

Parents & Kids



SHANGHAI
NOVEMBER/DECEMBER 2019

Cheap Eats &
Delicious Treats

Little Wings

Buenas Días
Barcelona

Conscious Decluttering with Little Ones

Creative ways to help your children
understand the meaning and value of a tidy home

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2019-2020 Parents & Kids Art & Writing Competition

Parents, Guardians and Caregivers!

We are excited to announce our Shanghai Family and Parents&Kids annual Art & Writing Competition. This year our theme is “**Eco Future**”.

We would like to invite all children aged **3 - 15** to participate in either our art competition or our writing competition.

For the art competition, children can choose to either draw/sketch/paint a piece of art or make a model/ sculpture using recycled materials depicting how they envision a greener, more sustainable world. For the writing competition, children should write a letter to the mayor of Shanghai with their suggestions on how we can make Shanghai more eco-friendly and why they think this is important.

*For fairness' sake, we've separated the competition into two age groups: **3-10 and 11-15**. Written pieces should be submitted in either English or Chinese and be at **least 250 words**. Artwork should be completed in **A3**. **Models/ sculptures can be any size**.*

All submissions are due by **15th December 2019**.



Details to be confirmed. Follow our WeChat accounts for more information.

Immediate enquiries can be sent to editor@shfamily.com

Good luck everyone!



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November/December 2019

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Dear Readers,

Shanghai Family and Parents&Kids want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take three minutes to fill out our survey and enter for a chance to WIN lunch at the Grand Hyatt. We appreciate your time and hope we can continue to provide you with the most relevant and up to date family-friendly content in Shanghai.



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In Alphabetical order

editor's note

In the 21st century, combining our traditional values with modern progressive thinking can be quite challenging, particularly when it comes to raising a family. Yet, as our world becomes increasingly international, thanks in part to continuous advancements in technology, we encounter people from all walks of life who then help us all to re-evaluate accepted concepts and see life from a **new perspective**.

This autumn, certified KonMari consultant and mother of two Eve Wee-Ang offers some **creative, mindful methods to encourage children to tidy up and show gratitude for their possessions (p.18)**. Barbara Faria **Head of Early Years at Wellington** discusses how her values as an educator have been challenged and reinforced over the years **(p.34)**, while Jodie MacLeod highlights the thought-provoking perks of a



bug-based diet (p.44). Thinking of a Christmas vacation? Head over to our travel column as we journey to the relaxed Spanish city of **Barcelona (p.22)** where enchanting seaside views, delicious food, and quintessential Xmas markets await!

We hope you all enjoy the latest edition of Parents&Kids. Happy Holidays Everyone!

behind the cover



Huge thank you to photographer Wei Kuan Tay (wkphotography.com.sg), mum Saranrat Kongkarnka and her son Phatara Kijkongkhajohnchai for this month's wonderful cover taken in Eve Wee-Ang's home.

Parents&Kids

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新民晚报 随报赠阅

上海报业集团主管主办
国内统一刊号: CN31-0062

外籍人士外语服务热线: 962288
Foreign Reader Information Hotline: 962288
广告许可证: 沪工商广字 3100020080019

Shanghai Xinmin Community Media Co. Ltd.

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Art for Hearts

This November, the Heart to Heart charity is hosting charity art show managed by H2H volunteers, bringing together upcoming and established artists. You will be able to purchase a variety of unique art pieces to decorate your home with. 100% of donations will help to provide corrective surgery for Chinese children from all over China with congenital heart defects (CHD), whose parents are unable to afford surgery. Spend your evening browsing the latest artwork show-cased by talented individuals and in turn supporting children in need.

Find it: Hellas House, 735 Yuyuan Road, near Zhenning Road (愚园路735号, 近镇宁路)
When: Friday 15th November @ 6:30pm-9:30pm
Price: Free



Nature Art Walk

If you're looking to immerse yourself in nature and discover your inner artist in a fun and creative way, look no further. Take a walk through Shanghai's second national wetland park with Greensteps, whose mission is to encourage children to connect with nature by fostering their curiosity of the outdoors to create unique artwork. Think wildlife and plants mixed with arts and crafts; there is something for everyone to get involved in. All resources are provided, so no need to bring anything, just turn up and enjoy a family fun day.

Find it: Wusong Paotai Wetland Park, South West Gate, 206 Tanghou Road, Baoshan Shanghai (上海市宝山区塘后路206号, 吴淞炮台湿地公园)
When: 17th November @ 2:00pm
Price: 180 RMB



BLEU

For a truly unique and interactive experience visit the Shanghai International Dance Experimental Theatre to watch Bleu, where your children can get involved as little sailors and be a part of the magical play. Bleu features a Sailor and She, a beautiful mythical creature who mysteriously meet in the Sea. The dynamic production has been brought to life through interactive digital lights and electronic melodies.

Find it: 1650 Hongqiao Road, near Shuicheng Road (虹桥路1650号, 近水城路)
When: 01st Nov, 29-30th Nov
Price: 80-200 RMB



The Nutcracker

Is there anything more exciting than watching The Nutcracker at Christmas? The Shanghai Grand Theatre and the Shanghai Ballet have come together to create magic by incorporating Chinese elements with the classic tale set to Tchaikovsky's iconic score. The enchanting holiday tale tells the story of a young girl's journey to a magical land on Christmas Eve who witnesses her favourite Nutcracker toy come to life.

Find it: Shanghai Centre Theatre, 300 Renmin Da Dao, near North Huangpi Road (人民大道300号, 近黄陂北路, 上海大剧院)
When: 23rd-25th December
Price: 280-680 RMB

Plastic Pirates - Eco Clean Up

Join Greensteps for a field trip through Wusong Park in Shanghai to learn about the impact of plastic in our environment, wildlife protection and how it affects the future generation. You will get involved with a nature clean-up, an ecology walk and a picnic where you can build new friendships and be a part of the change.

Find it: Wusong Paotai Wetland Park, South West Gate, 206 Tanghou Road, Baoshan (上海市宝山区塘后路206号, 吴淞炮台湿地公园)
When: 15th December
Price: 200 RMB



Slime Anytime

Craft'd Shanghai are returning by public demand and this time not only are they hosting two workshops, you also get a drink and a snack included. This 2 hour event is for kids aged six to ten years only (no parents are allowed to join in the fun, sorry!)

and sessions include getting stuck in creating 6 different types of slime with gloopy ingredients. A place where mess is welcomed, every kid's dream!

Find it: First floor, Building 3, 1288 Fuxing Middle Road, near Xiangyang Road (复兴中路1288弄3号1楼)
When: Sunday 10th November @ 10:00AM
Price: 250 RMB



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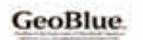
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Green Ventures Fair

During last year's Singles' Day, there were 1.38 billion orders placed online, leading to 160,000 tonnes of packaging waste. Social enterprises usually do not advocate for over-packaging, and therefore rarely participate in the annual Singles' Day festivities. However, this year will be different! Come join us for Shanghai's FIRST OFFLINE Singles' Day Market. All the sustainable brands you love will be there to give you the same crazy discounts but without all the packaging waste.

Find it: 425 Yanping Road (延平路425号)
 Date: Sunday 10th November @ 12:00pm-6:00pm
 Price: Free



At One International Festival

Shanghai's biggest International Festival returns. Come and take part in over 150 workshops and classes focused on integrating the mind and the body with inspiration taken from transcendental meditation, mindfulness creative arts and dance. Celebrations also include culinary adventures, cultural exhibitions and conferences led by global thought leaders. Feel free to take part in the activities or sit back and enjoy.

Find it: Sangha by Octave, 199 Yangcheng Huan Road, Suzhou Industrial Park, Jiangsu Province (中国江苏省苏州工业园区阳澄环路199号)
 Date: 15th-17th November
 Price: 50-700 RMB

Queen of Arts Studio

The Queen of Arts Studio offer a range of creative courses to suit all tastes, from painting and drawing, printmaking, textiles and sculpture. In a friendly and relaxed environment, you can explore your creative side through exciting themes, techniques and materials. Classes and workshops are led by an experienced facilitator and classes are mostly geared towards children, but an adult workshop is opening up soon. Watch this space.

Find it: Studio No. 5, Lane 169, Jiashan Road, near Yongjia Road (嘉善路169号5弄, 近永嘉路)

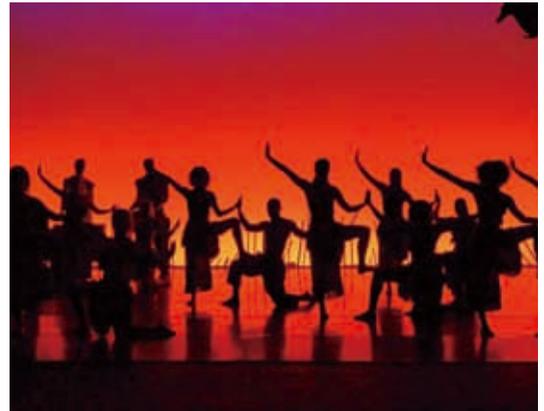
Price: 290-350 RMB



Shh! We Have a Plan

For the first time the multi-award winning theatre company Cahoots NI are putting on 'Shh! We Have a Plan' in Shanghai. The performance is nonverbal with magic, puppetry and music. The play follows friends who attempt to capture a bird however learn along the way lessons on love, kindness and forgiveness.

Find it: Changning Culture and Art Center, 650 Xianxia Road Changning Shanghai (长宁区仙霞路650号, 长宁文化艺术中心)
Date: 11th-14th December
Price: 158-236 RMB



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Family Fun

cover story



Conscious Decluttering with Little Ones

How to help your children understand the meaning and value of a tidy home

By Eve Wee-Ang



As a KonMari consultant, I get parents asking me these questions all the time: Why can't they get their children to tidy up their rooms? Why must they scream till their blood vessels burst before anything gets done?

My reply would be, it is never worth busting blood vessels over arguments with children over clutter and mess... or anything for that matter! I then say, first, please take a deep, calming breath and immediately shut your children's room doors; tight! Next, calmly go to your room, leaving your door wide open, and start tidying up your own s%#t while announcing loudly GOSH IT FEELS SO GOOD TO DECLUTTER. Then, simply wait and watch because slowly but magically...they will start copying you. Isn't that brilliant yet scary all at the same time?

Who knew our children learnt best by watching us? Except, the thought of tidying one's room without the aid of an Ayi or a professional organiser leaves most us parents with sweaty palms and heart palpitations; let alone the task of actively being an inspiration to our kids. Mind bogging questions start swarming into their minds. Oh, no! How do I even begin? My children never throw anything away! What if one day we need everything that got tossed out? What if we get stuck halfway through tidying everything up? Never fear, help is here! You're welcome ;)

Before we begin, this needs to be addressed right off the bat:

If you and/or your children are perfectly at peace with mess and clutter then please carry on, and I offer this



statement from a place of grace with absolutely no judgements whatsoever! As Japanese tidying guru Marie Kondo quips, "Your house will not blow up anyway."

As for the rest of you and your little ones*, please follow me...

**We recommend tidying with children 3 years old and above.*



Self-reflection

Obviously, we are all here because we are currently not satisfied with how our home looks right now; with perhaps certain rooms in particular that need attention, pronto! But I want to invite all parents to quietly pause for a moment to self-reflect. Take a good, long hard look at your children's rooms by allowing your eyes to gently take in every single item that is present like your children's clothes, toys, stationery, and books. Every single item that is currently taking up residence here didn't creep in of its own accord. We have all played a part in welcoming them into the house. So, perhaps before we begin screaming at our kids to tidy their mountain of belongings (we've all been there, trust me!) let's mindfully acknowledge that we, as their adult guardians, are equally responsible for the mess they are in right now.

Envision

Take your child to their room at the peak of its mess and dig a space large enough to fit both of you. Prop your child on your lap or lower yourself to his/her level and have a calm, honest chat. You are both there to understand how they feel about their room so refrain from saying things like See, I told you so! Why don't you ever listen to Mummy/Daddy?! Instead, I try to ask questions like:

1. How do you feel about your room now? Why do you think you feel this way?
2. Which is your favourite part of your room? Why do you like it?
3. If you had a magic wand, how would you change/ redecorate your room?
4. What activities and hobbies would you like to do in your room once you finish decorating it?



Now here comes the fun part! Get your child to envision their dream room by creating a vision board. This can be achieved by cutting up magazine inspirations, drawing their dream room or simply writing it down. Encourage them to expand their creativity by decorating and colouring their ideal sanctuary to their heart's content whilst setting realistic expectations with you. You don't want them to happily paint their ceiling with florescent pink and green polka dots only to have you shoot it down later. Envisioning is an important step as it empowers us to see and manifest an image of our best selves/ person we wish to be so please don't skip this stage.

Education

It is crucial that our children understand and are aware of climate change and environmental concerns so that we can all do our bit for Mother Earth. We can start by teaching them about the benefits of consuming less. The good news is that there are plenty of children's books about the planet that parents can read to their child before bedtime. Once our children become aware that each plastic toy eventually ends up in a landfill or a sea creatures' stomach and never actually "goes away" they learn to be more mindful. Admittedly that's like pulling a junior Fear Factor stunt but you can pretty much guarantee that there will be less toy tantrums to deal with. Win-win.



Community

Form a network of friends within your community who have children with close but varying ages. This way pre-loved items like toys and clothes can be rotated and shared amongst each other! The last family of the chain can then donate the used items to a charity organisation. In Singapore we have a saying that a child will 快高长大 (kuài gāo zhǎng dà) grow up faster and stronger by wearing hand me downs. I'm not sure how true this is but they'll certainly feel more comfortable.

Chores

In Shanghai, we are spoiled by Aiyis who do our chores, wash our clothes and repeatedly clean up after our kids. On Aiyi's day off, bring the kids down to earth by teaching them life skills and empathy. Start with simple tasks, like picking up their toys at the end of the day and putting things back where they belong. By doing this they will quickly learn that the more they amass the more cleanups they will have to do.

The Five Treasures

Before we start tidying up your children's room, pin up their dream room vision board in a prominent location like their bedroom door. Make a BIG deal about this by dancing around and announce to everyone within earshot that your child is embarking on a life changing mission. Next, set a date excitedly and then manage their expectations by explaining to your child that in order to get to their dream room there is work to be done. The first step is to have them gather and unearth the 'Five Treasures' with your help. Do this in the following order:

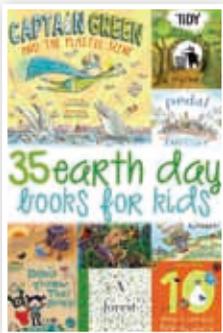
First treasure: Clothes and accessories

Second treasure: Books

Third treasure: Papers like artwork or old school assignments

Fourth treasure: Miscellaneous e.g. toys, gifts or sports equipment

Fifth treasure: Sentimental items like cards, letters, or soft toys.



This may sound like an enormous feat but you'd be amazed at how smooth and decisive your little ones' progression can be when you tidy in the above sequence.

In the KonMari method, we tidy by category in order to grasp the total amount we have. This way duplicate items can be easily spotted. Otherwise, imagine tidying drawer by drawer. Just when you thought your child has finally decided which four notebooks to keep, you then open up the last drawer to find thirty more! Are you with me?



Spark Joy!

If we dive deep into our children's minds and ask them why they designed their dream room/ vision board the way they did, their answers will all be universal - because they love it as it brings them joy. Similarly, for us adults, our dream home is a reflection of our happiness, as do items our children once loved and welcomed into our home. Truthfully though, many of these objects have served their purpose and as such overstayed their welcome; so it is time to set them free from their forgotten confines in your home. But what if my children need them one day? Chances are, if they haven't touched them till now they most likely won't need them in the future either. Besides, we live for the present not the past or the future. The here and now is what truly matters.

Tools of the Trade

Before we begin, remember to capture the "before" pictures of your child's room on your phone so that they can compare and marvel at their accomplishments once they're done!

I'd also like for you to prepare three large bags labeled "Donate", "Keep" and "Discard" so it's much easier for children to help themselves; remember to label them in different colours so that even your super little ones can differentiate!





LET'S TIDY UP!

First Treasure: Clothes and accessories

Help your child remove every single piece of clothing from their closet and make a pile. From here, encourage them to hold each item and decide if it sparks joy. For each item that doesn't, have your child express gratitude by thanking it before adding to the donation bag. To help your child along, you can ask them to pick their top five favourite t-shirts. I find that when we approach joy checks in bite-sized portions kids see it more as a game than a chore.

Storage suggestion: We recommend folding most clothes to save space. Aim to fold into rectangles and store them vertically in drawers for easy retrieval.



Second Treasure: Books

Gather all your child's books from their shelf and place them on the floor. I know this is tough but try not to let your kids open and read else the whole tidying process will come to a halt. Similarly, have them pick their top five favourites first and then slowly work through the entire collection.

Storage suggestion: Upright on a bookshelf



Third Treasure: Paper i.e. old school assignments, artwork, drawings

Parents you may want to help your child for this category, we don't want them tossing out homework that's due next week because it doesn't spark joy! For artwork, I invite you to sit together with your child to learn what goes on in their little artist's mind. You will be intrigued by their interpretations of the world.

Storage suggestion: Display your children's favourite artwork around your home or store them in clear document folders.

Fourth Treasure: Miscellaneous i.e. toys, gifts, or sporting equipment

This category is broad so place like for like items together before doing joy checks else you'll start a nervous breakdown. Usually by this point children begin to get restless as they have short attention span so let them take frequent mini breaks each time they finish a subcategory. Any thoughts of giving up can be resurrected by reminding them how close they are to their visual board!

Gifts can be challenging to children as they may feel guilty donating something that was given to them. Tell your child the purpose of receiving a gift is to appreciate the person for thinking of them, therefore its purpose has already been achieved. If the item does not bring joy to your child, I believe the gifter would much rather the item were donated to someone in need.

Storage suggestion: In clear boxes or inside closets.



Fifth Treasure: Sentimental items like cards, letters or soft toys

The final treasure, BIG yeah!!!! Congratulations on coming this far, your child's decision-making skills have been sufficiently honed, so this category should be fairly smooth sailing; mainly as they are restless to move on to cooler stuff like decorating their room! For sentimental items that your child treasures, I always encourage them to display it proudly. Little touches like this often spark a lot of joy for my little clients and you get to see a lovely twinkle in their eyes.

Storage suggestion: Display your special treasured items in the room or throughout the home.



Finally...

One of the most powerful lessons I learnt through tidying with the KonMari method is that it is not about the number of things we get rid of or having the best storage ideas. At its very core, tidying is a journey of self-discovery where we consciously choose joy so that we will cherish and be grateful to all our possessions that support our lifestyle.

Imagine your child's room filled only with all their favourite belongings that make them skip with joy every day. As parents, this alone will spark plenty of joy for us, wouldn't you agree?



Eve Wee-Ang is a mother of two and the first certified KonMari consultant from Singapore photographed here with Marie Kondo.



Buenos Días Barcelona!

By Ifrah Rafique





open-air theatre stage for children's shows, outdoor markets, countless restaurants and cheap eats to choose from. A short walk away is El Call and, if you're a history buff like me, you'll find Barcelona's Jewish District so interesting, where you can take a visit to the museum and find the oldest synagogue in Spain.

Sant Pere, Santa Caterina i la Ribera is more commonly known as El Born due to its long name. Here, you can find Palau de la Musica Catalana which is an important UNESCO World Heritage site. The grand concert hall is nothing short of spectacular and you can easily book an English speaking guided tour. Here you can take a bus to visit Park Güell, which was designed by Gaudí and offers stunning views of Barcelona below.

Barceloneta is well known as the seaside neighbourhood. In the 18th century, fishermen settled within the area because of its easy access to the old port. Now, tourists can take their families on a lovely stroll across the sandy beach (it may be too cold during the winter months to swim), dine al fresco at a local seafood restaurant and make sure to check out the tapas bars. The Port Cable Car has panoramic city views which can take you the enchanting Montjuïc Castle.

Merry Christmas! Or, as they say in Catalonia, Bon Nadal! One of the biggest Christmas fairs is Fira de Santa Llúcia, which is located next to the Gothic Cathedral. The market has an abundance of festive stalls, where



Places to explore

Upon entering The Old City ("Ciutat Vella" in Catalan), you quickly realise why there is such a buzz about visiting Barcelona. Learn about the fascinating history and enrich yourself with stories of the early settlement of the Romans, the Spanish Civil War and the Moors. Admire the iconic art work of Antoni Gaudí and Pablo Picasso and the charming architecture, which can be seen on practically every street corner. The four districts, Raval, Barri Gòtic, Sant Pere (El Born) and Barceloneta together form the region Ciutat Vella.

Raval is the most western and multicultural district of the Old Town. Raval originates from the Arabic word Rabad, which translates to neighbour-

hood. The town's character is strongly influenced by immigrants and here you can choose from a variety of cuisines from French, Chinese or even Moroccan food; there's something that will suit everyone's taste buds. Let your jaw drop in awe of a live Flamenco dance, a traditional Spanish performance which the whole family can enjoy.

Barri Gòtic, also recognised as the Gothic district, is filled with narrow alleys and quaint boutiques. You can easily go around by foot, making it the perfect spot to do a bit of shopping – whether it be taking your family to a homemade chocolate store for a cheeky midday treat (located at Carrer de Petritxol, the sweetest street of Barcelona) or something more luxurious for yourself. Nearby, La Rambla has an

you can purchase handmade crafts and traditional zambombas (friction drums) for the family. The Santa Llúcia market opens at the end of November, 10:30am to 8:30pm.

Another iconic Christmas market is Fira de Nadal de la Sagrada Família, located in front of Gaudí's must-see majestic Sagrada Família Cathedral. Your kids can meet Father Christmas

and experience his elves collecting letters from children and offering free sweets and balloons. If you come across local children singing and hitting a log that has been painted with a smiley face with sticks, this is totally normal! (FYI, don't take my word for it, look this up on the internet for what some tourists may find amusing). Open from November until 24th December, 10am to 10pm.



Cuisines

Vegetarian/Vegan

Teresa Carles: is one of the first vegetarian restaurants to open in Barcelona. Lots of vegetarian and vegan tapas. Not far from Plaça Catalunya.

Veggie Garden: there are two chains, one in Raval and one in Eixample. They have a super tasty and affordable lunch menu. Perfect for families as children have a playing space whilst you relax (€8.50-€8.90).

Tapas

Carrer de Blai: a little street in the Poble Sec neighbourhood, all offering pinchos (a little tapa served on a slice of bread) for €1-€1.50.

Alcoba Azul: a romantic and gothic restaurant in the heart of Barcelona in Carrer Sant. Great for date night or a fancy night out with family.



Where to stay

Aparthotel Arai (luxury) – near La Rambla

This hotel is set in a restored 18th century palace in the heart of the Gothic Quarter. It has family rooms with scenic balcony views. You can request to stay in the exclusive suite which you can take full advantage of the jacuzzi, sofa beds, swimming pool and a Peruvian restaurant located downstairs.

Catalonia Ramblas – El Raval

A four star hotel located close to Catalunya square and has room for family of five. The metro and Gothic neighbourhood is a short walk away and the hotel offers a swimming pool, sofa beds and mini-bars.

Grand Hotel Central – Sant Pere

An exquisite five star hotel offers breakfast, high ceilings, kitchenettes and ancient city wall views. The hotel boasts a rooftop infinity pool with gorgeous skyline views as well as being super close to museums, restaurants and tapas bars.

Fish and Seafood

Can Maño: a little restaurant hidden inside la Barceloneta, the fishermen Barrio. The main food you can eat is fried fish, fried seafood and fried sides. Everything is fried and delicious.

Pescadito Frito: a family run restaurant on the left side of the Eixample. Here you can get the best pulpitos, little tasty fried octopus!

Paella

Can Ros: located in la Barceloneta is Can Ros which is walking distance to the beach. Here the authentic Paella costs €16 and the seafood and calamari is muy rico!

Litoral: right in front of the Barceloneta beach, you can find delicious Paella for just €14. Perfect for children and families to chill out in the sun.

SPANISH 101

Although the official language used in Barcelona is Catalan, Spanish is still widely spoken. Here are some key essential words and phrases to help you get by:

GREETINGS:

Hola – Hello

Adios – Goodbye

Buenos Días – Good morning

Por favor – Please

Gracias – Thank you

ESSENTIAL PHRASES:

¿Cuánto cuesta? – How much is it?

La cuenta, por favor – The bill, please

Un taxi, por favor – A taxi, please.

Dónde está..... – Where is...?

La Farmacia – The pharmacy

El Hospital – The hospital

Un restaurante bueno –

A good restaurant

Un bar bueno – A good bar

Getting Around

• **Leaving the airport** – Getting around Barcelona couldn't be more stress-free. Once you land, there are shuttle buses every 30 minutes that take you from the airport straight into the city centre.

• **Trains & Bus** – The metro and buses are also signalled with English translations, so getting from point A to point B is easy to navigate. You can also download offline maps for free to help you make the most out of your stay (I recommend the app Maps.me).

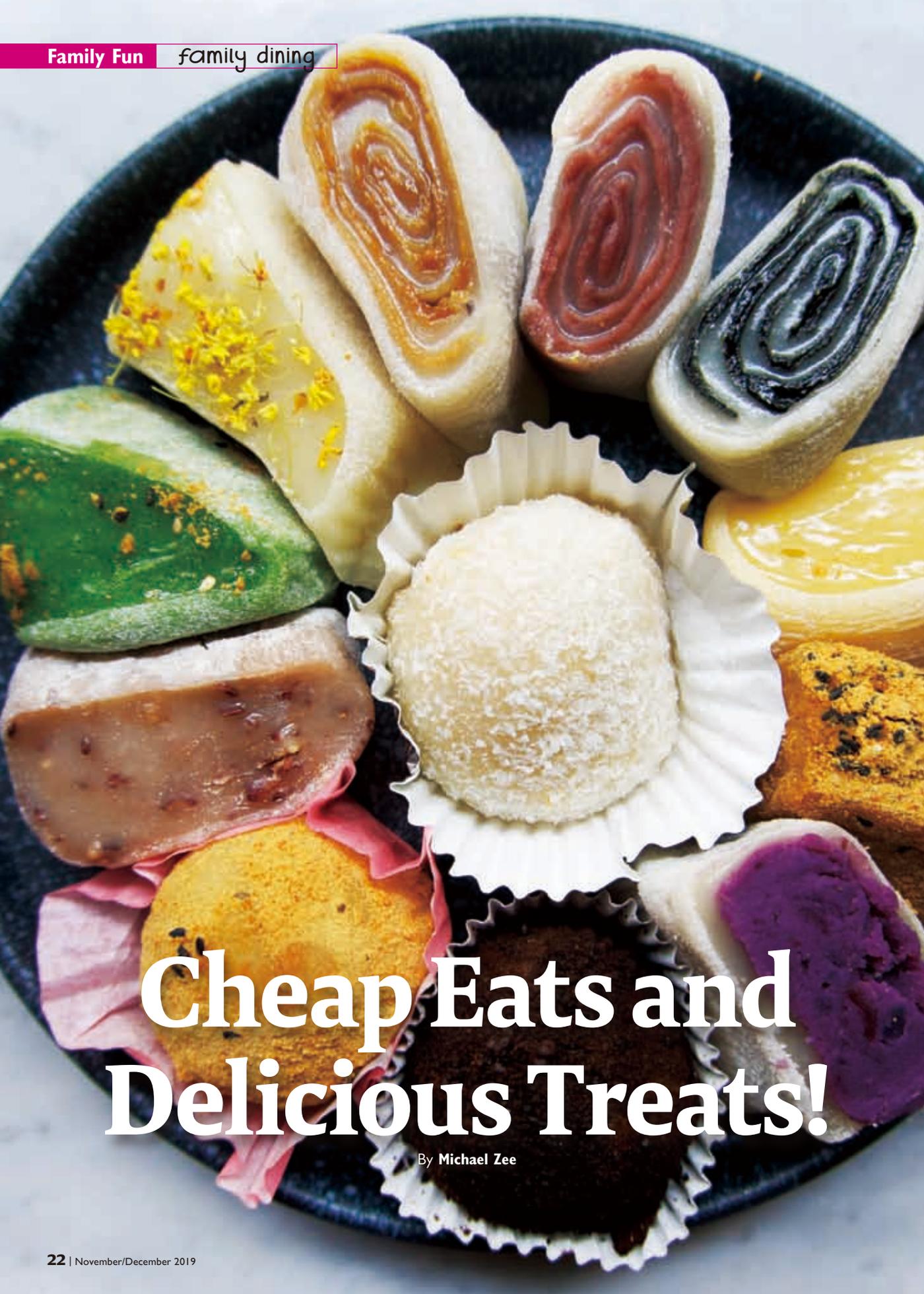
• **Bikes & Segways** – Are cheap to rent and are a convenient, eco-friendly and fun way for families to travel.

Tours

I was thrilled to find out that there were FREE fun and informative walking tours to choose from to take in the historical sights. All guides are friendly locals and provide you with knowledge and tips that can't be found on the internet. Walking tours are free of charge, but donations are highly recommended. I paid €5 for 2 hours, however you can pay as much or as little as you want. All tours take different routes so check out the spots you will be walking through beforehand. Although I did many on my own, for families I would recommend:

• **Free Walking Tours Barcelona** – Meet up at Plaça Catalunya, tours run at 10am, 11am & 3pm for 2.5 hours.

• **Barcelona Street Style Tour** – Meet up at El Raval, tours run between 10am – 4pm for 2 hours.



Cheap Eats and Delicious Treats!

By Michael Zee

Dumpling Ladies 为民点心店

Since 1992, a small, all-female team has been churning out guotie on the roadside not far from the W Hotel. Charming blue formica tables, mismatched and unironic vintage enamelware and chipped teapots of sharp rice vinegar (in contrast to the sweet black vinegar most restaurants in Shanghai provide). It's a non-stop operation that they run, with stacks of freshly made dumplings, they're loaded into the pan by the hundred and sold in the blink of an eye. It's a fragment of history hanging on by a thread. My favourite shikumen noodle joint across the road shut up shop a few months ago so my advice is to get down there sooner rather than later.

Find it: 62 Huimin Road near Yangshupu Road, 惠民路62号 (近杨树浦路)
6am-1pm Everyday; No reservations



Pure Memory 纯真糕点

Whilst it may seem that every available space in Shanghai is becoming a coffee shop, sometimes you might be surprised to find that behind the millennial pink interior is actually something other than caffeine. At Pure Memory on Middle Fuxing Road, past the Kaws posters and gold and marble Taobao interior, is a very lovely counter of freshly made rice cakes. I bought the 大全家福 a tray of the daily

specials plus their bestsellers. The majority of the flavours, black and regular sesame, purple potato and osmanthus are vegan and gluten free too, but surprisingly their passionfruit one was my favourite. They are perfect for an afternoon treat or an unexpected offering at a dinner party.

Find it: 1251 Middle Fuxing Road, 复兴中路1251号
8am-8pm Everyday; No reservations





Bloom Noodles 有签花成都串串香

There are few things I enjoy more than a bowl of something incredibly spicy, almost pain inducing heat. Ignore the chuanr here and go straight for the a la carte menu. I started with a bowl of the Popo Liangmian, or Mother-in-Law noodles, served cold with chilli and whole peanuts, they are as delicious as Wei Xiang Zhai's sesame noodles and are a great speedy lunch for those on the go. If you're a fan of ofal, I recommend the Gan Ban

Yao Hua, artistically cut kidney's that are said to resemble flowers, that is, if you're into bouquets of dying flowers made from organs, terrifying yet delicious. Drown all the spice with a final sweet flourish, the hong tang ci ba is a scalding hot pillow of crunchy nian-gao, covered in brown sugar syrup and sweet soybean powder.

Find it: Unit 4, 35 South Shaanxi Road, 陕西南路35-4号
11am-2pm, 5pm- Midnight; No reservations
¥ ¥ ¥ ¥



Kylin Noodles 面麒麟

For some unimaginable reason you find yourself getting a train from the old Shanghai Railway Station, then pass by Kylin Noodles, just a short walk away. They serve delightfully zhuzhed up versions of classic Shanghai dishes. The dishes you probably know well and love with a touch more care and attention to fine-tuning. Ordinary scallion oil noodles are transformed under smothering blanket of clams and chilli, and a rather innocuous bowl of rice is packed with lardy flavour and crispy



nuggets of crackling; utterly sublime! The setting and service is a fine line between unceremonious and zippy, but if you're in the area and you've got time to burn before that overnight train to Beijing its well worth stopping by.

Find it Kerry Enterprise Square, 277 Meiyuan Road, 嘉里企业坊店
梅园路277号(共和路与梅园路交口东北50米)
¥ ¥ ¥ ¥



Peking Inn 满堂

There seems to be some degree of shock from recent reviews of Peking Inn, the latest addition to Jiashan Market's long forgotten restaurant scene. Some are surprised that Beijingers aren't gorging on whole roast ducks on a daily basis, how incredulous! The chun bing are good, but unlike a taco, designed by the chef so that every bite is experiential, balanced, nuanced, here you're left to your own devices. The cocktails are potent but some have interesting names... Take Desert Storm for instance, which takes inspiration from China's northwest and not from one of the largest military operations in the Gulf. Either way, there's popping candy so you could be mistaken for the latter. I liked Peking Inn, it's unpretentious and inexpensive and I think after a practice round, my second visit will be on point.

Find it: 2F, 37A Jiashan Market, 259 Jiashan Road, 嘉善路259弄37A-2楼
5pm-1:30am Monday-Friday, Noon-1:30am Saturday & Sunday
021 5418 9093 for reservations

¥ ¥ ¥

Luneurs, Huashan Road

Luneurs quietly opened some time ago on Xingfu Road and quickly found a group of dedicated fans. The first café, intentionally lacking in space for laptops offers a place of calm where you can have an ice cream in relative peace. Not only have they opened a second, much larger site on Huashan Road near Anfu Road, but rapidly a third mini concession on the fifth floor of the IAPM!

Cutting to the chase and the only things you need to know. Their salted caramel ice cream is one of the best ice creams right now in Shanghai. Their cheese friand, leaves your hands soft and baby-like with sheer ridiculous amount of butter they use. The brioche, enormous tanned abs that most of us will never have, is perfect to take home and make French toast. The Huashan location also has the benefit of being acoustically perfect too, (they really did consult with a sound engineer), so you can chat to your hearts content.

Find it: 888 Huashan Road, 华山路888号;
8am-8pm Everyday; No reservations

¥ ¥ ¥



Our Shanghai

By **Eve Wee-Ang**, model photographer **Wei Kuan Tay**

As expats, we have all experienced the unnerving yet heady mixed feelings of moving to Shanghai. What will it be like? How will we survive? Do I need to get ten years' worth of shopping done for the kids in my home country before moving? Will Shanghai have international brands I am familiar with?

And then we got here and realised that not only is Shanghai one of the most cosmopolitan cities in the world, it is also a thriving haven for both global and local labels that cater to a growing population of savvy shoppers.

This month, we caught up with

the Hos, a Singaporean expat family who have called Shanghai home for the last seven years before they begin packing their bags to start a new adventure in Kuala Lumpur, Malaysia.

Girl's headband in carrot print, 28 RMB.
考味佳美达专卖店@Tmall



Girl's ballet pumps, 208 RMB.
鱼大宝前后院@Taobao



Kids Style

GIRLS

Emma Ho, seven, is a spirited little girl who is clearly animated in her passion for unicorns, ice-cream, and anything remotely related to sea creatures. Emma loves any attire that comes in varying shades of green, like teal or turquoise, or, when she's in the mood, simply throwing on outfits that are mishmash pile of the entire rainbow. She's a big fan of bright and pretty hairbands from Claire's that her mum buys from Japan which she wears pretty much every day and even while somersaulting at her favourite gymnastic class. As she practically grew up in Shanghai, Emma will miss her friends and their one and only An Ayi who has worked for them since their arrival.

Thanks to Emma Ho for being our November model.

Kids Style

BOYS

Nathanael Ho, or Nate as he is affectionately known, is a chatty and highly confident nine-year-old boy, evidenced by his nonchalant stance of donning a fancy bow tie while dribbling a basketball for this shoot. He sees it as doing his bid to support his friend “Aunty Jodi who reclaims kimono obi cloth from Japan into cute bow ties and cool bags that both my mom and little sister love too”. A dapper environmentalist no doubt, Nate gratefully attires in pre-loved clothes and, when the occasion calls for it, a stylish tuxedo, complete with carefully gelled hair and a suave grin. When asked what he will miss most once he leaves Shanghai, Nate briefly pondered before saying “I will really really miss my friends. And 小杨生煎 dumplings.”

Thanks to November model Nathanael Ho.



Boy's collared long sleeve tee, 69 RMB, @Tmall



Boy's handcrafted kimono obi bow tie, 250 RMB, www.etsy.com/shop/jodichome



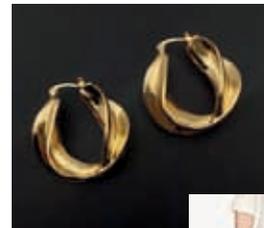


Parent Style

mums

Priscilla Phee, a certified Music Together teacher, is a bundle of excitement as she chats about her fashion style which is a marriage of thrift and whimsical items scored mostly from Taobao. Whilst she adores monochromatic shades, they won't pass her test if they don't come with uneven hemlines or a surprising detail that pops. Matte gold earrings from 莉莉饰品 (lìlìshìpǐn) in Yuyuan market and handcrafted vintage kimono obi bags from JodiCHome are her current go-to accessories. Priscilla, who is sad to leave Shanghai, has these wise words for new expats, "Whichever country you relocate to, never compare with your home country. Keep an open mind and allow the country and its experiences to charm you."

Thanks to Priscilla Phee, mother of two, who will miss Shanghai's convenience of shopping from her phone when she leaves.



Matte gold earrings, 45 RMB, KU KU 品质配饰 @ Taobao



Women's black skirt, 259 RMB, Urban Revivo



Women's hand crafted kimono obi bag, 900 RMB @etsy.com/shop/jodichome



Parent Style

DADS

Philip Ho, VP of Business Development APAC at Adidas, cuts a quiet figure next to his bubbly wife. When it comes to style, Philip absolutely loves blue on anything except polo shirts which he abhors. Adidas, Zara and Uniqlo are timeless brands that work for him. When asked to reflect his time in Shanghai, he said he will miss his weekly runs and date night walks with his wife along the safe and serene 滨江大道 (bīnjīāngdàdào) where this photo shoot took place; it was unanimously picked by the family as their parting souvenir of the city. For working expats who are new to Shanghai, Philip advises learning and embracing Chinese culture and habits to help you appreciate life from a different perspective.

Thanks to Philip Ho, father of two who bids Shanghai farewell with renewed perspectives.



Men's shirt, **580 RMB**, GAOSTUDIOS @Taobao



▲ Trainers, **1199 RMB**, Adidas



Men's watch, **2499 RMB**, Zeppelin



16th Family Day ECO Show

第16届国际家庭日-环保艺术节



特别鸣谢 Participants



X



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



上海耀中外籍人员子女学校 YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI



美高学校·上海 LIVING WORD SHANGHAI



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以上单位排名不分先后 The above logos are in no particular order.



Perfect Partners

Harrow Little Lions discusses why close Parent/Guardian-school partnerships are integral to a child's successful beginning into education



CHILDHOOD
DEVELOPMENT

Since its official opening in January of this year, Harrow Little Lions Childhood Development Centre has grown from strength to strength, offering a positive and nurturing learning environment for all its pupils.

Backed by 450 years of Harrow School, London's elite education experience, the centre provides a wealth of knowledge and understanding as to what young children need to help them get the best start on their educational journey.

According to Michelle Kimberley, the Foreign Principal, one of the keys to optimising a child's beginning steps into education is developing a positive relationship between the school, families and their children. The first step in achieving this is of course by **providing a safe and welcoming environment**, fresh, colourful,

“
*Parents/
Guardians will
sometimes
say: 'I don't
understand
what play is...'*

*I believe
it is our
responsibility to
help Parents/
Guardians
recognise this.*

”

comfortable and stimulating classrooms, and cheerful, engaging, and gifted teachers, ensuring all pupils feel happy and content in their school environment. The next step is about helping Parents/Guardians engage in what their children are learning, understanding why they are learning it, and, most importantly, recognising how their children learn.

At its core, Harrow Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) together with elements of Chinese culture and language to offer the **perfect balance of English and Chinese heritage** while inspiring pupils to develop confidence, critical thinking, empathy and teamwork through play-based learning.

Recognising the importance and value of play, all teachers at Harrow Little Lions carefully construct different activities each day to help

encourage their pupils to explore and develop various skills.

Michelle expresses that “Parents/Guardians will sometimes say: ‘I don’t understand what play is. My child just seems to want to run about all the time... Some families struggle to identify the many learning opportunities that playful activities can present, and I believe it is our responsibility to help Parents/Guardians recognise this.”

In support of this, Michelle together with other teachers has created a series of comprehensive workshops to encourage Parents/Guardians to interact in activities and understand the theories behind each of them.

“One of our workshops, ‘Parents/Guardians as Play Partners’, is a fun, educational activity that encourages families to think about unstructured ‘play’ at home. We provide a range of resources like cardboard boxes, tubes, plastic bottles, string, glue, scissors, and various natural resources and ask the families to ‘play’, and to be creative... this is a challenge for adults but a great way to get them to use their imagination without any prompts! It may sound basic but ‘unstructured play’ is a fantastic way to help children develop their language skills, fine motor skills, literacy and numeracy, as well as boosting confidence, social skills, teamwork, problem solving and even negotiation!”

Continuing in their mission to create the perfect partnership with Parents/Guardians, the Harrow Little Lions utilises the UK practice of having a school assembly every week so both Parents/Guardians and pupils can see how the children are progressing. Not only does this provide great insight for Parents/Guardians who work full time on their children’s triumphs it also functions as a great reward and incentive for pupils come the end of week.



“*‘Unstructured play’ is a fantastic way to help children develop their language skills, fine motor skills, literacy and numeracy, as well as boosting confidence, social skills, teamwork, problem solving and even negotiation!*”

For daily interactions, teachers utilise a communication app to send information and updates to each parent on what their child has done during the day; further that deep connection to their child’s care. Harrow Little Lions has even gone so far as to implement an impressive online assessment and communication tool called Tapestry to monitor how each child is doing while also enabling the teachers to share photos of the pupils.

Above it all though what is most impressive is the school’s approach to parental feedback. In response to annual reviews and requests from families, the school has tailored and fine-tuned its curriculum and classes to better suit the needs of its pupils. These adaptations will mean that pupils will soon be able to attend specialist sports and music programmes plus English phonics lessons to children in all age groups. Maintaining the school’s ethos of ‘Every Child is Unique’, Michelle says that each of these programmes will be planned according to each child’s individual abilities, in line with the UK Early Years Foundation Stage Curriculum and will be timetabled into the pupils’ daily schedule.

Attesting to its promise of building a friendly, compassionate community, Harrow Little Lions invites all families to come and participate in a day packed with activities, games, treats and snacks on the 22nd November to celebrate its annual event ‘Little Lions Day’.

With Michelle’s vision of creating the perfect pathway to education for pupils, and the school’s teachers leading with lion-sized hearts, Harrow Little Lions is an exciting choice for any family looking for a school that deeply cares about their child’s future.



Teaching Thrives on New Ideas

Discussing Educational Values with **Barbara Faria**



Barbara Faria is the Head of Early Years for Wellington College International Shanghai's newly purpose-built EYC (Early Years Centre). Barbara joins Wellington for her first experience of teaching in China as the latest step in a career spanning nearly two decades across multiple schools in the UK.

Have your inherent values as an educator changed or developed during your career?

Despite saying I wanted to be a teacher when I grew up, my journey into education started thanks to the advice of a very close friend, after I had a brief venture into the world of law and international relations. I completed my degree in Portugal, where I'm originally from, and moved to the UK as soon as I graduated. I have worked in several outstanding children's centres for 17 years, one of which I led, where I learned how to adapt a UK-based curriculum to a myriad of different cultural and linguistic backgrounds for the children who attended those schools.

Children in London come from all over the world, often with parents from dif-



ferent cultural backgrounds, and many speak at least two languages (or dialects) at home. The reality is that children must be able to adapt to different environments – family, school, community – with different expectations, customs and circumstances. I have always been

impressed with how children assimilate social cues and language to easily adapt to new situations. I have witnessed very young children understand and communicate in English only after a few weeks of arriving in the UK or experiencing English-speaking environments. This is achieved by providing an environment that is language rich, with experienced and dedicated teachers, and fantastic resources; and this is the environment I experience every day at Wellington College.

I wouldn't say that my values as an educator have changed so much as they have been informed and reinforced by my teaching experiences.

What new perspectives have you encountered and how have they inspired you to be a better educator?

I have always been very lucky to encounter people who have helped me to critically evaluate, think and adapt my ideas regarding education. I had truly inspiring teachers, intellectually challenging parents, dedicated colleagues, a visionary headmaster in a progressive school I attended for 13 years, and, most importantly, incredibly passionate and creative children who have perpetually challenged my ideas regarding the purpose of education.

I am inspired by various strands of thinking; whether they are philosophical, economic or literary in nature. These strands of thought offer endless opportunities for reflection that force me to be more open-minded and to see education as a space for development and as a discipline that is in a constant state of transformation. I am also intrigued and motivated by the perspectives of Greek and postmodern

philosophers, as well as economic liberal ideas and the financial changes that strongly affect education. There is also an abundance of new sociological ideas coming from French, Russian and English authors that endlessly inspire me.

Studying historical changes and shifts in political ideas, mainly related to revolutions (in Asia, the Middle East or Europe), offers critical points of view between progressive and traditional concepts, all of which are highly relevant for education today. The idea of combining tradition to preserve history, cultural customs and respectful values, with innovation (advanced technology, progressive thinking and adaptable human beings) is the precise reason why I chose to join Wellington College International Shanghai.

I realise I have omitted any mention of other Early Years educational curricula such as Montessori, Reggio Emilia, Waldorf or Te Whariki, because despite finding these perspectives immensely interesting (and I do pinch some ideas from them!) they were developed in particular historical and cultural contexts, therefore their practices and philosophies shouldn't be applied universally.

What do you think all educators should strive for?

I believe that any truly inspiring educator should be able to balance children's unbalanced worlds. By this I mean they need to be able to understand the children well enough to offer them a range of opportunities that they wouldn't normally encounter.

Children nowadays are almost constantly exposed to and bombarded with technology, usually within indoor environments, meaning that they often lack the necessary opportunities and experiences that being outdoors presents such as the joy of challenging and exciting physical activities. While I believe that interactive programmes are very good for children in supporting their learning, they certainly should not be relied upon exclusively. Children must be able to experience indoor activities that vary like modelling with clay and play dough, using utensils such as scissors, brushes, hammers, and tweezers, and planting seeds in the soil to observe its growth and better understand where our food comes from. There are a lot of children who do not believe that chips are actually produced from potatoes!

To be at our most effective, we educators should be able to reflect on children's cultural and linguistic backgrounds, the economic and sociological changes occurring around them, and the future job market to help them gain the capability to adapt to a rapidly evolving world as confident, happy human beings. At Wellington College, we want all our pupils to become the best version of themselves and I truly believe they have everything they need to achieve this goal and more.



Little Wings

Magnolia Kindergarten show us how to make a beautiful wall hanging for your children's bedroom!



At Magnolia Kindergarten, teachers use creative, seasonal workshops to raise ecological awareness. This month, teacher Renaud takes inspiration from the French Educator Freinet and 20th century graphic artist M.C Escher to create a beautiful piece of artwork. Get involved in the discussion of why it's important to discuss migration patterns of birds and remind children that creativity should know no limits, including glittery pink birds! ▶

Special thanks to Renaud Coning and pupils Elias, Margaux, Hugo, Madeleine, and Leo.

Materials



- Geese shapes printed on white paper.
- A piece of cardboard to make the base of the canvas.
- Scissors
- Glue
- Brushes
- Paints
- Glitter, buttons/ other decorations



Step by Step

1 Print the birds onto paper and cut around them carefully (you will find the different graphic designs of M.C. Escher easily on the internet). We recommend enlarging the design of Escher by 200% to make it easier for young children to cut.

2 Depending on your taste, the colour of your room, or the season, choose the paint colours with which you wish to paint your geese! M.C. Escher used just two contrasting colours but you can express yourself freely and paint the geese in many different colours and even add glitter or other decorations.



3 While the geese are drying you can now paint the base canvas. It could be a landscape with a blue sky, a city, or just monochrome, again, let your imagination run wild...

4 Once the canvas is dry, place your geese onto the backdrop in a compact, interlocking group or partly compacted with some geese leaving the flock... Try different patterns until you're happy before fixing them into place!



Shanghai Family's 9th International

SCHOOL EXPO 2019

AUTUMN

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2019秋季教育展 - “上海家庭”艺术节



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以上单位排名不分先后 The above logos are in no particular order.

Wait, bacteria is good?

Shanghai United Family Hospital discuss the health implications of probiotics and friendly bacteria



You may have encountered more and more products that claim to promote gastrointestinal health because they contain “probiotics”. But do you really know what probiotics are?

Q What are probiotics and why are they important?

A You may be surprised to learn that probiotics are actually bacteria or yeasts. In fact, the Food and Agriculture Organization of the United Nations (FAO) defines probiotics as “live

microorganisms, which, when administered in adequate amounts, confer a health benefit on the host.” You may at this point be asking yourself ‘why would anybody want to ingest live microorganisms?’ The answer is to help maintain a healthy balance of the intestinal flora.

To better understand probiotics, let’s first learn more about the gastrointestinal tract. The human digestive system is home for more than 400 different types of bacteria. While many types of bacteria are associated with disease, some are actually beneficial





and necessary to keep us from getting sick.

These bacteria help the intestines stay healthy by reducing the growth of harmful bacteria, synthesising vitamins and nutrients, and assisting in the digestion of food. Because of this, these microbes are often referred to as “good bacteria,” or “probiotics” (originating from the Greek for “promoting life”).

Maintaining the correct balance of good and bad bacteria is necessary to have a healthy digestive tract. However, conditions such as emotional stress, lack of sleep, and prolonged use of antibiotics can disturb the balance to favour bad bacteria, which can lead to illness. In order to restore this imbalance, probiotics are introduced into the gastrointestinal tract and help with the prevention of disease.



Q What are the pros and cons of probiotics?

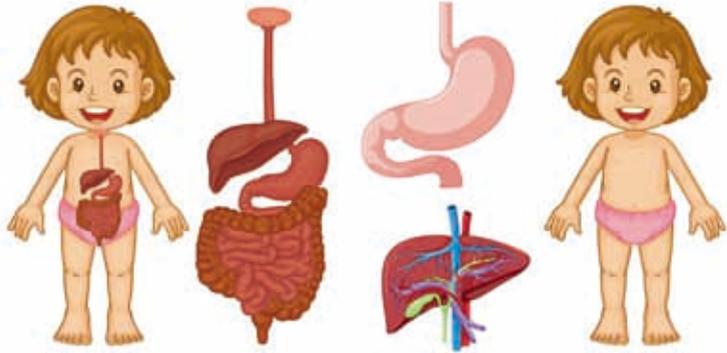
A The most researched benefits of probiotics include promoting a healthy digestive system, strengthening the immune system, and reducing allergies. Probiotics help to maintain the integrity of the intestinal tract, which in turn runs more smoothly and filters out and eliminates harmful waste products from our system. Probiotics also keep the protective intestinal mucosal layers healthy, which provide an extra level of defense against invading pathogens and strengthen immunity.

Having a good immune system also means that it's more effective at identifying and fighting pathogens, rather than overreacting inappropriately, which leads to allergies.

Due to the multifactorial benefits that probiotics confer, many studies

are looking at the additional values of probiotics in treating diseases such as irritable bowel syndrome, Crohn's disease, and ulcerative colitis; however, no unanimous recommendations have yet been decided upon.

Probiotics are generally considered safe, as they are already present in a normal digestive system. However, probiotics can pose risks in people with a compromised immune system or serious illness. In addition, similar to vitamin supplements, probiotics are not regulated by the American Food and Drug Administration (FDA) the way standard medications are, which means that the companies that package probiotics don't have to prove that the ingredients listed on the label are actually in the bottle. Be sure to only get probiotics from a reliable source, with the ingredients clearly labeled.



Q Do my family need to take probiotics every day?

A You may already be consuming probiotics in many fermented dairy products such as yogurts and cheeses. The need for additional probiotics intake depends on each individual's conditions. Consult a physician on whether or not you need to up your intake of probiotics.



You can book an appointment with United Family Healthcare's health professionals by visiting their website and choosing one of the many United Family facilities around China that best suits you and your family. Website: shanghai.ufh.com.cn

Avoiding Ailments

Specialists on behalf of **ParkwayHealth** discuss the top five most common childhood illnesses and best courses of action for parents



Common Cold

Prevention tip

Make sure your child washes their hands properly and often, and remind them not to touch their eyes, nose, or mouth. You can also strengthen your child's immune system by making sure they get enough sleep, eat a healthy diet, and get of lots of exercise.

You probably know the drill: Treat a mild fever, congestion, coughing, and a sore throat with lots of fluids and rest. Colds usually trigger an immune system response that causes sore throats, cough, headaches, and sneezing. Your child may also develop a stuffy or runny nose, and mild fever.

Should the fever persist for more than five days, or if there is nausea or diarrhoea, it is advisable to consult with a doctor. Infectious disease specialists at Mount Elizabeth Novena Hospital explain that although it is rare for a common cold to develop into a more serious case, like pneumonia, it is better to see a doctor when symptoms manifest with more coughing, breathlessness and persistent fever.

2 Influenza (Flu)

The flu comes on hard and fast: a fever of up to 40°C, body aches and chills, a headache, sore throat, cough and sometimes also vomiting and diarrhoea. Compared to a common cold, flu symptoms consist more of a fever,



School is an incredibly important place for kids to gain knowledge and develop mental and interpersonal skills, but it is also a hotspot for bacteria and viruses. What's more, with the change in season and the weather rapidly reducing in temperature, now is the time that your children are likely to start feeling unwell. Not to worry though, specialists on behalf of ParkwayHealth explain the five most common childhood illnesses and offer some advice on how to help your child recover. ▶



Prevention tip

Influenza vaccinations are up to 90% effective in preventing influenza two weeks after the injection. At other times, though, be sure to remind your children to wash their hands frequently and thoroughly, and to wear a face mask to prevent spreading it to others.

headaches and muscle pains, than coughing, a sore throat or a runny nose. The flu tends to be more severe and patients are more likely to be confined to the bed during the

illness. When the flu strikes the young and elderly in particular, there is a higher chance of developing pneumonia. Doctors advise consulting a doctor early in these cases so as to reduce the risk of it taking a turn for the worse.

3 Pink Eye

Your child may complain of eye irritation or sensitivity to light, and you may notice excessive tearing or discharge, swollen eyelids and redness in the whites of the eyes (hence the name 'pink eye'). According to ophthalmologists at Mount Elizabeth Hospital, pink eye can be the result of either an infection or allergy but is most commonly caused by viruses that may be associated with colds. Since pink eye is most commonly caused by viruses, it usually resolves on its own without any treatment. However, if the condition is caused by a bacterial infection, antibiotic eye drops or ointment will be required.

Prevention tip

Pink eye is easily passed from person to person, which is why children who have been diagnosed are kept out of school until they've started treatment and are no longer contagious. Remind kids to not touch their eyes, nose, or mouth; this is a good way to ward off pink eye as well as other infections.

4 Hand, food and mouth disease (HFMD)

Both adults and children can be affected, but young children aged five or younger are more susceptible to this. A child with HFMD may show tell-tale signs including fever, sore throat, mouth ulcers on the inside of the mouth or sides of the tongue, rash or small blisters on palms of hands, soles of feet, and/or buttocks, as well as lethargy, and poor appetite. Individuals with HFMD are highly infectious meaning the disease spreads rapidly within the same family. Therefore, infected individuals should ideally be kept away from others.

The key to a quick recovery is adequate fluids and rest. Taking sweetened iced drinks or popsicles can help alleviate the pain caused by mouth ulcers while keeping the infected person hydrated. Painkillers can also help to alleviate discomfort. Should the patient become dehydrated, they may require hospitalisation for intravenous hydration.

Keep in mind that the virus may still be found in the stools for a few months after recovery, so it is imperative that your family maintains good hygiene habits.

Prevention tip

If someone in your household contracts stomach flu, it is highly likely that someone else will become affected in approximately 48 hours. The best way to contain the virus is to keep the person already affected in isolation. Remind your children to always practise good hygiene by regularly washing their hands with soap and keep your household surfaces clean.

5 Stomach flu

Stomach flu is a lot worse than a "tummy ache" as it causes vomiting, diarrhoea, and intense abdominal pain. There are a wide variety of viruses that can cause stomach flu but most stomach viruses clear up within a few days to a week and require nothing more than rest. Doctors recommend that if your child shows symptoms of stomach flu, keep them hydrated with water and isotonic drinks, and avoid oily/spicy food and dairy products for the initial few days until the symptoms resolve. Should you or your children suffer a high fever of more than 38.5°C, severe abdominal pain, or an inability to hydrate due to severe vomiting consult a doctor immediately.



When to keep your child at home?

Many parents have a hard time deciding whether their kids are well enough for school and whether it is better for everyone to just keep them at home. Simply put, if your child is unwell you can help prevent the spread of infectious diseases by keeping them at home until they are no longer contagious. If you're unsure altogether, remember to check in with a doctor.

Thanks to specialists at Mount Elizabeth Hospitals on behalf of **ParkwayHealth** for providing the information for this article.

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



Grub's Up!

A New Perspective on a Bug-Based Diet

By Jodie MacLeod



Picture the scene: you're preparing dinner when a line of ants march along the worktop. Most of us would wipe them away in shock but evidence now suggests that these little critters might be the answer to our climate change problem. As we enter into an era of rising sea levels and drastic temperature changes, researchers are looking at ways that we can revolutionise our diets. If you're still squirming at the idea of embracing a bug-based diet, read on to hear about the benefits. ▶

When did we start eating insects?

In prehistoric times insects formed a vital part of the human diet, but the invention of hunting and farming tools led us to the consumption of livestock. Whereas many Eastern countries still embrace the practice of entomophagy, the eating of insects is

considered a 'taboo' in Western cultures. Perhaps they associate it with the popular TV show 'I'm A Celebrity... Get Me Out of Here', where contestants are forced to eat creepy crawlies to earn points. But eating bugs is no longer reserved for bushtucker trials, and the negative perceptions are slowly shifting thanks to forward-thinking





restaurants and businesses who are turning insects into a delicious and trendy addition to daily diets.

Health Benefits

One company who is making waves in insect-eating is EAT GRUB, a London-based “sustainable food brand that aims to revolutionise Western food culture by introducing insects as a staple part of it.” They believe that insects are the original superfood and shouldn’t just be enjoyed in the East when they have such powerful benefits on health. Co-founder, Shami Radia, believes that “they [insects] are high in protein, minerals and amino acids so it makes sense to eat them.” Studies have also shown that the complete protein content in insects can be extremely useful in fighting malnutrition as they are good sources of iron, calcium, good fats, Omega 3 and vitamin B12.

Celebrity Insect-Eater

If you’re not yet convinced, it sometimes helps to see some celebrity endorsement, which is exactly what Angelina Jolie did on a 2017 trip to Cambodia where she was filmed eating tarantulas and scorpions with her children. She joked, “How do you flip a scorpion?” as she tucked into some fried critters and turned the world’s attention to the possibility of eating insects.

The real question though isn’t how to flip a scorpion, but what would it take for you to swap your diet to a grub-filled one? If it’s not the known health benefits or celebrity trends, perhaps

you’d be more inclined to eat insects because of its positive effects on the climate.

Environmental Benefits

It is estimated that the global population will reach 9 billion people by 2050, which means that’s a lot of extra mouths to feed. Environmental scientists are worried that we will be producing livestock, such as cows, pigs, chickens and fish, on a mass scale in an attempt to keep up with the populations’ carnivorous appetites. This isn’t good news when we consider the fact that food production accounts for nearly 25% of all greenhouse gas emissions, and the predicted rise in population means that greenhouse gases will also rise to accommodate.

It’s not all doom and gloom though; if we can drastically reduce our meat intake, we can have a direct impact on the current climate decline. Luckily for us, by considering food sources such as insect alternatives, we can significantly reduce these greenhouse gas emissions. Online insect enthusiast, Crickster, says that “the production of edible insects creates 100 times



fewer greenhouse emissions than the same amount of beef”. So, as our carbon footprint becomes more of a carbon hoof-print, now is the time to find alternative diets that drastically reduce the amount of farmed meat we consume.

I hear your groans, as you consider a life without pepperoni pizzas and juicy beef burgers. But modern companies and restaurants have come up with unique alternatives which mean that you don’t have to give up your guilty pleasures entirely. There are lots of new and unusual dishes like ‘Critter Burgers’, ‘Cricket Carrot Cake’ and ‘Critter Kofta Patties’ that you can try for yourself. Check out crunchycrickters.com for more details on bug-based recipes.



If you’re tempted to sample some delicious insects, it should come as no surprise that Shanghai is the perfect place to practice entomophagy in China! As the melting pot city of East meets West, you can find edible insects being fried traditionally on street corners and in markets, but there are also a host of modern restaurants that have included bugs in their menu as a unique culinary experience. For some exotic Yunnan cuisine you can try Lotus Eatery (Dingxi Road), Southern Barbarian (Jinxian Road) provides a bohemian South-Eastern experience, or for those of you wanting to splash out you can treat yourself to a night at Shanghai’s avant-garde Ultraviolet.

With a fresh knowledge of the health and environmental benefits of eating insects, perhaps next time you find an insect on the plate in a restaurant, don’t send it back with a horrified complaint, but rather send compliments to the chef, for adding a crunch of sustainable protein to your meal.

Parenting in Perspective

By **Sal Haque**



Parenting can be a difficult and dynamic endeavour. It requires poise, tact, and infinite amounts of patience. There are good days and there are bad, and at times, fatigue kicks-in, frustration rises, and anger dawns. A five-year-old can wear down a dad's patience like a pair of Feiyues at a music festival. Combine that with the hustle of work, general life issues, and limited emotional outlet, and it's fair to say that sometimes we slip a little in our parenting. After all, we're human too.

As parents, we try to uphold the highest standards for our children and consciously allowing our kids to digress can often result in stress and concern. Perhaps you forgot a warm sweater and now he seems cold? Jah-forbid, he eats a couple of donuts for breakfast...for shame! I did that once and I did not feel good about it. When I met my fellow parents at school, I pulled the "single-dad card" and waned sympathetically about not having enough time to prepare a healthy breakfast.

But ya know what? It just wasn't a big a deal. My kid usually eats "relatively" healthy, he lives in a nurturing environment, he's well-loved and overall he's happy. Plus, there are few things in this world as spectacular as a Tim Horton's Rainbow Sprinkle Donut.

More importantly, one day my five-year-old is gonna be 30 years old, probably bald, and most likely an accountant (he can smell a strongly worded memo from miles away). I'm sure that one time he was cold, or the night he fell asleep watching Dragon Ball, won't affect his Chartered Accountancy Test scores.

As a parent, I've essentially resigned myself as a steward to an unreasonable five-year-old with selective hearing. I think it's safe to say that there'll be a few times when I'm tired or straight-up busy and I quite simply employ the time-honoured method of "screw it". Fine! Eat your cereal in your obtusely built pillow fort barricading the kitchen door. Cause who needs a kitchen? But it's important to realise these "concessions" in parenting probably

won't do much harm. I often have to imagine my kid as an average middle-aged man, complete with thinning hairline and an emerging gut. Kind of like a half Asian Burt Reynolds. It's tough to envision him out of his age of innocence but I find it really helps put my parenting in perspective. I'm able to assess problems with more clarity and often come to realise that in most cases it's not even really a problem and certainly not a cause for frustration or anger. Like yeah, he's having a tough time writing the letter "K", but it's all good, I'm pretty sure 30-year-old Nesta (my kid's name) will be tearing up words like "Kalimba" or "Kangaroo".

I find a bit of perspective can really afford us a stoic sense of calm. Even in cases of sickness, it's safe to say that most children recover pretty well. It's inconvenient and sucks for the kid, but how much is it gonna affect 30-year-old Nesta? He probably won't even remember it. The same goes for a break in routine or a day of artisanal hotdog-bun nutella sandwiches. In most cases, the kid is gonna be just fine.

So remember, it's ok to slip up in our parenting, and sometimes we might find ourselves saying, "screw it", and that's ok too. For all the minor issues our children face, and for all the times we've side-lined our A-game for the far more convenient D-game, one day our kids will grow up, they'll probably be bald, and they'll definitely be an accountant and they'll be just fine. Cause really, a lot of the little problems that affect us as parents aren't even really problems.



Sal Haque is a TV producer, DJ and single Dad living in Shanghai.

Designer Daughters

By Angeline Ruston



Last week a friend picked me up for another Shanghai Tai-Tai adventure. As I stepped into their perfectly polished luxury leather vehicle, spotting the array of randomly placed Disney Frozen stickers of Elsa, Anna, and Snowmen across the car's dashboard, I was reminded that no matter how shiny things may seem on the outside, we are all on this same crazy parenting journey together.

When most people move house, they normally have a small budget for minor repairs such as removing nails from the wall, filling in a few holes and maybe even a carpet clean. But my husband and I have a budget specifically for removing pink, purple, and turquoise glittery STICKERS that have been creatively placed on the walls, doors and floors all throughout our house. Although, unfortunately, some of these the adornments (and few doodles) have become permanent fixtures to our family, like the glitter glue etchings on our solid oak kitchen table, or the "Stuck-On-You" labels on the matching handcrafted sideboard.

Yet, even with these annoying little decorations, I still try to encourage our girls to be creative and make sure that there is always a stash of paper, paints, and crayons to harness their inner expression. After, I dutifully frame their finished artworks to decorate the walls of their playroom. It is such a

delight to see the girls beam with pride and purpose as their framed drawings go up. It also helps me track their developmental milestones. Although I do think that my four year-old and five and a half year-old may have stayed in the very messy, very tactile, "paint, pat and smear with fingers and hands" phase for a bit longer than the experts and books suggest!

When a true masterpiece is eventually produced, it is this Mum's turn to smile in pride and wonder, as a memory, an emotion, and a moment in time, are forever captured in a single, innocent painting. "This one is mine," I think to myself, "And it is definitely going up in our bedroom!"

Their artistic expression is not just limited to paints and paper. Juliette, our oldest, announced the other day that she wants to be an artist.

"Mummy, I just love rainbows and colours and pens and glitter. I want to be a designer."

Ok, I think to myself and carefully clarify, in the attempt to subtly mold her future.

"People who design houses are called architects."

"No Mumma, I want to be an artist!"

Oh dear! Let's be honest, we all secretly hope that our children will follow a career that can be more financially rewarding than personally satisfying.. but never mind. It was only last

week her career ambitions had been to become a doctor; so things may yet change. Thinking on the possibility that my husband and I might have a nice future retirement, I offer another career suggestion.

"A fashion designer perhaps?" I say. "YES!!" comes a unanimous cheer from both the girls.

"Let's play dress up..." and they rush upstairs.

An hour later, upstairs is nothing short of a bomb site. My bathroom counter is strewn with make up, and my cupboards have been raided. Piles of clothes, bags, and shoes lay in random havoc. It is a disaster... Except for the two smiling, happy painted faces.

"Don't I look beautiful?" Juliette asks. "I definitely want to be a fashion designer..."

"Me too!" pipes up young Isabella, as she walks (wobbles) in my high heels towards the mirror. And as she twirls around, she adds "Or maybe a ballerina..."

I like the sound of that!

Angeline Ruston
South African writer
living in Shanghai.



Family Fun

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Schools

Schools: K-12
The British International School Shanghai Established in Shanghai in 2012, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further. admissions@bisspuxi.com. www.bisspuxi.com

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

Dulwich College Shanghai Pudong 上海德威外籍人员子女学校 (浦东) Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. admissions@dulwich-shanghai.cn. shanghai-pudong.dulwich.org WeChat:dulwichcollegeshanghai

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Harrow International School Shanghai 上海哈罗外籍人员子女学校 Harrow International School Shanghai is a co-educational day school for pupils aged 2 to 18.

The teaching is based upon the English National Curriculum, culminating in IGCSEs for Years 10 and 11, and A levels at Sixth Form (Years 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 Leadership and Service programme and has a number of unique Harrow traditions. Harrow Shanghai is the fourth international school in the Harrow family of schools, world renowned for their rich heritage of educational excellence. Harrow Shanghai joins Harrow School and John Lyon School in London, and the Harrow schools in Bangkok, Beijing and Hong Kong. No.588, Gaoxi Road, Shanghai, admissions@harrowshanghai.cn, 68818282 *210/211/212; 18916229776, www.harrowshanghai.cn

Living Word Shanghai 上海美高学校 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

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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

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Shanghai Singapore International School The school strives to engrain in students a love of learning that will carry them through the rigorous curriculum and beyond. admission@ssis.asia. www.ssis.asia

Shanghai United International School 上海协和双语学校 This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. suischool@gmail.com. www.suis.com.cn

Wellington College International Shanghai 上海惠灵顿外籍人员子女学校 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 Lu, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; **Early Years Centre** address: (Nursery and reception): 195 Tongwan Lu, Pudong District, Shanghai, 200124; Phone: (021) 3175 6687; **admissions.shanghai@wellingtoncollege.cn**; **www.wellingtoncollege.cn/shanghai**

Western International School of Shanghai Located 20 minutes outside of Gubei, this International Baccalaureate Organization (IBO) MYP,PYP, DP Authorized, IBCP (Candidates School), authorized Western Association of Schools and colleges (WASC) offers a rigorous and comprehensive selection of courses and activities. **admission@wiss.cn.**, **www.wiss.cn**

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

Schools: Pre-K

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

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

years. EtonHouse International Pre-Schools Shanghai cater to expatriate and resident families alike from 18 months to 6 years of age. The two pre-schools offer the renowned EtonHouse Inquire - Think - Learn curriculum in English and Chinese, inspired by the Reggio Emilia philosophy from Northern Italy. The large outdoor areas have been designed specifically to ensure that children build deep relationships with the natural world and strengthen the concepts of sustainability. From 8am to 5pm. Lujiazui > 40 Pucheng Rd, Lujiazui, Pudong, Shanghai (Near DongChang Rd) 上海市浦东新区陆家嘴浦城路 40 号 (近东昌路) Pudong > No.1570 South Pudong Road, Pudong, Shanghai (Near WeiFang Road) 上海市浦东新区浦东南路 1570 号 近潍坊路. Tel: 5896-8686. **enquiry-sh@etonhouse.com.cn** **http://sh.etonhouse.com.cn**

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

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

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

Little Lions Childhood Development Centre 小狮幼儿发展中心 Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension,

offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. For enquiry, please call 153-1792-5705 or check website: **www.littlelions.cn** Location: 3221, North Zhang Yang Road, Pudong New Area, Shanghai

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

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 globalized world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. **www.luc-china.com**, Tel: 021-51872889 **admission@luc-china.com**, 230-233, 779 Fangdian Road, Pudong.

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

Morgan Rothschild Academy With a prestigious early childhood education program, the Morgan Rothschild Academy accepts

children of ages 1.5 to 6 years. Morgan Rothschild teaches about 30 percent of its curriculum in Chinese and the remaining 70 percent in English. The teaching staff consists of state certified kindergarten teachers from the United States and China. The school provides a research-based curriculum developed by early childhood education experts from Harvard and Stanford Universities. **www.morganrothschild.com** PUXI Campus: 1358 Hu Qing Ping Highway (Kang Hong Garden), Bldg. 161. 沪青平公路 1358 号 161 栋 Tel: 6976-1000 PUDONG Campus: 1260 Dong Xiu Road (Near Pu Jian Road) 东绣路 1260 号 近浦建路 TEL: 5059-1971

Montessori School of Shanghai 上海私立蒙特梭利幼儿园 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-CES). MSS leads the way in quality and standards in China. and School. West Hongqiao campus: No.586 Gaojing Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: **admission.whq@montessoris.com** Xuhui Campus: 21 Donghu Road Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: **admission.xuhui@montessoris.com** Jiading Campus: 1313 Xiwang Road Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: **admission.jiading@montessoris.com** Minhang Campus: 3852 Duyuan Road Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: **admission.minhang@montessoris.com** School Web: **www.montessoris.com** QR Code: **mss2005shanghai**

Sino European International Preschool 中欧国际早教中心 This foreign-managed preschool offers a bilingual early childhood curriculum that includes European philosophies combined with Chinese culture and language, preparing children for a multicultural and international education. **info@seips-china.com**. **www.seips-china.com**

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

Health Items

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

Renaud Air www.renaudair.cn or call us at 400 820 2791. Address: Suite 304-308, 710 Anyuan Rd, Jing An District, Shanghai China. Email: support@renaudair.cn

Medical

Dental Care

Alpha Dental

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. They are committed to providing professional and high quality dental services through personalized 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 SOHO 天山广场 1 号楼 206 室, 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 13918111319. www.alphadental.cn

Jiahui Health



Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. Address: > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road > Jiahui Medical Centre (Yangpu),

1F/2F, Suite 3, 99 Jiangwancheng Road, by Yingao Dong Road > Jiahui Clinic (Jing' an), Suite101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm. Website: www.jiahui.com/en; Telephone: 400-868-3000

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalized 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 Fugui Dong Road Changning District > (Pudong) 228 Hongfeng Road > Telephone: 6278-1181. Mon-Sat 10am-7pm, closed on Sundays; Website: www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

ParkwayHealth 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. Address: > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Lu Telephone: 24-hour appointment, 400-819-6622 Website: www.parkwaypantai.cn

Premier Orthodontic- Smile Designer

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

PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry,

cosmetic dentistry, orthodontics. Address: > Pudong: No. 1-4 Lane, 650 Biyun Road Jinqiao > Changning: 2268 Hongqiao Road, 2nd Floor, Unit 2P > Minhang: 569 Yunle Road, Shop 111, Huacao Town > Jingan: No. 818 West Nanjing Road, Room 1201, Jingan. Telephone: Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jingan 6363-6388. Website: www.puresmile.com; Daily 10am-6pm

United Family Quankou Clinic

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

Eye Care

Essence Eyecare Clinic An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia(Lazy eye), strabismus (close eye) treatment. Address: 1st floor, Landseed hospital, 102 Qinjiang Road., Xuhui District, Shanghai. Appointment Hotline: 6195-7885; Open Mon-Sat: 9am - 5pm; Wechat ID: zjyk61957885

Health Clinics

Body & Soul Medical Clinics

Combining the best of both hemispheres, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services Include: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, kid's health, orthotics, osteopathy, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. Address: > Xintiandi, 14F, 760 South Xizang Road > Pudong, 1518 Minsheng Road, 80 Hanxiao Road, Jinying Building B, Room 1303 > Hongqiao, 211 Chengjiaqiao Zhi Road > Jing' an, Four Season Hotel, 6F 500 Weihai Road. Telephone: Xintiandi, 6345-5101; Pudong, 6162-0361; Hongqiao, 6461-6550; Jing' an, 6345-5101, Website: www.tcm-shanghai.com Call individual clinics for opening hours.

Jiahui Health



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

LIH Olivia's Place



Shanghai has served thousands of children and their families since 2010. They provide one-stop, international standardized 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. Address: > 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 Website: sh.changhedayun.com

ParkwayHealth

With more international doctors and a wider range of services than any other health care provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services include: adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental health services, TCM, urology. >Address: Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Road > Specialty and Inpatient Centre 3F, 170 Danshui Road > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 Nanjing Xi Road > JinMao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road. Telephone: 24-hour appointment, 400-819-6622 Website: www.parkwaypantai.cn

Shanghai East International Medical Centre SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, 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 5879-9999, or 150-0019-0899; Outpatient services Mon-Fri 9am-7pm and Sat-Sun 9am-6pm; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

Shanghai Yosemite Clinic



Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. 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 Address: > B1-1F, 1398 Fang Dian Road, Pu Dong District, Shanghai Telephone: Appointment center, 4008 500 911 Website: www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm Sun: 9am-5pm

Shanghai Renai Hospital International Department

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is infRoadential 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. Address: 127 Caoxi Road, Xuhui District. Telephone: 8621-5489-3781. Website: www.renaihospital.com Mon-Sun 9am-5pm

United Family Healthcare (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centered caregiver that has been providing personalized, 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 Center at 400 639 3900 to experience Shanghai's foremost medical care. Address: > Shanghai United Family Hospital, 1139 Xianxia Road, by Qingxi Road 上海和和睦家医院: 仙霞路 1139 号, 近青溪路 (Open 24/7) > Shanghai United Family Pudong Hospital, 1598 New Jinqiao Road, by Donglu Road 上海和睦家新城医院: 新金桥路 1598 号, 近东陆路 (Open 24/7) > United Family Quankou Clinic, 8 Quankou Road, by Linquan Road 泉口路 8 号, 近林泉路 (Open Mon-Sat 8:30am-5:30pm) > United Family Fengshang Clinic, 689 Yunlu Road, by Jinfeng Road 运乐路 689 号, 近金丰陆 (Open Mon-Sat 9:00am-5:00pm)

Dining

Bistro burger Bistro Burger has become famous in Shanghai for its signature gourmet burgers & crafted milkshakes. We are also a super kid friendly restaurant features various kids options with their favorable menu and a small kids corner. Menu ranges 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 1st floor, 291 Fumin Road (opposite to 704 Changle Road) 富民路 291 号 1 楼 长乐路 704 号 对面 Tel: 021-61701315 www.bistroburger.cn

Bella Napoli This Italian eatery features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. They have installed an XJM air-filter to ensure lowest AQI levels inside their restaurants. They have free pizza making every Saturday and Sunday, while parents enjoy their lunch! Lane 946, Changle Road 长乐路 946 弄 4 号, 73 Nanhui Road 南汇路 73 号 www.bellanapoli-sh.com

Crafted is an American style Restaurant & Bar brought to you by the creative and culinary talents behind Shanghai's #1 burger joint, Bistro Burger and it's #1 modern coffee cafe, Coffee Tree. Located in Xuhui District, on historic Hengshan road, Crafted highlights and revels in the delightful contrast inherent in each spectacular dish. The delectable menu items are named after handmade and crafted food and drinks, and some of the flavour combinations are undeniably and deliciously modern. The cuisine is inspired by

distinguished and traditional Chinese seasonings, combined with American and European gastronomic influences. It's not exactly fusion per se, but it's truly a unique spin on American comfort food. Crafted is a gem that you don't want to miss out on! Room 101, 199 Hengshan Road, near Gao'an Road, Yongping Li, (Exit 4, Hengshan Metro Station, Line 1) (021) 5427 0757 <http://www.craftedbybistroburger.com> Business Hours: Weekdays: 10:00 am-12:00am Weekends: 11:30 am-12:00 am (kitchen's last call 10:30pm) Weekend & Public Holidays Brunch Time 10:30am - 3:30pm

Texas Roadhouse takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times. Texas Roadhouse launched its first Shanghai store in Century Link Mall this October, bringing the same great food, fun, and great value that we are known for in our other 540 restaurants worldwide. Come and try the authentic Texas style steaks, ribs, and seafood right here in Shanghai today! 5th floor, 1192 Century Avenue, Century Link Mall, near Century Avenue Station, Exit 8 世纪汇广场 1192 号 5 楼 010 单元, 近世纪大道站 8 号出口 021 5067 1759 www.texasroadhouse.com.cn WeChat: TexasRoadhouse 德州鲜切牛排

Spa & Wellness

Dragonfly Services include a variety of massage styles including traditional Chinese with or without oil, Japanese, foot massages, facials, nails and gentle waxing. Century Park: Retail L119, 1378 Huamu Road. 021 2025 2308. Jing'an: 193 Jiaozhou Road, (near Xinzha Road) 021 5213 5778. Middle Huaihai Road: 2nd floor, 559 Nanchang Road (near South Shaanxi Road) 021 5456 1318 Xuhui: 206 Xinle Road (near Donghu Road) 021 5403 6133. www.dragonfly.net.

Pure Yoga This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. IAPM mall, Middle Huaihai Road L6-615, 999 Middle Huaihai Road, (near Xiangyang Road) Tel: 021 5466 1266 www.pure-yoga.com.cn

Subconscious Day Spa This eco-conscious spa uses only organic products for its body massages and spa treatments. It also offers mani and pedis using OPI nail polish, honey based waxing and facial using Pevonia and Sothys products. Nanjing Xi Road > 458 Dagou Road (near Shimen Yi Road) 大沽路 458 号 (近石门一路). Tel: 6327-1193. info@subconsciousdayspa.com. www.subconsciousdayspa.com. 9am-11pm.

After-school co-curriculars are underway in Concordia's Elementary School! Students are excited to try a diverse lineup of fun, engaging and educational activities, such as knitting, coding, kung fu and mad science, to name a few. Concordia's co-curricular activities are led by school staff, volunteer parents, or one of the many qualified partner organisations.



Students of Montessori School of Shanghai (MSS) participated in some wonderful school activities and performed beautifully in multiple community events including Shanghai Family's 9th International School expo!



To provide a real-life experience outside the classroom, Magnolia students took an adventure “down on the farm”. Children learn best by doing, so they dug their hands into the earth and discovered exactly what the “harvest season” really means.



On 21st September, students of Shanghai Community International School were encouraged to come into school dressed in clothes representative of their home country or countries. With over 60 nationalities represented within the school's community, hallways were filled with vivid and colourful traditional dresses proudly worn by the school's international students. Photographs by Mikael Masson

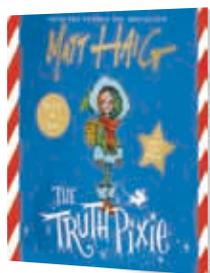


Meditation, Mindfulness & More

Books to better yourself and your young ones
By **Ifrac Rafique**



Navigating the world as a child can be challenging, and with modern times being so fast-paced and complex, teaching children how to be grounded is essential in their wellbeing. Here are a few personal books that are great for bonding as well as developing new habits to create a more sustainable lifestyle.



“The Truth Pixie” by Matt Haig is a best-selling children’s book that gently encourages children to become self-aware of their emotions and helps them

deal with changes that occur during childhood. The story follows a pixie who can only tell the truth and as a result she loses her friends. Through this journey the magical Pixie stumbles across a sad little girl who wants to know everything will be ok but instead, The Truth Pixie tells her the truth. A beautiful story for younger

ones touching on loss, sadness while also delivering life lessons through its characters. An extract from the book reads, “You’ll never know happy, unless you know sad”, encouraging resilience and positivity. The book provides an opportunity to spend some quality time together alongside having important and fruitful discussions with your children. Drawn from Matt’s own struggles of depression, alternative books “Nervous Planet” and “Reasons to Stay Alive” are aimed at younger and older adults who face challenges dealing with mental health.



“Don’t Throw That Away” by Lara Bergen – This wonderfully simple story follows an eco-conscious superhero who teaches little ones how to

recycle in an innovative way by reusing ordinary items you can find lying at home. From learning how trash can be turned into treasure, upcycling clothes into costumes for holidays like

Christmas and turning an old plastic water bottle into a plant plot, little ones will develop skills on how to help save and preserve the planet. A fun and easy read that helps create new habits with your children.



“Sitting Still like a Frog” Mindfulness Exercises for Kids (and Their Parents) by Eline Snel – This tale teaches parents how to introduce

meditation and mindfulness to children in an easy and playful step-by-step guide. The book follows a story of an amphibian sitting still in different situations and how to manage your thoughts that flow throughout the day. It uses metaphors, images, and practical exercises to engage children to tap in to their self-awareness, and offers methods to reduce stress from a young age. There is also an audio CD version available for when you’re on the go!

Parents' Coffee and Chats 2019

With just over 20 years of history, we feel we have a responsibility not just to bring kids, parents, and families together, but also to help build a kind and caring Shanghai community. With that in mind, we are delighted to announce 'Parents' Coffee and Chats'. Come join us to discuss or learn about various topics such as health, nutrition, mindfulness, travel and education, while sharing advice, stories and information with fellow mums and dads of Shanghai. Stay tuned for more details...

Shanghai
Family

Parents & Kids

虎媽牛娃
HUSTANTUWA



Please Scan QR code to sign up



What Will You
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