



Ningbo British
International
School

2021-2022
2022-1-13

NBIS WEEKLY
NEWSLETTER 17



Cambridge Assessment
International Education

Cambridge International School



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Dates to Remember

- January 17-25: Secondary Exams
- January 26-February 13: Chinese New Year Holiday (No School)

CONGRATULATIONS



Year 13
Ashmi Bhaishora

Congratulations to Ashmi Bhaishora on her excellent grades of a (94) in Cambridge AS & A Level Chinese Language.

Well Done !

CONGRATULATIONS



Year 13
Haksheng Shon

Congratulations to Haksheng Shon on his excellent grades of A* (92) in Cambridge AS & A Level Chinese.

Well Done !

CONGRATULATIONS



Year 13
Wu Yinuo

Congratulations to Wu Yinuo on her excellent grades of A* (92) in Cambridge AS & A Level Chinese.

Well Done!

CONGRATULATIONS



Year 13
Wu Yung-En

Congratulations to Wu Yung-En on her excellent grades of A* (90) in Cambridge AS & A Level Chinese.

Well Done!

CONGRATULATIONS



Year 12
Wang Yiwei

Congratulations to Wang Yiwei on her excellent grades of A* (94) in Cambridge AS & A Level Chinese.

Well Done!





Nursery A

According to the Chinese Zodiac, 2022 marks the Year of the Tiger. Nursery A children talked about 12 Chinese Zodiac animals through listening to the legend story, exploring own zodiac animal sign and trying to find out different characteristics of each animal. We also engaged in creating colour paper tigers and tracing Chinese letter 'Fu', which means good fortune for the coming year. Children developed understanding of Chinese traditional culture that the tiger is always regarded as a sign of courage and confidence. Happy Chinese New Year to everyone in advance from Nursery A class!

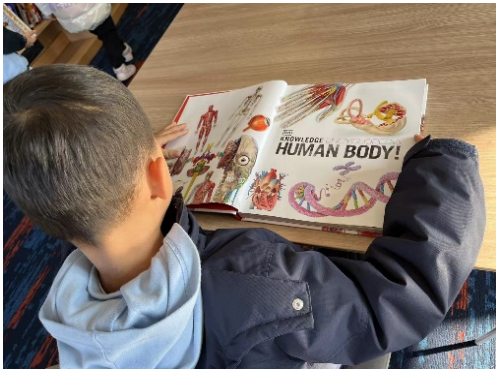


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Y1B CLASS

The students of 1B have been practicing their phonics and attended the library this week to discover some great books about animals and our bodies! The students loved sharing their books with one another and discussing interesting stories with their friends.



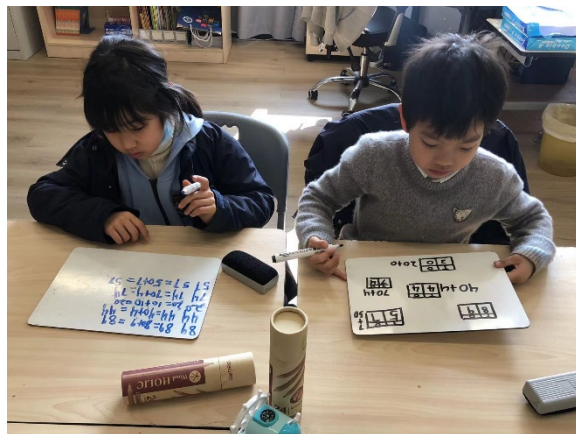
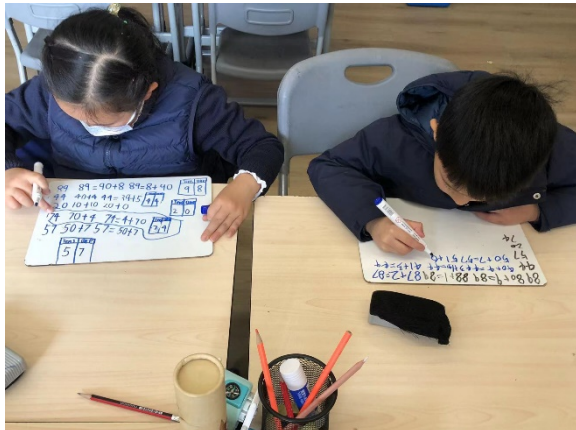
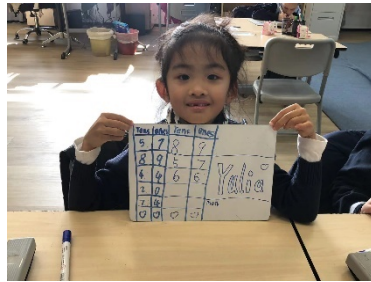
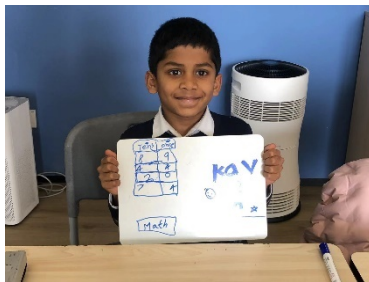
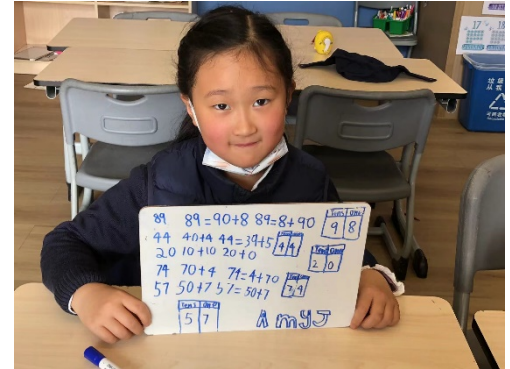
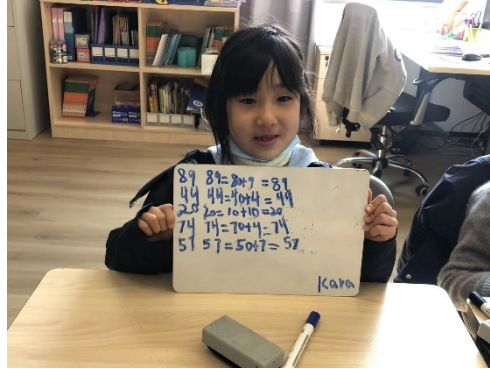
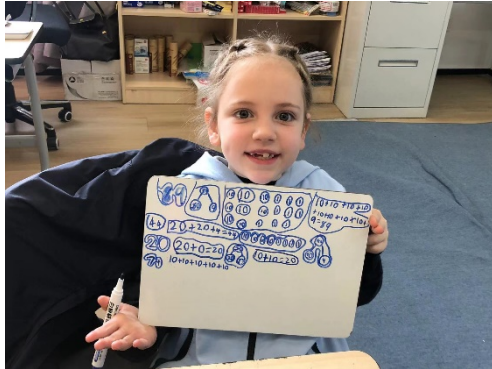
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Year 2A

Finding Value in Numbers

In Maths this week Year 2A has been working on understating and explaining the value of 2-digit numbers. The focus is learning place and how to compose, decompose and regroup these 2-digit numbers using tens and ones.



Year 5A

Since returning after the winter holiday, 5A have moved on to their Poetry unit in English class and are studying the Forces in Science.

In English class, the children worked in small groups to study a range of famous poems. They were tasked with first investigating the meaning of the poem, then discussing how the poem made them feel, before working together to identify the common structural features found in narrative poetry. Once these activities were complete, the children worked together to act out their group poem to the rest of the class.



Last week in Science we started looking at Forces and spent some time investigating the effects of gravity. Children worked in pairs to try and establish whether one item would fall to the ground more quickly than another. They used their existing knowledge and ideas to make predictions about the outcome of their test, before carrying out their experiment with a range of items, such as pencils, erasers, plastic bottles, rulers, metal tins, balls and rulers. The students identified the variables within their experiment in order to carry out a fair test, then recorded their results in their class books. We went on to learn about 'normal force', before looking at some examples of standardized force diagrams. The students took full advantage of the opportunity to purposely keep dropping things on the floor, WITHOUT getting into trouble. All in the name of Science!



Primary Stars of the Week

Although we are not yet able to hold our whole section assembly, we are still celebrating all of the fantastic achievements in our classes. The Stars of the Week Certificates recognise individual students who have demonstrated outstanding progress or achievements in class.

Well done to our 'Stars of the Week'.

**Primary Stars of the Week!**

6A: Hannah 6B: Saleh 5A: Sun Zhou 5B: Clarice 4A: Yi-Wen 4B: Gyubin
 3A: Grace 3B: Joyce 2A: Amy 2B: Victor 2C: Chloe
 1A: Polina 1B: Audrey

Achievement ~ Respect ~ Integrity ~ Diversity ~ Cooperation ~ Caring ~ Self-worth

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Urban Jungle Photography Competition

Entries are now in and voting has begun! Scan the QR code on the poster below to vote for your favourite photo. The winner will be announced in the school newsletter after voting closes on the 19th of January.



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NBIS Science Presents
THE URBAN JUNGLE
PHOTOGRAPHY COMPETITION

Scan the QR Code to vote for your
favourite entry!

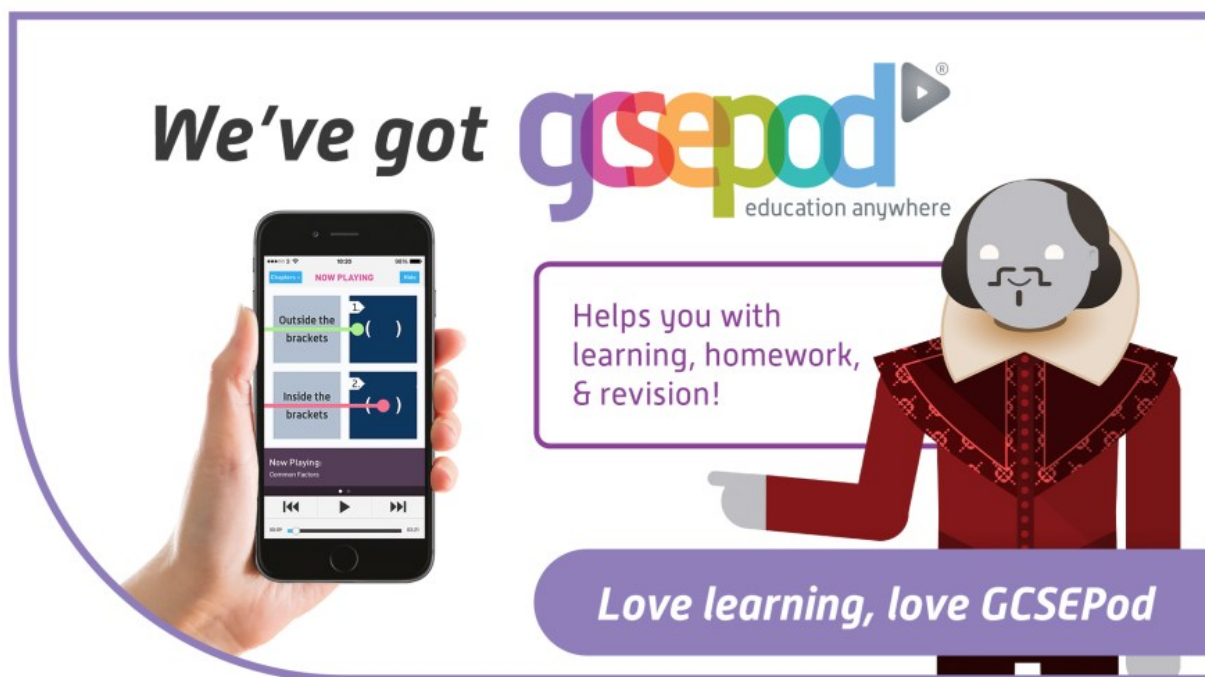


Voting Deadline: January 19th 2022



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We've got **gcsepod**[®]
education anywhere

Helps you with
learning, homework,
& revision!

Love learning, love GCSEPod

The graphic features a hand holding a smartphone displaying the GCSEPod app interface. The app shows a 'NOW PLAYING' section with two video thumbnails: 'Outside the brackets' and 'Inside the brackets'. Below this, it says 'Now Playing: Common Factors'. To the right of the phone is a cartoon character of a man in a red Elizabethan-style ruff collar, pointing towards the phone. The entire graphic is enclosed in a purple rounded rectangle.

NBIS students have access to GCSEPod, the award-winning digital content and revision provider used by over 1,250 schools worldwide. This is a great resource to have available as we approach mid-year exams and beyond. GCSEPod is available to all secondary students from Years 7-13 at our school.

As a subscriber, your child now has access to GCSEPod's library of over 6,000 'Pods,' 3-5 minute videos designed to deliver knowledge in short bursts. GCSEPod makes learning and revision much more manageable: every Pod is mapped to an exam board and contains all the right facts, quotes, keywords, dates, and annotated diagrams that your child needs for GCSE success – all neatly organised into topics and exam playlists.

One of the best things about GCSEPod is that you can download any Pod to your child's mobile device, and then they can watch them at any time, in any place, with or without internet. It's like they're carrying a whole set of textbooks in their pocket! Make sure you download the GCSEPod app from the App Store (Apple and Android are supported) to access this feature.

GCSEPod also has the ability to identify knowledge gaps and automatically send playlists to help fill them. After completing any homework set on GCSEPod, your child will get a personalised "Boost Playlist" of Pods relevant to their identified areas of weakness. We strongly suggest you encourage your child to review these playlists regularly as this will speed up their progress.

We recommend that you talk about GCSEPod with your son or daughter – check that they've successfully activated their account and encourage them to make use of this amazing resource throughout their GCSE's. Once they've activated their account, they can



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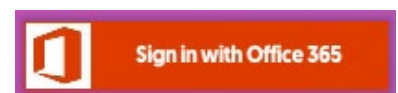
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browse the GCSEPod library and create their own playlists – just as they would when they're listening to music.

For more ways to support your child using GCSEPod, please visit www.gcsepod.com/parents where you'll find lots more information and resources.

Your child has already been registered with GCSEPod, so all they need to do is activate their account by following the instructions below. If your child has tried to activate their account unsuccessfully, please ask them to contact a member of staff.

- 1) Go to www.gcsepod.com and click "Login" in the top right-hand corner
- 2) Click the red **"sign in with Office 365"** button
- 3) Your child will enter their school email address and password
- 4) You may be asked to create a username



If you have any questions regarding GCSEPod, please contact me at john.helmy@nbis.net.cn.

Yours sincerely,

Mr. Helmy

IT Coordinator and Teacher

PARENTS GUIDE TO GCSE REVISION
This useful guide lets you know exactly how and when your child should be revising.

EXAM SUCCESS

gcsepod
Education on Demand

102 PODS
The highest achieving students each watched on average 102 PODS so there is a clear correlation between GCSEPod and results.
Principal

WATCH 10 PODS PER WEEK
During exam time aim to watch 3 Pods per day

73%
of videos are watched out of school

20 MINUTES
Little and often is best, so try to keep sessions around 20 minutes to get the best results.

CREATE A PLAYLIST
Identify the areas which are most challenging and create a playlist to focus learning.

Our top users exceeded their target grades in many areas.
Principal

I cannot emphasise enough how important it is that GCSEPod be used all year round, not just for revision, for maximum impact.
Parent

It's the best thing you can have to revise and make sure you are ready for the exam.
Student

GCSEPod played an important role in helping me achieve A*. I would definitely recommend it.
Student

EVERY STUDENT COUNTS

GCSEPOD.COM

INFO@GCSEPOD.COM

0191 338 7830



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NBIS Extracurricular Activities (ECAs)**Primary Basketball Club**

The Primary Basketball Club is now running every Wednesday after school and it's a great opportunity for the girls and boys to claim a spot on the basketball team. We hope to play some matches with other schools this year, as long as the situation allows.

We held trials before Christmas and now we have selected a wider squad of 16 students.

The captain was announced this week and I'm proud to announce that it will be Braxton from 6A. He shows excellent work ethic in training and hopefully will lead the team well.

Basketball is one of the most popular sports in China, and is growing in popularity around the world! As a team sport, the students will learn all about communication, trust, and how to work together. Basketball is also fantastic for your health and fitness. The students are constantly on the move during training, and basketball allows you to practice and improve your coordination, balance, agility, endurance, and strength.



Mr. Fitzgerald

Primary P.E. Teacher



Karate Club

NBIS has started its first karate club. We have seven experienced karate students and two students who are new to karate. Students' levels range from white belt to green belt. The enthusiasm and commitment for all students is very high. We had our first class on January 6th and it was a great success!



Karate is a traditional martial art that builds up the mind, develops composure, and self-confidence. It strengthens the whole body, improves coordination, and builds stamina and overall health. Karate practice benefits the student in all areas of their life. It is not an end, but a means to an end. Karate encourages proficiency and the keen coordination of mind and body.

Karate involves a variety of techniques, including blocks, strikes, evasions, throws, and joint manipulations. Karate practice is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring).



The word karate is a combination of two Japanese characters: kara 空, meaning empty, and te 手, meaning hand; thus, karate 空手 means "empty hand." Adding the suffix "-do" 道 (pronounced "doe"), meaning "way," i.e., karate-do 空手道, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

In karate, mind and technique are joined together to become one. Physical techniques become expressions of the mind's intention. The mind's focus is improved by understanding the essence of the physical techniques. By perfecting our karate practice, students are improving their spirit and mindset.

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It is in this sense that karate becomes a way of life, as students aim to become very strong but happy and peaceful. The NBIS Karate club is merely the beginning on this journey. We will follow our students' development and progress over the years as they strive to develop the qualities and characteristics to become leaders and role models in life.



Mr. Carl Kirkpatrick

Karate Club Coordinator



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NBIS Art and Literature Competition Updates

The NBIS Art and Literature Competition has come to an end and now the judges are evaluating the artworks. The results will be announced at next week's assembly. Outstanding artworks will be displayed in the library and primary section. Stay tuned!

Introduction of the General Affairs Office

Hello, my name is Li Xiaowei. I'm a full-time driver at NBIS. I work conscientiously, passionately, and innovatively. I'm always willing to learn. When facing difficulties, I try my best to solve them. I understand the importance of teamwork. I treat people with kindness, collaborate with my colleagues, respect and follow the instructions of leaders. Past experience has taught me to have a positive attitude when faced with difficulties. I understand that ability does not depend on words but on action. My motto in life is that there is no best, only better.



NBIS Food

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	萝卜烧肉	土豆牛肉	玉米仔排	烤鸡腿	红烧牛肉
	Beef with turnip	Beef with potato	Rib with Corn	Toast chicken leg	Braised beef
	鸡肉肠	香酥鸡腿	火腿片	炸肉丸	卡兹脆鸡排
	Chicken sausage	Crispy chicken	Ham slice	Meatball	Crispy chicken chop
	黄金鸡块	宫保鸡丁	盐酥鸡	糖醋里脊	烤香肠
	Chicken nugget	Chicken	Salty fried chicken	Sweet and sour pork	Roast sausage
	肉沫粉丝	烤地瓜	有机花菜	清炒绿豆芽	天菜年糕
	Meat with glass noodle	Roast sweet potato	Organic cauliflower	Mung bean sprout	Roasted rice cake with vegetable
	炒青菜	炒包菜	烤麸	番茄炒蛋	肉沫焗土豆
	Vegetable	Cabbage	Baked bran	Scrabble egg with tomato	Baked potatoes with minced pork
	盐烤小土豆	蒜笋炒胡萝卜	烤土豆	青豆玉米	西兰花
	Potato	Carrot with lettuce	Roast potato	Corn with green bean	Broccoli
	芝士烤吐司	牛角包	五号菜	披萨	蛋挞
	Bread with cheese	Croissant	Vegetable	Pizza	Egg tart
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit
	紫菜汤	裙带菜豆腐汤	西红柿蛋汤	万年青汤	大白菜豆腐汤
	Seaweed soup	Tofu soup with vegetable	Tomato soup with egg	Vegetable soup	Tofu and cabbage soup
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice
Snack Menu	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
	牛奶	牛奶	牛奶	牛奶	牛奶
	Milk	Milk	Milk	Milk	Milk
	鸡蛋	烧卖	鸡蛋	烧卖	鸡蛋
	Egg	Shao-mai	Egg	Shao-mai	Egg
	包子	牛角包	包子	牛角包	包子
	Steamed Bun	Croissant	Steamed Bun	Croissant	Steamed Bun
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit