

Friday 24 May, 2019. | Issue #35

<https://shanghai-puxi.dulwich.org>

Results from the Dulwich International Audit

德威国际审查结果



Rigour and Reflection

At Dulwich College Shanghai Puxi, we are committed to the ethos that getting better never stops. Last week I shared the findings of the Dulwich Annual Parent Survey and communicated the steps we are taking in response to your feedback. This week, I want to share the outcomes of **The Dulwich Review** that took place earlier in the term.

What is the Dulwich Review?

The Dulwich Review is **an audit of our education provision**. It is a rigorous evaluation of learning and teaching based on a set of challenging criteria. The review process has taken place in every Dulwich College across the Dulwich International family of schools. It is one week long and involves interviews with many students, observations of learning and teaching in the classroom, environment discussions with a range of stakeholders from parents to teachers. The main strategy is the interviews with students. Members of the review team interview hundreds of students, who are invited to share the work in their exercise books, discuss their progress and reflect upon what makes their learning effective.

Who is involved in the Dulwich Review?

The global Dulwich Review is led by a team of leaders from the Dulwich International Education Team together with teachers and Heads of Schools from across the Dulwich international colleges. We were delighted to welcome the following education leaders and experts to lead our Dulwich Review:

1. Sandra Hite, Early Years Leader, Dulwich College Education Team
2. JoAnn Radojkovich, Junior School Leader, Dulwich College Education Team
3. Sian May, Senior School Leader, Dulwich College Education Team
4. Dr. Kevin House, IB Leader, Dulwich College Education Team
5. Heather Pineda, Director of University Counseling, Dulwich College Education Team
6. Annabel Parker, Director of Mandarin, Dulwich College Education Team

In addition to these team members, we welcomed Heads of schools and lead teachers from Dulwich College Suzhou and Dulwich College Shanghai Pudong. In the same way, Mrs Sarah Leonard and Mr Matthew Sellers were asked to join the team that reviewed learning and teaching at Dulwich College Singapore. This approach promotes the sharing of best practice and enables quality professional dialogue between teachers at the different Colleges. It is one of the key reasons that Dulwich is different and academically stronger compared to other schools.

What is the merit of this approach?

Based on research from the University of Melbourne in Australia, the merit of this approach is its emphasis on evaluating the quality of students' learning as opposed to passing judgment on the way in which a particular lesson was taught. The focus is on the depth of students' knowledge and understanding and, more importantly, their ownership of their learning. By this we mean...

1. Students' ability to explain the next steps in their learning and how these relate to the overall aims of a particular topic or syllabus.
2. Students' ability to identify their own strengths and weaknesses and articulate how they are addressing these.
3. Students' ability to use a range of skills and strategies to meet the challenges of our curriculum from finding the right resource to seeking assistance, from managing homework to managing a revision timetable.

Although it focuses on students, this approach requires high-level teaching because it requires a challenging set of professional skills:

1. Accurate assessment = an accurate grasp of students' knowledge and understanding to inform planning and prepare future learning
2. Focused and frequent feedback to students' so that they understand next steps and can take ownership of their learning
3. Positive relationships to inspire, motivate and engage student learning

Students who display these abilities are confident learners and are well placed to meet the challenges of 21st century university education because they are able to think for themselves, manage themselves and motivate themselves. This is exactly the culture that we are creating at Dulwich College Shanghai Puxi.

Lots to celebrate and reflection points:

The Dulwich Review is rigorous because it provides a focused analysis of learning at each stage of our students' journey through the College. From the Review, our College feedback was very strong. Here is a summary of highlights:

- ✓ Dulwich College Shanghai Puxi is known for its personal approach and the quality of relationships across the school.
- ✓ We offer excellent provision in Early Years, Junior School and Senior School.
- ✓ Our teachers are highly professional, reflective and respectful.
- ✓ Our students are very clear about their learning responsibilities and their tasks.
- ✓ Our students are enthusiastic and motivated to learn, and do well.
- ✓ Communication between students and teachers is highly effective and respectful.
- ✓ Our learning environments are thoughtful and inspiring
- ✓ Dulwich Puxi Senior School students are much more confident, capable and independent compared to their wider peer groups.

We are proud to share these results because we are committed to a culture of continuous improvement. We are preparing our students to be reflective learners and we adopt the same approach to leading the College. Please let me know if you have any questions about the review or would like to find out more.

严谨与反思

在德威浦西，我们一直追寻的精神是：变得更好，永不停息。上周，我与大家分享了德威学校家长调查问卷的结果，并就你们的反馈意见，对正在采取的措施进行了沟通。这周，我想和大家分享一下在本学期初进行的德威学校审查结果。

什么是德威学校审查？

德威学校审查是在一系列颇具挑战性的标准下，对学习和教学的严格评估。德威公学下的每一所德威学校都要经历这一审查过程。审查为期一周，内容包括对学生的采访、对教室内学习和教学的观察、与家长及教师等利益相关者的沟通等等。最主要的审查内容是对学生的采访。审查小组采访了数百名学生，邀请他们分享练习本上的作业，讨论他们的进步，并反思是什么让他们的学习更有效。

谁参与了德威学校审查？

此次德威学校全球审查小组是由德威教育团队的领导者及经验丰富的教育专家，加上各校的领导老师和校长组成的。我们很高兴欢迎以下教育专家领导莅临我校进行审查工作。

Sandra Hite, 幼儿园负责人，德威教育团队

JoAnn Radojkovich, 小学部负责人，德威教育团队

Sian May, 中学部负责人，德威教育团队

Dr. Kevin House, IB 课程负责人，德威教育团队

Heather Pineda, 大学辅导总监，德威教育团队

Annabel Parker, 中文总监，德威教育团队

除了以上这些小组成员，我们还迎来了来自苏州德威及浦东德威的领导人员。同样，我校的 Mrs. Sarah Leonard 及 Mr. Matthew Sellers 也被邀请加入审查小组，赴新加坡德威进行学习和教学评估。这种审查方法促进了最佳的实践共享，并使不同学校的教师之间能够进行高质量的专业对话。这也是德威一直拥有强大的学术能力和别于其他学校的原因之一。

这种审查方法的优点是什么？

据澳大利亚墨尔本大学的研究表明，这种审查方法的优点在于，它强调对学生学习质量的评估，而不是对某一课程的教学方式进行评判。审查的重点在于学生对知识的吸收和理解，更重要的是，他们对学习的自主权。这些包括：

1. 学生能够解释他们学习的下一步骤，并且清楚这些步骤与特定的学习主题或教学大纲目标的联系
2. 学生能够识别自己的强项和弱点，并且清楚该如何应对。
3. 学生能够运用各种技能和策略来应对挑战或学校课程，如寻找合适的学习资源，寻求帮助，管理家课，管理复习时间表等等。

虽然这种方法侧重于学生，但需要高水平的教学，因为它需要一套具有挑战性的专业技能：

4. 准确评估=准确掌握学生的知识和理解，为规划和准备未来学习提供信息。
5. 关注并经常反馈学生，这样他们就能理解接下来的学习步骤，并掌控自己的学习
6. 积极的师生关系，引导、激励并参与学生的学习

拥有这些能力的学生是自信的学习者，能够很好地迎接 21 世纪大学教育的挑战，因为他们能够独立思考、自我管理及自我激励。这正是我们德威浦西的校园文化。

很多值得庆祝及反思的地方

德威学校审查是非常严谨的，不仅因为它非常全面，也因为它为每一阶段的学习提供了重点分析。以下是一下重点的反馈： -

- ✓ 德威浦西以其个性教学方法和全校紧密的人际关系而闻名。
- ✓ 我们提供优质的早教、小学和中学教育。
- ✓ 我们的老师非常专业、深思熟虑、尊重他人。
- ✓ 我们的学生非常清楚他们的学习职责和任务。
- ✓ 我们的学生热情、积极地学习，并且做得很好。
- ✓ 学生和教师之间的沟通非常有效和互相尊重。
- ✓ 我们的学习环境是精心安排和充满激发性。
- ✓ 德威浦西的中学生相对其他同辈显得更自信、有能力和独立。

我们很自豪能够分享这些成果，因为我们的校园文化就是不断追求进步。我们正在培养我们的学生成为反思型学习者，我们也在采取同样的方法来领导整个学校。如果你对审查有任何问题或者想了解更多，请随时与我联系。

David Ingram
Head of College



Dulwich College Puxi recently hosted our 3rd annual Eco-Explorer Camp welcoming 130 students from across our Dulwich campuses internationally. During the 3 day outdoor camp, students slept in tents and experienced hands-on learning from 18 different Eco Education workshops on offer. Students enjoyed learning how to make sustainable and reusable plastic, how to set up solar panels for energy, they made musical instruments from recycled items and a delicious array of foods using palm oil free ingredients and red meat free substitutes.

Dulwich College Puxi was delighted to welcome guest speaker, Peter Milne from Target4Green. Target4Green <https://www.target4green.com/about-us/> is a specialised, hands-on, community centered company dedicated to supporting schools across the world in their education for Sustainable Development. During his talks and workshops, Peter shared critical thinking and provided crucial links for students to become more aware of the global issues we face together.

Thank You!

A huge thank you to all the Dulwich Puxi teachers who helped to make the 2019 Dulwich International Eco Camp such a huge success. And a special thank you to Ms. Grace Stewart and Mrs. Sarah Leonard for their thought leadership and guidance throughout the planning and operation of the Eco Camp.

Do watch this amazing student film!

Please enjoy this fantastic film made by our students together with the professional guidance of award winning TV commercial and film director, Shigeto Sayama. A big thank you to Shigeto for supporting us at Eco Camp this year. [CLICK TO WATCH](#)

Did you know?

Dulwich College Puxi students are active advocates for sustainability and environmental protection. Over the past 12 months they have achieved amazing success in their commitment to removing single use plastic and reducing the amount on waste produced at the College campus. They have banned single use yoghurt tubs – effectively removing more than 31,350 single-serve plastic yoghurt tubs from the college waste stream. Furthermore, they have also banned all plastic straws, take-away coffee cups and plastic lids from the campus...tens of thousands of single use plastic items have been removed from our school's waste stream. Well done, students!

德威浦西刚成功举办了第三届生态营活动，130名来自德威国际不同校区的学生参加了此次活动。在为期3天的户外露营活动中，学生们睡着帐篷里，参加了18个具有实践性的生态教育工作坊。学生们喜欢学习如何制作可持续和可重复使用的塑料，如何建立太阳能电池板，他们用可回收的物品制作乐器，用不含棕榈油的配料和不含红肉的替代品做了一系列的美食。

德威浦西很高兴迎来了来自 Target4Green 的演讲嘉宾 Mr. Peter Milne 的到来。Target4Green (<https://www.target4green.com/about-us/>) 是一家以社区为中心的专业公司，致力于支持世界各地的学校进行可持续发展教育。在他的演讲和工作坊中，他分享了批判性思维和提供不同的要点，使学生们更加了解我们所共同面对的全球问题。

感谢

非常感谢所有的德威浦西老师们，他们帮助使 2019 年的德威国际生态营取得了巨大的成功。特别感谢 Miss Grace Stewart 和 Mrs Sarah Leonard 在生态营的规划和运营过程中的思想领导和指导。

一定要看这部精彩的学生短片！

请欣赏由德威国际得学生们与获奖电视广告和电影导演 Shigeto Sayama 合作完成得精彩短片。非常感谢 Shigeto 今年在生态营所提供得支持。 [点击观看](#)

你知道吗？

德威浦西的学生是可持续发展和环境保护的积极倡导者。在过去 12 个月里，他们在杜绝一次性塑料及减少校园垃圾方面取得了极大的成功。他们已经成功禁止了一次性酸奶塑料盒的使用，有效地在校园垃圾源里减除了 31,350 只一次性酸奶塑料盒。此外，他们还禁止使用塑料吸管、咖啡纸杯及塑料盖子。。。这样一来，成千上万个一次性塑料垃圾得以制止，大大减低学校垃圾源。

Christine Haslett
Deputy Head of Primary

EARLY YEARS SPORTS DAYS!

幼儿园运动会



There are three things that are guaranteed to make a fantastic day – sunshine, excited children, and lots of happy parents! We scored a hat trick this week at our Early Years' sports days, and made the most of the fantastic weather! It was great to see so many families come to help cheer on our youngest children, and I spotted quite a few future sports stars. Joanna in Koala class was as fast as lightening, and William in Bee class certainly has some skills! As always, the parent races at the end of both events were a highlight – thank you to all the mums and dads who participated. I hope you all have a lovely weekend.

灿烂得阳光、兴奋的孩子、开心的父母，这三个要素加在一起，就是美好的一天。本周，我们幼儿园运动会又迎来了好天气，大家都充分利用了这阳光灿烂的日子！很高兴看到这么多家庭来给我们的小孩子们加油鼓劲。在运动会上，我看到了一些未来的体育明星。考拉班的 Joanna 跑起来快如闪电，蜜蜂班的 William 明显技巧熟练！和以往一样，运动尾声的家长比赛是亮点——感谢所有参与其中的父母。希望你们度过愉快的周末。

Christine Haslett
Deputy Head of Primary

31 MAY – DON'T MISS ADAM'S WORKSHOP! 5月31日- 不要错过Adam的工作坊

From story tellers to story writers – the importance of play and re-enactment in developing literacy! We are delighted to welcome back acclaimed international author and friend of Dulwich, Mr Adam Bushnell for this third year at Dulwich College Puxi. Adam will be with us next week, working with all students in the Junior School spotlighting on literacy and creative writing development. Adam is a wonderful resource for parents to learn about how to develop a love of writing in their children and we welcome all parents next Friday to Adam's special parent workshop! Don't miss it!

Friday 31 May, 9:30am in the theatre.

从讲故事到写故事 - 扮演和重演在发展读写能力方面的重要作用
我们很高兴再次欢迎国际知名作家及德威之友Adam Bushnell先生的第三次到来。下周，Adam将和小学部学生一起研究读写能力和创造性写作的发展。Adam是一个丰富的资源，家长可以向其学习如何培养孩子对写作的热爱，我们欢迎所有家长下周五参加Adam主持的特别家长研讨会！不容错过！
5月31日，星期五，上午9:30点，剧院见。

A WARM WELCOME TO OUR NEW TEACHERS!

欢迎来到德威浦西校区

Dulwich College Puxi is growing and we are delighted to welcome all the new teachers who will be joining our community in the next academic year. Each week in our College newsletter, we will be profiling some of our new teachers.

Welcome to Dulwich College Puxi, Mr. Niall Walker Librarian

Hello Dulwich College Puxi! My name is Niall and I am a highly experienced and dedicated school librarian. I have taught in schools in Edinburgh and Fife. Alongside working in these schools, I have also worked in prestigious reader development roles with Fife Council and was the Head of the Schools programme for the national charity Scottish Book Trust. In these roles I have been successful in implementing engaging, creative and innovative reading programmes for children and young people across Scotland. I am very passionate about fostering a reading culture and promoting active literacy and research skills for all students at Dulwich College next year.



德威浦西正在日益壮大，我们很高兴地欢迎下一学年将加入我们学校的新老师。在每周的学校周报上，我们将逐一刊登新老师的信息。

图书管理员

你们好，德威浦西大家庭！我是 Niall，是一名经验丰富、敬业的学校图书管理员。我曾在爱丁堡及法夫地区任教，除了在学校任教，我也在法夫理事会担任著名的读者发展职位，并担任国家慈善机构苏格兰图书信托(Scottish Book Trust)的学校项目负责人。在这些职业生涯中，我成功为苏格兰各地的儿童和年轻人创

建了富有吸引力、创造性和创新性的阅读课程。我期待着在新的学年里为德威浦西的学生们创造一种阅读文化，并提升他们的读写能力和研究技能。



LET'S WORK TOGETHER!

一起合作

Dear Puxi Parents,

Please let's ensure that homework is getting done. Please work with us to let your child know the importance of a great education and how homework needs to be completed when set by teachers.

Support the school by teaching your child the significance of being well organised, and not falling in the trap of procrastination. As a parent, you can help your child with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as TV, video games and phone calls during homework time. Helping your student with homework ensures that your student gets homework done on time and also keeps you in the radar of possible learning gaps or instructive hurdles that you could bring to the attention of the school. If you are reluctant or not sure how to help your child with homework because you feel that you do not know the subject well enough, or because you don't speak or read/write English, you can help by showing that you are interested. Helping your student get organised, providing the necessary materials, asking your student about daily assignments, monitoring work to make sure that it is completed, and praising all of your child's good efforts could be a worthy start. And remember, if you need help, please ask your child's teacher or assistant teacher – they want to support you in being more active in your child's education. Finally, it is also extremely important to remember that doing your child's homework for them is an absolute NO! This strategy will not help your child in the long run, and you will be doing them a disservice that will affect them considerably in their near scholastic future. So please support us at school to do your homework by making sure your child does theirs. Thank you!

亲爱的浦西家长们,

请确保你的孩子按时完成作业。请和我们一起监督孩子，让他们知道学习的重要性，知道老师布置的作业要按时完成。请与学校一起协作，教育孩子安排有序的重要性，不要陷入拖延的陷阱。作为家长，你可以这样帮助孩子完成家庭作业：留出一个专门的地方学习；设定固定的家庭作业时间；做作业时，避免电视、电子游戏及电话的干扰。帮助孩子完成家庭作业，不仅可以确保孩子按时完成家庭作业，同时也可以及时注意到孩子在学习上的差距及教育上的障碍，从而及时反馈给学校。

如果你不愿意或不确定该如何去帮助你的孩子完成家庭作业，可能你觉得你对某学科不够了解，或者是因为你不会说/读/写英语，你同样可以通过表现出你感兴趣（在意）来帮助他们。帮助孩子建立起秩序，提供必要的材料，询问孩子日常作业情况，监督并确保孩子完成作业，表扬孩子所做的努力，这些都是好的开始。记住，如果你需要帮助，请向孩子的老师或助教寻求帮助，他们会支持你去更加积极地参与到孩子的教育中去。最后，还有一点需要牢记，千万不要为孩子做作业！从长远来看，这种做法对你的孩子不会有帮助，反而会对他们造成伤害，在他们的学习生涯中产生相当大的影响。请协助学校一起监督你的孩子，确保孩子自己完成家庭作业，谢谢。

Martin Zarate
School Counsellor



REMINDER: LAST WEEK OF CCAS !

提示：最后一周联

Next week is the last week of CCAs for both daily and after school CCAs.
Monday 27th to Friday 31st May.

下周是联课活动（午餐后和课后）的最后一周。5月27-31日星期一至星期五。

EVENT CANCELLATION

活动

The College would like to apologise for the cancellation of the Fun Run on Saturday 2 June. We will schedule a Fun Run in the next academic year

非常抱歉，本校将要取消原定于为6月2日星期六欢乐跑活动。我们将在下一学年从新安排。

REMINDER: Y1 – Y5 BAKE SALE

On Wednesday 5th June, the Student Council will hold a House Competition Bake Sale for all students in Y1- Y5. It will be held on the 3rd floor. Students can bring in **homemade** cakes on this day. Cakes must not be bought from a bakery, there should be no nuts, and if possible please use sustainable packaging.



All cakes will be priced between 10 – 20 RMB and 45% of the proceeds will go towards the [MILLION TREE PROJECT](#). The rest of the money will go towards Student Council initiatives. Last year, Earhart won the Bake Sale Competition...who will win this year?

6月5日星期三，学生会将为所有1-5年级学生举办一场校内烘焙义卖比赛。它将在三楼举行。学生们可以在这一天带上自制的蛋糕。


蛋糕不能从外面门店购买，不能有坚果，如果可能，请使用可持续包装。

所有蛋糕的价格在人民币10-20元之间，收益的45%将用于百万棵树项目。剩下的钱将用于学生会的不同活动。去年，Earhart赢得了烘焙义卖活动比赛……你猜今年谁会赢？

LUNCH MENUS

午饭菜单

| | MONDAY 27th | TUESDAY 28th | WEDNESDAY 29th | THURSDAY 30th | FRIDAY 31st |
|--|--|--|---|--|--|
|  | 奶油鸡肉菌菇意面 Chicken & Mushroom Pasta | 蕃茄香肠意面 Sausage & Tomato Sauce Pasta | 柠檬香料烤鸡肉 Lemon Grilled Chicken | 肉酱意面 Spaghetti Bolognese | 萨拉米披萨 Salami Pizza |
| | 花菜&胡萝卜 Cauliflower & Carrot | 花菜西兰花 Cauliflower & Broccoli | 胡萝卜&玉米粒&烤土豆 Carrot & Corn & Baked Potatoes | 混合蔬菜 Mixed Veggie | 西葫芦和胡萝卜 Sautéed Zucchini & Carrot |
|  | 红烧狮子头 Braised Meat Ball | 茄汁罗非鱼 Sweet & Sour Tilapia | 萝卜炖牛腩 Stewed Beef with Radish | 新疆大盘鸡 Xinjiang Style Chicken | 五花肉焖土豆 Braised Pork with Potato |
| | 杭白菜 Hang Cabbage | 大白菜 Chinese Cabbage | 手撕卷心菜 Cabbage | 青菜 Bokchoy | 油麦菜 Leaf Lettuce |
| | 白米饭 Steamed Rice | 杂粮米饭 Multigrain Rice | 白米饭 Steamed Rice | 杂粮米饭 Multigrain Rice | 白米饭 Steamed Rice |
|  | 韩式 蔬菜炒饭 Korean Style Fried Rice with Veggie | 新竹米粉 Rice Noodles with Veggie | 蔬菜年糕 Stir-fried Rice Cake with Veggie | 地三鲜 Sautéed Potato & Green Pepper & Eggplant | 什锦蔬菜炒面 Stir-fried Noodles with Veggie |
|  | 番茄鸡蛋汤 Tomato & Egg Soup | 意式蔬菜汤 Minestrone Soup | 冬瓜汤 Winter Melon Soup | 鸡蛋豆腐羹 Egg & Tofu Soup | 胡萝卜汤 Carrot Soup |
| Dessert & Salad | Daily Dessert, Daily Fruits & Salad Bar | | | | |
|  | Banana/黑米糕 香蕉/ Black Rice Cake | 苹果/黄金糕 Apple / Sponge Cake | Banana/奶香馒头 香蕉/ Steamed Bun with Milk Flavor | 小番茄/猪猪包 Cherry Tomato / Steamed Piggy Custard Bun | 香蕉/椰蓉面包 Banana/ Coconut Bread |
| Nutritional reading over the week 一周营养分析 | | | | | |
| White Meat 白肉 10% Read Meat 红肉 18% Aquatics 鱼虾 8% Starch 淀粉 20% Vegetables 蔬菜 42% Deep Fried 油炸 2% | | | | | |

| | MONDAY 27th | TUESDAY 28st | WEDNESDAY 29th | THURSDAY 30th | FRIDAY 31st |
|---|---|---|---|---|--|
|  | 奶油鸡肉菌菇意大利面 Chicken & Mushroom Pasta | 蕃茄香肠意大利面 Sausage & Tomato Sauce Pasta | 柠檬香料烤鸡肉 Lemon Grilled Chicken | 肉酱意大利面 Spaghetti Bolognese | 萨拉米披萨 Salami Pizza |
| | 花菜&胡萝卜 Cauliflower & Carrot | 花菜西兰花 Cauliflower & Broccoli | 胡萝卜&玉米粒&烤土豆 Carrot & Corn & Baked Potatoes | 混合蔬菜 Mixed Veggie | 西葫芦和胡萝卜 Sautéed Zucchini & Carrot |
|  | 红烧狮子头 Braised Meat Ball | 茄汁罗非鱼 Sweet & Sour Tilapia | 萝卜炖牛腩 Stewed Beef with Radish | 新疆大盘鸡 Xinjiang Style Chicken | 五花肉焖土豆 Braised Pork with Potato |
| | 杭白菜 Hang Cabbage | 大白菜 Chinese Cabbage | 手撕卷心菜 Cabbage | 青菜 Bokchoy | 油麦菜 Leaf Lettuce |
| | 白米饭 Steamed Rice | 杂粮米饭 Multigrain Rice | 白米饭 Steamed Rice | 杂粮米饭 Multigrain Rice | 白米饭 Steamed Rice |
|  | 鱼柳配塔塔汁 Pan-fried Tilapia with Tartar Sauce | 巴西特色柠檬香料烤猪肉 Brazilian Style Lemon Roasted Pork | 新鲜香料烤鸭肉 Spice Roasted Duck | 椰汁蔬菜烤鱼 Coconut Milk Grilled Tilapia | 蔬菜烩鸡肉 Stewed Chicken with Veggie |
| | 花菜&胡萝卜 Cauliflower & Carrot | 花菜西兰花 Cauliflower & Broccoli | 胡萝卜玉米粒 Carrot & Corn | 混合蔬菜 Mixed Veggie | 西葫芦和胡萝卜 Sautéed Zucchini & Carrot |
| | 烤土豆 Roasted Potatoes | 自制土豆泥 Homemade Mashed Potatoes | 奶油芝士焗土豆 Potato Gratin with Cheese | 米饭 Rice | 烤面包 Toasted Bread |
|  | 八宝辣酱面 Noodles with Eight Delicacies | 宫保鸡丁面 Kung Pao Chicken Noodles | 重庆小面 Braised Pork Noodles | 本帮大排面 Pork Chop Noodles | 水饺 Dumplings |
|  | 韩式蔬菜炒饭 Korean Style Fried Rice with Veggie | 新竹米粉 Rice Noodles with Veggie | 蔬菜年糕 Stir-fried Rice Cake with Veggie | 地三鲜 Sautéed Potato & Green Pepper & Eggplant | 什锦蔬菜炒面 Stir-fried Noodles with Veggie |
|  | 番茄鸡蛋汤 Tomato & Egg Soup | 意式蔬菜汤 Minestrone Soup | 冬瓜汤 Winter Melon Soup | 鸡蛋豆腐羹 Egg & Tofu Soup | 胡萝卜汤 Carrot Soup |

Nutritional reading over the week 一周营养分析

Red Meat 红肉 17% White Meat 白肉 12% Aquatics 鱼虾 9% Starch 淀粉 20% Vegetables 蔬菜 40% Deep Fried

DULWICH COLLEGE | SHANGHAI PUXI |
上海德威外籍人员子女学校（浦西）

