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Parents & Kids
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May/ June/ July 2020
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CONTRIBUTORS



Cover Story

Ailan Gates

is an Aussie mum of three who believes life should be about love, life, and travel.



Feature

Melissa Dawson

is teaching, parenting, and gaining perspective through the lens of her camera.



Shanghai Survival Guide

Nicole Chia

is a mum of two who enjoys solving life's problems with a good laugh.



My Family

Lidel Freeman

is a mom of three that finds happiness in yummy food, good drinks, and great friends.



Street Signs

Johan Prozesky

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



In Season

Michael Zee

is the creator of hit Instagram account SymmetryBreakfast and author of Eat Like A Local Shanghai.

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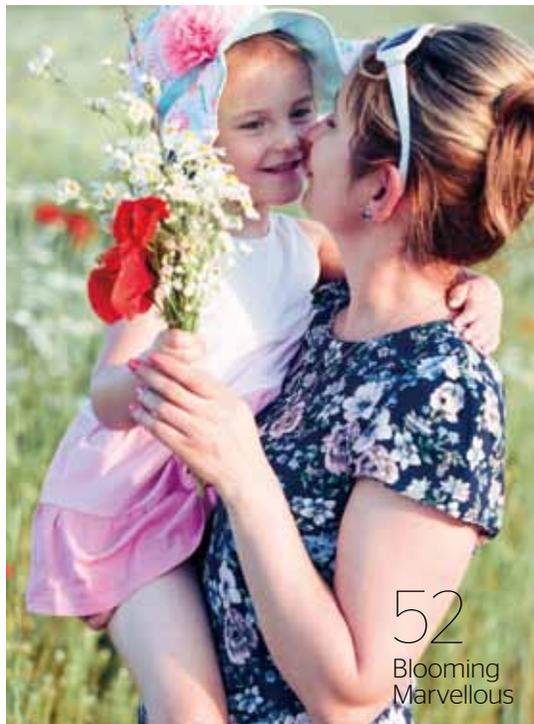


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Favourite studying tip?



I can't study in silence. During my late high school days and uni days I would often have a movie on in the background and music playing while studying or completing coursework... doesn't work for everyone but it helped me to concentrate!

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I liked to study early in the morning before school as it was quiet, peaceful, and when my brain was at its most active.



Take regular breaks, drink lots of water, and, most of all, try to find a way to make the subject interesting to you!

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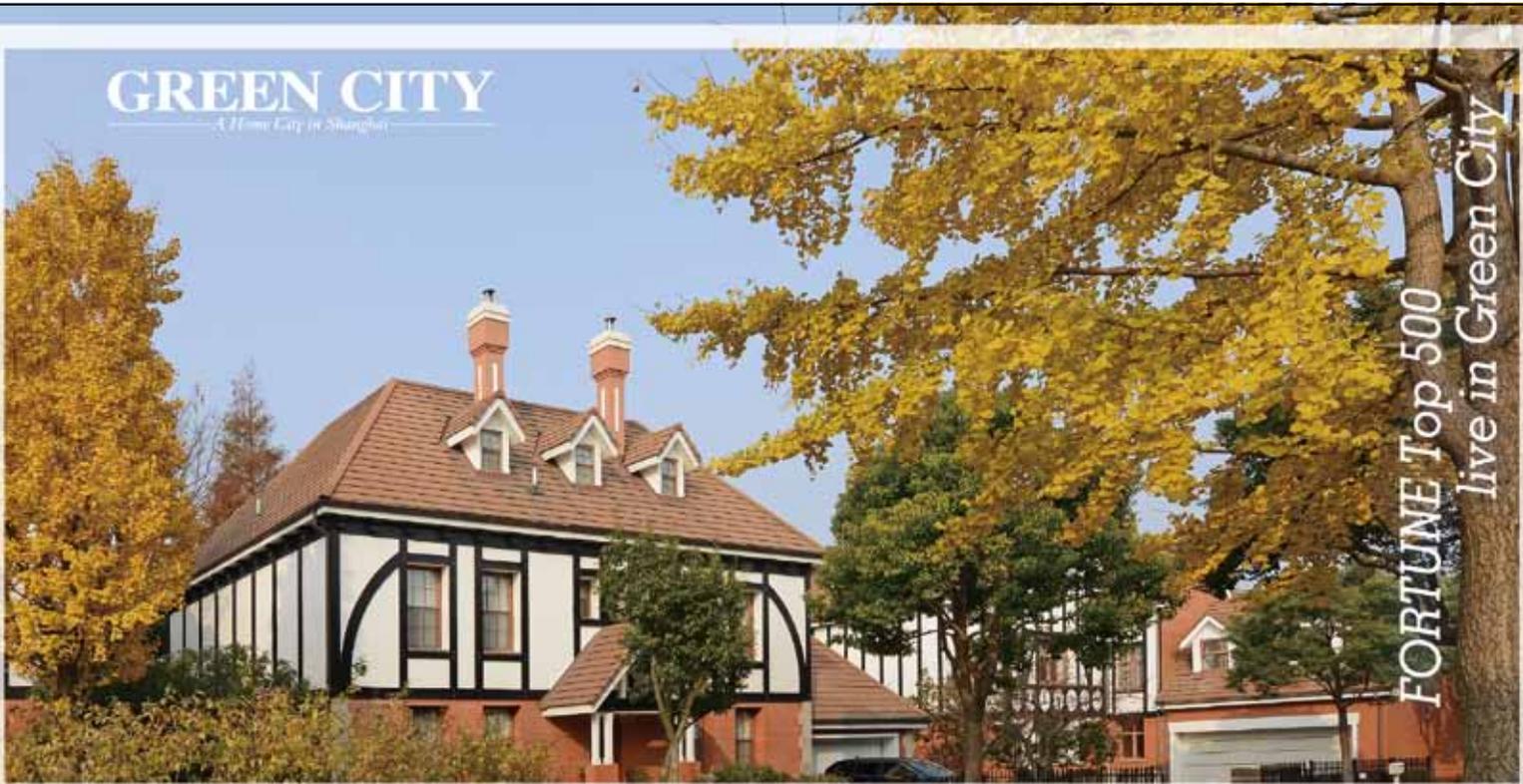
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editor's note



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



When we started planning this edition of Shanghai Family uncertainty was rife in the air. What would families do if the schools remained closed? What did this mean for the future of education? Would more learning now be done online? What does it MEAN!? I think we can all be certain of three things: first, education will never be the same, nor should it! It needs to evolve just as we as a society evolve. Second, that school plays an important role in a child's social and emotional development. And third, most of us cannot afford the luxury of being at home ourselves let alone having our children learning at home 24/7! Even my sister, a passionate home educator of three, admits that she couldn't do what she does if she didn't have complete freedom to be at home.

But now that children are returning to their classrooms, long-time Shanghai parent **Ailan Gates speaks to three families about adapting to e-learning and the nervous excitement of returning to school (16)**, while **Nicole Chia looks at how to survive your child's seemingly endless piles of homework (36)**. In some ways, living in an international city with its mountains of educational choices can prove more stressful than it's worth. And with educational terms and acronyms like IBDP, AP, A Levels, IGCSE etc., being thrown about, no wonder we feel frustrated, confused, and uncertain. Helping us to understand the curricula available, writer and mother **Melissa Dawson chats to six international schools (22) about what each programme entails** and how they differ, the experiences students can expect, and how parents can decipher which curriculum is best suited to their child(ren). Also in education, **Head of Sixth Form at Wellington gives insight into the IBDP (28)**, **SUIS Pudong students share advice on university applications (32)**, and **BISS Puxi explains how its STEAM programme helps to develop confident learners (35)**.

In Health and Wellness, **Paediatricians from United Family Healthcare help families understand the changes that occur during adolescence (38)**, and **Dr Sherry Liu from Shanghai Jiahui International Hospital offers advice on childhood eczema (37)**.

Out and about, our new dining editor, and genius behind hit Instagram account 'Symmetry Breakfast', **Michael Zee, shows us the New (F&B) Kids on the Block and how to spend your hard-earned cash (50)**. Our favourite city explorer, **Johan Prozesky, takes a stroll down Yuyuan Road (48)** - if and when you visit this area be sure to check out the colourful, retro art installation "TETROMINOES" designed by Aussie, Shanghai-based, design studio 'Gossamer'. Lastly, for some creative inspiration, check out our latest home & style column where **Rebekah Pothaar looks at fun DIY flower arranging activities you can do with kids (52)**.

We hope this latest edition proves useful, supportive, and entertaining. For more information on education in Shanghai, stay tuned for our School Directory coming soon to a shelf near you. Until next time you e-learning survivors!

Beth Roulston
Editor in Chief



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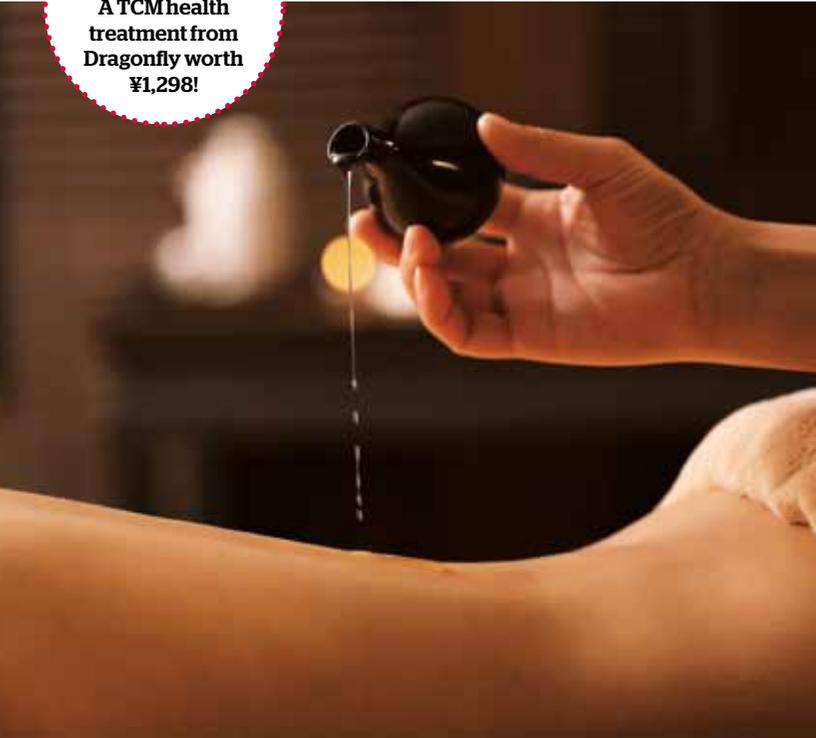
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school roundup



BACK TO SCHOOL!

Excitement was abundant these past weeks at YCIS Shanghai as students from Years 5-13 and their teachers reunited and reconnected in-person for the first time in several months on YCIS Shanghai's sunny campuses - each one delighted to be returning to face-to-face learning.

Virtual Visit From Famous Author

Grade four students at Concordia recently had a virtual visit from British author Frank Cottrell Boyce. Mr Boyce, who won the prestigious Carnegie Medal for his book Millions, made a special recording for the Concordia students of him reading from his book 'The Astounding Broccoli Boy'. Visit www.concordiashanghai.org to watch the author's video.



Dragons Back On Campus

On Wednesday 6th May, SCIS Hongqiao and Pudong campuses welcomed their first wave of students back to classrooms. Hats off to the newly returned who have followed all safety guidelines to the T, and to the teachers signing in to teach virtually from cities all around the world!

Welcome Back 欢迎回到学校



Welcome Back

Everyone at Wellington College International Shanghai is beyond thrilled to welcome back the majority of its pupils, with only the younger year groups waiting to return in early June. Pupils are reunited with their friends and teachers, and faculty are reunited with their colleagues; slowly but surely, everyone is coming together to get back into the swing of life and learning on campus.



Dulwich Students Return

Thrills and cheers filled the air recently on the Dulwich College Shanghai Pudong grounds as friends, faculty, and families were reunited for the first time since schools were required to shut back in January. With the exception of Dulwich DUCKS, the school's youngest, learning can finally get back to the classroom!



fresh tips



Shanghai Street Eats Breakfast Tour

Explore a local market and taste the Chinese breakfast of champions through the beautiful Xuhui neighbourhood with UnTour Food Tours. You'll meet trusted vendors selling classic local dishes, including the world-famous jianbing (Chinese crepe), steaming baskets of the city's finest soup dumplings, freshly-pulled noodles, and much more. *535 RMB for 12+, 400 for 6-12, under 5s go free; 27th June @ 9am; book via untourfoodtours.com.*



What are the most effective ways to prevent and control myopia for my child?

There are a few measures that can be taken in the prevention and control of myopia. For some children, **sufficient daily nutrition and outdoor activities** may be enough for them to avoid myopia. For children who already have myopia, **visiting an eye care doctor once a year** is necessary. The doctors will diagnose the issue and discuss the best solution. They may suggest that your child wear frame glasses or contact lenses to help correct their vision. It's important to note that glasses or contact lenses will not cure myopia, but that the vision will be corrected while the glasses or the contact lenses are worn.

Yoga For Life Retreat

Join Yoga For Life for a relaxing weekend of yoga and mindfulness in the mesmerising Anji Mountains! Here you will have the perfect opportunity to put down the constant thoughts, emotions, stresses experienced during this difficult time and reconnect to the 'power of now'. *5th-7th & 25th-27th June; Prices start from 2300 RMB/person all inclusive. Location: North Zhejiang Canyon; Book via email: manyang0928@gmail.com or WeChat: 15000612465 (Yoga for Life SH).*



Craft'd Camps

Summer's here, school's out and you've still no idea what you're going to do for the holidays. Fortunately, the crafty crew at Craft'd have blessed us with a whole summer of creative camps to keep our children occupied. *'Little Artist' camp is from 22nd-24th June, followed by a 'Global Citizens' camp 25th-26th June. Suitable for kids aged 8+; 'Little Artist' 3-day camp: 2100 RMB full day, 1200 RMB half day; Building 3, 1288 Middle Fuxing Road; Book via craftd-shanghai.com or add their WeChat: [craftdshanghai](http://craftdshanghai.com).*

We know what you'll do this summer...

Of all the tourist spots this awesome city has to offer, you and the kids have done it all and seen it all... or so you think! Planned and made by UK Elite team and China Elite team together, the Shanghai Dungeon will scare your socks off and give the teens a good giggle (laughing at you that is). Expect some moderate horror, cool rides, and interesting scenes. *353 East Nanjing Road; tickets via www.theshanghaidungeon.cn; prices during Dragon Boat Festival - 160 RMB for kids/ students, 200 RMB for adults.*



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Kids Say the Funniest Things

Parents and teachers share their latest favourite quotes from kids



Anne :

As usual, my two girls were fighting over what show to watch and with everyone being on edge, patience was running very thin... All of a sudden Lia (8), my youngest, stands up and makes a dramatic exit to her room saying with despair: "I simply can't process this anymore, I'm social distancing from you all right now! See you at dinner," and closed herself in her room...



Momo :

"Let's go out. I want an onion cake."
My three-year-old, crying at 3am...



Swathi:

My son (aged 2.5 yrs) was talking to an imaginary audience while I was on the phone with my manager. I apologised to my manager by saying, "Sorry, it is my son", my son immediately retorted with "...my sun, moon, star, planet, mercury, neptune, pluto".



Eve:

In Singapore, where we are just now, not wearing a mouth mask can cost you a fine of US\$210. So, my kids now call them, "Mouth Bras, because it's now illegal to show your mouth".

"Mom this soup is too soupy and therefore unacceptable..." (the kid was four).



Toddler walking down Yuyuan road: "I don't want to be a boy!"

Father of toddler: "What do you want to be?"

Toddler: "My shoe."

Father: "Why's that?"

Toddler: "I don't understand the question..."

Cute, little 3-year-old girl at Disneyland, "Me no like Mad Hat," after seeing the character the 'Mad Hatter' from Alice in Wonderland.



2-year-old while listening to the radio in the car with his parents: "I need some peas and quiet."

3-year-old: "Daddy can you make me some noooze?"

Dad: "Nooze?"

3-year-old: "Yes, you know slurp slurp."

Dad: "Oh! Noodles."



Pre-school teacher asked his class what movies they like to watch and a little boy replied "My favourite movie is Alien Vs Predator"... teacher nearly fell off his seat.



A kindergarten teacher asked his class to write about anything they like and most of the children attempted to write about going to the park, swimming, or playing with friends except for one boy who turned around and asked his teacher to help him spell, "General Grievous battles Obi-Wan Kenobi," to which the teacher replied, "I don't even know where to begin".

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cover story

Not Your Average Classroom

Shanghai families discuss adapting to e-learning and the nervous excitement of returning to school

By Ailan Gates



Huge thank you to (from left to right) Madhav, Taeke, Line, Ewan, Joppe and Raghav, and parents, Chrisje Sepmeijer and Derk Rietveld, Nitika Bedi and Sumeet Chander, and Cathy and Emmanuel Mangonot - for their enthusiasm and support in this edition's cover story.

The whole world is uniting to fight a common cause, and that means trying to define what the new normal is in our everyday behaviour. Governments are having to commission strict rules on isolation, quarantine and lockdowns, with mandatory stay at home policies enforced across the globe. Schools, universities, businesses, government departments, restaurants and public transportation closed overnight. Social distancing became the norm. People were expected to stand two metres apart in public. Face masks turned into the latest fashion accessory, and washing hands while singing to the tune of 'happy birthday to me' twice over, became an accepted part of our lives.

In the midst of the pandemic, all schools were closed at lightning speed in order to protect the welfare of our children. This unprecedented crisis forced schools to quickly change their teaching models from a traditional education to some form of e-learning on multiple platforms like Zoom, blackboard, and Microsoft Teams - just to name a few.

Mums and dads had their roles transformed overnight into that of parent and teacher, throwing them into a scenario where in order to best support their children they had to work hard to understand not only what the children were learning but also how to navigate various e-learning platforms. In the beginning, there were numerous teething problems, from adapting and adjusting to different time zones, having no Wi-Fi, poor connection or bandwidth, and a lack of technological devices to use as families were stuck outside their home countries thanks to abrupt travel bans.

Now that parents are playing a much more central role in their children's education, I was eager to find out how they and their children steered



Brothers Joppe (left) and Taeke (right) studying together in Shanghai

“What was meant as a nice holiday with grandparents quickly became an intense homeschooling experience for all involved.” The boys’ grandfather would eagerly start every morning by familiarising himself with the children’s daily tasks.”

their way through the COVID-19 period and what challenges they encountered. In my search, I was lucky enough to interview three wonderful Shanghai families about their overall experience.

Building Routines

Chrisje Sepmeijer and Derk Rietveld, doctors at Shanghai United Hospital, decided to send their two sons, Joppe (14) and Taeke (12), back to Holland right after the Lunar New Year in late January, as they felt that with their workload their children would fare better being home schooled by their grandparents. The children's grandfather, a retired professor, instantly jumped to the challenge, having an innate interest in education, and quickly became acquainted with the schools learning management system, 'Managebac' - a learning platform where teachers and students can upload tasks and assignments.

Chrisje smiles and says, "What was meant as a nice holiday with grand-

parents quickly became an intense homeschooling experience for all involved". The boys' grandfather would eagerly start every morning by familiarising himself with the children's daily tasks. Joppe and Taeke's schedule would begin with studies at 9.30am, have a brief break at 11am for hot chocolate, then continue until 1pm for lunch. If they needed to, they would continue right after lunch but would end their day by going into the woods to climb trees and run around. What bliss!



cover story

Nitika Bedi, wife to Sumeet Chander and mother of two boys Raghav (14) and Madhav (12), states that “some days were easier than others”. Her boys disliked being cooped up at home and missed hanging out with their friends and playing outdoors; Madhav in particular missed playing soccer. Both children would fluctuate daily from saying, “The same things take so much longer at school!”, to, “This is so hard!”.

When asked, ‘What was your routine like?’, Cathy Mangonot, mother of Ewan (16) and Line (12), and her husband Emmanuel say that they decided at the very beginning that both children would continue to follow their usual school schedule. She would wake both children up

Brothers, Raghav (left) and Madhav (right), helping each other to complete their daily school work



Madhav (left) & Raghav (right) playing basketball together in Shanghai



between 7 and 8am and encourage them to start their schoolwork between 8 and 9am. They would then stop at 12pm and sit as a family for lunch. After lunch, the children would relax by watching TV or playing video games until 1.30pm when they would resume their schoolwork until the afternoon.

Nitika's family, however, had a more flexible, easy flowing schedule. The children would wake up and start their schoolwork before breakfast. They would then have breakfast and work through until late lunch. On easier days, schoolwork would end there but on heavier workload days, schoolwork would spill over into the early evening.

Crucial Distractions

During the quarantine period, Nitika encouraged both Raghav and Madhav to exercise every day, from doing push-ups, yoga, jumping jacks to anything that would keep the boys moving. She even says, “that exercise helped in keeping them all sane

through those stressful days”.

Chrisje enrolled her two boys into a local international swimming club whilst in Holland as her boys were becoming increasingly irritable with each other. Perhaps it was from some form of cabin fever as her boys were used to swimming every day in Shanghai. The boys trained with a group of mixed nationalities three times a week which was a welcome relief to her and a joyous time for the boys as well.

Navigating Online Learning

As parents acclimatised to their new ‘teacher’ roles, communication with educators, school administrators, and IT departments became a necessity. It was imperative that parents and students received a clear understanding of the online learning pedagogy from teachers at the beginning in order to have a successful transition from traditional classroom learning to e-learning. Nitika says that her boys found e-learning a bit of a “mixed bag” experience.

"Some days assignments were finished faster at home than at school and other days it was so difficult."

Cathy, like Nitika, encouraged her children to work independently. Cathy and her husband Emmanuel would assist only when needed as they both wanted to keep to the status quo and stay in line with the French school's curriculum and expectations.

With e-learning, frequent feedback, comments, and emails were vital between teachers, parents and students as it helped to provide a more effective and fluid learning experience for the children. More importantly, virtual learning was foremost in keeping students focused, motivated, and studying.

Zoom has become one of the most talked about and most widely used platforms for communication, learning, and sharing - even in China. All forms of classes used zoom, from the much-demanded exercise classes such as yoga and piyo, to the more substantial global business meetings that are still needed throughout this difficult period. Zoom enabled peo-

Although [Cathy's] children missed the social aspect of school like seeing and catching up with their friends while having lunch, Ewan and Line loved spending time together as a unit at home. It also didn't hurt that they had ample time to do their school work each day. Cathy jokes that the only issue for her having the children at home all day was not knowing what to cook for lunch.

ple to stay connected and continue online classes. It also staved off loneliness by allowing people to connect easily without disruptions, glitches, and time delays. For a lot of students, virtual classes, live chats, and video calls were necessary in keeping the human connection alive and providing students with a feeling of togetherness instead of learning alone. I should have bought stocks in Zoom, haha - no, really, I should have. Can you even still purchase Zoom stock?

Nevertheless, being sequestered at home was certainly the most difficult aspect to this Coronavirus crisis. Nitika states that, "some days we wished we could see other people instead of just each other all the time." The negative aspects of feeling isolated was something most teachers addressed and some took the time to not only check in on their students' academic progress, but also on their general welfare.

After three and a half weeks, and the fortuitous opening of her schedule, Chrisje flew back to Holland to be with her boys. Even though the children were now staying with her, Chrisje still continued to send them

to the grandparents for their daily learning.

The Fortunate and Frustrating Flipsides of Family Quarantine

On the flip side to being sequestered, staying at home with family members was without a doubt a luxury and an opportunity that most families will never forget and will cherish forever - a sentiment that Cathy agrees with wholeheartedly. Although her children missed the social aspect of school like seeing and catching up with their friends while having lunch, Ewan and Line loved spending time together as a unit at home. It also didn't hurt that they had ample time to do their school work each day. Cathy jokes that the only issue for her having the children at home all day was not knowing what to cook for lunch. "It was more work, having to organise all meals at home plus having to help with homework when needed," agrees Nitika. Children are normally at school during lunchtime, which does make me wonder where all the microwave dinners went that were all so popular in the 80s.

Ewan completing his coursework online at home in Shanghai

Line reading one of her favourite novels in her bedroom

cover story

A definite positive element that has come from homeschooling, has been the ability of keeping up-to-date with what our children are learning about in school. Cathy and Emmanuel now have a much better understanding of their children's studies. They have also been given additional insight into their children's strengths as well as the difficulties they face at school. Chrisje and Derk were initially concerned that once they brought the boys back to Shanghai that their difficulties would increase. Without their grandfather overlooking their studies, the boys, especially Taeke, had to learn how to be an independent learner. If they needed help, Chrisje and Derk would support them when they returned from work in the evenings, or if necessary, over video calls in between patient appointments. Only when their homework was completed were the boys allowed to play Fortnite (if you haven't heard of this online game you're incredibly lucky) with friends.

Maintaining Schedules

All three families agree that sticking

to a regular school schedule wasn't too difficult so long as they followed these recommendations set by various international schools:

- Take regular breaks whilst studying
- Make time to socialise
- Eat healthily
- Remember to drink water regularly
- Stick to an appropriate sleep schedule
- Set daily and weekly goals
- Limit distractions by turning off technology and avoiding social media when studying

I wasn't at all surprised by Cathy's response to the question; 'What projects did you do with the children?', which comprised of Ewan and especially Line enjoying quality time with Cathy in the kitchen cooking and baking.

Chrisje and Derk felt lucky as they had a few things that needed to be done in the house which helped to rid their boys of excess energy and to stave off learning fatigue. Besides walking their two adorable dogs a few times a day, cooking, and having

As life returns from lockdowns and travel restrictions, and communities slowly come back to the hustle and bustle of our daily routine, it is possible that the world we once knew might really return... We need to work collectively together to care for one another, and to help build a stronger economy and a healthier world

meals together, the boys made an outside dining table from recycled products which they use every day. A real gem and a wonderful souvenir of their time in quarantine.

Back to Life, Back to Reality

As the number of new and current Coronavirus cases in China are minimal, regulations have begun to ease. Schools are slowly beginning to open, albeit with strict regulations, businesses are returning to normal, work is starting up, and people are allowed to mingle in small numbers. At the time of writing this article, so far only Grades 4 to 12 will be allowed to return to school, with students returning in a staggered order over the coming weeks. This is done to ensure the safety of all students and teachers and to allow the transition to move with ease.

Nitika remarks, "it's been better lately since we can go out a little more." Chrisje confirms that even her boys have started to socialise more by playing basketball and swimming with friends. Once Cathy's children are finished with schoolwork they go out to meet friends, exercise, play board games, or even bake in the kitchen. All in all, family life is beginning to return to some form of normalcy.

School & Classrooms - Post-Coronavirus

As students will sit independently one metre apart from one another in classrooms, donned in their face masks, our children's learning environments are sure to look and feel different. Before schools were allowed to reopen, the Shanghai Government insisted that all school premises were to be disinfected and cleaned on a continual basis, and that students were to be reminded to sanitise their hands continually throughout the day. Student temperatures will be taken upon boarding their school bus in addition to arriv-



Ewan and Line performing exercise routines outside their Shanghai home

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From left to right: Chrisje Sepmeijer, Joppe, Taeke, & Derk Rietveld together on a family holiday

ing at school. Students will then need to show a "green" health code on their phones and be expected to walk through thermal scanners before being allowed entry to their well-ventilated classrooms - all essential and critical prevention measures if we are to avoid triggering a second wave of Coronavirus infections.

What are you looking forward to about getting back to school?

Madhav and Raghav can't wait to have normal lessons again in school, playing soccer, and hanging out with friends. Joppe and Taeke are looking forward to having a more active social life - although they're a little uncertain about the strict regulations with regards to school and the boys are not sure if, "it will be back to the school they are hoping for," says Chrisje. Ewan and Line can't wait to see all their friends.

Preparing Children for Their Imminent Return to School

All three mums believe that staying healthy, staying safe, and staying positive should be the chief and primary focuses. Going over the new school rules with their children, preparing healthy snacks, and reminding them to sanitise their hands, wear their masks, and reinforcing the fact

that adapting to this new landscape may be overwhelming but is ultimately necessary.

As life returns from lockdowns and travel restrictions, and communities slowly come back to the hustle and bustle of our daily routine, it is possible that the world we once knew might never really return. Looking inward is necessary to prevent us from making the same mistakes twice. We need to work collectively together to care for one another, and to help build a stronger economy and a healthier world; and what better to conclude this sentiment than with a great Bill Gates' quote from his address at this year's graduating class of Harvard University:

"Today, as then, the world faces mass suffering and economic devastation. Again, nations will need to pull together to rebuild. But this time, you ... don't need a commencement speaker to paint a picture of the 'troubled areas of the earth'. The COVID-19 crisis we confront today is not a localised experience but a truly global one... Whatever your professional goals, wherever you live, and whoever you are, there are ways, big and small, that you can participate in making the world better for everyone." **SE**



Year 9 students in BISS Puxi music tech suite, composing songs

Deciphering Curriculums

Shanghai International schools elaborate on their programmes and how they support students to reach their future goals *By Melissa Dawson*

“Two roads diverged in a yellow wood, and sorry I could not travel both...” Those famous lines from Robert Frost have become an almost universally understood symbol for moments in life when one must choose and the times when you look back and consider just where those choices have led you. However, as I was speaking to representatives from the various international schools here in Shanghai, one thing stood out to me: at these schools, teens aren’t simply choosing their paths from a set of predetermined ones, they are actively creating their own futures, through the amazing support, guidance, and opportunities afforded to them.

This flexibility, though, can be cause for confusion. What is the difference between IB, A Levels, and AP, and which is more appealing to various universities? What about examinations? And, what happens if you change your mind about your course? To help clarify amongst the curricula available, we contacted the British International School of Shanghai, Puxi (BISS Puxi), Concordia International School Shanghai, Harrow International School Shanghai, Shanghai American School (SAS), Shanghai Community International School (SCIS), and Wellington College International School to gain more information about their specific programmes and how they support students to shape their ideal future.

Wellington student explaining the formations of waterfalls



To begin, let's briefly explore the terminology around these programmes:

IB- This stands for International Baccalaureate. The programme was founded in 1958 with the stated mission that it, "aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect". They have a presence in over 150 countries and, "for students, success in the IB often results in advanced standing, course credit, scholarships, and other admissions related benefits at many universities". This is truly an international option.

A Levels- The General Certificate of Education Advanced Level qualifications are the typical credentials required for leaving school and applying to university in the UK. These require selecting specific courses (there are no mandatory subjects), usually 3-4, and then sitting examinations set by various examination boards.

IGCSE- Similar to the British GCSE curriculum, a prerequisite for all UK students wishing to study A Levels, the International General Certificate of Secondary Education is an exam and coursework based qualification, offered by three different examination boards, usually studied between the ages of 14 to 16.

AP- Advanced Placement is an American programme that allows students to complete college coursework and potentially receive college credit while in high school. It is subject based, and students undergo examinations at the end of each course, through the College Board.

Now, let's dive deeper into a Q&A about how these programmes work in some of the numerous educational institutions in Shanghai.

Q. Can you describe the programme(s) you offer?

A. BISS Puxi: "BISS Puxi follows a version of the English National Curriculum. When students move into Year 10 (age 14-15) they are asked to pick specific subjects that they wish to study further at IGCSE level, in preparation for examinations. At post 16, BISS Puxi offers the world-renowned International Baccalaureate Diploma Programme."

A. Concordia: "We offer a liberal arts, North American education for our students of Grades 9 to 12. As students progress through the high school programme, they gain greater access to both the Advanced Placement (AP) programme as well as our own 'Applied Learning Program.'"

A. Harrow Shanghai:

"Harrow Shanghai's pupils study the 'General Certificate of Education, Advanced Level' better known as 'A Levels'. It is a curriculum studied in the last two years of a child's secondary school education and required for applying to university."

A. SAS: "We offer the ability for students to pursue the comprehensive IB diploma, which has a social emotional element to it, as well as to take classes piecemeal. Students can also take AP classes in pursuit of the AP diploma or certificate."

A. SCIS: "SCIS offers the IB Diploma Programme (DP). We provide a range of courses from the six subject groups. Schedules are largely bespoke, with students making



SCIS students collaborating on an experiment in biology class

feature



Harrow Shanghai pupils in an A Level Mandarin lesson

A. Harrow Shanghai: "A Levels provide the gold standard of education and are accepted by universities globally. Undergraduate students often gain credits for the A Level courses they have taken, and in some cases even skip the first year entirely, thus catalysing their way towards their chosen career path. A Levels allow for specialisation and individual choice. If a student feels confident that they know their career path, they can pursue the subjects pertinent to it."



Harrow Shanghai pupils quietly studying in an A Level Maths lesson

A. SAS: "SAS is unusual as it offers both the AP and IB pathways, and students are able to mix courses from both curricula. SAS has an emphasis on personalisation, community, and on opportunities to build soft skills. There is a lot of mythology around the idea that one type of curricula is better for one country system than another curricula, but that is not the case. Good counselling and the choices that come with self-understanding matter, and we work to create opportunities for families to see that on display."

course choices based on interest and profile."

A. Wellington: "In the Sixth Form, we offer the IBDP (International Baccalaureate Diploma programme). This is one of the most prestigious and robust programmes for university preparation, one we believe best serves children preparing to live and succeed in an uncertain world"

Q. How does your curriculum differ from others?

A. BISS Puxi: "Like many curricula, ours offers the chance for students to try lots of subjects in their early years of secondary education without the need to specialise. The main difference would be IGCSE offers an externally validated examination at 16,

which many other curricula do not offer. This is important as students have the chance to learn how to take exams in a realistic environment before they take their IB Exams, or SATs or A Levels."

A. Concordia: "The real benefit of the 'AP program' over, let's say the IB programme, is that the courses are one year in length. Our students are not locked into a two-year programme spanning their 11th and 12th grade years. Instead, they have the freedom to experience different courses and subject areas while still going deeply in each one by studying them at a college level. Universities in both the United States and Canada are very familiar with the 'AP program' and some will even grant college credit for AP courses taken in high school."



SCIS students completing an experiment in physics class

A. SCIS: "The two-year courses allow students to immerse themselves in each discipline. There is a special emphasis on developing skills - thinking, communicating, social, self-management, and research. The Diploma Programme (DP) Core, including Creative, Activity, Service (CAS), Theory of Knowledge (TOK), and the Extended Essay (EE), provide a well-rounded foundation for learning. Typically, parents and students interested in SCIS for their final two years are pursuing an IB Diploma versus other programmes, and they are familiar with the demands and rewards of the programme."

Q. When do students begin to select their courses, and what guidance is available to help them?

A. BISS Puxi: "The first choice is made at the age of 11 when students choose which modern foreign language they wish to study. All students study English and Mandarin

but they also get to choose between French, German, and Spanish as a second language. The final choices are made for IB at the end of Year 11 at the age of 16. Students and parents receive lots of advice on these choices to ensure that any choice made will not have a detrimental impact on choices later down the line. Our Higher Education team offers guidance to all Year 11 students to ensure that they all meet the subject requirements for their degree choices two years down the line."

A. Harrow Shanghai: "Our Head of Higher Education and Careers, Mr Felix Baden-Powell, works closely with each pupil to help them to prepare well for university from Year 10. This begins with helping them to explore their strengths and potential careers and, then, as they move into the Sixth Form, assisting pupils in their course selection and the development of their personal statement. Secondly, Mr Baden-Powell aims to go beyond the curriculum and nur-

ture our pupils' curiosity. At Harrow Shanghai, we regularly welcome external speakers to speak to pupils about different careers and/or universities. This opportunity to ask questions and challenge themselves with industry leaders is paramount in increasing the pupils' confidence and helping them to learn more about different careers."

A. Wellington: "Each subject teacher gets to know the children in their care well. They know their strengths and where the opportunities lie, are able to advise which course might have the biggest impact on individual pupils, the learning that their pupils might enjoy and the outcomes they could achieve. Our team of college advisors have great expertise in assisting pupils to attend the right university for them, be it in the UK, the US or many other parts of the world. They excel in providing specific, bespoke advice and guidance to our young people and their families."



Wellington students discovering the joy of 3D printing and its capabilities



Concordia student tweaks robot prototype in an Engineering I class.

feature



SAS educator, Mindy Rose, and alumni members discussing university pathways



SAS students chatting in the hallways on their way to class



BISS Puxi Head of IB Academy, Thomas Housham, checking in with IB students about their university personal statement



Concordia students complete 3D design pieces in their Studio Art class

Q. What can be done if a student wants to study a different course, or change their university plans? Is this common?

A. Concordia: "It is very common for high school students to change their future goals and aspirations. We see this often and we expect it. In Grades 11 and 12, our students can go more deeply in those areas that interest them most by taking AP courses or Applied Learning courses. Through liberal arts study and meeting our graduation requirements, our students are well positioned to pursue advanced studies in a wide range of areas beyond high school."

A. SAS: "Our plan of study creates opportunities for students to discover and to change their minds. We create space for that, and help them understand that the goal of their education is to build enduring

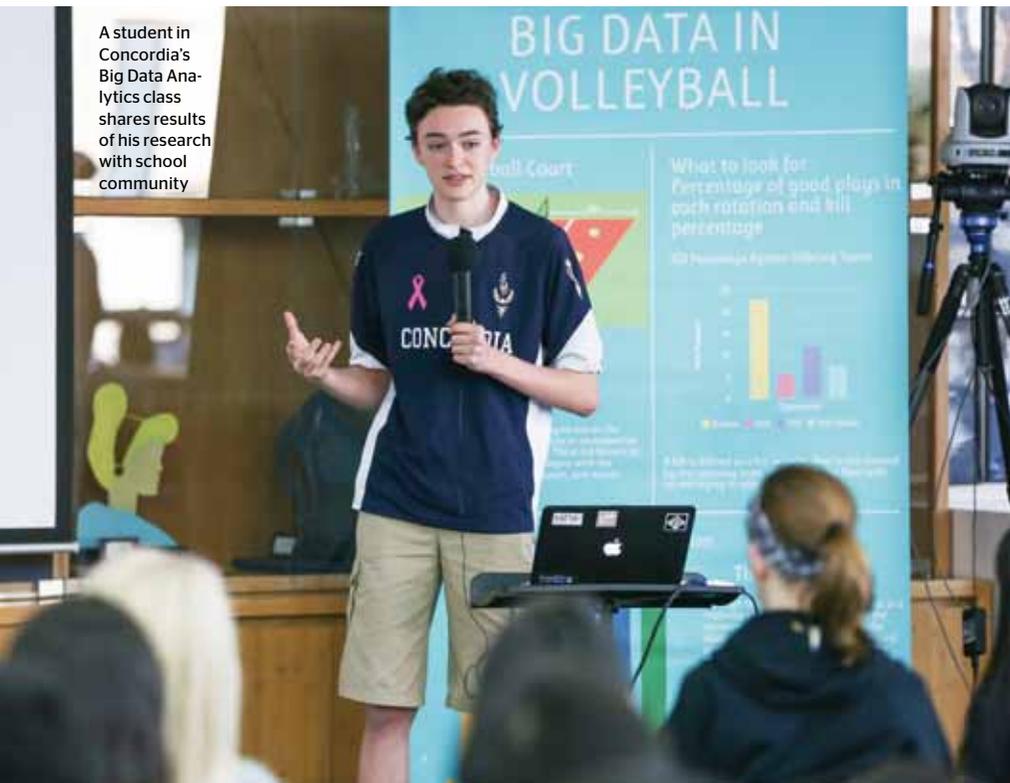
understandings that will transfer to a wide variety of settings. It is not unusual for our students to research several different country systems and find focus or even change course as they move into their senior year. We are here to support their aspirations and scaffold informed decision making. Changing minds is fine with us!"

A. SCIS: "As the IB Diploma is recognised for being such a well-rounded education, university pathways are rarely limited based on course selection. Some programmes require higher-level mathematics and science courses, but students are given guidance from our college counselor to help them navigate this part of the selection process. We spend a significant amount of time on the front end making sure that courses are thoughtfully selected. If circumstances change, often those changes can be accommodated - especially early in the programme."

A. Wellington: "Our experience teaches us that pupils only want to make drastic changes in very rare cases and we believe

that this is largely as a result of the high level of advice, support, and guidance that our pupils receive from very early on in their academic careers. Indeed, planning is not something that begins in the first year of the IBDP, but far earlier at Wellington. This helps our pupils make confident choices, but also gives them the ability to change direction thoughtfully and intelligently, should the need arise."

In the end, it seems no matter which programme you ultimately choose they all provide great opportunities for future generations to define their goals, discover their passions, and actively shape their own futures. They are world-renowned programmes for their thoroughness, breadth, and depth, and as indicators of a student's preparedness to enter college or university. Not only this but the supportive and thoughtful guidance in place at each school, leads young teens to wise choices and countless opportunities as they prepare to take their first steps out into the world, forging their own path as they go. **SF**



A student in Concordia's Big Data Analytics class shares results of his research with school community



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The International Baccalaureate, Explained

Ewan McCallum, Head of Sixth Form at Wellington College International Shanghai, discusses the challenges and benefits of the IB Diploma Programme

The International Baccalaureate Diploma Programme (IBDP) is one of the most prestigious pre-college or pre-university qualifications that a pupil can achieve. It is a highly challenging course that gives pupils the chance to fully explore their potential paths ahead in their academic career as well as their own capabilities as a learner and thinker.

While most secondary school pupils (and their parents) will have heard of the IBDP, not everyone knows exactly what that means or why it's important.

The Basics - What is the IBDP all about?

Unlike the A Level curriculum,

whereby students will typically study three- four subjects in depth, the IBDP consists of six subject groups and the Diploma Programme (DP) core curriculum; comprising Theory of Knowledge (TOK), Creativity, Activity, Service (CAS), and the Extended Essay (EE).

This wider range of subjects is designed to enable pupils to complete a broader exploration of learning without specialising too narrowly too early on in their formal education. Ideally, this approach will give them the ability to not only enjoy a more holistic education, but also guide them on to a future university and career path that is right for them.

The IB has a well-known reputation for being challenging - and that's because it is. Balancing the need to explore six different subjects and produce work of a consistently high standard, alongside the demands of CAS, TOK, and the EE is not easy. However, the challenging nature of the IB is a big part of its inherent value.

The Benefits - What does the IBDP offer pupils who take it?

I get asked this question a lot by parents whose children are about to undertake the IB, and by the pupils themselves. Why study six subjects plus the DP core if you already know what subjects you are good at from the GCSE/IGCSE years, right? Why not just focus on three subjects which are most likely to result in the best grades? The problem with this approach is that firstly it is based on the assumption that the pupil truly does know what they are 'good at'. Wellington's guiding principle is that a holistic education is the best path to prepare our pupils. By studying more subjects, more widely but still in





depth, pupils are truly able to discover where their talents and interests lie.

Together with the DP core, we believe that this approach sets young people up to be very capable and versatile thinkers. The IBDP achieves this with its emphasis on independent learning and being proactive and resilient throughout the two years of study. These are abilities that pupils need now more than ever before, as our world continues to change faster and more noticeably.

The Challenge - Isn't IB incredibly hard?

The IB has a well-known reputation for being challenging - and that's because it is. Balancing the need to explore six different subjects and produce work of a consistently high standard, alongside the demands of CAS, TOK, and the EE is not easy. However, the challenging nature of the IB is a big part of its inherent value. The course expects a lot of its pupils. It pushes them, focuses them, and, crucially, it opens up new horizons for them. So, while the difficulty of the task might seem daunting at first, know that the rewards are significant.

The Response - What does the ideal IB pupil look like?

For me, the ideal IB pupil should be all of the following things:

- A diligent time manager - Every pupil needs to be able to be organ-

ised and capable of making the best use of their time each day, with appropriate support, of course, from the College, their teachers, and tutors.

- An effective communicator - Asking for help when necessary is not a weakness, it's a strength, particularly in the context of the IBDP. Pupils need to be open about their performance and their experiences during the course. They also need to come forward and proactively engage with their teachers, especially if they are experiencing difficulties.
- A hard worker - While the level of work involved in the IBDP is always manageable with the right approach, coasting is not an option. Pupils need to be thinking strategically about keeping on top of their current workload while looking ahead to key deadlines for internal assessments, essays, and other major pieces of work that contribute to their final grade.

The Result - What does life after the IBDP look like?

While we can't fully guarantee where a pupil will end up after they complete the IBDP, I can say with complete confidence that it will help them discover where they truly want to be, and give them the best possible chance to get there. Perhaps more importantly, Wellington sixth formers completing the IBDP will leave school confident in the knowl-



Mr Ewan McCallum, Head of Sixth Form

"With the right support, the IBDP gives pupils the tools they need to succeed at their chosen higher education course and in later life."

edge that they have fought for the options they deserve and made the choice that is right for them. During my time at Wellington, I've had the privilege of seeing many pupils mature in a very short space of time, making honest, self-aware decisions about what

paths inspire them. Similarly, I have seen pupils go on to study at universities that, at the beginning of the programme, felt completely out of their reach. This is what happens when hard work, willpower, and the right amount of ambition collide.

With the right support, the IBDP gives pupils the tools they need to succeed at their chosen higher education course and in later life. More importantly, it improves their ability to tackle new challenges and to cope with pressure and failures. They have grit and resilience, the ability to understand their own inherent strengths and weaknesses, and vitally, to know what they want and how to go after it.

To find out more about the IBDP curriculum, contact Wellington's admissions team via the below details.
Tel.: 021 518 3866 #3885
Email: admissions.shanghai@wellingtoncollege.cn
Address: 1500 Yao Long Road, Pudong District



What programmes are the university most known for?

The most popular majors are Economics, Political Science, and Biology with Computer Science as the fastest-growing major. Beyond majors, Davidson also offers unique opportunities for students to engage with professional entrepreneurs at The Jay Hurt Hub for Innovation and Entrepreneurship. The Hurt Hub allows students to work with the more than 150 area professionals who use the Hurt Hub as their working space. The Hurt Hub facilitates opportunities for short-term contract work through the Gig-Hub projects but also hosts regular networking events like Pitch Breakfasts, 3-Day Startups and more.

What percentage of graduates go into the workforce within six months of graduation?

Overall, 73 percent of Davidson graduates enter the workforce directly from Davidson, with 60 percent of its international students directly entering the workforce.

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

The College is located near a major metropolitan city, Charlotte, the second largest banking city in the US, and enjoys a large alumni network which provides the college and its current students with a healthy network of partnership opportunities. For example, its partnership with EY (Ernst and Young) in Charlotte and the Hurt Hub enables the College to offer a spring course on consumer credit fraud prevention with its

We know that choosing a university is one of the most important decisions in a young person's life. In collaboration with Lamonda Lewis, High School Counsellor, we present a new university each month to inform you of the many options available. This month, we highlight Davidson College in North Carolina, US.

University Website: www.davidson.edu

Institutional Type: Private, Liberal Arts and Sciences

Location: Davidson, North Carolina, US

Average Cost of Attendance (COA) including tuition, room and board, etc.: COA for 2020-21 at Davidson stands roughly at \$75,145. Aside from the usual, this cost includes US-based medical insurance and a stipend for books. There are options to obtain an on-campus job for personal spending money- earning an estimated \$2,100.

Requirements to be accepted at Davidson College GPA/SAT/ACT/IB/A Level Score Range: GPA - equivalent of A and B grades. For the SAT and ACT, Davidson will be test-optional for the next three admission cycles. For IB, students usually have a mix of 5, 6, and 7 scores with an overall predicted score of 37 or higher. Successful A Level candidates will have predicted grades of A*, A, and B.

English Language Requirements (DET/TOEFL/IELTS): For non-native English-speaking students, Davidson requires a TOEFL, IELTS or DET. They also know you are much more than a score, therefore they highly recommend submitting an InitialView interview with your application. If you have studied in an entirely English-based curriculum throughout high school, Davidson will waive the English Language requirement. Check their waiver policy for more details via the website.



Economics and Psychology departments. It also has a strong partnership with data analytics firm, Tresata, headquartered in Charlotte with a data analytics factory at The Hurt Hub. Another benefit is also the area's warm weather and with it comes "southern hospitality". Here, mentors, classmates and collaborators not only share your dreams but also wish to help you reach them.

Are merit or need-based scholarships available for international students?

International students are eligible for both need-based and merit scholarships. More than half of the College's international students are on need-based financial aid. Merit at Davidson is awarded to students who

bring specific talents to the community such as music, theatre, fine art, creative writing etc.. On average, five percent of students in each incoming class are awarded merit scholarships.

What type of student thrives in your university setting?

Those who prefer a tight-knit community with the opportunity to form meaningful relationships with many community members including their professors as well as classmates. Davidson is a place where students are expected to participate and share their experiences in class discussion, and be involved in activities on campus or in the local community.

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

Davidson's International Student Programmes (ISP) is the first office that admitted students will hear from after enrolling. ISP manages the visa-related process, orientation, support programmes, such as the College's Host Family friendship programme, and coordinates grants for international students. Davidson is fortunate to offer unique and interesting grants to its international students. The Meet My World grant invites international students to bring

an American friend home with them to meet their family and learn about their culture for a two-week period, completely funded by the college. The Weinstein Travel Grant offers international students a chance to apply to journey to different parts of the US and learn about US immigration in San Francisco and Angel Island, collect narratives of sojourners along the Appalachian Trail, volunteer with the Slow Food movement, discover the art of quilting in New Mexico and Arizona etc.

Which major companies have been known to recruit students from your university?

Davidson graduates have gone on to work for companies like: Barings, BlackRock, McKinsey & Company, ESPN, Google, and Tresata. It also has alumni members currently working at Amazon, Ernst & Young, Goldman Sachs, and Microsoft in Asia.

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

Raquel Dailey, Assistant Director of Career Development for International Students, is the first contact for 150+ international students as they navigate internships, career advice, networking, graduate schools, and interviewing for potential employment. She understands their needs related to visa status and works closely with companies and organisations where graduates wish to work. She is an advocate for international students to employers, coordinates career development programming based on international student needs, and connects students to alumni in various industries throughout the US and abroad. Raquel also organises international specific workshops, career panels, and information sessions to help students build the skills they need as they prepare to transition to professional life. The Centre for Career Development offers networking opportunities with alumni and employers and takes students on Career Treks to Wall Street, New York City and Silicon Valley to visit businesses and network alumni working in these areas. 





The Key to Your Success is YOU

Students at SUIS Pudong share experiences, tips, and advice on applying to the world's top universities

For educators, there is no greater feeling than when your students achieve their dreams. In this school year alone, SUIS Pudong students have been accepted into a wide range of leading UK universities, notably Oxford, Imperial and UCL plus a great many others. Equally noticeable are the stunning offers that have been made by some of the most competitive universities in the United States, including top public, private and even Ivy League institutions.

As a school with a UK curriculum, there are those who question whether studying A Levels is a suitable educational path for students who intend to study at a university in the United States.

"Will American universities accept me?" "Would it not be better for my child to study the standard US curriculum instead?" "Do A Levels offer a wide enough range of subjects?"

With offers from the likes of Columbia, Cornell, Northwestern, Duke, NYU, UC Berkeley and many more, the answer to this is clear: with strong support from teachers and the correct guidance, dedicated and passionate A Level students will get great offers, not just from the UK, but from the US as well!

Tony Tian, an SUIS Pudong graduate who received offers from Duke University, University of Southern California, University of

California, and Berkeley, talks through his experience of applying to university.

About half a year ago, I was scared. I was well-aware of the difficulties Chinese students in the mainland of China face when it comes to US admissions. Not only do you need to do more preparation than many other applicants (such as having a wide range of eye-catching extracurriculars, hobbies, and skills, providing numerous essays, and achieving high GPA, SAT, or even AP and SAT II results), but you also need to show that you excel in every area of your life. To make matters worse, excellence doesn't guarantee admission. University admission is like dating; the school chooses the students it thinks are a good fit for it, and the spaces for certain students feel way too limited in prestigious universities. For the first time in my life I had to accept that all of my hard work may not pay off. Would I be rejected by all the schools, (it does happen, and it happens more than you think!), and would I come to regret my choice of only applying to institutions in the US? With these worrying questions in mind, I wrote my essays and submitted my applications.

I received my first rejection letter from my Early Decision school—Cornell University—in December 2019, which made me panic even more. However, with the help of my family and Mr MacDonald, the school's guidance counsellor, I managed to write a new, more personal essay that focused on the years I had spent learning and playing the accordion. In January, I submitted all my applications with the hope that I would get accepted by some of the greats like UC or Berkeley.

In February, I was accepted by UVA under Early Action. The competition was tough, with an acceptance rate of around 15% for out-of-state applicants. This offer calmed my mind, and I began to realise that I was a competitive applicant. The biggest surprise came on 27th March. I can still remember waking at 4am, due to sleeplessness. At six o'clock, my screams echoed around the house upon realising I had received an offer from Berkeley. At seven, I read that Duke had also accepted me and on the 29th I received

a congratulation letter from Duke's Associate Director of Undergraduate Admissions:

Besides academic excellence, Duke had accepted me for my passion for the accordion and that I had utilised that passion to help others. Initially, I felt that my acceptance was mainly down to luck, but I then thought about it another way - out of the 40,000 applicants, how many were willing to wake up at 5am to practice, and sacrifice their social life for their passion? My achievement was a testament to the belief that "hard work pays off" which I will continue to pursue in the future.

Dara, an SUIS Pudong student starting at Columbia University and Cornell University this autumn, shares some key tips on how to write a successful application essay:

Why Princeton? Why Cornell? Why Columbia? To us, this is self-explanatory. To the university in question, it really isn't. Universities are aware they have world-class resources, facilities, professors, and opportunities, so none of these categories should be the defining factor when you decide which university to apply to.

Initially, I planned to apply to more universities, but scrapped the idea when I was unable to state a single reason why this particular institution was a great fit for me, apart



Dear Tony,
I love that you used your
passion for accordion to
help others. It's not
easy to wake up at 5am
to practice, and sacrifice
your social life for your
passion. My achievement
was a testament to the
belief that "hard work
pays off" which I will
continue to pursue in the
future.

"If I didn't insist on the accordion, I may not have been admitted to Duke University," Tony Tian, SUIS Pudong graduate

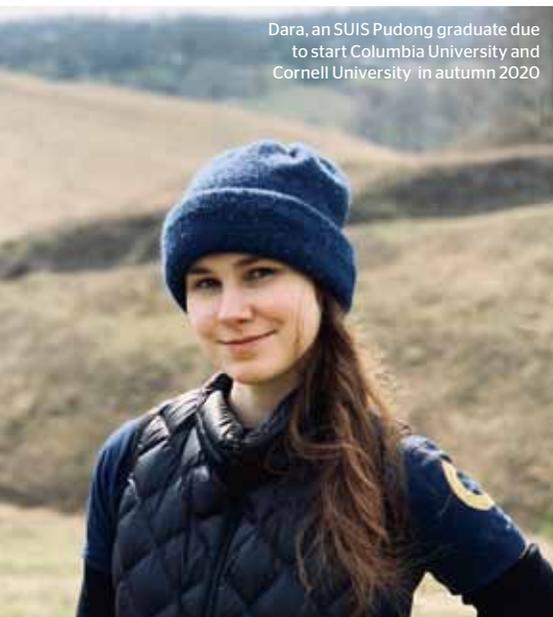
from the fact that it had a high global ranking.

Prior to applying, it is essential to justify your reasons for studying at a university. Detailed research will not only provide you with the necessary information to write a compelling essay but will also help you develop an idea of the 'vibe' at the university. In an essay for Cornell, I argued that I would adapt well in their curiosity-driven student community, citing my interest in joining quaint societies (such as the Squirrel Watchers' Club) specific to Cornell. More importantly, I discussed a particular programme that interested me, and explained how my experiences and passions would complement my studies in that programme.

In another essay (for a dual degree between Columbia University and Trinity College Dublin), I described how I would thrive under the tutelage of certain professors, and briefly discussed an idea from one of the professors' academic reports (that I had deliberately researched beforehand). To maximise efficiency, I would set the timer to two hours and try to gather as much information as possible about a single institution, using the internet and resources provided by my guidance counsellor. This should be repeated multiple times over several weeks for each university. It is a quick and effective way to collect material for writing engaging essays.

If you look beyond the rankings, you will see that some renowned universities are more suitable for you than others, and through sufficient research you will be able to pinpoint the exact reasons why that is. Think of each application essay as a date—you shouldn't just outline the unique qualities of a university that compelled you to apply, but should also attempt to convince the university that you are an attractive applicant who will make the most out of your opportunities there if admitted. This is why it is so vital to acquaint yourself thoroughly with the universities you are most passionate about. Meticulous research will set the foundation to writing an exceptional essay that is likely to grab the attention of your admissions officer, improving your chances of acceptance.

Naturally, we are incredibly proud of these students for rising to these challenges so successfully. We firmly believe that their success demonstrates just how attractive the A Level curriculum is at an international level, with the students studying a varied range of subjects including geography, Chinese, history, physics, art, maths, further maths and computer science. Congratulations to all our graduates, and we hope that their success will inspire our younger students to aim high no matter where in the world they wish to study.



Dara, an SUIS Pudong graduate due to start Columbia University and Cornell University in autumn 2020



THE BRITISH INTERNATIONAL SCHOOL
SHANGHAI, PUXI

A NORD ANGLIA EDUCATION SCHOOL

ALEX • YEAR 12, BRITISH INTERNATIONAL SCHOOL SHANGHAI, PUXI

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*How do we help confident learners
achieve great exam results?*

At The British International School Shanghai Puxi, 60% of our IGCSE students gained A & A*. One third of our IB students achieved 40 plus points allowing them access to the best universities in Europe, America and Asia. So, how do we achieve this?

Our 'Be Ambitious' philosophy is core to our school and drives our students to be the best that they can be. Alex in year 12 is an example of a student that, using BISS Puxi's state of the art STEAM facilities and supported by outstanding British teachers, finds his own way to confident learning and academic success.

Scan to watch the video of Alex's story.

bisspuxi.com



Why STEAM?

Ian Broadbent, School Lead for the NAE-MIT Collaboration and Primary STEAM Coordinator at the British International School of Shanghai, Puxi explains how its STEAM programme helps to develop confident learners

Essentially, the STEAM programme is designed to encourage learners to embrace Collaboration, Creativity, and Curiosity. By tackling real-world challenges across the subjects of Science, Technology, Engineering, Art, and Mathematics (STEAM), children develop important transferable skills such as flexibility, creativity, and communication; crucial for thriving in the 21st Century.

At BISS Puxi, we are committed to enhancing the teaching and learning of STEAM subjects through the innovation and culture made possible by our renowned MIT-Nord Anglia collaboration. We go beyond the idea of project-based learning and place extra emphasis on metacognition and high-level fabrication within our unique STEAM programme. As such, our students do not just ideate, design, and prototype, but fail forward to create new prod-

ucts that resonate with real-life issues that are meaningful to them. They are also able to reflect on their learning, challenges, and "ah-ha" moments throughout their journey.

Early-Years & Key Stage One Vision:

We believe that good early-years teaching is essential to bringing the curriculum to where the child is. As such, our STEAM programme inspires our youngest students to pursue their curiosity through investigation, creation, and evaluation. Children are encouraged to experiment rather than wait for instructions, and learn that even the trickiest problems can be solved through good collaboration and critical thinking. This approach to learning helps to develop a confident learner who enjoys creating things that matter to them, whilst developing an understanding of the Design Thinking process.

STEAM Spaces

Maker programmes and makerspaces are no longer restricted to small specialised environments, as many primary and secondary schools worldwide have established dedicated areas for their student creation and exploration. In 2017, we invested over two million dollars in opening two state-of-the-art centres dedicated to STEAM education, purposely built with students in mind; the 'Da Vinci Centre' which provides a unique space for creative thinking for primary students in Year 1 to Year 6 and 'The Hamilton Centre' which caters for secondary students in Year 7 to Year 13.

Our goal is to create a globally diverse environment dependent upon pupil needs from preschools to secondary schools and beyond. This concept allows children at BISS Puxi to work together creatively to engage in social development through the use of makerspaces, thus fully understanding the real feeling of the maker culture.

Parents often ask me what suggestions I have for encouraging STEAM interests, and I'll tell you what I tell them; join us! And, don't be afraid to let your child have a chance to fail. As with failure comes that unique chance to learn for next time.

So, get involved and encourage experimentation because nothing miraculous is achieved in one go. Rome, as they say, wasn't built in a day!

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



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

Tel.: 021 6221 7542

Email: admissions@bisspuxi.com



How to Survive...

Your Child's Endless Homework

By the time your child gets old enough there isn't an afternoon or weekend that goes by where you don't think at least once, "I NEVER got this much homework at their age". And although your personal childhood memories may be rose-tinted, chances are your thoughts aren't helping your kid tackle the mountain of homework that somehow keeps piling up on the table. Here are some strategies to help you and your child overcome their endless schoolwork:

1) *Set aside a time to sit down and discuss your child's homework.* This gives them the space to talk about their concerns and what they are finding easy or hard currently at school. Just talking and listening to your child about their concerns can help them get motivated and also help them to work out their own answers. This is especially important because, let's face it, you have no idea how to help them with whatever it is they brought home. So, having your child chat it out also gives you time to search whatever the heck they're talking about on your phone while you nod and smile at them encouragingly all while silently panicking that you have no idea what tessellations are or how to draw them.

2) *Create a safe study zone.* As much as you need a comfortable place to work, your child needs the same. Help them create a good study space that's fun to work in with little distractions around them. Set them up in a well-lit area with a comfortable chair, supplies within reach, a drink and 50 snacks. Okay, maybe 75

Having your child chat it out also gives you time to search whatever the heck they're talking about on your phone while you nod and smile at them encouragingly all while silently panicking that you have no idea what tessellations are or how to draw them.

snacks since you know that's what they're going to ask for anyway. Make sure that distractions are kept to a minimum including having yourself around which means you get to run away and watch Netflix until they're done!

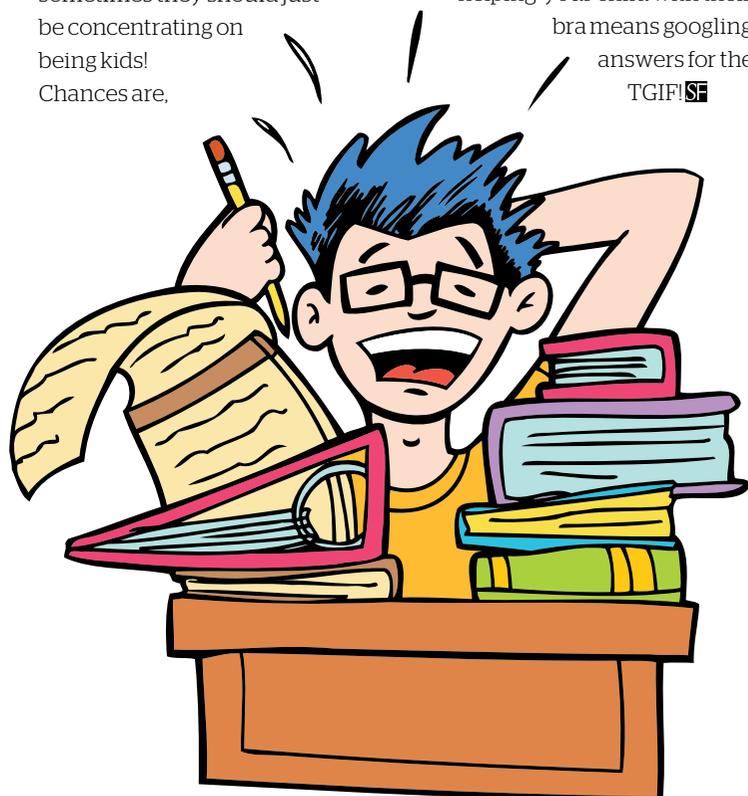
3) *Be your kid's best motivator.* Ask questions about your child's homework, give them little tests and quizzes about the content they're studying, give encouragement, and check their completed homework. Sure, you'll be annoying but the best case scenario is they'll get their homework done faster just to make you leave them alone.

4) *Don't be too hard on them when they come home with a few bad marks.* Kids are under a lot of pressure these days to perform - when sometimes they should just be concentrating on being kids! Chances are,

your little superstar isn't going to be the best at everything, so, when little Timmy comes home with an A instead of an A+, cut him some slack. Besides, you're the one that helped him out with that homework and you know all those wrong answers were yours!

Children are more successful in school when parents take an active role in helping them with their homework. But, tackling homework should never mean spending hours hunched over a desk with a stressed out parent and an upset child. Showing an active interest in helping your child with their homework reinforces that what they are doing is important to you as well. Also, helping them with their homework ensures happy hour on Friday arrives that much sooner! Even if 'helping' your child with their algebra means googling all the answers for them.

TGIF! 





If your child has patches of dry, flaky and even angry red skin, make an appointment with a doctor to check. In the meantime, here are some home remedies that should help:

- Moisturise the skin at least twice a day until any scaling disappears.
- Take a warm bath using a small amount of soap, and avoid very hot water
- Wrap the affected area in damp cloths
- Keep your child's fingernails short to prevent skin damage from scratching and have them wear light comfortable gloves to bed if scratching is a problem at night.
- Medications like steroid cream and oral antihistamines can be used per patient conditions.

Speak with a doctor if the remedies described above prove ineffective, as they can offer prescription treatments when appropriate.

Eczema usually gets worse in winter, when the air is cold and dry, but flare ups may also occur during transitional seasons, i.e. spring and autumn, as temperatures fluctuate greatly from day to day. Try to make sure your home isn't too hot, and use a humidifier if the air grows dry.



Dr Sherry Liu
Dermatologist

Dr Liu received her PhD in Plastic and Reconstructive Surgery from the Shanghai Ninth People's Hospital and has over 10 years of experience in dermatology.

Shanghai Jiahui International Hospital

Phone: 400-868-3000

Website: www.jiahui.com/en

It's a Skin Thing...

Dr Sherry Liu, a dermatologist at Shanghai Jiahui International Hospital offers professional insight into childhood eczema and how to remedy it

'Eczema' is a group of conditions that cause inflammation of the skin, and can appear on any part of the body. Eczema is a chronic problem for many people and can appear at any age. It's most common in infants with a family history, but many outgrow it before adolescence.

Typically, eczema causes skin to become itchy, red, and dry - even cracked and leathery. In the first 6 months of age, eczema usually appears around the face, cheeks, chin, forehead and scalp, and often appears red and weepy (produces a clear fluid). In babies 6-12 months old, eczema often appears on the elbows and knees, because these areas are often scratched or rubbed while the baby crawls. Toddlers aged 2-5 years are likely to have it in the folds of their elbows and knees, as well as on their wrists, ankles, hands, mouth and eyelids. Children over the age of

5 also have it in the creases of their elbows and knees, but it can sometimes appear only on the hands. In fact, at least 70% of people will have eczema on their hands at some point in their life.

Potential causes of eczema include: factors that affect the skin's barrier function (i.e. dry skin or genetic mutations), and immune system dysfunction that causes an unwanted inflammatory response in the skin. Certain substances or conditions called trigger factors can cause eczema to flare up (i.e. become worse). These trigger factors include irritants such as soaps and detergents, wool, skin infections, dry skin, low humidity, heat, sweating or emotional stress, and allergens such as dust mites, pollen, molds or foods.

It can be hard to discern eczema from other common skin conditions.

Eczema is a common and treatable skin condition that affects millions of people around the world. By identifying and avoiding specific triggers, and making sure that your skin stays hydrated, you can usually control your symptoms.

What's going on?

United Family Healthcare paediatricians discuss the concept of adolescence, and the common issues and changes in behaviour it brings



Visualise this, it's a warm Saturday afternoon and you're all out shopping as a family at one of Shanghai's many malls. Your daughter goes to try on some outfits and you can't wait to see her in the latest 'Dora The Explorer' fashions...but then reality bites, the jeans are tight and riding low. The top is way too short and, yes, that's her belly button out for the world to see. Your three-year old is suddenly thirteen and has no interest in Dora... and you're the stunned parents of an adolescent! Congratulations - welcome to the club.

Adolescence

In contrast to puberty (a biological process universal to all children), adolescence is a period of 'growing up' (a cultural phenomenon), unique to each civilisation or society. According to 'Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents' (2008), adolescence is the period from 11 to 21 years of age and is divided into three sections: Early Adolescence (11 to 14 years), Middle Adolescence (15 to 17 years), and Late Adolescence (18 to 21 years). These are very dynamic periods and often flow smoothly (but sometimes not) from one to the next. There are significant changes that occur during these periods which can be quite puzzling to both the adolescent and their guardians. Amongst them are physical, cognitive, and psychological changes; development of social and sexual identity; formulation of educational and other long-range goals and plans; and development of an ideology and set of values.

Etiology of Adolescent Behaviours

Observing adolescent behaviours is easy, however, the more common and challenging question, posed by both caretakers and teens, of "WHY?" is not. There is no simple answer to this question because all human behaviour is based on multiple factors including biology (gender, hormones), environment (cultural norms, media), social context (parents, peers), and personality (self-esteem, values). When there are disruptions in the



sequence of normal adolescent growth and development, significant problems can arise and are often closely related. Delayed pubertal development in a boy, for example, can cause increased peer pressure leading to issues with self-esteem and ultimately depression. Severe acne or other common medical conditions associated with adolescence can similarly cause problems with peers and school performance.

Social expectations, family or personal issues, and poverty can all lead to unhealthy behaviours, especially during early adolescence when impulse control is still developing. The important concept for us to understand is that situations can trigger many different responses in adolescents. This is not excusing adolescent behaviour but rather a recognition that we can try to understand the roots of that behaviour whilst holding them accountable for the consequences of their actions.

Common Adolescent Issues

In addition to acne, asthma, delayed puberty, musculoskeletal concerns, and weight problems (both over and under), adolescence is a period during which many psychosocial, psychological, and psychiatric issues emerge. Peer and personal relationships are tested, concerns about sexual identity seem suddenly present, and more worrisome issues like mood and eating disorders, impulse

control, and oppositional behaviours become more challenging to manage. Unhealthy, risky behaviours such as sexual activity, substance abuse, and violence test the limits of adolescent relationships with family, peers, and teachers alike. New issues confronting adolescents are related to excess or inappropriate use of the internet, social media, and social networking websites. Sometimes when we try to engage an adolescent in meaningful dialogue about these issues, we are met with the blanket statement, "you just don't understand me...", leaving us feeling frustrated and helpless.

Prevention

Anticipating and avoiding all potential adolescent issues is impossible, but there are steps we can take to make this transition period less traumatic. In addition to a complete history and physical, a paediatrician will conduct recommended screenings, make sure immunisations are up to date, and help families understand some of "what's ahead" as their child becomes an adolescent. Adolescents should see their family doctor or paediatrician annually.

It is common for your adolescent's doctor to spend a few minutes alone with her/him. Don't be alarmed! This allows them time to discuss sensitive topics that often make caregivers and adolescents uncomfortable but are essential to providing the best possible care to this age group. While con-

In contrast to puberty (a biological process universal to all children), adolescence is a period of 'growing up' (a cultural phenomenon), unique to each civilisation or society... There are significant changes that occur during these periods which can be quite puzzling to both the adolescent and their guardians.

fidentiality is sacred to the doctor-patient relationship, be assured that doctors inform caregivers of issues affecting adolescents that can cause harm to themselves or others. These visits are also a time for your adolescent's doctor to offer you tips on dealing with your adolescent, including discussing what is "normal" adolescent growth and development, and areas for concern based on information gathered during the check-up. Treatment for any medical conditions discovered will be offered and necessary referral to specialists will be done.

Key Points to Remember

- Dialogue - listen, speak, and keep your communication open
- Set age-appropriate limits and be clear about your expectations
- Be explicit about your family values
- Support creative, healthy expressions of individuality
- Know your adolescent's friends
- Pick your battles!
- Have fun parenting your adolescent... when those years are gone, they are gone!

Some factors associated with helping to protect youth from engaging in unhealthy behaviours include close connection to home, extracurricular activities, school, and spirituality. In addition to counsellors and teachers, your family doctor or paediatrician is an excellent source of information about many issues that confront you and your adolescent.

Before you know it, your adolescent will have moved on from arguing about being responsible and skilled enough to drive (in China) and to please get off their case, to planning a medical internship in Costa Rica. Tada! You're now the proud parents of a young adult... **SF**

United Family Healthcare

Phone: 400 639 3900

Website: shanghai.ufh.com.cn

Times are surely different from when we were kids. The most digital item we had was a cordless phone that no one could ever find. We cannot raise our children the same way our parents raised us. The world is too different. Thanks to technology some things are amazing, others very scary. Nowadays, there are so many options available at our fingertips, but these options are also available to those

who wish to do harm. How do we make sure our children are safe but at the same time teach them how to manage these dangers for themselves? Especially when they carry something around in their pocket that can track their whereabouts, hold information on what they look at, provide apps that sell information, and make the pictures they take accessible to the public via the world wide web.

First and foremost: Education

It is sad that we have to tell our children that there are bad people in this world, but it is also a necessity. In our house, if you do not know the person in real life then you should not be talking to them or sharing anything with them online. This includes not adding these people to follow you on apps or accepting friend requests - a friend of ours actually made a fake account to test her children on this. There are many resources online and videos to share with your children to guide you through this.

Communication

It is vital to have open communication with your children. This is true for all aspects of parenting, but it has been shown that many children will seek out others for advice, opinions, and attention because they don't feel they can talk to their parents. Therefore it is important to give them opportunities to have open, non-judgmental conversations on what they need answers to.

The Daunting Digital Age

Tips on how to educate your children on the safe use of phones and social media

By Lidel Freeman





Monitoring

There are many ways to monitor your children's devices; i.e. apps you can add, tracking their phones, etc., and there are ways of setting up parental controls on most devices. A quick search online will help to teach you how to do this. For our family, we implemented simple, firm yet fair rules which have all worked out extremely well so far:

- All devices are bought by us so we have as much access as they do. Our children understand that having a phone is a privilege not a right. The purpose of their having a phone is so that we can be in touch with them and vice versa, plus they get the added bonus of it being a smartphone.
- They must answer when we call or call back as soon as possible, otherwise the device will be taken away and returned only when we see fit.
- As we are all on the same account, our children know that we can track where they are at any given time. If they turn off 'location services', for whatever reason, they will again have their device taken away.
- When their devices were setup, it was agreed that we would know all their passwords, so, our children understand that any given time we

can ask to see their device and review what is on it.

- All apps are downloaded from our shared account so we can see what they are adding. I am also friends with them on their social media so I can see what they are posting.

Last but just as important: Trust

Trust that you have done the best you can and that your children will make the right decisions when it matters. Despite all the monitoring we do, I have to say we rarely if ever check their devices or their accounts as our children do deserve a degree of privacy. It is important to remember that over monitoring can have a negative effect and cause your children to keep things from you or choose not to communicate their problems. For us, them knowing that the measures we have put in place are possible deters them from making poor choices. But we ensure to remind them that should they make a bad choice we will always be here for them, without judgment.

As with all aspects of parenting, it's all about balance. Educating, communicating, monitoring, and trusting our children, in everything they do, will help them to make good choices and remain safe! **SF**

We should be warning our children never to take pictures of themselves that they wouldn't want everyone in the world, from friends, non-friends, teachers or, yes, even you their parents to see. Thanks to the internet, it is now all too easy for images to be used against us; students have even been denied entrance to universities based on social media searches.

Advise your children, that if someone asks for a picture or wants to have a conversation that is inappropriate, they should tell you or a trusted adult. Remind them that these images can be shared and seen by anyone and once they have been uploaded they can never be permanently removed. Try asking them things like, "What do you want the world to see, and what do you think you should keep private?", "If you upload this image or information about yourself, what kind of attention do you think you will attract?"

It is sad that we have to tell our children that there are bad people in this world, but it is also a necessity. In our house, if you do not know the person in real life then you should not be talking to them or sharing anything with them online.





2019-20 Shanghai Family

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



Siyu Shen-G7
Maple Leaf International School-Shanghai



Claire-G9
Adcote School Shanghai



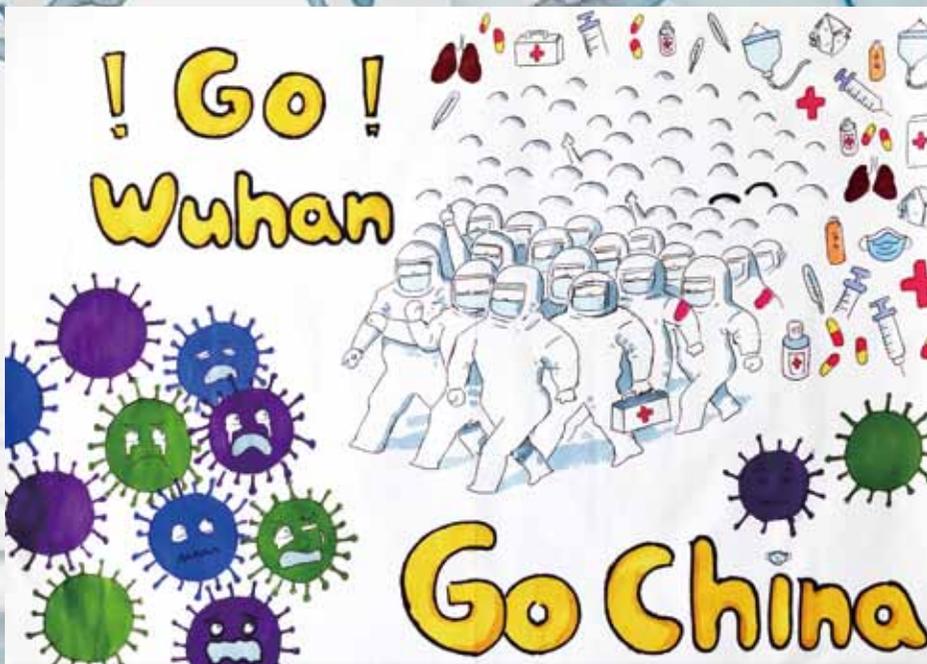
Youyou Shao-G6
Shanghai United International School, Jiaoke Campus



Yiniu Xi-G7
Maple Leaf International School-Shanghai



Yuying Shuai-G8
Maple Leaf International School-Shanghai



Ellie Wang-G8
Shanghai Jincai International School (JCID)



Raymond-G6
Shanghai Liaoyuan Bilingual School(LYBS)

NOTE: Editorial sends it most sincere apologies to 'Living Word Shanghai' for a mistake that was published in our previous issue's Art & Writing column.

Art & Writing Competition

2019-20 学 校 艺 术 巡 展

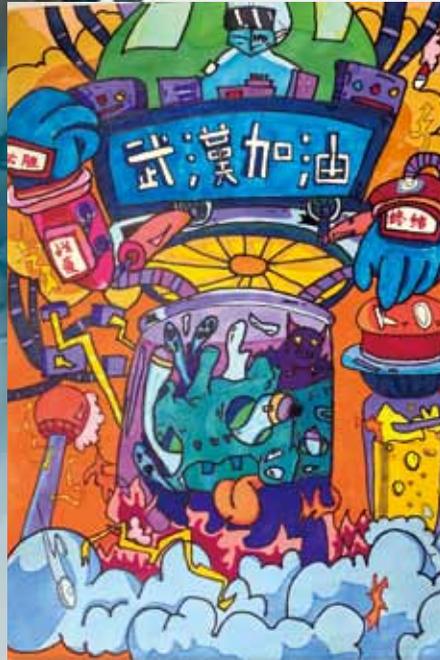
Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUMANITY

元 天 眾
宵 滿 祐
快 人 中
乐 閒 華
城

Qijia Huang-G9
Shanghai DTD Academy



Yufei Xiao-G9
Shanghai Shangde Experimental School



Wenyu Liao-G6
Shanghai Jingan Education College Affiliated School



Mully-G9
Vanke Bilingual School



Xinyue Hu-G6
Shanghai United International School, Jiaoke Campus



Peishan Wu-G6
Shanghai United International School, Jiaoke Campus



Yumeng Shi-G7
Shanghai United International School, Jiaoke Campus



2019-20 Shanghai Family



Nuo Ding-G8
Shanghai Liaoyuan Bilingual School (LYBS)



Jianing Zou-G8
Shanghai Pinghe School



Ziyan Gao-G9
Shanghai Pinghe School



Qingling Jiang-G7
Shanghai United International School, Jiaoke Campus



Shuhui Pu-G6
Shanghai Liaoyuan Bilingual School (LYBS)



HSUEH Weiyo-G4
Shanghai Singapore International School (SSIS)



Peter-G5
Living Word Shanghai



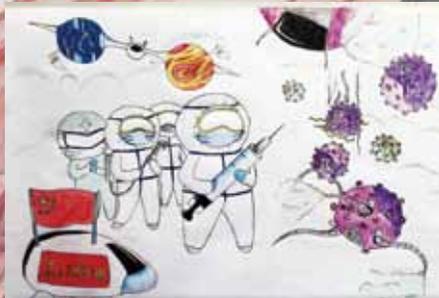
Rampton Zach-G5
Shanghai Singapore International School (SSIS)



Liyang Shi-G6
North America International School

Art & Writing Competition

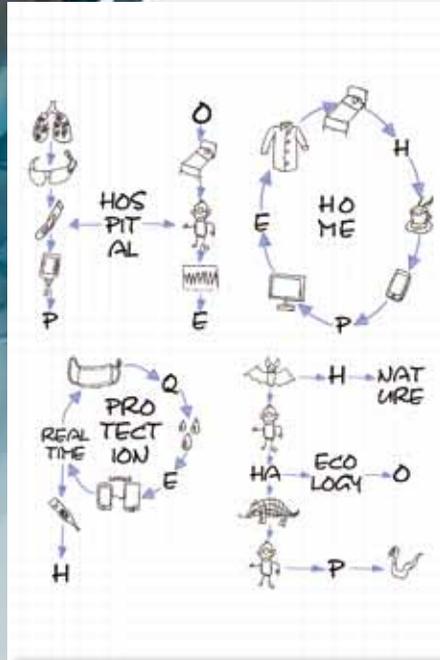
2019-20 学校艺术巡展



Jialu Xu-G7
Shanghai Pinghe School



Yifan Zhang-G6
Vanke School Pudong



Leo-G11
High School Affiliated To Nanjing Normal University



Yun Seoyeon-G9
Shanghai Jincai International School (JCID)



Jiayi Li-G7
Shanghai International Studies University,
Xiwai International School



Chunxin Zheng-G9
Shanghai Shangde Experimental School



2019-20 Shinghai Family

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



Joy Lee-11 Years Old
Dulwich College Shanghai Pudong



Yoon Jeon Won-G10
Shanghai Jincai International School (JCID)



Manow Li-10 Years Old
Wellington College International Hangzhou



Lily-G5
Shanghai Hong Qiao International School (HQIS)



Nini Han-10 Years Old
Wellington College International Hangzhou



Xinning Yang-G5
No.4 Primary School of Tianlin, Xuhui District



Deepanjali Shirgurkar-G7
The SMIC Private School

Art & Writing Competition

2019-20 学校艺术巡展



Michael Zhang-G6
North America International School



Yutong Sun-G6
North America International School



Zeqin Wang
North America International School



Yue Huang-G6
Huili School Shanghai



Jiaqi Chen-G7
Shanghai World Foreign Language Academy

Spotlight On: Yuyuan Road

By Johan Prozesky

District: Xuhui

Cross Streets: Jiangsu Road and Dingxi Road

Nearest Metro Station: Jiangsu Road (Line 2 & 11), Exit 6

About: The last couple of years have seen this west end of Yuyuan Road undergoing a makeover. The Changning District Government has been purposefully turning this street into a sprightly and attractive area with an ever-increasing variety of fantastic stores.

1. One for the ladies, or as a gift for that special someone. Apart from ready-made perfumes, **Reclassified Perfumes** also allows you to design and make your own. A good place to visit solo, as a group of friends, or for a mother-daughter bonding session. It all makes scents! *1st floor, 1286 Yuyuan Road; Tel. 021 6237 3786*

2. Spacious and casual **Gracina Life Restaurant** offers a western menu accompanied by an extensive imported wine list. While there, pop into their adjacent room for imported food, wine, and other products. *1st floor, 1341 Yuyuan Road; Tel. 021 5238 1301*

3. Take your family to enjoy the easy atmosphere and signature drink at **Slowww Melt Chocolate** and Coffee Bar, a bean-to-bar establishment. Tuck into their delicious pastries and snacks, and their surprising savoury meals containing, yes, you guessed it, chocolate. *1st floor, 1208 Yuyuan Road; Tel. 133 1007 360*

4. Brighten up your home with ornamental lighting! Imported from Holland, **Calex Lighting** shows that there is more to lighting than just the functional – it can be highly decorative and add greatly to the ambiance of your home. *1st floor, 1042 Yuyuan Road; Tel. 139 1863 1723*

5. A 3D body scanner makes for a perfect fitting! Run by renowned Hong Kong image consultant Vennis Ma, this is one way **MVP Bespoke** goes beyond the normal services of the ubiquitous bespoke tailors in Shanghai. Virtual fitting is also on the horizon. They specialise in gents' and ladies' formal wear. *2nd floor, 1341 Yuyuan Road; Tel. 133 4188 8797* **SF**





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
HUMANITY

Michael Zee

How to Spend It!

In a delectable city like Shanghai, where good food is in abundance, it's not difficult to flash your cash. This summer, allow me, Michael Zee, show you where to get the most for your money if its burning a hole in your pocket.



Tai'An Table



What Tai'An table offers right now is pure escapism. The menu, an eight-course delight on its 26th iteration, is studded with optional extras ranging from long standing immovable classics (like the uni toast) to complimentary and seasonal. A refreshing chilled tomato and basil consommé with baby burrata, is the best caprese salad you've ever had except in shot form. The palette cleanser, a green pea sorbet that is created in front of you with the help of some liquid nitro action is finally something worthy of having your goddamn phone out during dinner. Stefan Stiller, maestro chef of this sublime two Michelin starred restaurant has crafted something that is approachable but, in every way, possible, a celebration of food. I wish my wallet would allow me to eat here more.

Address: Bldg 1, Lane 161, 465 Zhenning Road, near Xinzha Road
Reservations: Online only - www.taian-table.cn
Price: 2,500 RMB (paired with wine)
Good for: Birthday treat, craving indulgence



8½ Otto e Mezzo BOMBANA

Sometimes, I slightly resent eating out at Italian restaurants as, with the exception of pizza, I always feel that I can easily make delicious Italian like fresh pasta at home (certainly better than 99% of Italian places in Shanghai). What 8½ Otto e Mezzo BOMBANA shows me is that they're in the remaining 1%. After a three-year hiatus, they've decided to resume their lunch service, hooray! Four courses are a handsome 598 RMB with optional extras or enjoy the 8½ experience for a fraction of the cost of dinner. Starting with an olive oil trolley, you can sample an Italian single origin or blend with a breadbasket of dreams. The busiate pasta, a handmade spiral served with uni and herbs, is a knockout. But trust the Italians to leave the best till last, a table side sgroppino, cream gelato, grappa, and lemoncello & champagne that's been whipped together and unctuously flopped into a chilled glass. Its pure class.

Address: Rockbund, Associate Mission Building, 6-7th floor, 169 Yuanmingyuan Road, near East Beijing Road
Reservations: 021 6087 2890
Price: 1,000 RMB (paired with wine)
Good for: Celebrations, special occasions



New Kids on the Block

We're almost half way through 2020 and whilst it might all seem doom and gloom, there have been some new favourites and rising stars in the last six months worth visiting.

Roppongi Bar

On the corner of Middle Fuxing Road and South Xiangyang Road, quietly appeared a relatively average looking Japanese restaurant. The interior is like someone used a Pinterest board to order everything from Taobao, and on the two occasions I've had dinner here I was mesmerised by the TVs showing endless Japanese dramas, game shows and adverts that put anything on Chinese TV to shame in terms of how mental they are. Then the food comes out and I'm surprised, it's not terrible, not at all, it's actually pretty good! Honestly, it's not going to blow you away, but it might remind you of that time in Tokyo. A perfectly decent sukiyaki is priced at 88 RMB with a wagyu version at 288 RMB, the yakitori are around 12 RMB each and on both occasions I went all booze was buy one get one free. Definitely get a group of friends together for this one.

Address: 1251 Middle Fuxing Road
Price: 400 RMB
Good for: Groups or when craving Japanese



Soif

Soif, French for thirst, has brought a hidden cave of vino wonder to Jing'an. A short walk from Up, Arch and Logan's Punch, a small imbibable neighbourhood is emerging. I went on an early Sunday evening and chatted with Francois about his offerings, the highlights being a Gut Oggau rose from Austria, perfect for that spring to summer transition when you have no idea what to wear anymore, a stunning pinot noir from the Czech Republic, and the Milan Nestarec Forks & Knives sold by the magnum that is slightly sparkling and served a teeny bit chilled - delicious! Where I feel Soif stands apart from other wine bars in Shanghai, is that the advice doesn't come unsolicited, like someone sliding into your DMs. Good service is about knowing when the customer knows what they want, or at least knows what they're talking about, and to let them enjoy it in peace.

Address: Room 105, 550 Wuding Road
Reservations: 156 1801 7131
Price: 100-150 RMB
Good for: Date night, quiet, adult conversation



Pass Residence

Wood fire, natural wines, and exposed concrete - in terms of interior design, it does not get cooler than this. A lot of care and attention has been put into the menu too. Thankfully, the ragu oxtail with pappardelle and the black cod gnocchi are on point, and whilst the pizzas are tasty they lack a certain amount of wood-fired charm. I need more smokey, woodey flavours to really see a point of difference, but the place is practically brand new and judging the other restaurants in the group (OHA Eatery, Blackbird and Bar No.3) I don't think that will be long at all.

Address: 318 Julu Road
Reservations: 153 0075 0579
Price: 250 RMB
Good for: Relaxed family dining **SF**





Blooming Marvellous

Fun DIY flower arrangement activities you can do with the kids

By Rebekah Pothaar

Think of flower arranging like you would painting, it is meditative, flow-inducing, and presents children with a great opportunity to connect with their senses, get creative, and enjoy the feeling of accomplishment.

Let's start with the basics. Your kids should be older than two and, depending on their age, you can adjust the challenge level or tasks of the activity.

Pre-Preparation: Getting Your Supplies Ready

Before purchasing flowers, have an idea what you will put them in - vases, recycled tins or pickle jars. This will give you an idea what to buy (amount, length, and weight). You can also ask your kids to get creative with vases. A brief browsing of Pinterest taught me to lob the top off a watermelon or pineapple, hollow it out, and stick a recycled plastic bottle inside it to make a beautiful eco-vase.

How creative you decide to be depends on your threshold for mess and commitment to this process. A glass vase may just do the trick, but keep in mind the vases may topple at certain points in the learning process.

You may also need scissors (or a sharp knife, out of reach of children), string, twist ties, possibly duct tape, a jug of water, and half a cup of granulated sugar.

Fun tip: if you have food colouring on hand in the kitchen, the 'carnations and food colouring trick' always got me as a

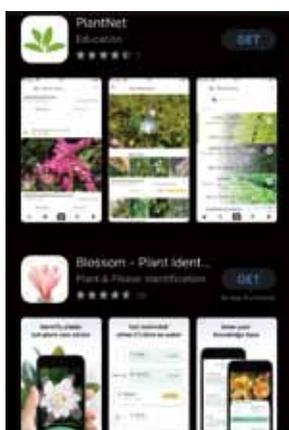


child. Add food colouring to the water of white carnations (or roses) and soon after the flowers transform in colour.

Blossom Hunting and Gathering

Wild flowers may be tricky to find, but luckily Shanghai has a wealth of options for purchasing. You can do a field trip to one of the massive flower markets, your local florist, or even a flower cart that sit on various street corners. The key point here is to pick a selection that make your heart sing, that or just let your kids pick them based on their own preferences. A lazy option is online flower delivery, but it arguably takes some of the fun out of the selection process.

Keep in mind some flowers last longer than others - carnations, lilies, and sunflowers tend to last longer than roses or tulips. Download the free plant identification and education app called *PlantNet*. This app allows you to upload an image of any plant or flower and it will provide the flower or plant name, history, and interesting anecdotes to impress your kids. The *Blossom - Plant and Flower Identification* app is also great, but it's not free.



Encourage the kids to arrange the flowers however they like. Have them notice the different colours, smells and textures of the flowers. Ask them which the colours they like the most.. teach them the names and try to encourage their curiosity about how plants grow.

Your Floral 'Workshop'

Nothing makes anyone feel more like a pro than the word 'workshop'. You are now ready to start your 'workshop'. Maybe put on some relaxing music, have a plate of fresh cut fruit (from the hollowed out pineapple and watermelon you made into vases). Perhaps have them watch while you create an arrangement first to demonstrate before getting the children started on making their own.

Allow them to select their flowers. Teach them to strip any foliage that will make contact with the water. Help to cut stem heights if they need assistance. Cut the flower stems on an angle to maximize surface area of the cut. A sharp knife is actually better than using scissors as scissors can pinch the stem and therefore reduce water flow to the stem. Obviously, keep the knife out of reach of the kids.

Encourage the kids to arrange the flowers however they like. Have them notice the different colours, smells, and textures of the flowers. Ask them about the colours they like the most and which colours they like to see together. Teach them the names of the flowers. Try to encourage their curiosity about how plants grow.

Allow the kids to place their creations where they will be able to enjoy them fully. Ask them what they enjoyed or learned most about the experience.

Remember to change the water every two days, and if the flowers don't come with a flower food packet, add a spoonful of regular granulated sugar to the water to make them last longer.

Follow Up and Extensions

Take a photo of their arrangement and ask if they would like to draw or paint it as an additional activity. Who knows, you may have the next Van Gogh starting on floral still lifes in your kitchen.

Suggest other 'workshop' activities - creating fruit platters, buying seeds, and growing seedlings or creating an indoor (or outdoor) herb garden. Ask the kids what workshop they would like to do next and make a list of ideas to make it a regular thing.

Flower Market Addresses

Caojiadu Flower Market
1148 Changshou Road, near Wanhangu Road, Jing'an District

Hongqiao Flower Market
718 Hongjing Road, near Hongsong Road, Minhang District

Lanling Flower Market
1539 Lingshi Road, Putuo District **SF**

Directory

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Complete listings available at:
shfamily.com

ORIENTATION

Clubs & Organisations

AMERICAN CHAMBER OF COMMERCE (AMCHAM)

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

CANADIAN CHAMBER OF COMMERCE (CANCHAM)

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

COMMUNITY Centre SHANGHAI

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

EXPATRIATE PROFESSIONAL WOMEN'S ASSOCIATION (EPWS)

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

SHANGHAI EXPATRIATE ASSOCIATION

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

SHANGHAI MAMAS

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

Housing

THE EMERALD

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

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

Often called a city within a city because of its size, Shanghai Centre, designed by renowned American architectural firm John Portman & Associates, houses 472 serviced apartments, 30,000 sq. metres of prime office space, three levels of retail, a performance theatre and an exhibition atrium, and has been a Shanghai landmark since it opened in 1990. Apartments feature central heating and air-conditioning with individually-controlled thermostats, a coffee maker, toaster, large flat screen TV, satellite TV with over 50 international and local channels, and an in-room safe. On-site facilities include a business centre, post office, fitness centre, indoor and outdoor swimming pools, preschool and kids' club, supermarket, dental clinic, garden terrace, underground parking. There is also 24-hour security and customer service, room service, housekeeping, dry cleaning, photo services, postal services, and a doctor-on-call service. 1376 West Nanjing Road, Jing'an District; 021 6279 8502; leasing@shanghaiacentre.com.cn; www.shanghaiacentre.com

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

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

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services, with both western-trained Doctors of Veterinary Medicine, and highly trained Chinese veterinarians, nurses and medical technicians. Offering veterinary services, grooming, boarding, and pet foods. Open daily 9am-7pm. For appointments, pet pick-up and emergencies call: 400 103 8686. >Changning: 500 Weining Road; 3250 6721 >Minhang: 66 Qingshan Road; 6402 9226; info@drbns.com; www.doctorsbeckandstone.com

PETSHOME VETERINARY HOSPITAL

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

SECOND CHANCE ANIMAL AID (SCAA)

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

community listings

SHANGHAI WESTIE VETERINARY CLINIC

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

SHANGHAI THINKA ANIMAL HOSPITAL

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

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

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

EUROPEAN BEDDING

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

EXCEL WORLDWIDE MOVING & STORAGE

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

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong; 6045 6838; info@minicc.com; www.minicc.com

WOW MOVING CARE

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

Services

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BISTRO BURGER

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

BELLA NAPOLI

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

BLUE FROG

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

DISHUIDONG

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

ELEMENT FRESH

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

FAT COW SHANGHAI

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

LIQUID LAUNDRY

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

SWISS BUTCHERY

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

TEXAS ROADHOUSE

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

Food Delivery

EPERMARKET

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

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years.

community listings

Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. >Puxi: 230 Wuding Road, near Changde Road; 68881913 >Pudong: Block 9, Summit Residences Clubhouse, 108 Shangcheng Road; 68881913; www.theactivitybox.com

ARTSPIRE VISUAL ARTS Centre

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

AWESOME KID'S CLUB

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

BJORKY EDUCATION

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

CONCORD MUSIC

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

ELG

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

EXPAT LEARNING Centre

A convenient option for continuing education classes in a variety of subjects, including the arts, business, computers, and education. 80 Shaanxi Road, near Weihai Road, Jing'an District; 5588 9133; inquiry@shanghai-classes.com; www.shanghai-classes.com

HABA PLAYROOM/HABA

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

ISTAGE ACADEMY

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

JITTERBUGS SHANGHAI

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

JULIA GABRIEL CENTRE FOR LEARNING

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

JZ SCHOOL

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

KIDS ATTIC

A bilingual childhood development centre for children ages 18 months to 4 years old, Kids Attic aspires to be more than a daycare through its belief in motivating children through consistent and stimulating input. Our goal is for every child to develop a love of learning through hands-on experiences in phonics, numbers, art, music and dance, sign language, storytelling, etc. Full-day and half-day programs offered. Embassy Clubhouse Pudong, 588 Hongfeng Road; 131 4819 8740 (English), 131 6266 3622 (Chinese); kidsattic@hotmail.com; info@kidsattic.com; www.kidsattic.com

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards, college scholarships, and acceptance into top art

colleges and universities. 600 Tianshan Road, Building 1, Suite 2305; 6135 2686; contact@oogieart.cn; WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

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

THE POTTERY WORKSHOP

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

PREMIERSHIP EXPERIENCE

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

ZOOLIGANS

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

Z FENCING

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

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across the mainland of China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. Office in Shanghai: 20/F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Shanghai, China 200040; Email: china.info@sjp.asia; Tel: +86 21 8028 5300; WeChat Official Account: SJPASIA; Company Website: www.sjp.asia

community listings

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

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

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

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

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

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

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

Harrow International School Shanghai is a co-educational day school for pupils aged 18 months to 18 years old. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Year 10 and 11, and A Levels at Sixth Form (Year 12 and 13). Harrow has a state-of-the-art campus, located within the innovative Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging extra-curricular activities and has a number of unique Harrow traditions. Founded in 2016 as part of the Harrow Family of Schools, Harrow Shanghai is connected to 450 years of global excellence via the unique Harrow genetics which bind our schools together. A Harrow Shanghai education is based on the same ethos and identity that has characterised a Harrow education in the UK for centuries and here you will find a school where the best of Western and Eastern traditions, history and heritage are seamlessly fused. 588 Gaoxi Road, Pudong, Shanghai; admissions@harrowshanghai.cn +86 21 6881 8282*210/212; www.harrowshanghai.cn

HUILI SCHOOL SHANGHAI

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

LIVING WORD SHANGHAI

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

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

SHANGHAI AMERICAN SCHOOL

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

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community

International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Admission@scis-china.org; Tel: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scisish; www.scis-china.org

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

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

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

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

community listings

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. Campus 1: 2777 East Jinxiu Road, Pudong Campus 2: 588 Hongfeng Road, Pudong District Tel: 02161799559 Email: info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

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

admission.xuhui@montessorisos.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessorisos.com; Minhang Campus: 3852 Duyuan Road, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessorisos.com; QR Code: [mss2005shanghai](https://www.mss2005shanghai.com); School Web: www.montessorisos.com

THE LITTLE URBAN CENTRE

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

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. ICONX West Bund Skate Park: 3399 Longteng Ave Xuhui; ICONX Jing'an Skate Park: 151 KangDing RD Jing'an Fitness & Sports Centre; Tel: 54108570, Customer Service: 17321285456; info@iconx.cn; www.iconx.com

SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)
Shanghai International Youth Soccer League (SIYSL)

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

SPORTS FORCE

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

Teen Activities

DISCKART INDOOR KARTING

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

JIANGWAN SMP SKATE PARK

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

ORDEN BOWLING CENTRE

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

ROCK DANCE SPACE CLIMBING CENTRE

Located inside an old factory that's been converted into a sports centre, this indoor rock climbing centre has eight climbing walls, as well as an indoor basketball court, snooker club, badminton and table tennis, and an outdoor track. 60RMB on weekdays, and 70RMB on weekends includes equipment hire. Block 1, Bldg A, Rm 105, 128 Huayuan Road, near North Zhongshan Road; 3636 8028

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

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

THE GENIUS WORKSHOP

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

community listings

WELLINGTON ACADEMY PROGRAMME

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

Tutoring & Test Preparation

MANDARIN KING

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

SHANGHAI EXPAT TUTORS

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

THAT'S MANDARIN

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

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT, GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest scorers on the tests they teach. Building B, 5/F, Bai Nao Tong Building Complex, 1010 Kaixuan Road; 5108 2798; tprenquiry.sha@sarabeattie.com; PrincetonReviewShanghai.com

MEDICAL SERVICES

Health Clinics & Services

AMERICAN-SINO OB/GYN/PEDIATRICS SERVICES

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

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COLUMBIA BAINUO CLINIC

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

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



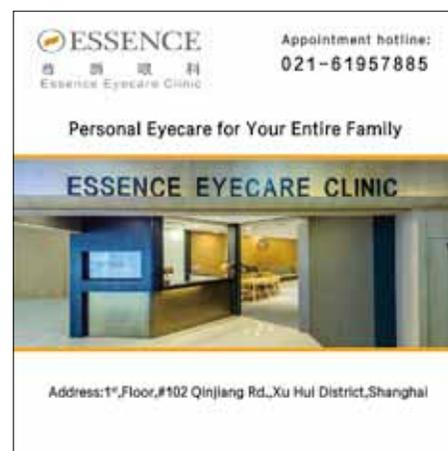
DeltaHealth
德达医疗

400-821-0277

DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of

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

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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. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global

community listings

healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre- and post-exposure rabies vaccines. > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an), Suite101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm.; 400-868-3000; www.jiahui.com/en

LIH OLIVIA'S PLACE

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

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www.parkwayhealth.cn

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SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

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

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- Physical Therapy
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- Traditional Chinese Medicine
- Vaccination

Website: 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, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. > 127 Caoxi Road, Xuhui District; 8621-5489-3781; Mon-Sun 9am-5pm; www.renaihospital.com

SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. > B1-1F, 1398 Fang Dian Road, Pu Dong District, Shanghai; Appointment centre: 4008 500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

UNITED FAMILY HEALTHCARE (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has

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

Dental Clinics

ALPHA DENTAL

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

JIAHUI DENTAL

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 invisible orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth

community listings

breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-868-3000; www.jiahui.com/en

PURESMILE ORTHODONTICS & DENTISTRY

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PARKWAY HEALTH DENTAL CENTRES

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

NEW YORK DENTAL CLINIC

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

LIFESTYLE

Health & Beauty

BANYAN TREE SPA

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

BODY CONCEPT PILATES

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

BENSON

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

BIKRAM YOGA SHANGHAI

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

CHUAN SPA AT THE LANGHAM XINTIANDI

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

DVA BOUTIQUE SPA

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

DRAGONFLY

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

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KARMA LIFE YOGA CENTRE

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

PURE YOGA

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

SUBCONSCIOUS DAY SPA

An eco-friendly spa that offers massages, facials, nails, waxing services, yoga classes, body treatments, and more. The Spa is committed to exquisite services, supporting local community and businesses, and promoting eco-lifestyle. Jing'an: 183 Fumin Road; 6415 0636 > Downtown: 458 Dagu Road; 6327 1193 > Jinqiao: B17-20 Green Sports & Leisure Centre, 633 Biyun Road; 5030 7382

ZEN MASSAGE

Tucked in a lovely old Shanghai lane, this massage spot is instantly relaxing. Enjoy fresh flowers, the use of imported oils, a selection of teas and entry through a garden, restoring balance to your mind, body and spirit. Learn more about their multiple locations at www.zenmassage.cn/en

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top reads

"A reader lives a thousand lives before he dies . . .

The man who never reads lives only one." George R R Martin

Nose In a Book

Compiled from parent recommendations, take a look at our current favourite reads, categorised by age group.

Toddlers

Stuck by Oliver Jeffers

A snort-inducing story about a boy who gets his kite stuck in a tree. How will he free it? By hurling a shoe? Nah, that gets stuck too. What about an orangutan? A door? A fire engine? Do you see where we're going with this...? Worth its weight in giggles.



I Want My Hat Back by Jon Klassen

A bear has lost his hat. No animal has seen it. No matter where he looks, he cannot find it. Until, eventually, he meets a deer who thinks he may have seen it. Beautifully illustrated and one your kids will beg for again and again.



The Dark by Emma Carroll

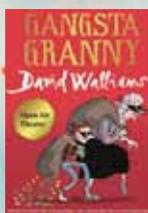
Don't be daunted by the cover, this is not a scary book, merely a complex, thought provoking one that helps children realise that the dark may not be bad as it seems.



Four-Eight years

Gangster Granny by David Walliams

If you haven't read a David Walliams, you haven't lived! Coined as the next Roald Dahl, this author creates intriguing and hilarious stories so ridiculous it's a wonder how he came up with them. Our favourite - Gangster Granny.



Harry Potter and the Philosopher's Stone by JK Rowling (Illustrated version)

It feels like a bit of a cop out listing this, but it would have been a crime not to. Dread to think who many of us 'muggles' would be today had we not lived in Rowling's magical world. What better way to spark your child's imagination than with these new illustrated versions about Harry's adventures.



How to Train Your Dragon Series by Cressida Cowell

My nephew managed to charge his way through this entire series (bought for him at Christmas) before Easter eggs were on the shelves. Silly, addictive, and full of adorable characters.



Tweens

The Night Diary by Veera Hiranandani

Half-Muslim, half-Hindi girl, Nisha, begins writing letters to her recently deceased mother in her diary during the partition of India. A beautiful narrative of family, courage and world history that will have your tween gripped from beginning to end.



Strange Birds: A Field Guide to Ruffling Feathers by Celia C. Pérez

Four unique and ethnically diverse characters offer a relatable and entertaining adventure about sister kinship and bonding. Expect witty dialogue and awkward moments of youth.



The Good Hawk by Joseph Elliot

Narrated alternately by characters Agatha and Jaime, this is a story about two very different heroes, from alternate Scottish clans, who are forced to flee their remote island after a vicious attack. A perilous, high-suspense journey, rich with Gaelic-inspired language and fearsome mythical creatures. Be warned this book includes some gruesome detail but nothing the Harry Potter series weren't also guilty of.



Teens / Young Adults

Loveboat, Taipei by Abigail Hing Wen

Perfect for teens growing up in Asia, this rom-com about young adolescent, Ever Wong, swirls racial stereotypes, friendships, culture, first loves, breaking the rules, and pushing your boundaries all together into a delicious, cannot-put-it-down novel.



One of Us Is Lying by Karen M. McManus

Sounding something akin to a mash up of 80s comedy film, 'The Breakfast Club', and the more recent TV drama, '13 Reasons Why', this thriller follows the story of five students, all from opposing high school groups, who end up in detention together, with only four making it out alive. The police believe it was murder, the students proclaim innocence. Who is telling the truth?



Shift by Jennifer Bradbury

Celebrating their senior graduation, best buds Chris and Win decide to cycle cross-country from West Virginia to Washington, only for one of them to go missing. Chapter by chapter the book slowly reveals clues about their friendship, while the FBI begins to investigate Chris on suspicion of his friend's disappearance - turning his world upside down. SF

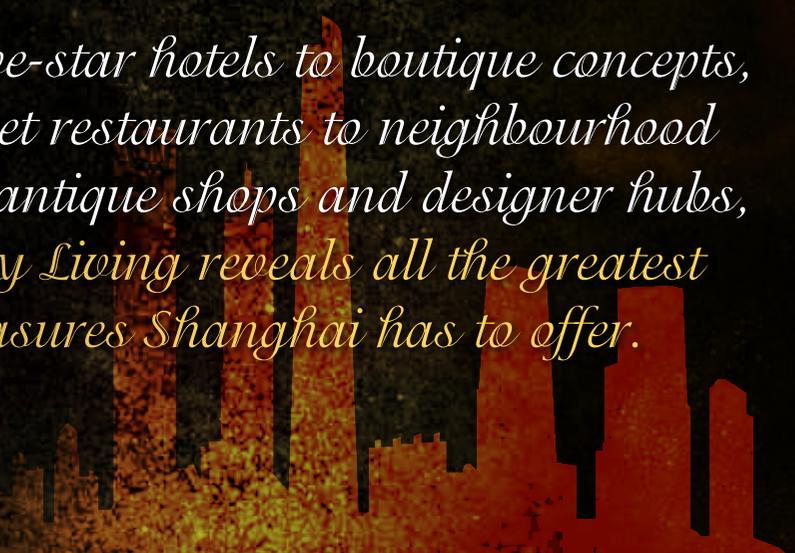


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