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beijingkids

April 2016

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ON THE COVER:

Our charming flower child is Ella Pena-Loewenberg (age 4). Ella lives in Beijing with US-born mom Anna Sophie, a high school teacher, Venezuelan dad Dennys, a technical director at Procter and Gamble, and baby brother Jacob (1). During the shoot she kept our energy up with imaginary pizza from her magic bag, and the *beijingkids* team accidentally introduced her to M&Ms.

Special thanks go to Isabel and Tim at boutique florists, Florette, who provided the arrangements featured and allowed us to shoot in their fabulous workshop.

Photography by Dave's Studio



WOMEN OF CHINA



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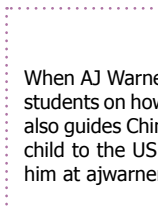
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The beijingkids Board



Lana Sultan

Lana Sultan has been in Beijing with her husband, son, and daughter since 2013. Prior to that, she lived in Saudi Arabia, the US, the UK, and Spain. Lana is the author of four children's books and is currently working on her fifth. Contact her at lana.sultan@gmail.com or visit www.lanasultan.com.



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 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.



Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions at companies like Ericsson, Ikea, and Oriflame. She is currently the director of sales and marketing and head of admissions for EF Academy International Boarding Schools' Asia operations. Contact her at sarawramner@hotmail.com.



Eye Hsu

When CCTV talk show host and mom-preneur Eye Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio, one of the Counting Sheep boutiques, or on TV. Find out more about the baby and maternity retailer she co-founded at www.countingsheepboutique.com.



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.



Celine Suiter

Celine Suiter has been an expat for the past 17 years; from South America to Asia via Europe. This is her second posting in Beijing where she lives with her husband and two children. She likes making new friends, trying new restaurants, and visiting new countries. She documents her crazy life in Beijing and beyond with a picture a day at aTotalTaiTaiTale.tumblr.com



Want to Join?

If you think you'd make a valuable contribution to the beijingkids board, email editor@beijing-kids.com.



Spring to Life

Spring is a time of change, of reawakening and rebirth. And it's all change at the beijingkids offices, too. Last month we said a fond farewell to Yvette Ferrari, School Editor. And this month we're waving goodbye to our Managing Editor, Aisling O'Brien. Aisling will be greatly missed, not only for her knowledge and experience, but also for her wit and tremendous sense of fun, which make working with her such a hoot. Our loss is International Montessori School of Beijing's gain, and we wish her every success in her future career.

It's not all sad news though. I'm very proud to be taking the reins as interim Managing Editor for the next two issues. Then, in the summer we welcome on board Vanessa Jencks, who will be taking on the role permanently, and is already bringing bags of creative energy to the team. And there are other new faces too. Jessica Suotmaa replaces Yvette Ferrari (if such a thing were possible!) as School Editor, and Anjana Kainikkara is our new Shunyi Correspondent. With our combined heritage including the US, UK, Kenya, Finland, Taiwan, and India, the team truly represents the breadth of diversity in Beijing's international community.

For me personally, the chance to edit beijingkids epitomizes the extraordinary opportunities offered by this city. I've been a full-time writer and editor for a few years now, but in fiction rather than journalism. Prior to that I worked in a variety of roles supporting homeless and disadvantaged families. This combination of experience has proved to be helpful in my new position, as has the fact that I am a proud (and occasionally exhausted, exasperated, and exhilarated) father to two lively boys, aged ten and seven. So when it comes to the joys and challenges of parenting in Beijing, I'm writing from firsthand experience!

This month's issue reflects the change and optimism of the season. You can read how one mom found renewal through personal coaching (p.50), and share Ember Swift's happiness at the resumption of her music career (p.46). Discover new parks (p.54), or if the air is polluted workout with your kids indoors (p.30). Beijing is waking up and it's ready for action - to make sure you and your kids are well rested for the sun-filled days of exploring ahead, read our tips for a good night's sleep from new health contributor Dr.

Marc Murphy (p.21).

Andrew Killeen
Interim Managing Editor





March Events

Thu, Apr 7

1 Open Morning at BSB Shunyi



For adults. BSB Shunyi opens its doors for a chance to meet faculty members, learn about the school's curriculum, music, and sports programs, check out the German Primary School, take a tour of the facilities, and more. RSVP required. Free. 8.30-11am. The British School of Beijing, Shunyi (8047 3558, admissions@bsbshunyi.com)

Sat, Apr 9

Family Fun Day at The Hutong



All ages. Children learn to make dumplings while adults taste test spring teas followed by an afternoon family scavenger hunt inside the hutongs. Registration required. RMB 150 (non-members), RMB 100 (members), RMB 80 (kids under 12). 2-5pm. The Hutong (6404 3355, 159 0104 6127, www.thehutong.com/upcomingevents)

Wed, Apr 13

2 Children's Nutrition Workshop



For adults. YCIS Beijing partners with Oasis International Hospital to host an insightful and informative Children's Nutrition Workshop. Presented by nutritionist Dr. Leora Martin, this workshop covers topics such as the effect a healthy diet has on school achievements. Registration required. Free. 10am-noon. Yew Chung International School of Beijing (info@bj.ycef.com)

Thu, Apr 14

Online Safety Workshops at DCB



For adults. DCB hosts internationally recognized expert in online safety and education leader, Robyn Treyvaud for a series of workshops about online safety and digital citizenship. She will provide useful suggestions to meet the challenges of living and working in the digital world, as well as best practice and resources to support a strategic, sustainable approach to digital citizenship and resilience. Registration required. Free. 8.45am-4.50pm. Dulwich College Beijing (www.dulwich-beijing.cn)

BJU Health Talk and Open House



For adults. Head over to BJU's Jianguomen location for a tour and learn about the services being offered, then family doctor Dr. David Dai will share tips for staying healthy in Beijing. Free. 10am-1pm. United Family Jianguomen (8532 1221)

Sat, Apr 16

Fundancia - The Family Ball in Beijing



All ages. The International Diplomatic Network teams up the British School of Beijing to bring the first ever-family ball, Fundancia, at the Kerry Hotel Beijing. The proceeds raised will go to finance the completion of the construction of the Migrant's Children's Foundation. The day's highlights include acrobatic performances, stilt walkers, buffet dinner, three course dinner for adults, and much more. Tickets can be purchased at the reception desk at BSB Sanlitun. Registration required. RMB 1,000 (one adult and one child) RMB 200 for each additional child or ayi. 5-9pm. Kerry Hotel Beijing (fundancia@idiplomatic.net)



1



2



3

Thu, Apr 21

DCB Open House: Meet the Headmaster



For adults. Prospective parents can listen to Headmaster, Mr. David Mansfield speak about the school's development, links to Dulwich London, values, and philosophy followed by a Q&A session and a tour of the campus. RSVP required, indicating age of your child and language preference. Free. 10.30am-12.30pm. Dulwich College Beijing (Flora.Zhang@dulwich-beijing.cn)

Fri, Apr 22

WAB Idol



All ages. Watch, listen, take note, and then vote for WAB's musicians, dancers, and singers who will be taking part in the annual WAB Idol. Tickets can be purchased via email. RMB 50. 6-10pm. Western Academy of Beijing (hsreception@wab.edu)

Sat, Apr 23

TRE/Tension-Trauma Releasing Exercises Workshop



For adults. TRE uses seven simple exercises to release the psoas muscle, the deepest and largest muscle in the body. Organizers say benefits include: improved sleep, decreased stress and anxiety, increased resilience, decreased post-traumatic stress syndrome symptoms, healing of old injuries, and improved awareness. RMB 150. 1-2pm. Yoga Yard (6413 0774, info@hanumanyogaretreat.com)



Want your family-friendly event to appear in our Summer issue?
Upload it at www.beijing-kids.com/events by **May 13**.



4



5

Tue, Apr 26

PAL Workshop: Don't Gamble with Your Health, Why Lifestyle Choices Matter



For adults. BCIS Athletic Director, Darren Skov, supported by the BCIS Physical Education Department will lead this Parents as Learners' workshop that focuses on living a healthy lifestyle. RSVP required. Free. 8.45-10.15am. Beijing City International School (Yisha.niu@bcis.cn)

ISB's Dragon Dialogue with William Lindsay OBE



All ages. In an inspirational presentation illustrated by his own archive of photographs, William Lindsay tells his very personal Great Wall story by recalling five major episodes from his 25 years in China. Registration a must. Free. 4.30-5.30pm. International School of Beijing (slo@isb.bj.edu.cn)

Cook-for-Hope by Love for Orphans



Ages 7+. Love for Orphans partners with New Hope to invite 10-15 teams to a cook off competition. Each team cooks their country's or region's tastiest dish to compete in this global cuisine battle as spectators cheer then taste. A panel of judges and attendees will vote for the top three dishes. Funds will go toward medical treatment and palliative care for orphaned children in China. Registration required for participating teams. RMB 1,000 (team), RMB 300 (attending). 11am-2pm. Green T. House (www.hopefosterhome.com)

Fri, Apr 29

CISB Drama Club Presents GREASE!



Ages 7+. CISB Drama Club brings pop culture favorite and a timeless masterpiece, Grease (school edition) to the stage. The young thespians will perform iconic songs such Summer Nights, Greased Lightnin' and You're the One that I Want! There are three performance of the show April 29 at 7pm, April 30 at 2pm and 7pm. Tickets can be purchased at CISB. RMB 50 (adults), RMB 30 (student). 2-9pm. Canadian International School of Beijing (6465 7788)

Thu, May 5

Detoxification 101: How to Survive and Thrive in Beijing



For adults. Naturopathic Physician Dr. Melissa Rodriguez from Beijing United Family Hospital and Clinics illuminates the detoxification process and shares tips on maximizing the body's natural ability to purify itself. Registration required. Free. 10-11.30am. Beijing United Family Hospital (400 8919 191)

Sat, May 7

3 Founder's Day



All ages. Founder's Day at DCB showcases country and regional foods and culture of their school's diverse populace as a celebration of the founding of the school. Highlights of the day include live performances, as well as games and activities for children of different ages. Free. 3-9pm. Dulwich College Beijing (www.dulwich-beijing.cn)

4 ISB Spring Fair



All ages. ISB holds its annual spring fair featuring fun games and activities for the whole family. There will also be a food bazaar, shopping opportunities, and a raffle with great prizes to be won. Free. 10am-4pm. International School of Beijing (8149 2345)

Sun, May 8

5 2016 Harrowthon



All ages. The annual 10km family run is back again and features live performances by students, as well as games and activities for kids. Proceeds will go to Roundabout's various charitable causes. Registration required. RMB 100. 7am-3pm. Harrow International School Beijing (<http://www.harrowbeijing.cn/events/2016-05-08-harrowthon.aspx#reg>)

Sat, May 14

BCIS Spring in the City



All ages. Back again is BCIS's Spring in the City and this year's theme is Festival of Arts and the day features live performances, shopping, a great food selection, and much more. Free. 11am-3pm. Beijing City International School (8771 7171)

ONGOING

APAC Soccer Tournament at WAB



All ages. Student athletes from international schools in the Asia Pacific region get to compete for the season's biggest championship at WAB's Tiger field. This takes place from April 14 -17. Free. 9am-5pm. Western Academy of Beijing (info@wab.edu)

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 December 1, 2015.



Anna Dumchykov

Ukrainian. Born on Nov 26 to Igor and Mariana Dumchykov at Changchun Jingzhu Maternal Hospital.



Jingyang Li

Chinese. Born on Oct 28 to Muyuan Niu and Kewen Li at Amcare Women's and Children's Hospital.



DuDu

Chinese. Born on Nov 3 to Feng Xiao and Fu Jun at Beijing Friendship Hospital.



Lohas Bu

Chinese. Born Mar 4 to Ran Zi and Bu Lutuo at Beijing United Family Hospital.



Muen Li

Chinese. Born Feb 21 to Judy Zhao and Wen Li at Beijing Maternal and Child Healthcare Hospital.

Beckoned to Beijing:

From Istanbul to the Jing

by Kyle Mullin



Sevilay Cantez, a Turkish mother of two British School of Beijing, Shunyi (BSB) students -Talya (age 9) and Ali (6). The family came to Beijing when husband, Ali Cudi Cantez, was transferred to Mercedes/Daimler's China branch. She shares with us about adjusting to Chinese cuisine, how she struggled to ship her belongings here, and more.

My husband has been working for Mercedes/Daimler Istanbul for 25 years. We were traveling a lot, especially in Europe, but not in Asia. So we liked the idea of living and traveling in Asia for a few years, learning Asian culture and history.

Before coming to Beijing we were aware of the air pollution. But when we came for a "look and see trip," we saw that Beijing

has nice green parks and lots of trees. We decided to live in Shunyi because of our two little kids.

There are many benefits to living here. Compared to some other cosmopolitan cities, Beijing is a secure city. And we believe that just being here is a great opportunity for our kids to expand their horizons, learn a new culture and become fluent in a third language.

But it's not always easy being here. Although we had a freight shipment while moving here, a small container, we were only able to get our boxes after eight weeks. That was not a pleasant surprise for us. Another surprise was not being able to drive with an international driving license.

After visiting other international schools, we enrolled our kids at BSB Shunyi. We thought that it was the warmest, most welcoming school for small children of different cultures.

We chose Beijing United Family Hospital (BJU) for all our health needs. They have a clinic close by in Shunyi. They have many good doctors from different nationalities and provide international standard care.

If I could give anyone from Istanbul advice before coming here, I'd tell them: Chinese food is so different from Turkish food, with very different oil and lots of garlic. Also, practice eating with chopsticks if you don't know how to use them. And be warned: traffic is even worse than Istanbul.



WHAT'S HAPPENING IN BEIJING



Fijian Ambassador Visits BCIS

The Fijian Ambassador to China, Ioane Naivalutua, visited Beijing City International School (BCIS) to thank students for their excellent fundraising efforts, coordinated with students from around the international school community in Beijing. The money, raised through bake sales and morning coffee sales for teachers, was donated to the relief fund for the victims of Cyclone Winston, which devastated Fiji in February.

Online Safety Workshops at DCB

Internationally recognized expert in online safety and education leader, Robyn Treyvaud comes to Dulwich College Beijing (DCB) this month for a series of workshops for adults, on the subject of online safety and digital citizenship. She will provide useful suggestions to meet the challenges of living and working in the digital world, as well as best practice approaches and resources to support a strategic, sustainable approach to digital citizenship and resilience. Topic themes include distraction, multi-tasking and time management, sexting and nude photos, social media and body image, networkers in action, digital footprints and photo sharing, as well as key points from the college's e-safety policy and scenarios.



YCIS Shines in Mathematics Challenge

Students at Yew Chung International School Beijing (YCIS) are celebrating fantastic results in the United Kingdom Mathematics Trust Senior Challenge. This year, with over 2000 schools participating and over 100,000 individual students competing globally, nine students from YCIS Beijing placed within the top seven percent in the world, earning them the highly coveted gold certificate. Huge congratulations go to Jiyeon Cho, Sunny Lee, Shuwen Liu, Junyoung Kang, Jiwon Park, Wan Teng Lee, and Julie Zheng for earning this award through their hard work and determination. A very special mention goes to Jaeyeon Cho and Charles Yin (who has recently been offered placement at Oxford University) for receiving not only the gold certificate but also "Best in Year level" awards for Years 12 and 13 respectively.



Teams Wanted for Cook-for Hope Charity Cooking Competition

On April 26, Love for Orphans will host a charity cooking competition at Green T.House to raise funds for the New Hope Charity, which helps provide medical and palliative care for orphaned children in China and has been operational since 2000. The competition is open to 10-15 teams who are ready to cook finger-licking dishes from their country or region. Team registration costs RMB 1,000 and can be made by calling 6434 2519 or emailing love.fororphans@yahoo.com

PHOTOS: COURTESY OF BCIS, DCB, YCIS, AND LOVE FOR ORPHANS

Want your news to appear in our summer issue? Email it along with a high-res photo (at least 1MB) to webeditor@beijing-kids.com by **May 13**.



Keystone Loves Reading

Keystone Academy students and teachers celebrated their love for reading and books from March 7 to 11. Fun activities included book swaps and dressing up as favorite book characters. Chinese author Ji Shaohua was the visiting author of the week in primary school, while middle and high school students engaged in creative writing workshops with English author Marc Robson, Hong Kong poet Nicholas Wong and British writer and BBC broadcaster Bidisha. Middle and high school students and teachers also carried a poem in their pockets throughout the week to share with each other. One of the most interesting projects to come out of Reading Week was from foundation year students, who interviewed teachers on their favorite books and why reading is important to them.

OASIS Offers 24/7 Pediatric ER

OASIS International Hospital has announced extended availability for its pediatric services. The Pediatric Clinic is now open on Sundays from 8:30am to 5:30pm, by appointment only for sick children, and not for routine vaccinations or checkups. The Monday to Saturday clinic will continue operating as normal. In addition, an in-house Pediatrician will be on duty 24 hours a day, seven days a week in the Emergency Room.



WAB Students Aid Schools in Fiji

Western Academy of Beijing (WAB) students teamed up with international schools in the area to aid relief to Fiji in the wake of a record-setting storm which destroyed dozens of schools and left thousands homeless. Students led fundraising activities through the month of March to aid in rebuilding local schools affected. The first event, a bake sale, raised more than RMB5,000 in 20 minutes. Students hosted a charity concert at Fella's bar and restaurant on March 18, and the schools collaborated to organize a charity dinner on March 27. The goal is to raise RMB 1 million between the participating schools.



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Early years-Primary-German Primary-Secondary-IB Diploma

Picture This

Celebrate your memories with Asia Life Images

by Annabelle Jarrett

Asia Life Images, founded by New Zealand native Debbie Beck, tailor makes montage artworks from a selection of their customer's favorite photos. The company also supplies a range of bold and unique greeting cards celebrating life in Beijing.

Asia Life Images grew from personal experience: Beck had thousands of photos saved on her personal tech and didn't know what to do with them all. She hated their new "blank, beige, Beijing walls," and struggled to find unique artwork to her taste. In response, she made her first montage, working with a professional printer and local framer to create her inaugural piece. With overwhelmingly positive feedback from friends and family, she decided to provide a service assisting others to do the same.

Customers are mainly expats who want to celebrate memories of their time in Asia or significant events such as birthdays, weddings, and farewells. Beck and her team collect the images, edit them, manage the Chinese printer and framer, and deliver the montage. "We do everything to make it as easy as possible for our customers," Beck says. "We even help to get the images off their devices for them if they need that!" Beck finds the process incredibly rewarding. "The reaction when customers unwrap their framed Montage is priceless!"

Examples of their montages can be seen at London Loft Hair Salon, Elisabeth Koch Hat Studio, Clicia's Designs, and there are three montages celebrating school events at the British School of Beijing, Shunyi. Montages range in size from 50 cm by 50 cm, up to 50 cm by 150 cm, and cost from RMB 3000 to RMB 5000. "It's the same price as an art price from 798, but it's more personal, with less work for the customer, and gives a totally unique result," Beck says.

The company's greeting cards are available at all Page One stores across China, The Bookworm, Clicia's Designs, and London Loft Hair Salon at RMB 25. The cards feature a bold, modern style, with word-play elements. The current range includes cards for mums, boys, girls, teachers, and a Beijing themed card. "We try to find out what's missing in the market, gather quirky ideas, and go from there," says Beck. The forthcoming range will include a dad's card, a farewell card, and a congratulations card. In everything Asia Life Images produces, she says their goal is "to keep putting a smile on our customers' faces!"



Asia Life Images

(130 5136 8830, info@asialifeimages.com)

www.asialifeimages.com

Greeting cards available online or from Page One Bookstores, Bookworm, Clicia's Designs & London Loft Hair Salon, or contact us direct.

Fast and Furious

Speed demons, look no further

by Sijia Chen

Red1Karting is a pretty swanky affair. Located north of Shangezhuang subway station, it features karts manufactured by French company Sodikart. Kids who are 145cm and above can drive solo; those who do not meet the height requirement must race in a two-seater with a grownup.

There are three birthday packages available: RMB 2,300 for 5-7 people, RMB 4,600 for 10-15 people, and RMB 5,400 for 10-20 people. They include access to the indoor track, free use of the VIP Room (which usually costs RMB 180 per hour), and varying amounts of food. Guests are allowed to bring their own cake.

With a maximum of seven karts allowed on the track at one time, the center recommends capping the number of guests at 20. Prices are expected to change soon; contact the center for the latest information.

Only the indoor track is currently available; the outdoor track is slated to open in three to four months. Other facilities include a cafe, bar and restaurant, entertainment room with billiards and foosball tables, and KTV rooms.

The restaurant menu includes assorted Western dishes like a German sausage platter, beef and chicken kebabs, and breaded pork

chops. The cafe and bar menu features a large food and drinks menu at slightly marked-up prices.

These shiny facilities and equipment do not come cheap. Non-members pay RMB 150 for seven minutes of go-karting while members pay RMB 95. Membership costs RMB 200 per year and can be shared between up to eight people.

The track can also be rented by the hour. From Monday to Thursday, it costs RMB 10,000 per hour before 5pm or RMB 12,000 after 5pm. From Friday to Sunday, it costs RMB 12,000 per hour before 5pm and RMB 15,000 after 5pm.

Red1Karting Beijing 瑞得万 (北京) 国际卡丁车场
Mon-Fri 1pm-1am, Sat-Sun 11am-1am. 88 Laiguangying Dong-
glu, Cuigezhuang, Chaoyang District (main line: 6430 6688,
English service: 186 1015 8386, xch255@qq.com) www.
red1karting.com 朝阳区崔各庄乡善各庄村来广营东路88号



At two years old, children believe anything is possible.

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We are currently accepting applications to join Dulwich College Beijing and would be delighted to meet you and your child. For an appointment please call us on (+8610) 6454-9016, email admissions@dulwich-beijing.cn, or visit www.dulwich-beijing.cn.

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The Mother of All Gift Guides

Sweet treats and beautiful indulgences for Mother's Day

by Sijia Chen

Signature Wine Club Subscription

The mission of Signature Wine Club is simple: to provide quality, sommelier-curated wines for a reasonable price. Every month, bottles are delivered to your house or office complete with education and tasting notes. There are two subscription packages: the Signature Silver and Signature Gold. There are no hidden charges and customers can cancel whenever they want.

Signature Silver: RMB 299 per month (two bottles) or RMB 449 per month (three bottles); **Signature Gold:** RMB 800 per month (three bottles), RMB 5,280 for six months, or RMB 9,600 for 12 months. Contact: 5938 3418, wine@sigwine.com, sigwine.com



Jewelry by Nicolas Favard

French jeweler and metallurgist Nicolas Favard specializes in bold, unique pieces that draw from a variety of materials, shapes, and inspirations. Pictured above are titanium earrings and a pendant made of oxidized silver, 18k gold, gold leaf, and rubies.

Enquire for prices. Pieces available at Nicolas Favard (135 2033 4724, nico@nicolasfavard.com, www.nicolasfavard.com) and Pop-Up Beijing (popupbeijing.com)



The Halona Caftan by Rose Fulbright

Just in time for the summer, this stunning floor-length caftan from British label Rose Fulbright features a print based on watercolor paintings of tropical fish made by the designer's grandmother. Featuring a blend of organic cotton, silk, and hemp, the Halona Caftan is perfect for those beach getaways. Other pieces in the Tropical Beach Collection range from RMB 1,200-2,350.

RMB 1,850. Contact: 159 1087 5373, rosevickers (WeChat), info@rosefulbright.com, rosefulbright.com



Yoga Bag from The Yoganda Project

Founded by yoga teacher and social entrepreneur Theresa Pauline, The Yoganda Project enables widowed women in Uganda to achieve financial independence by employing them as seamstresses in the manufacture of high-quality yoga bags. The patterned cotton bags come in two sizes and feature several internal pockets for easy storage.

Contact: TheresaRae (WeChat) RMB 550.

PHOTOS: COURTESY OF SIGNATURE WINES, NICOLAS FAVARD, ROSE FULBRIGHT, THERESA PAULINE, YSP, AND SWEET EDITION



Abehita Velvet Glove by Velveteen's Secret Potions

Velveteen's Secret Potions specializes in "healing potions" and menjunjes (Spanish for "ointment"). Founder Fran Hanshing spent nearly five years researching and testing products in China, Korea, Thailand, and Indonesia to come up with her current line of face, hand, and body creams designed for dry climates like Beijing's. VSP's best-selling product is the Abehita Velvet Glove, a rich hand cream made of beeswax and shea butter.

Mother's Day promotion: RMB 55 (regular price RMB 60).
Contact: franhanshing (WeChat)

Vegan Cakes from Sweet Edition

Irina Tcygankova's line of sugar-, gluten-, and dairy-free baked goods include cakes, cupcakes, energy bliss balls, mooncakes, dark chocolate, and white chocolate made exclusively with raw, organic, and vegan ingredients. Cake flavors include chocolate (available in dark, mocha, peanut butter, and brownie variations), fruity (mango, orange, apricot, pear, lemon, etc.), very berry (strawberry, raspberry, blueberry), and coconut. Orders are priced according to weight.

Contact: 135 8196 0310, sweetedition or susuwatari (WeChat)



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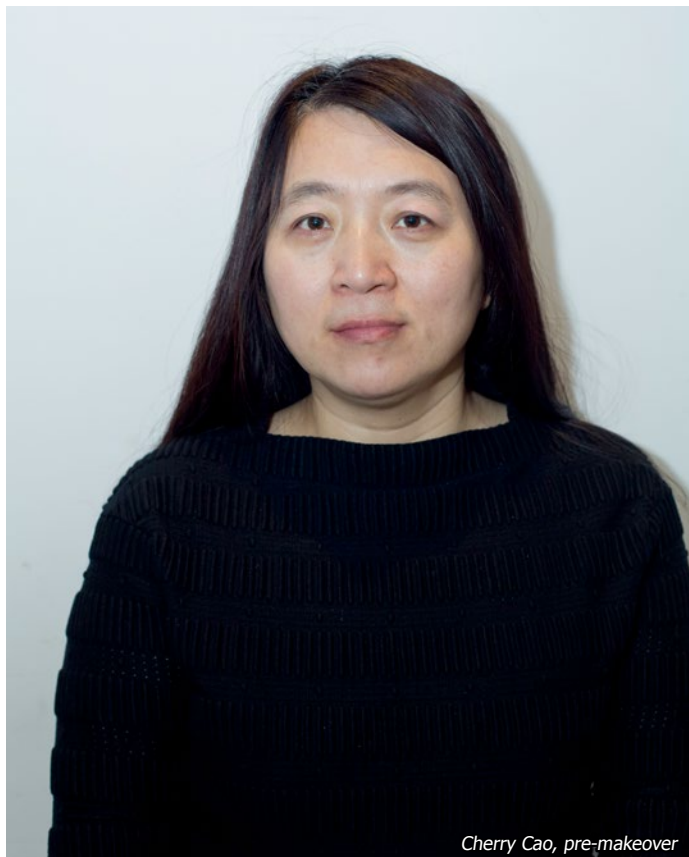
A portrait of a woman with dark, wavy hair, wearing a bright red coat over a dark turtleneck and a necklace with wooden beads. She is standing in a modern interior with a blurred background.

Naturally Appealing

Cherry Cao gets a softer look at Catherine de France

by Nimo Wanjau

A delighted post-makeover Cherry Cao sports subtle highlights and large, soft curls



Cherry Cao, pre-makeover

Shangdong native, Cherry Cao settled here 18 years ago, after graduating from Beijing's University of International Business and Economics (UIBE). Mother of two girls, Joya (age 13) and Joanne (7), Cao is married to Robby Zhao, an entrepreneur, and is head of the Parent Teacher's Association at Keystone Academy.

Cao's daily beauty routine is simple: a quick wash and dry before she heads out for the day. For the past five years, she has been growing her hair out. Her last cut and color was two months ago. Cao is a little apprehensive about her makeover; anxious a new stylist may not take into account what she likes. She is hoping to get a more fashionable and youthful look, and Wendy, stylist at Catherine de France is on hand to help her achieve that.

Catherine de France's style ethos is about achieving a natural look and this is a perfect fit for Cao's aesthetic. "Her hair is very thick, but it's becoming weakened by her current coloring regime," says Wendy. "And this doesn't have to be the case." Wendy plans to dye the roots with a slightly lighter base color and add highlights. To give the hair dimension, Wendy layers throughout and adds sideswipe bangs. Cao is also given a manicure to begin her day of pampering.

Cao thoroughly enjoys the day, and is completely reassured by Wendy's consultation, and the final look. "I'm going to be back the next time I need a trip to the hairdressers," she says, "and I will recommend the salon to my friends." She's not the only one who's pleased: her daughters have encouraged her to stick to her new look, while husband Zhao commented that she looks like a different woman.

Products

- Bobbi Brown Shimmer Brick Compact, Lilac Rose
- Sephora multicolor eye shadow palette
- Max Factor X No.81 pressed powder, Truly Fair
- L'Oreal Hypnosé mascara
- Maybelline black eyeliner

Get the Look:

1 Cao's hair is dyed at the roots then left for 30 minutes. Small portions of the hair are highlighted and left to develop for 40 minutes.



2 Wendy layers the back then thins the hair to reduce the density and give the hair more flow.



3 Make up artist Li Na, first trims Cao's eyebrows then brushes on foundation and applies pressed powder. Li uses smoky eye-shadows for an evening look. She sweeps on blush to put a pop color on her cheeks and finishes with a darker pink lip gloss.

Catherine de France 法式美容美发沙龙

B1 East Avenue Bldg, 10 Xin Dong Lu, Chaoyang District (8442 5120, 135 2147 3492, eastavenue@catherinedefrance.com) 朝阳区新东路10号逸盛阁首层

Spring Clean Your Kitchen

Spring has officially arrived and it's a great chance to clean out our homes. Giving things away we no longer use helps us feel lighter. Now is the perfect chance to spring clean the fridge, our cupboards, and our diets! Follow these baby steps to clean up your diet and improve your health.

We all have things with expiry dates on our shelves, whether it's those supplements we bought with the best intentions to take, or it's the cherry pie filling we never got around to baking. If you have processed foods at home, toss anything that contains high fructose corn syrup or trans fats. Look for hydrogenated oils or partially hydrogenated vegetable oils. These are bad for our hearts and our waistlines. High fructose corn syrup (HFCS) wreaks havoc on our blood sugar and should be avoided by people of all ages, especially kids.

A simple way to spring clean your diet is to select a few items you can swap for healthier choices

Sorting through cupboards and shelves is the perfect opportunity to reorganize things. Putting healthy snacks at eye level makes it easier to reach for something nutritious when you or your kids get the



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

munchies. Nuts and seeds are a family favorite in my home. Online you can find easy recipes for energy balls or healthy snack squares. Kids love getting busy in the kitchen and becoming comfortable in the kitchen is an important life skill. Other great snack options include popcorn kernels (to be popped in an air popper or on the stove), dried fruits, whole grain crackers, and dark chocolate.

Now turn your attention to the refrigerator and freezer. Get rid of expired food or things you know you won't use and throw out any freezer-burnt items. If you have ice crystals forming on the outside, it's not going to taste too good on the inside.

A simple way to spring clean your diet is to select a few items you can swap for healthier choices. If you drink coffee one too many times during the day, switch one cup for green tea. Green tea is filled with antioxidants that help combat pollution. If you always eat white bread, why not switch to whole wheat? If you have a habit of drinking sugary carbonated beverages, why not switch to seltzer? You can add a squeeze of lemon or lime for flavor, or even mix in some sugar free juice. Reserve sodas for special occasions and eating out, and drink more water throughout the day. Low levels of hydration can lead to headaches, fatigue, and constipation. Optimal hydration goes beyond drinking when you're thirsty; aim to drink two liters of water a day or more and see how much better you feel.

Western Academy of Beijing

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Sleep – Does it Really Matter?

The amount of sleep a person needs varies across their lifetime with younger people generally sleeping more and seniors sleeping less. It may be easier to have early school aged children sleep 11-13 hours a day, but teenagers may be challenged to get the suggested 9-10 hours of sleep per day.

"Early to bed and early to rise makes a man healthy, wealthy, and wise," was Benjamin Franklin's claim, and it made sense in the second half of the 18th century. However, today's world is a much busier place and many people sacrifice sleep in the name of productivity.

Muscles need rest to recover, while the brain requires sleep to work properly. In the short term sleep deprivation can lead to daytime sleepiness, clumsiness, and decreased concentration, and in the long term to hallucinations, poor judgement, impulsiveness, and in males increased risk taking behavior.

Many people sacrifice sleep in the name of productivity

Studies found high school students who on average get an extra hour of sleep each night achieve higher GPAs and SAT scores than their peers. But at night many of our kids turn to their electronic

Need more info?
Dr. Marc Murphy is a clinical psychologist at Beijing United Family Hospital. He specializes in the treatment of mood disorders such as anxiety, depression and trauma. He can be reached at marc.murphy@ufh.com.cn.



devices and lose sleep. These devices emit higher levels of blue spectrum light, which can suppress the body's natural melatonin, a hormone associated with the body's sleep cycle. Harvard researchers found blue light can throw off our sleep cycle for up to three hours following six hours of screen time.

If your kids must be on their devices for school, then consider having them wear orange-lens (blue-blocking) glasses two to three hours before bed. Another key is to wake up at the same time each day. Getting exposure to full spectrum light (daylight) helps reset the circadian rhythm or sleep cycle.

If your child is not falling asleep within a half hour after going to bed their mind may be very active. These are typically high achievers who need to learn techniques to quiet the mind. Mindfulness is one such approach; focusing on the present, without judging thoughts as good or bad. One exercise that can help is to repeatedly count slowly from 30 to 1 while trying to hear and see each number in your mind.

Which approach to sleep troubles is right for your child depends on the source of the problem. You might find traditional Chinese medicine such as acupuncture and herbs can help. My grandmother's solution was a glass of warm milk with her secret ingredient (I think it was a little brown sugar), and that always worked for me.



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The M[🦷]ouths of Babes

The four ages of childhood dental health

by Andrew Killeen

We all know the essentials of keeping teeth clean and healthy: brushing, flossing, and regular visits to the dentist. But as children grow and develop, their needs change too. To find out more about the different stages of childhood dental health, we talked to Prosthodontist at Beijing United Family Hospital and Clinics (UFH), Dr Chung-Ming Tse.

Dr. Tse is from Canada, and has worked at UFH since 2001. Before coming to Beijing he studied in the US, practiced in Canada, taught in Hong Kong, and worked as a flying dentist in Australia and New Zealand, serving less privileged people in remote areas.



STAGE 1 Tears and Teething

Children's primary teeth begin forming at the fetal stage, six to eight weeks after conception. The age at which teething begins varies from child to child, but they usually come in the same order and in pairs (lower front teeth first, molars last). It takes about two years for all 20 to emerge. Some babies are born with teeth! Some famous examples include Napoleon Bonaparte and Julius Caesar.

Dr. Tse's Tips

- Start brushing babies' teeth as soon as the first primary tooth erupts, usually between the age of six to nine months
- Get their first dental checkup when they get their first tooth, or at the latest by one year of age, in accordance with American Association of Pediatric Dentistry recommendations.
- Wean kids off of a pacifier by age 3-4. "It's OK to use one for security or comfort reasons," says Dr. Tse, "but the child must be weaned off it to prevent deformation of the dental arch."
- Watch out for early childhood caries, or baby bottle caries. (Caries is the technical term for tooth decay; "baby bottle" because drinks containing sugar, even naturally occurring sugar, are associated with this disease. Soda, formula, cows' milk, and fruit juice can all contribute to problems.)
- Ease teething pains with teething toys, cold gauze to rub on their gums if your child feels uncomfortable, or over-the-counter topical medication such as Orajel if discomfort is severe.

Dr. Tse's Tips

- Be sure to brush their teeth with toothpaste containing fluoride, because unlike in some western countries, Beijing water is not fluoridated.
- Dental floss should be used, especially when teeth are in close contact to prevent caries forming between teeth.
- Limit the frequency of meals to three meals a day with two snacks, and control their diet to reduce the consumption of candies.
- Parents can encourage children to brush on their own first, then brush again for them, making sure their teeth are *really* clean. This practice should continue until the child is about six. Younger children do not have the manual dexterity to clean their teeth properly on their own.

STAGE 2 Little Nippers

Primary teeth are generally called "baby teeth" in North America. In British English they're "milk teeth"; and it's the same phrase in Chinese: 乳齿 (ru chi). The technical term for them is "deciduous", like trees that lose their leaves in winter.



STAGE 3 The Tooth Fairy Cometh

Across the English-speaking world, when children lose their baby teeth, they put them under the pillow, so the Tooth Fairy can exchange them for money. In Spanish-speaking countries the same job is carried out by Perez Mouse. In China, children traditionally throw lower teeth onto the roof and bury upper teeth in the ground.

Dr. Tse's Tips

- Both traditional and electric toothbrushes are fine. Which you select depends on the time taken and technique of brushing. It's recommended that kids brush their teeth for at least two minutes, twice a day, or better after each meal.
- Watch for retained teeth (milk teeth that don't fall out on their own). Watch too for permanent teeth that are not coming through when they should.
- Mouth guards are essential for active children who play contact sports.



STAGE 4 Brace Yourself

Many children need extra help to get their teeth to grow straight. This is usually tackled in the early teenage years, although Dr. Tse says some problems need to be addressed even earlier still. Not every culture admires a perfect smile though. In Japan, prominent canines (yaeba) are so sought after that some women have cosmetic treatment to give them the ideal impish look!



Dr. Tse's Tips

- Early orthodontic treatment, also known as interceptive orthodontic treatment, should be considered for children at the age of four or five to stop harmful oral habits, or to correct a simple cross-bite of front teeth. At seven to nine years it can help to guide jaw growth, to reduce the risk of trauma to protruded front teeth, to correct harmful oral habits, to improve appearance, to guide permanent teeth to a more favorable position, and to improve the way lips meet.
- Comprehensive orthodontic treatment should be considered from ages 11-13 years to align the permanent teeth and improve the way the lips meet.
- Signs that orthodontic treatment is needed include:
 - Early or late loss of baby teeth
 - Difficult in chewing or biting
 - Grinding or clenching of teeth
 - Mouth breathing
 - Thumb or finger sucking
 - Crowding, misplaced, or blocked-out teeth
 - Protruding teeth
 - Teeth that meet in an abnormal way such as an open bite, cross-bite, or severe over-bite or under-bite
 - Biting the cheek or biting into the roof of the mouth
 - Speech difficulty
 - Inability to close lips comfortably
 - Facial imbalance or asymmetry
 - Mandible that shifts, makes sounds, is protruded or recessed.



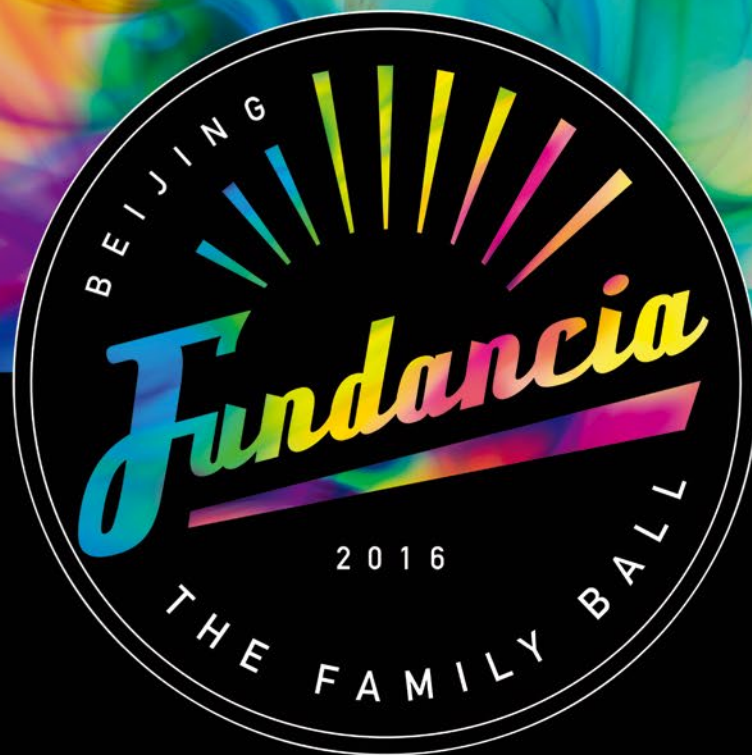
Dr. Chung Ming Tse

Resources

Beijing United Family Hospital Dental Clinic

北京和睦家医院牙科

Tue-Fri: 9am-7pm; Sat-Sun: 9am-5:30pm. 2 Jiangtai Lu. (4008-919191 (24hr Service Center)) http://beijing.ufh.com.cn/department_city/dental-clinic 将台路2号



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On Fire for Teppanyaki

Haru offers
healthy Japanese
fare in Shunyi

by Nimo Wanjau



Alfred Lewis (age 6) helps prepare the stir-fried rice



Cod fish and salmon set at RMB 85 each



Angus filet mignon at RMB 285 and Chicken at RMB 68



Egg custard from set at RMB 85

Haru Teppanyaki and Sushi Bar is a popular favorite with fans of Japanese food, tucked in a corner of Pinnacle Plaza in Shunyi. Widely known as a great spot for adult dinners and lunches, the restaurant also offers a kids' set menu, designed for children ages 3 to 12 with a selection of teppanyaki codfish, salmon, and chicken sets at RMB 85 to choose from.

Today's critics are Ruth and Alfred Lewis, (ages 10 and 6 respectively) accompanied by mom, Carol Pratt. Pratt is Canadian and her husband, Steve Lewis, is British. Both work at the British School of Beijing, Shunyi which their two children also attend. The globetrotting family previously lived in Brazil where they were huge fans of Japanese cuisine but say that since coming to Beijing nearly two and half years ago they haven't really tried many restaurants.

Ruth selects the salmon set. It's served with a corn salad, egg custard, avocado roll, and potato cake. For Alfred it's the codfish set which includes a fruit salad, egg custard, tamago thin roll, and potato cake. While their sets are prepared, the restaurant serves a variety of rolls and salads. The Candy roll (RMB 72) with salmon, avocado, and tempura cucumber is a hit with Ruth, but Alfred tells us that he "just doesn't like avocado." The homemade lemonade (RMB 25) is a big hit with both kids: they each ordered refills.

Alongside the kids' menu teppanyaki sets, the chef offers up some *a la carte* selections. Australian 300-day grain-fed Angus *filet mignon* (RMB 285) is succulent and tender. "This is my favorite," says Alfred. Chicken (RMB 68) is doused in red wine and set alight to oohs and ahhs from the whole room, while asparagus (RMB 45) is simply sautéed in butter. The chef invites both kids to help him prepare the stir-fried rice (RMB 25 per bowl), issuing cooking instructions in Chinese. Next up are jumbo prawns; Ruth prefers the body while Alfred likes the heads and sneaks one from his sister's plate. For dessert, handmade ice creams (RMB 35) are presented to everyone's obvious satisfaction.

The family is delighted with the restaurant and will definitely be going back: they plan to hold Alfred's upcoming birthday party here. To entertain their younger guests, Haru staff tells us that they will begin offering sushi making classes for children from next month. Contact the restaurant (details below) for more information.

Family-friendly facilities:

The restaurant's private rooms can comfortably seat a family of six. The restaurant has its own private restrooms, and can provide high chairs and western cutlery for anyone uncomfortable with chopsticks; however, kids' cutlery isn't available.

Haru Teppanyaki and Sushi Bar 尚水长廊铁板烧餐厅
Daily 11.30am-2pm, 5.30-10pm. 902 Pinnacle Plaza, Jingshun
Lu, Shunyi District (8046 5112) 顺义区天竺镇开发区荣祥广场902



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Tasty Triangles

The O'Hare family shares their vegetarian quesadilla

by Nimo Wanjau

From left-right: Livia (age 4), Peter, and Farina O'Hare

PHOTOS: UNIT YOU

Two years living in Beijing have been a culinary adventure for the O'Hare family: dad Peter is vegetarian while mom Farina and daughter Livia are pescatarian. "We've been able to find food much more easily than we anticipated," says Peter. He hails from Scotland and teaches Language and Literature and Theory of Knowledge at the Canadian International School of Beijing (CISB). Farina is the head of the Fine Arts department in the Middle and High School at CISB and is from New Zealand.

Today's dish is a family favorite: a light lunch or snack for warmer spring temperatures. Four-year-old Livia is our willing and able sous chef for the day. All business, she dons a new hairband that she received at her first dance class. Livia talks about her love of dance and encourages dad to put on some music. Peter says, "We know who's boss around here, don't we!" Farina gets everything together for the quesadilla, with Livia helping to chop the vegetables in a way that more closely resembles smashing them. Her antics have everyone in fits of laughter and a cheeky smile creeps up on her face.

Quesadilla 墨西哥薄饼

Ingredients 成分

- 8 wheat tortillas 8张小麦玉米饼
- 1 block of firm tofu 1块豆腐
- 200g of Gouda Cheese 200克高达奶酪
- 2 tomatoes 2个西红柿
- 1 red onion 1个红洋葱
- 1 avocado 1个牛油果
- 2 teaspoons of chopped cilantro 1茶匙切碎的香菜
- A dash of hot sauce to taste 少许墨西哥辣酱

Instructions 做法



3

1. Lay four tortillas onto a work surface 在操作台上铺开四张玉米饼。
2. Chop tofu finely. Divide the tofu and cheese among the tortillas. 豆腐切块，将豆腐和奶酪摆放在玉米饼上。
3. Chop tomato, onion, and avocado and divide among the tortillas. 西红柿、洋葱、牛油果切块摆放在玉米饼上。

4. Add cilantro and hot sauce to desired taste. 撒上香菜和辣椒添加风味。
5. Top each with a remaining tortilla and press gently to seal. 盖上去下的四张玉米饼，轻轻地按下。



4



8

6. Carefully place a quesadilla in a skillet and fry, turning once, until the tortillas are golden and little bubbles appear on both sides, about 4 to 5 minutes total. Repeat with the remaining quesadillas. 将玉米饼小心放入平底锅中，煎至面饼上层出现金色小气孔。其间需适当翻面。
7. Cut each quesadilla into 4 wedges with a pizza wheel or knife. 用披萨刀或小刀将煎饼切成四份。
8. Serve hot or cold with salsa on the side. 可以冷食，搭配莎莎酱最佳。

Heyrobic's Living Room Workout

Burning off steam indoors

Photos by Dave's Studio

Text by Andrew Killeen

Now that spring has come, we all want our children to be running around in the fresh air. But when the air's not so fresh and you're stuck inside, what can they do to burn off that energy?

We invited Joel Llaban Jr to lead a living room workout for a group of energetic kids ages 4 to 10. Joel is a teacher at the International

School of Beijing (ISB) and also leads Heyrobics sessions across the city. "We call Heyrobics 'the world's happiest sport,'" Llaban told us. "It's the inclusive and friendly community that initially attracted me to it, and the same reason that made me stay! Equally important is the sweat and smiles in every single session."



Llaban briefs the children: Noah (age 10), Joseph (7), Oisín (8), Aoibhinn (7) and Siomha (5). "We're going to be having lots of fun," he tells them, "but make sure you have plenty of space around you, watch and follow what I'm doing, and smile!"



We begin with lunges, to stretch the hamstrings...



And some behind-the-head stretches, to loosen the triceps. Repeat all these exercises on both sides.



Marching on the spot is fun...



But running even more so! "I love running around," Joseph says.



Touching elbows to knees is a good test of balance.



And so is squatting.



And we end by reaching for the sky!

Laban gives us playlist with songs at varying intensities to complement each activity type.

Walking: Ole Ole Ole Football Arena Mix – DJ Bobo (110 beats per minute)

Running: Love in the 21st Century - Neon Trees (149 bpm)

Jumping: The Nights - Avicii (125 bpm)

Agility: Moonshine - Bruno Mars (104 bpm)

Resources

Heyrobics run fun and sweaty workouts in locations all across the city. Check out www.heyrobics.com for details and schedules.

Paper Bag House

A homely craft with
Etonkids

by Andrew Killeen



PHOTOS: JINI YOU

Helping Mia (age 4) make her paper bag house is English Specialist Juan-Pierre Taute. Originally from South Africa, Taute has been in China for seven months. He chose this activity because "it's a great opportunity to learn the vocabulary associated with different parts of a house and the surroundings. I use the whole process to encourage the child's conversational skills and to build up their confidence in using the English language."

He tells us that Etonkids approaches arts and crafts in a way that ensures the children not only enjoy the activity but also learn from it. "We try

to base our activities around our monthly themes. This month's theme is On the Farm and the house we have made could easily be adapted to become a farm, complete with farmyard and animals!"

Mia is certainly absorbed in the activity. She enjoys deciding how many windows to add, and how many apples are growing on the tree. Getting the tree to stand up straight is a challenge though. "Uh oh," she says. "It's the wind blowing it over!" Taute jokes. "Never mind Mia, mine isn't standing up either." A bit of blu-tack solves the problem. I ask Mia who lives in her house. "My brother and sister," she says.

Estimated time:
30 minutes

Suitable for:
Age 4+

Materials

- Brown paper bag
- Colored paper (some pre-cutting by an adult required)
- Crayons or markers
- Glue

Instructions



- 1 Glue the paper bag to a sheet of green paper. Fold and stick a smaller sheet as the roof.



- 2 Cut a rectangular piece for the door. For windows cut smaller squares, and mark with a cross. Stick them to the house.



- 3 Make a tree by rolling a sheet of brown paper into a tube. Fold it at the bottom and glue it onto the garden. Fold and attach the leaves. To make apples, scrunch up small pieces of red paper and stick them on.



- 4 Draw on a road. Add a flower to the garden, or whatever you want growing there!

Admit One

Advice from BCIS and BSB Sanlitun on choosing a school

by Aisling O'Brien

There's no one size-fits-all solution when it comes to choosing a school. Selecting a school for your child is an individual journey for every family. Their final choice will take into account their unique situation, considering location, their child's character, their other financial commitments, daily schedules and commutes, and their family's culture, traditions, and values. As we head toward summer, some parents may be seeing that even after considerable effort researching and visiting campuses, the current school is just not working out for their little ones. Beijing has a huge selection of schools; sifting through the options may initially seem daunting. We speak to admissions experts at Beijing City International School (BCIS) and The British School of Beijing, Sanlitun (BSB) to hear their advice.

The British School of Beijing, Sanlitun

New Zealander Prue Harman is the admissions team leader at BSB. Her association with the school began when her family first arrived in Beijing five years ago; she chose BSB for her children. When an admissions role became vacant a year later, Harman was happy to take a job where she could share with prospective families what she loves about the school.

Harman says that the first step for parents is to find a list of schools in Beijing such as the beijingkids School Choice Guide. If you live in Beijing, Harman says fairs such as the Beijing International School Expo can be extremely useful in creating a shortlist. She recommends that parents look at minimizing commuting for most members of the family, considering the location of their compound, schools, and workplaces to see how they can spend the least amount of time each day snarled up in traffic. She says parents should next look at instruction and curriculum. "The most important factor is finding an environment where your child will thrive and achieve their potential," says Harman, recommending an individualized approach to learning where children will be challenged and motivated; extended if academically advanced, or supported if there are gaps or learning difficulties.

She says the most important step is the school visit. "You must talk to teachers and look inside classrooms," says Harman, "And check that students look engaged and happy. If you absolutely can't make it to Beijing to visit in person, arrange Skype or phone calls with admissions personnel, and ask to be put in touch with current parents of children with similar ages to yours."

BSB Sanlitun offers rolling admissions throughout the year without a deadline. Over the last few years, BSB have worked to simplify the process. "We have an e-version of our application form and accompanying documents can be

scanned, so the whole process can be done by email," says Harman. For Beijing-based families there's an in person meeting and assessment, for families overseas BSB Sanlitun requests teachers' recommendations.

Harman says BSB Sanlitun is open to parents who will be supportive of their child's education and become active members of the school community. BSB Sanlitun values families who appreciate diversity and respect for other nationalities, cultures, and backgrounds. For Harman the hardest part of her job is saying the inevitable goodbyes as families move on. "But thankfully many stay in touch, and I have a great network of BSB Sanlitun friends all over the world," she says.

The Simmons Castellanos Family

Americans Dennis A. Simmons and Monica Castellanos Simmons are both US diplomats, assigned to the Embassy in Beijing since July last year. Dennis is a Commercial Officer with the US Department of Commerce and Monica is a Human Resource Officer with the US Department of State. Their children Kayla (age 7) and Zachary (4) are both enrolled at BSB Sanlitun.

The family created a short list by considering curriculum and location as top factors, searching for schools with COBIS (Council of British International Schools) accreditation. "It was important to stick to the same system," says Monica. BSB Sanlitun quickly became their first choice because of its accreditations, location, small class and campus size, and also because of their interactions with the admissions team. "Prue made us feel as if we were part of the community well before we arrived in Beijing or before our children sat foot on the campus," she says. "In many ways, it was Prue's communication style and reassuring nature that made us want to be part of the BSB Sanlitun community."



Prue Harman, admissions team leader at the British School of Beijing, Sanlitun



Dennis A. Simmons, Monica Castellanos Simmons, daughter Kayla (age 7), and son Zachary (4)

Beijing City International School

At Beijing City International School (BCIS) we speak to Stacy Wang, admissions manager, a Chinese national, who joined BCIS in May last year. She brings a wealth of experience to BCIS, having been admissions officer and community liaison at International School of Beijing (ISB) for the previous five years. We also hear from Fijian Director of Communications, Sam Savou, a parent and member of the BCIS community since 2008, when he moved to China as a diplomat with his family. He joined the BCIS team in June 2015 as Director of Communications.

Savou recommends thoroughly researching your options, and cites school visits as essential. "A school tour affords an understanding and insight into the school that a desk top

search cannot provide," he says. "These priorities could be an international education, the language of instruction in school, the class sizes and student teacher ratio's, the reputation of the school, and the teaching philosophy and quality of the education program," says Savou. BCIS is approved to accept Chinese nationals alongside international students; a factor Savou says enables them to experience the culture, language, people, and traditions of China, among a cosmopolitan student body.

Location is another obvious key factor; Savou points out that BCIS's campuses are located centrally in Shuangjing, in the Central Business District (CBD) of Beijing, conveniently located close to many families' workplaces.

Wang says BCIS selects students from all

nationalities and works to maintain a balanced enrollment based on each student's academic history, interests, English language proficiency, and fit. The school also takes into account the diversity of the student population. Wang says that after a school visit and tour, the admissions team administers assessments, carries out a review of the application documents, undertakes a student and parent interview, and on occasion facilitates a classroom observation session to select students and families suitable for the BCIS community. "The hardest and most stressful part of our job is when we have to decline a candidate's enrollment and deliver the bad news to the family," says Wang. On the other hand the larger and most enjoyable part of her role is working with prospective students and parents, and welcoming successful applicants to the school.



Sam Savou, communications director at Beijing City International School



BCIS main campus

The Lawson Family

Australians Christopher Lawson and Minh Bui have lived in Beijing since January 2014. They moved here for Christopher's work as a diplomat for the Australian Embassy. Both of their children, Samantha (age 12) and Kane (10) attend BCIS. Minh says they were interested in a school with an IB curriculum, and they wanted a K-12 school located within ten kilometer of their home. "We also wanted a school that had been used by families of the Australian Embassy in the past and one where a daily uniform is not required," she says. BCIS's track record in academic achievements was also an important factor. In making their selection, the Lawsons reviewed information available on the BCIS website and sought feedback from embassy families that already had children attending BCIS, prior to applying. "The application process itself was one of the important factors in our choosing BCIS," Minh says. "It was simple and straight forward, with very timely communication from both the administration team and the Principal."



Stacy Wang, admissions manager at Beijing City International School

LOVE PU

BUT WHO IS PU?

Baby Pu Feng He is a ten-month old orphan at New Hope, one of many with serious medical conditions being helped to a chance at life.

WHAT CAN YOU DO FOR PU?

Simple. Come enjoy Cook-for-Hope on Apr 26th. Y300 door donation includes all the food and fun.

Or form a cooking team of 5 friends for Y1000.

HOW WILL PU DO?

▪ If 160 of us attend @Y300 / ticket we pay Pu's hospital expenses and...

WE LOVE PU

COOK-FOR-HOPE CHARITY LUNCH

26 April 11am-2pm

GREEN T. HOUSE

DOOR DONATION Y300

PROCEEDS: NEW HOPE

RESERVATIONS

love.fororphans@yahoo.com

64342519

OR WECHAT



Organised for NEW HOPE FOUNDATION by LOVE FOR ORPHANS with thanks to GREEN T. HOUSE, BEIJING KIDS, JING KIDS and YOU!



Boarding Call

Keystone Academy students consider 24-hour life at school

Photos by Dave's Studio

Text by Aisling O'Brien

Is boarding school suitable for everyone?

In popular culture boarding schools are often misrepresented as an elitist solution for absentee parents or institutions specialized in eliminating negative behaviors. The reality of modern boarding schools quite different: most students are there because they want to be. Far from being dumped there against their will, kids have self-selected to attend; citing benefits such as the opportunity for round-the-clock friendships, growth in self-discipline and independence, access to daily extra-curricular activities, and membership of a peer group concentrating on achievement. Two students from Keystone Academy ponder whether residential life is for everyone.

Vincent Zhiheng Liu, China, 16, born and raised in Beijing

Living at boarding school is a unique experience, and as a student doing just that, I believe it's not for everyone. Studying at a boarding school requires strong self-control, excellent time management, and an extroverted personality. I have a lot of interests: I play Hearthstone [an online collectible card game], I love basketball, and I also enjoy playing Go. I enjoy my hobbies so much that, honestly, I want to do these activities all the time. Since I am boarding, there are no parents or guardians to tell me what to do. It's essential that I control myself. There are lots of distractions: most teenagers my age can easily get caught up online games and videos, talking with a roommate, even by less essential work in other subjects. Since there is limited time for

NO



individual study, it is crucial to get work completed as soon as possible, leaving time to relax, work on long-term goals, or enjoy non-academic activities. Single-mindedness is one of the most important elements in self-control. It is important to focus on academic work not only during classes, but also during individual studies.

School usually ends at 3:20pm, and we return to our rooms for room inspection by 7pm, so that gives us three and a half hour of free time. Using this time wisely reduces the pressure of heavy work and creates more time for our own hobbies; this requires conscientious time management. I struggled with this when I first arrived at Keystone. In the last two weeks of the first semester, multiple deadlines coincided over the last days of term. In this situation, the study hours left couldn't provide enough time to get all the assignments done. Boarding school students have to learn to manage their time, do fewer after school activities, hang out with friends less, and use their time wisely to finish important assessments.

I also feel extroversion is necessary to live at school. Circumstances here means you meet, talk, and cooperate with complete strangers from day one. Being more extroverted helps you blend in with the community, feel more comfortable interacting with others, and get ahead in academic work more easily. Extroverts don't spend as much time worrying about relating to other people, so they can focus more easily on pursuing their own agendas.

Coming to Keystone Academy has been a huge step forward for me. I spent my primary and middle school education at different local day schools, and this is my first year at a boarding school. Keystone has really changed me. Life at a boarding school is an early taste of college. I get to do a lot more around campus; both academic work and other activities. It's a great opportunity to create better relationships with others. But as I've mentioned, boarding school is not suitable for everyone. To unlock these advantages, students need to be self-managing, control time wisely, and be sociable.

Ashley Fang, China, 15, born and raised in Beijing

I attended boarding school for primary, and I chose to go to a boarding school again for high school. From my perspective, after years of boarding experience, I can definitely see many advantages. I believe that residential life benefits students both behaviorally and emotionally.

First of all, students get to live independently and develop self-management skills. We have to do all kinds of chores such as making our bed and sweeping the floor; at Keystone, we have room inspections every day at 7pm to make sure all the rooms are clean and tidy. We not only keep our rooms neat, we develop lots of other good habits. Phones are handed in during study hours so that we can concentrate on our homework. We manage our own time: making plans, using our time efficiently, and learning to prioritize the most important or urgent tasks.

Another advantage of boarding school is that students develop life-long friendships and become emotionally mature. Residential life allows us to have more time in contact with our friends. All kinds of relationship building activities are organized quite frequently in most boarding schools, so that students can develop sense of togetherness and community instead of just locking themselves up in their rooms and spending most of their time on their phones.

Two traits are especially important for students to adapt and take advantage of residential life; otherwise, the benefits I mentioned could turn into drawbacks. Self-control and resilience are fundamental personality traits for students who are suitable for boarding school.

Living at school means having lots of free time without supervision

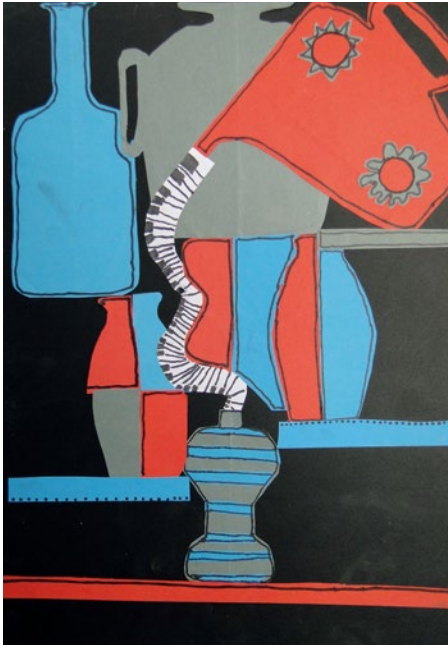


by parents or teachers. People could in theory just watch videos and play games throughout study hours and put off their assignments until the night before the deadline. Lack of self-control results in bad time management and leads to a decline in the quality of work or an addiction to electronic devices; therefore, self-control is crucial for students. If students cultivate good habits and behaviors; it also assists them in achieving a better academic performance.

Students sometimes need to handle depression or conflicts with others, and those are times when resilience becomes significant. Resilience is the ability to deal with pressure and setbacks and convert them into strength and motivation. Being resilient means staying positive, confident, and tolerant. At a boarding school, everybody lives together every day; the closer the distance between people, the more conflicts. Parents won't be there to support and talk to the students when they are upset – they need to deal with negative emotions on their own. Resilience really helps students to recover, and benefits their health and well-being.

Boarding school is suitable for most students, as long as they have self-control and resilience. They can take full advantage of residential life, and not get slothful or overwhelmed. The freedom given to students at boarding schools can be beneficial or harmful - it all depends on how the students make use of that freedom.

Students from the Yew Chung International School of Beijing (YCIS Beijing) fill April's Blank Canvas



Caden Chng, 9, Singapore

I've set the table with everything for a spring celebration.



Ella Jiang, 9, US

The cock crows on a beautiful spring morning.



Ian Bernstein, 9, US

My fantasy spring forest.



Joonji Jin, 10, Korea

Ready to celebrate spring with good food and drink.



Akina Tse, 9, Hong Kong

This is my name in the colors of a spring raindrop.



Mason Pan, 9, Canada

My name in all the colors of a spring rainbow.



Janice Lam, 9, Hong Kong

In an autumn sunset the tree is waiting for spring.



Nicole Payne, 11, UK

This is my dream of a spring forest.



Skye Yu, 9, Australia

This rooster announces the arrival of spring.



Mingyo Joung, 9, Korea

The forest in spring.



Alice Jiang, 6, China

Warm spring days mean my color wheel snail has lots of food to eat.



Angela Jin, 11, Korea

Spring celebrations: the table is set and we are ready to enjoy good food.



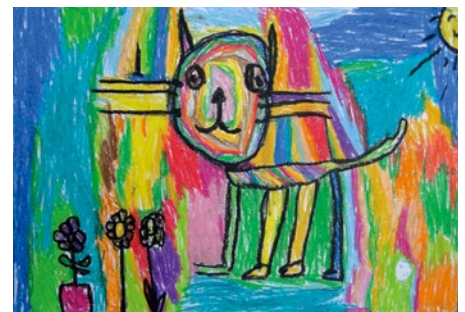
Ho Yi Wong, 9, Hong Kong

Early on a spring morning my rooster calls out.



Joowon Beak, 7, Korea

Spring is here! My color wheel butterfly flies in the sunshine.



Tristan Tang, 6, Hong Kong

My beautiful cat enjoys playing in our spring garden.

Pet Shop Mysteries

WAB librarian recommends a first step into graphic novels

By Andrew Killeen

This month's book recommendation comes from John Byrne. Byrne has spent the last decade helping students' imaginations come to life as the Elementary School librarian at Western Academy of Beijing (WAB). He's originally from Brisbane, Australia, and loves Beijing for its diversity: the people, culture, food and the surprises!

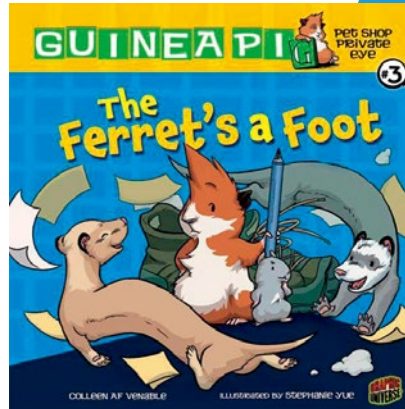
"In most libraries, particularly school libraries, the ever-growing infatuation children have with graphic novels' (formerly known as comics) is very satisfying. An accessible, interactive and colorful combination of illustration and words take the reader on a journey, normally of adventure and excitement, which makes the reader come back for more.

"An excellent introduction into the world of graphic novels is the cool series: Guinea Pig, Pet Shop Private Eye written by Colleen Venable and illustrated by Stephanie Yue (a Western Academy of Beijing alumna!). Both have combined their talents into publishing six books in this series that your child is sure to enjoy.

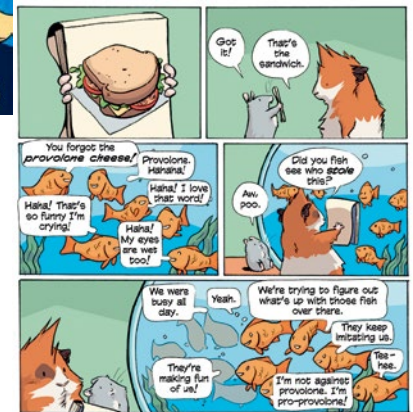
"Mr Venezi's unusual pet shop is the scene of crime and mystery. Hamisher Hamster employs the detection skills of resident narky guinea pig, Sasspants. With quirky twists and witty humor, the duo set out to uncover, and hopefully solve, the mysteries surrounding the pet store animals and the antics they get up to. Each book introduces another animal as the focus of the mystery. Some suspects are clearly more likeable than others, yet to Sasspants they're all a bother!

"Young readers (ages seven to nine) will develop a clear understanding of suspense and mystery as they navigate each book. It's a fun teaching tool for budding mystery writers. Yue's colorful illustrations burst into each panel helping to explain and solve these humorous mysteries. Each book uncovers true facts about the animals. There is an afterword with a fun explanation about the animal protagonist in each book. Hamisher describes some peculiar traits and habits of mice, snakes, fish, ferrets, cats and dragons!"

Series: Guinea Pig, Pet Shop Private Eye
ISBN: 978-0761354796
Publisher: Graphic Universe
Author: Colleen Venable
Illustrator: Stephanie Yue



John Byrne, Elementary School Librarian at WAB



Author Colleen Venable



Tech Corner

Teachers recommend apps to bring the natural world to your device

by Aisling O'Brien

Star Walk

William Xu, technology integrator, PS and MS ICT teacher at Keystone Academy



Xu instantly thought of Star Walk when we asked him to recommend an app relating to the natural world. Star Walk presents a virtual universe, where you can travel faster than light speed, visit stars, and learn about space using the very latest scientific information.

"Like many men, there is a boy astronaut living inside me," Xu says. "Years pass, and I am a father, but the boy astronaut has never left." The first time Xu used the app, he was trying to explain to his five-year-old son how the sun sets and the moon rises. He used his iPhone to show the little boy the relative position of the sun, already below the horizon of the earth. They went on to read up on the earth's moon, Mars, the Milky Way, and other galaxies. Xu told his son how he first learned to locate Orion when he was a child. "The teachable moment was facilitated through the app, and it was a teachable moment for the both of us," Xu says. "Now there is another boy astronaut in my house; my son uses the app more often than I do."

"Most city residents don't have the luxury of lying down on their roof on a starry night, telling tales about stars and horoscopes, or imagining alien civilizations far away," says Xu. "As a child it always brought me joy to look at the night sky. I felt connected to nature, and merged into the universe." He believes that appreciating infinite space teaches us how humble human beings are, how lucky we are life exists, and how courageous man has been in reaching out to explore the universe. "Astronomy helps us to understand, love, embrace and respect nature from our core," he says. Now that the weather has improved, Xu recommends families take a trip out of the city to a place where they can see their starry sky and develop their own inner astronauts.



William Xu with a Keystone Academy student

Klikaklu

Sarah Fitzpatrick, literacy/numeracy lead and technology integrator at Canadian International School of Beijing (CISB)



Fitzpatrick recommends Klikaklu, which is designed to help you create scavenger hunts or treasure hunts in any outside or indoor space. You simply take pictures and add clues for each question or task, adding as many clues as you want. Children can then go out and explore, collect items, take pictures, and investigate the world around them. You can also set up rewards and the app allows you to easily share your hunts with other users. Depending on the age of your children, hunts can be as easy or challenging as you like. Fitzpatrick discovered Klikaklu when she was researching fun interactive ways to involve Grade 4 students in a unit on exploration. "I like Klikaklu because it gets students involved," she says. "Children are natural explorers and inquirers and this gives them the opportunity to do that in the natural environment." If there were one thing she could improve, Fitzpatrick would like to see video clues added to the interface. As it is, teachers at CISB use the app in classrooms at both lower and upper elementary levels for Math and other units. "Using Klikaklu We can easily create different hunts for different subjects and keep track of student learning and understanding," Fitzpatrick says.



Sarah Fitzpatrick with students from CISB

Bianca Kraitzick

HoK's Team Teacher embraces multiple titles to adapt to her young students

by Nimo Wanjau

New Zealander Bianca Kraitzick came to China two years ago and has been living in Beijing for the past year. Kraitzick researched online and used our very own *beijingkids* School Choice Guide to find a school whose philosophy and mission statements aligned with her goals. She discovered House of Knowledge International School and Kindergarten (HOK) and is now the team teacher in English Middle Age (age 3-5).

What's was your favorite subject when you were a student?

I always enjoyed my high school English classes as I really enjoyed the discussion-based learning. Looking back now, I don't think it was the content that interested me as much as my teachers! I was lucky to have teachers that were passionate about their subject. They were always delighted to discuss big concepts and were happy to give out reading suggestions too.

What did you want to be when you were a kid? What other career options did you explore before teaching?

When I was a child I was adamant my future title would have multiple dashes: painter-farmer-vet-restaurateur. I remember quite clearly wanting to be this combination around age six. Then during high school I dabbled with the idea of studying pharmacology, psychology, sociology... along with multiple other -ologies. I had been involved in informal education during those same years and after returning to Auckland from a year abroad I was determined to do something I deemed socially beneficial, so I began working in an early childhood centre. A year later I began studying towards a Bachelor of Education specializing in Early Childhood Education. Now even though my official title doesn't contain any dashes I can still take on multiple roles in a single day as a teacher: researcher-artist-scientist-mediator-storyteller... I think I was lucky to find my niche.

How would you describe your teaching style?

I would describe myself as a facilitator for children's learning. I believe children create their own knowledge based on the interactions that have with their environment and the relationships in their lives. It is my role as a facilitator to create opportunities in their environment (in this case the kindergarten) that will lead to learning. It could be as simple as directing children to a book or asking the right question that will get them thinking.

What are some of the topics you cover?

I work with children from birth to the age of six so my teaching "topics" vary widely dependent on the children themselves. At the moment our class is made up of 3-5 year olds and we have just started an "Under



the Sea" project. This topic naturally leans towards science concepts and of course all of the language that goes along with it. But it also provides the opportunity for us to discuss social responsibility, ethics, and conservation. Throughout the project, children make their thinking and learning visible through art, drama, and dance.

What topic was the most challenging to cover with children?

The most challenging topics to cover are the ones that don't personally interest me. I think this is completely normal as children learn the same way. So the day a child comes to me wanting to learn all about snails is the day I will remind myself to see through their eyes and try to see snails as wondrous creatures.

What topic was the most interesting to your students?

In New Zealand, I was involved in a project at a community-based center that focused on our neighborhood. I think they found this really interesting because children love making sense of the world around them and seeing how they fit in to it.

How do you encourage your students to be passionate about the subject you teach?

As an early childhood teacher I am a generalist so I am not limited to one subject such as mathematics or English. Instead, I teach concepts that provide the foundation for further learning in the subjects of mathematics, English, science, and the arts. Children have the innate desire to learn and therefore do not need any encouragement to be passionate about learning.

Meet Alex G.

Pop quiz with an American Grade 12 student at International School of Beijing

by Aisling O'Brien

How do you relax?

I walk my dogs or watch Downton Abbey.

What is your most treasured possession?

The first medal I won in a swimming competition ten years ago.

What sound or noise do you hate?

The cheers at Donald Trump rallies. Pretty disturbing stuff.

What would your super power be?

Teleportation. There are so many places I'd like to go.

Which book changed your life?

This is pretty generic, but probably the entire Harry Potter series. Recently, though, I've been inspired by the poetry collection *Life on Mars* by Tracy K. Smith. I initially read it for my extended essay, but I really fell in love with it and I was even able to talk with the author.

Which living person do you most admire?

My mom or my dad. I can't choose!

Which living person do you most dislike?

Donald Trump.

Who would play you in the film of your life?

Meryl Streep, just because she's probably capable of pulling it off.

Who would you invite to your dream dinner party?

All US presidents past and present. And Beyoncé.

When you were younger, what did you want to be when you were growing up?

I wanted to be an artist until I realized I had no artistic skill whatsoever. But I have no idea what I want to be now. I'm only 18!

If you could edit your past, what would you change?

Nothing. Everything that's happened has brought me to where I am today.

What do you owe your parents?

Everything. Absolutely everything.



What do you owe your school?

The amazing extracurricular opportunities I would never have had at a US or non-international school.

What advice would you give other students at your school?

Don't dedicate all of your time to school. You won't remember your chemistry test twenty years from now, but you will remember the moments you shared with your friends and family.

What is your earliest memory?

Falling asleep on my dad's shoulders when I first visited the Great Wall.

What is the most important lesson life has taught you so far?

Roll with the punches.

What single thing would improve the quality of your life?

High school graduation.

When were you happiest?

Childhood.

What makes you unhappy?

Demagoguery in 21st century America.

Where would you most like to be right

now?

In a log cabin in the Appalachian Mountains.

What is top of your bucket list?

Making a spontaneous trip somewhere. No planning, no itinerary – just going and seeing what happens.

What trait do you most dislike in others?

Dishonesty.

What trait do you most dislike in yourself?

Perfectionism.

What is your favorite word?

Transient.

What is your least favorite word?

Spelunking.

What is your greatest achievement?

Burning all of my used SAT books with friends. That gave me true satisfaction.

What is your greatest fear?

Wasting my youth on meaningless academic endeavors.

When did you last cry?

Last Saturday. I had just finished my last MUN conference.

Creative Resurgence

Spring brings renewal and optimism

by Ember Swift

I'm a musician by trade and, until China, music was my only industry. So, now after several years of a truncated career momentum (thanks to having kids – not their fault, just the reality of parenting!), I am proud to report that I am back on stage with my band and there are new song arrangements circulating in my head. I couldn't be happier about this. Once a person steps back (even temporarily) from a creative career, the primary fear is that the ability to operate within that creative industry might never be restored. As spring unfolds in Beijing in 2016, my general feeling is this: Relief. Music still speaks to me.

I have a special spot in my heart for Beijing spring and it's the perfect time and place for my current state of mind. Part of my affection is its flash performance – two to three weeks at the most – during which time there's an explosion of green and color that seems to sprout from nowhere overnight. The flash is what makes it so brilliant. There aren't weeks of sludgy rain or grey snow-melt that typifies the early stages of a Canadian spring. Instead, Beijing's sudden awakening holds the

same energy as spontaneous good news. If positivity were a season, it would definitely be spring. People are smiling. Sunshine is caramel yellow and new shoots of life are a sparkling, cartoon green.

But my other affection for Beijing's spring is the fact that it happens at the exact time winter is dragging on too long in Canada. When at the end of March, Beijing's blossoms on the trees are bulging with their impending burst, I feel a certain gratification about being here that is a rare appreciation for this city's weather. I congratulate myself for my location. Geography: I approve.

But regardless of where I am, this season goes hand in hand with new decisions, renewed commitment to the hard stuff, optimism. So, it's in this spirit that I am rebuilding my music website, booking shows, and planning a return to the studio after the longest gap between releases in my career history: five years.

And such a long stretch of time is exactly like winter: it's a type of dormancy. These green shoots on the trees and these exploding blossoms – they're symbols of what we are capable of even when we have chosen to spend a period of our lives in this partial state of dormancy for the precious sake of family (or whatever reason).

No dormancy need ever be permanent

But, just like winter, this dormancy must end in order to restore the healthy cycle of life. We have to create if we are creators: writers must write, musicians must play, visual artists must paint or carve or put image to paper in some fashion in order to feel that completed cycle of idea into production. With each piece we craft – perhaps even more poignantly after a long winter of distance – we will be reminded of that intangible power that art once had to capture our passions and dreams in the first place.

And for the parents who are artists like me, I add this: we have now created the most powerful form of art that we will ever know – Life. From here on in, our kids will forever know us to be brave leaders who fearfully risked the permanent silencing of our personal art in order to make sure they came into being. As they grow older and less dependent, the equally courageous return to art-making will teach them yet another important lesson: that no dormancy need ever be permanent. Spring is here. And Beijing's is particularly breathtaking. Enjoy!



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Building 6, Guangda Xiyuan, Wanliu Middle Road Haidian district

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About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She and her husband Guo Jian (国团), who is also a musician, have a daughter called Echo (国如一) and a son called Topaz.

A Taste of Beijing Spring

A serendipitous gift by the Great Wall

by Jennifer Ambrose

One afternoon in April, our family spent a few hours climbing around the Great Wall in Huanghuacheng. We parked our car near a farmhouse occupied by a generous, elderly couple. They never fail to present us gifts of their own dried fruit or nuts whenever we pass through there. This one particular day as we finished our hike, the wife handed me a large grocery bag full of strong-smelling, pointy leaves in green and purple. I had to ask what they were. "Xiangchun," she told me, which in English we call toon. She had just picked them especially for us.

I must admit I was pleased, a feeling I know may not be widely shared. Toon is oddly divisive: people either find it absolutely revolting or positively adore it. I am firmly among the latter, though I cannot quite articulate what I taste when I eat it. Is it peppery or herbal? All I can say is that I was bowled over the first time I tried a cold salad of toon and walnuts, and it remains one of my absolute favorite dishes in Beijing, one I order all the time.

However, most restaurants make this and every other toon dish using greenhouse-grown toon, an adorable little two-leaf sprout that is available any time of year. Wild toon is completely different looking, and much tastier. I had long been curious to try wild toon to compare and get a sense of this old flavor of springtime in Beijing. Curiosity alone was never going to procure me any wild toon, though. The best wild toon, I had heard, has to be gathered during a very limited time in spring when the Chinese mahogany tree first bursts with new growth. I am not a skilled forager, and I wouldn't recognize a Chinese mahogany tree, let alone the sprouts.

I couldn't believe my luck; wild toon at last!

That afternoon I couldn't believe my luck; wild toon at last! In the car, I confessed to my husband my worry that maybe the whole bag would go to waste. I had no idea how to prepare them. He suggested that since we were already going to Kui Po (a favorite Huanghuacheng restaurant I wrote about in the January, 2014 issue of beijingkids), maybe they could tell us how to serve the leaves.

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.




When we arrived at Kui Po with our wild toon, the owner asked with surprise if we had gathered these ourselves. I told her we had actually just been given them, and that I was hoping she could teach us how to cook them. When I said to her we had never even eaten wild toon before, only the variety served in restaurants in the city, she shook her head in pity.

"That kind is terrible," she told us. "Wild is so much better."

She quickly brought to our table xiangchun fixed two ways: folded into an omelette and batter-dipped. We were amazed but not surprised how deftly she improvised these, even though neither were on her menu. It was all delicious. Myles and Brigid especially enjoyed the crispy-coated leaves.

My own amateur attempts to fix wild toon in these same ways later that week did not measure up to Kui Po's. I tried, too, to share our bounty with friends and neighbors, but I was met with polite and slightly disgusted refusals. This taste of Beijing spring was, as I suspected, not for everyone.


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All is Clean and Bright

photo by Dave's Studio

text by Andrew Killeen

Spring is a season of rebirth and renewal, a chance to clear out dusty old belongings and habits. At the beginning of this month, Chinese families will celebrate Qingming, the Festival of Pure Brightness, sweeping out the tombs of their ancestors. Although this is a time for remembering the departed, it's not a gloomy event, but a happy occasion, celebrated with picnics and kite flying. For many of us, moving to a different country is a chance to reinvent and rediscover ourselves. Even if you've been here a while, there are always new opportunities and new avenues to explore. In this month's features, learn how a personal coach helped one reader transform her career and her relationships. And find out where you can enjoy the spring sunshine in the best of Beijing's urban parks. In the words of a Qing Dynasty text, "All living things grow at this time, and all is clean and bright."





Maringelli and her son, 23-year-old Jacopo, on a trip to Sipadan, Malaysia



FINDING ELENA

The power of personal and professional coaching

by Sijia Chen

Elena Maringelli, 50, knows all too well the challenges of living and working in China. A single mother to a 23-year-old son and a 19-year-old daughter, the Italian executive has been living in Shanghai for nine years.

Maringelli's relationship with China started in 1988 when she moved to Yunnan to study Chinese and anthropology. By 1991, she had graduated and married a Chinese national. They soon moved back to Italy together and had two kids. When her youngest was 2, they separated due to the strain of having little money and deep-seated cultural differences.

And yet, for years Maringelli kept her eye on China. "I was always yearning for China. You have to understand, I had chosen China and had always had an interest in it," she says over WeChat voice call. When she got the opportunity to move to Shanghai for work in 2007, she jumped at the chance.

For the next couple of years, Maringelli immersed herself in her job doing marketing for an Italian industrial equipment company. Though her kids eventually adjusted to school in English, she says she struggled to build a support network. "In Shanghai, it's usually couples. The man comes here for a job and the woman stays at home. I was the outsider because I was the woman without a husband, so [other women] didn't trust me," explains Maringelli.

Towards the end of 2009, she started noticing troubling changes in her son, Jacopo. By 2010, he was formally diagnosed with schizophrenia. Around the same time, the company asked her to move back to Italy; by then, she was disillusioned with mismanagement, high turnover, and internal politics.

To make things worse, the doctors discovered a chronic liver condition that forced Maringelli to receive invasive weekly treatments and go on sick leave for a year. "The company couldn't fire me because I was sick, but I got lawyers involved and it was a stand-off," she says.

By 2012, Maringelli was at her lowest point, both emotionally and physically. "I felt like I made a series of bad decisions, starting with

my husband ... and ending up with me in Shanghai, sick and with no job prospects. I saw no light."

A light in the dark

Upon seeing her desperation, a university classmate referred Maringelli to Dalida Turkovic, a Beijing-based personal and executive coach. With Maringelli's permission, we reached out to Turkovic through email.

She writes, "At the time of our first contact, Elena was feeling emotionally drained, discouraged, confused about the way forward, with lack of hope that situation could be changed for the better."

Maringelli describes herself as a pragmatic person who was wary of "New Age" concepts, but she decided to hear what Turkovic had to say. "My first impression was that she was a shaman," she says. "I felt a kind of authority I wasn't used to dealing with. I liked her. I saw that she was very intelligent, and that's something I value a lot."

"The first few times, she told me things that seem obvious now, like 'You're not what you think' and 'Your mind can trick you into hearing things that hurt.' You can silence that voice; I was only hearing that voice, constantly," she recalls.

Over several months, the women maintained weekly coaching sessions. Maringelli followed a regimen of meditation, *qigong* (a Chinese system of coordinated breaths and movement), and mindful walks with her dog. "Every session was a small step towards the final outcome," says Turkovic.

"[In the past], I never did any physical activity," says Maringelli. "I was my mind, my body didn't exist. Meditation was a very big discovery; I could feel immediately that it was good for me."

Turkovic gave Maringelli assignments related to her personal and professional development. For example, one week she asked her to consider her skills, experience, negative traits, and the conditions she wanted from her career. The next week, she prompted Maringelli for results of her job search.



Elena Maringelli and her daughter, 19-year-old Nina



About to go scuba diving, one of Maringelli's passions

By the end of 2012, after about five months of coaching, Maringelli received a job offer from another company. Though she eventually declined, an important shift had already taken place. Throughout her career, Maringelli had been one of the only women in the upper echelons of her field. "I couldn't see myself as a useful person in the company, and I wasn't. I was always trying to hide," she says.

"With Dalida's help, I saw that to start a new [job] I needed to go back to zero. I needed to see myself as an expert – even without being an engineer and being a woman. When I succeeded in seeing myself like that, I was. I am."

When competitors called her for an interview, she went in without any expectations but felt completely in control. "I knew I had the job. I could see myself as a positive person, and I gave that impression," she says.

"The shifts were happening in waves and there was more than one breakthrough moment," says Turkovic. "As soon as she defined a 'dream job,' she was able to make the right choice."

Eventually, Maringelli took up Ashtanga yoga. It became a bonding activity with her daughter Nina, who started noticing positive changes in her mother. "She said I used to be very angry because I was a single mom with a lot of things to do. The Italian mom style is to shout first, spank later," laughs Maringelli.

When Nina broke up with her boyfriend, Maringelli led her through a few meditation sessions. "She was very grateful," she says. Though Nina is now away at university, mother and daughter remain close.

Making a change

Christiane Zhu-Lambrecht, a personal coach and educator based in Beijing, says that women usually seek out a life coach when they feel trapped in their current situation and do not know how to change it.

"Expat and local women alike face multiple pressures," she says. "Some want to learn how to deal better with stressful situations, others want to have better relationships with their partners and/or children. Many women want a boost in self-confidence. They want to get stronger to tackle their tasks and lives."

To clarify whether coaching is right for you, Zhu-Lambrecht offers some guiding questions:

- Do I want to look at the changes and challenges that my life brings?
- Am I overwhelmed? Irritated? Confused?
- Do I want a better balance?
- Do I want more fun and positivity?
- Am I looking for what's next in my life?
- Am I ready for a change?

If the answer to any of these is "yes," a meeting with a life coach may be beneficial. That said, coaching is not a panacea. "The coach is not there to fix the client's problems," stresses Zhu-Lambrecht. "Coaching is self-exploration. The client decides where the journey will lead – she is the expert of her own life."

Rather, the coach will support the client as they devise their own

goals and develop greater awareness of their strengths and weaknesses. The coach can offer ways to understand the client's behaviors, help them explore new perspectives, provide feedback, hold them accountable, and be their cheerleader in the self-improvement process.

At the risk of sounding cliché, Elena Maringelli is like a whole new person. She quit smoking and drinking, watches what she eats, exercises regularly, and has found a new community through yoga.

"Working on yourself always brings truth," she says. "Sometimes, women tend to 'sacrifice' themselves. But by neglecting their needs, they're digging a very deep hole of unhappiness."

There's no magic formula, she says. "Life is made up of moments today. Don't live in the future, which has not come yet, or in the past, which is done. Live for yourself because you're with yourself all the time. Every day, I'm thankful to be alive."



Resources

Life Coaching:

Small Steps Coaching

Small Steps Founder Dalida Turkovic has been living and working in China for 26 years. She has provided personal, executive, and mindfulness coaching for a variety of nonprofit, corporate, and individual clients.

Contact: 6416 6125, dalida@small-steps-coaching.com, www.small-steps-coaching.com

Christiane Zhu-Lambrecht

Educator, Personal Coach, and Team Facilitator Christine Zhu-Lambrecht has lived in China for 12 years. She has worked extensively in intercultural settings, and combines her experience in social work and business. Her clients include professionals from small and medium enterprises, schools, nonprofits, and individuals.

Contact: info@zhu-lambrecht-coaching.com

Mental Health Resources in English:

BJU Psychological Health Center

Beijing United Family Hospital's Psychological Health Center provides consultations, assessments, and treatments to adults, children, couples, and families for mood disorders, relationship and parenting issues, loss and bereavement, and educational and developmental needs. Corporate and personal coaching is also available.

Contact: 5927 7067, beijing.uffh.com.cn

International SOS Beijing Clinic

International SOS' mental health specialists can help patients

with individual therapy, family therapy, couples counseling, stress management, parent-child relations, psycho-educational assessments, and more.

Contact: 6462 9112, www.internationalsos.com

Oasis International Hospital

Oasis' mental health department offers counseling and therapy sessions for individuals, couples, and families for anxiety, depression, life transitions, child development, parenting, personal growth, relationships, trauma, and more.

Contact: 5985 0398, www.oasishealth.cn

Vista Medical Center

Vista provides help for individuals and families for mood disorders, panic attacks, eating disorders, sleep disorders, chronic stress, adjustment issues, and more. Services include assessments, therapy, and counseling.

Contact: 8529 6618, www.vista-china.net

Yoga Therapy:

Yoga by Yonnie

Yonnie Fung offers private yoga therapy sessions to restore or maintain balance using yoga principles and techniques. In consultation with renowned yoga therapist and medical doctor Dr. N. Chandrasekaran, Fung designs a yoga practice based on each client's needs, lifestyle, and habits.

Contact: yogawithyonnie@gmail.com, www.yonniefung.com



Parkside Bar

Park It Right Here

Spring has sprung at Beijing's best urban green spaces

by Sijia Chen

Si'de Park 四得公园

Beloved by Lido families, the "park of four gains" is a modest but well-maintained green space with jogging paths, a children's playground, a fishing pond, a roller skating rink, and recreational facilities for tennis, basketball, and soccer. Family-friendly dining options abound nearby, including Parkside Bar and Grill, Eudora Station, Element Fresh, Comptoirs de France, and Baby International Blu.

Free. Daily 6am-9pm. 9 Jiangtai Xilu, Chaoyang District (6438 6093)
朝阳区将台西路9号

April is here, and you know what that means: rising temperatures, spring blossoms, and sun-soaked afternoons outdoors. Though it's not quite warm enough for overnight camping trips yet, there's plenty to do in the city's green spaces. Here are our picks for seven of Beijing's best urban parks.





Ditan Park

地坛公园

This venerable park contains the 486-year-old Temple of Earth, where Ming and Qing emperors made ritual offerings to the Goddess of the Earth every summer solstice. Ditan's square footprint is in direct contrast to the Temple of Heaven, its larger, circular counterpart in the southeastern part of Beijing. Nowadays, you're more likely to see people taking a leisurely stroll through the peony garden than engaging in worship. Kids will enjoy chasing pigeons in the square and playing hide and seek among the park's fine old pine, cypress, and ginkgo trees. Every Lunar New Year, Ditan Park also hosts one of the most popular temple fairs in Beijing, with red lanterns, colorful fans, folk art vendors, lion dances, acrobatics, and street food stalls.

RMB 2, RMB 1 (students). Daily 6am-9pm. A2
Andingmenwai Dajie, Dongcheng District
(6421 4657) www.dtpark.com
东城区安定门外大街甲2号



Olympic Forest Park

奥林匹克森林公园

At 680 hectares, Olympic Forest Park is more than twice the size of Chaoyang Park. Though originally built for the 2008 Beijing Summer Olympics, the park has since become a genuine local fixture thanks to its functional design as an urban green space. Features include several walking and jogging paths, a children's playground, and a sustainable ecosystem of wetlands with a public education component.

Thanks to its biodiversity, Olympic Forest Park has become a sanctuary for local bird species such as grey herons, little egrets, common kingfishers, and red-rumped swallows. Nature lovers should consider joining Terry Townshend's birdwatching group, Birding Beijing, for one of its regular excursions to the park.

Free. Daily 6am-9pm. 15 Beichen Donglu, Chaoyang District (Southern Garden: 6452 9060, Northern Garden: 6452 9090) www.bjofp.cn
朝阳区朝阳区北辰东路15号☒

Ming Dynasty Wall Relics Park





Yuyuantan Park



Olympic Forest Park



Ming Dynasty Wall Relics Park

明城墙遗址公园

Along with the Yuan Dynasty Wall Relics Park, the Ming Dynasty Wall Relics Park is perhaps the purest example of an urban park of the green spaces included on this list. Extending from Chongwenmen to Dongbianmen and north to Beijing Railway Station, the park contains a well-preserved section of the Ming Dynasty city wall. Built in 1419, the wall was largely torn down in the 1960s to make way for the Beijing subway; of the original 40km, only 1.5km remains.

The park is free and accessible at all hours, but admission to the Southeast Corner Tower (东南角楼 *dongnan jiao lou*) ramparts costs an extra RMB 10. The 577-year-old watchtower also houses the Red Gate Gallery, a free, privately-owned gallery that exhibits Chinese contemporary art.

Southeast Corner Tower: RMB 10 (adults), RMB 5 (students), free for children under 1.2m and seniors.

Daily 8am-5pm (last entry 4.30pm).

9 Chongwenmen Dongdajie, Dongcheng District (6522 6008)

东城区崇文门东大街9号





Yuan Dynasty Wall Relics Park

Chaoyang Park

朝阳公园

The mother of all urban green spaces, Chaoyang Park is the default weekend stomping ground for many downtown families. Along with its various attractions – including artificial ponds, a children's fairground with amusement rides, boats and quadricycles for rent, and a Sony ExploraScience museum – the 288.7-hectare park regularly hosts fitness events like weekly Yoga in the Park, Heyrobics, and the monthly People's Run. Just north of Chaoyang Park is Solana, a sprawling village-style mall with family-friendly dining options like Moka Bros, Element Fresh, Tube Station and La Pizza. There is also Alio Olio, Annie's, and Muse near the west gate and The Rug near the south gate.

RMB 5, RMB 2.5 (students), free for kids under 1.2m.
Daily 6am-10pm (last entry at 9pm). 1 Chaoyang
Gongyuan Nanlu, Chaoyang District (6506 5409)
www.sun-park.com
朝阳公园南路1号

Yuyuantan Park

玉渊潭公园

Can't make it to Tokyo for sakura season? Don't worry, Yuyuantan Park is right around the corner. Every spring, the 137-hectare park in central Beijing becomes a riot of white, pink, and magenta cherry blossoms. Yuyuantan's more than 2,000 cherry trees owe their lineage to 180 trees gifted to China from Japan in 1973. From the end of March to the end of April, families, couples, and amateur photographers can be spotted picnicking and taking pictures under the heavily-laden branches.

Try to avoid going on weekends; the crowds can be overwhelming at the height of the cherry festival. To round out the day trip, visit the nearby CCTV Tower for sky-high views of Beijing or Military Museum to see real rockets, missiles, tanks, and fighter jets.

RMB 2, RMB 1 (students). Daily 6am-9.30pm (summer), daily 6.30am-7pm (winter). 10 Xisanhuan
Zhonglu, Haidian District (8865 3800)
www.yytpark.com
海淀区西三环中路10号



Side park

Yuan Dynasty Wall Relics Park

元大都城垣遗址公园

Extending 9km across Haidian and Chaoyang districts, the Yuan Dynasty Wall Relics Park is the longest linear park in Beijing. Construction took place from 1267-1276 during the reign of Kublai Khan, when the city was known as Dadu ("Grand Capital") or Khanbaliq.

Get off at Xitucheng subway station on Line 10 and walk east along the Xiaoyue River. You'll see sections of Yuan Dynasty city wall, a statue of Kublai Khan, murals, sculptures, and crabapple trees in bloom. The river goes all the way west until Shaoyaoju subway station, but you can hop on at Jiandemen, Beitucheng, or Anzhenmen whenever you're ready to go.

Free. Beitucheng Xilu, Chaoyang District (8464 8252)
朝阳区北土城西路

Chaoyang Park



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



Keystone Academy Brings ISTA High School Festival to Beijing

Close to 80 students from nine international schools, including one each from Vietnam and Myanmar, were hosted at Keystone Academy from March 4-6 for the International Schools Theatre Association (ISTA) Festival. It was a fully integrated festival – the first of its kind – that concentrated on using all aspects of technical theatre to bring a story to life on stage. The final performance, the culmination of each ISTA festival, was staged in Keystone's Performing Arts Center. It was based on traditional Chinese tales, and took the lights, colors and symbols of Beijing as inspiration.



Literary Enrichment Week at YCIS

From February 29 to March 4, YCIS Beijing held a week-long Literacy Enrichment programme designed to encourage not just students but also teachers and parents to discover (or perhaps rediscover) the joys of reading. Engaging activities throughout the week ranged from large-scale charity initiatives, reading sessions and a fabulous costume parade.



PHOTOS: COURTESY OF KEYSTONE AND YCIS

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 **May 13**.



DCB Welcomes Indie Rock Band

As part of the "Dulwich Diversity" series of events, on Wednesday February 17 Dulwich College Beijing (DCB) welcomed the indie rock band Cordelia and the Buffalo, who worked with DCB bands from the "Plugged In" after-school group. The band had travelled all the way from Boston, and they brought an enthusiasm and talent which not only inspired the students, but also helped them to improve their own songs for the performance. The "Plugged In" groups opened the show with their tracks "Yellow" by Coldplay and "Love Yourself" by Justin Bieber.



BSB Musical a Great Success!

Students at the British School of Beijing (BSB) Shunyi gave three excellent performances of Return to the Forbidden Planet on March 4 & 5. The show is set on board a spaceship travelling through time, and the stage decorations were created by students using recycled materials.





Speech and Debate Tournament at BWYA

Six schools from across China took part at Beijing World Youth Academy's (BWYA) annual "Speecheasy" Speech and Debate Tournament on Saturday April 19. Teams of middle school and high school students from BWYA, Nanjing Echo International School, Beijing City International School, Canadian International School of Beijing, Tsing Hua International School and Concordia Shanghai all picked up a share of the trophies.



International Speaker Visits ISB

Author, illustrator, and international speaker Linda Ragsdale worked with students from the International School of Beijing (ISB) over the first two weeks of March on various aspects of peace building. On March 2, she participated in ISB's "Dragon Dialogue" series for the wider community.



PHOTOS: COURTESY OF BWYA AND ISB



Fundraising Book Fair at HoK

From February 27 to March 3 House of Knowledge International School and Kindergarten (HoK) held a Roundabout Book Fair to raise money towards the cost of treatment for a very brave four-year-old girl, Yao Yao, who has leukemia.



Happy New Year at Eduwings

Eduwings' kids celebrated Chinese New Year on February 5. The children wore Chinese costume and played traditional games.





3e Families Enjoy Art Workshop

3e International School held the second Family Art Workshop of the year on February 20. It has become one of the most popular events at 3e. Families had a lot of fun making art together.



Harvard Trip for CISB's Debate Team

During the Spring Festival holiday, Louis Lin, Zoe Chen, Ryan Zhou, Nicole Teo, Christopher Lv and Annie Wang were among 5,000 students from all over the world to compete in the Harvard National High School Invitational Forensics Tournament. It is the largest and most prestigious high school debate tournament in the United States.



PHOTOS: COURTESY OF 3E AND CISB



Motivational Speaker John Robinson Visits WAB

On March 7 and 8, the Western Academy of Beijing(WAB) welcomed John Robinson, author of the inspirational autobiography *Get off Your Knees*, to share his life story with students, parents, and wider community. Robinson was named the 2014 White House Champion for Change, and is the co-founder and chief executive officer of Our Ability, an organization devoted to making education and employment more accessible for people with disabilities.



Etonkids Celebrates New Year

Etonkids' Peking House Campus hosted an amazing Chinese New Year celebration before the Spring Festival holiday. Students and families enjoyed a Lion Dance and a range of fun games and activities.



Favorite Family Restaurant

We regularly go for Sunday brunch at **Manna** because the girls love the pretzels and we love the flat white coffee.

New Discoveries

Shine Hills has made life more interesting with a movie theatre and many restaurants to choose from making it a regular haunt.

Day Trip

We really love going to **798 Art District**; we cannot count how many times we have visited.

Favorite Place to Shop for Yourself

We visit the **Pearl Market** and find some good bargains, with a lot of haggling along the way. In particular I buy handbags, because finding clothing sizes is not always easy, but a fabulous handbag makes every woman feel beautiful.

Best Place to Shop for Your Child **H&M** and **GAP**

Weekend Activities

On blue sky days, we are all in a hurry to get outside, so bike riding, walking, playing in the park, and if this is not possible we will watch movies or play board games together.

Family Rituals

Popcorn at home is a must whenever we watch a family movie together.

Parents' Date Night

We love to visit **Le Spa** and get a massage then have dinner at either **Malacca Legend** at Lake Roma or Teppanyaki at **Haru** at Pinnacle Plaza.

New Discoveries

We want to try **Family Box**. It's a four-storey, indoor play area with a pool in Wangjing.

Best Place to Play Indoors

Adventure Zone at the **Kerry Hotel**

Best Place to Play Outdoors

Houshayu Park is every kid's delight, with play areas, trees to hide behind, and a big amphitheater to ride your bike around. The day isn't complete without an ice cream on the way home.

Kids Beg to Go

Xiao Diao Li Tang, especially for roast duck and sweet potato.

Best Place to Celebrate a Special Occasion
Hua in their courtyard restaurant.

The Corset Family

Benjamin and Samantha Corset came to Beijing three years ago with their daughters Cléa Lili (age 7) and Charlie Rose (2) when Benjamin was offered a job at Beijing International Bilingual Academy (BIBA) as the athletics director. Samantha also works at BIBA as the marketing manager. Benjamin and the two girls are Swiss and Australian citizens while mom Samantha is Australian. The family is leaving Beijing at the end of this school year, and is hoping for clear skies and warmer temperatures for the five months they have left in the city, so they can enjoy their last spring in the city, outdoors.

by Nimo Wanjau

Clockwise from top left: Samantha, Benjamin, Clea Lili and Charlie Rose



Etonkids

Educational Group 伊顿国际教育集团

HAPPY easter!

伊顿复活节奇缘



4月9日，伊顿校园将会举办丰富多彩的复活节活动，期待你的加入！我们在这里等你！

On April 9th, Etonkids kindergarten campuses will hold some entertaining, family Easter activities. We look forward to having all of you join us!

精彩活动预告

- 奇趣寻宝
- 趣味彩蛋
- 创意美食分享
- 亲子互动游戏

Featuring:

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