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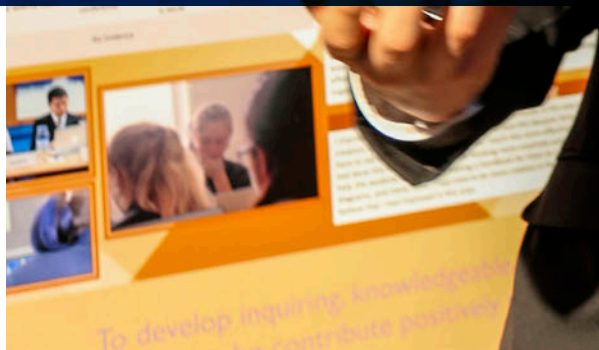




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2020



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Dear Readers,

We at **Parents&Kids and Shanghai Family** want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take two minutes to fill out our survey and enter for a chance to WIN a travel voucher from OKDealTravel worth ¥2,000. 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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In Alphabetic order

## editor's note

With summer just around the corner, more and more of us will be concerned with getting into shape - but how do you do that safely during pregnancy or after an accident? To help you on your way, this issue's cover story looks at how to exercise safely, with a specific focus on rehabilitation and alternative medicine in Shanghai (p10), while Dr Chen Demei at Shanghai Renai Hospital elaborates on how to get children involved in sports and exercise carefully (p42) in ask the doc. Although, as we have learned, safety isn't just physical. Following on from this year's global pandemic, expats from various industries share their experiences and thoughts on COVID-19 and how it impacted our lives (p16). Our shopping writer, Eve Wee-Ang speaks to two families on their favourite sports brands (p24). And as the weather finally starts to warm up, (p22) our fabulous dining editor Michael Zee, the genius behind famous Instagram feed 'Symmetry Breakfast', takes us on a journey through some of his favourite unique eats. Head over to our

education section to discover more about Harrow Shanghai's new Early Years programme, Harrow Cubs (p26), Lycée Français de Shanghai's new Europcampus and educational philosophies (p30), and how Little Lions paves the path to starting primary school (p28). From all of us at Parents&Kids we hope you enjoy this Spring edition. Stay well and healthy!



## behind the cover



A big "Thank You" to **Harrow Little Lions** for being our cover models of this Spring edition of **Parents&Kids**.

# Parents&Kids

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## Commune Reserve Replaces Stone Brewing

**B**ack in Feb we said our tearful goodbyes to Californian brewery, Stone Brewing, only for that misery to be shortlived! As of 25th April, leading craft beer bar operator, COMMUNE, took over the responsibility of providing a comfy Friday haunt for beer come patio lovers, continuing on from Stone's quickly built legacy. Beers are legit and

food's excellent - if not better than its predecessors. Highly recommend the fish tacos, the hot pastrami reuben, and the warm chocolate brownie - baked by Hiroaki Homma. There is a kids menu and highchairs are available upon request.

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# Ready Set

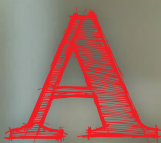
# GO!

Getting fit after pregnancy or  
injury the safe way

By **Anabela Mok**







As we say goodbye to cold temperatures and icy winds, we say hello to spring and its promise of warmer weather - perfect for fitness and sports. With thoughts of sunbathing and summer clothes ahead of us, most of us will feel a strong kick of motivation to begin shedding our winter weight and tone our bodies. But being fit isn't always about where to go to drop the pounds and get shredded, sometimes it can be about recovery.

How do you begin the road to fitness if you are overcoming a medical condition or have special needs? Whether you are recovering from an injury or require physiotherapy to help assist with movement development, it's crucial to take a different perspective as to what fitness can be. From different body types and conditions, here is a rundown of how you can manage your recovery and begin your road to fitness - the safe way!

*Thank you to Weiyi Wang, Physiotherapist at  
Shanghai United Family Hospital  
for contributing to this article.*

## Why is physiotherapy important?

Physiotherapy is recommended to help restore movement and function when you have recently been affected by injury or disability. The gentle and repetitive movement through an ongoing process to restore movement to the area that was injured.

## Getting Back to Shape

But, treatment alone is not the only recommended course. If you are athletic and plan on going back into high intensity sports or competitions, it would be advisable to slowly increase your intensity.

Body Concept offers gyrotronic classes which is a unique system of exercise that incorporates movement principles from yoga, dance, gymnastics, swimming and tai chi. This allows the exerciser to strengthen their muscles via a specific exercise incorporating circular and spiralling movement patterns.

If you want intense, head to the clinic. They offer tailored classes for the athlete in training with on-site physio and osteopath team and fitness professionals.

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# Alternative Treatment



**H**owever, healthy individuals may require additional support to prevent injury and enhance muscle performance. Whether it is chiropractic services, osteopath or TCM, using alternative treatment as an ongoing treatment can help release sore muscles, align and adjust our bodies.

TCM alternatives including acupuncture, moxibustion, cupping and tui nah massage, aim to boost recovery, optimize health before you're hurt, and prevent injury altogether. This works by activating the body's pressure points to assist the movement the Qi within the body. TCM is beginning to be popular among athletes who experience chronic pain. Acupuncture helps to reduce pain by activating specific trigger points that are believed to radiate tension and act as the source of muscle tightness. By doing this, tension is released and muscles can relax.



Sometimes, acupuncture is used alongside moxibustion, a technique that includes applying just-extinguished burned herbs to the skin that should prompt muscles to relax further, enhancing the effects of acupuncture.





## Chiropractor or Osteopath?

Chiropractors treat pain (and sometimes other problems) by manipulating the spine. They make “adjustments” to put the spine back into alignment. Chiropractors believe that if the spine is in proper alignment, the body will be able to heal itself. Chiropractors are not medically trained, and they do not prescribe medications.

Chiropractors and osteopaths have the same philosophy that spinal health influences your overall health. They believe that working on the spine optimises the operation of the nervous system and improves blood flow to body systems. To accomplish this, they manipulate joints and sometimes massage muscles and tissue. Their primary goal is to relieve aches and pains in the body. They sometimes have secondary goals such as addressing problems with circulation, digestion, or headaches. Their diagnosis process mainly involves observing and touching the back.

However, chiropractors mainly focus on the alignment of the spine. They believe this relieves pain by preventing pinched nerves or any other compromise of the nervous system. Osteopaths, on the other hand, look more at the whole body and focus on its structure and tend to treat a broader range of disorders, while most chiropractors focus on muscle and joint pain.

Chiropractors often make use of tests such as x-rays and MRI scans. Some even have x-ray machines in their office. Osteopaths rely more on their own physical examination and generally refer patients out if they feel more diagnostic procedures are required. Osteopaths usually use a greater variety of techniques to manipulate the body's healing systems. They may do more muscle and soft tissue work or manipulate other joints in the body. Chiropractors mainly focus on adjustments to the vertebrae of the spine.



## Getting Back to Shape

### After Baby

When it comes to recovering after birth, most postpartum moms are actively planning to loose weight and get back to their prepregnancy shape. However, this is a process that should not be rushed as this can create more long term problems. To have a healthy recovery, it is important to consider the health of your abdominals and strengthen the pelvic floor muscle before doing anything too strenuous. Most importantly, new moms should also consider the state of their body as delivery can cause a traumatic impact on muscles. Regardless as to whether you have a caesarean or natural birth, pregnancy can cause diastis recti - the separation of abdominal muscles. If this goes undiagnosed, any further exercise can cause further impacts to your health.



## 4 Tips for Exercising Safely Post Birth

- 1 Have your obstetrician check on your recovery and give the okay before starting any exercise. Be sure to have them check if you have diastis recti - aka separation of abdominal muscles.
- 2 If diastis recti is severe, visit a physio to begin exercises that can slowly rebuild your abdominal muscles.
- 3 Try low impact and gentle exercises such as postnatal yoga and pilates. Specific post natal classes can help moms rebuild their pelvic floor muscles and core muscles in a gentle manner, which sets the foundation for their body to be in shape for more high intensity classes.
- 4 Don't give yourself too much pressure to look perfect in a short time, it takes nine months to grow a baby and it will take a while to get back into shape!



# Rockin' the Bump

## Why prenatal exercise is key to better mommy health...

Prenatal exercising has great benefits for expecting mothers, particularly if there are no complications during the pregnancy. With adequate exercise during the pregnancy period, strengthening and toning muscles in the lower back, butt and thighs helps to relieve certain physical pains to your back and boost energy.

Most importantly, prenatal exercise helps to prevent wear and tear of the joints, which can become loose during pregnancy due to hormonal changes, and improve sleep by relieving stress and anxiety. In the long term, these exercises help to prepare the body for birth. Strong muscles and a fit heart can greatly ease labour and delivery. Gaining control over your breathing can help with pain management. And in the event of a lengthy labour, increased endurance can be a real help. Some studies have shown that exercise may even lower a woman's risk of complications, like preeclampsia and gestational diabetes.

If you are anxious about the time to spring back to your prepregnancy form after delivery, prenatal exercise can help minimise weight/ fat gain (assuming you exercised before becoming pregnant). But don't expect or try to lose weight during this period. For most women, the goal is to maintain their fitness level throughout pregnancy.



## What's a safe exercise plan during pregnancy?

If you exercised regularly before becoming pregnant, continue your programme, with modifications as you need them. If you weren't fit before you became pregnant, don't give up! Begin slowly and build gradually as you become stronger. Experts recommend at least 150 minutes (that's 2 hours and 30 minutes) of moderate-intensity aerobic activity each week for healthy women who are not already highly active or doing high intensity activity.

If you're healthy, the risks of moderate-intensive activity during pregnancy are very low and do not increase the risk of low birth weight, preterm delivery, or early pregnancy loss.

### You may need to limit your exercise if you have:

- Pregnancy-induced high blood pressure
- Early contractions
- Vaginal bleeding
- Premature rupture of your membranes, also known as your water (the fluid in the amniotic sac around the fetus) breaking early

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# Physiotherapy From Infancy

If you think physiotherapy is only for adults, you are wrong. Since physical therapy focuses on physical rehabilitation, many physicians recommend it for infants who have developed disorders and disabilities, regardless whether they surfaced from birth injuries or genetic abnormalities. If you are a parent and notice your child is not developing in the way they should be, particularly their sense of balance and how they sit, you may want to ask your paediatrician to make a recommendation for a physiotherapist.

## Why is this important?

A child's early years are crucial in developing their senses, and movement is one of them. Movement allows babies and children to explore their bodies and how they work, as well as their environment and all the things in their world. Being able to move easily and successfully is essential for learning and growing.

Movement disorders can vary greatly, but could include babies and young children who are slower at achieving development milestones such as late to learn to sit, crawl, or walk. Unusual sitting patterns, or motor skills such as jumping/hopping or ball skills. Toddlers and babies who seem clumsy or uncoordinated may have conditions such as cerebral palsy, Down syndrome, autism, or other congenital syndromes, or be moving differently due to a brain injury or muscular dystrophies.

Physiotherapy is particularly important for babies and children with conditions affecting their bones, joints or muscles, such as Plagiocephaly (flattened head shape), clubfoot, flat feet, overly flexible or dislocating joints, or congenital conditions.

In some cases, babies who are born prematurely may experience the benefit of physiotherapy to help with their posture. Because of the shortened time in utero, premature babies often hold their shoulders up close to their ears, hence, according to paediatric experts, why premature infants are not only born underweight but are also at risk of developing cognitive issues, motor impairment, and behaviour problems as they grow older. Physical therapy can set specific goals to help babies as they continue to grow and exhibit signs of the aforementioned issues.

Whether it is via chiropractic assistance or osteopath treatment, physiotherapy for babies can promote correct positions and movement patterns, aid in developing age-appropriate development skills, improve muscle function and help them overcome physical limitations.



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# Facing the pandemic

Educators, healthcare workers,  
and business professionals share feelings  
and experiences of the 2020 Coronavirus

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.





### 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.”



### Dr Drew Gerdes

Early Childhood Principal at  
Concordia International School

“We decided to stay in Shanghai during this period because we were due to have a baby and medically it made more sense to stay in Shanghai. Right before CNY, we had a regular appointment with our maternity doctor, a well-known and respected doctor in Shanghai. We asked about her thoughts regarding staying in Shanghai or returning to the USA (which we had not been planning to do). She assured us that because we wash our hands frequently, bathe daily, eat healthy and cooked foods, avoided crowded spaces, and that we stay away from environments with questionable cleanliness the risk of us contracting the virus were extremely low. There was a much greater risk of us contracting the virus at the airport and traveling via airplane. We also have a toddler at home, so traveling with a pregnant wife and little one was a bit daunting. Additionally, we had to think ahead as to how we would return to Shanghai. Sound reassurance from qualified medical personnel put our minds at rest. We believed staying in Shanghai was the best decision for us. Additionally, as a school principal, I knew that my presence in Shanghai would be good should there be a need.

### Mun Yee Choo

Marketing & Communications Manager  
Shanghai Community  
International School



“My family normally stay in Shanghai during Chinese New Year as we tend to travel during the winter and summer breaks; so it was by coincidence that we were still in China during the outbreak of COVID-19. Staying in Shanghai was actually not as bad as some others made out. The lack of daily essentials, for example, were simply part of the normal CNY closures; despite it being extended an additional week. As long as you knew where to shop, especially the western markets, almost everything was available. We also didn't need to worry about having to complete self-quarantine when coming back or running out of money if we were staying overseas for an extended amount of time. Plus, by observing the condition in Shanghai and reading daily news, I was confident that China would overcome this tough time and that things would quickly return to normal. We just had to be patient and do our part by going out only when it was necessary and to let the medical professionals do their part to clear the virus.

### 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 during these challenging times, 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 or even just be here to show my support.

## Supporting others



**Dr Eddi Tham Gock Huan**

Physician of General Medicine - Delta-Health 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 Homeroom 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, the 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 did everything

possible to help them through the difficult period, making it as comfortable as possible. When many public facilities were closed, our 8th floor Terrace Garden became their private sanctuary to get some fresh air, go for a walk, etc.”

## 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

**Fabienne Mauguin**

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.”



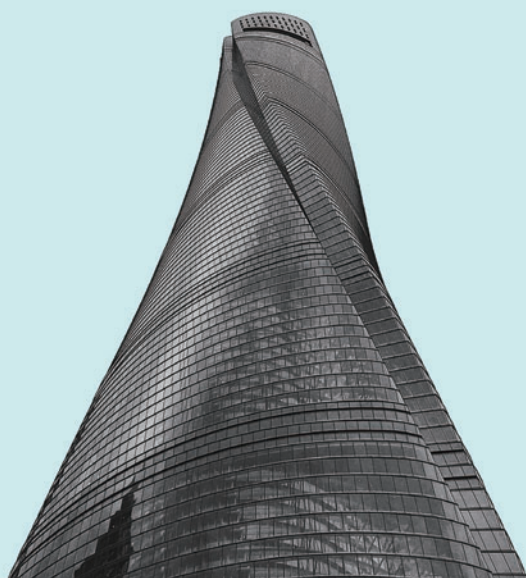
**Dr Khelu Shrestha**

General Surgeon, MD - Shanghai Renai  
Hospital

“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



**W**hen 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 this posed to small to medium sized businesses, 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.



**Felix Neumann**

Executive Chef at THE TWINS

As F&B has been one of the most noticeably hit industries, I checked in with Felix Neumann, Executive Chef over at THE TWINS. Felix explained that despite the rapid deterioration of the F&B scene in Shanghai, he remained optimistic and was keen to get back to work.

"I was in Shanghai the first time back in 2017 for Chinese New Year, at that time I was amazed by how such a vibrant city can change... Since this [epidemic] situation was a new one for me, I didn't know at first what to do and whether it would be better to leave for Germany. But after a few days I decided to stay in Shanghai... In my view, the relentless work of all [China] agencies ensured that the situation in Shanghai was not so much worse. I am grateful to everyone for that."

This optimism was reflected by Ulrich Jablonka, Resident Manager of Pudong Shangri-La, East Shanghai, and Hoss Vetry, General Manager of The Ritz-Carlton Shanghai, Pudong.



**Ulrich Jablonka**

Resident Manager of  
Pudong Shangri-La, East Shanghai

When I asked Mr Jablonka Hugentobler, who lives here with his family, why he decided to remain in China, he said that after closely following the developments of the virus and the precautions put into place by the government he believed it was safe for them all to stay in Shanghai.

"We donated face masks to support our local community in the fight against the novel coronavirus pandemic. It was of the upmost importance for us to show our support for this situation to all our friends and surrounding communities."

In a 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



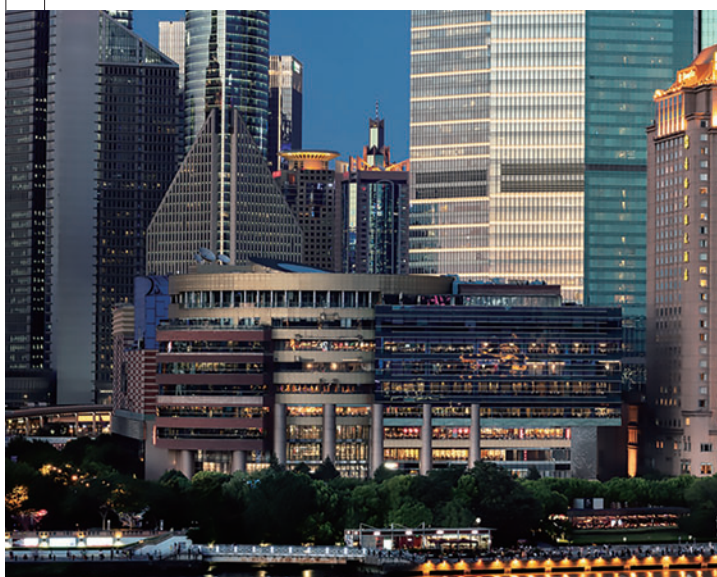
“ [Our hotel] went literally from being super busy to not so busy, dropping by a double digit occupancy. No different to any other industry; we have all been heavily impacted... Our industry is completely in tourism and leisure - so anything that affects the economy of a city or a country will affect 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 premises 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".



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

Restaurant closures mean importers lose business, factory closures mean big 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.



# Food Glorious Food

"Our favourite diet..."

By Michael Zee



## Rong Xiao Guan 荣小馆

The baby brother of Xin Rong Ji, the critically acclaimed Taizhou restaurant hidden inside the Andaz Hotel in Xintiandi, is the perfect spot for a casual weekday dinner, or the repeat visitor to Shanghai that has seen enough of the Bund. It's Michelin star food without the need for a reservation (because they don't take them). Some of the iconic dishes from Xin Rong Ji are carried over here such as the cuttlefish sausage (目鱼香肠) and the bean noodles with blood clams (沙蒜豆面) which are a must order. The restaurant's pigeon dish should be ordered ahead with the waiters encouraging you to bite off the back of the head and suck out the nugget of foie gras like brain, it's

exquisitely visceral! But where Rong Xiao Guan really shines is the price. A group of four with wine can easily be less than 250 RMB a head. With exceptional service, handsome surroundings and Michelin-level cooking it will easily become your new favourite.

**Find it:** Andaz Hotel, 128 Taicang Road  
Everyday, 11am-2pm & 5pm-9pm;  
No reservations, expect to wait a little during peak times;  
Ground floor, no step from street level;  
Baby changing facilities in hotel;  
Plenty of space for pushchairs;  
South Huangpi metro (Line 1)







## KIN

Last year, Yongkang Road hit peak in F&B, to which I was incredibly grateful for the late addition of KIN - a concept merging mostly northern Chiang Mai style Thai cooking with natural wines. I've been four times already, for both lunch and dinner. KIN is by no means trying to be 'the best' Thai restaurant in Shanghai, far from it. But, is it a well-thought-out, reasonably priced neighbourhood restaurant where on most nights you can just wing it and rock up without a reservation? Absolutely! The beauty of many of the dishes is that you can control the spice level at the table making it ideal for children. Definitely order the fish sauce caramel wings and the crispy rice with an egg and pair it all with a Riesling or a refreshing Thai tea.



Find it: 45 Yongkang Road

Reservations: 021 6 433 0201; Everyday, 10am-10pm; Space for pushchairs; Street level with no steps South Shaanxi Road Metro (Lines 1, 10 and 12);



## Spicy Spot 椒点

If you feel like you've exhausted the traditional list of Sichuan options in your repertoire, then consider Spicy Spot your new fall back. Somewhere between Xujiahui and Shanghai Stadium, on the second floor of the Ascendas Plaza mall, Spicy Spot has a loyal following on Dianping and for good reason. Whilst most of the classics like mapo doufu and lazi ji are covered, some lesser known Sichuan dishes like delightful clouds of tofu in a creamy soy milk 手剥乡村老豆腐 are the perfect foil to balance the spice and the baby cumin roasted potatoes (石锅大漠孜然小土豆,) are delightful little morsels that are incredibly addictive. The menu is expansive and diverse enough that you could avoid eating chilli entirely if you are dining with very small children, or awkward adults.

Find it: 2nd floor, Ascendas Plaza, 333 Tianyaoqiao Road

Reservations: 021 5435 6191; Everyday 11am-2pm & 5pm-10pm; Space for pushchairs; Baby changing facilities available in the mall; Xujiahui (Line 1) and Shanghai Indoor Stadium (Line 4);



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# Families who play together, stay together

By Eve Wee-Ang, model photographer Wei Kuan Tay



Football 39.90 RMB  
find it at Decathlon



Kid's football kit  
449 RMB, find it at Adidas

## FATHER & DAUGHTER

**A**lberto & Fimma Bighignoli (10 years old)  
Father's Occupation: Automotive industry  
Nationality: Italian  
Favourite activity: Football  
Favourite team: Alberto is a fan of Inter-Milan while Fimma adores Juventus because of Cristiano Ronaldo.  
Go-to labels in Shanghai: Under Armour, Decathlon



As the world embraces social distancing etiquette as the new norm, thanks to COVID-19, quality time with our loved ones is cherished now more than ever. What better way to bond and create precious memories than to engage in fun activities together!

For our debut 2020 issue, we caught up with Italian dad, Alberto, and his daughter Fimma, after their football match. Then Russian mum, Oksana, and her talented son Nicholas showed us their jazz moves at Oksana's dance studio *Bodylab*.



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Trilby hat **287 RMB**, find it on Naima  
Ao's Flagship Store **Tmall**



## MOTHER & SON

**Q**kasana & Nicolas Zhang (5 ½ years old)

Mother's Occupation: CEO and Head coach at Bodylab Dance Centre

Nationality: Mum is Russian, son is Russian Chinese

Mother's favourite sport: Rythmic gymnastics

Son's favourite sport: Kungfu

Favourite activity together: Jazz

Go-to labels in Shanghai: Lululemon, Adidas



Sports bag **189 RMB**, find it at **361 Degrees China**



Dress **1290 RMB** find it at **Lululemon**

# Nurturing Inquisitive Cubs into Independent Lions

Parent and teacher of **Harrow Shanghai** discuss how the school's new Early Years programme, Harrow Cubs, provides the perfect introduction to learning

By **Ailan Gates**



Kelly Marie Wailes, Deputy Head



Every school has its own unique environment, teaching styles, and philosophies, so choosing the right place does take time. Educational experts advise parents to spend time carefully researching the ideal school that will fit perfectly with their children's academic, social, and emotional needs. School visits are a must and Harrow Shanghai certainly encourages all parents to have a personal tour to help them become better acquainted with their comprehensive programmes and extraordinary learning environment.

Founded by John Lyon in 1572 under the Royal Charter of Queen Elizabeth I of England, **Harrow has a tradition of over 450 years of academic excellence that instils core values of courage, honour, humility, and fellowship.**

Harrow Shanghai is the fourth institution in Harrow's prestigious family of schools in Asia and features an environment and curriculum that combines a symbiotic synergy between traditional and educational approaches.

Offering an independent and enriching education, from its Early Years Harrow Cubs programme to the Upper Sixth, **Harrow Shanghai provides its pupils with a smooth educational journey while nurturing a strong sense of identity.** Kelly Marie Wailes, Deputy Head, believes that 'in order to capitalise on the innate curiosity of children, educators need to continually ensure an open, independent and nurturing curriculum where teachers are facilitators of learning and simply help direct, shape and form a pupil's learning through verbal, creative, cognitive and social play'.



## Harrow Cubs

Harrow Cubs, the school's new, community-inspired Early Years programme, uses thoughtfully constructed routines and play-based, inquiry-led learning approaches to **provide children aged between 18 months to 24 months with the perfect introduction to a school learning environment.**

Catherine, a Cubs mother at Harrow Shanghai, believes that starting school early is beneficial to a child's social and emotional development. Before coming to Shanghai, Catherine's daughter began preschool in Canada at the age of 18 months, helping her acquire new language and confidence as well as lots of new friendships. As a result, she felt it was important that her son was also able to have this same experience.

After comparing multiple schools in her search to find a place that would enrol a pupil as young as her son, Catherine quickly realised during a Harrow Shanghai open day that it was the perfect option; from its vast, brightly lit spaces, high ceilings, expansive indoor and outdoor play areas, and excellent safety protocols, to the fun, social, and organic pupil-led learning happening in its classrooms.

Since joining Harrow Cubs, Catherine has noticed significant improvements in her son's independence, particularly during mealtimes, self-confidence, and sleeping patterns as well as a dramatic decrease in his egocentric perceptions. As Harrow Shanghai places strong emphasis on identifying pupils' interests early on, Catherine recognises the remarkable development in her son's learning comes largely down to how well her children's teachers have come to know them. 'One day when I picked my son up from school, his teacher told me that they had just been to the library and he had this big smile on his face... both my children love books.'

## Purpose and Benefits

Heather Chimbani, a Harrow Cubs teacher from the UK that specialises in Early Years education, explains that **the focus in Harrow Cubs falls into the prime areas of physical development, personal, social, and emotional development, and language and communication.** These areas are fundamental and crucial for not only igniting children's curiosity and enthusiasm for learning and building their capacity to form relationships, but also to help cultivate early linguistic, perceptual, and conceptual skills.

Thanks to her extensive background in speech and language, Heather is able to establish what a child is trying to communicate and then help them identify the right words to express themselves. Techniques such as repeating what a child has said back to them helps to model the correct language and reinforce what they are trying to communicate.

Inside the classroom, pupils have plenty of opportuni-



ties to explore, experiment, discover and initiate their own activities through various play stations and multi-sensory areas, while teachers observe changes in habits and personal development. In one observation, Heather explains that one child independently discovered the concept of size by repeatedly organising a collection of toy animals. This pattern of behaviour then led to a new inquiry into the sounds that different animals make.

As our world continues to change and evolve, so too should our children's education. By establishing a unique programme, dedicated to helping Shanghai's youngest members of society get the best start in life, Harrow Shanghai has set a new standard in international early years education.

“ The focus of effective learning should be on **how** children learn rather than what they learn, i.e. process over outcome. During their earliest years, children form attitudes about learning that will last a lifetime. Children who receive the right sort of support and encouragement during these years will be creative and adventurous learners throughout their lives. Children who do not receive this sort of support and interaction are likely to have a much different attitude about learning later on in life. ”



Heather Chimbani, Teacher of Harrow Cubs

To discover more about Harrow Shanghai Cubs and how it can spark your child's innate curiosity and thirst for learning, contact the school admissions at one of the below details:

**Address:** 588 Gaoxi Road, Pudong District, Shanghai

**Tel.:** 021 6881 8282\*210/212

**Email:** [admissions@harrowshanghai.cn](mailto:admissions@harrowshanghai.cn)





# Lion Hearts Curious Minds



HARROW  
LITTLE LIONS  
EARLY YEARS CENTRE  
哈罗小狮幼教中心  
SHANGHAI 上海

**Harrow Little Lions** explains how its curriculum, environment and learning philosophies prepare children for the leap into primary education

**W**hen deciding on a school, it often feels like a race to find the path to high grades or the best universities. Harrow International's Director of Lower School, Mrs Samantha Steed who oversees Harrow Little Lions Shanghai, believes that 'childhood is not a race'. Early education is pivotal in shaping the way we learn, think and act long into later life.

Drawing on a remarkable 450-year history in education from Harrow School, London, and over 20 years in Asia and China, Harrow Little Lions provides pupils with a strong foundation of which to begin their educational journey. As part of the Harrow group, Harrow Little Lions benefits from the support and collaboration of numerous schools around the world, giving pupils the option to attend one of the Harrow family of schools.

## Philosophy of Learning

With pupils at the heart of their approach, learning through play is foremost in a child's development at Harrow Little Lions. Underpinned by three key areas, "investigate, innovate and communicate", the school's key philosophies for learning resonate throughout children's experiences. Through the environment, activities, and relationships, pupils at Harrow Little Lions are encouraged to develop their own ideas and feelings without the restriction of rows of desks and modelled answers; often seen in more formal school environments. Pupils innovate through play and solve problems collaboratively whilst developing well-rounded communication skills, helping them to become confident, independent learners. These building blocks in learning can be seen throughout Harrow schools, providing continuity and easy transitions between school years.



## Bilingual Experience

Blending the best of England's Early Years Foundation Stage curriculum with a Chinese perspective, pupils at Harrow Little Lions reap the benefits of a carefully developed early education programme. With 60% of their day in English and 40% in Chinese, pupils learn in an immersive bilingual environment. Mrs Steed explains that, 'being able to communicate means they learn to share and build positive attitudes' whilst developing 'confidence in speaking both Chinese and English'.

## Engaging Environments

From the corridors to its outdoor space, each area at Harrow Little Lions is purpose-built to facilitate a pupil's development. Utilising the British Early Years Foundation Stage (EYFS) approach to early childhood education, Mrs Steed emphasises that pupils at Harrow Little Lions are seen as individuals who are curious about their world and that each has the power and potential to learn from the environment. Built on relationship-driven environments, our approach is reflected in the experiential, pupil-centred and self-directed learning at Harrow Little Lions. Warm, light and spacious classrooms help to nurture investigation, innovation and communication while also giving children the confidence to freely engage with one another and the materials around them. Provocations for learning are made available to pupils with easily accessible, natural, open-ended resources.

## Transitioning into Primary Education

Understanding the importance of preparing children for their next steps in education, Harrow Little Lions balances its pupil-centred approach with an understanding of the rigours pupils face in primary education. Pupils progress in phonics and communication is supported by one-to-one reading to prepare them as independent readers before moving on. With effective collaboration between the schools, pupils feel confident and prepared for transition into primary education.

Encouraging critical thinking and problem solving, teachers continually develop pupils' confidence to explore their ideas. Questions such as, 'How could it be better?', and 'How could this be improved?', help to move the learning on. Mrs Wu, a Harrow Little Lions parent, explains that each of 'the teachers are warm and nice. They are always engaging my child in conversation, making him feel comfortable and at ease'.

## Parent Partnerships

Making the best of 21st century tools, the school utilises an online platform whereby parents can see daily updates, photos and videos shared by teachers and can also share their own experiences from home. Mrs Wu explains that the online platform and support from teachers have been great ways for her to track her child's development and learning; 'Harrow Little Lions has helped me a lot'. Families are also regularly invited to join the school's parent workshops, whereby teachers support parents to understand how their child plays,



why play is important and what questions to ask to help develop their child's critical thinking.

Built on respect for culture and traditions, the Chinese aspect of Harrow Little Lions is welcomed not only through its curriculum but through contributions from its families too. Parents are regularly invited to join school events and share their skills in cooking, performing and more. Mrs Steed explains that, 'simply listening to your child is one of the key things you can do'. Activities such as baking a cake, talking to relatives or creating a family tree, are just some of the ways that Little Lions supports families in their child's journey.

## New Head of School

This Summer, Harrow Little Lions welcomes a new Head of School, Mrs Leanne Evans. As an Early Years specialist, Mrs Evans brings a wealth of experience from the UK and Harrow International School Bangkok to contribute to the Harrow Little Lions community.



At Harrow Little Lions, pupils are nurtured to become confident, self-disciplined individuals who demonstrate a respect and understanding towards others. From a child's very first steps in learning, early educational experiences shape who we are in years to come and it is these foundations that are paramount to a happy, successful life.

To learn more about how Harrow Little Lions can help your child discover their potential, scan the QR code below or contact the admissions team.

**Address:** 3221 North Zhang Yang Road, Pudong New Area, Shanghai  
**Tel.:** 153 1792 5705  
**Email:** admissions.wgq@littlions.cn



Lycée Français de Shanghai's New Yangpu Eurocampus library



# Educating The 'French' Way

Step inside the Shanghai French School, **Lycée Français de Shanghai**, to discover the rewards of a flexible, international curriculum and holistic learning environment

By **Beth Roulston**

**L**iving in an ever-evolving, international city like Shanghai provides many families with the daunting task of finding the perfect school for their child. Often the easiest solution is to choose an institution that follows education styles and philosophies we are most familiar with. Yet what may seem unfamiliar at first glance could also be the perfect choice to support your child on their educational journey.

Contrary to popular belief, Lycée Français de Shanghai (LFS) is not just a school for the French-speaking community; there's a lot more to it than meets the

eye. This private institution, overseen by the Managing Committee of the Parents' Association and accredited by the Agency for French Education Abroad (AEFE, Agence pour l'enseignement du français à l'étranger) has been educating students from various nationalities for the past 24 years. They recently celebrated the successful opening of its new Yangpu-based Eurocampus, co-shared with the Deutsche Schule Shanghai.

## LEED Platinum Certified Campus

As the first school in Asia to obtain the LEED platinum certification, the highest international certification of eco-buildings, with a planned lifespan of 50





Primary school students working in pairs



Yangpu Eurocampus' rooftop terrace



Bird's-eye view of Yangpu Eurocampus' basketball courts and race track



Mrs Gouix, Principal

multiple basketball courts.

Students and parents alike can also enjoy an inviting yet comfortable canteen, serving delicious international dishes for all dietary needs. For its youngest, LFS serves a special nutritious kindergarten menu with options for individual requirements like nut allergies and vegetarians.

### Developing Essential Learning & Life Skills

Learning at LFS begins at the age of three in nursery; this is known as 'cycle one' of the five cycles within the LFS curriculum. Each of these cycles represent a period in a student's life and come with their own learning and development goals. During cycle one, school days and activities are designed to introduce students to basic principles of learning and living harmoniously in society, while also stimulating their sensorial, motor, cognitive, social, and emotional development. Children are given the freedom to express themselves through physical and creative activities, and to cultivate their own interests through inquiry-led, game-based learning approaches. By the time students are ready to join primary school, they will already be confident, independent and enthusiastic learners, with a strong empathy and tolerance for others.

Within cycles two and three, students are introduced to elements of history, geography, sciences, technology and culture to facilitate their advancement in oral and written expression, problem solving in literacy and numeracy, and mature their comprehension of

years, LFS' new Eurocampus sets a new standard for sustainable development. Striking a balance between form and function, this 56,000 sqm school features the best energy-efficient technologies, modern facilities and educational tools to offer students an exceptional learning experience. From state-of-the-art science laboratories, to art and music studios, a soon-to-be-built Olympic-size swimming pool and a 600-seat theatre, every possible student interest has been taken into consideration. Suited to the school's smaller class sizes, a large gymnasium is easily altered using floor to ceiling curtains. For those excellent air quality days, the school also has an outdoor, multi-sport pitch, framed by a running track, and





Mr Péchoux, Executive Director

moral and ethical debates, such as cultural diversity, equality, and human rights. To expand interests in creative subjects, beyond their regular timetable, students are encouraged to enrol in some of the school's extracurriculars.

At present, LFS offers 50 extracurricular activities, ranging from athletics, art, performing arts, music, student clubs, and of course cooking! It even arranges a variety of sports, drama, and public speaking competitions across Asia. As both Mr Péchoux, the Executive Director, and Mrs Gouix, the school's Principal, note, these extracurriculars are an inherent part of LFS school life as well as European culture. They are important not only for university applications and personal development, but also for developing a strong school identity.

'When the kids go out even if it's an individual competition they go as LFS, Lycée Français de Shanghai, bearing the colours and flags of the school happily together as one,' says Mrs Gouix.

This sense of unity within a community that shares the same philosophy of education, was a strong asset during the time of school closures due to the COVID-19 epidemic. From the first day of the crisis, with the support and the resources of the Agency for French Education Abroad network, the school adapted its working methods and developed the use of online, interactive and stimulating tools to ensure continuity in student learning. For each class level, LFS teachers carefully considered the best methods and pace of learning in order to offer the most efficient e-learning conditions, with students in exam classes receiving special support. The mobilisation, commitment, and



Kindergarten Classroom



Front of Lycée Français de Shanghai's New Yangpu Eurocampus

flexibility of the teams, as well as daily support of the families, have been powerful drivers through this complex and unprecedented period.

### **First-rate, Flexible Curriculum & Trilingual Environment**

As Mrs Gouix emphasises, at its core LFS is undoubtedly French but is 'infused with cosmopolitan and international flavours' thanks in part to its multicultural student body made up of 47 nationalities. By offering multiple curriculum 'streams', LFS empowers its students to choose their own educational path to graduation. These choices are separated into the International American stream, the European English stream, the International Chinese stream and the General (French) stream. While each provide the same important core subjects, subjects like history or literature are tailored to suit diverse cultural interests.

To graduate, students study eight courses within their chosen stream to complete The Baccalauréat – known as 'le Bac' in France. This world-recognised qualification, attained in the last cycle of LFS through a combination of examinations and coursework





Yangpu Eurocampus' first-class canteen serves a variety of international cuisines

taken in French, or also in English or Chinese if the student has chosen its International option, offers graduates the opportunity to apply to top universities located all over the globe.

Being bilingual is a rare and special skill that many of us will never achieve, yet it is becoming more necessary. Recognising the impact a trilingual environment can have, LFS has gone to every effort to encourage the use of all three of its core languages; from small elements like the labelling of classroom utensils, to larger aspects like offering a multi-lingual curriculum. In order to meet the French Ministry of Education's strict criteria, LFS requires its students to study a minimum of 50% of their classes in French, leaving them the flexibility to study the remaining half in either English or Chinese.

Whether it is a child in nursery learning to understand the meaning of sharing and mutual respect in French, to a young teen discovering an important moment in history in English, the use of different educational approaches and styles at LFS help all students maintain an open mind.

On the other hand, for those who do not come from native French-speaking countries, and enter the school at an older age, LFS offers additional French language support through a special programme called FLESCO. This intensive, award-winning course was specifically developed to help second language speakers learn, improve and advance their French at a rapid rate.

### Affordable For All

Sending your child to a good school in Shanghai is of course of the utmost importance to all parents, but for some it comes down to a sum. One important aspect to consider when visiting LFS is that the school is non-profit. All money the school receives goes towards making building improvements, advance-



Year 7 completing a maths project using the school's computer learning programs

ments in learning tools, and funding school projects. 'We are non-profit, which means we are not a business. We want to keep it affordable because I think this is part of our responsibility to the community, not only towards the French community but to all communities... We achieve this by asking for the right price for what we offer,' explains Mr Péchoux.

### Future-Proof Learning

Due to the nature of living abroad, many expats may not be able to stay in Shanghai long-term. As LFS belongs to a large French network of education abroad, the largest in the world, equalling to 522 schools across 137 countries world-wide, parents can feel reassured that should your family need to relocate, your child(ren) can easily transfer to a school that follows a consistent curriculum and culture; enabling them to pick up where they left off.

With its flexible curriculum, trilingual environment and wealth of extras, at a lower than average cost, Lycée Français de Shanghai is an excellent option for any student; regardless as to which language they speak. As the French would say, the school has a certain *je ne sais quoi*.

For more information on how Lycée Français de Shanghai can best support your child's educational journey, contact the admissions team at one of the below to book your visit.

### Lycée Français de Shanghai

Yangpu Eurocampus:

788 Jiangwancheng Road;

Tel. 021 6897 6589

Qingpu Eurocampus:

350 Gaoguang Road;

Tel. 021 3976 0555

Scan QR to book online or email

inscriptions@lyceeshanghai.com





# Journeying Forward to a Brighter Future

Understanding the best approaches to  
learning for long-term, academic success

By **Mr Craig Jenkinson**

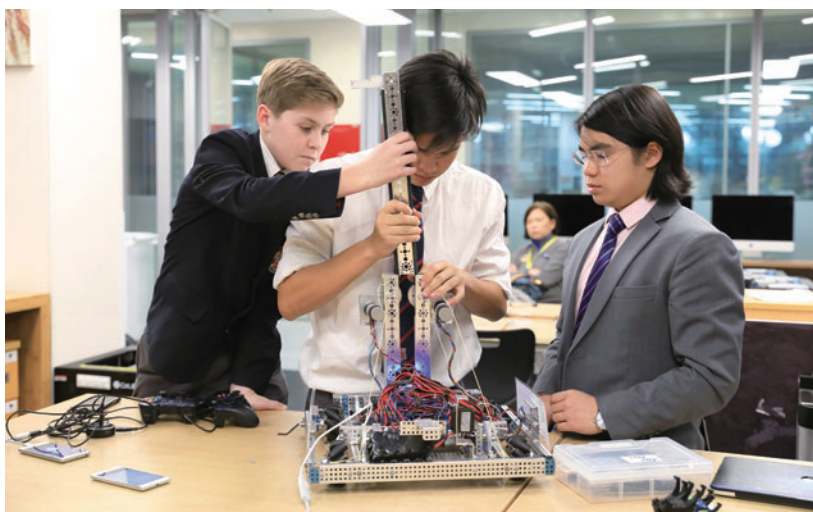




A

few months back, my daughter collapsed on our settee, smeared with mud and grass stains, hot and exhausted, having just played football with her school team in a tournament. The first thing she told us (apart from the fact that she was hungry and thirsty) was the score from each match and who shot each goal. In her mind, this is a competitive sport, where arguably the core purpose of playing is to win against the other team.

But academic learning is different. It is not all about the grades, and it certainly is not about winners or losers. Indeed, much has been reported about high achieving adults – apparent role models in various professions of successful attainers – who are now struggling with mental health problems. Having come through an education system themselves where they were told to chase the top grades and be the top of their classes, they developed the mindset that they only have worth and value as an individual if they continue to be seen to ‘do well’ and collect achievements that make them seem



better than others. As a result, these adults believe that they are only as good as their last business deal, their most recent sale, or their latest performance. If any one of their ‘achievements’ begin to look a little mediocre, these adults lose heart and spiral down into an unhealthy darkness of profound self-doubt. Education carries the responsibility of instilling a strong sense of self-value in students while preparing them for a long, purposeful, and healthy life beyond school.

currently being trialled with Years 10 to 13; directly linking to the Learner Profile for the IB Diploma Programme. In the beginning, many students will be relatively dependent learners, relying upon being instructed what to do and following their teacher’s lead. As students mature and progress, they will begin to take more responsibility and independence around their learning, helping them develop strong foundations for a rounded, well-balanced, and healthy approach to study.

When it comes to academic learning, we at Dulwich encourage students – and their parents – to value the journey. This is why we report on Approaches to Learning, in addition to attainment, in areas such as Self-Management, Collaboration, Growth Mindset, Intellectual Curiosity, and Problem Solving. These key approaches to learning are new to Dulwich and are

With the right approaches to learning in place, academic outcomes will be as good as they can be anyway; representing a student’s consistent efforts, commitment, and motivation. As Ernest Hemingway said: “It is good to have an end to journey toward; but it is the journey that matters in the end.” We hope that future generations will benefit from this.

**Mr Craig Jenkinson**

Head of Senior  
School, Dulwich  
College Shanghai  
Pudong





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 3-10.



Bella - G3  
Harrow International School Shanghai



Yanli Jiang - Senior Class  
Sheng Ke Kindergarten



Anton Guo - Y1Y  
Soong Ching Ling Kindergarten International Division



Yutong Lu - Senior Class  
Sarnath Kindergarten



Jiaqi Su - G3  
The Little Bridge



Tianjing Zhang - G3  
Vanke School, Pudong



Max Duan - 8 Years  
Dulwich College Shanghai Pudong



# Art & Writing Competition

2019-2020 未来之星艺术大赛

Shanghai  
Family

Parents & Kids  
SHANGHAI

虎媽牛娃  
HUMANIUWA



Jinqi Zhao - G1  
No.1 Primary School Affiliated to Shanghai Normal University



Yuhan Yang - Senior Class  
Shanghai Pugongying Kindergarten (Jiajinglu)



Yibo Sun - Senior Class  
Soong Ching Ling Kindergarten International Division, Hongmei Campus



Yilin Li - G2  
Shanghai Pinghe School



Chenxuan Pan - Senior Class  
Vanke Bilingual School

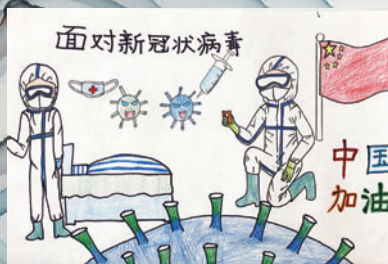




YU Ziqing - G1  
Shanghai Singapore International School



OMAE Renka - G2  
Shanghai Singapore International School



Jiahui Zhang - G3  
Shanghai Liaoyuan Bilingual School



Junhao Zhang - G1  
Shanghai Liaoyuan Bilingual School



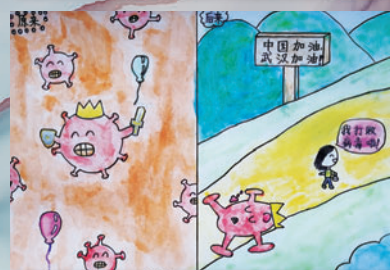
Peiyuan Liu - G2  
Shanghai Pinghe School



Yihan Ma - G2  
Living World Shanghai



Jialang Song - G4  
Living World Shanghai



Jintian Tang - G2  
The Little Bridge



Xinchu Li - Middle Class  
Zhongshan Kindergarten



Yiran Tou - G4  
Shanghai Pinghe School



Zeyuan Li - G2  
The Little Bridge



# Art & Writing Competition

## 2019-2020 未来之星艺术大赛

We are proud to announce the nominees of our Shanghai Family and Parents&Kids 'Eco Future' Art & Writing Competition, for the age group 3 to 10.

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!



Jason - Senior Class  
Vanke Kindergarten, Pudong



Zhongting Shi - Senior Class  
Vanke Kindergarten, Pudong



Yucheng Zhang - Middle Class  
Vanke Kindergarten, Pudong



Jiaxi Chen - G3  
Shanghai United International School, Hongqiao Campus



Ke Shi - Senior Class  
Vanke Kindergarten, Pudong



Yichen Shen - G1  
Shanghai United International School, Hongqiao Campus



Xiaotian Jin - G1  
Shanghai United International School, Pudong Campus





Hailun Liu - Senior Class  
Shanghai Changning District Zhaofeng Kindergarten



Nike Chen - G3  
Soong Ching Ling School



Jiaxuan Chen - G1  
Shanghai Hong Qiao International School (HQIS)



Mathea Li - G2  
Harrow International School Shanghai



EMMA - 7 Years  
Yew Chung International School of Shanghai (YCIS)



Amy - 9 Years  
Dulwich College Shanghai Pudong



TongTong - 3A  
Shanghai Hong Qiao International School (HQIS)



Fred - 8 Years  
Shanghai Jincai Experimental Primary School



Yutao Zeng - G2  
Vanke School, Pudong



# Art & Writing Competition

## 2019-2020 未来之星艺术大赛



Mia Xia - 7 Years  
Wellington College International Hangzhou



Yingnuo Gan - Middle Class  
The Kindergarten Affiliated to Shanghai Gold Apple School



Jinhui Zhou - Middle Class  
The Kindergarten Affiliated to Shanghai Gold Apple School



Fanglei Zhou/Xueyuan Huang/Lingjun Zhang/Zijie Chen/  
Ningduan Yu/Zhichen Zhu-N2 Julia Gabriel Centre



Brent - K1B  
Julia Gabriel Centre



Yuchang Mei/ Ziying Zhu/ Jinyi Yan/ Dean Chen-K1  
Julia Gabriel Centre



Kevin Miura - 8 Years  
Concordia International School Shanghai



Ziyue Gao - G3  
Shanghai United International School, Hongqiao Campus



Zhicheng Ye - 7 Years  
Wellington College International Hangzhou



Allison Lin - 7 Years  
Concordia International School Shanghai



Lucas Piuse - G3  
Shanghai United International School, Hongqiao Campus



# Miniature Athletes

Dr Chen Demei at **Shanghai Renai Hospital** elaborates on how to get children safely involved in sports and exercise





**S**ports are an excellent way to support your child's physical development as well as to encourage a healthy way of life. But, how do you know when it is safe to introduce your mini pro football star to high impact movements, and how? We ask Dr Chen Demei what parents need to know and what to be aware of.

**Q** For parents who are interested in contact sports such as soccer and football, what is the appropriate age for their child to start and why?

**A** Sports such as these can be started as early as 2-3 years old, as around this age children begin to walk and run confidently on their own. We can encourage a child's interest in sports by letting them watch others play and simulate their movements. In this way, children begin to learn what the sport is really about and how to play it.

**Q** When children between the ages of two and three transition from low impact movements into full on sports, e.g. football, basketball, swimming etc., what are the key things to remember to keep our kids safe?

**A** Parents should pay close attention to the environment when they are playing with their children. Opt for somewhere that is open and dry. Areas that are wet cause slipping hazards, while indoor environments often have many tripping hazards. Parents should also remember to have at least one adult watching their children at all times.

**Q** What home exercises can families do together with young children to get them interested in fitness, and what are the key things to remember?

**A** This is really important for your child's development and should be strongly encouraged. Try introducing activities like bouncing a ball or hide-and-seek to motivate your child's interests in sport. To prevent injury, remind your children not to play in



places where there are sharp objects or sharp edges present, like tables, chairs, etc., and make sure you keep an eye on them.

**Q** Nowadays parent & child fitness programmes are gaining popularity, and most of the time they are at-home exercises. How do you ensure you perform these exercises safely? What are the activities to avoid in order to prevent injuring your child?

**A** Try some regular exercises like running or jumping, as these can help to keep children strong and healthy, but avoid strenuous exercises in the beginning. If your children have been sweating a lot, remember to change their clothes as staying in wet clothes for long periods can make young children susceptible to catching a cold.

**Q** When it comes to diet/nutrition, what should parents be mindful of when feeding a growing athlete?

**A** For children who regularly play sports, ensure they drink plenty of water to keep them properly hydrated. High protein items like eggs and milk or alternatively tofu, lentils and chickpeas are important for maintaining a healthy diet for active kids.



**Dr Chen Demei**

Head of Paediatrics, Chief Physician, Shanghai Renai Hospital  
Dr Chen graduated from Medical School, Tong Ji Medical University in 1982 and has worked for over 30 years in Third Class A Level Women and Children's Hospital. She has rich medical theoretical knowledge and clinical experience.



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

## 纪念画册

- The list of artworks included in the album is detailed in the reservation information
- 纪念画册中收录的作品列表详见预定信息



Scan the QR code to reserve  
扫描二维码预定纪念画册

Shanghai  
Family

Parents & Kids  
SHANGHAI

虎媽牛娃  
HUMANIUWA



# Oh Baby. Baby...

By **Angeline Ruston**

**T**he idea of having baby number three is daunting and having a baby over forty even scarier. So, when we found out we were expecting a million thoughts filled the crevices of my mind. Typically, these would creep in when wide awake and unable to sleep at the witching hour of 3am. When worry, self doubt and a little madness appear, all the crazy questions like, 'Would the baby be ok?', 'Would it be healthy?', 'Would I have the same energy levels as I did in my 30's?', and 'Will I still be able to give my other two children the love and attention THEY need?', start repeating. And, of course, with each passing week and scheduled prenatal check up weigh-in, would my body ever be the same again?!

After the very sedentary and nauseating first trimester, and a rather unsuccessful shop for flattering maternity clothes, I was determined that this pregnancy would include the much needed, and practical, prenatal exercises. I enlisted the help of a good friend, who also happened to be a qualified pilates instructor for a weekly personal training session and pregnancy safe programme. I have always been a fan of the Joseph Pilates movement, and as my abdominal muscles began to separate and the progesterone loosened my ligaments, I thought that a daily or, at the very least, twice or thrice weekly routine

of some mat work on all fours would be extremely beneficial to regaining an echo of my former shape. It was great for arm and leg toning, and the focus on gentle flexibility is perfect for pregnant back health and easing of any pain.

As my belly continued to grow, so too did the feedback from my OBGYN on my weight gain - from comments around being slightly above average weight to me perhaps lessening my intake of carbohydrates. Although, being a five foot eight tall pregnant foreigner amongst the generally shorter, more petite expecting local ladies, was never going to fare well for my position on the "average" chart, nor for my morale and self image. I then decided to move the elliptical cross trainer into our bedroom with the full intention to gently stepping for 10 to 15 minutes a day while catching up on a bit of 'telly'. But this didn't last long... and by that I mean the cross training of course. I did get really good at the telly part however, and managed to binge watch a whole number of Netflix series!

As the baby bump grew and my lung capacity, now squashed into a third of its normal space, shrunk, I realised that cardio exercise would have to be a kept for the POST natal regime. And



at eight months pregnant, this beached whale would only be able to cope with a 20-minute waddle walk around the block. Walking, when the Shanghai AQI permitted, is not only good for the limbs and waistline, but also for the mind and soul too. Each venture seemed to lighten the load created by the panic and planning that goes into having a baby while offering a much-needed escape from the kids house.

Despite the feeling that the aching hips and uncomfortable sleepless nights seem never ending, and the waddle, belly-embracing walks have slowed to a shuffle, each walk has the desired outcome. For brief moments, the pregnancy fog is lifted and my poor stressed out brain is afforded the time to notice recently bloomed flowers and rare blue skies. Sigh... not long now!

**Angeline Ruston**  
South African writer  
living in Shanghai.



## In the City

**Barefootportraits** specialises in maternity and family photography. They have been created by expats for expats and have been developing lasting memories for 10 years! Apart from classic and timeless photos they also have more fun and modern seasonal sets. Outfits and make up are also provided in their studio. 6th floor, 715 Aomen Road, Shanghai; 136 3649 9378

**The Genius Workshop** The Genius Workshop offering technology related classes for ages 3-14. Topics include Lego Engineering, Robotics, Animation, Video Game design. After school, weekend and holiday programmes available. Pudong Centre Unit 105, 1st floor, 1099 Meihua Road, Pudong District; 5033 3053 © Hongmei Centre Unit 504, 5th floor, 3211 Hongmei Road, Minhang District; 6 446 6766 © SML Centre Unit 38-40, 3rd floor, 618 Xujiahui Road, Huangpu District, 6126 6526 © Huashan Centre Unit C, 6th floor, 9 Zhenning Road, Changning District, 021 6228 8522. Call now to book a free trial class. www.g-workshop.com.cn

**LUC Party Master (Party Planner)** LUC Party Master plans your children's birthday party, corporate or family event from vision to finish! They use their expertise and experience in design, planning, and party organising to help you with every step. Services include event image design, decoration and room set up, catering, entertainment and performance, music and video production; photographing and much more. www.partymaster.cn; party@thelittleurbancentre.com

**Orden Bowling Centre** This 16-lane bowling alley is open 24 hours. Rates from 15-30 RMB per frame depending on peak or non-peak hours with shoe rentals for 3 RMB. Room A, 10 Hengshan Road (near Gao'an Road); 021 6474 6666

**Silver Cloud** specialises in corporate and also family photography. It is an International Shanghai mainstay off Nanjing West Road Studio provides classic photos and also seasonal styles. We have a range of costumes and make up is provided at our studio. Call: 13795220923 2nd floor, 14 Nanhui Road (next to West Nanjing Road)

**Wellington Academy Programme** The Wellington Academy Programme is open to all children and held both after school hours and on weekends. The Academy provides a wide range of activities including swimming, football, tennis, English, fashion design, debating, singing, dancing and acting. Coaches and teachers are all experts in their chosen fields. For more information, please visit: www.wellingtoncollege.cn/academy or call 5185 3872

## Schools

### Schools: K-12

**The British International School Shanghai, Puxi** - 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** 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. www.concordiashanghai.org; admissions@concordiashanghai.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; shanghai-pudong.dulwich.org; WeChat: dulwichcollegeshanghaipudong

**Dulwich College Shanghai Puxi** Set upon 40,000 square metres 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-shanghaipuxi.cn; shanghai-puxi.dulwich.org; WeChat ID: dulwichpuxi, 021 3329 9310/ 021 3329 9399

**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; 021 6881 8282\*210/212; www.harrowshanghai.cn

**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; admissions@lwchina.org; http://lw-school.org; 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. Tel.: 021 5226 0539; Email: apply@nacis.cn; 1399 Jinhui Road, Minhang, Shanghai; Website: www.nacis.cn / www.nacis-shanghai.com; WeChat: NACIS-Shanghai

**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 programmes 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; www.scis-china.org; Tel.: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scishis

**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

**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 location: 1500 Yao Long Road, Pudong District; Tel.: 021 5185 3866 #3885; © Early Years Centre: (Nursery and reception): 195 Tongwan Road, Pudong District, Shanghai, 200124; Tel.: 021 32175 6687; admissions.shanghai@wellingtoncollege.cn; www.wellingtoncollege.cn/shanghai

### Western International School of Shanghai

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

**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 programmes 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 programmes. 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. www.ycis-sh.com; Tel.: 2226 7666

### Schools: Pre-K

#### The Child Academy

International Preschool and Kindergarten: Open since 2007, founded and managed by Canadian Educators and offer a progressive bilingual program at our two specifically designed and innovative campuses in Pudong. www.thechildacademy.com

#### EtonHouse International School Shanghai

Headquartered in Singapore, EtonHouse International Education Group is a global organisation based across Asia and the Middle East for more than 20 years. EtonHouse International Pre-Schools Shanghai

cater to expatriate and resident families alike from 18 months to 6 years of age. The two pre-schools offer the renowned EtonHouse Inquire - Think - Learn curriculum in English and Chinese, inspired by the Reggio Emilia philosophy from Northern Italy. The large outdoor areas have been designed specifically to ensure that children build deep relationships with the natural world and strengthen the concepts of sustainability. From 8am to 5pm. © Lujiazui: 40 Pucheng Road, Lujiazui (near Dong Chang Road); © Pudong: 1570 South Pudong Road, Pudong (near WeiFang Road); Tel.: 5896 8686. enquiry-sh@etonhouse.com.cn; http://sh.etonhouse.com.cn.

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

#### Freesoul International Kindergarten

Freesoul International Kindergarten is a Montessori Certified International School. They promote an environmental approach of education. In each of the Montessori classrooms, teachers are there to discover how each child is special. Their main duty is to passionately guide rather than traditional teaching. Beside a unique educational style they also offer children an amazing environment and space of 6000 square metres playground, science labs, swimming pools, theater and Montessori classrooms to help them to flourish and get the best of them to emerge. www.freesoul-school.com, 1988 Yunshan Road; Tel.: 021 5588 8366

#### Happy Bridge Kindergarten

They are a kindergarten that aims to offer a well-rounded and immersive education to all our students. They 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. Their 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

#### 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. For inquiries, please call 153 1792 5705 / visit www.littlelions.cn; 3221 North Zhang Yang Road, Pudong New Area

#### 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. © Pudong Campus 1: 2777 East Jinxiu Road, Pudong District; © Pudong Campus 2: 588 Hongfeng Road, Pudong District; Tel.: 021 6179 9559; info@scholaracademy.org

#### 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 globalized 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. www.luc-china.com; Tel.: 021 5187 2889 admission@luc-china.com. No. 230-233, 779 Fangdian Road, Pudong.

#### Montessori Academy

Montessori Academy enrolls students from 2 to 6 years of age. They have Montessori-certified teachers to ensure the best education for your child. The curriculum focuses on practical life, sensory, language, mathematics, science, culture, arts and physical education. info@mais-china.com, www.mais-china.com; Tel.: 400-820-6905.

#### Morgan Rothschild Academy

With a prestigious early childhood education program, the Morgan Rothschild Academy accepts children of ages 1.5 to 6 years. Morgan Rothschild teaches about 30 percent of its curriculum in Chinese and the remaining 70 percent in English. The teaching staff consists of state certified kindergarten teachers from the United States

and China. The school provides a research-based curriculum developed by early childhood education experts from Harvard and Stanford Universities. © PUXI Campus: Bldg. 161; 1358 Hu Qing Ping Highway (Kang Hong Garden); Tel.: 6976 1000; © PUDONG Campus: 1260 Dong Xiu Road (near Pu Jian Road) Tel.: 021 5059 1971; www.morganrothschild.com

#### 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-CES). MSS leads the way in quality and standards in China. and School. West Hongqiao campus: 586 Gaojing Road (close to Hu Qing Ping Road), Jingpu District; Tel.: 021 5988 6688; Email: admission.whq@montessoris.com; Xuhui Campus: 21 Donghu Road, Xuhui District; Tel.: 021 5403 7699; Email: admission.xuhui@montessoris.com; Jiading Campus: 1313 Xiwang Road, Jiading District; Tel.: 021 5910 2208; Email: admission.jiading@montessoris.com; Minhang Campus: 3852 Duiyuan Road, Minhang District; Tel.: 021 3403 1000; Email: admission.minhang@montessoris.com; www.montessoris.com; WeChat: mss2005shanghai

#### Sino European International Preschool

This foreign-managed preschool offers a bilingual early childhood curriculum that includes European philosophies combined with Chinese culture and language, preparing children for a multicultural and international education. info@seips-china.com; www.seips-china.com

### Mandarin Learning

**Mandarin House** International quality accredited Chinese language programs. Whether at your office, home, or our conveniently-located schools; learn practical and modern Chinese with experienced teachers. info@mandarinhouse.com; www.mandarinhouse.com

### Health Items

**IQAir China** Suite 1108, 399 West Nanjing Road, Huangpu District, 021-23563866; www.iqair.cn; info.cn@iqair.com

**Renaud Air** www.renaudair.cn or call us at 400 820 2791; Suite 304-308, 710 Anyuan Road, Jing'an District, Shanghai Email: support@renaudair.cn

## Medical

### Dental Care

#### Alpha Dental



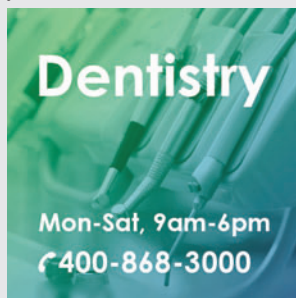
上海康怡口腔门诊部 全民  
ALPHA DENTAL CLINIC Q&M

orthodontics • invisalign  
myobrace • dental implant  
children dentistry • oral surgery  
insurance direct billing

6270 2875  
info@alphadental.cn  
open daily 10am-7pm  
except public holidays

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. They 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. Their specialties include orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. ● Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; 6270 2875; open daily 10am-7pm except public holidays, 24hr emergency hotline 13918111319; www.alphadental.cn

#### Jiahui Health



**Dentistry**

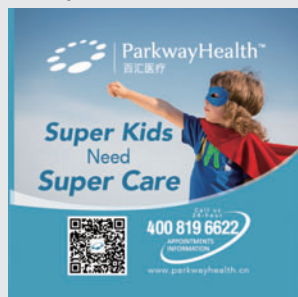
Mon-Sat, 9am-6pm  
400-868-3000

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 ENT 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. Jiahui International

Hospital: 689 Guiping Road, by Qinjiang Road ● Jiahui Medical Centre (Yangpu), 1st/2nd floor, Suite 3, 99 Jiangwancheng Road, by East Yingao Road ● Jiahui Clinic (Jing'an), Suite 101, 88 Changshu Road, by Changle Road, open Mon - Sat (9am-6pm), www.jiahui.com/en; Tel.: 400 868 3000

**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, paediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics ● (Puxi) 129 East Fugui Road Changning District ● (Pudong) 228 Hongfeng Road; Tel.: 6278 1181. Mon-Sat 10am-7pm, closed on Sundays; www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

#### ParkwayHealth



ParkwayHealth™  
Super Kids  
Need  
Super Care

400 819 6622  
www.parkwayhealth.cn

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. ● 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; Tel.: 24-hour appointment, 400 819 6622; Website: www.parkwaypantai.cn

#### Premier Orthodontic- Smile Designer

Premier orthodontics was founded to provide high quality oral healthcare services to individuals by working with orthodontic authorities, being a member of American Association of Orthodontics(AAO), they not only strive to exceed the industry standards in every practice, but also serve their customers with individualised service and compassion. Tel.: 400 920 0055 ● Decency Park, 1731-1733 Huamu Road, Pudong New District. ● Premier Orthodontic - 25th floor, 1468 West Nanjing Road, Jing'an District

#### 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, paediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. ● Pudong: Lane 1-4, 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. Tel.: Pudong, 6105-9400; Hongqiao 6237 6969; Minhang, 3490 9068; Jing'an 6363 6388; Website: www.puresmile.com; Daily 10am-6pm

#### United Family Quankou Clinic

Internationally accredited dental clinic offering state-of-the-art facilities and comprehensive dental services utilising international sterilisation procedures. Open Mon-Fri 8:30am-6:30pm, Sat & every other Sun 9am-5pm. 8 Quankou Road, near Lingnan Road; 2216 3909; www.ufh.com.cn

### Eye Care

#### Essence Eyecare Clinic

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. 1st floor, Landseed hospital, 102 Qinjiang Road., Xuhui District; Appointment Hotline: 6195-7885; Open Mon-Sat: 9am-5pm; WeChat ID: zjyk61957885

### Health Clinics

#### Body & Soul Medical Clinics

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, gynaecology, 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, 14th floor, 760 South Xizang Road ● Hongqiao, 211 Chengjiaqiao Zhi Road; Tel.: Xintiandi 6345 5101; Hongqiao 6461 6550; Website: www.tcm-shanghai.com; Call individual clinics for opening hours.

#### Deltahealth Hospital Shanghai And Deltahealth Clinic Hongqiao

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, orthopaedics, thoracic, gynecology, paediatrics, 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)

#### Jiahui Health



JIAHUI HEALTH  
嘉会医疗

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. Their experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through their state-of-the-art Emergency Unit at Jiahui International Hospital, they offer full-spectrum 24-hour 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): 1st/2nd floor, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm ● Jiahui Clinic (Jing'an): Suite 101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm. www.jiahui.com/en; Tel.: 400-868-3000



**LIH Olivia's Place** Shanghai has served thousands of children and their families since 2010. They provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Their 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 behaviour paediatrics, speech therapy, occupational therapy, physical therapy, psychology support (including assessment and consultation), learning and behaviour support, ABA, social skill groups, parents education, professional education for teachers, doctors, therapists and other related professionals. ● 1868 Pudong Avenue, 3rd floor, Oriental City Tower ● 35 Yongjia Road, 19th Floor (near Maoming Road), Huangpu District; Tel.: 021-6075-3100/021-5404-0058/59; Website: sh.changhedayun.com

#### 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, gynaecology, ophthalmology, orthopaedics & sports medicine, paediatrics, 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, 3rd floor, 170 Danshui Road ● Gleneagles Medical and Surgical Centre, 4th floor, 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; Tel.: 24-hour appointment, 400-819-6622; www.parkwayantai.cn

**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, anaesthesiology, ENT, general practice, gynaecology, inpatient facilities, internal

medicine, medical imaging, medical laboratory, obstetrics, paediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. ● 23rd & 24th floor, Building B, 551 South Pudong Road, Shanghai; For 24-hour service, call 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

#### Shanghai Yosemite Clinic

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Their 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, orthopaedics (sports medicine), dermatology & medical cosmetology, dentistry, gynaecology, ophthalmology, paediatrics, ENT, vaccination service, anesthesiology, rehabilitation medicine, medical imaging, pharmacy, laboratory, psychiatry ● B1-1F, 1398 Fang Dian Road, Pudong District; Tel.: Appointment centre, 4008 500 911; Website: www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

#### Shanghai Renai Hospital International Department



**RENAI** We Are Here For You!

Medical Care

- Cardiology
- Dermatology
- Dental
- Ear Nose Throat
- General
- Surgery
- Gynecology
- Internal Medicine
- Medical Checkup
- Ophthalmology
- Orthopedics
- Pediatric Plastic Surgery
- Physical Therapy
- Urology
- Traditional Chinese Medicine
- Vaccination

Website: [www.renaihospital.com](http://www.renaihospital.com)  
☎ (8621) 54893781

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, gynaecology, dental, dermatology, ENT, TCM, urology, paediatrics, orthopaedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunisation. 127 Caoxi Road, Xuhui District; Tel.: 021 5489 3781; www.renaihospital.com; Mon-Sun 9am-5pm

#### 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 neighbourhood clinics, conveniently located in both Puxi and Pudong. Their 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 their website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through their new Patient Portal, or simply call their Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. ● 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 9am-5pm)

#### Dining

**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; complimented with an array of original appetisers, sides, pizza and various barbecue. Mon-Sat 11am-11pm, Sun 11am-9pm; ● 1st floor, 291 Fumin Road (opposite to 704 Changle Road); Tel.: 021 6170 1315 www.bistroburger.cn

**Bella Napoli** This Italian eatery features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. They have installed an XJM air-filter to ensure lowest AQI levels inside

their restaurants. They have free pizza making every Saturday and Sunday, while parents enjoy their lunch! Lane 946, Changle Road; www.bellanapoli-sh.com

**Dishuidong** Get ready to roll your sleeves up and shout to your neighboring diners at this budget favourite. 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 spare ribs are a must. ● Luwan, 2nd floor, 56 South Maoming Road (near Changle Road, Metro Line 1 South Shaanxi Road Station Exit 3); 6253 2689; ● Changning, 2nd floor, 485 Guyang Road (near Yaohong Road); 5175 3067; www.dishuidong.com; Lunch Time 10:30am - 3:30pm

**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 in 2018, 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! 5th floor, 1192 Century Avenue, Century Link Mall, near Century Avenue Metro Station; 021 5067 1759 www.texasroadhouse.com.cn; WeChat: TexasRoadhouse

#### Spa & Wellness

##### DVA Boutique Spa

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. ● 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

**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. IAPM mall, L6-615, 999 Middle Huaihai Road, (near Xiangyang Road); Tel.: 021 5466 1266 www.pure-yoga.com.cn

**Subconscious Day Spa** This eco-conscious spa uses only organic products for its body massages and spa treatments. ● West Nanjing Road, 458 Dagou Road (near Shimen Yi Road); Tel.: 6327 1193; info@subconsciousdayspa.com; www.subconsciousdayspa.com; Open 9am-11pm.

# Deep On Indie Sports

By **Sal Haque**

A healthy sense of competition has its merits for any growing child. It helps kids comprehend the idea of fairness, teaches them how to cope with losing, instills humility in winning, and reinforces standards. All good things, and many team sports will definitely facilitate that. Not to mention a lesson in teamwork - after all, there's no "I" in team. However, sometimes that "I" can also prove a benefit to our child's development, and the independent side to sports can help your child become a strong, self-oriented, confident, creative, problem-solving badass.

Take skateboarding, surfing, snowboarding, rock climbing or any other activity where the primary competition is against yourself and your kid will develop in very unique ways. All sports have standards and benchmarks, but with something like skateboarding or rock climbing kids are free to develop at their own pace and explore a range of skills in varying environments.

There's a certain creative process involved in finding your own way, and a philosophical component when developing your own style. As with many solo sports, your level very much depends on your strength and confidence, but more importantly your mentality. Some climbers prefer physically technical routes, while others prefer something straightforward but more strength oriented. Some skaters might go big, while others

just want to carve a small bowl or try some cool teched-out flat ground stuff. That's cool, because for our kids it means they have a vast cross-section to explore and they can find and develop the style that specifically suits them. At the same time they have their friends bringing their own methods to the table, pushing each other to expand themselves physically and creatively (check out a skater called 'Go Miyagi' - dude's a straight-up nut). In solo sports, there's no "hey, you can't do that", the rules are literally meant to be broken - which can be a cool lesson in itself, if applied properly.

Skateboarding may be the coolest sport in the world. The math involved is madness. How do you get a rolling piece of wood to lift you off the ground, jump over twenty stairs, all while rotating in two separate directions? The physical understanding it requires is immense. If you don't believe me, next time you see a kid ollie (jumping while on a skateboard), ask them how they did it. Then try for yourself. Then imagine doing that at full speed over twenty stairs, landing on a handrail, and successfully coming out of it.

Math aside, the confidence these sports instill is badass. Just attempting something like dropping down into a half pipe for the first time requires "balls" or, in layman's terms, bravery; which is why some don't want to do it. These sports can be scary. But the cool thing is your kid is continually pushing that level of bravery and with that comes great confidence and

an incredible sense of satisfaction. The very nature of these sports requires our kids to challenge themselves, and the more they do that, the more they become aware of their potential and their limits. They're competing against themselves, and continually exceeding their own expectations, which is an awesome feeling for any kid. Organised sports like basketball or football definitely put forth some solid life lessons, and learning to be a "team player" is certainly important. But solo sports offer kids respite from a world governed by rules, and sometimes kids need that sense of freedom. It let's them get inside their own heads for a while, and escape the rigid pressure of parents and school. In doing so, these sports are a phenomenal emotional outlet as well, offering a strong sense of peace.

For parents who have never tried any of these sports, I usually tell them it's like the first time you climb a tree (assuming you have ever climbed a tree). Think of the feeling that comes from conquering your environment and overcoming your fear so you can keep climbing. The sense of responsibility you have knowing that the higher you go, the harder it will be to come down, and that if you fall it's all on you. The elation and pride that come from reaching the top and making it back down.

But with any sport, solo or otherwise, it's all about finding joy, while developing yourself physically, creatively, spiritually, and mentally. *Plus...* Skaters get all the girls. :)







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Parents & Kids

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A close-up photograph of a young child with light brown hair, smiling broadly. A white ceramic bowl with blue floral patterns is balanced on their head. The background is a soft, out-of-focus green, suggesting an outdoor setting.

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