

# NEWSLETTER

Yantai Huasheng International School

March 24, 2022

## SCHOOL-WIDE NEWS

### NUTRITION MONTH

We continue our contest for healthy eating. March is Nutrition Month in North America, and it focuses on the importance of healthy eating and promotes it. Remember to enter one entry. At the end of the month, we will draw two winners from each of the following categories: ECC, lower elementary, upper elementary, middle school, high school, and staff. The more contests you participate in, the higher chances you will be chosen. The winners will receive a gift card to a pleasant and healthy restaurant for their family.

#### Contest for Week 4:

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Keep it interesting by changing how and when you eat your fruits and vegetables. Try veggies as a handy snack, in a smoothie, or in your sandwich. Substitute desserts with fruit. Live colourful!

This week try a new fruit or vegetable, or use a fruit or vegetable in a new way. Take a photo to show us how you are eating fruits or vegetables, and send it to [healthcontest@yhischina.com](mailto:healthcontest@yhischina.com) with your child's name and grade to enter the contest. One submission is allowed per family for each week's contest. Families with two or more children in different grade categories can choose one grade category. With continued disruptions this month, the extended deadline for all weekly contests is Thursday, March 31.

### ISC ANNUAL PARENT SURVEY

As part of our ongoing continuous improvement, we invite you to take part in our annual parent survey ([LINK](#)) by April 1, Friday. The survey will ask questions about our school's learning environment, educational programs, your child's teachers, school safety, school-home communication, and parental involvement opportunities. We need your perspective as we evaluate these aspects of our schools, and we appreciate your comments. The iSC leadership team, principals, and school improvement teams will use the results to help guide both the consortium and individual schools.



## PARENT-TEACHER CONFERENCES

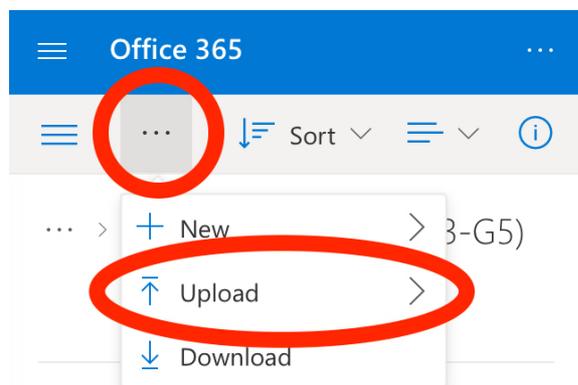
Spring Parent-Teacher Conferences (PTC) are scheduled for April 7-8 via Zoom. Parents are invited to meet with their child's teachers to discuss student progress and goals. The time is planned to be reflective and action-oriented. Conferences can be an important part of the education process, giving parents time to ask questions and work together with teachers. More information will be provided next week.

## ATTENDANCE POLICY

Parents should send an email to [attendance@yhischina.com](mailto:attendance@yhischina.com) by 8:00 *am* on the day their child will be unable to attend school. The reason for the absence should also be given at this time. If a student attends after 10:00 *am*, he/she will be counted as 1/2 day absent. Those who attend after 12:30 *pm* will be counted absent for a full day.

## HBL IN REAL LIFE

The school is seeking a photo or video of your child participating in Home-Based Learning (HBL) – it could be working at a computer, participating in PE, playing an instrument, or reading a book – wherever and whatever they are learning. Please click [HERE](#) to upload your photo or video and refer to the picture below to see how to upload.



## Q2 STUDENT NEWSPAPER

The Student Newspaper Club has published a newspaper for quarter 2 of the 2021-2022 school year. The student journalists worked hard to keep you informed about what happened in the second quarter and deliver exciting stories and interviews to you. Please click [HERE](#) to view the newspaper.

## CAFETERIA FOOD SURVEY

We would like to invite you to take part in a cafeteria survey ([LINK](#)) for us to better understand our community's food preferences and needs. Please complete it by today, March 24. We value your feedback, and we will use the data to improve the cafeteria food services. Thank you for taking time to complete the survey.

## TRAVEL OUTSIDE OF YANTAI

If your child or household member needs to travel outside of Yantai, please inform the school through [operations@yhischina.com](mailto:operations@yhischina.com). This information will help the school follow up with families later on if needed.

## ECC/LOWER ELEMENTARY SNACK MENU (IF CAMPUS REOPENS)

	Morning	Afternoon
<b>Monday</b>	Anhydrous cake, Apple, Dragon Fruit	Butter Cookie, Mango, Cherry Tomato
<b>Tuesday</b>	Sponge Cake, Grape, Orange	Vegetable Cookie, Milk, Apple
<b>Wednesday</b>	Chocolate Cake, Orange, Melon	Chocolate Cookies, Banana, Pear
<b>Thursday</b>	Toast with Jam, Melon, Dragon Fruit	Animal Shape Cookies, Apple, Pear
<b>Friday</b>	Egg Pie, Grape, Cerry Tomato	Egg Pie, Yogurt, Cherry Tomato

## LUNCH MENU (IF CAMPUS REOPENS)

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Choose one</b>	<b>Chinese</b>	Spine Stewed Corn	Sanxian Meat Ball	Beef with Carrot and Radish	Maojia Braised Pork	Fruity Tenderloin
	<b>Western</b>	Mexican Pork Tortilla *	Rosemary Grilled Pork Chop	Spaghetti with Meat Sauce*	German Whole Roasted Beef Tenderloin	Italian Roasted Pork Neck
	<b>Korean</b>	Chicken Curry	Korean Beef	Korean Boiled center heel of shank	Korean Sweet Chicken Nuggets	Vegetable Wrapped Beef
<b>2 Choose one</b>	<b>Meat 1</b>	Stewed Beef Brisket with Tomatoes	Braised Pork with Mushrooms	Shredded Pork in Beijing Sauce	Cumin Pork Slices	Mushroom Chicken Nuggets
	<b>Meat 2</b>	Meat Wrapped in Vegetables	Korean Chicken Chop	Korean Fried Chicken	Crispy Cod	Korean Roasted Wing Root
<b>3 Choose two</b>	<b>Vegetable 1</b>	Stir-fried Bok Choy with Mushroom	Scrambled Eggs with Tomatoes ^	Stewed Tofu with Cabbage	Stir-fried Bok Choy	Scrambled Eggs with zucchini ^
	<b>Vegetable 2</b>	Sesame Soybean Sprouts	Korean Fried Tofu	Korean Mixed Vegetables	Kimbab	Korean fried dumplings *
	<b>Vegetable 3</b>	Celery and Lotus Root Slices	Tricolor Yam	Organic Cauliflower with Green Pepper	Colorful Corn Kernels &	Black Pepper Broccoli
<b>4 Choose one</b>	<b>Soup 1</b>	Mushroom Soup #	Sole Fish with Tomato Soup #	Huntun Soup *	Black Rice Porridge *	Kimchi Beef Soup
	<b>Soup 2</b>	Millet Porridge *	Mixed Porridge *	Fish Cake Soup #	Tomato Egg Soup ^	Cream Mushroom Soup &
<b>5</b>	<b>Fruits</b>	3 Seasonal Fruits				
	<b>Grain/ Appetizer</b>	Black Rice, Steamed Buns *	Millet Rice, Steamed Buns *	Oats Rice, Steamed Buns *	Black Rice, Steamed Buns *	Millet Rice, Steamed Buns*
<b>Dessert (Western/Korean)</b>		Butter Cookies ^	Banana Cake ^	Sponge Cake ^	Blueberry Cupcake ^	Chocolate Cake ^

**Allergies:**

\*Wheat

#Seafood

&Dairy

^Eggs

@Nuts