



NINGBO BRITISH INTERNATIONAL SCHOOL

Weekly Newsletter 34
May 29th, 2025



Preventing Drowning Notice to Parents

Please educate your children to adhere to the **"Six Don'ts"**:

- Don't swim alone.
- Don't swim without permission or supervision from parents or teachers.
- Don't swim in areas without safety facilities or rescue personnel.
- Don't swim in unfamiliar waters.
- Don't swim in dangerous or unregulated waters.
- Students who cannot swim should not attempt to rescue others on their own.

Especially remind your children: if they see someone drowning, they should not attempt a rescue themselves but instead call for help immediately by dialling 110 or 120.

Parents are expected to follow the **"Four Knows"** regarding their children's whereabouts:

- Know where your child is going;
- Know what your child is doing;
- Know who your child is with;
- Know when your child is expected to return.

During after-school hours, weekends, and holidays, parents must pay extra attention to their children's activities and whereabouts to prevent drowning incidents caused by lack of supervision.

CHILDREN'S DAY GREETINGS FROM JUXIAN STREET



On the joyful occasion of Children's Day, the Juxian Street of Ningbo extended warm greetings and heartfelt wishes to the students of NBIS. This thoughtful gesture reflects the care and support of the local community for our international learners. Representatives from Juxian Street shared their good wishes with the hope that every child continues to grow up healthy, happy, and full of curiosity.



At NBIS, we are deeply grateful for this connection with our local neighbourhood and for the encouragement it brings to our young global citizens.



We thank Juxian Street for their kind wishes and for helping make this Children's Day a memorable one for our students!



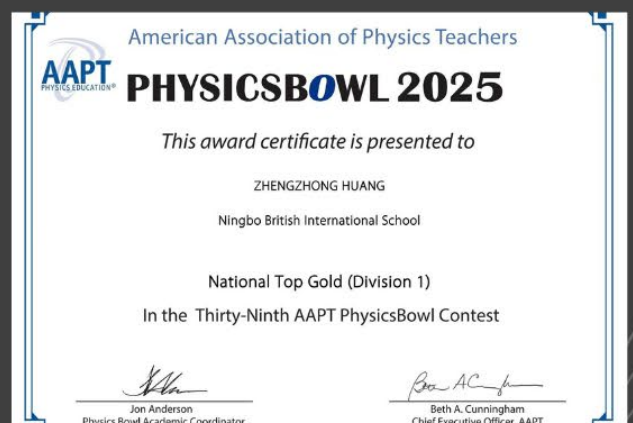
CONGRATULATIONS



Zhengzhong Huang (Johnson) Year 11B Student

Congratulations to Zhengzhong Huang, Year 11, for winning National Top Gold (Division 1) in the 2025 AAPT PhysicsBowl! Organised by the American Association of Physics Teachers, the PhysicsBowl is a highly competitive international physics contest. Zhengzhong's exceptional performance places him among the top physics students nationwide.

Well done, Zhengzhong—we are incredibly proud of your achievement!



NBIS Early Years Celebrate the Dragon Boat Festival with Joy and Excitement



Ms Chelsea Liao

In celebration of the upcoming Dragon Boat Festival, Reception children dressed in elegant Hanfu and then participated in a series of traditional activities to experience the rich culture of this ancient holiday. They enjoyed the following customs:

Painting Foreheads (画额) – Teachers used cinnabar to paint the children's foreheads, a ritual believed to ward off evil and wish for good health.



Stepping on Artemisia (踩艾草) – Children walked over fresh mugwort leaves, symbolising the dispelling of bad luck and the welcoming of good fortune.

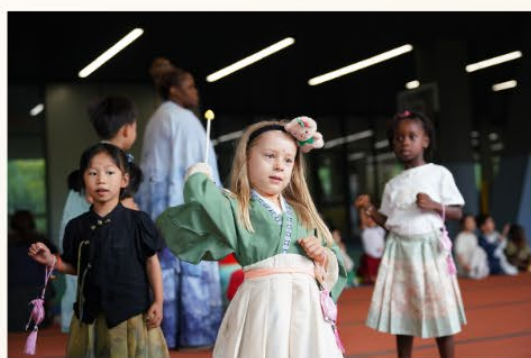


Happy
Dragon Boat
Festival

Making Sachets (做香囊) – The children crafted fragrant pouches filled with herbs, traditionally used to repel insects and attract blessings.



Shooting the Five Poisons (射五毒) – In this playful game, children "shot" representations of five poisonous creatures (snake, scorpion, centipede, toad, and spider), symbolising the overcoming of misfortune.



Dragon Boat Racing (赛龙舟) – The children held miniature boat races, pretending to row in a lively reenactment of this traditional competition.



RECEPTION B

Ms Dana Carnemolla

We've gone back in time and have started our new topic of **Dinosaurs!** The children have enjoyed working on a variety of provocations as they deepen their understanding of dinosaurs and what happened to them. To begin, the children were thrilled to make a volcano! They worked carefully handling all the ingredients and following a recipe in order! Well done!



We discussed about how weather changes could have harmed the dinosaurs. Children then had the chance to try and 'free' the dinosaurs that were locked in a block of ice using salt and hammers.



Early Years Section

The children spent over two days drawing and designing their dinosaurs. First, they sketched in pencil and went over the outline with black glue. Then, they used watercolours to fill in the dinosaur before adding more abstract objects such as volcanos using paint sticks and markers. Beautiful work!



We love working with 'loose parts!' Children have the opportunity to imagine, invent and design as they wish!

Fengjia Primary School and NBIS Collaborate on Intangible Cultural Heritage Craft Exchange

Date: May 29, 2025

Ms Ivy Liu

Location: NBIS

In a vibrant celebration of cultural exchange, Fengjia Primary School and NBIS joined hands to host a unique cross-cultural event centered on China's intangible cultural heritage (ICH). Titled "Cultural Fusion, Heritage Without Borders," the activity aimed to bridge global youth through traditional craftsmanship, using the Dragon Boat Festival as a cultural catalyst.

Activity Highlights

The event featured three traditional ICH crafts, each blending cultural heritage with interdisciplinary learning:

Lime Carving (浙东灰雕) : Students explored architectural mechanics and lime ratio calculations; crafting miniature gray carvings inspired by traditional designs.

Cloisonné (掐丝珐琅): Participants created Dragon Boat Festival-themed artworks, combining mineral glaze chemistry with artistic design.

Patchwork (拼布) : Younger students designed "Five Poison" patterned sachets, integrating geometry and sustainable fabric reuse principles.





Participant Engagement

Over 150 students and teachers from both schools participated. Classrooms buzzed with energy as students exchanged ideas, crafted together, and showcased their works during a final exhibition. Notable outcomes included:

- **Cross-cultural Exchange:** Students swapped finished pieces as tokens of friendship.
- **Interdisciplinary Learning:** Projects highlighted connections between heritage crafts and STEM/arts education.

“This event wasn’t just about preserving traditions—it was about building bridges. Watching students from different backgrounds collaborate so passionately was truly inspiring,” remarked Ivy, Head of Chinese at NBIS.



This groundbreaking collaboration underscored the power of intangible heritage as a universal language, uniting young minds across borders. Both schools expressed hopes to expand such initiatives, fostering global citizenship through shared creativity.



Primary Outdoor Education: Exploring Nature in Xikou

Mr Achilles Luciano

From May 21 to May 23 2025, 61 students from NBIS embarked on an unforgettable outdoor trip to Xikou. This trip was packed with fun activities that tested their strength, teamwork, and survival skills. Everyone was excited to take part and make lasting memories in nature!

One of the highlights of the trip was wall climbing. Students had the chance to test their arm and leg strength as they climbed high walls. It was all about pushing their limits and cheering each other on. The sense of achievement after reaching the top was incredible!



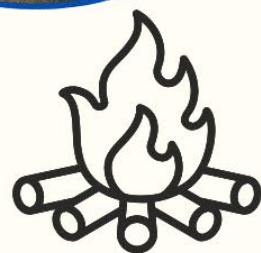
In addition to wall climbing, students participated in orienteering. This activity helped them learn how to read maps and use compasses. They worked in teams to find their way through the beautiful landscape of Xikou, solving challenges along the way.



After a quick safety briefing, everyone hopped into their kayaks and paddled out onto the calm waters. The laughter and cheers filled the air as they raced each other and explored the hidden corners of the lake.



The trip also focused on important survival skills. Students learned how to build shelters, filter water, and make fires. With guidance from experienced instructors, they discovered how to stay safe and comfortable in the wild. These skills are not just fun to learn; they are useful for anyone who loves exploring the great outdoors.



Evenings were filled with fun and laughter as we gathered around a warm bonfire. Students showcased their talents in singing and acting, entertaining everyone with their amazing performances. It was a wonderful way to bond and support each other while enjoying the night sky.





As the trip came to an end, we held a short program to celebrate everyone's participation. Each student received a certificate for their hard work and adventurous spirit. We are so proud of all the students for stepping out of their comfort zones and trying new things!



Thank you to everyone who made this trip possible. The journey lives on!

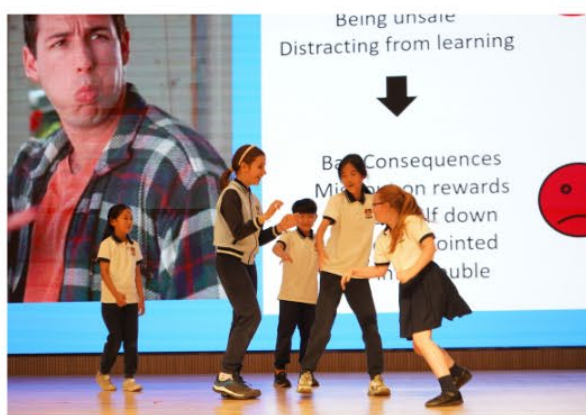
Primary Assembly

In this week's Primary Assembly, the focus was on an important theme: Good choices lead to good consequences; bad choices lead to bad consequences. Our Year 4A students led the assembly by watching a short animated video. The video showed two people making different choices in their daily lives — from their habits to how they treated others. Ultimately, their choices yielded vastly different outcomes.



After the video, the students acted out short scenes to show what good and bad choices might look like. Through these fun and meaningful role-plays, they helped everyone understand that our choices can lead to good or bad outcomes. The key message was clear: we all make choices every day, and those choices matter.

Thanks to Mr Bane, Ms Yan and Ms Amy for this well-planned assembly!



Congratulations to Our Stars of the Week



"Chemistry in Action – Why Practicals Matter!"

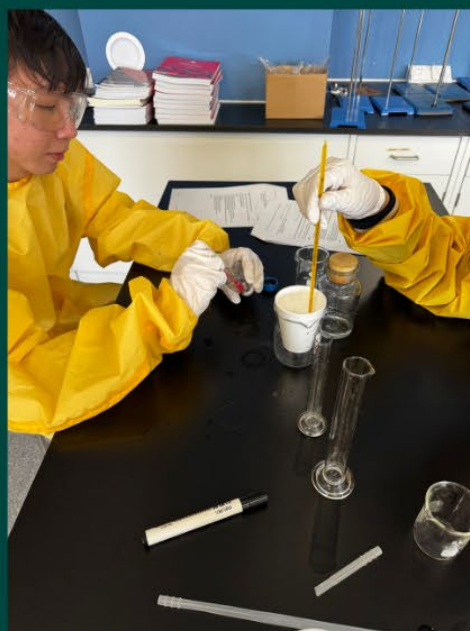
Mr Anthony Chen

Chemistry is often called the central science, connecting biology, physics, and the everyday world. At NBIS, we believe that understanding chemistry goes far beyond memorising formulae or reading textbooks — it's about seeing science in action.

Why Practicals Are So Important?

Sometimes, science can feel too abstract — like it's just numbers, symbols, and theories on paper. However, you can feel the microscopic reactions by smelling the gases and observing the colour change. It turns invisible ideas into real, vivid experiences that make the knowledge stick.

Recently, our Year 10 students extracted their own pH indicator from red cabbage. Students explored the acidity of common items found in daily life, such as toothpaste and citrus fruits.



Secondary Section

Experiments can also help enhance students' sense of aesthetics. By gradually adjusting the volume of acid added, students were able to produce a rainbow of colours using the indicator.



Our Year 12 students are currently preparing for their practical examinations. Unlike the lower-year students, they are required to collect data, analyse it, plot graphs, and draw conclusions. This process undoubtedly develops their scientific literacy and critical thinking skills.



At NBIS, we are committed to giving every student the opportunity to thrive through practical science. We encourage students to approach each experiment with curiosity, care, and a willingness to learn — because chemistry is not just something you study, it's something you do.

Let's keep exploring together!



NBIS Weekly Menu



Sample Dishes

NBIS Weekly Menu

The Week of June 2nd to 6th, 2025

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--------------------------------------|---|--------------------------------|---------------------------------|--------------------------------------|
| Lunch Menu | Garlic Spare Ribs | Braised Beef Brisket with Vermicelli | Braised Pork Belly | Braised Pork with Fried Tofu | Crispy Chicken Strips |
| | 蒜香小排 | 粉条炖牛腩 | 红烧肉 | 油豆腐烧肉 | 香酥鸡柳 |
| | Grilled Sausage | Steamed Egg with Minced Pork | Grilled Duck Wings | Golden Chicken Nuggets | Spiced Beef |
| | 烤香肠 | 肉末蒸蛋 | 烤鸭翅 | 黄金鸡块 | 五香牛肉 |
| | Braised Chicken Drumsticks | Crispy Chicken Leg | Scrambled Eggs with Bacon | Scallops with Vermicelli | Shrimp Cake |
| | 红烧翅根 | 香酥鸡腿 | 培根炒蛋 | 粉丝扇贝 | 虾饼 |
| | Poached Chicken | Cumin Duck Chunks | Stir-Fried Chicken Chunks | Stir-Fried Pork with Lettuce | Shredded Pork with Green Pepper |
| | 白斩鸡 | 孜然鸭块 | 生炒鸡块 | 莴笋炒肉片 | 尖椒肉丝 |
| | Stir-Fried Cauliflower | Stir-Fried Broccoli | Stir-Fried Cauliflower | Stir-Fried Broccoli | Stir-Fried Cauliflower |
| | 炒花菜 | 炒西兰花 | 炒花菜 | 炒西兰花 | 炒花菜 |
| | Steamed Dumplings | Baked Sweet Potato | Pumpkin with Scallion Oil | Mapo Tofu | Baked Potatoes |
| | 蒸饺 | 烤红薯 | 葱油南瓜 | 麻婆豆腐 | 烤土豆 |
| | Stir-Fried Lettuce with Black Fungus | Stir-Fried Asparagus with Mushrooms and | Fried Spring Rolls | Shredded Potatoes with Vinegar | Stir-Fried Tomato with Zucchini |
| | 莴笋炒木耳 | 芦笋炒口菇胡萝卜 | 炸春卷 | 醋溜土豆丝 | 西红柿炒西葫芦 |
| | Stir-Fried Baby Bok Choy | Stir-Fried Shanghai Greens | Stir-Fried Greens | Stir-Fried Water Spinach | Stir-Fried Mushrooms with vegetables |
| | 炒菜心 | 炒五号菜 | 炒青菜 | 炒空心菜 | 香菇炒油菜 |
| | Braised Shrimp | Crispy Butterfly Shrimp | River White Shrimp | Braised Shrimp with Oil | Salt and Pepper Shrimp |
| | 红烧虾 | 酥炸蝴蝶虾 | 江白虾 | 油焖虾 | 椒盐虾 |
| | Salt and Pepper Yellow Croaker | Pomfret | Fish Chunks with Chopped Chili | Wang Tu Fish | Spare Ribs with Rice Cakes |
| | 椒盐小黄鱼 | 鲷鱼 | 剁椒鱼块 | 玉秃鱼 | 排骨年糕 |
| | Croissant | Baguette | Hamburger | Egg Tart | Sandwich |
| | 牛角包 | 法棒 | 汉堡 | 蛋挞 | 三明治 |
| | Radish and Spare Rib Soup | Spanish Seafood Soup | Mushroom Soup | Duck Soup with Cordyceps Flower | Red Date and White Fungus Soup |
| | 萝卜排骨汤 | 西班牙海鲜汤 | 菌菇汤 | 虫草花老鸭汤 | 红枣银耳汤 |
| | Fruit | Fruit | Fruit | Fruit | Fruit |
| | 水果 | 水果 | 水果 | 水果 | 水果 |
| Snack Menu | Meat Bun | Scrambled Egg Pancake | Steamed Dumplings | Cherry Tomatoes | Shredded Potato |
| | 肉包 | 鸡蛋饼 | 蒸饺 | 小番茄 | 土豆丝饼 |
| | Apple | Banana | Pear | Dragon Fruit | Lychee |
| | 苹果 | 香蕉 | 香梨 | 火龙果 | 荔枝 |
| | Sea Salt Soda Crackers | French Bread | Waffle | Croissant | Jam Bread |
| | 海盐苏打饼干 | 法国面包 | 华夫饼 | 牛角包 | 果酱面包 |



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| Jan 2025 | | | | | | |
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| Feb 2025 | | | | | | |
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| Apr 2025 | | | | | | |
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| May 2025 | | | | | | |
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| Jul 2025 | | | | | | |
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2024-25 Semester 1 (School Days-90 Days)

26/08/2024 Semester 1 Begins, 14/02/2025 Semester 1 Ends

Holidays in Semester 1

- 14/09/2024 to 17/09/2024 Mid-Autumn Festival
- 28/09/2024 to 07/10/2024 Chinese National Holiday
- 22/11/2025 PD Day
- 18/12/2024 to 05/01/2025 Winter Holiday
- 22/01/2025 to 09/02/2025 Spring Festival Holiday

2024-25 Semester 2 (School Days-90 Days)

17/02/2025 Semester 2 Begins, 01/07/2025 Semester 2 Ends

Holidays in Semester 2

- 04/04/2025 to 06/04/2025 Qingming Holiday
- 28/04/2025 to 04/05/2025 Labour Day Holiday
- 30/05/2025 to 01/06/2025 Dragon Boat Holiday



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| Sep 2025 | | | | | | |
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| Oct 2025 | | | | | | |
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| Apr 2026 | | | | | | |
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| May 2026 | | | | | | |
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| Jun 2026 | | | | | | |
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| Jul 2026 | | | | | | |
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2025-26 Semester 1 (School Days-90 Days) **01/09/2025 Semester 1 Begins, 30/01/2026 Semester 1 Ends**

Holidays in Semester 1

- 01/10/2025 to 08/10/2025 Chinese National/Mid-Autumn Holiday
- 21/11/2025 PD Day
- 17/12/2025 to 04/01/2026 Winter Holiday

2025-26 Semester 2 (School Days-90 Days) **02/02/2026 Semester 2 Begins, 03/07/2026 Semester 2 Ends**

Holidays in Semester 2

- 09/02/2026 to 01/03/2026 Spring Festival Holiday
- 04/04/2026 to 06/04/2026 Qingming Holiday
- 01/05/2026 to 05/05/2026 Labour Day Holiday
- 19/06/2026 to 21/06/2026 Dragon Boat Holiday



Ningbo British International School 浙江宁波英伦外籍人员子女学校

Unity - Diversity - Excellence

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International Education

Cambridge International School