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November 2017

Family Namaste

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Face Off

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Plus: Trends in physical education, jianzi making, and sporty snacks





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2017-2018 SCHOOL CHOICE GUIDE

BEIJING'S MOST COMPLETE GUIDE TO INTERNATIONAL SCHOOL CHOICES

WOMEN OF CHINA



《中国妇女》英文刊 2017年11月(下半月)

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AJ Warner

When AJ Warner is not with his two sons, he's coaching Chinese students on how to get admitted to the top 30 US universities. He also guides Chinese families through the process of sending their child to the US for high school and related homestays. Contact him at ajwarner@touchdown.org.cn.



Mike Signorelli

Mike Signorelli arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.



Marianne Daquet

In Beijing for 11 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 5 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.com.



Dominika Mejia

Dominika is a career diplomat with a foothold on three continents. She shares a taste for food with a passion for books and travel. Loves Beijing and enjoys exploring its hidden gems. While she is full of hope to master Chinese while writing her PhD, she's also the mother of a two-year-old daughter.



Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.



Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has two children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.net



Lise Floris

Lise is originally from Denmark but has lived abroad since 1998. She took leave from her job in the EU when the family moved to China in December 2015. She also has her own blog (ninemillionbicycles.weebly.com) where she writes about her adventures in Beijing and is a freelance writer for various magazines and platforms including Global Times.



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ON THE COVER:

CISB's Max Chen (grade-1), Song Tianyi (grade-8), and Michael Zhou (grade-8) face off on the ice. Don't be concerned, little Max lost all of his teeth from natural causes and not from his enthusiasm for ice hockey. We would like to thank Mrs. Si Wang for her help in arranging this photo shoot.

Photo by Dave's Studio

Sport Shorts

A reoccurring idea in this issue is how organized sports make for a more well-rounded and responsible child. We couldn't agree more with this. Along with providing some gains throughout their development into adulthood and looking great on a college application, sports have an amazing overall effect on a young person.

When I was in high school in the early 2000's in Orlando, Florida, we were lucky to have an abundance of lakes and a pretty well-respected crew team. It sounds like a very posh sport I know, but this wasn't really the case in the South. It was a newer sport, with most of the rowing programs in the state only being in existence for only 10-20 years. This is nothing compared to some of the prep schools we would compete with when traveling to the Northeast.

I loved being a part of something bigger than myself. The daily practices throughout the entire school year (the season was year-round) designed to push us to our physical limits, and the people all played a significant role in my development as a young adult.

But, it was probably the relationship we all had to our coach that had the most significant impact on our performance in and outside the boat. He was always there to push us along and was very strict when it came to our studies, checking our report cards every quarter, and was also aware if we got into any trouble at school. He was revered by all in the community, for his obsession with the sport and the positive impacts he had on many young lives. Some students would go on to receive significant scholarships and row at top universities, but all learned about the selflessness required to be a part of a team, which he perfectly personified through the countless hours of work he put into this motley crew of teenagers.

In this issue, we got to experience firsthand some of the people in Beijing's community that personify this sort of involvement, along with the athletes benefiting from the mindfulness and structure that athletics can provide. In *Schooled* (p34) we talk with a handful of international school coaches about their views on the benefits of physical education. In *Food for Thought* (p22) Chef Pauline shares her high energy snacks to keep your kid in the game. Then finally, in our cover feature we cover some of the winter sports that have been gaining popularity in China in the years leading up to the 2022 Winter Olympics (p46). This and more should give you a clear idea about the importance of competitive play in your child's life, and how we could all use a little more "fun and games."

Kipp Whittaker

Kipp Whittaker
Managing Editor



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What's New



China's Short-Lived Cheese Ban Has Been Lifted

Phew... we were really scared there for a minute. To be 100 percent honest, we were actually thinking about calling our China adventure completely off when we heard the news. But as of Oct 20, the highly contentious ban on brie, camembert, and other soft and blue, stinky cheeses was lifted. Cheese Republic, a popular importer and seller of the flavorful golden dairy product on the mainland, announced on its WeChat account that it was given the clear to sell soft and blue cheese once again. They said, "thank you to the Chinese authorities and especially the CIQ [the Inspection and Quarantine Bureau] of Shanghai! I would also like to congratulate the French Embassy in China, as well as Great Britain for their success!" The post went on to say that all such cheeses should be fully available on the Mainland in five to six weeks.



Liaoning Ballet of China Perform "Swan Lake"

As Beijing's inevitable winter months become a reality, there's no better time to up your culture game. To do this, why not catch some ballet from one of the most respected dance companies in all of Asia, the Liaoning Ballet, as they perform *Swan Lake* this month at the National Center of the Performing Arts, on Nov 17-18. *Swan Lake* is a stunning romantic tragedy, shaped by Tchaikovsky's heartbreakingly beautiful score, that is equally technically and emotionally demanding for all involved in its production. In short, this ballet is a work of art in its purest form.



The Beijing International School Expo (BISE) Website Has Officially Launched!

We at *beijingkids* are pleased to announce the launch of our new Beijing International School Expo (BISE) website (internationalschoolexpo.com) that will be your immediate source for all information related to our one-of-a-kind education-focused event scheduled for Jan 13-14 at the Renaissance Beijing Capital Hotel. Here you will be able to learn more about what exactly will be happening throughout the two-day event giving Beijing families convenient access to over 100 exhibitors from schools across the city. It's a great opportunity to become more informed when it comes time to decide what school or program best suits the needs of your child.

Ramo's Hip New Lido Location Now Open

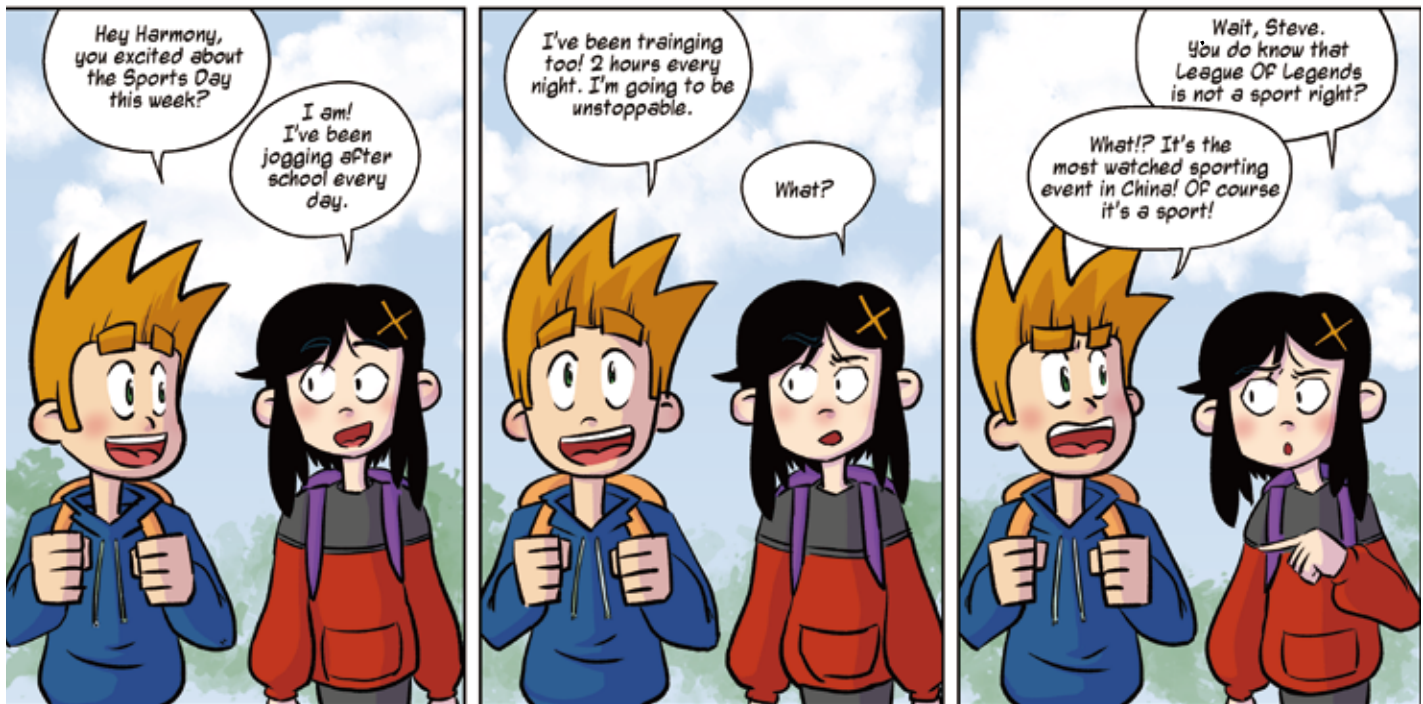
This pizza joint has leaped from the rubble of Fangjia Hutong to some massively upgraded digs in Lido, and in the process given the brand a completely new and family friendly-slant. In addition to their already pretty stellar list of pizza pies, salads, and breakfast items you can also now find a play area complete with ball pit and other soft things for kids to act a fool with or on. Meanwhile, parents can sit back and watch their kids play while relaxing with a variety of delicious concessions they have on offer.



PHOTO: COURTESY OF UNI YOU, RAMO, THE BEIJINGER, LIAONING BALLET

Harmony and Steve

by Jin Chan Yum Wai





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NOVEMBER EVENTS

COME AND SEE BSB, SHUNYI'S PRODUCTION OF "OLIVER!"

Nov 24-25

All ages. Come and see this amazing musical performed by The British School of Beijing, Shunyi's Secondary students. *Oliver!* is a musical based on the Charles Dickens novel with music and lyrics written by Lionel Bart. RMB 100 (adult), RMB 65 (children), 7-9pm (Nov 24), 2-4pm and 7-9pm (Nov 25). British School of Beijing, Shunyi. (8047 3588, receptionsy@britishschool.org.cn)

CELEBRATING DANCE BEIJING 2017

Nov 11-12

Ages 6-16. This is a two-day performing arts workshop with a showcase on Sunday afternoon for parents. Each day there will be five classes taught in many different genres of dance as well as voice and drama. At the end of each day, they will spend an hour preparing for a final showcase to show off the skills that they've learned. RMB 1,600. 10am-4pm. Contact Kelly Charles for more info (WeChat: [Ilovematisse104](https://www.lovematisse104.com); for sign up or email kelly@charles.com.au)

MASTERCLASS SERIES: CHANGING THE WORLD THROUGH EDUCATION

Nov 17

Adults. The China-Britain Business Council will work with Venture Education to present members with a unique day of training on enterprise education. Enterprise education is a response to the challenges facing modern students in all levels of education and society, creating students whose positivity allows them to thrive in any situation. Educators and those in the field are welcome. RMB 1,600 (BritCham members), RMB 2,000 (non-members). 9.00 AM-4.00 PM. The British Business Centre, Beijing. (010 8525 1111 ext. 371, jia.wang@cbbc.org.cn)



AMERICAN THANKSGIVING AT THE GREAT WALL

Nov 23

All ages. Come and share a feast and give thanks under the Great Wall. There will be a roasted turkey, and all the trimmings served family style along with a dessert buffet. In addition to this, there will be live jazz and a kid's playroom with activities hosted by a professional. For those who can't get away for Thursday, there is still a chance to come together for a real family Thanksgiving on Saturday night. Every year these events have been sold out so make your reservation early! RMB 158-388. 6.30-11.30 PM. The Brickyard Retreat Center at Mutianyu Great Wall. (6162 6506, brickyardatmutianyu.com)

TEA TALK: HOW TO ENSURE OPTIMAL NUTRITION INTAKE FOR YOUNG CHILDREN

Nov 10

For Adults. 3e International School's Tea Talk helps guide parents to understand the optimal daily levels of nutritional intake for children. Presented by Dr. Tu Huiling, a pediatrician from Dr. Cuiyutao Pediatric Clinics with over 20 years experience in pediatrics, child nutrition, and gastrointestinal function and disease research. Free. 9am-10.30am. (Email community@3einternationalschool.org to register)



DSS: DAVID BEGBIE "BE THE CHANGE"

Nov 13

All ages. David Begbie will visit WAB as part of the school's Distinguished Speaker Series to talk about his career and lead an inspirational conversation about how making a small change can have a worldwide impact. David is the Director of Global X-perience at the Crossroads Foundation. Free. 6-7.30pm. Western Academy of Beijing (visit www.wab.edu/dss to register, contact wabinfo@wab.edu for more information)

PHOTO: COURTESY PIXABAY

SOCIAL SKILLS CLASSES AT THE LEARNING FRONTIER

begins from Nov 11

For 2-10 years old. The Learning Frontier provides group-based classes in social skills development for children (2-5) and (6-10) years old. The programs are based on the child's age and current level of social interaction. Classes will focus on developing and promoting more productive and positive interaction with others, and different social skills are practiced in groups. Each program consists of six sessions: Listening; Maintaining conversation-staying in topic; Perspective taking; Cooperation; Sportsmanship; and Responding to bullying. Programs last for six weeks. Please call 87719995 or email info@learningfrontier.cn for more information.



IN THE FOOTSTEPS OF THE EMPEROR: A WALK AND DISCUSSION AT THE TEMPLE OF HEAVEN

Nov 12

All ages. The Temple of Heaven is where Beijing's past and present exist prominently side by side. This walk and discussion will look not only at the complex and its rituals and historical significance, but will also discuss these connections between its past and present. The walk is led by a trained historian who has spent over a decade in Beijing teaching and researching Chinese history. 240 RMB (200 RMB for members). 9am – 11.30am. The Hutong (159 0104 6127, thehutong.com)

INNOVATION EXPO @ ISB

Saturday, November 25th 2017
10:00 am - 3:00 pm
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INN SHUNYI COFFEE MORNING AT BSB CHATTERBOX

Nov 16

Adults. The British School of Beijing (BSB), Shunyi is hosting this month's International Newcomers Network (INN) Shunyi coffee morning. Join them for this great opportunity to meet other newcomers and old-timers in the Shunyi area! Free. 10am-12pm. (RSVP: receptionsy@britishschool.org.cn)



WAB WINTER CHARITY BAZAAR

Nov 25

All ages. Beijing's biggest and best holiday bazaar is back. Come to Western Academy of Beijing to get yourself into the holiday spirit with a diverse range of traditional winter food and drinks, unique handicrafts, and gifts for your friends and family, as well as some spirited entertainment from WAB students and staff. Proceeds go to a number of worthy charities both in Beijing and around the world. This is an event you will not want to miss as your family gets ready for the holiday season! Free. 10.30am-3.30pm. Western Academy of Beijing. (5986 5588, email: wabinfo@wab.edu)



CELEBRATE UNIVERSAL CHILDREN'S DAY

Nov 20

All ages. To celebrate the United Nations' Universal Children's Day, Six Seconds are organizing POP-UP Festivals in 100+ countries during the month of November where children and their adults will learn about emotions, well-being, and children's rights. Free. (RSVP: jinshuju.net/f/IrZs50, Follow WeChat ID: Sixseconds-EQ for more information)

PHOTOS: COURTESY OF WAB, BSB, SHUNYI



FLIPS & KICKS PLUS GYMNASTICS

Until Dec 8

Ages 3-12. At Flips & Kicks, they're dedicated to giving all their students the opportunity to reach their full potential while still keeping the emphasis on fun. They offer children the chance to improve their fitness, coordination, concentration, self-esteem, and confidence in an environment that is stimulating, challenging, and safe. RMB 1,430-2,100. 9am-12.30pm, 4-7.30pm, 6-8pm. Western Academy of Beijing (137 1846 2044, info@flipsandkicksplus.com)

BSB, SHUNYI BABY & TODDLER GROUP FRIDAY MORNINGS

Until Dec 8

Ages 0-18 months. Come to BSB, Shunyi's Baby & Toddler Group to meet other expat families, enjoy playing with age-appropriate toys, creating seasonal crafts, singing, activities, and lots more! Free to attend. Drinks and snacks provided. Free. 9-10.30am. BSB, Shunyi (8047 3588, play@britishschool.org.cn)



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WEEKLY DRAWING CLASS

Until Nov 25

All ages. These weekly art sessions will run until November 25. They're perfect for families with children that have a passion for art. Students at The SLab can learn correct drawing techniques, how to draw portraits and even papier mâché. Come join the Academic Drawing Class from 1-3pm, and/or the Creative Drawing Class from 4-6pm. RMB 290 per class. The SLab. (138 1121 8031)



ATELIER FRENCH HOLIDAY PICASSO WORKSHOP

Nov 6-10

Aged 5+. Picasso was a mixed media artist, known for his paintings, drawings, etchings, and, sculptures. Each day we will discover a masterpiece from this wonderful artist. The week will be divided into several topics regarding his inspirations and key examples of his style. RMB 1,800. 10-12pm (5-8 years old), 1.30-4.00 (9+ years old). Atelier (atelier.cn.com)





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INNOVATION EXPO AT ISB

Nov 25

All ages. The International School of Beijing will proudly host the second annual Innovation Expo on Saturday, November 25. Supported by Creatica, this family-friendly event invites the whole Beijing community to view exhibitions by students and local makers, try their hand at makers' space workshops, and learn more about great innovation, creativity, and STEAM education going on all over Beijing. Free. 10.00 am – 3.00 pm. (info@isb.bj.edu.cn)

MIDDLE SCHOOL / HIGH SCHOOL OPEN HOUSE AT ISB

Nov 29

All ages. The International School of Beijing invites prospective parents and students of middle school (Grades 6-8) and high school (Grades 9-12) to come and learn about ISB's challenging curriculum and innovative teaching practices. Meet their new Head of School, Mr. Patrick Hurworth, learn more about their high school and college guidance programs, and hear first-hand accounts from their student panel. Families will also have the opportunity to tour the campus following each divisional discussion. Free. 8.45 am – 12.00 pm. International School of Beijing. (RSVP: admission@isb.bj.edu.cn)

PHOTOS: COURTESY OF ATELIER, PIXABAY

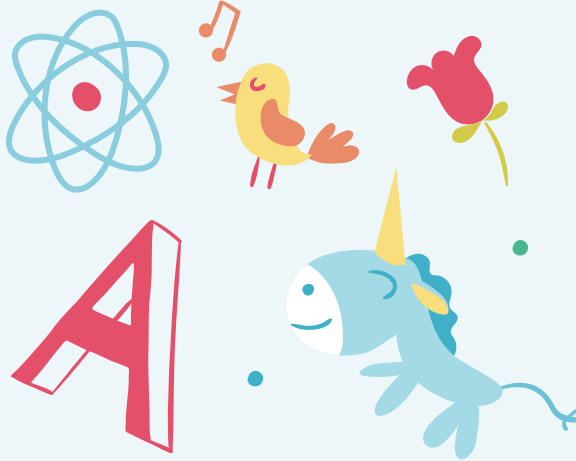
SAY HELLO TO BEIJING'S SMALLEST

Want to share your new arrival with our readers? Email a photo (at least 1MB in size) of your little one with their full name, nationality, birth date, hospital, and parents' names to editor@beijing-kids.com. Due to space constraints, we will only publish photos of babies born in Beijing after **November 1, 2016**.



Amel Zachariah Crues

American. Born on August 25, 2017 to Tamara and Jameel Crues at Oasis International Hospital



Rayanne Cocke

American. Born on December 12, 2016 to Limin Hao and Ain Cocke at Hunington Hospital



Wang Guo

Chinese. Born on April 27, 2017 to William Wang and Rebecca Wang at Beijing Friendship Hospital



Wang Jia Le

Chinese. Born on February 2, 2017 to Shan Lin and Wang Peng at AmCare Women's and Children's Hospital



Zoe Mei Cooley Willshaw

British. Born on August 13, 2017 to Nicole Cooley and Stephen Willshaw at Oasis International Hospital



POSTPARTUM

by Pauline van Hasselt



Angela Kalberg has accomplished the biggest achievement that's humanly possible; she gave birth four months ago. She had the ultimate work-out experience when her son Aiden made his first appearance. The new family of three is a sporty bunch with John Kalberg, Angela's husband, working as a basketball coach in Beijing and Angela loves to play tennis.

With this Indulge column, we gave her a day of relaxation for one of the first times since the baby came. Angela has the dreaded problem that many new mothers face, losing their luscious locks after birth. The salon

manager Tania Ocloo from Laurent Falcon Hair Salon, located in Sanlitun had the perfect solution. Ocloo cut some bangs and many layers to frame Kalberg's face, then added some sunlight balayage hair color to give the illusion of a thicker head of hair. Ocloo did a superb job when doing Kalberg's hair, with the more she cut off the fuller Angela's hair began to look.

We added some edgy fall fashion from Style Butler. Style Butler is a unique and exclusive clothing brand currently creating some beautiful trendy collections. Currently, this European brand is expanding all over Asia and has been

a frequent attendee to pop-up shops and bazaars around Beijing.

What better way to accompany these trendy pieces than with the jewelry of Antonia Sampson. Sampson is from the U.K. and has lived in Beijing since 2001. She juggles four kids in four different schools and maintains her sanity through pursuing her passion and joy in creating, sourcing, and designing jewelry. Her pieces are elegant and understated and work perfectly with Kalberg's foxy outfits.

We topped off the makeover with Valeria Romanova, a very busy and sought after make-up artist in Beijing. She truly made Ka-



PHOTOS: UNI YOU

PAMPERING



lberg feel special with the addition of a smoky eyeshadow and some glossy lips. As you can see from the photos, she looked stunning.

All in all, we along with Kalberg were ecstatic with the results and hope that she returned back to her new little family feeling refreshed and beautiful. It comes with the territory of having your first child that your body undergoes a lot of changes. It is essential during this time to give yourself a little postpartum pampering to get you back in the groove after experiencing life's greatest and most rewarding challenge.

Get the Look

Find more info about the designers

Style Butler Fashion: www.stylebutler.com, WeChat ID: StyleButler

Antonia Sampson Jewelry: WeChat ID: AntoSamp

Frau Romanova Make-Up: www.frauromanova.com

Laurent Falcon Hair Salon

Bldg 43, Sanlitun Beijie Nan Chaoyang District

朝阳区三里屯北街南 43 号楼

Daily 10am-8pm
(135 0137 2971)



Sweaty Apps

Transforming smart devices into a kid-friendly exercise tool

By Kipp Whittaker

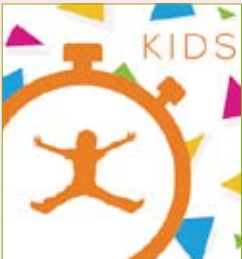
Keeping healthy and fit is a challenge, especially in our grey city full of cheap unhealthy food, brutal winters and a frequently high AQI. For kids, good health habits form the bedrock of adulthood, but spending formative years sitting hunched over endless homework, being overfed by nainai and a minimal focus on physical education can be problematic. Naturally, the key is education. As parents, it's our job to encourage healthy eating and

fitness habits early on in our kid's lives to prevent childhood obesity. Luckily there are a plethora of well made, usually free apps designed for teens and pre-teens to get them to use tablets and smartphones in an active way. After all, if their faces are glued to their screens anyway, they might as well do something healthy and productive.



NFL Play 60 (Free)

Sponsored by the American Heart Association and the NFL, this free AR (augmented reality) game enables kids to run continuous obstacle courses collecting coins and power ups. These can be redeemed to buy in-game gear for your rather adorable, customizable avatar. This game requires holding an iPhone or tablet while jogging in place or jumping, so be aware of risk to the device. Use a lanyard and tell your child to play over a rug or large yoga mat.



Sworkit Kids (Free)

A teen friendly version of the extremely popular Sworkit line of fitness apps, this app is the best reviewed on the list. This sleek, well designed app enables kids to plan workouts based on improving fitness in several categories, like strength, agility and balance. You can also share your routines and progress with friends, if competition is a good motivator. It's easy to use and doesn't contain patronizing or baby-ish graphics or voice-overs, making it ideal for older kids.



C-Fit Yoga (\$2.99)

According to the Journal of Developmental and Behavioral Pediatrics, teens can benefit immensely from yoga. A regular practice helps reduce anxiety, depression, angry outbursts, relieve stress, and possibly improve poor attention spans. If your kid is a yoga newbie, try the C-Fit Yoga app. Created by teachers and designed as a classroom program, C-Fit Yoga presents four ten-minute yoga videos with clear instructions for proper poses. Design, however, is cheesy, with a very "powerpoint presentation in comic sans" look.



Wokamon (Free, In-App Purchases)

Not to be confused with Pokemon Go (although, "Wokamon" seems close to copyright infringement), Wokamon is actually far less buggy than its similarly named competition. The game play is simple; a pedometer counts your steps, and steps create energy. Energy can then be used to feed, grow and collect the various exceptionally cute Wokemon. You can then explore different worlds as you progress in the game. Works well with a fitbit, but otherwise can work with your phone's GPS to track your movement.



Zombies, Run! (Free, Pro Membership \$19.99 a year)

The most creative app on the list, Zombies, Run! is a mostly audio based RPG (role playing game) that allows players to wear headphones and jog outdoors or on a treadmill evading zombies and collecting supplies. The storyline is engrossing, and adds a lot of motivation to the monotony of jogging. When you hear the undead hordes groaning in your ear, your adrenaline kicks in and you'll run for your life. Exhilarating, but not for the faint-hearted. Also not appropriate for kids under 12 due to the extremely gory and violent storyline.



Dungeon Runner (Free, In-App Purchases)

Graphically resembling a vintage SNES game, Dungeon Runner uses motion tracking technology and your tablet's front-facing camera. You'll kick-box enemies, squat through passageways and jump over pits. Progressing through the game means your child is becoming more fit with every monster vanquished. This is great motivation for die hard arcade gamer kids, and is the beginning of a revolution of very playable, fun fitness games.

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Sport Support

Things you should know about sports-related injuries
By Kipp Whittaker

In sports, unfortunately, the phrase “break a leg,” can be an unfortunate reality. For anyone that’s seriously involved in athletics, the risk of either a minor or serious injury is unavoidable. We contacted Jike Lu, Chair of the Department of Orthopedics at Beijing United Family Hospital, to ask about how these risks can be minimized or avoided, along with learning some important info that everyone on the road to recovery from their injury needs to know to get back and playing in top form.

What are some of the most common sports-related injuries that you encounter as a doctor?

I would have to say that some of the most common injuries I see are Achilles tendinitis, concussions, groin strain, shin splints, muscle tears, and lower back pain.

Is there a particular sport where you’ve seen most of these injuries come from?

One study in the US for people under 19 years of age showed American football caused the most emergency room visits, followed by basketball, soccer, and baseball.

In what ways is it the coach’s responsibility to help prevent injuries?

Inform about the necessity of proper warm-ups, muscle strengthening exercises, stretching before and after activity, rest if symptoms appear, and supply rehabilitation measures if injured.

What do you think are the most important stretches you can work into your daily routine to prevent common injuries from happening?

Stretching of the quadriceps, hamstrings, adductor muscles, Achilles tendon, forearm muscles, and shoulder girdle are all very important.

How does a person know when they should have a light injury (i.e., shin splints) evaluated by a physician?

Some clear indicators are a deformity, crepitus, unable to bear weight, excessive swelling, changes in skin color beyond mild bruising, or not getting better after a few days of RICE (rest, ice, compression bandage, and elevation).

How would you say physical therapy affects the outcome of athletes returning to sports? When do you normally consider it necessary?

Physical therapy is crucial for a safe and normal return to sports and to prevent re-injury. It is necessary for most conditions.

What are some things you can tell your child that will make it easier for them not to push things too hard after encountering an injury?

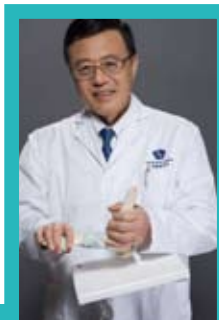
It is important to let them know that if they are patient and have a gradual return to sports, it is more likely that they will not sustain a re-injury, perform better later, and not suffer any long-term complications. Comfort, support, and inform them of the likelihood to return to their sport if they are patient. Make sure they know about the natural course of recovery.

Are there things that student-athletes can be doing now or be aware of so that they can prevent problems later in life?

Listen to your body, don’t over exercise if painful or there are other symptoms. You need to respect gradual rehabilitation, along with the importance of muscle strengthening exercises, stretching, and nutrition.

What’s the best piece of advice you can offer parents and coaches regarding these injuries?

Respect gradual return to sports and follow rehab recommendations to avoid re-injury or long-term complications.



Dr. Jike Lu

Dr. Jike Lu completed his doctorate at the University of New South Wales in Sydney. Before joining Beijing United Family Hospital and Clinics, Dr. Lu completed five years orthopedic specialist training under Australia Orthopedic Association. At the same time, he served in the Department of Orthopaedic Surgery at Taree Hospital in New South Wales, Australia.

Jia you!

Add oil, but only the best!

By Dr. Melissa Rodriguez

The fact that good nutrition is tied to good performance in sports is well understood. Food gives us the energy that fuels our body. Like a car, if we use the best quality of fuel, we will run better and more efficiently. Here are some suggestions on how to prepare for the big game in the time leading up to the event, the night before, and the morning of. If you follow these suggestions, you can be sure you'll be giving your body the support it needs to do it's very best!

Eating well is something that all of us should be doing on a regular basis. Yes, there are days when we have more "treats" than we should, but in general, all of us, young and old should be aiming to have a relatively clean diet. Elements of a healthy diet include choosing whole, unprocessed natural foods more often, staying well hydrated and getting a good balance of healthy carbs, good fats and high-quality protein. The body is constantly rebuilding itself. Cells are breaking down and being replaced by new ones daily. The nutrients we take in are the building blocks for new cells, so eating well must happen on the regular.

Drinking lots of fluids should be priority in the days before the event. There are various studies that demonstrate the negative effect of poor hydration on sports performance. Ideally start hydrating a few days before the event, if that's not possible, be sure to do it the day before. Drink extra water, making sure your urine is a very pale yellow colour by days end. Avoid drinking large amounts the evening before. You'll wake up often to use the washroom, and this will affect the quality of your sleep. You need good sleep for optimal performance!

The day before your event, be sure to have plenty of complex carbohydrates for dinner. These will be fueling your muscles, and giving you the energy you need to go the distance. They are also more nutritious than simple carbohydrates. Complex carbs include whole grains, like brown rice, oats, and rye. Fruits high in fiber, like apples, pears, and berries. Beans, peas, and lentils are also wonderful examples of complex carbohydrates. Sweet potatoes are a tasty source of energy as well. Simple carbs are things like white bread, refined cereals, candy, soda, or anything made with a high amount of sugar. These will promptly cause a spike in your blood sugar, giving you a quick burst of energy, and then make you crash. When your blood sugar drops so quickly, you feel weak, tired, and have difficulty focusing. Not something you want to do on the day of a serious sporting event.

Therefore, I suggest more complex carbs the morning of, things like oatmeal, whole wheat bread, steamed corn, or pumpkin. These foods paired with eggs, avocado, yogurt, or a handful of almonds will provide balanced blood sugar and a steady supply of energy. In general, you want to eat about 2-hours before the event, so you have time to digest. Again, continue to hydrate throughout the day and during your event. If you need a snack before you play, choose easily digestible foods like a granola bar and a piece of fruit. Jia you!



Got a question?

Dr. Melissa Rodriguez is a naturopathic doctor and mother of two, who works at Beijing United Family Hospital. To find out more, check out her website at www.drmelissarodriguez.com

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by

Pizza

Annie's hasn't lost its touch
By Kipp Whittaker





It is known that Annie's Italian is pretty much synonymous with not only convenience, as you can get that tasty Italian grub delivered to your door within minutes at just about every corner in the city, but also quality and it is getting better and even more comprehensively Italian as time goes on. We decided to bring Kathie Kennedy and her twin three-year-olds, Robert and Mary Frances, to experience this absolutely necessarily casual dining experience first-hand because when you have two three-year-olds to entertain nothing can quite top the spread that Annie's has on lockdown.

The Kennedy family hails from Ann Arbor, Michigan in the United States. A college town on the outskirts of Detroit, which is a place known for being America's birthplace of automobile production and the Motown sound. The family was brought to China because of work, like many an expat, but have been embracing every aspect of life in Beijing with their two little ones in tow.

When we arrived, the crew was present and undoubtedly hungry. Climbing on chairs and crawling under tables it was quite clear that a pizza would be the most suitable dish to calm and pacify this cute, rambunctious bunch.

So, we ordered up a Margherita pizza (RMB 38) for the two to share and a Rustic Antipasti platter of cured meats and cheeses (RMB 128) for us adults. Both were out and ready to be devoured in record time. From Annie's we wouldn't expect anything less than this sort of punctual but satisfying eats.

The pizza was met with a cheery response from Robert and Mary



Frances. When it comes to pizza and three-year-old taste buds we couldn't imagine much resistance. So it was quickly devoured in the way that only these young kids can do. Not necessarily graceful, as they had a fair amount of tomato sauce on the periphery of their little mouths, which is usually a key indicator of deliciousness in our opinion.

Since they finished all of their pizza, we decided a little reward was in order in the shape of a chocolate brownie covered in salted caramel, ice cream, and dark chocolate ganache (RMB 49). The excitement on its arrival was palpable. Mouths and eyes open wide and ready to take it all in. With a sweet and savory combo like this, there wasn't a single complaint; just the clumsy devouring their dessert.

Like all families living in Beijing for the short or long term, Annie's is an essential spot for dining in or delivery. It was a pleasant time, re-experiencing this classic venue and checking out how it has evolved as of late. We also recommend that antipasti plate. It struck the perfect balance of being kid-friendly with its assortment of cured meats and cheeses while also showcasing some serious Italian food chops that you

would normally find at a more high-end Italian joint.

Annie's

Opposite Sunshine 100, Guanghai Lu East, Chaoyang District
朝阳区光华路东阳光100对面
(8589 8366)



Sporty Snacks

Surprise your champions with some treats on the field.

By: Pauline van Hasselt

After the kids have their next intensive sport match why not give them something to refuel and get them through the rest of the day. This super healthy smoothie is a great pick-me-up after a sweaty match. We won't pretend our M&M granola bars are healthy, but it will no doubt be a winner on the field when shared with friends. It's all about compromising as a parent. This smoothie and granola bar combination will definitely get you to the next round, no sweat.

There's nothing better than a cool blended smoothie to replenish your depleted energy levels after a couple hours of running and rolling around in fierce competition. Here's one of our favorites, which is quite possibly the most appetite inducing smoothies known to man.

Super Sport Smoothie (Serves 4)

- 2 bananas
- 2 kiwis
- 1 box or raspberries
- 1 cup yogurt
- 1/2 cup honey
- 3 cups orange juice

Toss all ingredients in the blender and mix till smooth; add ice if you want it with a cold kick





M&M Granola Bars

Let's face it, many of these store bought granola bars aren't even that healthy, let alone delicious. With these easily found ingredients you can simply fabricate something far superior. Your kids, their coaches, and other parents present on the field will thank you.

2.5 cups rolled oats
1/2 cup seeds of your choice
1/3 cups honey
1/4 cup brown sugar
Pinch of cinnamon
Half cup melted white chocolate
M&Ms to taste

1. Toast the oats and nuts in 180 degrees oven for 5 minutes.
2. Combine butter, honey, and brown sugar, in a saucepan and heat on medium heat till all the sugar is melted.
3. Toss the butter, sugar, honey, mixture in a bowl together with the toasted oats and seeds. Mix till all combined.
4. Put the mixture in a lined baking pan and press very firm so the bars will stay together
5. Pour the melted white chocolate over the granola bars and scatter the M&Ms over the bars.
6. Put the granola bars in the fridge for at least 3 hours so the bars can set.
7. After the bars have set cut them into pieces.

GIRLS WITH GRIT

Beijing girls tell us about their favorite sports

By Pauline van Hasselt

Liu Ruiqi

My name is Liu Ruiqi (Rachel). I am seven and a half years old and attend Yu Ying School. I have been riding horses since I was three; equestrian is my favorite sport. When the horse gallops very fast, I can feel the wind on my face, blowing my hair, and it feels like flying. When the horse and I try to hop over the wood bars on the ground, the horse sometimes almost ignores the bars, but when we make it across I'm very happy and I can tell the horse is happy too. I would like to become a professional horse rider someday.



Katherine Wang

I am Katherine and I am 9 years old. I attend Dulwich College Beijing. My favorite sport is taekwondo. Taekwondo is really fun and I enjoy doing it with my brother. I started practicing a year ago. The most exciting thing during taekwondo practice is when I do something I thought I couldn't do before. I will continue taekwondo for as long as possible but I have different dreams such as becoming a music teacher. I want to teach little kids how to play music because I am also a great violinist.



Calista James Shephard

My name is Calista James Shephard and I am 14 years old. I attend Harrow and study ballet, jazz, and tap at On Pointe Dance Studio. Ballet is my athletic and artistic outlet. Dance in general, and ballet specifically, allows me to be a performer, athlete, creator, and teammate all at the same time. I don't just dance, I am a dancer, and it's who I am as much as what I do. I took my first dance class at 3 years old - it was more like 'playtime' at a dance studio. My classes now at On Pointe are much more structured; I wish I could have started at On Pointe when I was little. This past August, I came in third overall in my age category at the Asian Grand Prix. The Asian Grand Prix is the largest classical ballet competition in Asia, held annually in Hong Kong. My dream is to be a principal dancer or ballet mistress at the Royal Ballet in London. I also love chemistry and would enjoy studying this subject in University while pursuing my ballet dreams.



Julia Seidel

I am Julia Seidel and I am 10 years old, I attend the British School of Beijing in Shunyi. I chose soccer because I like running and being outside and I get to play in a team. My friends in Beijing play as well. My brother and I have played soccer with other children on the beach in South Africa, and with our friends in Australia and Germany. It's a universal game, enjoyed all over the world. I have been playing soccer since I was eight years old, and was chosen to play with the U12 girl's team at BSB this year (and so far we are undefeated!). I don't want to be a professional soccer player, and right now I see my future in agriculture.

Bringing The Pep

Interview
with Dulwich
College
Cheerios
coach Jordan
Stegeman

By Christina Cao, Kipp Whittaker

What's your team's name?

When we started the team we were just known as the Junior School Cheerleaders. As we got more exposure through school sporting events, volunteer opportunities, and performances we inherited the nickname Dulwich Cheerios. The nickname grew on us and ended up sticking.

Traditionally, cheerleading has been given a bad rap because some people think its role on the field is nominal, or its image gets tainted by unforgiving representations in movies or TV. This couldn't be further from the truth as it's a lot of work to do the wonderful things that these girls and sometimes boys put together in order to get everyone on and off the field, court, or other sporting venue in the mood to cheer on their team. We sat down with the coach of the Dulwich College Junior School's cheerleading team to learn more about their path to pep and spreading cheer from one sport to the next and everything else in-between.

When did the cheerleading group at the Junior School of Dulwich College of Beijing begin?

The cheerleading ECA was started by another American teacher that worked at DCB before I moved to Beijing four years ago. Since I had some experience with dancing in high school, she asked me to carry on with this club when she left. Being an American I was more familiar with cheerleading than the other teachers, but I still had to research and learn. It was a big learning experience for me, but I soon came to love coaching this team.



PHOTOS: COURTESY OF DULWICH COLLEGE, BEIJING

How are the girls selected for this group?

All Junior School students are allowed to join our group. They can choose cheerleading as an after school ECA (extra curricular activity).

Tell us what training for cheerleading is like?

First we start with the fundamental arm movements of cheerleading. Once the girls start to look sharp and strong with those basic moves, we move on to jumps and stunts that require more strength. We also spend a lot of time practicing our cheer chants. In addition to strength and skill building, we also like to have fun and play games that build confidence and teamwork skills.

When and where do the girls perform mostly?

The girls mostly perform during half time or before sporting events to encourage crowd participation and enthusiasm. They do a great job at encouraging others to cheer and support our Dulwich Lions.

Were you involved in creating/planning the moves in the performances when you train the girls? Are there any special moves for different occasions, say games or opening ceremonies?

We often like to create our own cheers about the events we are going to. For the netball tournament, the girls learned how to toss and catch poms to look as if they were playing netball. The girls came up with that idea, which made it even better!

What do the parents say about their girls doing cheerleading? Are they supportive?

The parents are very supportive of the girls. They are very pleased with the confidence and teamwork skills the girls are gaining from this sport. We are very lucky to have many proud parents attend our sporting events in support of the girls performances. They are also very happy to see the girls smiling and having fun.

Among all the activities your team have performed in at your school, which one impressed you the most? Why?

I was most impressed by the volunteer opportunities my Cheerios have worked at. Earlier in the year, they helped run different events at the Early Years Sports Day. During this event the girls were responsible for teaching short activities and helping the younger students complete each event. This was great to witness because the girls worked hard and were fantastic role models for the younger students. I felt very proud of their selfless work and beautiful attitudes that day.

As far as I know, some parents have negative impressions about cheerleading from TV or movies, what do you think about that?

I spend a lot of time explaining to the girls the difference between movie cheerleaders and athlete cheerleaders. They understand the difference and work hard to break barriers against the stereotypes by being strong, smart and independent girls.

In your opinion, as a sport, what advantage or positive effect does cheerleading bring to the girls?

I believe that there are many positive benefits to cheerleading. The greatest benefit for me would be the increase of confidence and courage in my girls. Some of them have additional English needs or are quite shy. Cheerleading has really helped my girls come out of their shells and show their personalities. I also feel that my girls have gained a lot of courage since they've joined the team. At the beginning of the year they were terrified of cheering in front of crowds. I was constantly encouraging them to cheer louder. By the end of the year they are loud and proud!




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Kickin' It Old School



Materials

Several feathers, two circular metal scraps with holes in the center, felt, fabric scraps, glue gun, scissors, rubber bands, string



Step 1

Gather and tighten the feathers with rubber bands.



Step 2

Cut two circles about the same diameter as the iron scraps from the felt.

PHOTOS: LENS STUDIO



For those of you who don't know, Jianzi is a traditional Chinese sport that's pretty much based around kicking a weighted feather apparatus in the air for as long as possible. Needless to say it is loads of fun, and results in endless amounts of entertainment for all who pick it up and start kicking it around. It's especially popular in the summer months when you can see everyone and their grandma in public spaces after lunch spending a little energy with these feathery shuttlecocks.

We decided, as the Jianzi is one of the most commonly played activities, that this could be an interesting crafting project to tackle with student Mira Li and teacher Lu Nan, of Keystone Academy. The jianzi can be completed in less than 30 minutes and all of the materials are fairly easy to find, which is nice because less work and prep means more time for play.



Step 3

Stuff the two holes with feathers, and cut off the extra feather bottoms.



Step 4

Use glue gun to fasten the metal scraps to the felt and feathers.



Step 5

Cut the rags to cushion the metal scraps to the bottom, and tighten it with string to hold it together. That's it!

BSB, SHUNYI STUDENTS FILL NOVEMBER'S BLANK CANVAS

By Andy Penafuerte III

Any organized game wouldn't be complete if teams didn't wear a uniform, right? Not only do these various apparels identify the players but they also give a sense of solidarity and pride for everyone involved. In this month's Blank Canvas, we feature the British School of Beijing (BSB) Shunyi, which started a tradition of having their different inter-school sport teams design their own championship t-shirt/polo for the U19 ACAMIS (Association of China and Mongolia International Schools) or U15/U13 FOBISIA (Federation of British International Schools in Asia) games. BSB, Shunyi says the designs highlight the individual and team successes in winning the championship for their alma mater.



2016 U15 FOBISIA - Nina Krause, 16 years old, Brazil



2017 U13 FOBISIA(Girls) - Philip Reichart, 13 years old German



2017 ACAMIS Football - Warren Eben - 16 years old, Belgian



2015 ACAMIS Volleyball - Adam Lejhanec, 16 years old, Czech



2016 ACAMIS Volleyball - SeongWon Moon, 16 years old, South Korea



2015 ACAMIS Football - Herman Palmgren, 17 years old, Swedish



2017 U13 FOBISIA(Boys) - Lola Turner, 13 years old, UK



2016 U13 FOBISIA - Lucia Kaiser, 14 years old, Spain

LET'S GET PHYSICAL

The shifting landscapes of physical education in China





Keystone Academy: Wushu

Since their founding, Keystone began their wushu classes as an independent course for students from pre-school to grade-10. Anyone interested can attend the class no matter if you are a newbie or have martial arts-related experience.

For students from grade-1 to 7, wushu is a compulsory class held weekly and runs for 40 minutes. For those from grade-8 to 10, they can choose wushu as an elective, where it runs for 80 minutes without after-class training.

These martial arts classes at Keystone focus on boxing and the knowledge of related equipment rather than competition. There are three professional coaches responsible for teaching wushu, and the class content includes basic skills, boxing movements, and weapons training.

"Before every new class, I demonstrate the various movements and explain their origins to my students," said Jim Mao, a martial arts teacher at Keystone.

"I hope that the students can reap more confidence and courage from learning martial arts. I often praise and encourage them because I know it's not easy for them to finish all the movements smoothly and in front of other students."

Apart from courses in wushu, Keystone founded their own martial arts group with nearly 60 students ranging from grade-1 to 10. The group takes part in performances both in and out of school, and is expected to enter some big competitions in the future.

There are two ways to enroll students into this wushu group. The first one is by the recommendation of these martial arts teachers, based on students' performance during class. The second way is through testing which is open to all students interested. Aspects such as their overall body condition, flexibility, and balance serve as the basis for this selection process.

What benefits can children have from practicing martial arts?

By practicing martial arts regularly, students can improve their body strength, flexibility and balance, and what's more, self-confidence and develop willpower.

Do students often get hurt when practicing martial arts? How can you avoid this from happening?

It happens. Students usually get hurt from misusing the equipment or spraining their ankles from not warming up enough. Luckily, there is a medical center at the school providing 24-hour first aid to students.

"I stay with students to comfort and calm them when they get injured, while also trying to distract them from the pain. That's very necessary especially for younger kids," said Mao.

Jim Mao tailors different warm-ups according to the class content, trying his best to protect students from some of the risks that come along with martial arts classes.





Beijing Huijia Private School: Ice Hockey

Earlier this year, a hockey stadium made to international standards was constructed at Huijia, while ice skating also became available as a new PE course. The course is mandatory for all Huijia students, and there will be 18 classes available every semester from now on.

Generally, kids over the age of three are able to learn basic skating movements, and can usually begin doing ice hockey at four. Besides enjoying the sport of hockey, it can also help improve personal skills and teamwork.

Besides skating, Huijia also added inline hockey as a PE course. Inline hockey is similar to ice hockey in that the rules and basic skills remain the same, but it's more convenient for students since no specific equipment is needed. Students can register for the hockey class and learn it after school. Hockey coaches at Huijia are all Canadian Hockey Association members with rich teaching experience. Registered students receive two classes a week, with each running for 90 minutes. Standout students will be selected to join the school's hockey team, and receive two-hours of professional training every Friday. One month before competitions begin, the training will be increased to two times a week.

Like other PE courses, hockey practice consists of warming-up, stretching, and skills training. Hockey training focuses on skating skills, goalkeeping, dribbling, and catching the puck. These are all practiced in separated groups according to students' level.

"So usually we need three coaches for a class of 20 students," said Jack, one of the hockey coaches. "The key point is to stimulate the students' interest in hockey. We often show students professional hockey competitions, and organize small events for them to watch live hockey games, improve their sensibility and balance through some related games, and encourage them regularly."

In addition, Huijia plans to add hockey and figure skating as extra elective courses in the near future, which will allow it to be introduced to even more students.

How to avoid injuries during hockey practicing and competition?

Huijia has a "movement risk prevention and accidental injury response manual," giving instructions about potential accidents during a variety of sports. During the teaching process, the coach needs to check in advance to make sure of a safe teaching environment. Additionally, students do proper warm-up stretches, and the class is arranged according to the students' level. The Red Cross is invited to Huijia every semester to give all coaches and stadium staff training in first aid basics. Students who get injured will be given first aid immediately and sent to the school clinic if necessary.

Safety equipment including helmets, kneepads, elbow pads and gloves are used to protect students. The faculty help young kids learn about and properly dress in their safety equipment. Meanwhile, the coach will also educate students how to protect themselves by adjusting the movements and taking full advantage of their gear. Kids are also forced to follow the standard hockey rules to avoid unnecessary accidents.



Western Academy of Beijing

WAB students have opportunities starting in Elementary School to start playing a variety of sports. WAB also offers programs in rugby and baseball, as well as basketball, volleyball, and much more starting in Middle School. However, these are not classes. Sports are done after school and on the weekend as extracurricular activities.

Different sports require different training regiments. Most sports practice three times a week and compete once or twice per week, depending on their schedule. A sports season runs for about 3-4 months at a time at the Middle and High School levels, except some teams which require year-round training.

Chris Clark said, "At its foundation, a lot of coaching requirements are related to general fitness and athleticism – building strength, endurance, flexibility, agility, focus, determination and other skills. Coming together to work with the whole team at practices, as well as participating in drills to help with specific skills related to the sport, are important for building confidence and growing closer as a team. It's not just about improving as an individual. Repetition is key to a player's development in a certain sport, refining and mastering a specific set of skills related to the game. And of course, especially in physical sports, it's important to teach fundamentals so that the athletes can perform them properly, have fun, and avoid the risk of injury.

Of course, winning is one of the main goals in competitive sports, but it's not everything. A coach can't just tell an athlete that they should want to win and expect it to happen. The motivation to win comes from building a culture of the team wanting to be its best, having the desire to excel and be the best you can be, and having accountability among your teammates. It involves a certain amount of pride for the colors on your uniform and the name or logo on the front of your jersey, the desire to represent your team. The desire to win cannot be forced upon an athlete; it grows naturally from commitment, dedication, perseverance and the will to be one's best self for a purpose larger than an individual's own pride."

How do you avoid sports-related injuries?

The most important measure to prevent injury is proper preparation. In rugby, that means learning how to tackle properly and how to be tackled properly to avoid injury. In baseball, that means learning to slide into the bases, how to throw the ball and swing the bat. It means getting the proper equipment for all athletes. It means training them properly to take care of their bodies and understanding the physical toll that athletics can have on a person – staying hydrated, stretching, working out, practicing, and being aware of what your body is telling you. WAB has an internationally certified athletic trainer that works full time on campus to help student-athletes with injuries and educate students, parents, and coaches on topics related to physical health for athletes, including dieting, development, and wound treatment. WAB has strict protocols in place when it comes to dealing with injuries, often partnering with local international hospitals and clinics to have people on site in case of emergency.

What do you think the students learn from playing competitive sports?

There is no limit to what a student-athlete can learn from playing competitive sports, and I truly mean that. Of course, they will

learn techniques about the game and specific skills, but there is so much more to the culture of sport that comes with competing. Students learn what it means to be committed to something larger than just their own interests. They learn about teamwork, communication, determination, hard work, a lifestyle of physical fitness, friendship, perseverance – and maybe most importantly of all, how to have fun.

Check out WABX website (<http://www.wab.edu/experience/wabx.com>) to read more about athletics at WAB.





Beijing City International School

Carter said: "My philosophy on teaching Physical Education is to try and expose the students to as many different sports as we can in the hope that they find a sport that they love and can enjoy lifelong participation in, which in turn will lead to a healthier and more sociable life. So at BCIS, I teach a very wide range of sports from traditional sports like swimming, football, and gymnastics, to sports that maybe seem not so traditional like ultimate frisbee, handball, and kayaking."

"Kayaking was introduced this year as a part of our water safety unit in our swimming classes. As a department, we are always trying to think progressively about new ways to challenge or excite our students through innovative learning experiences. We thought that our students might need real life water safety experience. We decided that the introduction of kayaks would bring a new dynamic to water safety, preparing the students for other types of water activities instead of just swimming. We were mindful of the many parks in Beijing that have boats on lakes and that many of our students go on vacations to beaches where people are able to hire small paddle boats as well.

These kayaking classes are built into our water safety unit which happens towards the end of the school year which means that most students are proficient swimmers or at least very comfortable in the water with a floatation device. We have used the kayaks with grades 1 to 5, but hopefully will use it with high school students next year. Students will have three or four 40-minute classes using the kayaks to learn about the basics of operating them safely.

The main focus of our kayaking lessons is to teach pupils how to enter and exit a boat from the side of the pool, exiting and reenter-

ing the kayak in the water, and safely moving the kayak around the pool. Teamwork and communication are key parts of this exercise as kayaks can tip over if weight is not distributed evenly when entering or exiting. After demonstrations by teachers, students must communicate and work together to make sure that they can enter and exit the kayaks safely. Pupils are supervised at all times to ensure the kayaks rarely tip over. All pupils wear lifejackets even if they are proficient swimmers as a part of our focus on safety, showing them how to wear a life jacket and how it feels to be in the water wearing one. Apart from the safety aspects, pupils enjoy learning how to paddle and steer the kayaks around the pool. We have both single headed paddles and double-headed paddles for the students to try. The real benefit for the kids is developing communication skills, teamwork, and leadership abilities in a new and exciting environment. By thinking outside of the box and using kayaks to facilitate these learning opportunities, they are overcoming new challenges, using core social skills in a totally different environment than they are used to. Allowing students to try different activities puts them outside of their comfort zone and helps to spark passion for sport and physical activity.

How to ensure students' safety during canoeing classes?

Obviously providing new and exciting opportunities like this comes with different safety considerations for the teachers. Like I previously mentioned all students are required to wear a lifejacket even if they are proficient swimmers. There are always at least five members of staff in the class, on the poolside communicating with and observing students, in the boats helping students or in the pool to help pupils in and out of the kayaks safely. For the younger grades, teachers are in the boats with the students. Although smaller kayaks can tip over, our wider kayaks are very difficult to actually tip so students are not heavy enough to cause this to happen.



Kaiwen Academy

The tennis course is open to all KWA students. Students are arranged in separate classes according to their age and ability. The class is given once a week, but those who want to practice more can also attend after-school training sessions.

Generally, the age of seven is a threshold period for children to start basic sports training. When training children around the age of seven, more attention should be paid to basic skills like sensitivity, balance, and speed. It's better not to give children expertise tennis until they are over seven. Too early and training may not help children to perform well but cause injury.

Tennis classes at KWA are provided by China Open coaches. Usually, one coach is responsible for four students and consists of learning fundamentals and match play. Teachers also arrange competitions and some related games, in the hope of improving students' skills in a more fun and efficient way.

"We try to train students through various methods, such as leaving space for students to question and find the solution out by themselves; experiencing different roles in the game to enhance awareness and team spirit, and encouraging students to teach and share with each other. Actively participating in the class definitely helps students improve in a more effective way. Scoring of sports courses at KWA are based on comprehensive records and professional rating systems, that not only take into account students' playing skills but also their moral behavior on the court."

In addition to this, KWA founded a school tennis team that receives extra professional training twice a week after school. Only students with over 3.0 NTRP level are qualified to be a part of the team. Miscellaneous elements like the ability to maintain self-control and the student's sense of responsibility will also be taken into consideration when the coach selects team members.

How does KWA protect students from injury when playing tennis?

Every time before the class, coaches give guidance to students about how to avoid injury. Before and after the class, the coach will also lead students in some stretches in order to relax their muscles. Essential first aid items are always prepared in the sports stadium for emergencies. All coaches at KWA have received international standard first aid training, and are able to give in-time medical aid to students.

And also, it is essential for students to stick to the rules, don't make movements or use skills that are not suitable for your playing level, and stay concentrated.

What benefits can students reap from playing tennis?

Playing tennis will help students improve both physical fitness and mental health. Physically, students can enhance their body strength, balance, agility, and flexibility; psychologically, they are cultivated with better focus, endurance and determination, qualities from which they will not only benefit when playing tennis but their whole life.



Get in the Game

Choosing the right sport for your kids

By Andrew Killeen



Patrick Watene is an expat Kiwi who has been working as an executive and living in China for 13 years. He's married with three sons, aged 19, 17, and 14. His wife, Petrice is a teacher at WAB, and both of them are very active in sports and outdoor activities. In addition to this, they have been actively involved in their son's sports, including participating as a coach for a number of their soccer and rugby teams. Until recently Watene coached rugby for Sports Beijing's junior grades for around three years.

At what age did you start arranging athletic activities for your children? What were your considerations at that time?

Boys started to swim in New Zealand as toddlers. They have been involved in school sports since they were five years old. The key considerations were getting them active and social.

Was the sport their choice, or did you choose for them?

They chose soccer, cricket, and water polo,

which is what most of their mates played at the time. Then they went onto rugby as their bodies developed and we considered it safe enough for them to do.

Is your child passionate about this sport?

They are crazy about rugby! Typical Kiwis!

How do you decide on a sport that suited their age, personality, and level of development?

Our key focus when they were young was active participation with their friends and of course, safety (rugby is a sport known for lots of physical contact).

What was your original reason for arranging sports for your children? After a period of time, for example, 1-2 years later, have your reasons changed? If so, how?

Initially, it was about active participation, developing socially, and learning teamwork. Over time, as they have gotten older, their competitive behavior has grown.

What was the first sport your children played? And do they still enjoy this

sport now?

Soccer – they've since all grown up and play rugby now.

How much time do your children spend on sports every month?

Competitive sports – up to 20 hours per month including training.

Some parents are very ambitious about sporting success for their children, and push them hard. What's your view on this?

I've always been keen for the children to develop healthy, competitive behavior.

How would you like your children to develop regarding sports in the future?

Be active, be competitive, and enjoy yourself.

What lessons do you think sports can teach your children that apply to life off the sports field?

Healthy bodies and healthy minds. Competition is good in life. Good sportsmanship is also important. Teamwork is equally as essential as the individual contribution to the team.

Both Zoe and her husband are working in the Internet industry. Their 11-year-old daughter, studying at a public school, is talented at making short videos, and runs her own Meipai (a popular video App) account. The family loves music, traveling, and skiing. The key word for their annual family trip: concerts! They love traveling around to experience great music. Their last trips were to Tokyo for Coldplay, and Hong Kong for Madonna.

At what age did you start arranging sports for your children? What were the considerations made at that time?

Since she was seven. Our consideration was simple, just to give her some exercise to improve her physical wellness.

Was the sport their choice, or did you choose for them?

We chose for her based on her interests and physical wellbeing.

Is your child passionate about this sport?

Yes, she is very into sports.

How do you decide on a sport that suited her age, personality, and level of development?

Mainly according to her ability. My daughter has very good balance, so we taught her rope skipping when she was five, skateboarding at six, swimming and dance at seven, figure skating at eight. Her focus has been on figure skating, skiing, and modern dancing since she was ten.

What was your original reason for arranging sports for your child? After a period of time, for example, 1-2 years later, have your reasons changed? If so, how?

The original reason, as I mentioned before, is to improve her physical wellness, it wasn't a utilitarian thing like preparation for overseas education being taken into consideration. These reasons haven't changed. We introduced her to more sports as she grew older, but still, her interests came as our top priority. We want her to enjoy sports without any extra unnecessary pressure. Actually, the sports we chose for her are connected in some ways. For example, rope skipping and dancing improved her figure skating skills, and figure skating skills reversely helped her do better in skiing. She did well and gained more confidence as a person from these sports.

What was the first sport your child played? Were there any experiences

during this period that made her might want to give up?

The first one she took seriously was skateboarding, and now she is focusing on figure skating, skiing, and modern dancing. No, I don't think so. We never put pressure on her. Learning these sports improved her in various ways and also entitled her to have more experiences to share with her friends. The main motivation is that she really likes them.

How much do you spend annually on her sports training?

Around RMB 20,000.

How much time does your daughter spend on sports every week?

Two afternoons every weekend, plus six-hours of expert training.

There are many parents that attach a certain amount of pragmatism when it comes to choosing sports for their children. What do you think about this?

I am strongly against it. I think the negative effects vastly outweigh the benefits. The main point of sports is to enjoy it. So only true passion and interest for the sport should be the dominant consideration when choosing sports for your children. Besides that, their physical health and mental health is also very important.



PHOTOS: COURTESY OF PATRICK WATENE, ZOE ZENG

Family Namaste

Yogi mother stays flexible while running her yoga empire

By Pauline van Hasselt

In this edition of *Marvelous Mom*, we focus on a mother who involved her children in her work and passion for yoga. We spoke with Angelina Liu who has been a yogi for over 13 years. Liu has been in Beijing since 2003 and originally comes from Shandong Province. She is a mother of two boys Oliver Alexander (age 9) and Tristan Peter (age 5). As an adult yoga teacher she wanted her children to benefit from yoga, so she started to study baby and children's yoga abroad. After her first son was born in 2008, she founded Incy Wincy Kids Yoga. Instead of just focusing on her family she decided that children across China could benefit from this practice as well.

Yoga is an activity that has been practiced for thousands of years, though the exact history, and origin is highly debated. But, what we do know is that yoga is much more than just mastering poses. The first goal of yoga was to understand the world, but later the goal changed to be about self-enlightenment. In Hinduism, Buddhism, and Jainism the word yoga means "spiritual discipline." Modern yoga consists of five



principles: relaxation, exercise, proper breathing, proper diet, positive thinking, and meditation. These are all aspects that have the potential of benefiting a variety of people, young and old.

Her international organization, Incy Wincy Kids Yoga, has been a success since she founded the company and had taken it to many cities like Beijing, Shanghai, Bangkok, Singapore, and Hong Kong. Since then, Liu has also been featured on TV and in newspapers. She currently is the Wake Yoga App children's teacher and the main yoga instructor for CCTV's Children's Channel with a session that airs every morning throughout China.

Liu explains that juggling motherhood and owning her own company has not always been easy. When she founded Incy Wincy Kids Yoga, she focused on babies and toddlers, so taking her son to the class was a bit easier. But around the time when the company started growing, and she started to teach kindergarten and older kids, she also had her second son. She juggled her time training teachers, developing programs for kindergarten, and other school students, all the while breastfeeding her newborn. She could not spend as much time with her children as she wished, so she had to focus on the quality instead of the quantity of her family time. Now that both her boys are in school she does her best to only work during school hours so that she can spend the weekends and evenings with her family.

Both her sons have grown up with yoga since pre-birth, so yoga is equally a part of their lives. Liu has been practicing yoga from pregnancy and never stopped. Liu even wakes up early to practice an hour of yoga before she wakes her children. The children practice yoga when they arrive at school as it's a part of the curriculum at House of Knowledge (HOK), but on the weekends the whole family will practice



together. Yoga is part of their lives, and being a yogi takes up a lot of Liu's time, but she does her best to balance between work and family life. Often her children try to be a part of her classes as her older son can assist through being her yoga partner.

There was a period in her career when Liu felt guilty towards her younger son while he was still breastfeeding and she had to leave him sometimes to teach or train. After this she decided to hold back the growth of her company until both of her kids were going to school, but she is now back in full force.

While both her sons are not babies anymore, they still ask for baby yoga, and when she helps them move their arms and legs into various positions, they have a blast and laugh a lot. Yoga has been instrumental in helping to build their family bond through physical touch, trust practice, and her love and positive energy she passes on to her kids.



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Confessions of a Soccer Dad

One man's journey from smug superiority to embarrassing fist pumps

By Andrew Killeen

About the Writer

Andrew Killeen is a novelist and creative writing teacher. Originally from Birmingham, England, he studied at Cambridge University and now lives in Beijing with his wife and two crazy boys, Noah (age 10) and Joseph (age 7). In between he was at various times a DJ, festival director, positive parenting practitioner, and homeless support worker. His critically acclaimed historical novels are available from Dedalus Books.



Back in the mists of ancient history (July last year, to be precise), I wrote a column drawing on my experience of watching my kids play soccer in Beijing, to explain why China performs so poorly at the sport.

Curiously, the letter from the Chinese Football Association thanking me for my valuable insights never arrived. It must have got lost in the post. I'm sure though I can take some credit for the national team's soaring up the world rankings since then, from 81st to a lofty 66th, snapping at the heels of Jamaica and Panama. Meanwhile England have slumped to 15th; clearly I need to get over there and give them the benefit of my wisdom.

My real point though was to criticize western parents who take their kids' sports way too seriously. However a year down the line, I have become that soccer dad yelling from the touchline. Beijing has made a hypocrite of me, just like the time I found myself cycling down the wrong side of the road on a bike with no lights.

It all began when we moved to Shunyi. For all my grumbles about life in the 'burbs, the sporting options here are much wider than downtown. And so my boys ended up trying out for a team which actually competes in a league.

We were pleased when they were both selected – though my cynical side wondered whether anybody would be turned down,

given the hefty sums which are charged for coaching. And we didn't fully appreciate the huge commitment we were taking on, with training twice a week and matches on Sunday.

However it's turned out to be worth every jiao. As the boys have gone through a second move in two years, once again leaving behind friends and familiar comforts, belonging to a team has brought them new friendships, fun and self-confidence. Me though – it's turned me into a nervous wreck.

A quirk of scheduling means that it's the younger one's team whose matches I attend (they play at the same time in different locations), and I have become a rabid fan, shouting myself hoarse and celebrating goals with a range of embarrassing fist pumps and gorilla roars. Professional football has dwindled in importance, as though I'm looking at it through the wrong end of a telescope. The travails of my hometown club, Birmingham City, seem a very long way away. As indeed they are.

In part it's a natural parental desire to see my children succeed and be happy. Joseph is an intense young man, and takes his and his team's performances very seriously. Life was much easier when they were on a five-game winning streak, than when they finally met their match at the hands of a team of ruthlessly efficient German kids. (International football stereotypes transfer freely to the

children's game, I have discovered.) To our surprise though, he accepted their first defeat with a new maturity, another benefit of being in the team.

I can't deny too that there's an element of just what I criticized other parents for: vicariously living out their sporting fantasies through their kids. I was never any good at football, or for that matter any sport involving physical coordination. I was always bookish and nerdy and only ever represented my school at chess and long-distance running, where my ability to plod relentlessly for mile after mile rendered me less than entirely useless. When I see Joseph's teammates high-fiving him for pulling off a spectacular save, I feel a surge of pride which my own meager sporting achievements never gave me.

Mostly though, I just like the team. I like the kids, who are competitive without being aggressive, I like the coaches, I like the atmosphere at matches. I try not to be graceless, to encourage respect for the officials' decisions, to cheer the other players, even the opposition. I'm trying to rein in the urge to coach from the touchline, though this is a work in progress. The truth is, I also found the move to Shunyi unsettling, and I get from the experience what supporting a team can give, as well as playing in one: a sense of belonging.

The Puck Finally Drops Here

One family's search for hockey in China has finally yielded fruit

By Jennifer Ambrose

Many Saturday mornings this year, we have risen before dawn and loaded our car with hockey gear. We drive to a rink, joining other families who have made similarly groggy treks to freeze for a few hours. From the looks of it, we could be in any North American city or suburb, but, of course, we are not. We are in Beijing, and until this last year, I never thought my China-raised kids would ever participate in hockey.

Hockey had been growing phenomenon in my Western Pennsylvania home ever since my childhood. It really took off after Pittsburgh's team, the Penguins, drafted the greatest Canadian player to come along in a decade, Mario Lemieux, winning two Stanley Cups with him. The flames of the region's hockey passion were further fanned in 2005, when the team drafted the newest greatest Canadian player, Sidney Crosby.

When that 2005 team held their first open practices, I took then two-year-old Myles with me to witness the genesis of the Crosby era. Myles was spellbound by the blur of skates and sticks, breaking his focus occasionally to look up with a smile of disbelief. "Hockey-Crosby," was all he could talk about for weeks.

Only a few months later, though, Myles and I packed off for Shenzhen, a city with no winter as we understood it. I was resigned to leaving hockey back in Pittsburgh.

However, this would be a China story, and the China story would often be about change.

During our time in Shenzhen, shopping malls started installing ice rinks. There was one a short cab ride from our neighborhood. Some friends offered to take Myles on ice for me as I was pregnant (and I'm a terrible skater). My son's early skating lessons were from women who were from Indonesia and Jiangxi, neither place known for icy weather.

Later we moved to Beijing, where parks around the city groomed their lakes during the coldest months. Changping Park's pond was where Myles kept up with skating and Brigid took her first tentative strides in the tiniest skates many commented they had ever seen.

It was there, too, we would encounter a boy a little older than Myles, speeding around the ice in full hockey kit. He and his dad were amused by Brigid's interest in what he was doing, so they indulged her by letting her try a stick and puck. She was ridiculously happy pushing around that puck.

From that boy we learned that even for the talented and motivated, there were few youth hockey teams around Beijing. None near Changping, but for him and his family, it was worth the effort and travel to seek them out. He has since left for school in Canada, ascending in the junior leagues there. Hockey, still, remained out of reach for us.

The greatest change was yet to come.

In 2015, China was awarded the 2022 Winter Olympics. Xi Jinping declared that

the country would grow winter sport participation to 300 million people. With this came increased opportunities for the quadrennial event's slate.

Seemingly overnight, hockey appeared everywhere. The Russian KHL expanded into China with the Kunlun Red Stars. This was followed by two women's teams in Shenzhen, NHL exhibition games, and the arrival in several Chinese cities of First Shift, the Canadian introductory program.

Brigid joined Beijing's First Shift this year, receiving the proper hockey instruction I had never thought possible in China. Through First Shift, she would learn to play and enjoy the sport just like if we were back in Pittsburgh.

Saturdays since have felt too cold and too early, and yet, more than we had hoped.



About the Writer

Jennifer Ambrose hails from Western Pennsylvania and misses it terribly. She still maintains an intense devotion to the Pittsburgh Steelers. She has lived in China since 2006 and is currently an at-home mother. With her husband Randy and children Myles and Brigid, she resides outside Sixth Ring Road in Changping. Her blog can be found at jenambrose.blogspot.com.

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BREAKING THE ICE





SLAP SHOT

CISB's hockey program is building fierce kids on and off the ice

By Mavis Chu, and translated by Huang Chenkuang

Equipped with world-class facilities and offering an internationally recognized Canadian education curriculum, the Canadian International School of Beijing undoubtedly attaches great importance to their hockey program. We interviewed four of their top players—Rachel, Charlie, Song Tianyi, and Song Tianxin, who are uber pas-

sionate about their life on the ice.

"I fell in love with hockey the first time I watched a hockey game," Rachel told us with excitement, and explained to us some of the rules of the game.

Hockey demands lots of strength and energy, and is physically challenging for athletes especially girls involved in a coed team.

"During the mixed games, there is an inevitable amount of physical contact no matter if you're a girl or a boy. It can get even more competitive because no boy wants to lose to a girl," said Rachel's mother.

"Rachel even got punched in her face competing with an American team last year, when she tried to score and the opposing team's goalkeeper tried to stop the puck. Rachel used her full force to confront the goalkeeper and scored anyway," she said.

Rachel's parents were not that supportive of Rachel's decision to play hockey until she showed her persistent enthusiasm.



"I convinced my parents by playing hard. I never complained despite how tough the training was, and tried to make progress with each practice."

Nine-year-old Charlie is the team leader for the grade 1-3 team. Starting hockey when he was just six years old, Charlie usually plays center. Charlie told us his favorite part of doing hockey is the speed.

"I feel like I'm Optimus Prime when I wear my hockey gear. I enjoy it even though the training can sometimes be really tiring," said Charlie.

"Charlie is not very tall, that's one of the reasons we chose hockey for him rather than basketball," Charlie's dad told us. "He is agile and has good sense of logic, which puts him into a more advantageous position for playing the sport."

"I think having a positive attitude is more important than winning the game," Charlie's mom said.

"Yeah, we agree on that. We think as parents we need to give Charlie our full support and understanding. His devotion and passion ultimately will help him stand out," Charlie's father added.

13-year-old Song Tianyi and 12-year-old Song Tianxin are a brother and sister, who have been playing hockey for five and half years, and one and half years respectively. Tianyi plays full back, while Tianxin is the goalkeeper.

"I have faith in them. I believe they will play better and better if they set up goals for themselves and keep powering forward," said the pair's mom.

Tianyi and Tianxin dream of entering the National Hockey League (NHL) and Kontinental Hockey League (KHL), and playing for the national team in Beijing's 2022 Winter Olympics.

"Rachel has become more strong-minded thanks to playing hockey," said her mom. She wants to prove to her coach that she can play as well as the boys on the team.

"I'm happy to notice Charlie's changes as well. He became more outgoing and strong-willed. Playing hockey not only improved his physical fitness, but gave him more self-confidence, and gave him the belief that you reap what you sow," Charlie's dad told us and turned to his son saying "I'm very proud of you. Nothing else but your own devotion and hard work can



take the credit for what you've achieved."

"Being a team leader has cultivated the spirit of teamwork into Rachel," said Rachel's mom. "She comforts her team members whenever they fail to score instead of complaining."

"For me, I care more about the unity of the team than winning the competition," said Rachel. "All of the team members are my good friends. I'm so happy to play with them."

We could tell that they were consumed with passion for this sport that only recently has entered the national spotlight with Beijing getting its own KHL team and preseason NHL games occurring in multiple cities across China. Rachel's face lit up with pleasure and pride when talking about the most unforgettable game they played.

"For the first half of the game, our opponents were three goals ahead when I was transferred into the center position. From there I scored four goals and opposing team scored one. The score was 5:5, so the last several minutes were super intense. We landed an extra goal in the last two minutes before the game ended, and succeeded in holding the



lead despite the opposing team becoming desperately aggressive."

"I think the opposing team was too eager to win. Being too competitive sometimes doesn't help in this game," Rachel said, and we could see why she was one of the team leaders with this very positive outlook.

The most impressive game Tianyi played was the U12 Tournament in Beijing last year. His team didn't lose a single match.

"The moment of scoring is very exciting. Of course we lost sometimes, but that didn't frustrate us into performing poorly during the next game," Tianyi said.

"As a parent, I totally understand other parents' concerns," said Tianyi's mother, "I always tell Tianyi to play fair and square, respect other players, and don't regard winning as the only purpose."

"The pleasure of winning of course comes with the frustrations of losing. I think for the children, learning how to face failure and overcome it is more important than enjoying the pleasure of victory," said Rachel's mom.

"They lost in a game in Hong Kong. They played really hard and were so upset when the opponents were celebrating. Rachel controlled herself until I told her that it was ok to cry." Hearing what her mom said, Rachel kissed her

head and became quiet in thought.

"One of the team members asked to be taken out during a game due to feeling unwell, but Charlie's team didn't quit and played harder. I was so moved by their spirit and attitude," Charlie's Dad recollected. "Learning to balance winning and losing is a major process of growing-up."

Even though practicing hockey is very demanding, these children also perform well in their studies, as well as other hobbies.

In addition to hockey, Tianyi also plays baseball and piano, and helps his mom do housework.

"He is very independent, and even helps me cook and take care of his younger sister," his mom added.

Tianxin, his younger sister, has been learning dancing and piano, which may seem quite



the opposite of this very physical contact sport.

Charlie is excellent at swimming and is also an ABRSM level-5 piano player.

Rachel likes all kinds of sports, and is learning the Chinese flute and French.

"I found out that good hockey players also do great in other areas. I think it is the spirit of not giving up they gained from playing hockey and this works additionally in other areas of interest," said Rachel's mom.

At the end of the interview, Rachel read one of her favorite lines of poetry from *The Biography of Yue Fei*: "Don't waste your youth and regret fruitlessly when moving forward into old age."

We could tell when talking to these active kids that regret, especially regarding hockey, was the furthest thing from their minds, as they were gaining all of the necessary tools to live their lives in the moment. This is an invaluable attribute that follow them on and off the ice for many years to come.



PHOTOS: COURTESY OF CISB

CHONGLI

Skiing goes mainstream on road to 2022 Winter Olympics

By Kipp Whittaker

Beijing might at first glance seem like an odd place to hold the 2022 Winter Olympics. But, when you also factor in some of the other locations like Sochi or Vancouver that have also held this logistically challenging series of events that require a multitude of venues and plenty of snow, maybe Beijing is so crazy that it just might work.

President Xi Jinping announced publicly in July of 2016, that if China were awarded the 2022 Winter Olympic bid, his mission would be to get over 300 million citizens involved in winter sports. That's a very ambitious number, but if current figures are of any merit, then there is a definite upswing of people hitting the slopes. In 2016 it was announced that Chongli received 2.185 million tourists in an increase of 30 percent during the first snow season after winning the Olympic bid.

We chatted about the growth of skiing with Justin Downes, founder of Axis Leisure who is heavily involved in the development of ski resorts in China, and Pete Tupper, founder of Imagine, an outdoor activities club located in Shunyi. They had some very interesting things to share about the measures being implemented to either spark interest or train newbies in this up-and-coming sport, and some of the opportunities that are available to any of you out there that want to get involved.

Both of these gentlemen started off by saying that skiing is still a very new activity to a majority of the people living here in China, but they have both noticed the growth taking place firsthand. Tupper explained, "When I first came to China in 2010 the ski industry wasn't very developed. There were fewer resorts, and there weren't so many tourists or skiers here at that time. The experience opened my eyes to the possibilities because it was already starting to pick up some momentum and from there decided to make it my career and set up Imagine in 2014."

Alternatively, Justin Downes came to China with a Canadian development company in 2006 to re-develop Yabuli, probably the oldest ski resort in China. Downes said, "At that time Yabuli was pretty much known as the grandfather of skiing destinations in China. Back in 2006, if you asked anybody if they knew a ski resort, Yabuli was going to be the first one they would mention." He ended up sticking around China to begin Axis Leisure because he wanted to be present as the popularity around skiing began to materialize.

The growth would no doubt begin to intensify over the next couple of years, and now you can find at least six destination ski resorts in the Chongli area alone, with new additions being added every year.



"The Chongli, Zhangjiakou area is probably the greatest concentration of destination resorts in the country, and there are six of them within a 30km drive of each other. They are all at an international standard as far as their quality and infrastructure," Downes explained.

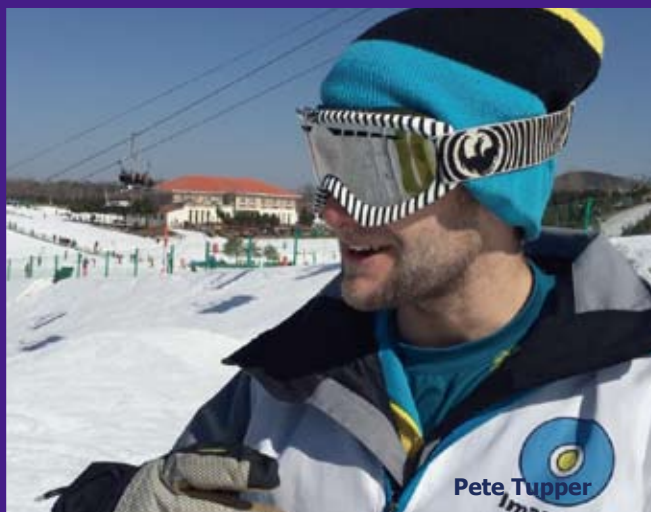
These areas will only continue to develop as transportation times are cut down to 90 minutes by car and 50 minutes by train beginning in 2019. It is almost certain that the allure of clean air and mountainous landscapes of Chongli will turn it into one of Beijing's most desirable suburbs.

"If you go up on the weekend, all you see is Beijing license plates. It's a getaway for people from Beijing, and people are buying homes up there and eventually might make it their home year-round. It has certainly become a lifestyle mecca, but also a significant investment for a lot of people," he added.

This sort of boom that has been instigated mostly because of the 2022 Winter Olympics, has also resulted in more opportunities for kids to get involved in skiing, whether it be through better instruction or the resorts putting a focus on catering to the needs of not only people who desire to ski but also families. We asked if there were any resorts that were doing a good job in creating a product that was suitable for both young and experienced skiers alike.

Downes answered, "The main resorts that seem to have done the best job in Chongli until now are Thaiwoo and Wanlong. Both of them have developed a good reputation for encouraging parents to deposit their kids rather than being a part of their learning programs. Fulong Resort is probably the only resort in the Chongli area that is

OR BUST



purely focusing on young families. They are new in the resort game as of last year, but they are bringing in a Lego Brick Live Play Center for example, and some of the best international quality branding and experiences outside of the ski experience. If you are a kid, you might only be on the slopes for four hours of the day, so it's also about how to entertain them the rest of the time."

Pete Tupper and his company Imagine have been working hard to lay the essential groundwork in teaching kids how to ski and develop their skills. During the winter months his organization brings students from all corners of Beijing to different resorts outside of the city ranging from Nanshan to Chongli, and all the way to Japan for their annual Christmas holiday ski trip.

In addition to these trips Imagine also offers private excursions with their European trained ski instructors to resorts in Chongli or beyond. This is great for families looking to give it a try but need the expertise of an English speaking professional. He mentioned that one of the most important things about learning to ski is having a capable instructor to help you along and teach you what is needed to have fun safely.

Tupper said, "Safety is a key topic when skiing in China because a lot of people don't really know how to stop, to put it simply. You'll find a lot of people skiing very fast and out of control and an instructor can not only teach you how to control your speed but also how to avoid these other people. The instructor can also help by looking around while the student focuses on his skiing which keeps the kids out of the way from anything that might be dangerous. When going alone, you might not be aware of all of the risks that exist when trying to get down the mountain safely."

Despite these dangers, risks, and high costs, we asked Tupper why he felt it was gaining popularity?

He responded, "I think skiing is a great family sport. It's one of the few sports that families can enjoy together. When kids come for our ski competitions, parents often enjoy being there and skiing for themselves at the same time. It's not like standing there watching a football match; you actually get to enjoy yourself."

This ski competition he mentioned is the climax of the Imagine ski season calendar, where kids from all age groups get to show off all they learned throughout the winter in this friendly competition. The 2018 International Schools Snow Sports Championships of China will be held from Mar 2-4, at Wanlong Resort, in Hebei Province. We couldn't think of a better way to ignite the excitement coming in 2022 than actually having kids get their chance to compete.

After all, while it will likely be economic reasons that initially promote the development of these skiing resorts and facilities here in China, it will ultimately be the love of the sport, by families and young people that sustains this trending, healthy activity.



CUTTING EDGE



The making of a champion figure skater

By Ying Xin, translated by Huang Chenkuang

With the mounting popularity of skating, more and more Chinese parents spare no expense in letting their children learn the sport, in the hope of providing them with an extra skill that may help them stand out in the future or experience a richer, more complete lifestyle.

Chen Lu, the once Winter Olympic champion skater, as well as the founder of the Chenlu International Skating Club, has been teaching skating for nearly a decade.

"There will be many limitations if you only care about winning medals. The main reason that drives me to promote skating is to cultivate this kind of athletic spirit that will have a life-long positive impact on children," Chen said.

So what exactly does this "spirit of the athlete" refer to? The pains and gains, along with the ups and downs that exist in figure skating may give us a brand new perspective on this.

A fair dose of "craziness" is necessary

Chen comes from Jilin province in North China. When she was young, it was an age without too much entertainment for young people. Skating was basically the only way for local children to entertain themselves when winter arrived.

Chen started skating when she was only four and a half years old, and she can still clearly remember the excitement she felt the first time even though decades have passed from this initial experience.

"I love skating so much that I wish I could live on the ice," Chen laughed. She never gave up the sport of skating since she began.

Both of her parents who were also professional athletes laid the foundation for Chen Lu's athletic career.

Training for figure skating was even tougher at that time because there were no inside skating rinks for practice. Being in the amateur group, Chen's training schedule was always at the crack of dawn.

"It was minus 40 degrees outside. I was still half asleep when my dad escorted me to the training area. We usually started at four in the morning, sometimes two."

It sounds like a challenging schedule even for adults, let alone a four-year-old. When asked what sustained her, Chen said without hesitation, "Interest is the best teacher. I love skating and dancing, which both happen to be the basis of figure skating."

Based on her own experience, Chen always urges the coaches to be creative in stimulating their students' interests in skating.

Parents' understanding and support are also super important, especially when their children are too young to have self-control and persistence.

"My dad never pushed me hard but used a couple of tricks to encourage me. He would spend hours every day sharpening my skates because we couldn't afford new ones."

Chen always jokes that there are always "crazy" parents behind successful children. "The impact from parents is immeasurable. The principle my dad kept cultivating in me is to stay calm, be composed, and be fearless, which has encouraged me for a lifetime."

Practicing sports should be a part of your daily itinerary rather than a half-hearted job

"As long as you tried your best," that's what Chen usually says to her children.

Chen has a daughter and a son. Her son doesn't like skating, but loves tennis and has been playing for seven years now. Anna, the daughter, loves skating so much that she doesn't want to leave the rink every time after they train.

"I like being dressed up pretty for figure skating," Anna told us was the original reason she got into the sport.

During the 2017 Asian Junior Figure Skating Championships, Anna grabbed the top spot for the Beijing group.

Before the competition, Anna didn't feel well and suspended training for a week. Her dad suggested that maybe she shouldn't attend, but Anna insisted "I'll try my best no matter what the result."

Chen said she saw many similarities between her daughter and herself.

"I think I got this from my parents. I was very competitive and always tried to finish the movements perfectly. I barely feel the pressure of competition but rather enjoy it."

That's also how Anna does during the training: always trying to do better. According to Chen Lu, a well-arranged schedule is very important. "Stick to the schedule until you get used to it without feeling any reluctance to keep it going."

Comparing it to other competitive sports, figure skating is more comprehensive as it combines music, dancing, and image design. Children can learn a variety of new things from this sport.

"Anna has her own ideas and unique sense of aesthetics. She now listens to all kinds of music including opera, and discusses with me how she will choose a costume and design her choreography to go along with the song."

Chen thinks mastering a type of sport not only improves your physical fitness but leads to a more positive and social life.

"Many of my students went on to study abroad, and being good at figure skating has played an active role in their social life."



You are competing with nobody but yourself

During the interview, Chen brought up one sentence several times—If you can endure the pain of professional training, you won't think other problems in life are difficult to handle.

"Being a professional athlete, one faces new challenges every day. Every day is a new beginning to surpass yourself. After tough and tiring training, you feel so fulfilled."

When asked what's the biggest change figure skating brought to her life, Chen found it difficult to just mention one.

"I achieved success, honor, and applause, and I also met my husband thanks to figure skating. What's more, I think figure skating gave me a good way to vent my emotions, which is more important for us in these high-pressure and quick-paced times."

It also helps that Chen listens to lots of music and can visualize the skating movements that match with these songs.

Some of Chen's students now are studying abroad at some of the top universities. Though none of these students became professional figure skaters, the positive attitude they had toward skating training contributed partly to their current success.

"Chinese students have very tight study schedules. One of my students insisted taking figure skating classes even though she had tons of homework to do: 'My studies are very stressful. Figure skating now is the only thing that relaxes me. I won't give up skating no matter how busy my studies are.' That's exactly what I want to tell parents: By practicing figure skating persistently, children will develop a positive attitude to face challenges, rather than a spoiled child who can't handle the burden of any pressure whatsoever."

"When standing in the skating rink, you're competing with no one but yourself. Every tiny progress you make is the result of your hard work. Be the star of your own film. That's the kind of faith that maintains your persistence and allows you to grow stronger."



Learning in Action

SCHOOL NEWS



HoK Welcomes Dr. Carsten Mueller as CEO

House of Knowledge has appointed Dr. Carsten Mueller as CEO. Carsten has worked in education management across all major Asian countries during the past 10 years. His experience spans financial and strategic management of international schools, preschools, and training centers. Carsten holds a PhD in philosophy from Goethe-University in Germany and an MBA from Vlerick Business School in Belgium.



WAB Hosts Charity Game for Breast Cancer

Western Academy of Beijing's (WAB) Tigers volleyball squads teamed up with rivals at International School of Beijing (ISB) to host an exciting night of sports, music, and fun to support breast cancer research. As October is Breast Cancer Awareness month, the teams hosted a charity volleyball evening that raised nearly RMB 8,000 for Coaches vs. Cancer.



ISB's Annual Run for Cancer Research

The International School of Beijing took the track on September 29 for their 24th annual Terry Fox Run, raising over RMB 40,000 for cancer research.



Aidi School Art Class meets Beijing Design Week

Students from Aidi International High School of Art and Design showed their craftsmanship at Beijing Design Week at the China Central Place on September 18. Among the exhibits was their artwork using Epoxy resin, ebru, embroidery, and other interesting artistic materials.



YCIS Pupils Experience China

As a part of YCIS Beijing's annual Experiencing China Programme, secondary students recently went on overnight excursions throughout the country on October 14, including trips to Qufu, Mount Tai, Hangzhou, Lijiang, Moganshan, and Inner Mongolia.



DCB Year 12 Take a Portrait of Beijing

Year 12 students and art teachers from Dulwich College Beijing (DCB) embarked on a photojournalism tour of Beijing last September 15-16, wherein students approached and interviewed people living in the city. They aim to investigate residents' perception of the city they live in.

The Circuit is a chance to check out what's happening in the Beijing community. Want to see your event on these pages?



CISB at U11 Girls Soccer Game

The Lady Bobcats from Canadian International School of Beijing (CISB) came away with a 4-0 victory with Rachel Zhao scoring the hat trick and Nuria Calunjinji chipping in another goal in this game on October 12.



Circle World Arts Enlightens the Keystone Community

Circle World Arts took the Keystone community on imaginary journeys along the Silk Road on October 9. By improvising and playing music together on a range of instruments, and across musical styles and cultural traditions found along the Silk Road, students learned about its rich history and discovered unique variations and connections across its musical cultures.



PHOTOS: COURTESY OF KEYSTONE, CISB

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **November 16**



DCB Refashions Shakespeare: Costume Design Exhibition for "A Midsummer Night's Dream"

Dulwich College Beijing's (DCB) Art Department presented its costume design exhibition in collaboration with the drama department's production of *A Midsummer Night's Dream*. Year 11 art students have completed in depth costume design projects which comprise a significant part of their GCSE coursework submissions.



Yew Chung Celebrates 85 Years

Yew Chung International School of Beijing (YCIS Beijing) celebrated the 85th anniversary of the Yew Chung Education Foundation on October 13 with an assembly featuring a live video stream joining more than 10,000 students from throughout the school network. Students and teachers then spent the rest of the day competing in friendly Founder's Day sports and games.





WAB Middle Schoolers Support Human Rights on Coming Out Day

Middle schoolers from Western Academy of Beijing (WAB) organized a day of activities to raise awareness for gender equality and human rights. Coming Out Day is celebrated worldwide on October 11 to support the LGBTQ community. WAB students gathered signatures and donations to show their solidarity. Money raised went to the Beijing LGBTQ Center.



Juilliard Artist Erin Wight Visits BSB, Shunyi

Juilliard artist Erin Wight visited The British School of Beijing (BSB), Shunyi on October 16 and interacted with students and teachers. BSB's music curriculum was designed in collaboration with the world-renowned Juilliard School and gives students a unique opportunity to connect regularly with practicing Juilliard musicians.



PHOTOS: COURTESY OF BSB SHUNYI, WAB



BSB, Sanlitun House Music Competition

To start the Golden Week holidays, the children at British School of Beijing (BSB), Sanlitun enjoyed a wonderful performance from their teachers representing each House in the annual House Music Competition on September 28.



21st Century Education Workshop at HoK

House of Knowledge (HoK) kicked off their series of 21st Century Education workshops at their Quanfa and Victoria Gardens locations. Farshad Danicek, co-founder and Head of Program Development, explained how Reggio Emilia education is suited for the 21st century when people move around, cultures mix, and technology spurs constant change. Parents took home advice about how they can support their children in their social and cognitive development.





3e Spirit Day

On September 22, pupils, parents, and staff from 3e International School celebrated 3e Spirit Day. They had the opportunity to dress in the colors of the school, receive stickers and balloons, and enjoy a collaborative art activity of creating a 3e family tree.



Welcome Back Party for Eduwings Kids

Eduwings Kindergarten held a welcome back summer party for celebrating the children's return from the holidays last September 19. With a theme of "One world, one family," teachers related many fun activities to various countries and continents.

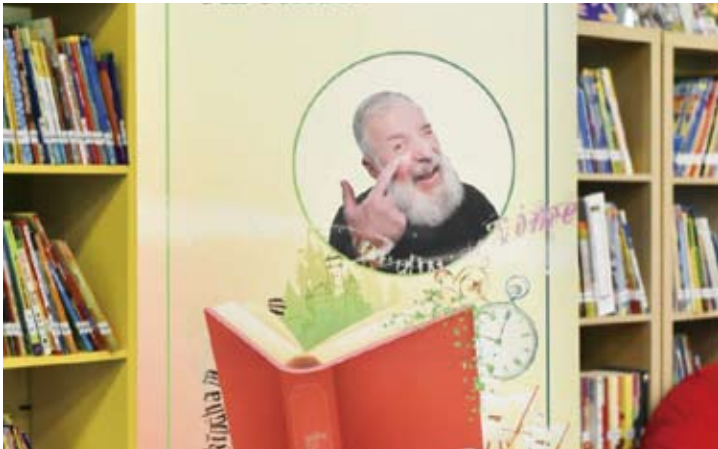


PHOTOS: COURTESY OF EDUWINGS, 3E



Storyteller Jamie Oliviero Visits JOY EL

Our students had the opportunity to meet Jamie Oliviero, a storyteller from Canada who comes from a multi-cultural background. His presentations are entertaining, animated, and they address cultural diversity which is a characteristic they value at JOY EL.



Autumn Festival Brings BCIS Community Closer

On September 23, the fourth Autumn Festival at Beijing City International School (BCIS) took place on their football field. Over 3,000 attendees came to take part in the many fun-filled activities and commemorate this important occasion in traditional Chinese culture.



Norberg Family

Text by Pauline van Hasselt, Photo by Dave's Studio

This big sporty family hails from Ketchikan, Alaska. Nathon, Sara, Noah (9), Annika (8), Boden (6), Magnus (3) and David (1) have already been in Beijing for four years now. Whenever possible the family rides around Shunyi on their bikes to get a little exercise. They have two trailers, a tandem bike, and a Dutch bike that carries two kids on the back, while Noah rides along. This expat family rides pretty deep, and have managed to find the perfect balance between their American roots and current residence in the wild suburbs of Beijing.

Favorite Store for Groceries

Houshayu Market

Adopted Chinese Culture

Driving like the locals, buying fruits and veggies fresh daily.

Favorite Restaurant

South German Bakery

Favorite Date Spot

Watching the jets takeoff or land next to the runway at the airport with takeout.

Favorite Family Rituals

Family dinners, running the stairs at the Houshayu Park stadium, and family movie nights.

Favorite Daytrip

We love checking out any part of the Great Wall.

Favorite Sport to Watch

American football

Favorite Sport to Play

Snowboarding and underwater hockey

Favorite Weekend Activity

Riding bikes to lunch, dinner, or to the park as a family and snowboarding.



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