherry Tomatoes 西红柿沙拉	④ Apple Cabbage Salad^ 苹果卷心菜沙拉^	+ Juice 果汁	④ Potato Salad^ 土豆沙拉^
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.