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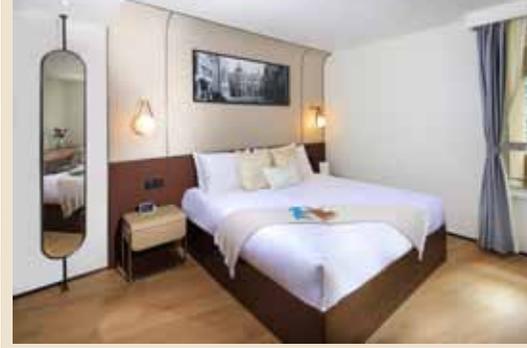


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Street Signs

Johan Prozesky

is a writer/photographer who enjoys telling the tales of Shanghai through his lenses.

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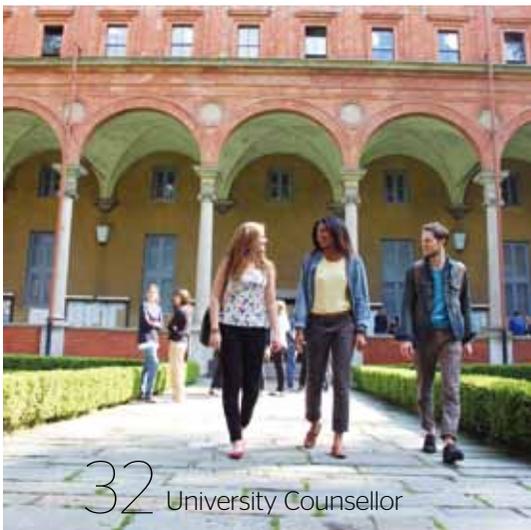
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What are you looking forward to beyond COVID-19?



Seeing life across the globe return to normal and knowing that my family and friends are going to be okay.

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Being able to move freely around the city without needing to wear a mask.



My son being able to get back to school to see all his friends!



Being able to fly back to Vancouver to see my baby nephew and my sister's family.

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editor's note



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We appreciate your time and hope we can continue to provide you with the most relevant and up-to-date family-friendly content in Shanghai.



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Dear readers, it gives me great pleasure to present you all with this **special edition of Shanghai Family magazine featuring Harrow International School Shanghai as our front cover**. Like you, I had high, shiny hopes for 2020 - insert pictures of *brunches, trips to new, exotic places, and a fun-packed family holiday* here. But nature, as it would seem, had other ideas, chucking us instead with an almighty curveball and strapping us in for what will be an emotional, rollercoaster-ride of a year. I can't remember the last time I went longer than 24 hours without a daily video conference with my family or binge reading / watching the news!

In many ways, this period has helped us all realise just how important it is to slow down and enjoy quality time with friends and family - but this came at great cost. In this issue's feature story, we speak to **Shanghai-based education, healthcare, and business professionals as they reflect on their experiences of COVID-19 and what the effects have been as a result of the virus (20)**.

Now that quarantine in Shanghai has finally come to an end (for most), it's about time we get back to some semblance of normality and begin enjoying the city's warmer weather. But where do you start? Turn over to our cover story where we look at how you and your family can **begin rebooting life back to normal (14)**, from a step-by-step guide to giving your home a good spring clean to the best local parks you can visit for some outdoor TLC.

In education and development, Rebecca Shah-Harvey talks about the **benefits of potting plants with your children (28)**, and Nicole Chia looks **how to survive reducing your child's screen time(46)** after months of coronavirus-induced, online learning. Got a teen in the early stages of their university application? Flick over to our latest **university counsellor (32)** where we introduce the Universita Cattolica, Italy for some inspiration.

Stuck for a weekend activities? Then accompany our local city explorer, Johan Prozesky, as he takes a walk down Hengshan Road in his monthly hunt for the **city's best-kept secret family-friendly spots (44)**. And, for the foodies, be sure to check out our latest **favourite places to dine (42)**.

On the back of the Coronavirus pandemic, we ask Jiahui Health to explain the **key differences between viral and bacterial infections (36)**, and ParkwayHealth offer some reassuring advice on the **10 things you need to know about COVID-19 (38)**. Finally, for those who struggle to manage stress and anxiety, we offer some **simple tips that can help you to feel happier and calmer on a daily basis (40)**.

No matter where you are in the world, we at Shanghai Family send you our best wishes and hope that you and your family are safe and well. We hope you enjoy this special edition version of Shanghai Family. Until next time!

Beth Roulston
Editor in Chief

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The Prize

This issue, gourmet food specialist Yi Café is giving away one family dining voucher, (2 adults and 1 child) worth 1,160 RMB. Featuring worldwide cuisines across 13 open kitchens, and a walk-through, market-style design, you'll be hard pressed to find a more intriguing or fun Shanghai dining experience.

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school roundup

Concordia Students Talk with USCDC

Members of Concordia's Epidemiology class recently participated in a Zoom call with students and teachers from the NYC School of Emergency Management and a representative from the 'U.S. Centers for Disease Control and Prevention' to discuss technical aspects of COVID-19 and what they've learned as a result of the pandemic.



YCIS Shanghai's Online PE Classes

YCIS Shanghai staff and students know that being active and keeping their bodies moving is important for physical and mental health. During e-learning, students have participated in daily online exercise classes, an 'Online Sports Day' (YCIS Puxi) and a famous cricketer's fitness initiative: the 'Ben Stokes Challenge' (YCIS Pudong). YCIS Shanghai: keeping fit wherever we are!



Damian Siqueiros Visits Dulwich

Earlier this year, Dulwich College Shanghai Pudong Year 12 IB Visual Art students participated in a workshop with photographer Damian Siqueiros. Learning about his work gave the students valuable insight into the process of creating a photographic series as well as learning technical skills in lighting and digital editing.



SAS Class of 2020 College acceptances

Shanghai American School celebrates with its soon-to-be graduates as they are presented with the gift of choice amongst colleges and universities. As in previous years, the distinction of this class is evidenced in the profile of acceptances from around the world. For more details - www.saschina.org



E-Learning @ SCIS

SCIS faculty wishes to say to all its families, "thank you for your encouragement and support throughout as this has helped make e-learning a success. Change is never easy, but the resilience and commitment on display from teachers, students, and parents helped us start off on the right foot". Although student learning has been entirely online, in many ways this period has forced everyone at SCIS to collaborate and come together as a community to find new ways to carry on.



Shanghai French School Contest

LFS has organised a big contest - *I Live An Unusual Experience And I Share It* - for the students to share moments and testimonies of life in times of confinement. 15 winners impressed the jury by their creativity and the emotions released through multiple projects: poster, picture, comic, video, poem, slam, and song. www.lyceeshanghai.com



fresh tips

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Hakkasan Shanghai closes its doors

In an effort to preserve the long-term stability of its global business, owners of Hakkasan Shanghai decided to permanently close this venue's doors, effective from the 13th April 2020. This sad announcement comes as a result of the heavy impact that COVID-19 has had on the entire F&B industry worldwide.



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Jump into Spring!

How to reboot family life in Shanghai post-virus. *By Beth Roulston*

One of the things I love most about spring is how rejuvenating it can feel after so many months of harsh, cold winter. And, for many of us, this winter has felt that much longer thanks to the unprecedented force of COVID-19.

Now that the dark clouds that rested over our city have finally begun to move on, it's about time we shrug off the post-quarantine dust, pull up our blinds, open our windows, and give ourselves a reboot.

Cleansing the Indoors

One of the best ways to welcome Spring into your home is by giving it a good ol' fashioned spring-clean, and no matter how "clean" we think our homes are there's always dust bunnies and grime hiding in the corners.

Before we begin, remember to start from the top down. No point in vacuuming first if you're then going to clear debris from your ceilings/ bookshelves which will end up on the floor anyway. For extra elbow grease, get the kids involved, and take this opportunity to educate them on the benefits of a clean and tidy home.

Kitchen

Cupboards and drawers

Go through all your cupboards and drawers and empty everything out. Throw away anything you're not going to use or is seriously out of date. Take a damp cloth and wipe away any debris. For food deposits that are caught in the crevices, grab the vacuum cleaner and use a thin nozzle to remove. This will help prevent our favourite mini housemates from gathering for the free food buffet - yes, I'm referring to cockroaches.

Microwave

Unlike your student days, your microwave is likely to be clean but there may be a few stubborn stains. To get rid of these, place a microwave-safe bowl with 240ml/1 cup of water, a chopped-up lemon, and a tablespoon of white vinegar inside. Then turn your microwave on for several minutes or until the solution boils and the window is steamy. Leave it to cool for 15 minutes before opening the door and wiping the inside and outside with a sponge.

Cabinets

Take a close look at the doors on your cabinets, you may notice a layer of sticky kitchen grime. This is a combination of dust and grease that has built up over time. Best way to prevent grease from setting it to switch your exhaust hood on every time you cook. To remove the grease, use a mixture of equal parts white vinegar and warm water and spray this before wiping away



with a cloth; for stubborn grease add a few drops of washing up liquid to the mix.

Cutting Boards

If you're anything like me, cutting boards will drive you mad. Fear not, those nasty marks are not permanent. Slice a lemon in half and run this over your boards to remove tough food stains and smells. My favourite hack? Sprinkle a bit of baking soda on it first. Sorted!

Fridge

This was and still is my mum's favourite Saturday morning chore. My best advice is to take everything out and remove all your shelves and door trays at the same time. Take a damp cloth and run this over the back, sides and base of your fridge. Then dunk these shelves and trays into hand-hot

soapy water. Dry them before you put them back into the fridge. You now have a fridge free of stains, crumbs, and wet veggie smells.

Stainless Steel Stove/ Hob

To remove finger marks and streaks off of stainless steel, mix a teaspoon of washing up liquid together with one litre of hot water. Rub this solution into the marks with a microfibre cloth, making sure to go with the grain. Rinse with clean hot water and dry the area immediately with a clean cloth.

Living Room / Play Area Furniture

We're all guilty of ignoring this, but it's important to keep on top of dust that may be settling underneath the furniture. Once the underside of your couch is clear, remove all the cushions and vacuum up those crumbs - you may even find some buried treasures or lost items. Give the cushions a good pat to keep them firm and disturb any dust that may have settled before putting back.

Bookshelves

For those of us who actually have shelves, take a few minutes to go around the house collecting all the books that have been left on tables and bedroom floors and pile them all up. To declutter, sit with the kids and decide which should go to a new home and which you want to keep. Then give your shelves a good dust with a microfibre cloth. Arrange your books back on the shelves in either size, colour, or alphabetical order.

NOTE: Don't forget to vacuum and mop the floors before moving onto the next room.



cover story



Toys

Unlike your countertops, bedding and dishes, the kids' toys likely don't get washed all that often - with the exception of the odd dribble of course. Gather together all the plastic toys (kids' and pets'), keeping any with parts to one side, and empty them into a sink/bath. Soak the toys in warm, soapy water to help get rid of any bacteria or food remains like yoghurt, porridge etc. Don't overlook the convenience of your dishwasher (if you have one of course)! Just remember to choose the quick cycle and skip the heated dry. For stuffed animals, check the tag first to see whether they are machine wash or hand wash only. Pop the machine-friendly items in a mesh bag or pillowcase and put them on a gentle cycle. Avoid machine drying, opt for wrapping them in a towel and giving them a gentle squeeze instead. Sit them on an airing rack to dry out naturally.

A happy home deserves shiny windows

Start on the shady side, as direct sun can lead to streaks. If you're not a fan of glass cleaner, mix equal parts white vinegar to water in a spray bottle and wipe away with a microfibre cloth/ paper towel. This will help lift marks and grime. For particularly dirty windows, prewash with soapy water.

Ceilings (all rooms)

Take a broom and pop a microfibre cloth on top, then carefully run this cloth over light fittings - remembering turn the lights off first - air conditioners and the corners of the room to remove spider webs and dust.

Bathroom

Shower Curtain

Over time, grime and pink mould can build up on your shower curtain, but there's an easy solution. Mix a tablespoon of baking powder together with 200ml of warm water and dab this onto problem areas. Next, throw your plastic or vinyl curtain into your washing machine. Make sure to put it on the gentle cycle with a small cap of detergent; add a couple of bath towels to the drum for extra cleaning power! Then hang them to dry. To keep your curtain cleaner for longer, spritz it a few times each month with either a bleach-containing, all-purpose cleaner or equal parts white vinegar and water. Just remember to rinse it with the shower head before you hop in!

Drains

When you think about all the water that goes through our drains it is no wonder they begin to smell. To freshen them up (not unclog them) combine 64g / ½ cup baking soda with 32g / ¼ cup table salt. Pour this mixture down the drain, followed by 1 cup of heated white vinegar. It will foam and bubble but don't worry. Let it stand for 15 minutes (FYI any longer than this will not improve the result). Then allow the hot water to run for at least 15 to 30 seconds. This is especially good for the bathrooms you rarely use.

Cosmetics/ Beauty Accessories

Despite how much that secret hoarder in you cries, bin all your expired makeup, skin-

care, shampoo and hair products. Not all products have an expiration date, but they will say how many months the product will last after opening. Make sure to regularly degunk your makeup and hairbrushes. For hairbrushes, gently snip through the hair so as not to pull out any of the bristles. Then, run a few drops of shampoo into your brush before rinsing under a warm tap; pat excess water out onto a towel. For makeup brushes, squeeze a few drops of shampoo into your palm and rub the bristle tips into the soap, gently working the suds through them. To rinse, hold the brush (bristles down) under warm, running water until the water runs clear. Gently shake over the sink to remove excess water, then lay the brush down on a paper towel to finish drying.

Bedroom

Bedding

Time to tackle the pieces you generally avoid, like pillows and duvets. Fortunately, this only needs to be done two or three times a year. Make sure to check the manufacturer's label before tossing them into your washing machine. Experience would suggest laying your bedding out flat on a drying rack; avoid machine drying at all costs as your pillows won't forgive you.

Mattress

Now is the ideal time to pay attention to your mattress. Remove all the sheets and bedding and then press firmly with your vacuum's small, flat attachment/ narrow crevice tools to remove dust and dirt from





the top and sides. Next, spray fabric sanitiser (Clorox is a good one!) sparingly onto your mattress and wipe away using a hot, slightly damp cloth. If you can be bothered, put a sheet onto your mattress and iron over it on a steam setting - this will help kill dust mites near the surface. Vacuum once more and leave to settle.

Wardrobe

Go through all your clothes and shoes from the season that's just ended and remove anything stained, in need of repair, worn out, or ones that no longer fit (I am of course talking about your kids' closets). Fold away the items you're no longer wearing and pop these away for next winter. Before hanging up your spring/summer clothes, perform the same check you just did for your winter clothes. Unsure if you still like something? Try it on and, in the words of Marie Kondo, see if it "brings you joy". If it doesn't, thank it and say goodbye!

Miscellaneous

Washing Machine

It is important to give your washing machine a good rinse once a month so it continues to do its job well. Select the rinse cycle then pop a few tablespoons of white vinegar and a teaspoon of baking soda to the drum. Once the cycle has finished, leave the door open for it to air dry - this also helps prevent mould. Don't forget to remove the drawer located at either the bottom or side of your machine and remove the clothing residue/ fluff that has collected there.

Phones and Electronic Items

According to research, your phone proba-

bly harbours more germs than a toilet seat. Yep, gross! On that note, give your phone, TV remotes, computer mouse and keyboard a once over weekly with an alcohol/ antibacterial wipe.

Purses and Backpacks

Take everything out, throw away the rubbish, and organise left over items by category. Sort smaller items like pens into little pouches or organisers before you pop them back inside. With your kids' backpacks, give those pencil cases a shake to remove the rubber and pencil shavings etc. that often get left inside. Finally, wipe down the interior and exterior with a disinfectant wipe.

Cleaning Materials

Not to sound like Monica from US TV show 'Friends', but yes you really should clean your cleaning apparatus. You wouldn't wash your face with dirty water would you? So, empty or replace your vacuum's bag, clean the attachments, and replace or wash the filters. Snip away those threads snarled in the brush heads and put them in the bin. The other cleaning accessories that will need some TLC include your household broom, brush and dustpan, and mop. Clear away those dust bunnies stuck on your broom and brush bristles by swishing the head around in warm, soapy water. Dunk your mop head into hot water before giving it a good twist. Wipe your dustpan down with a clean cloth.

Phew! You're done. Trust me, once you give your home a thorough spruce, the whole family is going to feel so much better.

THAT DAY

MY WORLDWIDE JOURNEY

CAME TO SHANGHAI



"Why do I teach? I started out in California and Washington DC teaching middle school math, science and EAL. From there, I went overseas and became a school counselor. While I was working in Europe I was asked by one of my former schools in Mexico to return as an assistant principal. My first principal job was in London, and then via Barcelona and Chennai, I came to SAS. It has been a great journey so far."

Dr. Alan Phan, SAS Pudong
Middle School Principal

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Venturing Outdoors

Now that the indoors is happy, it is time to get your family reacquainted with the outdoors. Go pack a picnic and a ball and head over to one of the following parks.

Dongping National Forest Park

A short one-hour drive from the centre of Shanghai is Chongming Island - an area rich with parks, wetlands, fields and more. Arguably, the most well-known and therefore most glamorous choice for a family excursion is the island's Dongping National Forest Park. The first thing to note is it is huge - and this is by no means an exaggeration. One could spend hours merely wandering round the park before even discovering its range of weird but wonderful attractions - by this I mean all the activities you would do on a first date in high school like bumper cars, horse rides, pedalos, go-karts, grass-skiing and fairground-type rides. For those with spirited, outdoor-loving little ones there's even a little grassy play area with wooden, obstacle-course style equipment. Be sure to bring your own picnic, snacks and blankets as you will struggle to find food or benches in the park.

Find it: Nanmen Harbour, Chongming, Shanghai; 崇明岛的中北部



Binhai Forest Park

For active families looking for a fun day out, Binhai Forest Park is a great place to start. Here you can hire four or two-person cycle-cars (you will need to pay a deposit, so be sure to keep your receipt), ride pedal-boats or even go horse riding; depending on how far and how long you want to ride the cost will vary. As this area is rather rural, the attractions are a little outdated, but what the park lacks in updates and renovations it



more than makes up for in charm.

Find it: 118 Dongda Highway, near North Hongxiang Road; 东大公路118号, 近宏祥北路

Price: Adult ticket 30 RMB; child ticket 15 RMB (over 1.8m); free for kids under a certain height - enquire through online booking for more details.

Website: www.shbinhaipark.com

Note: tickets must be booked one day in advance



Dongtan Wetland Park

Another of Chongming Island's parks is Dongtan Wetland park - a wetland-themed ecological area, roughly an hour's drive (two with traffic and on a public holiday, who knows!) from Shanghai city centre. What was once a muddy estuary has been carefully transformed into a scenic natural conserve, designed to preserve the natural landscape and promote ecological tourism. At first glance it may not live up to your dream weekend day-out, but it does provide

a quiet place surrounded by nature for the whole family to breathe some fresh air. For the avid twitchers in the family, this area also offers prime bird-watching time thanks to being a key stopping place for more than 150 different species of migrating birds.

Find it: Lane 799, Lan Hai Road, Chenjia Town, Chongming County, Shanghai; 上海崇明县陈家镇揽海路799弄



Shanghai Wild Animal Park

Covering an area of more than 200 hectares (494 acres), Shanghai's state-run park is home to over 200 species of animals including giraffes, elephants, lions and more. Keeping you rather than the "locals" in a cage, visitors here can see tigers, lions and bears from the safety of a caged bus. There are also walking tours for close-up meets and greets with the park's more docile, gentle animals. Kids can ride horses, camels and donkeys, while the monkey and lemur shows will charm even the grumpiest

daddy bears. Depending on your stance of potential animal-welfare concerns, a day out here offers a wild, thrilling education adventure for all.

Find it: 178 Nanliu Highway, near Xiayan Highway; 南六公路178号, 近下盐公路

Price: Adult ticket 130 RMB; child ticket 65 RMB (over 1.8m); free for kids under six years/1.3m with a paying adult

Website: www.shwzoo.com



Shanghai Chenshan Botanical Gardens

Despite the mafan it will take to get here it's well worth the effort. Visiting the Shanghai Chenshan Botanical Gardens feels a little bit like strolling into Jurassic Park, thanks to some intriguing egg-shaped enclosures (Tropical Flower and Fruit Hall) and its gorgeous landscape architecture. Let your children run free and enjoy the wide varieties of plants and flowers the area has to offer in its lush attractions: the Botanical Museum, the Pirate Ship and the Mine Garden. One particular highlight not to miss is the garden's converted quarry - a stunning testament to China's dedication on returning

used land back to its people and nature. It is also provides a great place to sit and enjoy a picnic. For families that enjoy hiking, be sure to trek to the highest viewing point to enjoy a grand view of this spectacular 516-acre stretch of land.

Find it: 3888 Chenhua Road, Qingpu Songjiang; 上海松江区辰花路3888号

Price: Adult Ticket: 60 RMB; Child Ticket (6-18 years) 30 RMB; free for under 6 years and over 65

Website: <http://en.csnbgsh.cn> 

THAT DAY

I FOUND THE HIGH NOTES



Ironically, I never had a music ensemble class in Middle School; I was only tutored one on one. This led me to seek opportunities outside of school, which put me in contact with truly amazing teachers. Through these teachers, I developed a love for everything regarding music education and ensembles, and I began to understand the powerful role that music plays in student lives."

Ross Jones, SAS Pudong
Middle School Band Director

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Facing the

Shanghai-based education, healthcare and business professionals share feelings and experiences of COVID-19
By Beth Roulston

Looking back over the last five months, the Charles Dickens quote, "It was the best of times, it was the worst of times" jumps to mind. In the face of the pandemic, families worldwide have had to learn how to juggle working/ learning from home. Those in healthcare have worked tirelessly around the clock to aid, protect and educate the public, and experts have tried to figure out how we are going to get through the next year as unscathed as possible. But, on reflection, this period has also given us an opportunity to appreciate love, life, and family.

To gain insight into what this period has been like for our Shanghai community, we spoke to a variety of education, healthcare, and business professionals about their feelings and experiences of COVID-19.

Staying despite concerns

Peter Rogers, Director, Community Wellbeing (Senior School), Dulwich College-Shanghai, Pudong



"My wife and I found out about the virus while we were visiting her family in Guangzhou during Chinese New Year, and we asked ourselves which location (if necessary) would offer the best medical care, be the best place for us to support (and be supported by) family and friends, enable us to continue our professional work with the least amount of interruption, and make our 18-month-old child feel safe and secure? The answer to all of these questions was Shanghai. It's been incredible bonding time for our family and we've not regretted our decision for an instant.

THAT DAY

I ANSWERED MY CALLING



“Why do I teacher? Teaching was the best accident that ever happened to me. I came across an opportunity while living in the UK, and I’ve never looked back. For teachers, teaching is a way of life. It’s a philosophy. We live and breathe learning, not just in but also outside of the classroom.”

Stephanie Castle, SAS Puxi High School Science Teacher

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Dr Lisa Khoo, General Practitioner, Shanghai East International Medical Centre



I stayed because of my medical duties. I have been a medical doctor in China for almost five years and I am so grateful to have had the opportunity to fight this virus alongside my fellow medical colleagues during a critical moment in time.

Elliot Richards, Regional Head of Digital, Nord Anglia



“We had no choice in staying or leaving this year, as my wife was pregnant and due to give birth during Chinese New Year. Having to work from home meant that I got to spend more time with my son Kai in the first few weeks of his life, which is incredible. Most years we stay in China and travel to Wenzhou to spend time with family, luckily, they joined us in Shanghai in early January so they could see the baby, and we celebrated CNY in Shanghai at home.”

Norman Martin, Co-Principal, Shanghai United International School, Wanyuan Campus



“The protective measures that were planned and implemented by the local government have been stringent, well-orchestrated, and highly effective. This has given me a great deal of confidence in the fact that all stakeholders have

been professional in carrying out their duties to maintain a healthy and safe environment. As an instructional leader, my role is to support all teachers in delivering a quality educational programme for our students. In saying this, I felt that I could fulfil my role more effectively in Shanghai in terms of coordinating and supporting our teaching staff.”

Dr Adam Neufield, Xiehe Education Group Research Department

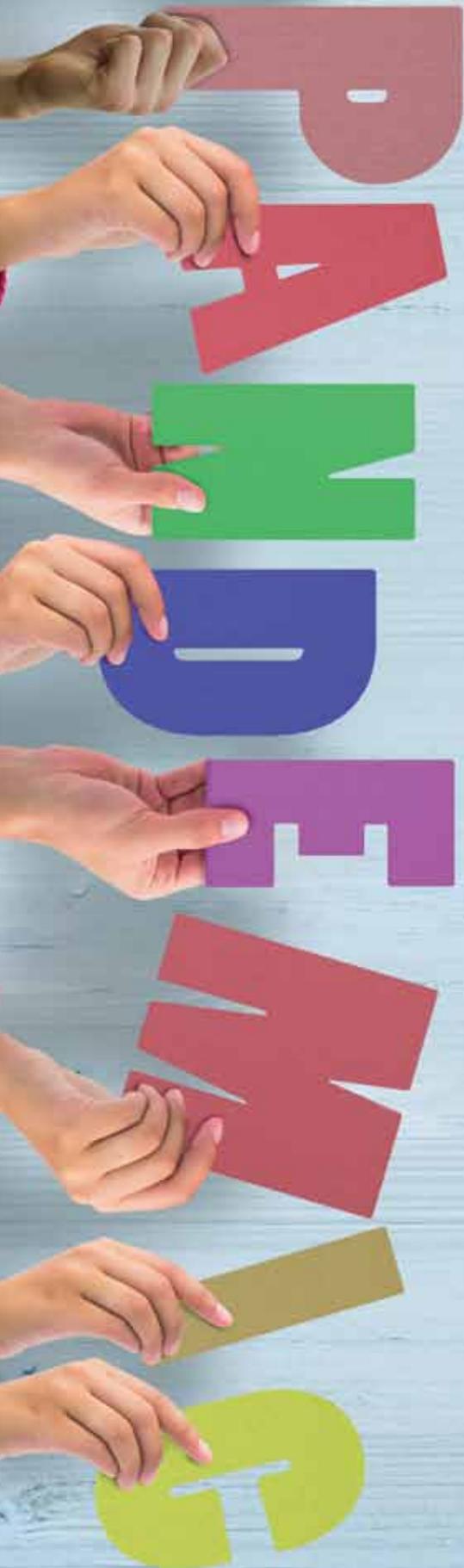


“[During the China outbreak] a friend from Canada asked me if we (my wife, two children and I) were preparing to leave China due to the COVID-19 epidemic. I had of course been following the news each day and read how some countries were making plans to evacuate their citizens... but it occurred to me then that the thought of leaving China due to the virus had never once crossed my mind. I have been in Shanghai for many years - I was here during the SARS epidemic in 2003, and here during H1N1 (Swine Flu), H7N9 (Asian Flu), and MERS.... When these types of things occur you take precautions, you research, you work with others to plan and prepare, you make do as best as you can, and you ‘ride it out’.”

Emmanuel N Bartholomew, Academic Principal, Ulink College of Shanghai



“I was actually back in England with my wife and two daughters for the Winter Holidays and only returned to Shanghai on the 6th of February. I came back because the fate of over a thousand students depended on what measures we



put in place for them to continue learning, and also because China has been home for me since 2009. I knew I wouldn't be alone as most of my friends and colleagues had stayed the entire time."

Iain Riley, *Western Principal and Director of IB, Shanghai Liaoyuan Bilingual School*



"One of the main reasons I came back early is that Shanghai has been my home for over 10 years, and I wanted to be here to help in any way I could. The other reason is I am the Western Principal of a large Bilingual School with mostly Chinese students. The people of Shanghai and China have given so much to me personally that I thought I needed to give something back and show my support."

Enrico Piccinini, *Foreign Middle and High School Principal, Xiwai International School, Shanghai*



"I've been living in China for over 10 years and have a wife and family here. Shanghai isn't "like home" to me - it is home! When the outbreak began, I felt a responsibility to my students and colleagues to stay put and provide whatever help, comfort, and direction I could from here. Going back to my home country during such a critical period never entered the equation."

Supporting others

Dr Eddi Tham Gock Huan, *Physician of General Medicine - DeltaHealth Hospital*



"Our hospital developed various WeChat consultation groups to ensure that all clients were able to make online enquiries. We also posted various articles and teaching slides on the prevention of the infections, advising the public to follow the proper precautions."

Aaron Walker, *English Teacher and Home-room Teacher Coordinator, Shanghai DTD Academy*



"At the beginning of the outbreak period I used Shansong to send some emergency masks to a friend here in Shanghai and shipped some off to Shenzhen too. In terms of my school, Shanghai DTD Academy, our students initiated a fundraiser to help buy medical protective gear for hospital staff in afflicted areas, and I helped create the promotional materials to let the school community know about the students' charitable activities."

Graham Setters, *Principal, Sino-Canada School*



"Early on in the outbreak, one of our student-led clubs contacted me to see if they

could donate masks to the medical workers in Wuhan. This club had raised money throughout the year, and then decided this was their chance to put those fundraising efforts to a great cause... In the end, we ended up sending 200 masks to Wuhan University Hospital accompanied with best wishes from the Sino-Canada High School Business Club members."

Alex De Ceuster, Marketing Director, Shanghai Centre



"Our tenants are always our first priority, so we are doing everything possible to help them through this difficult period and make it as comfortable as possible. We are certainly looking into extending assistance to our commercial tenants, many of whom are required to curtail their business during this period. For our residential tenants, we continue to provide regular housekeeping services for them so that they are assured of a clean supply of linen and towels. With so many public facilities closed, our 8th floor Terrace Garden became their private sanctuary to get some fresh air, go for a walk, etc. When masks were difficult to acquire, we provided our residents with sanitising options if they needed to extend the use of their existing masks."



How COVID-19 changed people's understanding around health

Dr Laszlo Zavori, *Emergency Medicine Physician - Shanghai United Family Hospital*



"I think everyone has become a bit more conscious about their own health. People are paying more attention to proper hand hygiene, wearing a mask when going out, etc. It is our shared responsibility to reduce the spread of this virus in our communities and this requires an increased health awareness from us all, Chinese and expats alike."

Dr Laura Jordhen, *Chief of Family Medicine, MD - Shanghai United Family Pudong Hospital*



"One thing I really appreciate about the response in the expat community has been the recognition of how important mental wellbeing is. Many expats have been very isolated, since they aren't here with extended families and spouses, and some have children still overseas. I see a tremendous effort in online groups to connect and support each other during this challenging time. The expat communities are recognising how important friendship and connection is for mental wellbeing."

Feelings on China's efforts to contain the virus

Dr Khelu Shrestha, *General Surgeon, MD - Shanghai Renai Hospital*



Fabienne Manguin, *Senior Manager - Marketing & Communications, ParkwayHealth*

"I truly believe great efforts have been made in China to contain the outbreak at every level: the lock down of certain areas, quarantine measures, temperature controls, disinfection of public areas etc. Even the measures that were taken in my residential compound impressed me.."

China took drastic measures to contain COVID-19, not only to stop its spread in China but all over the world. If the virus had not been contained by China, imagine how much more devastating it would have been. There are many people making judgements without looking at the full picture."

The Survival of Shanghai Businesses

When this whole epidemic began no-one knew what we were about to face or what the overall impact would be to business. If you were to purely judge it based on the reports that were being churned out it mostly felt like doom and gloom...

In a report highlighted by shine.cn, China's foreign trade of goods fell 11% year on year in the first two months of 2020 and its trade with the European Union, the US and Japan decreased 14.2%, 19.6% and 15.3% respectively. Recognising the difficulties small to medium sized businesses now face, the Chinese Government implemented a number of measures to tide them over, going so far as to cut the amount of money that banks must set aside as reserves, releasing 1.75 trillion yuan (\$247.4 billion) in liquidity.

Over a series of phone calls and emails, I spoke with various professionals across industries to find out how our Shanghai businesses are doing and what they think the impact has been to business as a whole.

Yann Klein, Executive Chef at Maison Lameloise Shanghai



As F&B has been one of the most noticeably hit industries, I checked in with Yann Klein, Executive Chef over at Maison Lameloise Shanghai. Yann explained that it felt like "a little bit of a mystery as to when all will be like before. But, after seeing the streets getting back to life, we feel very positive... Our first priority is to show our guests that they are welcomed in a safe and healthy environment."

When I asked him what the restaurant had planned for the next few months, he said that they would soon unveil their Spring menu, featuring lots of exciting new dishes and flavours, and that all the staff were feeling even more motivated than before to create a great experience for diners.

This optimism was reflected by Hoss Vetry, General Manager of The Ritz-Carlton, Shanghai Pudong, and Paul Hugentobler, General Manager of Intercontinental Shanghai Wonderland.



Paul Hugentobler, General Manager of Intercontinental Shanghai Wonderland



When I asked Mr Hugentobler why he decided to remain in China he said that his number one priority was "setting an excellent example for all our guests and employees... I chose to stay and address the challenges head-on instead of just delegating them to my subordinates." And it would seem that this dedication was not in vain, for everything across reservations on guest room accommodation, to private dining in the Cai Feng Lou Chinese Restaurant, and the hotel's afternoon tea bookings are all on the rise.

In a more contemplative tone, Mr Vetry expressed that the virus had of course made a big impact on all industries but, more importantly, it had also created a valuable learning opportunity for all businesses.

Hoss Vetry, General Manager of The Ritz-Carlton Shanghai, Pudong



"[Our hotel] went literally from being super busy to not so busy, dropping by a double digit occupancy. No different to any other industry, we have all been heavily impacted... Our industry is completely in tourism and leisure - so anything that affects the economy of a city or a country will affect us first. And that's a fact. But part of that experience is also about how you learn to adjust your business... I think an incident like this makes you stronger not just as a company but as a person as well."

When I asked him to elaborate on what the hotel had learned from this experience, Mr Vetry told me they were looking to install more automatic doors, making electric soap dispensers and hand dryers a standard across all their public washrooms, and even installing infrared sensors to track those who have a fever in an effort to better support their customers in future.

I liked Mr Vetry's enthusiasm. Being able to see the bigger picture despite big pressures is not easy. Although, speaking on behalf of large international companies, I can't say I was all that surprised by both businesses' optimism - after all, these hotels remained open throughout the whole epidemic period. But what about the non-essential industries such as beauty or extracurriculars?

Michael Chan, owner of popular spa SkinCity 5.5, agreed that it had been a tough month, although his worries seem to be held for other small business owners. When I asked him what the challenges would be beyond that of February, he mentioned that it's not simply about businesses running out of capital, moreover it would be the ramifications an owner would face should their prem-



ises ever house a case of the virus after reopening.

"For [non-essential businesses] that manage to reopen, I think it will take at least 3-6 months for business to return back to normal."

As a woman who suffers from reoccurring pimples, I was very pleased to hear that many spas would be reopening, including DVA Boutique.

Around the end of January, owner of DVA Boutique, Tina Chen, contacted me to ask how I was doing and whether I was still in Shanghai. At the time I remember empathising with the concerns she shared but it wasn't until I really considered the upcoming implications that I began to understand. Irrespective of businesses being shut, owners and CEOs still need to pay their employees, their extortionate Shanghai rents, and usual bills without a source of income. In retrospect, Tina's initial concerns were well founded, however, when I last checked in with her, it was evident that Tina's determination and happy-go-lucky attitude hadn't diminished a bit.

"All my employees and I were here from the beginning of February, and I made sure to take good care of them - we're a

family after all... Yes, we are open again and have some new services and special deals for our members... It's so great to be working again!"

Subconsciously, we all have an understanding of how interconnected different industries are. In a statement made to the NY Times, Rodney Jones, an economist who specialises in China, said, 'A lot of things work in connection: supply chains, shipping, transport, movement of goods. There is no one standing over it telling it which component goes where... The idea that we can stop an economy and restart it is crazy'.

Restaurant closures mean importers lose business, factory closures mean big



Coach Patrick Ormsbee, co-founder of Sports Force, teaching students to master the basics of basketball

corporations like Apple, who rely on China for production, cannot build new electronic devices to meet global demand, and so the list goes on. But for young expat entrepreneurs Patrick Ormsbee and Adrien Thevenet, co-founders of 'Sports Force' - a joint venture-ship that specialises in offering professional sports coaching to international/bilingual schools and individual students - the greatest impact to their company has been school closures.

"Since we couldn't continue our classes and programmes as normal, we focused on preparation and expansion during the downtime. Our company has acquired another basketball programme, giving us an additional five locations around Shanghai and approximately 100 new students, which we are very excited about. The preparation aspect involves integrating the scheduling for the combined programmes as well as formalising best standards and practices for the company overall."



Coach Adrien Thevenet, Co-Founder of Sports Force

However, now that Shanghai schools are beginning to reopen, companies like Sports Force can rest assured that it won't be long before it is business as usual.

A silver lining of this whole situation is perhaps that it has afforded some businesses time to reflect on which direction they wish to go and how they can best adapt to the future. But one thing we can all be certain of is that this is now a 'pandemic' and only time will tell what it will mean for business internationally.

"We are all citizens of the world. Home is where you are... I think when you live in an amazing country like China you're in it for the good and you're in it for the bad." Mr Hoss Vetry. **SF**



Creating the World's Future Innovators

The British International School Shanghai, Puxi explains how a STEAM-based education can create passionate, innovative learners

As the world advances in technology and ways of working, innovation has never been more important. Unable to predict what the world will look like, what jobs will exist or challenges future generations will face, innovative thinking will be key in meeting the needs of a global society. Encompassing Science, Technology, Engineering, Arts and Maths, a STEAM-based education can help prepare students for those challenges, and The British International School Shanghai, Puxi (BISS Puxi) demonstrates how best to achieve this.

Student-Centred Learning

With students at the heart of their approach, BISS Puxi's youngest students are encouraged to explore their natural curiosity. Mr Andrew Lancaster, Principal of BISS Puxi highlights, 'We are born innovators'. With a multi-faceted approach including traditional academic subjects, STEAM, the Arts, their Global Campus, and Sports, students are

encouraged to explore their own pathways. By applying a student-centred approach to learning, BISS Puxi encourages its learners to pursue their passions and be the best that they can be.

Dynamic Curriculum

Embedded throughout the whole school, BISS Puxi provides a comprehensive STEAM curriculum, created in partnership with Massachusetts Institute of Technology (MIT) whereby students can explore their ideas and test theories through projects set in real-life contexts. From designing cars that combat pollution to programming games students are encouraged to task risks, make mistakes, experiment and be creative.

BISS Puxi's STEAM programme supports core elements of internationally recognised curricula including the English National curriculum, IGCSE, International Baccalaureate, Cambridge English and HSK. With



BISS Puxi provides a comprehensive STEAM curriculum, created in partnership with Massachusetts Institute of Technology (MIT) whereby students can explore their ideas and test theories through projects set in real-life contexts.

60% of all grades achieving A* & A at IGCSE for the past 4 years, and one third of IB graduates scoring above 40 points (World Average: 29.8), BISS Puxi students have proven academic success. Balancing academic rigour with a STEAM learning methodology, students develop a variety of skills that not only prepare them for the challenges of the future, but also for entrance to the world's top universities.

Inspiring Learning Environments

In 2017, BISS Puxi invested over two million dollars in opening two state-of-the-art centres dedicated to STEAM education, purposely built with students in mind. At the heart of



“You cannot predict your child’s future but a world class education can prepare them for it.”

Mr Andrew Lancaster, BISS Puxi Principal.

the primary and secondary school, they inspire a new generation of innovators where students’ ideas become reality. The primary school’s ‘Da Vinci Centre’ provides a unique space for creative thinking for students in Year 1 to Year 6. Featuring a robotics lab, Lego lab, presentation spaces, animation and graphics facilities, science lab, maker-space and green screen TV studio, there is ample opportunity for collaborative thinking. A landmark provision for

STEAM education, the Da Vinci Centre supports students to form hypotheses, test ideas, create prototypes, investigate theories and produce solutions to real-world problems.

‘The Hamilton Centre’ caters for secondary students in Year 7 to Year 13, and was named after Margaret Hamilton - an MIT graduate and pioneering Apollo engineer for NASA who invented the term ‘software engineering’. Fighting stereotypes in an era when women seldom entered the sciences, the Hamilton name inspires BISS Puxi students to achieve beyond expectations. Set over two floors, students develop their ideas in the robotics lab, micro-electronic design space, and fabrication lab or ‘FabLab’ while the centre’s media studio and fully operational TV studio encourage their creativity. Mr Lancaster explains that these spaces are ‘redolent of the great creative design hubs that our entrepreneurial students may work at, such as Google or Apple’. An inspiring space for students and teachers alike, the centres aid in keeping those who use them on the leading edge of STEAM education.

Learning Beyond the Classroom

Experiencing the STEAM philosophy, students have become integral to learning beyond the classroom. Alex, a Year 13 student at BISS Puxi, was the driving force behind ‘Drone Club’. Applying innovation, creativity and academic skills, Alex and friends drafted proposals and pitches for financial support to get their club started. Developing transferable skills of communication and collaboration, Alex explains ‘I believe this whole experience has helped me to see the value of team members’. Promoting the idea of encouraging its learners to fulfil their potential both in and outside of the classroom, BISS Puxi students have also taken part in

a variety of competitions, such as The Nord-Anglia STEAM festival which welcomed them over 100 students from around the world to come and work together at the United States’ MIT campus.

Quality Teaching

Ensuring the curriculum and learning environments inspire a future generation of innovators, high-quality teachers help bring STEAM to life for each student. As part of the Nord Anglia Education group, BISS Puxi benefits from the support and partnership of 66 schools worldwide and its global partners Julliard, UNICEF in addition to MIT. Attending regular trainings with MIT, teachers learn from renowned academics in engineering and science to ensure that the interests, passions and wellbeing of students remain at the core of what they do. As Mr Lancaster advocates, ‘Teaching innovation and creativity is not just for STEAM teachers, it’s for all teachers’.

As society, innovation and education change at an unprecedented rate, so does the way children learn. At BISS Puxi, students are not given the answers, but encouraged to ‘Be Ambitious’ and to find innovative, creative methods to discover the answers for our world’s future challenges.

Join BISS Puxi’s WeChat account to discover upcoming events, learn about its extraordinary programmes, read insightful stories and more.



To know more about how a BISS Puxi education can help your child discover their potential, contact the admissions via one of the below details.

Tel.: 021 6221 7542

Email: admissions@bisspuxi.com



Plant Power

The long-term benefits for children who develop a green thumb early

By Rebecca Shah-Harvey

Walking amongst the shards of sunlight that cut through the canopy of trees, the ground soft and rich beneath my feet. Crisp spring air flushes my cheeks, with the scent of pine anointing every cloud of breath. When you surround yourself with nature, a calmness, a strength, a sense of wellbeing ensues.

Life in Shanghai seldom provides these opportunities. Instead we pound the hard, flat pavements, dive into the hustle and bustle of city life, our eyesight littered with the harsh lines of manmade structures. Children raised in the city normalise themselves in this environment. Coupled with our reliance on technology, children today experience more screen time than ever before. From cartoons to video clips, gaming apps to online learning, we are ever more removed from nature.

With less and less time outdoors, children are suffering the consequences. Growing obesity rates, stress, anxiety and depression are just some of the effects on their health. The term, a

metaphor to describe this phenomenon, has now been coined as 'Nature-Deficit Disorder.' Led by the work of Richard Louv, author of 'Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder', there is a growing body of research into the effects of an urbanised lifestyle on our children. However, if we look a little closer, the city provides countless opportunities to fight against this disorder.

Children who engage with nature are happier, more attentive, and less anxious. Exploring different paths and navigating through the woods encourages your child to make choices, take risks and build confidence. It develops creativity and imagination. Learning to take care of plants promotes responsibility for the natural world and encourage children to ask more scientific questions. Senses are stimulated in nature, which Louv describes as "the richness of human experience". Children are more likely to feel these health benefits when engaging with nature, as they move more, further develop fine motor skills and learn to

Children who engage with nature are happier, more attentive, and less anxious... Learning to take care of plants promotes responsibility for the natural world and encourage children to ask more scientific questions. Senses are stimulated in nature, which Louv describes as "the richness of human experience"

focus. With effortless attention on the natural world, children's ability to learn and overall wellbeing will be greatly improved.

Head Outside

Shanghai is full of nature. With tree-lined streets, compound gardens and purpose-built parks, there is plenty of opportunity to develop an appreciation of nature within minutes of your front door.

- Play tree bingo; identifying trees by their leaves.
- Collect some fallen leaves/ twigs to create a piece of natural artwork.





- Read a book together under a tree.
- Sit, close your eyes and listen to the sounds around you.

Bring the Outdoors In

One of the most powerful ways you can develop a love of nature is to welcome plants into your home. House plants such as English ivy, a snake plant, spider plants, aloe and Chinese evergreens are known to clean the air of pollutants. They are the world's natural air filters. And flowering plants such as hyacinths and chrysanthemums bring colour and joy to the apartment environment.

Build a Terrarium

Create your own miniature microclimate in a bottle. Large jars, old fish tanks or recycled plastic bottles make the perfect container for little hands to build a piece of nature. Start with soil and small plants such as artilery ferns, pothos and creeping fig, decorating with moss, rocks, twigs and shells. Terrariums also make a perfect gift to bring some nature into other people's lives.

Herb Garden

A few small pots of herbs will fill your home with gorgeous scents, and add a special touch to homecooked meals. With a sunny window and good quality soil, your herb garden will help your child to understand the basics of food production. Try basil, parsley, dill, oregano, thyme, and peppermint.



Kitchen Gardens

Even in a small apartment you can reap the rewards of your very own kitchen garden. Perfect in a south-facing window, again you'll need good quality soil plus pots with good drainage. A kitchen cart is ideal for children to manage. Think about runner beans, carrots, tomatoes, chives, garlic, baby lettuce, or even a chilli plant!

While it may be easier to sit down with a device, engaging with the natural world will benefit your child for years to come. Children today will soon have to figure out how to fix the mistakes of generations past, providing solutions to issues of sustainability and not adding to it; and an appreciation for the natural world is great place to start. Watching a seed sprout and grow into a little piece of nature on your very own windowsill can provide the awe and wonder our children are in need of. So, head out for a walk, bring nature indoors, plant a seed and enjoy a little bit of plant power! 



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education feature



Learning is Our Passion

Sino-Canada School elaborates on how its British Columbia curriculum and educational philosophies instil a passion for learning and prepare its students for future challenges

Sino-Canada, a private boarding, British Columbia (BC) Offshore school, located halfway between Shanghai and Suzhou, is one of the oldest and largest bilingual schools in the region. Built on the former grounds of the Froebel Land theme park, set next to a scenic lake, the school welcomes students and staff from all over the world. Aside from its two main teaching buildings, Sino-Canada's campus is also home to a large gymnasium with a fencing area, a brand-new Aquatics Centre with two swimming pools, a state-of-the-art theatre that seats 400+ guests, a fully stocked library, and an equestrian facility.

Since its first academic year in September 2003, with an inaugural class of 140 Grade 10

to 12 students, Sino-Canada now educates a student body of over 2,300 across its primary, junior, and high school programmes.

BC High School Principal, Mr Graham Setters, explains that, "our goal is to enable our students to tap into their own cultural and educational background while blending this with an international education system."

Combining the best of the skills-based learning philosophy found in curricula such as the International Baccalaureate and that of the credit-based system found in countries like the US, Sino-Canada's BC curriculum offers a unique education experience. By assisting children to acquire new skills and knowledge, in authentic and creative ways, the

Canadian BC curriculum prepares students for the ever-shifting world beyond education.

From kindergarten, Sino-Canada students are encouraged to be passionate about learning and to develop their own methods of discovery through inquiry and curiosity. Subjects such as history, science, geography, maths, and languages are studied together holistically, with each lesson's emphasis on cultivating and developing skills whilst piquing student interest in certain fields of study. In addition to its rich assortment of extracurricular activities, Sino-Canada also offers English as a second language to ensure that all students, regardless of nationality, thrive along their educational journey.

To support applications to the world's top universities, the BC curriculum requires each student to earn a minimum of 80 credits by taking a variety of courses - most Sino-Canada graduates, however, attain somewhere between 90 to 100 credits. Essential courses such as maths, science, English, Mandarin, etc., are supplemented by elective courses. Each course comes complete with its own unique set of learning goals and content, enabling students to develop new skills and explore other areas of study.

"A lot of the time, [elective courses] not only make students more well-rounded individuals, but also help shape their choices for university and their careers. The more you can get students to explore their interests early on, the better off they are in making well-informed decisions," explains Mr Setters.

During each course, the teachers follow a student's development in skills such as leadership, critical thinking, and interpersonal relationships, and assess their progression



"Everything we do here is centred around a passion for learning – and it is our jobs as educators to encourage that same drive in our students." Graham Setters, Sino-Canada School BC High School Principal



monthly rather than working towards a single, year-end examination. For those of us who remember the pressure of examinations, this progressive approach to assessment alleviates undue stress, enabling assessors to better gauge the students' progression, and puts the focus on developing authentic, life-long learners.

To facilitate each student's progression and learning, Sino-Canada's faculty team is made up of a diverse range of international and Chinese teachers who collaborate closely on their expertise, teaching methods and understanding of individual child needs. Amongst these daily duties, all faculty members are also involved in one or more of the school's many clubs, ranging from the athletic teams such as hockey, basketball, and swimming, to those dedicated to performing arts, music, recycling, the school Yearbook, the Student Council, Model United Nations, and more. More recently, one of the school's student-led clubs opted to use the money it had raised throughout the year to purchase over 200 protective masks, which were then donated

to the Wuhan University Hospital to help with the fight against COVID-19.

Over the last 17 years, Sino-Canada has become regarded as one of the top BC Offshore schools in the world, winning a high-quality inspection report for four consecutive years. As Mr Setters points out, the quality of any school requires passionate and dedicated teachers. Thanks to a warm atmosphere, clearly structured curriculum, open communication policy, and strong emphasis on learning, the school maintains one of the highest teacher retention rates amongst all the BC Offshore schools.



To find out how Sino-Canada School can help your children succeed, scan the QR code above or contact the school's administration team via **email: info@sinocanada.ca or tel.: +86 512 6326 1000.**



Università Cattolica del Sacro Cuore

We know that choosing a university is one of the most important decisions in a young person's life. In collaboration with Lamonda Lewis, High School Counsellor, we present a new university each month to inform you of the many options available. This month, we highlight Università Cattolica del Sacro Cuore, Italy.

University Website: <https://international.unicatt.it/>

Institutional Type: Private, not-for-profit university

Location: Italy (Milan, Brescia, Piacenza, Cremona, Rome)

Average Cost of Attendance for non-EU/ EEA Students (including tuition, room and board, etc.): € 17,000/year (€ 5,000-tuition; € 10-12,000 -cost of living)

Requirements to be accepted at the Università Cattolica del Sacro Cuore, Italy SAT/ACT/IB/A Level Score Range: SAT: Minimum 1120; IB: preferably at least 5 in relevant subjects; A Level: 3 A Levels in relevant subjects; GPA Range: 3.0/5.0

English Language Requirements (DET/TOEFL/IELTS): IELTS 6.0 minimum
TOEFL 80 minimum

What programmes are the university most known for?

The university is well-known for its Medicine and Surgery programme as Cattolica School of Medicine is affiliated with the Policlinico Gemelli University Hospital; which opened in 1964. Policlinico Gemelli is the second largest hospital in Italy, with more than 1700 beds. Twenty-four Cattolica faculty members are listed among the Top Italian Scientists (Plos Biology). Double Degree Programme with Thomas Jefferson University of Philadelphia is offered to Cattolica MD students. Aside from medicine, the university is also known for its high quality programmes in Psychology, Communication Management, Economics and Management, Food Production Management, and International Relations and Global Affairs

Please provide a brief description of the type of student who thrives in your university setting?

A student that is proactive, willing to 'hit the ground running' (grades count from day one!), open to challenging themselves culturally and academically, good at independent study, has a strong thirst for theoretical knowledge, and curious to learn about Italian culture and perhaps embrace the Italian language.

How strong is your alumni network throughout Asia?

The Shanghai and Beijing Alumni Chapters were opened in 2017.

What services are provided in helping international students transition into life on campus and support them while there?

- The International Office assists international students from the very first moment of contact and throughout their experience at Cattolica. Support services include assistance with admissions, registration, housing, academic advising, access to health and welfare services, visa and residency permit applications and financial questions.
- Each bachelor degree student enrolled at the university will be paired with a tutor, whose responsibility is to assist him/her with integrating into the university envi-

ronment and provide support should they need it. More specifically, the tutor can help with questions regarding the degree curriculum and requirements, the scheduling of exam dates or sessions, the university services, and assist in solving any administrative difficulties encountered. The overall role of the tutor is also to encourage the formation of study groups.

- The Servizio Linguistico di Ateneo (SeLdA) offers a variety of language courses to support International and Italian students, faculty and staff. At present, the Language Centre also offers language training and instruction in Italian, French, German, Spanish, Russian, and Mandarin.
- General, specialist (gynaecology, ophthalmology, nutrition) and preventative medical examinations are available to all students at the Cattolica Health Centre. During the centre's opening hours, the Nursing Service is always on hand to administer first aid, medication, and prescribed drugs, measure blood pressure, take body temperature, provide information about local health services, and give health advice. Access is free, no appointment needed, and there are English-speaking doctors at hand.

What are the benefits for students attending university in your location?

If you are holding a valid study residence permit (permesso di soggiorno per studio), you can work in Italy for max. of 20 hours per week. The country is not yet saturated with international students, allowing international profiles with their own cultural IQ and language skills to "stand out" in the job market more easily.



What percentage of your international students go on to graduate school in the US?

Students are eligible for graduate programmes both in Europe and in the US, some of them might take a one-year internship before applying for a PG programme.

What level of assistance does your career centre provide in helping international students find internships and post graduate employment?

The Università Cattolica Stage and Placement Office supports graduates in finding internships and working positions in Italy. Degrees often have internship tutors integrated inside the Faculty as an extra support. The international office also offers tailor-made internship opportunities abroad.

What are the visa requirements for a student to remain in the EU to work upon graduation?

If students hold an accredited undergraduate/graduate degree, Ph.D., university "master", first/second level academic degree, they can apply for a permit for the purpose of job searching or entrepreneurship (Permesso di soggiorno per ricerca lavoro o imprenditorialità degli studenti), that allows students to legally live in Italy after their graduation while searching for a job/start a business for up to one year.

Are merit or need based scholarships available for international students?

- UCSC International Scholarship - is an annual tuition fee reduction promoted by Università Cattolica in order to enable international students access to the degree programmes. This reduction covers about 37% of the total cost.
- EDUCatt Scholarship - Need and merit-based scholarships are offered by EDUCatt, the non-profit foundation that develops actions and strategies aimed at promoting access to higher education (the so-called DSU: diritto allo studio universitario) on behalf of Università Cattolica. **SF**



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student voices

Strength in Unity

Children across the nation shared video prayers, hopes and wishes to those who struggled and suffered during the pandemic crisis.



Sophia G - Year 6
Shanghai High School International Division

"We are the world, it's true we'll make a brighter day, just you and me. Send them your heart so they'll know that someone cares. And their lives will be stronger and free."



Bella Pek - Year 3
Harrow International School Shanghai

"I could imagine the suffering that the people of Wuhan were feeling, but I also felt great hope by seeing how we all fought the Coronavirus together! We believe in Wuhan, we believe in China."



Scan the QR code to watch the Student Voices videos at shfamily.com

Thank you to our 'Go Wuhan, Go China' Art & Writing Competition nominee, AN So Yun, Grade 5 student of Shanghai Singapore International School for this fantastic background!



Zoe Gadre - Grade 2
Concordia International School Shanghai

"I wanted to give hope and positivity to the people of Wuhan. By participating in a poem recitation, I could tell them that we are all in this together. I hope it helped them to heal. Thanks to Shanghai Family and Parent&Kids magazines."



Bella Ji - Year 7
Shanghai Jianping West Middle School

"During this period, every one of us was concerned about the rise and fall of China. When a nation faces danger, we should all do our bit to help. Let's share our woes and triumphs together!"



Sophia Si - Year 6
Shanghai Yangjing-Juyuan Experimental School

"The novel Coronavirus has brought great trauma to the world, but as long as we are united in fighting the pandemic, this challenging period will eventually pass. We should pay tribute to the medical staff on the front lines. I'm so grateful for their efforts. Thank you!"



Evelyn Xu - Year 6
Nord Anglia Chinese International School, Shanghai

"We are facing a dark time right now, but don't be afraid my dear fellows. We are gonna win this 'war'. For your health, please wear masks and always wash your hands. When it's all over, we'll have the greatest story to tell the next generation. We were all TOGETHER, FIGHTING!"



Mo Junqi - Year 7
Shanghai Lansheng Fudan Middle School

"In this period, I found that we can fight together as one. And no matter what we face, we're gonna win in the end. As a teenager, learning is my responsibility. I'll do my best for the future of my country."





Bacterial vs Viral Infections

Dr David Krason at Jiahui International Hospital discusses the most important information surrounding these two differing health concerns

Most people know that bacteria and viruses cause many common infections, but far fewer people know the differences between the two types of infection. Equipping yourself with a basic understanding of these concepts can help to keep you and your family safe and healthy.

What are the key differences between bacterial and viral infections?

The difference between viral and bacterial infections is a complex issue, with many textbooks having been written on both. But, in general, both can cause infections, and it can be difficult to tell them apart as both cause fever. Hospital laboratories are well-equipped to identify bacteria that cause infections, but there are fewer tools available to diagnose viral infections.

Occasionally, bacterial infections can spread through groups of people (such as meningococcal meningitis during Hajj pilgrimage), but viruses are generally much more efficient at infecting others and are more contagious, the classic example being the yearly influenza.

What are the usual treatments for both viral and bacterial infections?

Antibiotics are commonly used to treat bacterial infections, and there are many to choose from. The issue with antibiotics, however, is that their overuse can lead to bacteria that are antibiotic-resistant, making them ineffective. For this reason, antibiotic medications should be used sparingly and only when necessary.

Viral infections are treated with antiviral medications, but there are far fewer types of antiviral medications available compared to antibiotics. For example, the common cold is most often caused by rhinoviruses, but there isn't much you can do to treat a cold beyond treating the symptoms and waiting for your body to do its work and develop immunity to the virus.

Which children are most at risk with infections, and why do

some children suffer repeat infection?

The children most at risk for infection are the very young, and those with medical conditions that may predispose them to infection. In these populations, vaccines are lifesaving. Repeat infections are not common, and may be due to underlying medical conditions or medications (such as immunosuppressants).

Can either viral or bacterial infections cause children or adults to develop other health issues?

Most bacterial and viral infections are not 'chronic'. One becomes infected and the body fights the infection, sometimes with the help of antibiotics or antiviral medications. Once the body has defeated the infection, it is gone. There are a few circumstances where infections are 'chronic', but they are very rare.

How can we best avoid catching a bacterial or viral infection?

There are a few general rules that can help you to you and your family avoid infections. The first and simplest method is to wash your hands frequently with soap and water or hand sanitiser, and avoid touching your face with unclean hands. In addition,



there are many vaccines that protect against both viral and bacterial infections, so make sure your children's vaccinations are up-to-date and consider getting everyone in your family an annual flu vaccine.

If you do get sick, a good rule of thumb is to stay home from work or school, as this will greatly reduce the possibility of passing the infection to others. If you are sick and must leave the house, make sure to wear a mask. If you have to cough, do it into the crook of your elbow or a tissue. Most viral infections will run their course after several days of symptoms/illness, after which the individual is then 'protected' from getting the same virus again as the body has developed immunity.

How do I know when either my child or I have an infection?

A good indicator of infection is a fever, which is usually defined as a body temperature being greater than 38 °C. Often, one can stay home with fever and recover within a few days. However, if a person develops nausea and vomiting and they are unable to eat, or if they develop difficulty breathing, they should visit a doctor as soon as possible. Be aware though that officials have defined the fever threshold for COVID-19 as 37.3 °C. If you or a member of your family develop a fever of 37.3 °C, especially if it is accompanied by coughing or difficulty when breathing, be sure to go to a designated fever hospital as soon as possible.

Bacterial and viral infections are a common occurrence, and medical professionals have grown adept at treating nearly every variety. But ultimately, an ounce of prevention is worth a pound of cure, and insuring that your family take simple precautions like washing the hands frequently, not touching their face with unclean hands, and practicing cough etiquette are the best ways to keep them from getting an infection in the first place. **SF**



Dr David Krason
*Chief Physician of Hospital Medicine and
Chair of the Infection Control Committee at
Jiahui International Hospital*

Dr Krason is American Board-certified in Internal Medicine and Infectious Disease. He completed his residency in Internal Medicine and fellowship in Infectious Diseases at the University of Minnesota in Minneapolis. Before joining Jiahui Health, Dr Krason worked as an infectious disease physician at St Paul Infectious Disease Associates in St Paul Minnesota for 7 years, then joined the Hospital Medicine Unit (HMU) at Massachusetts General Hospital (MGH) in Boston in 2012.

Jiahui International Hospital

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10 Things You Need Know About COVID-19

Dr Nathanael Goldman at ParkwayHealth discusses parent concerns surrounding the Coronavirus.

Note - this information is correct at the time of printing.

1 Kids are just as susceptible to the virus

There is no firm conclusion at the moment, but the growing consensus is that although kids usually show less symptoms than adults, they do get infected and are also able to transmit the illness to others.

2 How to tell the difference between the coronavirus, the flu, a cold or seasonal allergy

- You should consider that any respiratory symptoms like runny nose and cough could be COVID-19 as there is no reliable clinical differences for mild cases between a common cold and COVID-19 infection.
- COVID-19 can also present as a flu-like illness, with not only runny nose and cough, but also body ache and fever.
- There are not always easy clues to separate seasonal allergies from

the common cold and that also applies to COVID-19. Allergies don't come with fever and tend to be related to an environment, lasting as long as we are in the environment triggering the allergic reaction.

- COVID-19 can lead to serious breathing difficulties in a subset of patients, that is usually, but not always, the older patients and those with chronic health problems. Kids with COVID-19 rarely present with a serious illness; though there were a few deaths recorded amongst children and adolescents in the largest series analysed to date. It is reasonable to extrapolate that kids with chronic health problems would be more at risk with COVID-19 infection.

3 Checking your child's temperature

If there is a sign of illness, or suspicion of someone being sick at home,

it makes sense to check the temperature. But absence of temperature is not a reliable sign that there is no infection.

4 Breastfeeding

- As of today, breast milk hasn't been found to contain the COVID-19 virus, but it is still too early to really tell for sure.
- A mother who has COVID-19 is likely be able transmit the virus to her baby, exactly as she would with other respiratory virus like the flu virus for example, so, it is recommended that a mother would take measures to protect her infant against transmission.
- At the same time, a mother who is infected with COVID-19 and is able to breastfeed should continue breastfeeding as the benefits are thought to be greater than the risk for the baby if not breastfeeding.

5 Risks to children with asthma

- Asthma is a chronic illness and respiratory infections put children with asthma at risk for an asthma attack, so COVID-19 is a theoretical risk for them.
- However, there is no evidence yet that children with asthma have a worse outcome compared to those without asthma when infected with COVID-19.
- It is certainly recommended that kids continue using their asthma medication as usual, including their inhaled corticosteroids.
- It is also recommended that they and their family practice all the necessary, recommended steps to decrease the likelihood of COVID-19 entering the family (social distancing, washing hand, etc.) so that the child with increased risk is better protected.

6 Children being around grandparents and the elderly

- Kids can become infected with the Coronavirus but likely to have less obvious symptoms than adults, meaning that their illness may be less obvious.
- It is also thought, as mentioned previously that children most probably transmit the virus, as they do for other viral respiratory illnesses when they become infected, therefore representing an infectious risk for adults and in particular for older people and those with a chronic medical condition who are more at risk for a serious COVID-19 infection.

7 Play dates

Try to avoid play dates if the virus is currently present wherever you are, as you cannot reliably practice effective social distancing making it easy to infect others.

8 Outdoor activities

- Social outdoor activities should be limited based on the situation of the outbreak as it can be a vector of continued transmission of the virus, as for play dates.
- Playground activities involves close contacts with other kids and would favour viral transmission

9 Children wearing masks

- I would suggest showing your children how to wear a mask at home in a quiet family environment as if playing with a parent.
- It is important not to force your child to wear a mask as it is likely to be counterproductive.

10 Travelling with children

- Travelling is typically a situation where we are at risk of becoming infected by a virus in general as we come into contact with many people in closed environments and have many opportunities to touch infected surfaces.
- Before travelling with children, it is a good idea to explain to them what will happen during the trip, showing them visually and explaining

- the steps you will take to stay away from potentially infectious situations: social distancing, avoiding touching objects in the public environment, avoiding touching one's own face, cleaning hands regularly, staying close to a family member.
- It may be useful to assign responsibilities within family so that everyone knows what to do for the kids' supervision, and avoid to thinking that the other one was doing the job. **SF**



Dr Nathanael Goldman
Paediatrician

Dr Nathanael Goldman has over 20 years of international experience in paediatrics. He received his postgraduate degree Paediatrics at the Université Libre de Bruxelles (Belgium).

ParkwayHealth

Phone: 400 819 6622

Website: www.parkwaypantai.cn

10 key tips to feeling happier and more content:

1. Give yourself five minutes of “me-time” every day

No matter whether it's yoga, coffee and a book, your morning skin cleansing routine or simply meditating, give yourself some time to breathe and enjoy your own company.

2. Drink more water and try to eat a balanced diet

It sounds like a cliché but your body and mind run better when you're not dehydrated and you're eating a good balance of nutrients.

3. Try to exercise for 20 minutes each day

Okay, even I struggle with this one, but thanks to the internet there's loads of short workouts you can do from home. Opt for an evening stroll with the kids after dinner and talk to them about their day. And, if you're lucky enough to own a pet, walk your dog twice a day instead of once - just think of all that pooch love you'll get as a result.

4. Breathe consciously for 2 minutes each day

Not to go all new-agey on you, but studies have shown that different breathing techniques can help take you out of 'fight or flight mode' (commonly known as stress), help your body fight illness, improve cardiovascular workouts and even lengthen your concentration span. The simplest breathing technique I would suggest starting with is called Box Breathing. When performing this technique, try to visualise drawing a box in your head. Begin by inhaling for four seconds. Hold this breath for four seconds. Next, exhale for four seconds. And, finally pause your breathing for four seconds before you start again. Repeat this pattern (4x4x4x4) ten times, or

Simple Steps For a Happier Life

How to boost serenity and banish stress *By Beth Roulston*

Back in 2018, I remember discussing the idea of happiness with Shanghai based mindfulness coach, Lorna Jutton, and what she said back then has never left me: “it's okay sometimes to not feel happy”.

Day in, day out many of us look at others around us, or on our social media, having the time of their lives and wonder, “Why am I not that happy?”, “Is there something wrong with me?”. The truth is sometimes we wake up feeling sad, anxious or tired

and it's important to not ignore these feelings. Ironically, the more we strive to be happy the less happy we feel. Embracing how you feel in the moment and allowing yourself to just be is one of the keys to mindfulness. And the more you begin to tune into what your body and mind are telling you the happier you will be in the long run.

Right now I'd give anything to just feel more calm and content, rather than anxious and stressed!

Ironically, the more we strive to be happy the less happy we feel... the more you begin to tune into what your body and mind are telling you the happier you will be in the long run.

twenty if you feel you can do more. Once you get into the habit of doing this each day try the pattern 6x6x6x6.

5. Embrace your daily mood, but don't overanalyse it

When you wake up in the morning, turn your mind's eye inwards and focus on your body. Start with your head. How does it feel? Does it feel uncomfortable, strained, painful or good? Repeat this analysis down your limbs until you reach your toes. You may realise you are experiencing feelings that have been overlooked. And no matter what mood you are in allow yourself to recognise this feeling but don't over analyse it. In time, it will dissipate.

6. Check in with friends & family

I am the worst at this. Whenever I'm in the land of stress or struggle I tend to isolate myself from others. But honestly your friends and family love you no matter what's going on - and if they don't it's their loss. If your friends invite you to a party and you don't feel like going, sit with your eyes closed and ask yourself why you don't want to go. Imagine sitting with them, laughing and chatting. Then, after a moment, open your

eyes and ask yourself if you still don't want to go.

7. Quality time with children

Children are one of the purest forms of happiness. It bursts out of them like kaleidoscopes of warm, bright light, just waiting to shower any and all that are near with positivity. Something as simple as playing tag in the park, reading a book together or playing teddy bear picnic will bring your children such joy, and I'd bet my bottom yuan that it will bring you joy too.

8. Clean

It's true! Tidy home, tidy mind - and a tid(ier) mind is a happier mind. Stick on your favourite dancing tunes while you clean to turn it into an unconventional workout. Don't know where to start? Give our cover story a glance for inspiration.

9. Start journaling

Give yourself reasons to enjoy your life by writing them down. It doesn't even need to be in a journal, it can be on a notepad on the fridge or on a sticky note pasted to your bathroom mirror. Just try jotting down three things (or one if you struggle to think of three) that bring you joy each day.

10. Smile!

When you smile at someone, chances are they will always smile back. Try sitting quietly and smile to yourself, you may just notice a little ball of happy warmth spreading through your centre and beyond.

With everything that is going on in our world just now, it will often be difficult to feel calm or content. So, remember to be kind to yourself and allow things to not be okay from time to time. Open up to your partner about how you're feeling, and take a moment to appreciate the joy they bring you each day. **SE**



To view this article online scan the QR code above.



Should you or a family member be struggling with feelings of anxiety or depression, the following **healthcare providers** offer counselling and psychiatric support.

Shanghai United Family Hospital (locations in both Puxi and Pudong)

24hr Appt.: 400 639 3900;
Website: <http://shanghai.ufh.com.cn/>

ParkwayHealth

Tel.: 400 819 6622
Website: www.parkwayantai.cn

Jiahui International Hospital

Tel.: 400 868 3000
Website: www.jiahui.com/en

For free, confidential and anonymous support, 365 days a year, 10am to 10pm, contact **LifeLine** on 400 8211 215 or send a message on WeChat ID: LifeLineConnect.



in season

Alex J Maze

A Perfect Time to Dine

Allow the warm, spring weather to tease you back into tasting our latest favourites from the Shanghai dining world



Charcohol

In a beautiful heritage building in Fengsheng Li, in the centre of Shanghai, this fantastic restaurant lures you in with charcoal-grilled global cuisine and craft cocktails. If you are lucky to snag a bar-side seat at Charcohol, perch yourself up and watch the magic unfold. Chefs Mandela Zhu, Kevin Han, and award-winning mixologist Cross Yu use charcoal as an ingredient and an inspiration to inject a new depth of smoky goodness into their food and drinks. The fresh and fragrant cocktails, shaken or stirred, had just the right amount of punch. Food wise, I started with the venison tartare, layered with ingredients that a deer would forage for in nature; fruits, berries, and greenery paired together completing a full circle. Followed by the mini crab cakes, so tender with a crunchy crust; these glistening orbs come with a rich, creamy dipping sauce that left me wanting more. The food menu offers many tantalising options enticing me to return. If cocktails aren't your thing, there are enough types of whisky to keep you

busy. On warmer evenings, enjoy an outdoor patio with 90 seats that will surely come alive. You are going to love the speak-easy vibe with jazzy beats in the background. Red velvet cushions scattered around like glowing embers, colossal palm leaves set above the bar as if poised to fan the flames of - wink - date night.

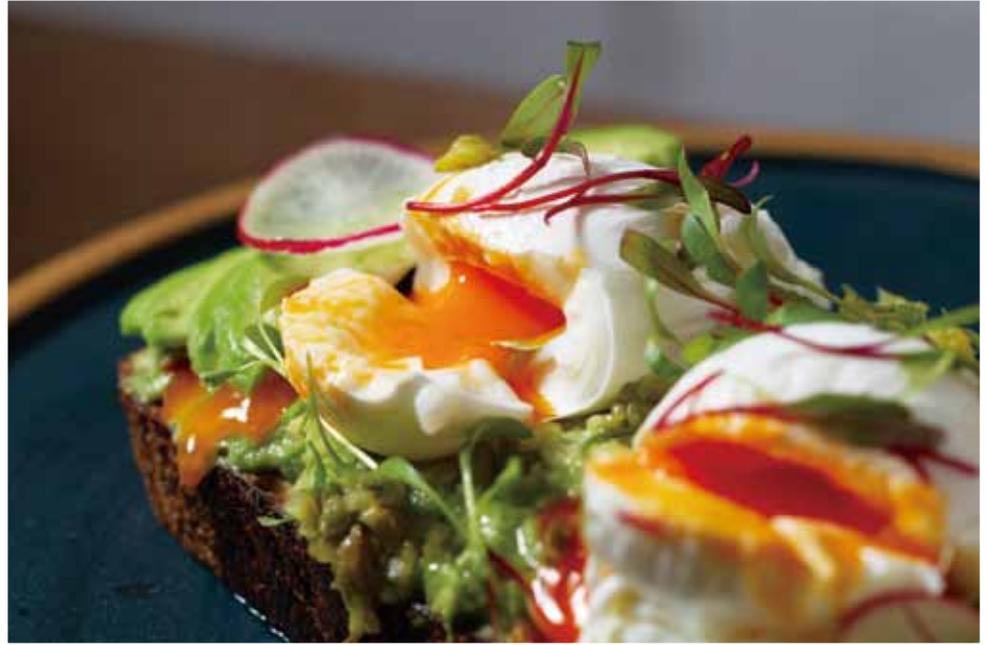
Address: 1st floor, Fengsheng Li, Lane 245, 18 North Maoming Road
Reservations: 021 3226 5752
Open daily: Sun-Thu, 5.30pm-1am, Fri-Sat, 5.30pm-2am
Average spend per person: 400 RMB
Good for: Off-the-rails cocktail tastings, relaxed evening dining with friends



Henkes

Once you push past its huge, iron-rimmed doors, entering Henkes restaurant on a cold day feels a bit like being greeted with a warm, cosy grandmother hug. Henkes, albeit not a new place, is the popular lunch spot on West Nanjing Road that was opened seven and a half years ago by famed restaurateurs Craig Willis and Max Haahr. With its excellently priced weekday lunch set, consisting of a starter, a main, and a dessert all for 138 RMB, it's no wonder why the punters keep coming back. For those that adore all things brunch, there is a new set served from 10am - 5pm on weekends and holidays, including five items for 188 RMB per person when two or more people dine. The Henkes' brunch centres around eggs to share, scrambled, sunny-side up with their golden crowns, plus prawns crested in an omelet, beef cheek sliders and bircher muesli. Henkes changes food items on its menu regularly, but the favourites/permanent staples always remain - removing them may cause a revolt. I was delighted to spot a beef Wellington on the restaurant's dinner menu, as at 268 RMB it's about as rare as a three-legged ballerina. Thanks to its open kitchen, tables like little islands oozing intimacy, and soft yet flattering lighting, Henkes also serves as the perfect place to treat your other half to a special evening.

Address: Reel Mall, 1st Floor, 1601 West Nanjing Road, near Changde Road
Reservations: 021 3253 0889
Open daily: 11am-11pm
Average spend per person: 230 RMB
Good for: power lunch, leisurely brunch, romantic dinner.



Meatopia by Stone Sal

While outlining his philosophy to cooking great-tasting beef, his stealthy cooking movements failed to betray the 29 years that Chef Lin has spent in various kitchens around the world. "Do you want to know the secret to cooking great steaks?" he asks, "Two things: top-quality meat and cooking with beef tallow. There is no secret". Chef Lin, is co-owner and chef of Meatopia, unapologetically old-school - sourcing the beef directly from the US - and proud to claim that Meatopia is ranch to table. (He had me at beef tallow.) The restaurant's menu has a variety of options ranging from starters, salads, and, to keep you company,

wine starting from 258 per bottle or 50 RMB for the glass. But here the steak reigns king! My partner and I shared the USDA Bone-in Rib Eye - that tips the scales at one kg and comes house-aged for 21 days. Arriving charred, the sizzling heard well before it hit the table, the rib eye was perfectly seasoned and flecked with black volcanic salt. Cutting into the thick slab wasn't a wrestling match, with little to no effort the gloriously tender slices fell to the side with butchery submission.

Address: 16-01 Fucheng Road, near Minshang Road
 Reservations: 021 5877 7567
 Open daily: 11am-11pm
 Average spend per person: 400 RMB
 Good for: Carnivores, those looking to splurge.

O'Mills Bistro and Bakery

O'Mills welcomes all the 'arians - not that Arian- heavens NO! - I mean the vegetarians, the pescatarians, and the vegans too. All the hip diets - eat this, not that. Even the intermittent faster waits for their window. And yes, you too, the regular eating folk, the ones without titles or restrictions, bless you. Xiaoxiao, the owner come Chef, spent two years across sixteen countries turning the ethereal into tangible, combining all the parts she loved into a single concept - O' Mills (O for organic). The ground floor is the engine of the café with chefs busy at their trade; slicing, whipping and baking. The glass showcase, located just inside the front entrance, is brimming with fresh pastries and bread that are all made on the premises. The avocado toast is hefty and filling, with tender slices of avocado and two perfectly cooked, organic eggs. For beverages, the menu offers a large variety of reasonably priced selections, including non-dairy milks ready to be added to your coffee, and, our personal recommendation, O'Mill's homemade tangy, spritzzy kombucha. O' Mills second location is due to open soon, and with it comes a new menu - tapa inspired. I can't wait to see what she and her international team does next. **SF**

Address: 110 Yongjia Road, near Jiashan Road
 Reservations: 021 6209 2952
 Open daily: 8am-9pm
 Average spend per person: 130 RMB
 Good for: Healthy crowds, restrictive diets, sourdough lovers.

Spotlight On: Hengshan Road

By Johan Prozesky

District: Xuhui

Cross Streets: Wulumuqi Road and Huashan Road

Nearest Metro Station: Hengshan Road (Line 1), Exit 2

About: Many foreigners visit this colourful stretch of Hengshan Road for its trendy bars and restaurants, but, if you take the time to look, you'll discover that this quirky area can also provide a little family fun.

1. Beautifully maintained **Xujiahui Park** offers an elevated walkway, criss-crossing pathways, vibrant flower beds and a multitude of benches in the shade of abundant trees. Add a few graceful black swans floating on the lake, and you have the ultimate backdrop to an afternoon stroll or intense yoga session. *Between Tianping and Wanping Road.*

2. **AnnAnn** is a small shop that specialises in silver jewellery. Here the styles range from modern to vintage-inspired, but each piece has its own unique and eye-catching design. Take some time to browse for that something special for yourself, or a unique gift for a loved one. *317 Hengshan Road, Tel. 158 0060 8139*

3. With sixteen bowling lanes, eight pool tables, a variety of other games, and snacks/drinks in abundance, **Orden Bowling Alley** can become a regular fun hangout for friends and family. Expect cool vibes and a relaxed atmosphere. The best part is they never seem to close! *3rd floor, Room 5; 10 Hengshan Road, Tel. 021 6474 6666*

4. Few things go together like good books and fine coffee - and in Shanghai, finding a store that sells English titles plus numerous foreign magazines is rare. Throw in some comfy reading nooks, art works, stationery, and knick-knacks and **The Mix Place** becomes the perfect place to while away a few hours. *880 Hengshan Road, Tel. 021 5424 0100*

5. Smaller than sprawling Xujiahui Park across the road, but much quieter, charming **Hengshan Park** offers a pleasant respite from the hustle and bustle of Shanghai's streets. Its air of tranquility combined with gorgeous arrays of flowers and trees make this urban oasis the perfect place to relax with family and friends. *Entrance c/o Wanping Road, across from Picardie Hotel SF*



1



2



4



3



5

Shanghai Family

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Parents & Kids

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How to Survive...

Reducing Your Child's Screen Time

The world has been a bit crazy lately, and when things get crazy we parents use as many coping mechanisms as we can. These days, getting five minutes to yourself is made so much easier by our technology! What did parents do without iPhones, iPad's and Netflix? Bang rocks together like cavemen?! Now that things are starting to find some sort of routine and normalcy, parents are finding their kid's addictions to their screens all too real. So, before they turn into complete media zombies, here are some tips on how you can survive reducing your child's screen time:

1. Make a schedule. Most human's like structure and children are no different. Kid's work best when they're given some sort of plan to run with, like knowing when snack time, meal-time and bedtime will be. So, why not add in designated screen time? Sure, it will mean that instead of asking you a billion times if they can go on TikTok, they'll resort back to asking you a billion times if they can have a snack instead (ahh the good old days am I right?) - but in the life of a parent you've got to pick your battles.

2. Make screen time a privilege. Remember when our parents used to make us do chores? Ha! Your children certainly don't - but they might feel differently once you hide all the charging cables and tell them they will only reappear once they've completed all their designated chores. Some of our precious little ones may have the luxury of having an Ayi around the house, but there's no reason why they can't learn the benefits

Remember when our parents used to make us do chores? Ha! Your children certainly don't - but they might feel differently once you hide all the charging cables and tell them they will only reappear once they've completed all their designated chores.

of doing a little tidying in order to earn their screen time. You'll either have a very bored Ayi, and a very tidy house, or your kids will suddenly become fascinated with the outdoors!

3. Learn how to implement parental controls on your family's devices. Technology changes faster than fashion these days and keeping up with it all can be especially hard for a parent. Not to mention most parental controls are buried so deep into the system apps that we give up long before we've set up a password stronger than '1111'. However, one of the best ways to reduce your kids' screen time is to have the device limit it for them! Set your tablet to automatically turn off after a desig-

nated amount of time then say to your child, "Oh no! It's dead? GO PLAY WITH THAT EXPENSIVE NINJAGO LEGO I BOUGHT YOU THAT YOU JUST HAD TO HAVE!".

Reducing screen time can be difficult for any parent, especially when you just need a really convenient babysitter after a long day. However, avoid ripping the technology out of their little zombie hands and instead explain why less screen time is a good thing. It reduces eyestrain, prevents headaches, improves sleep, increases focus, and improves social behaviours. Besides, it also means you regain use of the iPad so you can lock yourself away into the bathroom and enjoy some "me" time... for an hour or two! **SF**



Dealing With Uncertainty

When you live in volatile and uncertain times, should you put your long-term plans on hold? *By St. James's Place Wealth Management*

For the vast majority of us, the last few months were marked with worries and instability. Expat families were faced with health risks while travelling in or out of China, school and office closures, as well as the escalating COVID-19 situation back in their native countries.

Whilst life here is slowly getting back to normal, nations outside of China are feeling the strain of COVID-19. The modern world has never been more volatile, uncertain, complex and ambiguous as it is now. Those characteristics can make the task of planning for you and your family's future feel all the more daunting.

In times like these, we need to remind ourselves that it is not only mental and physical health that are important but also the things you can do to deal with the financial uncertainty.

Vision - The long-term view needs to frame your financial decisions, such as saving for child education, retirement, or leaving a legacy. Goal-based tools can help you visualise your financial future and have peace of mind.

Understanding - Armed with a clear vision of your future, ask what will happen if you spend less and save more. What happens if quarantine lasts longer than expected, or what happens to your planning if the markets fall. Consider the impact of tax and how your assets and liabilities change throughout your lifetime. Plan to benefit from compound interest.

Clarity - Understand the impact of key decisions on life events along the way. Ensure you are informed - and feel informed - about the impact of asset allocation decisions, fees, and taxes. Ensure that you won't run out of money.

Agility - Annual tax allowances can make an enormous difference. Moreover, when finan-

In times like these, we need to remind ourselves that it is not only mental and physical health that are important but also the things you can do to deal with the financial uncertainty.

cial situations change, you may need to adapt your plans - a regular review can help keep you on track.

Whatever your plans for the future, whether for yourself, your family or your business, careful financial planning can make a real difference to your life and those you can care about, both today and in the future.

About St. James's Place Wealth Management

St. James's Place Wealth Management offer personalised advice on financial, investment and tax planning, designed specifically for expat lifestyle goals and stages of life. Visit their website to find out more: www.sjp.asia

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested. The levels and bases of taxation, and reliefs from taxation, can change at any time. The value of any tax relief depends on individual circumstances.

Please note that due to local legislation they are unable to offer their financial planning services to nationals of the People's Republic of China.



2019-20 Shanghai Family

To acknowledge the heroic efforts of the nation's healthcare warriors, we asked students across Shanghai to share their creative talents in a special 'Go Wuhan, Go China' contest. Here are the contenders for ages 11-18.



Guanning Chen-G7A
Vanke Bilingual School, Pudong Campus



Tian Qiu-G6B
Vanke Bilingual School, Pudong Campus



Zimin Zeng-G6
Shanghai Yangjing-Juyuan Experimental School



Shiyi Zhang-G7
Shanghai Liaoyuan Bilingual School



Yiqi Liu-G8
Maple Leaf International School Shanghai



Rena Lee-E10
Shanghai Jincal High School International Division



Jiaqing Xu-G6C
Living World Shanghai

Art & Writing Competition

2019-20 学 校 艺 术 巡 展

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Adrian Wang-G6
Shanghai American School



Binying Zhu-G5
Shanghai Pinghe School



AN So Yun-G5
Shanghai Singapore International School



Joy-G6
Maple Leaf International School Shanghai



Shixuan Deng-G8
Shanghai United International School Jiaoke Campus



Lingyue Guo-G8
Shanghai United International School Jiaoke Campus



2019-20 Shanghai Family



Qixiang Tang-G8C
Living World Shanghai



Yaochen Deng-G8
Maple Leaf International School Shanghai



Hao Sun-G8
Shanghai Pinghe School



Tong Sun
Shanghai Shangde Experimental School



Tiancen Guo-G8
Shanghai Liaoyuan Bilingual School



Sarah XU-G6
Shanghai Singapore International School



Siyao Zhou-G6
Shanghai United International School Jiaoke Campus

Art & Writing Competition

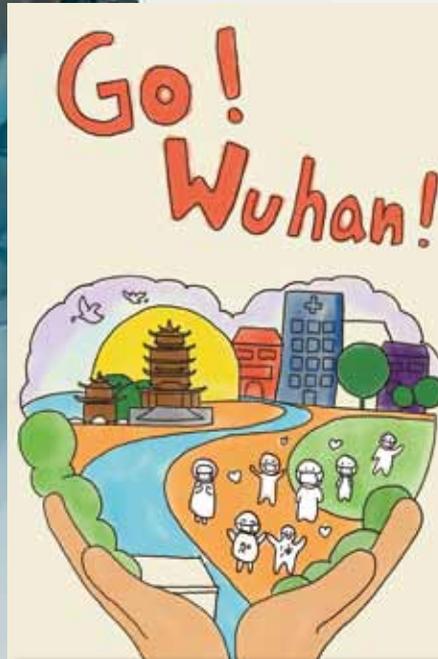
2019-20 学校艺术巡展



Jiqing Sun-G11
High School Affiliated To Nanjing Normal University



Evelyn-G6
Nord Anglia Chinese International School, Shanghai



Angella Shin
Shanghai Jincai High School International Division



Claire-PPA
Shanghai Adcote School



Ashling-G6
Nord Anglia Chinese International School, Shanghai



Xiangyun Li
Shanghai Shangde Experimental School



2019-20 20 Shanghai Family

We are proud to announce the nominees of our Shanghai Family and Parents&Kids 'Eco Future' Art & Writing Competition, for the age group 11 to 18. This year, students had to sketch, paint or sculpt a piece of art depicting how they envision a greener, more sustainable future. Here are the contenders!



Yingman Wu-G7
Shanghai United International School, Gubei Secondary Campus



Elsa Hasselyvis-G6
Wellington College International Hangzhou



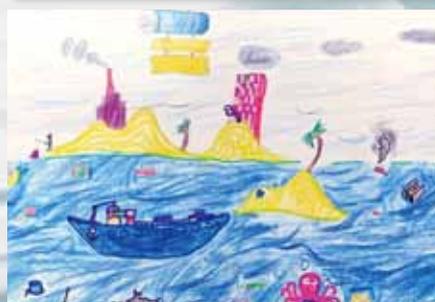
Ciara Matthews
Wellington College International Hangzhou



Chloe
North America International School



Linhe Cai-G9
North America International School



Jiaqi Li-G6
The Second Foreign Language School Affiliated to Shanghai Normal University



Angela Zeng-G5A
Shanghai Hong Qiao International School(HQIS)

Art & Writing Competition

2019-20 学校艺术巡展



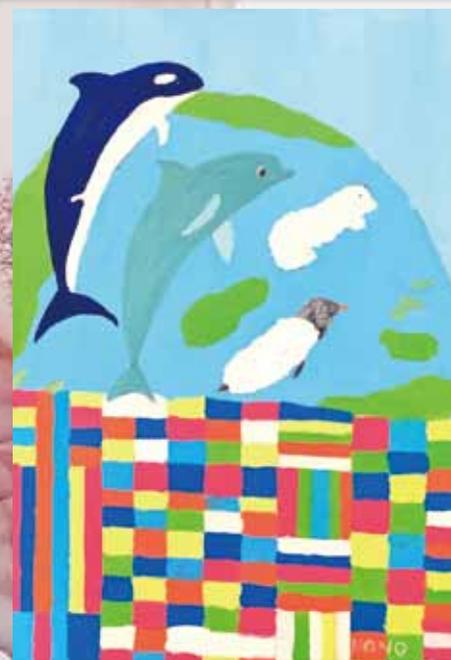
Michael Zhang-G6
North America International School



Bryan-G6
Shanghai Jincai High School International Division



Amber May
Dulwich College Shanghai



Xi Chen-G6
Soong Ching Ling School



2019-2020 Parents & Kids
Art & Writing Competition

绿色地球 “童”心抗疫

Our World Through
the Eyes of Children



Art & Writing Competition **2019-2020 Album**

2019-2020未来之星艺术与写作大赛

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Discover Colour Blocking

By Irene Vargas

Creating your own stylish outfits day to day doesn't have to be complicated. Have you ever tried colour blocking?

All about the style

Colour Blocking is the simple method of combining multiple bold and bright shades into a single stylish outfit. This method's earliest origins arguably began with Piet Mondrian - an artist who classified his stark, geometric and colourful pieces as Neo-Plasticism. Later, this style went on to inspire fashion designers and eventually became a fashion trend. The best part? There is no right or wrong answer when you colour block - the result is always very chic.

How to Colour Block

The process of colour blocking is exactly as it sounds. Simply choose different items in multiple colours and wear them together to create a bold outfit. The key to building up your look is to find the perfect colour palette. Whether you use solid colours or neutral tones, the best way to achieve colour blocking is to combine the tones found on the opposite side of the colour wheel.

What to look for

The first step is to find a colour palette you feel comfortable with. If you have never applied this method before, start off with something neutral like grey, tan, white or black, and combine this with a brighter colour like blue, red, yellow or pink. And if you are feeling extra bold, compliment your outfit with some accessories in bold colours.



How to wear it

→ **Office:** Choose a fitted emerald green pencil skirt and pair it with a lavender shirt with an interesting neckline.

→ **Picnic Outing:** Combine a pastel coloured, oversized blazer with a white t-shirt and some high waisted shorts. To elongate your legs wear some comfortable wedge sandals.

→ **Date Night:** Red and pink are the perfect shades for date night. Try some high waisted trousers with a hot pink blouse paired with simple and sophisticated accessories.

→ **Family Dinner:** Go for a long fit and flare red dress. If you feel extra daring, add more colour by wearing lilac matching shoes and some simple accessories to compliment your overall outfit. **SF**

Style Your Shape

Petite shapes: Opt for a short suit of contrasting colours for your top. The top will make an illusion of a linear waistline, while the high waist shorts will make your legs look longer.

Pear shapes: Elongate and add volume to the upper body by wearing tunics or bold coloured tops with interesting necklines, keeping your lower body in darker shades.

Busty women: Choose a coloured v-neck shirt to emphasise your upper figure. A-line shaped bottoms will help balance the whole look.

Tall shapes: Emphasise your legs by wearing long skirts with chunky belts and fearless shirts.

Get a Spring Bloom Upgrade

Incorporate statement pieces full of colour and flair to transform your home into a Spring Paradise *By Penélope Valdez-Jaime*



One of the best ways to boost a home's style factor is adding pieces with character, and regardless if you are a full-bloom type of person or a more minimalist curator, showcasing a bold piece will add visual interest to any home.

With spring's arrival and summer just around the corner, what better way to get your home ready than adding some fresh decor and colour. For this season, pastels, patterns, and cool shapes are in trend. Try adding

some floral arrangements and greenery to bring the garden party to your living room.

With every home, your personality has to be part of it, so it's important to ensure that any changes you make reflect your personal style and needs. Colours and patterns are your friends! Feel free to experiment, curate, combine, add and subtract to create a cosy, envied home experience. Bring the sunshine into your living space by adding a set of colourful cushions, an armchair, a unique cabinet or a set of hip vases all containing with your favourite flowers.

Indigo Living created the perfect example of this in a stunning Bay Villas home in Hong Kong, styled by their team of interior designers and featured in their upcoming Spring Summer Look catalogue 2020. **SF**



Florian Cabinet
¥8,990



Perry Chair
¥6,490



Stella Pendant
¥9,690



Lewis Dusty Pink
Fabric Chair
¥2,290



Corinne Vase Tall
¥549



Corinne Vase Small
¥409

To see more Shanghai home styles, visit: shfamily.com

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shfamily.com

ORIENTATION

Clubs & Organisations

AMERICAN CHAMBER OF COMMERCE (AMCHAM)

A non-profit organization that promotes a healthy business environment in China and aims to strengthen US-China commercial ties. Shanghai Centre, Ste 568, 1376 West Nanjing Road; 6279-7119; amcham@amcham-shanghai.org; www.amcham-shanghai.org

CANADIAN CHAMBER OF COMMERCE (CANCHAM)

This non-profit organization supports Canadian business and community interests in China. 172 Yuyuan Road; 6075 8797; info@cancham.asia; www.cancham.asia

COMMUNITY Centre SHANGHAI

A non-profit organization offering orientation services, activities for expats, and a counseling program with qualified international counselors. Locations in Pudong, Hongqiao and Minhang. For general inquiries: 3382 1770; www.communitycentre.cn

EXPATRIATE PROFESSIONAL WOMEN'S ASSOCIATION (EPWS)

Whether you are a newcomer or you are established in the expat world as a professional or businesswoman, EPWS welcomes you to join the most influential group of professional women in Asia. info@epwsasia.org; www.epwsasia.org

SHANGHAI EXPATRIATE ASSOCIATION

Association bringing together expats living and working in Shanghai; seashanghai@yahoo.com; www.seashanghai.org

SHANGHAI MAMAS

Provides an English-language forum for expat mothers in Shanghai to share information and advice, voice concerns and give mutual support. With active discussion boards, a photo gallery, and activity calendar this a great resource for parents with children of all ages www.shanghaimamas.org

Housing

The Emerald

Within the compound, The Emerald's elegant North American-style villas are all gateless and come with an open front yard, spacious back gardens, high ceilings, and large windows. Some units boast their own private indoor or outdoor swimming pools. Villas are fully furnished, but tenants can also bring their own furnishings. Many are equipped with water filtration system, central vacuum system, partial floor heating, home alarm system, fibre optic broadband connection and "Blue Air" air purifiers. Facilities include 2 fully equipped clubhouses, indoor and outdoor swimming pools, 4 tennis courts, 2 soccer fields, children's indoor and outdoor playground, café and bakery shop. There's also 24-hour security and a bilingual call centre, yard and pools maintenance, air conditioning maintenance, regular external wall and window cleaning, and pest control. Lane 2888, Hunan Road, Pudong New 021 6812 2222; marketing@shanghai-emerald.com; www.shanghai-emerald.net

Le Ville Residence

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient, first-class Shanghai living. Each unit comes equipped with compact kitchen supplies, comfortable beddings and a 24-hour attentive butler service. On-site fitness centre and yoga room offer respite after work, while other leisure facilities, offering food, shopping and entertainment, enable residents to enjoy Shanghai life to its fullest. 663 Xikang Road, Jing'an District; 021 3366 3666; levillj.jingan@yango.com.cn

Shanghai Centre

Often called a city within a city because of its size, Shanghai Centre, designed by renowned American architectural firm John Portman & Associates, houses 472 serviced apartments, 30,000 sq. metres of prime office space, three levels of retail, a performance theatre and an exhibition atrium, and has been a Shanghai landmark since it opened in 1990. Apartments feature central heating and air-conditioning with individually-controlled thermostats, a coffee maker, toaster, large flat screen TV, satellite TV with over 50 international and local channels, and an in-room safe. On-site facilities include a business centre, post office, fitness centre, indoor and outdoor swimming pools, preschool and kids' club, supermarket, dental clinic, garden terrace, underground parking. There is also 24-hour security and customer service, room service, housekeeping, dry cleaning, photo services, postal services, and a

doctor-on-call service. 1376 West Nanjing Road, Jing'an District; 021 6279 8502; leasing@shanghaicentre.com.cn; www.shanghaicentre.com

Times Square Apartments

A long-time favourite with expats seeking upscale living arrangements in Shanghai, Times Square Apartments have been designed and furnished to the highest specifications. The interiors are characterised by sleek furnishings and feature decorative ornaments with stylish bathroom accessories and kitchenware. Residents have the choice of from one-room units for singles to three-room deluxe suites for larger families. Apartments come fully furnished and are outfitted with electronic key card access, wireless internet, well-equipped kitchen, large LED TV, satellite TV with international and local channels. Shopping malls, trendy boutiques and a cosmopolitan selection of restaurants and bars can be found nearby. Close to Tianzifang, Shanghai Grand Theatre and Shanghai Museum. Facilities include a gym, outdoor swimming pool, tennis courts, and parking. There is also 24-hour security and multilingual reception services, regular housekeeping, plus laundry and dry cleaning services. 111 Middle Huaihai Road, Huangpu District; 021 3122 8873; vinisayu@shtimesquare.com; www.timesquareapartments.com.cn

Willowbrook at Greenhills

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym, indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New District; 021 6856 8888; evan.kong@willowbrook.com.cn; www.willowbrook.com.cn

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services, with both western-trained Doctors of Veterinary Medicine, and highly trained Chinese veterinarians, nurses and medical technicians. Offering veterinary services, grooming, boarding, and pet foods. Open daily 9am-7pm. For appointments, pet pick-up and emergencies call: 6021 103 8686. >Changning: 500 Weining Road; 3250 6721 >Minhang: 66 Qingshan Road; 6402 9226; info@drbns.com; www.doctorsbeckandstone.com

PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. You can also purchase tasty treats, comforters, toys and other pet supplies. English speaking doctors available. >Jing'an: 131 Changning Road, near North Jiangsu Road; 6226 6112 / 6212 3211 >Gubei: 507 Wuzhong Road; 6242 5599 / 5477 5163

community listings

SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. www.scaashanghai.org

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. We believe proactive preventive care not only improves the quality of your pets' life, it will add years to it. At Westie Veterinary Clinic, we are a trusted leader in providing personalised hand on care for your pets. We also offer safe, comfortable dog and cat boarding facilities. 1325 Gubei Road, near Huangjin Cheng Avenue (Gubei Area), Changning District; 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc, providing miscellaneous, transparent diagnosis service to the pet owners. (FREE parking) 70 East Xietu Road, HuangPu district, Shanghai; Tel: 021-63333210, 021-63333211

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. We have offices in 14 countries and relocate more than 16,000 families each year. Our China offices were established in 1988 and now cover 11 cities across the country. We specialise in household goods being moved door-to-door worldwide and throughout China. We provide a full suite of relocation services assisting individuals and multinational corporations with their employees on international assignments. Our services also include office relocations and records management. For an obligation free consultation please contact us. www.asiantigers-mobility.cn; sales@asiantigers-china.com; Tel: (021) 3209 5561

EUROPEAN BEDDING

European Bedding is a premium bedding store that specializes in natural organic latex mattresses and pillows. We recognise the demand for a customisable sleeping system which focuses on good back support for all ages, builds, sleeping positions and personal preference. A King-size mattress can be customised to have firm support on one side and softer support on another to cater each of the partner's sleeping preferences. There is size customisation too, with us crafting mattresses to fit any frame as well as ultra-wide mattresses for families. Stop by our cosy showroom in Jing'an and let our sleep consultants do their magic! 425 Yanping Road, #104, Jing'an District, Shanghai 200042; +86 133 0168 0232; www.europeanbedding.com.cn

EXCEL WORLDWIDE MOVING & STORAGE

Provides international, domestic, local and office moving and storage services. Professional services, competitive rates, no hidden charges. Free residential consultation in English 7 days a week. Unit 101, Focus Business Centre, Bldg 4, 508 Chundong Road, Xinzhuang Industrial Park; 3462 8040 or 130 6176 4395; info@excelrelo.com; www.excelrelo.com

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your

growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong; 6045 6838; info@minicc.com; www.minicc.com

WOW MOVING CARE

A 100% optimised packing service for relocation, Wow Moving Care provides free visitation consulting (no additional charge), special plastic boxes and baskets and all the tools to provide you perfect service. 183 0181 7380; ceo@wow525.com; www.wow525.com

Services

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffering, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. > 15F of Anbao Building, 800 Dongfang Road; Lina Liu: 15026556459 / 17717469951; sh51yyjm@163.com; www.51yyjm.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BISTRO BURGER

A family friendly restaurant that features signature gourmet burgers, crafted milkshakes and a small kids corner. They use fresh, tasty food made from scratch with no additives. The menu offers over a dozen gourmet burger varieties to choose from; complemented with an array of original appetizers, sides, pizza and various barbecue. Monday-Saturday 11am-11pm, Sun 11am-9pm ¥100-199 Wi-Fi 1/F, 291 Fumin Road (opposite to 704 Changle Road) Tel: 021-61701315; www.bistroburger.cn

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. > Lane 4, 946 Changle Road; 6248 8985 > 73 Nanhui Road; 5289 0806; guido@bellanapoli-sh.com; www.bellanapoli-sh.com

BLUE FROG

This veritable institution caters to all crowds. Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jinqiao and Hongmei outlets, and Dining provides a welcome escape for Zhaipei expats. Gubei/Hongqiao > 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road); 5422-5119. Xuhui > 207-6 South Maoming Road (near Yongjia Road); 6445-6634. Xujiahui > Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiahui Station); 3368-6117; www.bluefrog.com.cn

DISHUIDONG

Get ready to roll your sleeves up and shout to your neighboring diners at this budget favorite.

Waitresses challenge your taste buds with suan dou jiao (beans sauteed with hot peppers and minced meat) and lawei hezhen (smoked meat fried with, yes, more hot peppers). The spareribs are a must. Luwan > 2/F, 56 South Maoming Road (near Changle Road, Metro Line 1 South Shaanxi Road Station Exit 3); 6253-2689; Changning > 2/F, 485 Guyang Road (near Yaohong Road); 5175-3067; www.dishuidong.com

ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. Super Brand Mall, Ground Floor, Northwest Corner; 5047 2060 > Shanghai Centre, 1376 West Nanjing Road; 6279 8682 > Kwah Centre, 4F, 1028 Middle Huaihai Road, near Donghu Road; 5403 8865; www.elementfresh.com

FAT COW SHANGHAI

This restaurant on Hongmei Lu serves American classics: signature burgers, grilled steaks and boneless fried chicken. Fresh salads are also available for health-conscious eaters. Gubei/Hongqiao > 7 Hongmei Laowai Jie, 3338 Hongmei Road (near West Yan'an Road); 3422 1700; info@fatcowshanghai.com; www.fatcowshanghai.com

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road, near Donghu Road; 021 6445 9589; www.theliquidlaundry.com

SWISS BUTCHERY

Swiss Butchery sells a wide variety of fresh, high-quality imported meat, home-made specialties, imported delicacies, and fine seafood. Check out the online store to order from a wide range of cuts and portions that come chilled and vacuum packed via next-day delivery. www.swissbutchery.com; info@swissbutchery.com; (021) 5223 7301 Hongqiao Store: 3187 Hongmei Road; Jinqiao Store: 262 Baihua Road; Xuhui Store: 86, Wulumuqi Road; Huacao Store: 219 Jinguang Road, Shanghai

TEXAS ROADHOUSE

Takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times. Texas Roadhouse launched its first Shanghai store in Century Link Mall this October, bringing the same great food, fun, and great value, that its known for in the other 540 restaurants worldwide. Come and try the authentic Texas style steaks, ribs, and seafood right here in Shanghai today! 5/F, 1192 Century Avenue, Century Link Mall, near Century Avenue Station, Exit 8 (021)50671759 www.texasroadhouse.com.cn WeChat: TexasRoadhouse

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. Here you can choose from over 7000 international and local products at diverse price ranges, and have them delivered directly to your door. Order from the comfort of your home via the website or on-the-go using the app. 400 776 0776 www.epermarket.com

community listings

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years. Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. >Puxi: 230 Wuding Road, near Changde Road; 68881913 >Pudong: Block 9, Summit Residences Clubhouse, 108 Shangcheng Road; 68881913; www.theactivitybox.com

ARTSPIRE VISUAL ARTS Centre

Artspire Visual Arts Centre is a professional organization dedicated to art education for children. We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202, 2633 West Yan'an Road near Shuicheng Road, Shang-Mira Commercial Centre, Changning District; 6211 9632; www.artspire.cn

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. Summit Club House, Middle Wulumuqi Road, Lane 99 Suite B106; 5403 9916; info@awesomekidsclub.com.cn; www.awesomekidsclub.com.cn

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus on the values of children's creativity and environmental/social awareness. Now our creative learning programs (based on our own patent pending curricula) on weekends is available in a beautiful venue located in the heart of Xuhui. We strive to let children enjoy their own process of inner potential empowerment through different "languages" such as art, music, photography, storytelling, and creative movements with our experienced international teachers. The bilingual program (English and Chinese) is for children between 3-5 years old. 888 Hua Shan Road; 131 6261 6359; Chelsea@bjorky.se; WeChat ID: Bjorky

CONCORD MUSIC

An international music school located in Gubei/Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803; 5235 7398; info@concord-music.com; www.concord-music.com

ELG

ELG is a social enterprise dedicated to providing high-quality special education, developmental, behavioral and mental health services in China. Putuo> No 19-20, Lane 209, Zhennan Road, Pudong> 814 Pudong Da Dao, 6F; 4006 129 423; services@chinaelg.com; www.chinaelg.com

EXPAT LEARNING Centre

A convenient option for continuing education classes in a variety of subjects, including the arts, business, computers, and education. 80 Shaanxi Road, near

Weihai Road, Jing'an District; 5588 9133; inquiry@shanghai-classes.com; www.shanghai-classes.com

HABA PLAYROOM/HABA

This Early Education Centre located in Kerry Parkside provides HABA products for retail, and also Logical Thinking Course from Germany for kids from 2+1/2 to 7 years. Make an appointment for First free Class Open from 10am to 10pm. 5089 7862; info@childmagic.cn

ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing; PAAShanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, No 1078 South Pudong Road, Lujiazui, Shanghai, 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

These 45 minute classes combine an exciting mix of musical fun, dance activities and physical education to help develop your child's creativity and physicality. A variety of age groups from 6 months -4 years. 60RMB per class or buy 5 classes at any time for 250RMB. 135 6454 0084; jitterbugsinshanghai@gmail.com; www.jitterbugsinshanghai.com

JULIA GABRIEL Centre FOR LEARNING

The Julia Gabriel Centre for Learning offers parent and child play classes starting from 6 months old, EduDrama from age 3, and a book room with storytelling and puppet shows. 75 Wuxing Road; 6437 3773; www.juliagabriel.com

JZ SCHOOL

Spark your kid's musicianship from an early age at this popular school for musical study. The reputable institution provides a variety of classes ranging from fundamental theory to contemporary music and performance arts. Creative classes use games, art and story-telling to build your child's musical imagination. Lane 12, 280 Wukang Road, near Hunan Road, Xuhui District; 5403-6475; info@jz-school.com; www.jz-school.com

KIDS ATTIC

A bilingual childhood development centre for children ages 18 months to 4 years old, Kids Attic aspires to be more than a daycare through its belief in motivating children through consistent and stimulating input. Our goal is for every child to develop a love of learning through hands-on experiences in phonics, numbers, art, music and dance, sign language, storytelling, etc. Full-day and half-day programs offered. Embassy Clubhouse Pudong, 588 Hongfeng Road; 131 4819 8740 (English),

131 6266 3622 (Chinese); kidsattic@hotmail.com; info@kidsattic.com; www.kidsattic.com

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards, college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Building 1, Suite 2305; 6135 2686; contact@oogieart.cn; WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. >Xintiandi: Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road >Lujiazui: 6/F, Lujiazui Worldpath Clinic International Meeting Room, 399 Nan Quan Road (N); singingspeckledfrogs@gmail.com

THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery techniques for kids aged 5-12. University trained teachers conduct classes in both English and Mandarin. 2F, 220 Taikang Road; 6445 0902 >Studio: 1A, Lane 180 South Shaanxi Road; infosh@potteryworkshop.com.cn; www.potteryworkshop.com.cn

PREMIERSHIP EXPERIENCE

Premiership Experience is a leading sports and cultural tour operator for youth in the United Kingdom and our passion lies in delivering experiences which will provide lifelong memories for all young people and their parents who travel with us. Over 15,000 travellers joined our excursions last year. We are excited to start operations in China and deliver the same level of quality and service to our guests. Our mission is to endeavor for every child and their parents to travel the world with us and come back a more rounded, experienced, skilled and educated person. We believe that a combination of sports, history, art, culture and language exchanges will brighten the life and expand the horizon of any child and young adult. For inquires contact us at: 400 100 8920 or email us at office@prem-ex.cn. Suite 1111, 11F, 525 Zhenning Road, Shanghai

ZOOLIGANS

Zooligans offers a safe, clean and exciting environment for your child to gain knowledge through well thought out purposeful play. Drop off, Mandarin Immersion and Mommy 'n Me Programs available. Flexible programs for up to 5 years old. >Changning: Bldg 8, 1765 Hongqiao Road, near Shuicheng Road >Minhang: House 5, 350 Jidi Road; 159 2152 6449; www.zooligans.org

Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. 3211 Hong Mei Road, Suite 505, Shanghai; 6426 1113; www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With

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offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across Mainland China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. Office in Shanghai: 20/F, Tower 1, Jing An Kerry Centre, 1515 West Nanjing Road, Shanghai, China 200040; Email: china.info@sjp.asia; Tel.: +86 21 8028 5300; WeChat Official Account: SJPASIA; Company Website: www.sjp.asia

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. admissions@britannicashanghai.com, www.britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further. admissions@bisspuxi.com. www.bisspuxi.com

CONCORDIA INTERNATIONAL SCHOOL

Concordia is a co-educational day school located on a 10-acre campus in the Biyun community of Jinqiao offering a rigorous and holistic American education to students aged 3 to 18. Concordia is accredited by WASC and recognised for its dedication to academic excellence and for providing well-developed sports, arts, service and applied learning programs. admissions@concordiashanghai.org; concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. admissions@dulwich-shanghai.minhang.cn; Wechat ID: dulwichpuxi; (021) 3329-9310 (021) 3329-9399; shanghai-puxi.dulwich.org

DULWICH COLLEGE SHANGHAI PUDONG

Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghai.pudong; shanghai-pudong.dulwich.org

HARROW INTERNATIONAL SCHOOL SHANGHAI

Harrow International School Shanghai is a co-educational day school for pupils aged 18 months to 18 years old. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Year

10 and 11, and A Levels at Sixth Form (Year 12 and 13). Harrow has a state-of-the-art campus, located within the innovative Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging extra-curricular activities and has a number of unique Harrow traditions. Founded in 2016 as part of the Harrow Family of Schools, Harrow Shanghai is connected to 450 years of global excellence via the unique Harrow genetics which bind our schools together. A Harrow Shanghai education is based on the same ethos and identity that has characterised a Harrow education in the UK for centuries and here you will find a school where the best of Western and Eastern traditions, history and heritage are seamlessly fused. 588 Gaoxi Road, Pudong, Shanghai; admissions@harrowshanghai.cn +86 21 6881 8282*210/212; www.harrowshanghai.cn

HUILI SCHOOL SHANGHAI

Huilil School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong, Shanghai; Tel: 021 3177 5080, admissions.hss@huilieducation.cn, www.huilieducation.cn/shanghai-school, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

Living Word Shanghai founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. Tel.: 021 6296 8877; Email: admissions@lwchina.org; Website: http://lw-school.org; Address: 688 Jiyou Road, Huacao Town, Minhang District, Shanghai

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. Telephone: 021 5226 0539 Email: apply@nacis.cn address: 1399 Jinhui Road, Minhang, Shanghai / 1399; Wechat: NACIS_Shanghaio; www.nacis.cn / www.nacis-shanghai.com

SHANGHAI AMERICAN SCHOOL

Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IB and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. info@saschina.org; www.saschina.org

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Admission@scis-china.org; Tel: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scishis; www.scis-china.org

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. admission@ssis.asia; www.ssis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. suischool@gmail.com; www.suis.com.cn

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. admissions@wiss.cn; www.wiss.cn

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,300 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2019-2020) Campus address: 1500 Yao Long Road, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong District, Shanghai, 200124; Phone: (021) 3175 6687; admissions.shanghai@wellingtoncollege.cn; www.wellingtoncollege.cn/shanghai

community listings

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: +86 21 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Our small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 489 Huaiyin Road, 6223 8870; www.happybridge.org.

HUILI NURSERY SHANGHAI

Located in the New Bund area in Pudong, Huili Nursery Shanghai represents a marriage of traditional values and evidence-based practice from the UK and China. The nursery has been designed to use indoor and outdoor learning spaces to promote recognised areas of learning and development in the unique child. The nursery team are a like-minded group of professional practitioners with a shared vision. For ages: 2-6 years old; Campus address: 215 Longwan Road, Pudong, Shanghai, 200126; Tel: (021) 3158 0010, admissions.hns@huilieducation.cn; http://www.huilieducation.cn/shanghai-nursery; WeChat: HuiliNurseryShanghai

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. Location: 3221 North Zhang Yang Road, Pudong New Area, Shanghai; For enquiry, please call 153-1792-5705 or check website: www.littlelions.cn

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. Campus 1: 2777 East

Jinxiu Road, Pudong Campus 2: 588 Hongfeng Road, Pudong District Tel: 02161799559 Email: info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China and School. West Hongqiao campus: 586 Gaojing Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessoris.com; Xuhui Campus: 21 Donghu Road, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessoris.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessoris.com; Minhang Campus: 3852 Duyuan Road, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessoris.com; QR Code: mss2005shanghai; School Web: www.montessoris.com

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. 021-51872889; admission@luc-china.com; No. 230-233, 779 Fangdian Road, Pudong; www.luc-china.com

Sports & Fitness

ACTIVE KIDZ SHANGHAI

A not-for-profit youth sport organization offering activities from age 3 in several locations around the city. Soccer, basketball, baseball, gymnastics, ballet, field hockey, volleyball, tennis and more! 6406 6757; activekidz@gmail.com; www.activekidz.org

CETA ELITE TENNIS ACADEMY

This academy - which is the International Tennis Academy of the Shanghai ATP Masters - is renowned throughout Asia for its proven results. With programs ranging in level from beginners to professional players in four locations throughout Puxi and Pudong on indoor courts, deco turf, and red European clay, they are sure to have a program that suits your needs. Coaches can also go to your compound for private lessons. Summer camps are available in Puxi and Pudong. 139 1812 8067; academy@cetatennis.com; www.cetatennis.com

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by

Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. ICONX West Bund Skate Park: 3399 Longteng Ave Xuhui; ICONX Jing'an Skate Park: 151 KangDing RD Jing'an Fitness & Sports Centre; Tel: 54108570, Customer Service: 17321285456; info@iconx.cn; www.iconx.com

SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. >Puxi: 789 Hong Zhong Road (near West Yan'an Road) >Pudong: 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road); 186 2178 1281; shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. 183 0198 7976; info@siyslchina.org; www.siyslchina.org

SPORTS FORCE

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Contact adrien@shanghaiunforce.com; 186 1690 8035; WeChat ID: Runfast2day or patrick@aualstars.com; 180 1787 1712; WeChat ID: AAUSports

Teen Activities

DISCKART INDOOR KARTING

High-speed go karting on a 4,500 sqm indoor track on 60cc engines. 80RMB for eight minutes (buy five tickets get one free). Open 2pm to 2am daily. 809 Zaoyang Road, near Jinshajiang Road (inside Chang Feng Park); 6222 2880; www.kartingchina.com

JIANGWAN SMP SKATE PARK

This 12,000 square meter park has something for rollerbladers, skateboarders and BMXers. Fees from 15-25RMB for members and 40-60RMB for non-members. Pudong: 655 Yuanshen Road >Zhabei: 2100 Songhu Road, near Guohao Road; 5525 0901

ORDEN BOWLING CENTRE

This 16-lane bowling alley is open 24 hours. Rates from 15-30RMB per frame depending on peak or non-peak hours with shoe rentals for 3RMB. Room A, 10 Hengshan Road near Gao'an Road; 6474 6666

ROCK DANCE SPACE CLIMBING CENTRE

Located inside an old factory that's been converted into a sports centre, this indoor rock climbing centre has eight climbing walls, as well as an indoor basketball court, snooker club, badminton and table tennis, and an outdoor track. 60RMB on weekdays, and 70RMB on weekends includes equipment hire.

community listings

Block 1, Bldg A, Rm 105, 128 Huayuan Road, near North Zhongshan Road; 3636 8028

SHANGHAI STADIUM ROCK-CLIMBING SPORTS Centre

With climbing walls range from 15 to 25 meters high, suitable for beginner and experienced climbers. Entry fees from ¥40-50 and harness and shoe rentals ¥10. Climbers under 18 must be accompanied by an adult. 1500 South Zhongshan 2nd Road, near North Caoxi Road, Stall 6, Stand 1; 6426 5178, 6426 6666; www.rockclimb.cn

THE GENIUS WORKSHOP

Providing a range of workshops in engineering, robotics and animation, The Genius Workshop encourages children between the ages of 3 and 14 to let their creativity flourish, as they master the basics of building, programming, film editing and so much more! > Pudong: Unit 105, 1/F, 1099 Meihua Road, Expo Plaza; 5033 3053 > Minhang/Hongqiao: Unit 504, 5/F, Tai Hao Building (above City Shop), 3211 Hongmei Road; 6446 6766 > Huangpu SML: Unit 38-40, 3/F, Xujiahui Block, 618 Xujiahui Road; 6126 6526; www.g-workshop.com.cn

WELLINGTON ACADEMY PROGRAMME

This after school and weekend program is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating, singing, dancing and acting, Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

MANDARIN KING

Mandarin King Language Training Institute provides systematic Easy-to-Learn Mandarin training modules, proven training methodology, and tailor-made learning programs by its certified Mandarin instructors. 1/F, Building 6, Lane 416, Yongjia Road (near Taiyuan Road), 400 618 6685; www.mandarinking.cn

SHANGHAI EXPAT TUTORS

Shanghai Expat Tutors is the leading tutoring service in Shanghai. We provide one on one tutoring sessions for all grades and courses of international schools (IB, IGCSE, SAT, AP). We focus not only on grade improvement, but also in study habits, time management, organization and discipline in order to achieve a long term improvement. We have the most rigorous selection process for our tutors to make sure they not only have excellent academic backgrounds, but also wide experience in tutoring international programs. We create customised programs specifically designed to address the student's specific strengths and weaknesses therefore we can ensure the highest level of information retention during tutoring sessions. 1661 Changning Road, Changning District; 6227 8161; shanghaiexpattutors@mail.com; www.shanghaiexpattutors.com

THAT'S MANDARIN

That's Mandarin is one of the top Chinese language schools in China and has more than 10 years of experience in offering high-quality Chinese language courses with the use of modern technology. Classes offered by That's Mandarin cover useful words and phrases that you need to have conversations with friends and professionals on topics related to daily life Building 6, 149 Jiaozhou Road, Jing'an District; 021 6208 9357; www.thatsmandarin.com/

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT,

GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest scorers on the tests they teach. Building B, 5/F, Bai Nao Tong Building Complex, 1010 Kaixuan Road; 5108 2798; tprenquiry.sha@sarabeattie.com; PrincetonReviewShanghai.com

MEDICAL SERVICES

Health Clinics & Services

AMERICAN-SINO OB/GYN/PEDIATRICS SERVICES

Providing a comprehensive array of on-site services for women and children by certified specialists from overseas and China. Outpatient services: Monday-Friday 9am-8pm; Saturday-Sunday 9am-5pm. 3F, Block 6, Clove Apartment, 800 Huashan Road, near Zhenning Road; 6210 2299; service@americanobgyn.com; www.americanobgyn.com

BODY & SOUL MEDICAL CLINICS



BODY & SOUL
MEDICAL CLINICS

We combine Eastern and Western medicine to provide the best medical care for you.

Traditional Chinese Medicine • Acupuncture • Gyn • Physiotherapy • Chiropractic • Osteopathy • Internal & Functional Medicine • Psychology

DOWNTOWN CLINIC - XINTIANDI **HONGMEI ROAD CLINIC - HONGQIAO**
T: (+86 21) 6345 5101 T: (+86 21) 6461 6550

Combining the best of both hemispheres, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services Include: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, kid's health, orthotics, osteopathy, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. > Xintiandi, 14F, 760 South Xizang Road > Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: Xintiandi, 021 6345 5101; Hongqiao, 021 6461 6550; Call individual clinics for opening hours. www.tcm-shanghai.com

COLUMBIA BAINUO CLINIC

Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Room 2501, 2505 United Plaza, 1468 West Nanjing Road; 400-663-7707; Mon-Sun 8am-7pm; columbia-bainuo.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

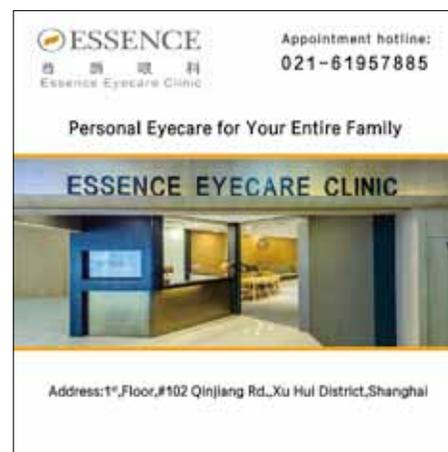


DeltaHealth
德达医疗

400-821-0277

DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, emergency, internal medicine, surgery, orthopedics, thoracic, gynecology, pediatrics, ophthalmology, rehabilitation, medical imaging, traditional Chinese medicine and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. DeltaHealth Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7. DeltaWest Clinic: 5th Floor, Building B, 2558 West Yan'An Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium); Open Mon-Sat, 8.30am-6.00pm; www.deltahealth.com.cn (400 821 0277)

ESSENCE EYE CLINIC



ESSENCE
Essence Eyecare Clinic

Appointment hotline: 021-61957885

Personal Eyecare for Your Entire Family

ESSENCE EYECARE CLINIC

Address: 1st Floor, #102 Qinjiang Rd., Xu Hui District, Shanghai

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. > #102 Qinjiang Rd., Xuhui District, Shanghai Appointment Hotline: 6195-7885; Open Mon-Sat: 9am-5pm; Wechat ID: zijk61957885 1st floor, Landseid hospital

community listings

JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness centre. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre- and post-exposure rabies vaccines. > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an), Suite101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm.; 400-868-3000; www.jiahui.com/en

PARKWAYHEALTH



With more international doctors and a wider range of services than any other health care provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services Include: Adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental health services, TCM, urology. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Specialty and Inpatient Centre 3F, 170 Danshui Road > Geneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 West Nanjing Road > JinMao

Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road; 24-hour appointment, 400-819-6622; www.parkwayantai.cn

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. > 1868 Pudong Avenue, 3F, Oriental City Tower, Shanghai; > 35 Yongjia Rd, 19th Floor (near Maoming Rd), Huangpu District, Shanghai; Telephone: 021-6075-3100, 021-5404-0058/59; sh.changhedayun.com

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services Include: Cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. > 127 Caoxi Road, Xuhui District; 8621-5489-3781; Mon-Sun 9am-5pm; www.renaihospital.com

SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy,

Laboratory, Psychiatry. > B1-1F, 1398 Fang Dian Road, Pu Dong District, Shanghai; Appointment centre: 4008 500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. > 23F & 24F, Building B, 551 South Pudong Road, Shanghai; For 24-hour service, call 021 5879 9999, or 150 0019 0899; Outpatient services Mon-Fri 9am-7pm and Sat-Sun 9am-6pm; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

UNITED FAMILY HEALTHCARE (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 2 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. > United Family Shanghai locations: Shanghai United Family Hospital, 1139 Xianxia Road, by Qingxi Road (Open 24/7); Shanghai United Family Pudong Hospital, 1598 New Jinqiao Road, by Donglu Road (Open 24/7); United Family Quankou Clinic, 8 Quankou Road, by Linquan Road (Open Mon-Sat 8:30am-5:30pm); United Family Fengshang Clinic, 689 Yunle Road, by Jinfeng Road (Open Mon-Sat 9:00am-5:00pm)

Dental Clinics

ALPHA DENTAL

community listings

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. 1737 Tianshan Road, SOHO Tianshan Plaza Tower 1 Unit 206. Tel: 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 1391811319. www.alpha-dental.cn

JIAHUI DENTAL



Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-868-3000; www.jiahui.com/en

PURESMILE ORTHODONTICS & DENTISTRY



PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. > Pudong: No. 1-4 Lane, 650 Biyun Road, Jinqiao > Changning: 2268 Hongqiao Road, 2nd Floor, Unit 2P > Minhang: 569 Yunle Road, Shop 111, Huacao Town > Jing'an: 818 West Nanjing Road, Room 1201, Jing'an; Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jing'an 6363-6388; Daily 10am-6pm; www.puresmile.com

PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-819-6622; www.parkwaypantai.cn

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics > Address: > (Puxi) 129 East Fugui Road, Changning District > (Pudong) 228 Hongfeng Road, Pudong District: 6278-1181; Mon-Sat 10am-7pm, closed on Sundays; www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

LIFESTYLE

Health & Beauty

BANYAN TREE SPA

The Westin's luxury downtown spa is located just off the Bund. Spa features treatments based on the five Chinese elements, Traditional Chinese Medicine, and more. 16 Gong Ping Road; www.banyantreespa.com

BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. > Minhang: Room 5089, 3211 Hongmei Road; 3468 1328 > West Nanjing Road: 5F, 118 Qinghai Road; www.bodyconceptpilates.com

BENSON

With highly skilled stylists and colourists, this salon specialises in colouring as well as luxurious hair treatments including their KeraStraight conditioning treatment for perfectly straight hair for months. Pudong: 1208 Biyun Road; 5030 3878 > Puxi: 8F, Golden Bridge International, Jiangning Road, and 4F, City Plaza, 1618 West Nanjing Road, 6277 8778; www.bensonsalon.com

BIKRAM YOGA SHANGHAI

This studio was the first authorised Bikram studio in Shanghai and adheres closely to the practice of that school of yoga. The simple space features a hot room with good heat distribution and a high level of moisture. > West Nanjing Road: 3F, 81 Jiangning Road (near Nanyang Road); 157 2135 2048; www.bikramyogashanghai.com

CHUAN SPA AT THE LANGHAM XINTIANDI

Chuan Spa at The Langham Xintiandi offers a pool, a spa and 24 hour fitness as well as 60 varying health and beauty treatments including massage, facials, nail treatments and TCM treatments. 99 Madang Road; 2330 2288; xintiandi.langhamhotels.com

DVA BOUTIQUE SPA

A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. > Xuhui: Lane 11, 186 South Shaanxi Road; 021 5465 7007 > Songjiang: Lane 812, 900 North San Xin Road; 021 5761 8578; booking@dvabspa.com; www.dvabspa.com

DRAGONFLY

This tranquil retreat has locations all over the city, providing busy urbanites with services that include a variety of massage styles including oil, Chinese, Japanese and foot massage, facials, nails and gentle waxing. > Century Park: 1378 Huamu Road; 2025 2308 > Jing'an: 193 Jiaozhou Road; 5213 5778 > Huaihai Zhong Road: 2F, 559 > Xuhui: 206 Xinle Road; 5403 6133 ; > www.dragonfly.net.cn

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KARMA LIFE YOGA CENTRE

In an interior given a recent facelift by a famous Shanghai designer, you'll wonder if you are practicing yoga in a high-end resort in Bali. The studio, the city's first and largest, features world-class yoga instruction for practitioners of all levels. > Lujiazui: Pucheng Road Centre, 160 Pucheng Road (near Shangcheng Road); 5887 3121; www.unispa.com > Huangpu: 2B, 758 South Xizang Road (near West Jianguo Road); 5321 0688, 150-0003-0588; www.karmayoga.com.cn

PURE YOGA

This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. The facilities are top-notch with great, spacious changing rooms and several relaxing lounge spaces to help practitioners get into the right state of mind. There are complimentary refreshments and Pure Yoga has its own line of high-quality yogawear for sale. > Middle Huaihai Road: L6-615, IAPM Mall, 999 Middle Huaihai Road (near Xiangyang Road); 5466 1266; www.pure-yoga.com.cn



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