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Street Signs

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Wellness

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24 Outside the Classroom



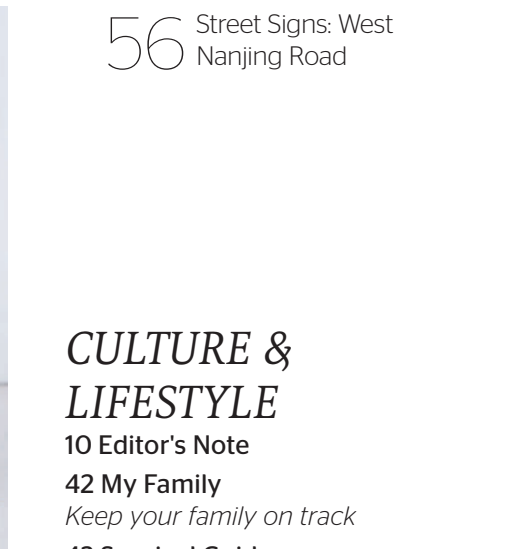
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Shanghai Family

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What was your favourite extracurricular activity?



I did all of the activities, but my favourite was modern dance



Yearbook and Drama. I loved designing the sets.

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I loved the arts and crafts activities

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editorial team note



One of the things I love about exercising is how clear my mind feels after a good workout. But there are days when I am just too tired to even get dressed in my workout gear. That is why in this Shanghai Family edition, our focus on extracurricular activities really hits home. As a working adult, I have enough experience to say “I need a time out.” But as a parent, are we giving our kid that option? Life coach, Nicki Leaper dives into the topic of scheduling and the effects of **over scheduling versus under scheduling activities for our kid (16)**.

As wellness is an increasingly important aspect of education, the British International School Shanghai chimes in by highlighting how their **mindfulness and wellness programmes** help elevate a child's performance **(30)** on and off the field. As we all look for an academic programme that nurture a holistic child, let us look at the wide offering of **extracurricular activities (24)** that are available for students at the city's top schools. Let Concordia explain why their **Applied Learning programme (28)** might be the key to help prepare for university. Selecting a school for your child is hard work, so hear what families are saying about making YCIS the **top choice (32)**.

For mums with children, keeping everyone in the family coordinated on a schedule can be tough. Let Gina Batmunkh teach you a thing or two about **managing a busy household (42)** and if things get a bit too rough, don't feel defeated by **taking a pause (40)** from your hectic life. Still need to chillax? Let Eve Wee-Ang breathe new life to your **patio space (48)** and transform it into your personal oasis.

We hope you enjoy this edition!

Take this survey and WIN!



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 two minutes to fill out our survey and enter for a chance to WIN an exclusive prize.

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.

Anabela Mok, Managing Editor
On behalf of the Shanghai Family editorial team



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More Than Aware Family Fun Run

On 22nd May 2021, strap on your running shoes and join the More Than Aware Family Fun Run. More Than Aware is a healthy lifestyle support group that empowers women to be proactive in the prevention of and recovery from breast cancer. You can join the 2k or 5k run which is held at Century Park. Get in the spirit by signing up for a race pack and be ready to write your 2021 wellness goal on the back of your race shirt. And what better way of celebrating this occasion than by going all out and dressing in MTA's colors of green and pink. Got a tutu or a pink wig? Let's have fun! Questions? Get in touch via email at MoreThanAware@gmail.com or text: 15000441948.



Want to submit a fresh tip? Just follow us on WeChat and send a message to our official account for a chance to be featured! WeChat ID: **ShanghaiFamily**



Cheesecake Factory

The American brand finally made its way from Disneyland to city centre with a HKRI Taikoo Hui location. Expect over 20 kinds of cheesecakes and desserts. But that's not all, if you are a Cheesecake Factory newbie you can also order their American-sized main dishes ranging from burgers to loaded sandwiches. 3F, Taikoo Hui, 789 West Nanjing Lu, Tel: 6289 0078

Scooter Tour

Mutant Club is collaborating with Culture Shock to explore Shanghai on scooter. Learn the history behind interesting buildings. The tour will take you to Hongkou and in three hours you will know its history. What's so special about Hongkou? This is where old Shikumen buildings still cluster today and you can see the history behind the old 1933 slaughterhouse. All scooters for this tour are provided by MUTE Garage. To learn tour dates and times add the WeChat: Bike-Tours-Shanghai.



The Future of Mobility

A new speaker series, The Future Of, is a partnership with Duke Kunshan University and Shanghai community leaders. Events are hosted at M Glam, No. 5 The Bund, on every last Saturday of the month. The upcoming "The Future of Mobility" talk will take place May 29th. Follow WeChat: [mglamshanghai](https://www.mglamshanghai.com) for more information.



The Very Hungry Caterpillar

The critically acclaimed stage production of The Very Hungry Caterpillar Show features a menagerie of 75 lovable puppets and faithfully adapts four stories by author/illustrator Eric Carle: Brown Bear, Brown Bear, 10 Little Rubber Ducks, The Very Lonely Firefly and of course, The Very Hungry Caterpillar. Carle's books have captivated generations of readers with their iconic hand-painted illustrations and simple stories, introducing millions of children to a bigger, brighter world, and to their first experience of reading itself. Since it was first published in 1969 it has been translated into 62 languages and sold over 43 million copies, remaining one of the top ten bestselling children's books of all time. 28th-29th May 2021, 180 RMB to 380 RMB per person, book tickets on www.247tickets.com or via WeChat: 247Tickets. Address: Majestic Theatre, 66 Jiangning Road, Jing'an.

Yoga Surf Retreat

Join DragonSpace for a five day Yoga and Surf retreat on the beaches of Sanya, from the 1st to 5th of May. Awakened by the sea breeze, you will bathe in sunshine and practice meditation and yoga on the beach in the morning. At sunset, they will conduct Yin & Stretch Yoga, which is perfect for post-surfing recovery. If you are new to surfing, "Jielang-Bu" Surfing Club will teach you. Price is 6,380 RMB per person (including flights and hotels). To partake in the retreat or for more information, send a WeChat message to dragonspaceyoga.



Little Medical School

The camp lets children explore the benefits of healthcare. The weekend camp will cover lessons like snake bites, water safety, poisonous plants and more. It's not only fun, but also educational and useful in real-life situations. Little Medical School is not just one camp, they also offer a little nutrition camp, a little veterinarian camp, a little paediatrician camp, and a little girls camp. Follow their WeChat account for more information: [littlemedicalschool](https://www.littlemedicalschool.com) or at www.littlemedicalschool.com.

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school roundup



SCIS ECE's 7th Annual Charity Art Auction

On Saturday, April 10th, SCIS's Parents and Friends Association (PAFA) successfully ran the Seventh Annual SCIS ECE Heart to Heart Art Auction. A favourite amongst our parents, staff, and community members, the highly anticipated event offers an opportunity to support a charitable cause, as well as to celebrate art created by our very own early childhood students. After a one-year hiatus, the fundraiser was back and a huge success with over 70,000 RMB raised towards life-saving heart surgeries! Overall, the event collected enough funding for two life-saving heart surgeries for Chinese children in need.

Yew Chung International School

Our Service Learning programme aims to nurture YCIS Shanghai students as 'Servant Leaders', teaching them compassion and charitable service. Service Learning allows students to make a difference, become aware of global issues, and actively participate in ideas that can create change within their classroom, school, community, and beyond. We look forward to further integrating Service Learning in our everyday school experiences and showing our students the long-lasting benefits of their actions for the wider community. Such learning will prepare them for a life of leading with a servant's heart, creating compassionate individuals who make tangible, positive changes in the world around them.



Concordia International School

In March, three musical events were held at Concordia that had the whole campus abuzz with the anticipation of spring. This year's concerts were streamed live to parents and to extended family members who were able to tune in from around the world. The lively concerts got all viewers and participants ready for the energy of spring!

German School Shanghai

Every spring, German School Shanghai carries on its tradition of "China Day" in its Yangpu and Hongqiao campuses. Students celebrated with a Chinese fashion show; participated in yangko dance, Chinese Kungfu; crafted colorful clay parrot sculptures, wooden craft lanterns; and watched a shadow puppet show, and the theatre play of "The Journey to the West", one of the four most famous Chinese classic novels.



Magnolia Kindergarten

Magnolia's 6th annual Book and Art Fair, in association with APM, provided a large collection of English, French, and Chinese books, bringing many readers together to buy or exchange books, socialise, and enjoy the many activities Magnolia has to offer. Books take over the imagination, allowing you to travel anywhere in the world, picture vivid characters and experience different lives. Magical!



Dulwich Pudong

Students become the coaches during Dulwich Pudong Sports Education in Action. Senior School students wrapped up their Sports Education Programme where students play the sports and also take the lead in running the teams. This innovative programme teaches students valuable lessons about responsibility, accountability, team spirit, and leadership.



Dulwich Puxi

Dulwich College Shanghai Puxi have been invited to attend the Outstanding Cambridge Learner Awards in recognition of Year 11 student, Jemima, who received the High Achievement Award for IGCSE Mandarin Chinese as a Foreign Language. Jemima received the highest marks in Chinese mainland for this subject and is the sole recipient of the award across China. Congratulations!



Shanghai Qibao Dwight High School

On March 27, Shanghai Qibao Dwight High School (QD) hosted Mr. James Heller, Consul General for the U.S. Consulate in Shanghai. During the visit, Mr. Heller shared his thoughts on the benefits of US higher education and the value Chinese students bring to US campuses. Additionally, Mr. Heller attended the grade 12 students' IBDP Visual Arts Exhibition. QD students beamed with pride in sharing the various themes of their work, ranging from gender equality and consumerism to segregation and environmental protection.

Whose Schedule is it Anyway?

Expectations, opportunities, and the eternal quest for balance.

By Nicki Leaper

our children's future. And then there's peer pressure from other parents. What they think about how I parent (and whether I am doing a good enough job in their eyes). All this weighing on our minds before we even ask the kids what they would like to do!

Let's start by looking at the impact of both over and under-scheduling.

Over-scheduling: brilliant, busy, or burnt out?

Kids exposed to different activities, expand their minds, improve physical fitness, and build social skills. But if the level of activity is not right for the child, the effect can end up being detrimental.

Highly scheduled children can develop an expectation of being entertained all the time. This can lead to having little ability to self-regulate their own energy and emotions, crying "I'm bored" after two minutes on their own and not knowing what to do. According to Dr. Laura Markham, clinical psychologist and author of "Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting", boredom is a good thing. As long as the primary needs of a child are met, boredom can be the stimulus for self-directed entertainment and learning, lemonade stands constructed, comic books illustrated, dance routines invented.

Children with multiple extra-curricular activities also often miss out on time to just be and play. Constantly running around, with a never ending to-do list (practice, homework, preparation) often takes away 'child time' by placing adult-like productivity expectations on children.

The impact of over scheduling can be subtle as well. Take the need for snacking in between school and activities. The quick fix is to grab a pre-packaged snack to eat en route.

The Goldilocks principle

When it comes to organising activities, it can feel like we are in a constant state of balancing, just like Goldilocks, finding the perfect blend of activities that hits 'just right' spot.

We want to do what is "best" for our children. But who gets to decide what the "best" is? I have my personal childhood experience. Then there is my partner's lived experience to consider, which is different. There are the hopes and dreams for

But this 'quick-fix' can lead to bad eating habits, which can have a significant impact on the child's overall health and wellbeing.

Multiple activities x multiple children = minimal family time.

How often do you get to sit together as a family and talk about your day? On Tuesday and Thursday evenings, my two eldest kids have football practice, at different times, in different locations. Neither are far from home (thank goodness!) but dinner becomes a buffet service that lasts a couple of hours. That's without taking my husband's timing into account. Conversation tends to be brisk and functional focusing on a checklist of "to-do's" with little time for any real listening or engagement.

It's fine. My kids love their football practice. It's 'only' two nights a week, yet I am aware of its impact. Family time is important for all of us, not just the children; for connection, for feelings of safety and security and belonging. Unhurried space and time to talk about nothing in particular is the magic thread that binds us together. Making sure we get enough of it is hard when running multiple busy schedules.

Friendship matters

Being constantly busy with activities may also limit the depth of friendships that comes through unstructured time spent together. Particularly within the international communities here, people come and go quickly.

One recent study in the Journal of Social and Personal Relationships suggested that it takes approximately 200 hours of quality time to think of a person as a close friend, and it's activities such as spending time together in one another's homes that leads to deeper relationships being formed.



"The trouble with over-structuring is that it discourages exploration." Jay Giedd, Director, Child and Adolescent Psychiatry, University of California.

If kids run straight into a full schedule of after school activities each day, when do they get the chance to share their secrets and stories with their friends? Create make-believe worlds and learn about each other's viewpoints and visions?

The pressure of perfectionism

In our desire to provide all the opportunities possible for our children, we can unwittingly lead them to believe that they need to excel at everything. "Good enough" can very easily be seen as not good enough.

This can both limit the ability for a child to develop in one specialism (a true passion) and place a huge amount of pressure on the child to prove they are exceptional.

Add in the fact that taking part in multiple extracurricular activities can lead to limited rest, recovery and sleep time, all of which are needed for healthy development. Oversensitivity, inability to concentrate, anxiety, stress and exhaustion are all

common signals of overscheduling. And if not caught in time, can lead to a burnout.

Under-scheduling: laid-back, lazy, or disconnected?

Lack of extracurricular activities can also lead to feelings of isolation, the absence of human-to-human interaction outside of the school environment limiting the development of confident social and communication skills in children.

A shortage of physical activity outside of school hours can also have a significant, long term health related impact. Eating can often become an accompanying pastime to boredom (hello sofa, hello chocolate!) and emotional imbalances (irritation, anger, inability to sleep) are not uncommon. If the child has sat down at school for most of the day, using their brain but not their body, they won't have had the chance to 'burn off' their pent-up energy. And so it may well get 'released' at inappropriate times in an inappropriate manner.

cover story



"By education I mean an all-round drawing out of the best in the child... -body, mind and spirit." Mahatma Gandhi

This may seem like a rather simplistic question, but answering it yourself, and then asking the same question of your partner and your kids, might throw up some interesting inconsistencies that are worth discussing.

Is the choice of extracurricular activities really about the child and their best interests? Or is there a part of it that is driven by past issues and desires of your own? As a mum of two, Yanny wisely commented "Life cannot be repeated."

What are the tangible benefits that a good extracurricular programme can offer? It allows children to get out of their comfort zone and try new things. Things that they might not be good at. Things that will actively help them develop the growth mindset we all aspire to - where the child sees a challenge as an opportunity for growth, rather than as a sign that they lack talent.

As they get older, extracurricular activities present the chance to develop leadership and communication skills, with many schools welcoming student-led extracurricular initiatives.

It's also worth noting, studies have shown that extracurricular activities can actively enhance a child's mental wellbeing, by offering an escape from the pressures of day to day school life. A space where a less academic child can be seen to 'shine' in a different light by others around them; teachers and students alike.

"Children are not things to be moulded but are people to be unfolded."
Jesse Lair, Author, Professor, University of Montana

Spark joy?

The laid-back approach can also mean that the child misses out on the opportunity to engage in alternative activities that could spark real enjoyment, engagement, and the unearthing of hidden talents.

Many of the world's most successful entrepreneurs came to their 'success' by way of an extracurricular fascination. Bill Gates was an amateur programmer from an early age, who was passionate enough about computers that in the eighth grade, he managed to get excused from math class to design things like early video games. Look where that got him!

Under-scheduling can prevent kids from making the most of the rich diversity of activity and friendship opportunities.

There is also the potential that under-scheduling can lead the child to have a higher dependence on their parents to 'entertain' them outside of school hours - which has an

effect on the child's independence and self reliance.

So how can we get it 'just-right'?

As a leadership coach, I often have people telling me they are looking to achieve balance in their lives. I have come to understand that what they really want is to feel like they are choosing their life, not just reacting to what is thrown at them. Balance means guiding people towards making choices that truly resonate with them, choosing the experiences they most want to have, that will move them in the direction of the vision and goals they have set for themselves.

The fact is, there is no 'right' answer. It will depend on your family dynamic and the individual nature of each of your children. So, where to start?

What do you see as the purpose of extracurricular activities?

And let's not forget pure and simple fun! Sometimes, surely, a child should just be able to do something for the pure love of it. No 'outcome' expected.

Their schedule? Your schedule?

If you're tired organising and scheduling everything, think about how they might feel actually doing it all.

Acknowledge each child is different, with a unique combination of needs and capabilities. Just because one child loves multiple sports, doesn't mean that the others will too. The same goes for maths club and minecraft.

Look at the overall weekly schedule and ensure your children aren't feel-

"Education is not the filling of a pail, but the lighting of a fire." William Butler Yeats, Poet

ing burdened by their activities. Do they come home energised or drained from their activities? Are they raring to go or are you dragging them there each week? Where possible, let them choose extracurricular activities that they enjoy. It makes it easier for everyone.

Plus, it's up to you to try and ensure that they (& you!) get an adequate amount of downtime. There's a great acronym I came across recently to do with the idea of family scheduling:

Everyone needs their PDF:

- Playtime
- Downtime
- Family Time

How you behave as a parent models what is 'expected' from your kids. If you are always running around, never sitting down to relax, then that's what they see as 'normal'.

Just tired? Or is there more to it?

A certain amount of structure and pressure can be a good thing for a child to learn to work with and manage, but keep your eyes out for tell-tale signs that it might be getting too much.

Burnout is a state of mental, physical, or emotional exhaustion that can happen in children when there is an imbalance between the requirements being asked for and the personal resources available to fulfil them.

Yes, sometimes this can be created by parents who are aiming to create child prodigies, managed with an iron fist of discipline. (Hello story of

Tiger Moms.) More often than not though, children who suffer from burnout are those who ask and expect way too much of themselves.

Signs of burnout

There is no definitive list of the symptoms of burnout, but the following are some things to look out for:

- Constant fatigue
- Significant changes in weight (loss or gain)
- Procrastination, avoidance and apathy towards previously enjoyed activities or school
- Emotional outbursts
- Anxiety and fear
- Plummeting self-esteem
- Social isolation

Your children might not notice these shifts, particularly as they can build slowly and incrementally, so it will probably be down to you to recognise and get curious about what might be at the root of the changes.

Good to know...

If you have significant concerns about a change in your child's behaviour, then it's time to turn to a trained professional. Here are the telephone numbers to trained counsellors in Shanghai.

Community Center Shanghai
www.communitycentershanghai.com;
Tel: 136 3631 7474

Shanghai Mental Health Center
www.smhc.org.cn;
Tel: (021) 6438 7250

LifeLine Shanghai
Tel: 400 821 1215 (10 a.m. to 10 p.m., free and anonymous, 7 days a week)

United Family Hospital
Tel: 400 639 3900

ParkwayHealth
Tel: 400 819 6622

Jiahui Health
Tel: 400 868 3000

"Those things you learn without joy you will forget quickly."
Finnish saying



cover story



Back to the basics

With a vision of what you and your children want from their extracurricular activities, you can look to cover some key support factors and then factor in a 'daily dose of happiness' to keep everyone on track on this never ending journey towards balance:

- **Sleep:** the most important factor in ensuring that children can meet their full potential in every aspect of their lives. While there are no hard and fast rules, the general guide is that children aged 3 to 12 years old need 10 to 12 hours per night and teenagers around 8 to 9 hours. Working backwards from the daily wake up time, when does your child need to be going to bed? How close are they to that target? What can you do to help minimise any sleep gap?
- **Nutrition:** Are your children eating a balanced diet? A good breakfast, lunch, and dinner? Does their diet cover all the main food groups and not rely too heavily on pre-packaged snacks? Do they get to share mealtimes with the wider family, for communication and connection?
- **Outdoor time:** Do they have time to run around, expend energy and build motor functions? Family

When they're happy, it not only feels good, but contributes to their overall health, improves creativity and problem-solving skills, allows them to build positive relationships with those around them and enables them to work through challenges easier.

walks are a great way to spend time together and exercise without anyone even noticing it!

The happy hormones

When your kids are feeling good, their brains are releasing one of the happy hormones, which help with their development:

- **Dopamine:** Enables motivation, learning, and pleasure. It's the "I got it" feeling when you accomplish something.
- **Oxytocin:** The love drug! Gives feelings of trust, motivates the building and sustaining of relationships. Gives a lasting feeling of calm and safety.
- **Serotonin:** Calm confidence by accepting yourself within your social group. It's what motivates you to excel and grow.
- **Endorphin:** A brief euphoria that masks physical pain. Occurs when you exceed your physical limits and is often known as "runner's high". Helps to alleviate anxiety and depression.

How can you help your children to naturally increase their daily happiness chemicals? Below are a few

options. Suggest a couple for your children to try and remember that helping your kids to build a continuous practise is what will make the biggest difference:

- **Meditate:** increases dopamine, oxytocin, and endorphin levels.
- **Exercise:** increases and balances dopamine and serotonin, increases oxytocin and endorphin levels.
- **Create something (writing, music, arts, crafts):** increased dopamine and endorphin levels.
- **Connect with friends and family:** increases oxytocin.
- **Stroke your pets:** increases oxytocin and reduces stress hormones.
- **Listen to music:** increases oxytocin and has a calming effect on the brain.
- **Walk outside in sunshine:** increases serotonin and vitamin D.

We can't guarantee our children's success, but we can work alongside them to be conscious of the impact, both positive and negative, that extracurricular activities are having on them and the wider family unit. And we can adjust our choices from there. Knowledge leads to power.





Yanny Zhou

Mum to Milan (4.5yrs) and Mischa (11yrs)

Home: Oxford, England (Previously: Dalian)

Mum Yanny shared that extracurricular activities are completely different now than in her day. Her parents were not involved in school or non-school activities.

When she first moved back to China this all seemed quite challenging, as she had no idea what a parent was meant to do in this environment. Yanny followed the mums and had her daughter do quite a few popular activities like Chinese chess, Kumon tutoring, tennis and Taekwondo, that she had no interest in. Yanny was worried that her daughter was behind others. That's the key part of peer pressure. If Yanny didn't offer a wide range of activities to her kid, there would be negative comments like "this mum is irresponsible or not ambitious enough". But to be honest, Yanny found the pressure can also be motivational. It helped her to be more open minded. She has now worked out her own way to make the right choices for her kids. Yanny evaluates them more sensibly and communicates with her daughter more. It was a waste of time and money when over-scheduled.

Primarily it's Yanny who does all the scheduling. She use a spreadsheet to record everything to avoid overlapping or confusion on dates and synchronises with her calendar as a reminder. It's like a job as it needs proper liaising, planning, and coordination!

Yanny's main goal is to offer her kids opportunities to build skills outside of the classroom and boost their confidence with things they enjoy or excel at. It also can be a good opportunity to open their minds to new interests. As the mum, Yanny takes the lead in making the decisions but the kids must agree. She doesn't want to see struggling faces!

Overall, Yanny believes extracurricular activities definitely provide a great chance for kids to broaden perspectives and experiences.

Melissa Lien

Mum to Annabelle (17), Tommy (15), Sarah & Michael (12)

Home: Arizona, US

Mum Melissa said it's easy to overschedule as there are so many options! Her kids are older now and so mostly they manage their own schedules and she says they are a mix of over and under-scheduled at any one time, but it works and she talks about it with them.

When they were younger she definitely wanted them to experience as much as possible: to find out what they enjoyed (and what they didn't.) Some negative, overly competitive experiences led her older boy away from sports for a long while, but he's found his way back now, thanks to a great bunch of friends.

Melissa counts her family lucky as school here offered so many 'taster' options, so her kids could try multiple instruments, but they have to want it. She is not going to push her kids to keep practising if they're not interested.

Her oldest has overscheduled herself. She loves sports (social and competitive) and is driven by service, much like Melissa. She doesn't like to say 'no' (a life lesson she's getting to work on here, thanks to scheduling clashes) and she's realised that if she wants certain things to happen, she has to take the lead. Her daughter does get stressed, but she works her way through it and gets back up.

My wise words?

There's a value in keeping kids engaged in something other than screen time, that's for sure! And being able to find a real passion outside of school work can help keep a balance on the pressure they can feel to be exceptional academically. **SF**





Why Extracurricular Activities Matter

Get them outdoors and exploring. *By Ailan Gates*

In recent years there's been a lot of research about play and having fun in childhood. Having fun whether it's structured or unstructured encourages all the necessary neural connections in the brain. As parents we can ignite and stimulate our children's passion for exploration by giving them an array of opportunities to satisfy their need to explore.

Playing outside has numerous benefits in connecting children to the natural world. Outside play enhances your child's imagination, fitness, development of muscles, strength, coordination, and endurance. If the

weather is good, send your child outside and encourage them to really explore their environment. Give them a box or a basket and get them to collect rocks, sticks, leaves, branches, or anything that catches their fancy. This is called 3-dimensional play.

Another benefit of exploratory play is that it's not prescriptive but rather natural, as children love to go out and explore. To discover all the wonderful things our world has to offer. Our natural environment has a plethora of great and wonderful things to touch, smell, hear, and taste (within limits).

Characteristics of effective learning:

Indulging your child in extracurricular activities is allowing them to engage in play that they do not normally have access to on a daily basis. Having an activity outside of the house, or even outdoors can benefit their learning development in many ways.

Physical development:

The outdoors is the ideal place to learn through movement as they play within unlimited space. The activities can include running, jumping, skipping, climbing, digging, crawling, collecting objects around

them, cycling, scootering, and skateboarding. There are also clear health benefits associated with outdoor learning. Children under five require three hours of daily exercise that will ensure bone strength, muscle building, and cardiovascular development.

Personal, social, and emotional development:

Our natural environment where there are endless possibilities for freedom to explore. The space will provide children with the opportunity to extend and elaborate ideas, cooperate, and share with friends.

Communication and language

Quality exploratory outdoor play increases language learning when children are active. Most children's languages emerge whilst playing outdoors as the opportunity to run around being noisy is invaluable.

Literacy

In early years, it is essential that chil-

dren are introduced to songs and stories in their daily lives as both activities encourage children to engage in role play activities whilst stimulating their creative and imaginative cognitive development.

Mathematics

Allowing children to play with their hands with real objects is the beginning foundation to developing mathematical understanding. The outdoors is the perfect environment to develop early math skills as it engages children's skills through counting, understanding distance, and finding shapes around them. Children thrive from these exploratory play moments.

Understanding the World

Outdoor exploratory play provides children with the opportunity to observe, talk, ask questions, and hypothesise about aspects of their natural environment as they interact with plants, animals, and other natural objects. Children can learn about

"Children can draw on the abundant resources of the natural world to develop their creative side and stimulate their imagination."

the weather, seasons, flora, fauna, life cycles, daylight, night, shadows, and so much more.

Expressive arts and design

Children can draw on the abundant resources of the natural world to develop their creative side and stimulate their imagination. Activities such as building a fort, building a pirate ship, and drawing with chalk or paint can act as the cornerstone for building and creating.

Some parents want their child to have a stellar start in life and try to enrol them in many extracurricular activities and are quick to pass judgement on their child's ability without fully understanding the developmental range of their child's age. How do you select the appropriate types of play for their age-group?

- Unoccupied Play (Birth to 3 months)
- Solitary Play (Birth to 2 years)
- Spectator/Onlooker Behaviour (2 years)
- Parallel Play (2+ years)
- Associate Play (3 to 4 years)
- Cooperative Play (4+ years)

As parents our desire to want the best for our children so they may thrive in life is fundamentally ingrained. We realise that if positive habits are formed in the early years, children will adopt these learning styles and habits throughout their lives. Therefore, it's essential that we offer a wide range of opportunities to our children so they may become more informed, self-reliant, resilient, successful, and happy individuals.

Giving children ownership of their learning without continuous adult input will instil the skills and habits that will serve them well through all the trials and tribulations of adult life. It will give them the best chance of living a happy and fulfilled life. **SE**



Outside the Classroom

Extracurricular activities are adaptive to the different developmental needs of a child. We spoke with some of Shanghai's top schools to discover how they engage students outside the classroom. *By Anabela Mok*

Magnolia Kindergarten

At Magnolia their Athletic programme splits the school year into six periods targeting different objectives of Gross Motor Development. Their activities are designed for children from 2 years of age and activity levels are adjusted according to the child's ability or age.

How does the sports programme work together with the academic department to ensure the student thrives in both?

Magnolia's athletic programme is based on a combination of the expectations of the British EYFS curriculum, French National Curriculum and the Shanghai Curriculum.

What is new with your programme?

Magnolia added a 2000 sqm extension to school facilities. With post-COVID authorisation, it will open this September, and after-class programmes will be offered again. Magnolia partners with external organisers to propose great activities for young children and are always looking out for new programmes.

What are some good skills students learn through athletics?

Athletics are fundamental for children to develop self-confidence and autonomy, by controlling their body they also improve social and emotional relationships with friends, it's part of how they self-identify and much more!



Dulwich College Shanghai Pudong

Dulwich College Shanghai Pudong ensure students create a positive life-long bond with physical activity by delivering a high quality integrated Physical Education and Sports Programme. To stay inclusive, varied and multi-levelled, the school's partnership programmes provide excellent support allowing students to extend their interests in specific areas of sport with experts in fencing, football, and swimming.

How does the sports programme work together with the academic department to ensure the student thrives in both?

Engagement in sports not only aids our students' physical development, improving their coordination and developing their skills in a variety of sports, but also helps them to learn how to be part of a team. Research

also points to the important role that regular physical exercise plays in enhancing social, emotional, and organisational skills.

What benefit do competitive sports have on students?

We believe it is important for our students to experience and celebrate success and, equally, to learn how to lose with grace. Senior School students take part in our unique Sports Education Programme where they are expected to take the lead in organising and training their own teams, often in completely unfamiliar sports.

Other than athletics, what other extracurricular activities do you offer?

There are over 200 different co-curricular activities offered every term by the school, the list being renewed

every term. The Co-curricular Activity (CCA) programme starts as early as DUCKS Reception and 95% of our students participate in it.

Extreme STEAM is designed to provide a range of STEAM related opportunities for Senior School students. The spirit of this CCA is that there is a degree of fluidity between the activities on offer and we expect students to be flexible: Panther Robotics, 3D Creation Space, Electronics Lab, Sound Lab, Club Create, Repair Café!

How do non-athletic extracurriculars foster competition and teamwork?

Competitive robotics requires students to work in a team and each take on a unique and intricate role that cannot be easily replaced. This places a high sense of responsibility on each member of the team, pushing them to perform above and beyond their normal comfort-zones and abilities to live up to their team's expectation.

What benefits and skills can student gain from Extreme STEAM CCA?

Traditionally we have run our STEAM offerings as separate CCAs. In consultation with our Tech Ambassador student group, we came up with a list of activities. These included our more 'traditional' clubs such as Robotics and 3D modelling, but our students also came up with innovative ideas such as Dulwich TV and Sound Lab.

Students are given a range of STEAM experiences to truly develop their design thinking ability as they build and collaborate across a range of disciplines.

Extreme STEAM article contributed by Yoran (Year 13, Founding Member of Dulwich Panther Robotics) and Stephanie (Year 12, Head of Dulwich Panther Robotics)

Extracurricular activities help students learn key skills and personality traits, which could stay with them for a lifetime. They could learn the values of competition, teamwork, individual initiative, group responsibility, sense of community, endurance, diversity and even interpersonal communication skills.

- David Dutch, Director of Sport, Dulwich College Shanghai Pudong



Concordia International School

Concordia has a robust and growing Athletics programme. There are 13 varsity programmes, 12 of which are co-ed and one is for girls only. Sports is a fantastic vehicle to teach life skills such as leadership, teamwork, and sportsmanship.

How does the sports programme work together with the academic department to ensure the student thrives in both?

Concordia maintains a rigorous curriculum for our students and has minimum academic eligibility policies like many schools, however the focus is helping students make the right choices on a day-by-day basis. Showing up on time, and being prepared both physically and mentally creates champions. We focus on the whole child and provide education on nutrition, sleep habits, and the value of exercise in brain function. More concretely, the Director of Athletics meets regularly with the High School Principals to review and adjust policies and discuss individual cases.

What are some good skills students learn through athletics?

Grit, perseverance, and emotion regulation. Life isn't easy. Everyone faces challenges, encounters roadblocks, and experiences failure. Losing a big game, working with teammates who don't show up on time or give their best effort, and having a coach or boss that you don't agree

with prepares students for real world problems. At the same time, athletics gives students an outlet to express themselves, experience the emotional high of being rewarded for hard work and dedication, discover a passion and develop strong relationships with their peers and coaches that can last a lifetime. Being able to maintain an even keel and show up to school the next day ready to do your best after the highest highs and lowest lows prepares students for lifelong success.

How many students go into an intercollegiate sport?

Overall, about 8% of students go on to play intercollegiate sports. Less than 1% go on to play NCAA Division 1 sports. Concordia currently has one student playing in a Division 1 sport and perhaps a dozen more that have played some level of collegiate sports in recent years.



Other than athletics, what other extra-curricular activities do you offer?

Concordia offers a variety of co-curricular activities, where our students may engage in different subject fields such as literacy, STEM, movement, visual and performing arts, etc. Students are encouraged to participate as a part of their holistic education.

How are non-traditional extracurricular activities also helping a child's development?

Extracurricular activities help students learn key skills and personality traits, which stay with them for a lifetime. They learn the values of competition, teamwork, individual initiative, group responsibility, sense of community, endurance, diversity and even interpersonal communication skills. Important academic outcomes like reading, math achievement, and course grades were all found to be positively influenced by children who engage in extracurricular activities.

How does this work together with the academic department?

The co-curricular activities will help our students develop essential skills such as problem-solving, reasoning, critical thinking, creative thinking, communication, and collaborative abilities, which equip them to become better learners, communicators and leaders in their academic programmes.

How do non-athletic extracurriculars foster competition and teamwork?

We view competition to be a positive driving factor to stimulate students' initiative of learning outside the classroom. It helps students to be better team players with strong time management and prioritization skills. In addition, students naturally develop healthy study habits and apply it to their future life journey.

Unlike athletic tournaments, competitive co-curricular programmes require more time commitment from students to pursue learning outside school hours. They definitely will need more time to prepare and self-study without a teacher's direct supervision.

Soong Ching Ling School

Students are encouraged to be as physically active as possible through their vigorous PE curriculum and a thriving ECA programme. Mandatory PE classes offer students a chance to engage in a wide range of sports and physical activities. The ECA programme provides an alternative to PE by allowing students to focus on activities they particularly enjoy. From swimming to floor ball, dance to ultimate frisbee

How does the sports programme work together with the academic department to ensure the student thrives in both?

All PE teachers are also health teachers. This allows the PE programme to help students make connections between their academic work as well as physical activity. While PE is a mandatory part of the curriculum, extracurricular activities are not. To take part in ECAs, students must be performing adequately in their academic courses.

What benefit do competitive sports have on students?

Teachers at SCLS see two key benefits of participating in competitive activities: coachability and resilience. A highly coachable person can notice their own strengths and weaknesses and is also able to receive feedback from a coach, teammate, colleague, or boss about their performance and incorporate what they were told into future play and projects.

What is new with your programme?

Brazilian Jiu Jitsu has turned out to be exceptionally popular. The vision of the programme is helping the youth of today be better leaders for tomorrow by learning about discipline and hard work. Encouraging kids to step out of their comfort zones through competition, while also putting kids on a path of continuing fitness for their entire lives.





The Shanghai Community International School (SCIS)

The Shanghai Community International School (SCIS) After School Activities (ASA) Program and the Swimming Program (Grade 2-12) is intended to provide our students with enriching experiences that will create and strengthen new relationships, build self-confidence and enhance students' overall school life.

How does the sports programme work together with the academic department to ensure the student thrives in both?

All of the members of the SCIS athletics program are considered student-athletes, where academics is at the forefront. The SCIS athletics department works hand-in-hand with our coaches, teachers and student-athletes to provide the necessary framework for participating at a high level athletically, but also providing the flexibility on achieving optimal results within their scholastic aspirations.

What are some good skills students learn through athletics?

Athletics is an integral part of the

overall education that we provide for the SCIS community. Our Student-Athletes, through the SCIS athletics program, learn valuable lifelong skills including time-management, commitment, collaboration, positive communication skills, the value of self-improvement, and finally the ability to adapt in new and uncertain environments.

Other than athletics, what other extracurricular activities do you offer?

The SCIS Hongqiao After School Program is composed of four different groups: Early Childhood (Kindergarten) After School Activities Program; Lower School (grade 1-5) After School Activities Program, The Upper School (Grade 6-12) After School Activities Program, and the Upper School (grade 6-12) Performing Arts Program.

The Lower School After School Activities Program activities gives our primary years students over twenty-five pursuits to select from including but not limited to sports,



aesthetics and special interests. The Upper School After School Program includes over twenty activities for our eldest students to enjoy.

The SCIS Performing Arts ASA Program boasts over one hundred students participating in a multitude of activities: SCIS Orchestra, the SCIS Dragon Singers and our boys-only singing group, Men2Sing and SCIS drama productions **SF**



Independent Lab Research

Exploring to the Fullest Potential

How applied learning and co-curricular experiences at Concordia International School enrich student learning.

By Anabela Mok

The road to college begins even before applying to university. In today's world there are so many occupational fields, having hands-on experience can help students identify a major and give them direction in building a career.

Being prepared for university starts with students exploring their interests and then finding the appropriate university to harness their talent. Having the confidence to be curious gives them an edge when it comes to taking charge of life's big decisions.

At Concordia International School,

students are given the opportunity to explore their personal and academic interests with Applied Learning. This program was developed based on research into how students identify personal interests, develop passion and purpose, and practice skills and a mindset that translates to success in college and beyond.

When this applied learning is taught in conjunction with other high-level courses, like the Advanced Placement and co-curricular experiences, it allows students to dive deeper into a subject while exploring the full range of their capabilities, talents, and passions.

What are the benefits for Applied Learning?

Concordia's Applied Learning courses contextualise learning through direct application, academic rigor and a focus on process skills. Most include learning and experiences outside of the classroom, a flexible curriculum that responds to student input, opportunities to apply knowledge and skills across disci-

plines and a chance to work with experts in a related field.

Applied learning incorporates project and inquiry-based learning that is authentic, active, and relevant. For instance, in Social Entrepreneurship, students collaborate to run their own social enterprises. They use business skills and strategies to address social, environmental, and economic problems innovatively and sustainably.

Students in the Big Data Analytics class develop an understanding of the theory of data analysis and have opportunities for hands-on experiences utilizing data in practical, real-life contexts. Students in the Marine Research course are also provided unique hands-on opportunities. They receive PADI certification and participate in open water dives to measure the environmental and human impacts on a reef system. The data they collect is added to a global database and used by scientists worldwide.

In the Epidemiology course, students use statistics and principles of disease transmission to analyse data related to the development and cycle of pandemics, effectively exploring how science and statistics join forces to save the world every day. Then there is the Business and Finance course, which equips students to navigate the business and financial landscape of the global economy by exploring aspects of capital markets, business psychology, marketing, and finance. Finally, in the Global Development Studies class students have a chance to conference with real world change makers who are helping make the world more green, sustainable, and equitable.

How does applied learning along with co-curricular activities give students an edge?

Applied learning at Concordia helps strengthen problem solving skills, understanding, and transference, across disciplines. When combined with other academic offerings and co-curricular experiences, learning becomes more challenging, coherent, and meaningful.

In her economics, global development, and environmental science classes, Claremont McKenna College bound senior, Isabel C. was able to examine how environment, economics and social issues are interconnected. Through her involvement with the Global Issues Network (GIN) club, she looked for ways to develop sustainability initiatives such as reducing food waste and improving recycling systems. This led to her internship at Loop Swimwear, a Shanghai-based eco-friendly fashion company that makes swimwear from recycled plastic bottles.

Global Studies Development and GIN also had a significant impact on Lillian F., who will matriculate at Northwestern University. What she learned in the class helped inspire the activism and leadership she carried out in GIN and the Sustainable Success club, a club she helped to found. She shares, "Concordia's men-

The school has a continually expanding list of class offerings such as, Big Data, Business and Finance, Chemical Engineering, Art & Design, Engineering, Epidemiology, Global Development Studies, Human Anatomy and Physiology, Independent Lab Research, Applied Journalism, Marine Research, Social Entrepreneurship, and Storytelling Agency.



tal of being 'active global citizens' has really shaped my vision of what I want to study and who I want to be."

Hannah S., who will study Marine Biology at the University of Hawaii at Hilo, thinks her college application stood out due to prior experience in her marine science class as well as from participating in co-curricular opportunities like the Marine Ecology Research Program. "Having been on the marine ecology trip twice and being a certified scuba

diver, I think, made my application stand out from others."

High school senior Jerry L. credits Social Entrepreneurship for fostering his interests in business and social impact. "The range of experiences that Concordia offers through its curriculum has allowed me to explore so many different things, academically and personally. Perhaps that's the reason why I'm so fond of an interdisciplinary college education." Jerry will attend Brown University this fall.

How are co-curricular activities integrated into school life at Concordia?

Concordia's co-curricular programme includes activities, sports, and clubs that run parallel to the curriculum and provide experiential learning and an opportunity to explore topics of interest. The programme aligns across grade levels, offering a thematic thread of intentional, age-appropriate activities starting in the early grades up through high school.

Co-curricular activities at the elementary grade level are generally held after school and focus on further exploration in the areas of STEAM, literacy, service and leadership.

When Concordia students enter middle school, they can participate in sports activities organized through the China International School Sports Association (CISSA). There are organized practices and competi-

tions in Cross Country, Table Tennis, Soccer, Badminton, Volleyball, Basketball, Softball and Track & Field. Additionally, they can attend non-athletic co-curriculars in the field of Literacy, STEM, Exploration, Service & Leadership, Fine Arts.

By the time students are in high school, they are encouraged to focus and dive deep into activities for which they have a passion. At this level, there are increasing opportunities for competition and collaboration in sports and also in non-sporting events, which may include travel throughout Asia as part of the Asia Pacific Activities Conference (APAC).

For information about Concordia International School, please contact the switchboard at +86 21 5899 0380 or email admissions@concordiashanghai.org.



Happy and Healthy Learners

How the Well-being Programme at the British International School Shanghai, Puxi is transforming what we think of education. *By Anabela Mok*



The current generation of students is facing new stresses we have not seen before. Although children are resilient, receiving proper guidance in a positive environment will allow them to thrive both academically and personally. This is exactly what the Well-being Programme at the British International School Shanghai, Puxi (BISS Puxi) sets out to achieve. From experienced coaches guiding students, to specially designed spaces allowing students to expand their minds, well-being is a key component of helping students excel at BISS Puxi.

Why is the well-being of a child so important?

In an uncertain global environment, students can be burdened by the pressure to succeed academically to stay abreast of the competition. According to Emma James, Assistant Head of Secondary (Pastoral), “after the unprecedented months of COVID-19, we are even more conscious of the

Emma James, Assistant Head of Secondary (Pastoral)

“It is really about encouraging wellness as a foundation throughout the whole school and allowing people to be self-aware and manage their emotions.”

importance of wellness before anything else, because if you don't have your wellness, you don't have healthy and happy learners - and children learn better when they are in a happy and healthy space.”

A programme transcending many levels

Emma oversees the Well-being Programme. She, along with a select group of teachers (Heads of Year), form the pastoral team. From Years 7 to 13, an individual Head of Year looks after the well-being of that year group, which can consist of approximately 90 children. To ensure a friendly, caring, and personalised approach to wellness,

within each year, the students are part of a smaller form group with a Form Tutor, who is their well-being person. That person is available to the students on a daily basis. They are the first person students see in the morning and last person at the end of the school day. But it doesn't stop there. If students encounter difficulties once at home, the pastoral team are often available at all hours to offer their support. Their response time to messages is fast, guiding students through situations, which could prevent long lasting effects.

High Performance Coach and Olympian, Marlon Devonish, brings his professional athletic experience to teaching students how to focus amidst challenges, by using mindfulness as a tool. “Just getting them to focus on that one thing and learn how to have that cue. It's important to create peaks and troughs for them to learn, need to

stretch them to learn, to be ambitious. It's important that they rest and know how to do that. With what's going on in the world globally, it's important; it becomes a coping skill.”

With a professional pastoral team, students are

closely monitored for any change in behaviour and the team will intervene if necessary. The team arranges a student's return to formal classes and talks about the issue collectively or creates a one-on-one engagement with the student. Marlon also adds, “it's our job as educators, not to just teach Maths and English, but to be a coach and guide to teach children how to be resilient, and how to cope with outside pressures, build their self-worth and self-esteem.”

Wellness from the individual

One part of creating an environment that focuses on the student's well-being is getting everyone on board. “Some of them will like



Marlon Devonish, Elite Athlete High Performance Coach

“It’s important that they rest and know how to do that. With what’s going on in the world globally, it’s important, but it becomes a coping skill.”

the mindfulness sessions. Some people might love sports. So, at the end of a sports activity, we’ll do a mindfulness session. These are the students who wouldn’t go on a yoga mat, but they’re going to hang out with Marlon. It is really about encouraging wellness as a foundation throughout the whole school and allowing people to be self-aware and manage their emotions,” said Emma.

It is also for this reason that many of the extracurricular activities such as sports are conducted in the morning. Exercising in the morning allows for a positive start to the day, helps to recalibrate the energy level of the students and helps to lower any potential disruptive behaviour. The wellness programme is integrated into school life for all year groups. Students in Early Years use age-appropriate techniques to coach self-awareness and management of emotions. When they grow into the academic programme in later years, they will have a consistent message of prioritising well-being.

Welcoming wellness spaces

At BISS Puxi it’s important for students to

have spaces to practise wellness. Whether it is playing on the LEGO wall or being inspired by the messages surrounding the Well of Knowledge, the welcoming environment gives students a boost of positivity. Walk-in art studios, music rooms, and multi-media labs allow students to relax their mind by doing activities they love. Open sports courts are also available for students to toss a ball or engage in a friendly match during breaktimes.

Even if a student is not athletically inclined, the spirit of the school motivates all to move, especially with an inspirational and motivating figure such as Coach Marlon. “We’re always encouraging our students to be active, even before school starts. Simply changing the car drive to school to include a 20-minute walk, can put the brain in an ‘education ready mode’. Stimulating brain activity through relatively low exercise stimulates better learning,” said Marlon.

Wellness in the home

In an academic environment that prioritises wellness, it’s equally important to have

the same environment extended at home. The school organises monthly Parent Workshops where parents are given information about school life, from well-being to academics. Is your child eating nutritiously? Is your child getting enough sleep? How can parents support a child during their IB diploma?

According to Simon Stewart, Director of Admissions & Marketing, “one of our students, Lara Woo, received an offer from Oxford. Many parents wanted to know how Lara got into such a good school, so Janet, Lara’s Mum, mentioned how Lara was structured in organising herself, getting in all her academic studies, but also putting wellness into her routine. She also added the importance of communication and creating an environment at home where Laura feels she can express herself. So again, it comes back to a culture and environment integrated at home and school, which allows the student to be self-aware to manage emotions, to communicate and express themselves. That’s how they’re going to excel. That’s how they’re going to do well, and that’s what Emma and Marlon are creating in school.”



To learn more about how your child can benefit from our Well-being Programme at BISS Puxi, contact our admissions teams today.

**The British International
Shanghai School, Puxi**

www.bisspuxi.com
+86 021 6221 7542.





Top Reasons Why Families Choose YCIS Shanghai

Families believe the values of YCIS Shanghai speak volumes shaping future global leaders and innovators.

When YCIS Shanghai opened its doors in 1993, it was the city's first independent international school to be officially recognised by, and registered with, the local government. The first Yew Chung School was established in 1932 by our founder, Madam Tsang Chor-hang, with the mission of making China stronger through education. Over subsequent decades, the breadth of education grew steadily to provide an equally enlightened education model for students from infancy to Secondary graduation.

We are proud to call tens of thousands of students YCIS alumni for life. But why do families continue to choose our school? Here we take a look at some of the top reasons:

[Beyond Bilingualism: A Bicultural Education Experience](#)

YCIS Shanghai believes in the benefits of a fully bilingual education and that the real essence of a culture must not just be understood, but truly valued. To cultivate this cultural experience for students, our campuses are led jointly by two Co-



Principals, one international and one Chinese. This system is mirrored in our Early Childhood and Primary classrooms with our unique Co-Teaching model, which supports the development of our students' bilingual and cross-cultural skills. This model is now recognised by educators worldwide and helps distinguish our students in a globally competitive environment.



Our vibrant Chinese Studies programme is based upon decades of extensive research and is integrated throughout the school curricula. Enriched with field trips and annual excursions to locations across China, the programme allows students to develop a deep understanding of, and appreciation for, the cultural and historical significance of their host country. As a result, over 50% of our students achieve the bilingual International Baccalaureate (IB) diploma each year, which is more than twice the world average across all IB schools. A bilingual diploma means that students are completing both the English and Chinese courses as a first language, which is an extraordinary achievement.

Achieving Academic Excellence

YCIS Shanghai students are known for their excellence in academics, including examination results and overall scholastic achievement. A rigorous academic international curriculum, drawing the best practices from around the world and not restricted to a single national curriculum, paired with a holistic approach to education,

“Over 50% of our students achieve the bilingual International Baccalaureate (IB) diploma each year, which is more than twice the world average across all IB schools.”

helps YCIS Shanghai graduates continue to be accepted at top-ranked universities around the world.

As a result of our students' academic achievements every year, YCIS was the first school in China to receive the prestigious Cambridge Award for Excellence in Education. YCIS Shanghai's students are consistently high achieving and have been recognised year-upon-year by Cambridge for earning 'Top in World' and 'Top in China' awards. The university offers our students receive exemplifies YCIS Shanghai's commitment to global education.

Character Formation and Service Learning

Another reason why families choose YCIS Shanghai for their children is the school's commitment to positively guiding each student's morals and values, which will help build their character and support them in making good choices both now and later in life. From Early Childhood to Upper Secondary, every YCIS Shanghai student realises the importance of helping others to create a better world.

This positive guidance forms the basis of our 'Wellbeing Programme', which is emphasised in all daily lessons, weekly assemblies, and other activities beyond the classroom walls, and is essential to the YCIS education and the development of global citizens.

Furthermore, the YCIS Shanghai Service Learning programme aims to nurture our students as 'Servant Leaders', teaching them compassion and charitable service. Service Learning allows students to make a difference, become aware of global issues, and actively participate in ideas that can create change within their classroom, school, community, and beyond. Wherever possible, Service Learning is embedded in the curriculum, changing the mindset of

the students through significant, authentic experiences from Early Childhood Education (ECE) to Primary and, finally, to Secondary.

Prime Locations and Award-Winning Facilities

To provide a world-class educational experience for children aged 2-18 all across the city, YCIS Shanghai has multiple centrally-located campuses on both sides of the Huangpu River. On the Puxi side, the three campuses, including the prestigious Leadership in Energy and Environmental Design (LEED) Gold Award winner Ronghua Campus, are minutes away from each other, near metro stations, and close to countless amenities. On the Pudong side, the school's two modern campuses are a short drive away from the peaceful, green Century Park and the lively and vibrant commercial areas surrounding it.

YCIS Shanghai campuses are more than just places of education. They provide the best possible environment for students to exercise their minds and bodies, engage in artistic pursuits, build social skills, and enhance their sense of belonging. All of our campuses embody the unique spirit and philosophy of YCIS and are at the forefront of the ground-breaking 'Learning Communities' education model.

As the world has evolved and witnessed global changes, YCIS Shanghai has remained a constant in international education and continues to be greatly sought after today. No matter where our students decide to go, there is no doubt that the school's global educational environment enables them to pursue what they are passionate about and continue their studies in a world without borders, wherever that may be.

For more information about YCIS please contact the switchboard at +86 21 2226 7666 or WeChat YCISShanghai

Shanghai Family's 12th International SCHOOL EXPO 2021

SPRING

ECO ART SHOW 2021春季教育展 - 环保艺术节



特别鸣谢 Participants



Shanghai Family, Parents&Kids and HuMaNiuWa held the 12th International School Expo at Kerry Parkside on 10th-11th April. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers: **Shanghai Family** **Parents&Kids** **虎媽牛娃 HUMANIUWA** Venue Sponsor: **Kerry Parkside** 浦东嘉里城 **KERRY ON***



Dental Care Tips for Four Stages of Life

Experts from **Renai Hospital** shares best practices for your dental care

Dental care is the hardest part to take care of in your body, you have to take care of your teeth since you are an infant for healthy and nice teeth. We divide our life into four stages: infant and childhood, adolescence, the young and middle-aged, and late adulthood. The problems we should notice are different in the four stages.

Infant & Childhood

A baby grows their first tooth when around 6-months-old. During this time, their parents should help their

baby clean their teeth by wiping with gauze or fingerstall toothbrush. When a baby reaches 2-years-old, they should learn how to brush their teeth by themselves. To protect their teeth and prevent tooth decay, a kid should limit intake of sugary foods and have their teeth fluoridized.

When a kid has their molars at 3 or 4-years-old, they can undergo fissure sealant for the first time. Newly grown teeth have deep fissures. If they are flatted by resinous materials, the possibility of getting tooth

decay will be reduced.

A kid would have their first permanent molar at 6-years-old. Dental fissure sealant is still important at this time. Besides, forming a good teeth brushing habit is also important. For example, they should brush teeth twice a day, especially before bedtime.

Adolescent Period

If an adolescent's teeth are malformed, the best time to begin orthodontics is when they are 12-years-old,





because their baby teeth are basically replaced by permanent teeth at this time. Malformed teeth include bucktooth, underbite, squeezed teeth and so on, which not only affects a person's oral function, but also their appearance.

Dental care tips for adolescents:

- Have regular dental checkups. If the baby teeth are lost or pulled out early, they can't act as space-savers and may not leave enough room for the permanent teeth.
- Get tooth decay treated early.
- Brush teeth twice a day and rinse your mouth after every meal.
- Pull out crooked wisdom teeth timely.
- Eat less processed foods but more coarse fiber foods to stimulate alveolar bone and boost the development of jaw bone.

The Young and Middle-aged

According to research, about 70% adults in China have dental diseases like periodontitis. Periodontal disease is the cause of loose and lost teeth, which develops from gingivitis and periodontitis. Should gingivitis if not treated in time, it could develop into periodontitis.

When you have symptoms like red and swelling gum, bleeding gums when brushing teeth, gingival recession, sensitive teeth roots, periodontal pus, separated gingival margin and teeth, loose teeth, gingival pain, or bad breath, you may experience periodontal disease. You'd better see a dentist as soon as possible.

To prevent periodontal disease, you should brush your teeth right and form a good habit. It's better to have your teeth cleaned by a dentist regularly.

Note: Women should have an overall dental checkup before pregnancy.

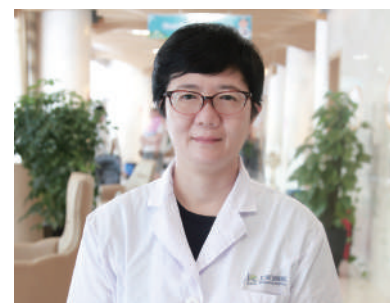
"According to research, about 70% adults in China have dental diseases like periodontitis."

Cavities should be filled and wisdom teeth should be pulled out. Because the unborn fetus is very tender especially during the first trimester, any medicines could cause congenital malformation like harelip and cleft palate.

Late Adulthood

Tooth loss is the main problem the elderly people face, which is mainly caused by two factors. On the one hand, dental plaque that stacks on tooth root due to gingival atrophy and tooth root exposure could lead to tooth root cavity and tooth loss. On the other hand, tooth that wears severely could bring about dentin sensitivity. You may lose that tooth if it is not treated on time.

Dentists recommend tooth filling, root canal therapy, or dental implant treatment for broken and lost tooth in a bid to recover masticatory function.



Dr Jun Yan

Dentist/Deputy Chief Physician

Orthodontic treatment, teeth whitening, periodontal disease, dental defect, dentition defect and edentulous. Dr Yan furthered her study at Sichuan University, West China University of Medical Sciences, and The Fourth Military Medical University. She is a member of World Dental Federation (FDI), International College of Dentists (ICD), Chinese Stomatological Association (CSA).

Address: 127 Caoxi Road, Xuhui District

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Are You Using Sunscreen Properly?

Let the team from **Jiahui Family Medicine** protect your skin

Although the temperatures may still be mild this early in spring, ultraviolet radiation is still just as strong as it is in summer. That means sun protection is a vital part of any outing!

Why do we need to protect against the sun?

Summer is here and sun protection is a topic of concern for many people. So, why should we protect ourselves against the sun? That would be due to a concept called photoaging.

Photoaging, also called extrinsic aging, is premature skin aging resulting from prolonged and repeated exposure to solar radiation. The changes of photodamage are superimposed on the changes caused by chronologic aging and are responsible for most of the characteristics we associate with aging. Important clinical features of photoaging include fine and coarse wrinkles, depigmen-

tation, and loss of elasticity. Light photodamage can be partially prevented and reversed with proper sun protection and various prescription medications.

What causes photoaging?

The loss of the structural integrity of the dermal extracellular matrix caused by chronic ultraviolet (UV) exposure is believed to be primarily responsible for the wrinkled appearance of photodamaged skin. The dermal extracellular matrix is a complex meshwork of several macromolecules, including collagen and elastic fibers, glycoproteins, and glycosaminoglycans, which provide strength and resilience to the skin. Type I and III collagens are the most abundant proteins in the dermis and the main target of sun-induced damage.

How does sunscreen protect your skin?

Sunscreens are topical preparations

containing filters that reflect or absorb radiation in the ultraviolet (UV) wavelength range. Sunscreens are classified as organic (formerly known as chemical sunscreens) and inorganic (formerly known as physical sunscreens). Broad-spectrum sunscreens are generally a combination of sunscreen products that are able to absorb both ultraviolet B (UVB) and ultraviolet A (UVA) radiation.

Two kinds of sunscreen:

Organic filters include a variety of aromatic compounds that absorb UV radiation and convert it to a negligible amount of heat.

Inorganic filters are mineral compounds such as zinc oxide and titanium dioxide that reflect and scatter UV light over a wide range of wavelengths.

Inorganic filters are more stable and



ask the pro

are less likely to irritate the skin than organic filters, as well as having a thicker consistency.

How to pick the right sunscreen

There are two different concepts, SPF and Water Resistance.

SPF value: SPF value primarily measures the level of protection against ultraviolet B (UVB) and ultraviolet A2 (UVA2) and is based on the ratio of the minimal erythema dose on sunscreen-protected skin compared with unprotected skin. It can also measure the sunscreen's ability to protect against a sunburn reaction, which is due primarily to UVB.

Water resistance: Water (and sweat) resistance is a key feature to consider when selecting a sunscreen product to use while working or doing recreational activities outdoors. The terms "water-resistant" and "very water-resistant" mean that the SPF is maintained after 40 or 80 minutes of activity in water or sweating, respectively. The water resistance depends on the vehicle in which the sunscreen is formulated as well as the active ingredients.

Ultraviolet radiation is still just as strong as it is in summer. That means sun protection is a vital part of any outing!

SPF ≥ 15 : Sunscreen products with SPF 15 are generally recommended for daily use. Sunscreen-containing cosmetics providing broad-spectrum protection (facial moisturizers, foundations) should be preferred to those containing only UVB filters.

SPF ≥ 30 : Broad-spectrum sunscreen products with SPF 30 or higher are recommended for individuals performing outdoor work, sports, or recreational activities. People with pale or light skin should be sure use broad-spectrum sunscreens with a sun protection factor (SPF) of 30 or higher when performing outdoor activities in sunny weather. The American Academy of Dermatology recommends the use of sunscreen products that have an SPF of 30 or higher, broad-spectrum coverage, and water or sweat resistance.

The proper way to use sunscreen

Sunscreens must be applied liberally, repeatedly, and to all sun-exposed parts of the skin to provide effective protection.

Firstly, sunscreen should be applied 15 to 30 minutes before sun exposure to allow the formation of a protective film on the skin. It is recommended to wait for at least a few minutes (ideally, 10 to 20) following sunscreen application before dressing.

Reapplication at least every two hours is necessary. Because all sunscreens will eventually wash off while swimming or sweating, reapplication after each water exposure is needed even for sunscreen products labelled as "water resistant" or "very water resistant".

Here is a tip to help you ensure an even application of adequate amounts of sunscreen to the exposed areas:

Teaspoon Rule

The "teaspoon rule", means involving the application of approximately 1 teaspoon (about 5ml, visually measured) of sunscreen to the face and neck area, a total of 2 teaspoons (10ml) to the front and back torso, 1 teaspoon to each upper extremity, and 2 teaspoons to each lower extremity.

How to choose sun-protective clothing?

If someone is sensitive to sunscreen, sun-protective clothing is an effective alternative that can prevent photoaging. The degree of protection provided by clothes is defined by the ultraviolet protection factor (UPF), which indicates how effective a fabric is at blocking out solar ultraviolet (UV) radiation. The UPF classification is certified by national and international organizations.

- UPF15-24 means good protection
- UPF 25-39 means very good protection
- UPF 40-50 means excellent protection

A garment's photoprotective capacity may also be enhanced by washing with detergents containing optical whitening agents. Shrinkage from repeated washing and drying may actually improve the UPF. In daily life, people are more likely to adopt a combination of sunscreen clothing and sunscreen.

Many people will use a combination of sun-protective clothing and sunscreen. We hope that after reading this article, you will be able to have a general understanding of sunscreen protection and its importance!

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Pressing Pause

Preserving your energy in the whirlwind of life. *By Jodie Ratcliffe*

I'm not much of a sailor, but at times in life I have certainly felt a little 'lost at sea', sailing on a boat that's being pulled in so many directions, losing control of the mast, trying not to capsize and wondering if I've done all the things I was supposed to do. What I've noticed about these moments of losing control is that they usually happen when I'm juggling too many balls, or when the world and people around me are moving at a pace that I just can't keep up with. And what I've learned is that rather than steering the boat into the middle of the ocean to try and battle through the storm, it's much more beneficial to guide it back to the shore and take a moment of rest. From the shore, our whole perspective changes. We are no longer being pulled in opposite directions by the tide, but can instead look out to the waves from the safety of the earth and watch the waves ebb and flow to try to understand and make sense of what is happening.

My most recent feeling of being a 'lost at sea' came when the COVID-19 restrictions were lifted slightly, the world changed yet again and I suddenly found myself (and my family) with a full diary of extracurricular activities, work deadlines, family time and attempting some form of social life again too. Although it was what I had been looking forward to for so many long months, it suddenly felt overwhelming to be trying to fit so many activities into one day. Perhaps my tolerance levels had changed over the past year, perhaps my energy had shifted, or perhaps my body was telling me to just take it easy and do the best that I can for myself and those around me. I like to think that it was the last option, and so amongst the external pressures of running little ones around and helping with homework, I am also making sure that I factor in time for me. To rest, rejuvenate, and recentre.

"What I've noticed about these moments of losing control, is that they usually happen when I'm juggling too many balls, or when the world and people around me are moving at a pace that I just can't keep up with."

The most important thing to consider when trying to figure out how you can press pause for a moment, is to ask yourself two questions;

1. What gives you your energy, and
2. What saps you of your energy?

One person's idea of a feel-good activity might be another person's idea of a challenging chore, because we all get our energy levels from different sources. For example, if you are feeling tired after a long day of work, which of the following would make you feel more relaxed; a long soak in the bath or a long run in the park? Cooking a meal or ordering takeaway? Each of these are very different from each other, but offer energy and stimulation in different ways for different individuals. To figure out what gives you energy and what takes your energy away, you can make a simple list.





*Things that
make me
feel good*

VS

*Things that
make me
feel tired*

This will start to give you a good idea of where and who you get your energy from, whilst also being able to see where and who you should be avoiding if you're needing to preserve some energy.

You can even take this list of "Things That Make Me Feel Good" a step further, to truly enable you to slow down and take time for yourself. Once you have listed your energising items, big and small, you can start to slowly factor these things into your day.

I'll give you an example from my own list, which contains items and activities such as:

- Drinking hot tea
- Listening to music
- Practising yoga
- Calling my best friend
- Sunshine
- Reading in bed

Now that I can physically see these activities on a page, I can immediately start to understand what I am craving and what I need to do more of in my slow moments. If I am feeling

overwhelmed by the whirlwind of my week, I can make sure that I go to bed slightly earlier so that I can spend some time reading my book with a hot cup of tea. And miraculously, without employing magic, I have given myself the time and activity that I craved and my energy levels automatically rise.

Sometimes pressing pause is exactly the thing you need to do to harness your inner power, creativity, and motivation to help you come back with more energy for yourselves, and those around you. After all, we know that we cannot pour from an empty cup, so I invite you to take the time to fill your cup to the brim with all the things that make you feel energised and enjoy the reward of drinking it all up with your loved ones. **SE**

my family

Keep Your Family on Track

Sanity-saving planning helps to keep everyone on track. *By Gina Batmankuh*



It was hard to keep track of everything after I became a mum, especially a first-time mum. Sleepless nights, never ending laundry, hormonal imbalance that can throw your schedule completely off track. Sure, kids change your life but don't let your frustration take away from your family fun. I have learned to be organised by being intentional, and by finding tools and systems that work for my family. Between my work, family and home, there are tons of balls to juggle and keep track of. When everything is in my head, I start to drop the balls one by one. Things can't be remembered, which leads to late nights of playing catch-up.

With good intentions and sanity-saving planning, you can achieve and manage a great number of things. Even when you are stressed, it will keep you calm and under control.

Preparation

List out everyone's routines and

schedules on Sunday. For example, I have a weekly plan for my family, and it includes class schedules, tasks, outings, paperwork to handle and so on. If you write them on a white board, it helps you to visualise, and helps every member of the family too. There are several benefits of writing schedules down:

- It helps to visualise what needs to be done, and helps you improve the chances of accomplishing them.
- It helps you prioritise tasks.
- If you are an anxious person, writing down and keeping track of tasks helps you see everything and eliminate anxiety about the unknown.

Tools

If you are a tech-geek, you might use a digital calendar to keep track of things. You can sync it on your phone and other devices. There are plenty of digital calendar options available with their own pros and cons. Choose the one that suits and works for you. Share your calendar

with your partner, so that everyone is on the same page.



Create a meal plan

Let's be realistic here for a moment. We just don't have time to cook a meal from scratch every day. Creating a meal plan will reduce stress around the question "What's for dinner?" Besides, it'll help with grocery budgeting too. For instance:

- On Monday, order in your meal. It is super convenient and easy, just a couple of clicks away.
- Pasta Tuesday, pasta is one of the most satisfying meals. You can put everything you crave into a one-pan pasta.
- Veggie bowl Wednesday, having a balanced diet is crucial. Veggie bowls are packed with nutrients and vitamins. My top tip is to add grains to your veggie bowl to keep you fuller for longer.
- Cheat sheet pan Thursdays are my favourite, and are so simple. It is fast and saves on loads of washing up. Just bake veg and meat on a pan, drizzle oil and sprinkle salt.
- Dine out Friday - time to unwind and relax in your favourite restaurant enjoying your favourite meal.

Make time for self-care

Always take some time for yourself. If you don't, you will be exhausted and will not get anything done. Self-care is not selfish. It's necessary for us to be the best versions of ourselves. You don't have to take a trip somewhere else. Simply get good rest, listen to your favourite podcast, or go for a relaxing walk. **SE**

How to Survive...

Rounding Out Your Child's Education

Sure, your child goes to school 8:30am-3:30pm then usually has some sort of piano lesson or soccer practice, but don't you ever just feel like little 5-year-old Stacy could be doing MORE?! Of course you do! We're so lucky that Shanghai has so much to offer to our little ones to help them truly learn about and appreciate Chinese culture and the world around them. Here are some tips about how to survive adding even more into your child's learning experiences.

1) If you want to pique your child's curiosity and interest in new (or old) things, visiting one of Shanghai's many museums is definitely the way to go! If you can think it, there is probably a museum for it in Shanghai. Visit the Science and Technology Museum (2000 Century Avenue, near Jinxiu Road Pudong New Area) if you have kids that like to be hands on. They can learn about construction, robots, lava flows, the digestive system, space and much more all while you sit with a coffee on a bench! There is also the Shanghai Municipal History Museum (Oriental Pearl Tower, 1 Century Avenue, near Lujiazui Ring Road, Pudong New Area) where you can bring your kids to re-live Shanghai in all it's Qing Dynasty wax-mannequin glory! Sure, some of it is super creepy and you may have to skirt around the brothel part but for 35 RMB how can you go wrong? Also, don't forget the Shanghai Museum of Glass (Bldg 8, 685 Changjiang West Road, near Gangsi Road, Boashan District) where your child can learn about the art of glass-making and where you

Will little Billy have a better chance of getting onto Harvard's prestigious rowing team after exploring the depths of the Shanghai Maritime Museum? The answer can only be: yes.

can learn about places you shouldn't bring your toddler who like's to touch everything.

2) For active kids why not try a Shanghai bike tour? It's a great way to learn more about the city by touring down little alleys and seeing some of the more authentic places where people live and shop. There are many tour companies to choose from like Culture Shock Tours (<http://www.culture-shock-tours.com>) that offer a bunch of different options and things to see. Plus, if there is a better way to hammer into your kids the importance of road safety other than terrifyingly weaving through Jing'an traffic we'd like to know!

3) There is no better way to learn about a country's culture than through their food! Taking your kids on a food tour not only gets them to try things they never thought they'd eat but also may ignite a spark in the next Gordon Ramsay! There are

many food tour groups in the city including UnTour (<https://untour-foodtours.com>) and Shanghai Foodie (<https://www.foodieshanghai.com>) that will tickle your family's taste-buds while taking them on a culinary tour of history through some amazing Shanghai local streets you probably didn't know existed. You can also be brave and take your kids on a "how many local food places in the area can we visit before our tummies start to rumble?" tour on your own which could be the best or the worst idea - the fun is finding out which one!

It's been proven that adding cultural and extracurricular activities to your child's learning creates a richer understanding of the world. And while there are too many museums and cultural activities to list in just one survival guide just stepping out of your house and taking the opportunity to explore something new or weird can be enough to light a fire of interest in any kid or adult too! **SE**



Pack a Picnic and Go Al Fresco

Foods and treats you can't miss when you have picnic. *By Gina Batmunkh*

I am so ready to go for a picnic with my family and our dog. Whether my kid is playing outside, going on a bike ride, or just laying on a blanket, it feels good to be out in the fresh air and sunshine. We like to make the most out of the pleasant weather before it turns scorching hot. Picnicking is a wonderful way to spend time with your loved ones, and of course it must come with great food and treats. Ideal picnic treats are ones that can be easily packed, eaten, and can be consumed at room temperature. These dishes are on my family's list of favourites, and I hope you can enjoy and get some inspiration for your next outing.

Mason Jar Salad

Mason Jars are super practical, versatile and convenient. With Mason jar salads come so many possibilities. All you have to know is how to pack strategically and tightly which keeps things fresh. On top of that it allows you to prepare in advance. If you pack it wrong, you will have a soggy salad which we all don't want. Here are the steps to follow when you assemble your salad:

1. Always start with the dressing. Rule number one, when you layer salad in a jar, start with the wet ingredients. You can use your homemade dressing or store bought. No one is going to judge here. Regardless, it's going to be delicious.
2. Secondly, place ingredients that are fine to get wet. Those are vegetables

like cucumber, red onion, celery, carrots, chickpeas. And these vegetables aren't afraid to sit in the wetness for a couple of days.

3. Next comes vegetables like broccoli, mushrooms, cauliflower.
4. Use this layer for the grains (quinoa, brown rice), and potatoes to make the salad filling.
5. This is the step you should put leafy greens because no one wants to have a soggy salad at the end of the day. So that is why you have to make sure to put enough ingredients between the dressing and lettuce.
6. Last but not least, you may top it off with some of your favourite nuts and seeds.





Assorted Platter

Snack boards are a fun way to feed everyone during a party but also at a picnic. It can be easily made and almost requires no cooking. Plus, it offers a variety for the crowd. The board can be made with ingredients that are found in your pantry and fridge. Additionally, it provides variety and healthy options for everyone. You can add fancier meats and cheeses for adults, but it is also essential to put some crackers and fruits too, so the kids feel included and they can have something they like. When you lay your spread you can never have too much. Load it up. It will not only look beautiful but also people can enjoy eating as much as they like. Oh yes, do not forget to bring along a baguette to pair with cheese.

Matcha White Chocolate Cookies

Did someone say chocolate chip cookies? I need cookies in my life. Dramatic as it sounds, it's true! Especially when you put browned butter instead of room temperature butter. It's a game changer. Since I discovered it, I can't bake my cookies without brown butter. The cookies are soft and gooey in the centre. One of my favourite cookies to make is matcha white chocolate chip cookies. I'm a big fan of matcha green tea, and if you are, this cookie is for you. This is a perfect green treat for you and your family any time of the year. And let me tell you, after trying this cookie, your love affair with matcha will never end. You can prepare the cookie dough in advance, and it is freezer friendly.

*113 grams unsalted butter
105 grams of white sugar
1 egg
1 teaspoon vanilla
114 grams all-purpose flour
13 grams matcha powder
Half a teaspoon of baking soda
Half a teaspoon of sea salt
White chocolate chips*

1. To start off, let's brown the butter. In a saucepan, put the butter on medium heat and bring it to simmer, stirring constantly until a foamy, deep honey colour emerges. We don't want to burn it, just need to brown it. Cool the butter completely. It will take about an hour. To make the process faster, place it in the fridge.
2. Cream together browned butter, sugar, egg and vanilla extract, and put it aside.
3. Combine all the dry ingredients.
4. Gently fold in the dry ingredients into the wet mixture, making sure not to overmix.
5. Final step, fold in the white chocolate chips.
6. On a baking tray, scoop your dough onto your tray, and gently push a few extra chocolate chips on top of each cookie, if you like. The batter makes six cookies with a diameter of 9 cm.
7. Bake for 10-12 minutes. Let cool for 15 to 30 minutes on a cooling rack.

Bon appétit and have a fabulous spring picnic! **SE**



in season

Level Up Your Wine Game

Go beyond the red, the white, and the sparkling. *By Lynn Yen*

Whether it's knowing what bottle to bring to a dinner party, sending a gift to a client, or drinking for your own social consumption, you can level up your wine game for all occasions.

I talked with Emilie Steckenborn, wine educator and consultant, to get the pro tips on the wine scene. We walked through her suggestions on where to drink, where to buy, and where to learn about wine. She is an experienced guide having worked in the industry for 10 years and hosts her own podcast "Bottled in China" about the world of food and beverage.

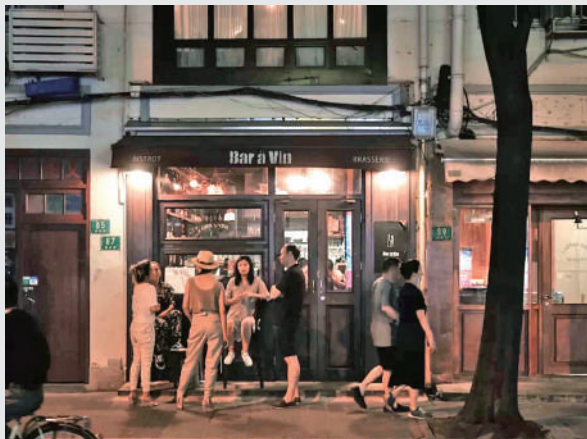
Level 1: Where to Drink

Our guide Emilie recommended these bars and restaurants for kicking back and drinking by the glass. They all have extensive menus and are great places to expand your wine palate.

Bar à Vin

Bar à Vin is an industry insider favourite. It has a bistro-style menu and a buzzing atmosphere. An entire wall is lined with every style of wine you could hope for from Grower Champagne, Champagne grown and produced on the same vineyard, to bottles from interesting and rare wine regions. Make sure to book a week in advance as it gets packed. As a bonus, the owners have bought over the French restaurant Le Saleya and revamped the menu. It's a good date spot with a Parisian-style setting and intimate atmosphere.

Address: 87 Jiashan Road
Tel: 137 6440 5071
Le Saleya Address: No. 1, Lane 570, Changle Road
Le Saleya Tel: 6426 1262



SOiF

SOiF is focused on the in vogue natural wine, where grapes are grown organically without chemicals like pesticides and no additives like sulfites are used. This is a small and cozy wine spot reminiscent of a Melbourne wine bar and favoured by a hip crowd. Natural wine has taken the Shanghai scene by storm. The wines are rustic, funky, and sometimes a bit wild.

Address: 550 Wuding Road
Tel: 5266 5536



RAC

RAC, your favourite brunch spot, also has an amazing wine list. They offer a selection of varied wines from classic growing regions such as France, but also up and coming regions like Austria and even wines from China! Grab a seat outside in the evening and enjoy a good bottle.

Address: 320 Anfu Road
Tel: 136 3659 5172



Le Bec 62 Epicerie & Caviste

The wine bar of the French restaurant group Le Bec is a casual place to shop for wine or to sit down and enjoy a glass. French wines are featured heavily, and if you are looking for something fancier there is a special section in the back.

Address: 62 Xinhua Road
Tel: 131 6646 2624

where from one week to a few months to receive your wine. If you are patient, this is the ultimate online wine spot as the selection changes daily. It's also a source of resentment for brands and sellers in the trade because they price the wine so low. But hey, good for you!

Also, Shanghai has convenient one-hour delivery from platforms like **DrinKuaidei**, **FirstCellars**, and **Epermarket**.

Level 3: Where to Learn

Start learning about the science behind winemaking and you will begin to see why so many people are fanatics. Hone your skills to blind taste and pinpoint the grape variety, region, vintage (year), all the way down to the grower.

For in-person learning, **Pudao** stores offer regular seminars and tasting events run by the Summer-gate team. The environment is fun, enjoyable, and social.

Grapea (grapeainstitute) is for the true wine nerd with quality instruction. Classes are generally in Mandarin.

Dragon Phoenix Wine Consulting (DPputaojiu) is run by a group of Master of Wine certificate holders. They offer in-depth courses in a classroom-like venue. If you're serious about learning then this is a good place to start.

Online learning options include the **Wine Scholar Guild** that focuses on wines from France, Italy, and Spain. Also online is the popular **WSET** program. Until recently WSET classes were available in-person, but physical instruction in China is on hiatus.

Emilie's **"Bottled in China"** podcast is a great place to learn about China-based wine. Find the podcast on iTunes and Spotify.

Whether you are starting from zero or already a sommelier, there is a robust wine culture where you will fit right in. **SF**



Level 2: Where to Shop

Wine shopping is tricky. With imported wine, it is important to buy from official distributors for maximum transport condition security.

Emilie use to pack bottles in her luggage but alas, international travel isn't so easy anymore. But, there are value finds everywhere and with today's competitive wine trade, prices are nearly as good as abroad.

Here are the places to shop to intrigue even the most experienced wine connoisseur.

EMW Wine Shop on WeChat (EMW-GreaterChina) offers a broad selection and every type of wine. With good service, it's a good place to start.

Boutique importer **Le Sommelier** often supplies the bars and restaurants previously mentioned and they always have excellent flash deals. Make sure to follow their WeChat (le-sommelier) to buy delicious wines for under 100 RMB.

For fans of Burgundy or Champagne, **Muyi (L'Imperatrice)** is the place to go for fine, expensive wines. Follow their WeChat (Imperatricewine). The online store has French wines sorted by region. You can also get in contact with their direct to consumer sales.

Pudao Wines has locations at Shankang Courtyard and Ferguson Lane. Pudao is the retail arm of importer Summer-gate Fine Wines & Spirits. They have their own brands but also source from other importers. Follow their WeChat (Pudao_Wines) to see featured specials or hop over to the wine bar and grab a bottle to go.

Jiu Yun Wang (wineyun) is Emilie's secret. She has bought nearly 180 bottles last year. The shop does flash sales on old vintages, rare producers, and high-end Bordeaux Grand Cru Classe. The downside is the app is in Chinese, and you could wait any-



Pimping Balconies

How to create a biophilic outdoor space. *By Eve Wee-Ang*

I have always been a nature lover, but my appreciation was heightened during home quarantine last year. Every day, I would step out to my balcony, admire my plants. Feeling the warmth of the sun and knowing there is life out there made me feel connected to the world and less alone.

A balcony is an outdoor extension of a home. In my work as a tidying consultant, balconies are often used as storage for stuff that's long forgotten. It's a waste as most homeowners who deliberately chose their home with balconies must once brimmed with ideas to beautify that space.

Now that spring is here, why not take this opportunity to pimp your balcony? Get the family involved by establishing the reasons why you'd like to spruce up the balcony. Because you enjoy alfresco dining? You like the family to be outdoors more? Knowing your reasons will guide you to your vision. Next, envision how the balcony would look. This is the fun part where families can share their inspirations. Once you arrived at a joyful consensus, it's time to get to work! Give the balcony a good scrub down to start on a clean fresh slate. Here are two families that have transformed their balconies into spaces that add value to their lives.





From pot to plate

Mavis Fan from Hong Kong is a former architect turned stay-at-home mum of four children between the ages of 3 and 12. She has a feisty mission to get her kids to love vegetables, eaten raw and freshly picked from her own garden at its peak. This steadfast motivation came about when Mavis noticed her kids pre-

ferred cooked vegetables and one simply disliked veggies. Without prior experience, she promptly made space in her apartment's balcony on Anfu Road during last year's lockdown and read voraciously on how to create an edible garden from scratch. Milking a teaching opportunity, Mavis got the kids involved so they learned that vegetables came from the earth and not supermarkets. Today, they have harvested 16 different varieties of herbs and vegetables like tomatoes, dill, chamomile, and onions. Her kids enjoy the fruits of their labor in their garden balcony and have come a long way, though they still prefer topping their salads with their favorite Kewpie sesame seed dressing. Here's Mavis' tips:

1. Start with planting lettuce because they grow fast and pests dislike lettuce.
2. Gardening's greatest nemesis is bugs, and they will somehow find a way up even if your garden sits on the 30th floor. Whilst there are organic repellents, the best way is to avoid rainwater. Before the rain comes, I rescue all my pots.

Home glamping

American couple Tor and Rowena Peterson gush about their balcony. And they have every right to when the space is utilized at least twice a



month for cocktail parties and BBQ with friends. However, this wasn't so before in their ground floor duplex home in Jing'an. Although their balcony had been decked out previously, there was limited usage due to bugs. That's when an aha moment came to Tor, a business consultant, when he figured if they could protect the balcony from rain and set up a heating source, they could use the balcony nine months a year. Together with their two teenage daughters, they created a cozy balcony that feels like an outdoor camping experience. They first shielded the rain with a huge canopy tent. Next, they bought two outdoor heaters that burn LPG gas. Lastly, what's a camping experience without a fire pit for roasting marshmallows? And with that, the family re-created a balcony that keeps drawing people in. Here's Tor's tips:

1. Purchase outdoor equipment on Taobao including large items like the canopy tent and gas heaters. Naturehike@Tmall has a wide assortment of glamping products.
2. To create a unique fire pit, use a large Chinese wok made with copper or iron! Just be sure to put a fire-resistant stand underneath. For fire, I recommend burning charcoal instead of wood for its low smoke emission. **SF**

Peterson's balcony



Peranakan Straits Chinese

Celebrating the sarong kebaya heritage. *By Eve Wee-Ang*

In the hit local TV series adapted from Singapore, "The Little Nyonya", Chinese actress Xiao Yan looked resplendent in her Sarong Kebaya. The story is about the Peranakans also known as Straits Chinese, who are of mixed Chinese and Malay-Indonesian heritage. Their ancestors were Chinese migrant traders who married local women in the British controlled Straits Settlements of Singapore, Penang and Malacca.

In a typical matriarchal Peranakan household, women known as Nyonyas were famous for their culinary skills and feminine sarong kebaya - ornately embroidered sheer blouse (kebaya) paired with a batik skirt (sarong). If you have been onboard Singapore Airlines, the iconic uniform worn by the Singapore Girls over the last 53 years is a sarong kebaya.

As one half Peranakan from my dad's side, I grew up watching my granny hand beaded her kasut manek, dainty slippers to pair with her sarong kebaya. A lost art, the Peranakan culture which is uniquely Southeast Asian has diluted over the generations. I admit the first time I donned a sarong kebaya was my work uniform as SQ cabin crew. Thankfully, with the revival of shows like "The Little Nyonya", there has been a fascination in China for Peranakan from tingkat (tiffin carriers) to Nyonya kueh (bite-sized snacks).

Today, sarong kebaya is mainly worn at cultural events. Here's some modern spinoff ideas of how you can wear them in spring.



photos by Ella Goh

- 1 Kebaya
200-500 RMB
- 2 Beaded Slippers
100-200 RMB
- 3 Sarong
200-500 RMB
All items from
AINUO Taobao



How to wear it

→ **Pool lounging:** The wispy sheer kebaya blouse in a roomier size makes it a perfect and pretty cover-up over your swimsuit.

→ **Ladies' Lunch:** Start with a plain camisole and your favorite jeans. Wear the kebaya blouse as you would a cardigan.

→ **Formal Events:** Attire the full sarong traditionally like the Peranakans and secure the front opening of your kebaya with kerosang - a three brooch chain. Have fun color matching and finish the ensemble with beaded slippers and a fun Nyonya attitude! **SF**

Mum in focus:

As one half of Peranakan from her mother's side, Singaporean mum of two teens, Lina Tay has resided in Shanghai for 16 years and will be repatriating this June. She keeps her heritage alive by replicating Peranakan dishes and sharing stories passed down from the women in her family.

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Fabulous Fujian

Explore a relaxing city by the sea. *By Sam Braybon*



Often when choosing a destination in China one has to make the choice between coastline and culture. You might find gorgeous beaches on Hainan Island, but let's be honest you won't find too much else to get excited about there. And whilst you can enjoy epic sight-seeing in places like Xi'an, these huge cities can feel overwhelmingly urban when you just want to relax and explore.

But a handful of cities do manage to combine genuine charm and history with those ocean breezes we all crave once summer rolls in. And of these, it's the island city of Xiamen in Fujian that we are drawn to again and again. Just a 90-minute flight from Shanghai, it's close enough to be an excellent weekend. Add a couple of more days to explore the gorgeous countryside nearby and you've got yourself an almost unbeatable little China adventure.

What to Do

Gulangyu, the tiny island that lies just off the coast of Xiamen, is the city's star attraction and kids will love the 20-minute cruise across the ocean. The island is ferociously popular with local tourists (ask your hotel to help book a ferry ticket in advance). Don't be put off by the initial crowds. It is absolutely worth it, we promise. Let your kids navigate the island's maze of winding lanes, totally

free of cars, until you find a calm spot to relax and take in the tropical vibes that surround you.

Like parts of Shanghai, the island was once an international settlement with many exotic, palatial buildings constructed a century or so ago. No need to purchase tickets to typical tourist draws like the Piano Museum, the real joy here is roaming the island's hilly, cobblestone streets and passing little coves and beaches. There are a number of cafes when you need to recharge your batteries.

Back in central Xiamen, the streets around central Zhongshan Road are the best place to look for local flavour. The city was once widely known across the world as Amoy, based on the pronunciation of its name in the Hokkien dialect, and you'll encounter plenty of old school southern China charm here, with bustling narrow streets lined with well-preserved old buildings and thronged with street side vendors.

The No. 8 Market in this area is rowdy and fun. It's overflowing with tropical fruits and the freshest fish and other exotic ocean creatures. Those with a taste for seafood can head to the restaurants nearby where produce can be cooked to order. One local specialty that requires a slightly more

adventurous palate is *tusundong*, a kind of sandworm that is set in jelly and then eaten. Having sampled it we concur with locals that, with a mushroom like texture, it is far tastier than it sounds!

Further along the coast, the central campus of Xiamen University is known for its beauty and the surrounding area has lots to offer. Nearby Minzu Road is great for browsing with plenty of cafes, boutiques and even



structures have been home to communities of Hakka people for centuries and will impress kids with both their scale and abundance of local life. They may look familiar to those that have seen the most recent remake of *Mulan*, in which they feature.

A 3-hour drive from the city, aim to stay at least a night here. Many locals try this as a frantic day trip but setting up base in one of the villages and soaking up the quiet country atmosphere with a home-cooked meal is really the way to do it. Hongkeng village has some wonderful tulous, and the Fuyulou Changdi Guesthouse here will suit those that want to keep it local with basic rooms in a stunning historic building. Friendly English-speaking owner Steven is happy to offer plenty of insider advice.

Those seeking something more elevated can try Taxia Village which has a range of accommodations and great restaurants where you can enjoy an evening meal and cold beer. The swankiest place to stay, by far is the super sleek Tsingpu Retreat with a seriously elegant design and a barman who can make what we are quite confident in saying is the only legitimate martini for many miles. Just the kind of country living we could get used to. **SF**



with awesome views of the coastline and Gulangyu, as well as all the mod cons you could want. It's just steps away from the hip cafés and bars that line Minzu Road.

- The Lohkah Hotel & Spa (277 Penang Road) is a top-notch resort with a south-east Asian feel, for those that want a tropical treat. Go for zen vibes, a gorgeous outdoor pool and excellent spa treatments.

To the Tulou!

Fujian's famous Tulou, the fortress-like residences that dot the verdant countryside, are worth the trip if you can tag an extra night on to your stay. These vast round

a couple of ice cream parlours. The Shapowei Art Zone is a repurposed old fishing wharf that hosts lively weekend and evening markets where artists sell their wares.

Where to Stay

Xiamen has oodles of accommodation options including an increasing number of luxury properties. Basing yourself on Gulangyu may seem like a romantic option, but repeat visits have shown us that hotels located in the city center offer much better value and access to Xiamen's best food, as well as far more convenient transport.

- Xiamen Lanqin Mansion (25 Daziju Alley) is a quirky and very affordable local guesthouse hidden deep in a tiny lane just steps away from the city's best street food. Some rooms are in a traditional Minnan courtyard, with others in an old European-style building. The latter are brighter and have breezy balconies.
- The Conrad Xiamen (186 Yanwuxi Road) is a slick five star at the top of a skyscraper



Classic Reads

Dive into classic reads with these amazing books.

By Gina Batmunkh

Do you like reading? I love good literature, and recently I have been into classic reads. As I am becoming an avid reader, there are things I should have taken note of before starting classic literature. Classics are harder to read than your average fiction books especially if you are a beginner. There too many characters to follow, the scenes are big and complicated, sometimes the vocabulary can be complex or from old English. To be honest, there were parts of the books where I keeled over in boredom. But I do believe that there must be a reason classics are considered to be timeless masterpieces. To make your own journey into classical literature a little easier, here are some classic literature pieces that are short and sweet.

Broken Wings

By Kahlil Gibran

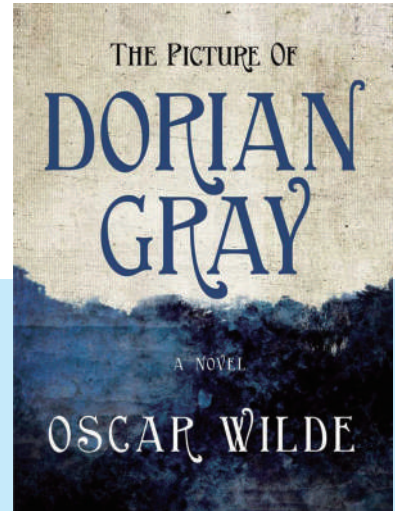
Our protagonist falls in love with a girl named Selma, during the turn of the century in Lebanon. They start to meet in secret, but unfortunately, they are discovered. As punishment, Selma isn't allowed to leave her house and it breaks their love and hope. This lyrical, poetic and dynamic work of Gibran is surely one of the greatest love stories. The book is so beautifully well written with emotions, and vivid imagery that will leave you in awe.



On Earth We are Briefly Gorgeous

By Ocean Vuong

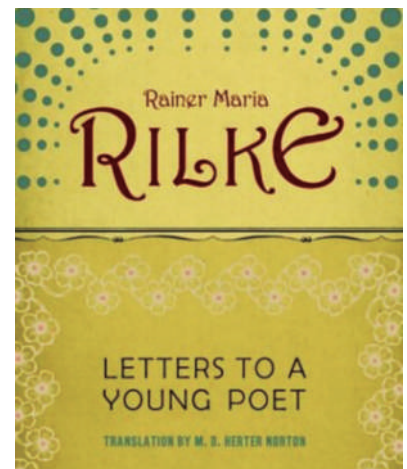
Spectacular book by Ocean Vuong, who writes with rhythm and poetic elegance. We are following Little Dog, written in a letter form to his mother. He writes to his mother knowing she can't read in English, about his experience of being an immigrant in America.



The Picture of Dorian Gray

By Oscar Wilde

The Picture of Dorian Gray is a timeless classic, and the best known work of Oscar Wilde. Basil Hallward paints a portrait of Dorian Gray, a man with eternal youth. Upon seeing the portrait, Lord Henry remarks how one cannot stay young forever, and how youth is the only thing worth having. This thought makes Dorian agitated, and he wishes for his portrait to age instead of his face.



Letters to a Young Poet

By Rainer Maria Rilke

This thought-provoking book is a series of letters written to a young poet over several years. It is one of the books you can read many times, and yet still can find different things to learn. Rilke talks about the art of writing, along with topics like love, life, creativity, and sexuality.

Madonna in a Fur Coat

By Sabahattin Ali

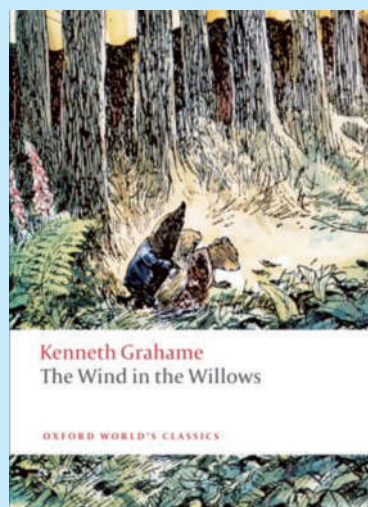
A young man, named Raif, falls in love with a painting and later, its artist Maria. She is a strong woman who is not looking for love, but she finds so much more in this new friend. Unfortunately, under circumstances beyond their control they have to separate with plans to meet again. This book is a simmering romance of lost opportunities.



The Wind in the Willows

By Kenneth Grahame

The wholesome story of friendships between animals and the comforts of home. For a children's book it is beautifully executed. Take a peek into the wonderful world of Ratty, Mole, Toad, and Badger on their adventures through the countryside.



Lost Horizon

By James Hilton

The book was originally published in 1933, and it became an instant classic after it was published in a mass in 1939. When a group escape a hijacked aircraft, they are mysteriously rescued and taken to a beautiful place. Slowly the travellers become fond of the views and their new surroundings. Is there such a thing as a perfect place?

Midnight Library

By Matt Haig

We are following Nora Seed who arrives at midnight library when she tries to end her life after going through horrible periods. A place full of books that shows you what your life would have been like, if you had made a different choice. The book is a humble reminder that regrets, sorrow, heartbreak and other feelings are things we can work on and live with.



Brave New World

By Aldous Huxley

Brave New Word is a dystopian novel and set in a futuristic world state where humans are generically bred. Almost everyone is happy due to the way they have been conditioned to live. The book describes a civilisation that through science has eliminated all the negativeness. Also, humans are trained to behave according to their stations. **SF**



Frankenstein

By Mary Shelley

Everyone has the desire to be loved. This classic novel is a sad tale. He tried to be helpful and to be included. The outcome is far from favourable and it is simply heart-breaking.

Spotlight On:

West Nanjing Road

By Johan Prozesky

District: Jing'an

Cross Streets: Huashan Road and Huanghe Road

Nearest Metro Station: Jing'an Temple, Line 2, Exit 1

At almost 6 km long, Nanjing Road is the world's longest shopping zone and China's No.1 shopping street, attracting one million visitors daily. West Nanjing Road has seen continuous development over the last decade and is one of the busiest and liveliest streets in Shanghai. It is mostly known and visited for its huge multi-level shopping malls and specialty stores. More and more world-famous brands have settled there, making it one of the most popular streets to buy luxury goods.

But once you've had enough of big brands and flashy malls, it is time to slow down and notice some of the smaller outlets and less commercialised sights on the street.



▲ 1. Contrasting beautifully with glitzy shopping centres and skyscrapers, the serene Buddhist Jing'an Temple makes you forget that you are in one of the bustling areas of Shanghai. Stroll through the large courtyard, different rooms and pagodas, and let your senses be captivated by the peaceful visitors, striking architecture, statues, sounds, and the smells of burning incense.

686 West Nanjing West Road; Tel. 6256 6366



▲ 2. A Shanghai icon since opening in 1990, Shanghai Centre is centrally located on Nanjing Road West. Shanghai Centre encompasses 368 premium serviced apartments, 30,000 square meters of prime office space, an exclusive three-level retail plaza, a spacious exhibition Atrium, a world-class performance theatre, and the platinum 5-star hotel - The Portman Ritz-Carlton, Shanghai. With over 30 years experience in quality service and management, Shanghai Centre has earned the reputation of being one of the city's most successful mixed real-estate developments. At Shanghai Centre you will truly experience a "Life at Your Doorstep"!

1376 West Nanjing Road; Tel. 6279 8600

- ▼ **3.** The Shanghai Museum is the world's largest museum of Chinese bronze works, as well as China's top museum for ancient Chinese art and artifacts. It is considered to be one of China's first world-class modern museums, and is famous for its large collection of rare cultural items. Visit the 12 galleries to take in this fantastic display of Chinese ancient art.

201 Renmin Road, near West Nanjing Road; Tel. 021 6372 3500



- ▲ **4.** An inviting spacious atmosphere with classic décor, along with top service and creative cuisine join forces at Portman's Restaurant to create a first-rate dining experience. Located in a quiet area on Level 1 of the Portman-Ritz Carlton Hotel in the Shanghai Centre, they offer comfort food by giving a modern twist to classic Asian and international dishes.

1376 West Nanjing Road; Tel. 6279 8888

- ▼ **5.** Family friendly Jing'an Sculpture Park is well worth a relaxing stroll. Get away from the hustle and bustle of the city, and take in the well-groomed gardens filled with sculptures and art. Some are permanent, but some change ever so often. The sculptures, combined with the landscaping, terraces and other distinctive features, make it a unique park with a unique experience. Thousands of trees and colorful beds of flowers add to the beauty.

500 West Beijing Road, near West Nanjing Road; Tel. 021 5228 9562



- ▲ **6.** In a small, inconspicuous space just off West Nanjing Road, you will find a huge selection of bagels stuffed with any savory or sweet filling your heart desires. At Spread the Bagel, choose from the standard menu, or go the DIY route - whichever way, it is bound to put a smile on your face. In this shop they have teamed up with CinnaSwirl, with their cinnamon bun goodness thrown in for good measure. Visitors have dubbed it the "best bagels in Shanghai". Check it out for yourself over a cup of their coffee. **SF**

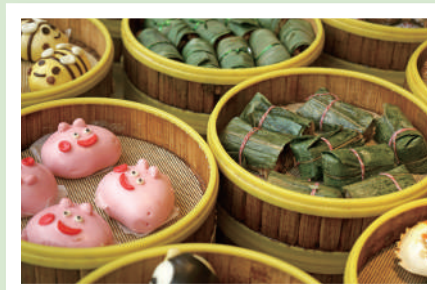
32 Yuyuan Road, near West Nanjing Road; Tel. 138 1717 3245

In Search of Your Next Adventure?

Come join Shanghai Family as an intern!



Do you enjoy getting lost and writing about your adventure?



Do you have an adventurous palate and a voracious appetite to learn?



Are you creative and expressive?

Are you interested in joining the fast-paced and exciting world of media? We know that getting your foot in the door can be a bit of a struggle. Trust us, we know. We were you. However, we have good news for you, things just got a whole lot easier!

We are currently looking for interns who want to join and support our dynamic team.

Do you have a passion for design? Are you interested in editing and execution? Do you want the thrill of seeing your beautifully crafted words in a glossy magazine? Then we have a spot for you.

You will leave this internship with a detailed understanding of print and digital media. Knowledge of leveraging social media for business, sharp editorial skills. And so much more!

Requirements:

- Native English Speaker
- 16 years or older
- Keen interest in media
- Good eye for detail
- Hungry to learn
- Good attitude
- Interested in writing, photography or design.

Please contact **anabela.mok@shfamily.com** with the subject heading 'Internship Application' if you are interested. **SF**

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shfamily.com

ORIENTATION

Housing

THE EMERALD

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

community listings

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym,

indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, www.willowbrook.com.cn, evan.kong@willowbrook.com.cn

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services. Open daily 9am-7pm. 500 Weining Road, Tel: 3250 6721; 66 Qingshan Road, Tel: 6402 9226, www.doctorsbeckandstone.com, info@drbns.com; For appointments, pet pick-up and emergencies Tel: 400 103 8686

PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. English speaking doctors available. 131 Changning Road, near North Jiangsu Road, Tel: 6226 6112 or 6212 3211; 507 Wuzhong Road, Tel: 6242 5599 or 5477 5163

SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 1325 Gubei Road, near Huangjincheng Avenue, Changning District, Tel: 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc. 70 East Xietu Road, Huangpu District, Tel: 6333 3210 or 6333 3211

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. www.asiantigers-mobility.cn, sales@asiantigers-china.com, Tel: 3209 5561

EUROPEAN BEDDING

European Bedding is a premium bedding store that specializes in natural organic latex mattresses and pillows. We recognise the demand for a customisable sleeping system which focuses on good back support for all ages, builds, sleeping positions and personal preference. No. 104, 425 Yanping Road, Jing'an District, Tel: 133 0168 0232, www.europeanbedding.com.cn

EXCEL WORLDWIDE MOVING & STORAGE

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

MINISTORAGE

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

WOW MOVING CARE

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

Services

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. 15F, Anbao Bldg, 800 Dongfang Road, Tel: (Lina Liu) 150 2655 6459 or 177 1746 9951, www.51yyjm.com, sh51yyjm@163.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

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

BLUE FROG

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

ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. 1F, Northwest Corner, Super Brand Mall, Pudong New Area, Tel: 5047 2060; 1376 West Nanjing Road, Shanghai Centre, Tel: 6279 8682; 4F, 1028 Middle Huaihai Road, Kwah Centre (near Donghu Road), Tel: 5403 8865, www.elementfresh.com

community listings

FAT COW SHANGHAI

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

LIQUID LAUNDRY

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

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! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63112323, www.elite-concepts.com, yss@elite-concepts.com

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. www.epermarket.com, Tel: (Customer service) 400 776 0776

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. 230 Wuding Road (near Changde Road), Tel: 6888 1913; Block 9, Summit Residences Clubhouse, 108 Shangcheng Road, Tel: 6888 1913, www.theactivitybox.com

ARTSPIRE VISUAL ARTS Centre

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

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. 2FL, 940 Changde Road, info@awesomекidsclub.com.cn, www.awesomекidsclub.com.cn

BJORKY EDUCATION

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

CONCORD MUSIC

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

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people

aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing, PAAShanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, 1078 South Pudong Road, Pudong New Area, Tel: 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

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

JULIA GABRIEL Centre FOR LEARNING

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

JZ SCHOOL

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

KIDS ATTIC

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

OOGIE ART

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

community listings

Suite 2305, Tel: 6135 2686, contact@oogieart.cn,
WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

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

THE POTTERY WORKSHOP

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

PREMIERSHIP EXPERIENCE

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

ZOOLIGANS

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

Z FENCING

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

Financial Services

ST. JAMES'S PLACE

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

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

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

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

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

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

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

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

Pudong New Area, Tel: 6881 8282*210/212, www.harrowshanghai.cn, admissions@harrowshanghai.cn

HUILI SCHOOL SHANGHAI

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

LIVING WORD SHANGHAI

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

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

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. IBD and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. 258 Jinfeng Road, Minhang District; 1600 Lingbai Road, Pudong New Area, Tel: 6221 1445*2152 (Puxi Campus), 6221 1445*3305 (Pudong Campus), info@saschina.org, www.saschina.org, WeChat: SASEagles

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International

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Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scishis

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IBDP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,400 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 (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687, admissions.shanghai@wellingtoncollege.cn; shanghai@wellingtoncollege.cn; wellingtoncollege.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 programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area; Tel: 6179 9559, info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an

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

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. No. 230-233, 779 Fangdian Road, Pudong New Area, Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

X²B MONTESSORI

X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts' and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. 368 Xujiahui Road, Huangpu District, Tel: 6335 3773

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

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ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. 3399 Longteng Ave., Xuhui District; 151 Kangding Road, Tel: 5410 8570, Customer Service: 173 2128 5456, www.iconx.com, info@iconx.cn

SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

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

SPORTS FORCE

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

Teen Activities

DISCKART INDOOR KARTING

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

JIANGWAN SMP SKATE PARK

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

ROCK DANCE SPACE CLIMBING CENTRE

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

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

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

THE GENIUS WORKSHOP

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

WELLINGTON ACADEMY PROGRAMME

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

Tutoring & Test Preparation

MANDARIN KING

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

SHANGHAI EXPAT TUTORS

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

THAT'S MANDARIN

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

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide

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

MEDICAL SERVICES

Health Clinics & Services

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: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiao Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

COLUMBIA KAIYI CLINIC

Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Pusi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Tel: 6327 5599; Mon-Sun 8 a.m.- 7 p.m.; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 6882 1212, Mon-Fri 9 a.m.- 6 p.m.; columbia-clinic.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m.- 6 p.m., Tel: 400 821 0277, www.deltahealth.com.cn

ESSENCE EYE CLINIC

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy

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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. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; *Open Mon-Sun: 9 a.m. - 5 p.m. except Wed, WeChat: ayyk18939896079; 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday: 401-N1, 9 Xizi International, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m. - 6 p.m., except Tues.*

JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of Shanghai and consists of a comprehensive international hospital, along with a network of outpatient clinics. Our experienced and multilingual physicians hail from around the globe, and deliver leading global healthcare covering all major medical specialties, such as family medicine, pediatrics, obstetrics & gynecology, breast health, orthopedics & sports medicine, and our international cancer center, among others. The state-of-the-art Emergency Services Department at Jiahui International Hospital offers full-spectrum, 24h medical services, including COVID-19 PCR testing and a fully equipped rabies clinic able to provide both pre-and post-exposure rabies vaccines. 689 Guiping Road (near Qinjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

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

19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

PARKWAYHEALTH



With more international doctors and a wider range of services than any other healthcare 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. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an district; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; 24-hour appointment 400 819 6622; www.parkwaypantai.cn

RAFFLES MEDICAL SHANGHAI

A premier medical centre staffed by an international and multi-disciplinary team from Singapore, Germany, Malaysia and China. Our services include Family Medicine, Women's Health, Men's Health, Paediatrics, Dentistry and Orthodontics, Health Screenings, Diagnostic Radiology, Mental Health & Psychological Counselling, Urology, Chiropractic, Internal Medicine, etc. We provide state of the art medical services and professional medical expertise to our patients. Tel: 6197 2300, <https://www.afflesmedicalgroup.com/shanghai>, enquiries_shanghai@afflesmedical.com

SHANGHAI RENAI HOSPITAL



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

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. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; *Outpatient services Mon-Fri 9 a.m. - 5 p.m. and Sat-Sun 9 a.m. - 5 p.m.; 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. B1-1F, 1398 Fangdian Road, Pudong New Area; *Open Mon-Sat: 9 a.m. - 9 p.m., Sun: 9 a.m. - 5 p.m.* Tel: 400 850 0911; www.yosemiteclinic.com;

UNITED FAMILY HEALTHCARE (UFH)



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

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

Dental Clinics

ALPHA DENTAL

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); *open daily 10 a.m.- 7 p.m.* except public holidays, www.alphadental.cn

JIAHUI DENTAL

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

- Family Medicine
- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility service
- Pediatrics
- Obstetrics & Gynecology
- Orthopaedics
- Dermatology
- Breast Institute

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases. The Dentistry Department also carries out multidisciplinary collaboration with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; 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 for sports injuries. 689 Guiping

Road (near Qianjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: (24 hour service) 400 868 3000, www.jiahui.com/en

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; *Mon-Sat 10 a.m.- 7 p.m., closed on Sundays*; www.newyorkdentalchina.com, WeChat: NYDC-Shanghai

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. No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; Daily 10 a.m.- 6 p.m.; www.puresmile.com

PARKWAY HEALTH DENTAL CENTRES

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

LIFESTYLE

Health & Beauty

BANYAN TREE SPA

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

BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. Room 5089, 3211 Hongmei Road, Hongqiao District, Tel: 3468 1328; 5F, 118 Qinghai Road, Jing'an District; www.bodyconceptpilates.com

BENSON

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

BIKRAM YOGA SHANGHAI

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

CHUAN SPA AT THE LANGHAM XINTIANDI

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

DVA BOUTIQUE SPA

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

DRAGONFLY

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

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KARMA LIFE YOGA CENTRE

The studio, the city's first and largest, features world-class yoga instruction for practitioners of all levels. 160 Pucheng Road (near Shangcheng Road), Pudong New Area, Tel: 5887 3121, www.unispa.com; B2F, 758 South Xizang Road (near West Jianguo Road), Huangpu District, Tel: 5321 0688 or 150 0003 0588; www.karmayoga.com.cn

PURE YOGA

This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. 615, 6F, IAPM Mall, 999 Middle Huaihai Road (near Xiangyang Road) Xuhui District, Tel: 5466 1266, www.pure-yoga.com.cn

Natalie Lowe: The Orangeblowfish

From PR senior executive to business owner, and mum of two, Natalie Lowe, shares how motherhood inspired her to leave a jet-setting career to thrive at a business closer to home. By Anabela Mok



Hi, I'm Natalie. I'm a woman who wears many hats. I'm an entrepreneur, a mother of two beautiful children, a wife, and an active volunteer in the global business community. Born and raised in Australia, I moved to Singapore in 1999, and have worked in a variety of senior communication and management roles, both in-house and at agencies across the Asia Pacific in the past 20 years. I left my corporate public relations career in 2015 to join forces with my husband, Siu, as the Managing Partner of the award-winning creative agency, The Orangeblowfish that he founded. I am responsible for the agency's strategic vision, P&L, and operational management, staff development and global expansion.

Could you describe the moment when you decided to walk away

from your public relations senior management job?

Before I became a mum, there was this thing about me, where I was driven by my identity and success in my career. However, after becoming a mum, I could no longer work the long hours, travel or entertain, and commit myself to the level a corporation requires of its senior staff. It wasn't easy. So, I decided to refocus efforts on my family and took a six-month break from my corporate career. Ironically, within a few months, I accepted a bigger senior management role for another agency - when my first born was only 10 months old - thinking I was ready to go back to corporate life.

To be honest, I couldn't dedicate myself a full 100 percent no matter how much I tried for all sorts of reasons. In the end, I wasn't winning at home, and I wasn't winning at work. I

"I think we're so caught up with society pressure of how a woman or work should be. If we can break away from the stigma of how we see ourselves and how society views us as women, or what constitutes as "work", there are opportunities everywhere."

had a young son who didn't know me, and faced a lot of "mother's guilt". After much internal conflict, I decided it was time for me to focus on my family. This wasn't a choice that came easy, so I thought to myself, "Do I go and slog myself for a boss who under-values me and doesn't appreciate me, or do I focus my efforts on people who care most about me?" That was really the guiding light that led me to where I am today.

How did motherhood inspire your journey to join forces with your husband?

After I left my corporate job, I fell pregnant with our second child. Throughout my working career, I had never really taken a break. And I was like, "okay, I'm really going to focus on being a mum because I have tried being everything else." So, I spent the next 18 months to two years fully focusing on getting to know my son, and being there for him. During my second pregnancy, The Orangeblowfish was winning a lot more clients who needed strategic support. My involvement initially was one day, and it organically grew to two, three, four days a week, and I officially joined in early 2016, when I moved into a full-time role.

What's your advice for working mums who are trying to maintain a work and life balance?

I'm sure there are a lot of people who think that they can do something, but they don't know how. It's as simple as volunteering, or helping a friend. Even doing something that you enjoy, that doesn't feel like work. I've met a lot of interesting people who have created their own opportunities because they've not been able to fit the mould. It's really fascinating to see how people get creative and become market disruptors, by breaking free from what conventional "work" should be. **SE**




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