

第五週 學校聯絡事項

1. 寫字比賽即將於 10/2(星期四) 截止報名 ([點此報名](#))，報名前請參閱[比賽規則](#)。比賽日期 10/11。比賽活動需要家長幫忙，請在報名表填寫能幫忙的日期及項目。比賽相關問題請電郵 contests@sdcca-nccs.org
2. 10/4:
 - 開學說明會: 10:15-11:15 AM 地點: 小禮堂
 - 寫字比賽志工工作分配說明會: 11:15 -11:30 AM 地點: 小禮堂
 - 普通班班級座談會，地點為各班教室，時間請洽各班老師。
 - 年刊封面設計徵稿開始。[點此查看徵稿規則和報名表](#)。
3. 校園安全注意事項:
 - 9:30-12:00, 學校大門會關上. 請家長由辦公室703進入學校
 - 請隨手將學校的大門關上, 避免陌生人進入校園。
4. 歡迎加入北郡團隊, 請有興趣的家長填寫[教師申請表](#)、[行政團隊意願表](#)。
5. 上學期學生社團(武術社及扯鈴社)開始招生了, 時間為週六早上8:45-9:15。
如有問題請email社長林昌宏: tshuck2156@gmail.com

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
北郡社團 2025-26	8/30	9/6	9/13	9/20	10/4	10/11	10/18	10/25	11/1	11/8	11/15	12/6	12/13	12/20	1/10
武術 Martial Art						V	V	V	V				V		
扯鈴 Chinese Yoyo										V	V	V		V	V
成人太極 Adult Tai Chi								V	V	V	V	V	V		

- 武術社報名連結: <https://forms.gle/9MfRoFJbtajC4hu16> (含兒童防身術)
 - 扯鈴社報名連結: <https://forms.gle/ddasw2MNpFF6Hh4i8>
6. 成人太極課時間為週六早上9:30-10:30, 日期如上表。由康蕾老師親自授課。
課程內容包含氣功: 八段錦、五禽戲、易筋經、太極扇。
如有任何問題請 email 至 viceprincipal2@sdcca-nccs.org
 - 成人太極課報名連結: <https://forms.gle/kYCKJ4SwX3vvHxu29>



家長會 PTA 事項:

- 10/4 中秋慶祝活動 (10/6 中秋節): 學生將吃月餅和玩「后羿射日」的遊戲！
- 請參閱本電子報最後附上的照片，以查看PTA提供的月餅食材與營養成分說明。如果您的孩子對其中任何食材過敏，或您不希望他們參與月餅品嚐，請先告知您的孩子不要參加，並同時通知孩子的老師，以便老師知悉並提醒 PTA 團隊。謝謝！

- 志工機會

→ 請透過我們的 [SignUpGenius link](#) 瀏覽目前的志工機會。本學期將持續新增更多志工需求，請記得定期查看，以掌握最新的參與方式！

近期學校活動: (參考學校全年行事曆)

- 10/11 寫字比賽及初審
- 10/18 家長代表歡迎會; 寫字比賽複審
- 10/25 期中考; 萬聖節活動; 學生商店
- 10/26 寫字比賽頒獎 10AM @ 文教中心文教中心; 漢字文化節展覽 (10/26 - 11/1)

華語文學習中心(TCML)事項

- 華語文中心秋季成人班持續招生中。有意**報名或試課**，請聯繫:<SDTCML@sdcca-nccs.org>
- 臉書不定期更新最新消息，歡迎追蹤分享！  [NCCS Taiwan Center for Mandarin Learning](#)

社區活動:

- [繁星計劃秋季小提琴和大提琴室內樂學習作坊](#)

從獨奏到合奏，開啟你的室內樂之路。與同伴合作磨練技巧，最終自信演出屬於你的室內樂作品。請於10/4前報名：

<https://forms.gle/VqTFHughT3raoQoy9>



聯絡我們

 電子信箱(校務): info@sdcca-nccs.org 家長會: pta@sdcca-nccs.org

 臉書: [San Diego North County Chinese School](#)

 各項內容詳情請見[學校網站](#)或[Gradelink](#) School News

學生姓名 (Student Name): _____ 家長簽名 (Parent Signature): _____

Week 5: Weekly Bulletin

1. Handwriting Contest registration will end soon on 10/2 ([Click here to register](#)). Please read the [contest rules before registration](#). The contest date is 10/11. Parents' help is needed. Please sign up on the registration form. Contact contests@sdcca-nccs.org for any questions.
2. 10/4
 - Back to school meeting: 10:15-11:15 at Little Theater
 - Handwriting Contest volunteer meeting: 10:15-10:30 at Little Theater
 - Parent-teacher conference for regular classes. Contact your teacher for detailed time.
 - Yearbook cover design contest registration starts. [Click here to see the contest rule and registration form](#).
3. Campus Safety Notes:
 - 9:30-12:00: BMMS main gate will be closed. Please use office Room 703 to enter the campus.
 - Please keep the gate **CLOSED** during the school time.
4. Welcome to join the administration team. Please fill out the online interest form for [staff](#) and for a new [teacher](#) application.
5. Chinese Yoyo club and Martial Art club registration starts. The club meets on Saturday morning from 8:45 to 9:15AM. See the table below for the full schedule.
Questions? Email the club president Thomas at tshuck2156@gmail.com

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北郡社團 2025-26	8/30	9/6	9/13	9/20	10/4	10/11	10/18	10/25	11/1	11/8	11/15	12/6	12/13	12/20	1/10
武術 Martial Art						V	V	V	V				V		
扯鈴 Chinese Yoyo										V	V	V		V	V
成人太極 Adult Tai Chi								V	V	V	V	V	V		

- Martial Art club: [click for registration form](#) (The program includes self-defense for kids.)
 - Chinese Yoyo club: [click for registration form](#)
6. Join the Adult Tai Chi Club with Ms. Kang Lei (康蕾老師) on Saturdays from 9:30 to 10:30 AM. See above for the full schedule. Instruction includes Qigong: **Baduanjin (Eight Brocades)**, **Wuqinxi (Five Animal Frolics)**, **Yijinjing (Muscle-Tendon Changing)**, and **Tai Chi Fan**.
Questions? Email viceprincipal2@sdcca-nccs.org
 - Adult Tai Chi club registration form: <https://forms.gle/kYCKJ4SwX3vvHxu29>



PTA Announcement

- 10/4 Mid-Autumn Festival celebration (10/6 Moon Festival): Students will enjoy moon cakes and participate in the “Hou Yi Shoots the Suns” game!
- Please see the photos at the end of this newsletter for the **ingredients and nutrition facts** of the mooncakes. If your child has **any allergies** or you prefer they **not join the tasting**, please remind your child **not to participate** and **inform their teacher** so they can notify the PTA team. Thank you!

- Volunteer Opportunities
 - ➔ Explore current volunteering opportunities through our [SignUpGenius link](#). New opportunities will be added throughout the semester, so be sure to check regularly for the most up-to-date ways to get involved!

Upcoming Events

- 10/11 Handwriting Contest & Pre-screening by parent judges
- 10/18 Room parents welcome meeting; Handwriting contest judging
- 10/25 Midterm exam; Halloween event by PTA; Student store
- 10/26 Handwriting contest award ceremony at SDCCA Learning Center; Chinese Calligraphy and Painting Exhibition (10/26-11/1)

TCML (Taiwan Center for Mandarin Learning) Events:

- Ongoing enrollment is available for our adult Mandarin class. To register or request a trial class, please email <SDTCML@sdcca-nccs.org> .
- Follow us on Facebook for updates!  [NCCS Taiwan Center for Mandarin Learning](#)

Community Events:

- [I Spark Enrichment Fall Violin/Cello Chamber Music Workshop](#)
From solo to ensemble, begin your chamber music journey. Grow skills through collaboration and perform a chamber piece with confidence. Register by 10/4: <https://forms.gle/VqTFHughT3raoQoy9>



Contact Us:

- Email (NCCS): info@sdcca-nccs.org PTA: pta@sdcca-nccs.org
- Facebook: [San Diego North County Chinese School](#)
- Updated News on [School Website](#) or [Gradelink](#) School News

學生姓名 (Student Name): _____ 家長簽名 (Parent Signature): _____

NOTE: 月餅食材與營養成分/ Mooncake Ingredients & Nutritional Facts

含有: 小麥、鴨蛋、花生(油)、大豆(油)、蛋。
Contains: Wheat, Duck Egg, Peanut (Oil), Soybean (Oil), Egg.

Joy Luck Palace Mooncakes

喜福樓月餅

FOUR DOUBLE EGG YOLK & LOTUS SEED PASTE MOONCAKES 四個雙黃蓮蓉月餅

Nutrition Facts

營養資料

4 servings per container 容器所含份量 4
Serving size 份量 1 piece 份 (175g 克)

		Per Serving
Calories 卡路里		760
	% DV* 每日基準*	
Total Fat 總脂肪	35g 克	45%
Saturated Fat 飽和脂肪	4.5g 克	23%
Trans Fat 反式脂肪	0g 克	
Cholesterol 膽固醇	360mg 毫克	120%
Sodium 鈉	130mg 毫克	6%
Total Carb 總碳水化合物	103g 克	38%
Fiber 食用纖維	0g 克	0%
Total Sugars 總糖	67g 克	
Incl. Added Sugars 添加糖	38g 克	76%
Protein 蛋白質	8g 克	
Vitamin D 維生素	21mcg 微克	105%
Calcium 鈣	40mg 毫克	20%

Ingredients: Lotus Seed Paste (Sword Beans, Sugar, Soybean Oil, Maltose, Trehalose Syrup, Lotus Seeds, Salt), Wheat Flour, Salted Duck Egg Yolk [(Duck Egg Yolk, Water, Salt), Rice Cooking Wine, Soybean Oil], Sugar, Water, Soybean Oil, Peanut Oil, Egg, Rice Cooking Wine, Potassium Carbonate, Preservative (Sodium Propionate), Pineapple, Lemon, Citric Acid.
Contains Wheat, Duck Egg, Peanut (oil), Soybean (oil), Egg

成份: 蓮蓉餡【白鳳豆、蔗糖、大豆油、麥芽糖、海藻糖漿、蓮子、鹽】、麵粉、鹹蛋黃【(蛋黃、水、鹽)米酒、大豆油】、蔗糖、水、大豆油、花生油、蛋、米酒、碳酸鉀、防腐劑(丙酸鈉)、鳳梨、檸檬、檸檬酸。
含有: 小麥、鴨蛋、花生(油)、大豆(油)、蛋

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LOTUS PASTE Nutrition Facts

serving per Container 4 Cake (8 pieces)
Serving size 1/2 Cake (93g)

	Amount per serving	% Daily Value*
Calories	330	
Total Fat 4 g	6%	
Saturated Fat 2 g	10%	
Trans Fat 0g		
Cholesterol 0 g	0%	
Sodium 80 mg	4%	
Total Carbohydrate 68 g	18%	
Dietary Fiber 12g	48%	
Total Sugars 30g		
Protein 4 g		
Vitamin D 0.5 mcg	0%	
Calcium 57 mg	4%	
Iron 1.5 mg	6%	
Potassium 0 mg	0%	

MUNG BEAN PASTE Nutrition Facts

serving per Container 4 Cake (8 pieces)
Serving size 1/2 Cake (93g)

	Amount per serving	% Daily Value*
Calories	330	
Total Fat 4 g	6%	
Saturated Fat 2 g	10%	
Trans Fat 0g		
Cholesterol 0 g	0%	
Sodium 80 mg	4%	
Total Carbohydrate 68 g	18%	
Dietary Fiber 12g	48%	
Total Sugars 30g		
Protein 4 g		
Vitamin D 0.5 mcg	0%	
Calcium 57 mg	4%	
Iron 1.5 mg	6%	
Potassium 0 mg	0%	

TARO PASTE Nutrition Facts

serving per Container 4 Cake (8 pieces)
Serving size 1/2 Cake (93g)

	Amount per serving	% Daily Value*
Calories	340	
Total Fat 4 g	6%	
Saturated Fat 2 g	10%	
Trans Fat 0g		
Cholesterol 0 g	0%	
Sodium 80 mg	4%	
Total Carbohydrate 68 g	18%	
Dietary Fiber 12g	48%	
Total Sugars 30g		
Protein 4 g		
Vitamin D 0.5 mcg	0%	
Calcium 57 mg	4%	
Iron 1.5 mg	6%	
Potassium 0 mg	0%	

COCONUT PASTE Nutrition Facts

serving per Container 4 Cake (8 pieces)
Serving size 1/2 Cake (93g)

	Amount per serving	% Daily Value*
Calories	360	
Total Fat 4 g	6%	
Saturated Fat 2 g	10%	
Trans Fat 0g		
Cholesterol 0 g	0%	
Sodium 80 mg	4%	
Total Carbohydrate 68 g	18%	
Dietary Fiber 12g	48%	
Total Sugars 30g		
Protein 4 g		
Vitamin D 0.5 mcg	0%	
Calcium 57 mg	4%	
Iron 1.5 mg	6%	
Potassium 0 mg	0%	

純正白蓮蓉(齋)

LOTUS SEED MOON CAKE 0 YOLK

Hạt Sen Không Hột Vịt (Chay)

Ingredients: Lotus Seed, Maltose, Sugar, Water, Soybean Oil, Peanut Oil, Egg, Rice Cooking Wine, Potassium Carbonate, Preservative (Sodium Propionate), Pineapple, Lemon, Citric Acid.

Net Wt. 21.16 oz. (600g)

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