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June/July 2016

Summer Camp Special

Fun, adventure, and learning: the full roundup

So Long, Sucker!

How to keep mosquitoes at bay

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Date: June 19th, 9:00 AM - 1:30 PM
- 地点：伊顿国际幼儿园北京首府校园 朝阳区西大望路19号
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WOMEN



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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.



Eyee Hsu

When CCTV talk show host and mom-preneur Eyee 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.

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.

ON THE COVER:



Clara Otero (age 11) lives in Beijing with her Vietnamese mother Nga Nguyen, Catalan father Jose Otero and big sister Laura (15). They're a well traveled family, and Clara has lived her whole life in China, first in Shanghai and now in the capital. She attends the British School of Beijing (BSB) Shunyi, where her favorite subject is English and she takes part in a wide variety of sports from football to handball. Clara loves to dance too, and brought bags of wonderful energy to our photoshoot!

Photography by Dave's Studio



Staying Out for the Summer

The fleeting Beijing spring has already left us, and summer is here again. For me this brings back memories of when we first arrived in the city, at the beginning of last August: those first few weeks of jetlag, stunned by the summer heat, dazzled by an alien environment and struggling with the simplest tasks. It's hard to believe that was less than a year ago, now that we are settled and happy, busy at work and school, the children chatting cheerfully in Chinese.

And already my brief stint as interim Managing Editor is coming to an end, as I hand over the reins to Vanessa Jencks for the next issue. I'm not leaving the magazine though; I'll be returning to my substantive role as Contributing Editor, as well as hopefully finding some time for my other writing and teaching activities. I'll be traveling with my family too, venturing out into the Gobi desert and to a Tibetan horse racing festival. Look out for tales of our adventures on the new-look *beijingkids* website!

In this issue you'll find lots of ideas for getting outside and making the most of the sunshine. Whether you want to splash around in a pool (p28) or lounge on a terrace with a cool drink (p23), we know all the best places to go. And on page 44, find out from three families the secrets of their favorite Beijing parks.

Beware of too much *dolce far niente* though. Mary Jew, Head of Keystone Academy Primary School, warns us of the danger of "summer fall back" (p48). Fortunately, we have the answer in our comprehensive listing of summer camps. Whether your kids are

budding actors or artists, soccer stars or marine biologists, you'll find details of the perfect camp for them!

Keep yourself and your family healthy this summer, with advice from our medical columnists on sun safety (p19) and staying hydrated (p22). And I've been looking into the science of "skeeters", to find out what makes mosquitoes tick and how best to keep them away (p20).

Let's not forget that June brings Father's Day too. We've got a special Dad make over in this month's Indulge (p16), and there's suggestions for gifts and treats for the Dad in your life on page 18. Just in case my wife should read this, I think I'd look rather dapper in a bespoke suit...

Andrew Killeen
Managing Editor





Summer Camp Special

DCB Sports and Fun Summer Camps

Ages 4-15. Dulwich Community Programs (DCP) will host football, tennis, swimming, and non-sports camps throughout the summer in collaboration with Rising Stars Tennis Academy, Firepower Swimming Club, and Beijing Kickers. The camps take place from June 20-August 5. Registration deadline June 15. RMB 1,500-3,000 per week. Dulwich Community Programs (6454 9150, 6454 9019, dcp@dulwich-beijing.cn)

Keystone Summer Archway English Immersion

Ages 11-15. The English Immersion programme is designed for non-native English speaking students interested or currently enrolled in a local private school, or going abroad. During this three-week programme, students will develop a strong proficiency in their academic English ability, while also honing their study skills and being introduced to many key concepts in the arts, sciences, and humanities. The camp will be from July 11-29. Registration required. RMB 15,900. 9am-4pm. Keystone Academy (5825 6008)

Global P.R.E.P Boarding School Transition

Ages 12-15. Global P.R.E.P. is run by Metta Dael, international Admissions Director from Northfield Mount Hermon, and Martha Neubert, a Northfield Mount Hermon humanities teacher. This programme is designed to help new international students prepare for their boarding school experience through cross-cultural understanding and special academy programmes. It is open to students who have already received acceptances to boarding schools and who are focused on preparing as well as possible, socially and academically. This will take place from July 10-16 at Hyde Academy. Registration required. RMB 10,500 (with 50% deposit). Hyde Academy (8046 3886, registration@hyde-education.com)

Harrow Beijing's English and Drama Summer Camp

Ages 13-15. Harrow Beijing's two week summer camp will give children a taste of the international school experience with the aim of improving students' language proficiency. The aim of this program is to encourage students to improve their language competency and take part in a drama performance. All teachers in this program are experienced Harrow International School Beijing teachers. They will use the Cambridge University English framework to help improve each student's English level as they participate in drama activities. The camp will be from June 26-August 5. Registration required. RMB 14,000. Harrow International School Beijing (6444 8900/6851, harrowsaturdays@harrowbeijing.cn).

Imagine Survival Summer Camp

Ages 7-14. Imagine's Summer Survival Camp offers an outdoor camping experience where children will learn to make fires, build rafts, cross rivers, make traps and tools, cook fish, and build shelters. Campers do not stay overnight. Daily transportation included. This takes place every week from June 13-August 19. RMB 3,500 per week. 8am-5pm. Imagine (5739 4933, info@imagine-china.com)



Imagine Summer Knight School Camp

Ages 7-13. The third annual Imagine Summer Knight School Camp teaches participants how to wield a sword, fire a bow and arrow, ride a horse, build a trebuchet, design a shield, and much more. Campers do not stay overnight. Price includes transportation, equipment, and supplies. Requires own lunch. This takes place every week from June 13-August 19. RMB 4,000 per week, RMB 800 deposit required upon registration. 8am-5pm. Imagine (5739 4933, info@imagine-china.com)

1 Imagine Watersports Summer Camps

Ages 6.5-15. This camp offers all kinds of watersports skills, from sailing and kayaking to rafting and paddling. Learn how to balance on the paddleboard, play games on rafts, navigate the boat, using knowledge about the wind, and work towards your 'Learn to Sail Level 1' Certificate. Taught by certified trainers who learned abroad. Transportation included. RMB 4,000 per week. Shunyi Olympic Rowing-Canoeing Park (5739 4933, info@imagine-china.com)

AEA US Embassy Camp

Ages 4-12. The American Employees Association Summer Camp is an American-style day camp with weekly themes, hosted by AEA that's affiliated with the US embassy. The daily program is filled with fun, songs, games, and activities, which are related to the weekly themes. These themes are updated yearly.

 Editor's Pick

 Dining

 Playing

 Learning

 Community

 Living

 Health

 Parenting

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



The camp will be hosted at Beijing City International School from June 16-July 4 and then from July 7-August 15 at 3e International School. 9am-4pm. American Employees Association (8531 3349, info@aeabeijing.net)

DDC Ocean Exploration Camp

Grades 2-7. Ocean experts from England Aquarium US lead DDC's Ocean Exploration Camp. This camp will take place from June 20-August 26 at the Beijing Aquarium. Registration required. RMB 5,800 per week. 9am-4pm. Beijing Aquarium (8049 0079, contact@dd-learning.com)

DDC Talented Youth Program MIT STEM

Grades 4-7. DDC Education Centre offers a camp that will include courses such as web design, 3D printing, and computer programming. Priority is given to the development of students' science spirit and comprehensive ability, emphasizing the mixture of social value, humanities and the arts, Information Technology, and STEAM. This camp takes place from June 27- August 5. Registration required. RMB 5,800 per week. 9am-4pm. DDC Education Centre (contact@dd-learning.com, 8049 0079)

DDC Integrated Art Summer Camp

Ages 8-13. DDC teams up with educational experts from the US for the Integrated Art summer camp which features integrating music, language, and visual arts. It aims at building communi-

cation, problem solving, collaboration, and shared experiences, and allows the student to actively ponder and experiment with a variety of art forms. This camp takes place from June 20-July 22. Registration required. RMB 5,800 per week. 9am-4pm. DDC Education Centre (contact@dd-learning.com, 8049 0079)

Beijing Mandarin School Summer Camp

Ages 6-13. This children's summer camp is divided into three different age groups with varying learning targets. Each group begins their day with Chinese lessons, indoor Chinese culture activities, and sports, followed by a half-day excursion. The camp also offers whole-day travel adventures on the weekend. Price includes orientation, assessment test, books, t-shirt, study materials, and a learning certificate. The price of transportation is negotiable. The camp takes place from June 13 to August 26. Registration fee RMB 280, RMB 1,250 per week (3 hr Chinese class), RMB 1,850 per week (half-day), RMB 2,880 per week (full day), RMB 200 per week (lunch). 9am-4pm. Beijing Mandarin School (6508 1026, info@beijingmandarinschool.com)

Chinese Cultural Summer Camps

Ages 6-14. China Culture Center hosts five-day bilingual summer camps with both indoor hands-on activities and outdoor tours exploring the city's authentic Chinese culture and structures. The camp takes place from June 20- July 8. RMB 3,200 per child for 5 days. 9am-3pm. China Culture Center (6432 9341, info@chinaculturecenter.org)

Atelier Summer Camps

Ages 5-12. Atelier Art School will be running funny, creative, and inspiring artistic summer camps for one thematic week. The themes include a Cubism Workshop, Hokusai and Japan, Egyptian Civilization, Africa, The Little Prince, and Around the World in Eighty Days. The Sanlitun campus sessions will be June 27 to August 26, while the Shunyi campus will be June 13 to July 22. Registration required. Morning session for 5-8 year olds. Afternoon session for 9-12 year olds. RMB 1,500 per week per session. 9am-4.30pm. Atelier (6416 1614, 132 4018 490, contact@atelier.cn.com).

Hyde Education Summer Enrichment Program

Ages 7-15. Hyde Academy has scheduled a series of fun, hands on, academic summer enrichment programs in math, science, language arts, and humanities for students in Grades 1- 9. This camp takes place from July 11 to August 12. Registration required. RMB 2,250 (half day), RMB 4,275 (full day) per week. Hyde Academy (registration@hyde-education.com, 8046-3886).

Beijing Playhouse Summer Theater Camps

Ages 6-14. At Beijing Playhouse's two-week long summer camps, children will get to perform Peter Pan, Aladdin, and Rapunzel with acting, song, and dance. Aspiring actors, singers, dancers, and musicians are all welcome. Some English proficiency is required. All who audition will be cast. Parents are invited to the final performance. Audition date June 4. The camps take place from



Summer Camp Special

June 27 to August 6. RMB 8,000 per camp. 9am-5pm. Beijing Playhouse (broadway@beijingplayhouse.com)

2 That's Mandarin! Chinese Summer Camp

Ages 5-17. That's Mandarin offers several different camp options such as morning camps, day camps, full day camps, and home-stay camps. Camps can be two-week long or four-week long. The full-length program includes intensive Chinese classes with cartoon class, reading and writing, and topic based oral lessons. There are also cultural activities, including traditional Chinese calligraphy, opera mask painting, cooking classes, Chinese knot making, and mahjong. Fieldtrips and excursions will be available such as the Great Wall, Ming Tombs, Confucius Temple, and Beihai Park. The camp dates are June 13 – August 21. Registration required. Varying prices. 9am-5pm. That's Mandarin! (5218 6432, info@thatsmandarin.com)

Flips & Kicks Plus Summer Camp

Ages 4-12. Flips & Kicks Plus offers a multi-sports Summer Camp where children can try fun sports, such as: gymnastics, martial arts, track & field, football, ping pong, basketball and more. The five-day camps start from Jun 27 to July 8. Registration required. Price includes water and a fruit snack. Please bring your own water bottle. Lunch can be provided for an additional fee. Registration required. RMB 1,980 (half day for five days). RMB 3,080 (full day for five days). 10am-4pm. Flips & Kicks Plus (137 1846 2044, info@flipsandkicksplus.com)

ClubFootball Summer Classes

Ages 4.5-16. This summer, ClubFootball coaches will have week-long summer classes for players of all skill levels, or minimal three-day intensive workshops, depending on your child's schedule. Classes will be held from July 5- August 24. Registration required. Camps will be held in Chaoyang Park, Olympic Forest Park, Zhongguancun, Wangjing, Lido, and Shunyi. RMB 800-1,500/week. 9am-3pm. ClubFootball (5130 6893, contactcoaching@wanguoqunxing.com)

3 Keystone Academy's Marine Science STEAM Program

Ages 9-13. The Marine Science STEAM Program for summer students combines the school's missions of promoting environmental stewardship and thoughtful bilingual immersion education. This is a very hands-on camp that will require active participation from the students. The program will be from July 18-29. Registration required. RMB 10,900. 9am-4pm. Keystone Academy (www.keystoneacademy.cn)

4 HoK's Around the World

Ages 3-6. Children joining the camp will first get to make their own passport as they're going on a trip around the world! They explore maps and world objects then at each destination explore the culture, songs, language, and food in a fun and captivating way using games, music, art, geography, and science. This camp takes place July 4-15. Registration required. RMB 2,200 per week (full day), RMB 1,350 per week without lunch (half day), RMB 1,720 per week with lunch (half day), RMB 200 per week (school bus transportation). 9am-3pm. House of Knowledge



International School and Kindergarten (400 650 7747, admissions@hokschool.com)

Ivy Academy's Summer Camps

Ages 2.6-8. Ivy Academy offers eleven camps at five different campuses. The overall camp selections are: Creative Art Camps (East Lake, Central Park, Ocean Express, Orchid Garden); Science Shenanigans (East Lake, Ocean Express) wherein children will delve into the world of hydroponics, botany, recycling and reducing waste; Get Active (East Lake, Ocean Express) wherein campers can play sports such as American flag football, basketball, soccer, and bowling; and Chinese Culture (Central Park and Lijing) wherein the topics include traditional art, traditional folk crafts, Chinese calligraphy, and children will make traditional snacks by themselves. Through hand-painted Beijing opera facial makeup, crafts, calligraphy, painting, cooking classes and other activities, children will have the opportunity to understand the profound traditional Chinese culture, and visit the courtyard and Beijing Hutong. Early bird discounts available for Ivy students. The camps kick off July 4-August 12. Registration required. RMB 2,480-7,200 per session for 2 weeks. Ivy Academy (camp@ivyschools.com)

Harrow Beijing's Summer School

Ages 13-15. Harrow Beijing's inaugural summer program lasts two weeks at a time, providing outside students the opportunity

 **Editor's Pick**
 **Dining**
 **Playing**
 **Learning**



Community



Living



Health



Parenting

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to experience international school education. The program is designed to improve students' language proficiency, understand Harrow Beijing's expectations and provide project-based learning experiences to students. The camp lasts from July 26-August 5. RMB 14,000 (lunch included), RMB 50 (application fee- assessment required). Harrow International School Beijing (6444 8900/6851, harrowsaturdays@harrowbeijing.cn)

BSC Sailing Camps

Ages 8-16. Beijing Sailing Center will be hosting single and double week sailing classes. The program provides an adventurous, intellectual and educational experience, while honing your child's leadership and communication skills. The center is convenient to Beijing (a 2 hour train ride) and all the accommodation, transportation, meals, activities, chaperones, and entertainments are covered. The camp takes place from June 12-August 26. Registration required. RMB 13,400 (2 weeks), RMB 6,700 (1 week). Beijing Sailing Center (400 180 0107, sailing@beijingsailing.com).

O'le Climbing Summer Camp

Ages 15-19. O'le Climbing will be offering indoor and outdoor adventure summer camps for students during the summer holiday. Various activities are available from indoor rock climbing to an outdoor camping trip, all activities led by professional and qualified instructors. This camp is staggered from June 20-24;

July 4-8, August 1-5, 8-12, and 15-18. Registration required. RMB 4,500 (includes equipment and admission, transportation, food for two camp days). 9am-3pm. O'le Climbing (150 0137 1016, oleclimbing@gmail.com).

5 Sports Beijing ISB Dome Summer Camp

Ages 5-16. Sports Beijing will be offering a wide variety of full-day activities and half-day activities both in the morning and afternoon. The morning sports will include basketball, soccer, gymnastics, and tennis, and the afternoon activities will include a multi-sport program and tennis. The multi-sport afternoon will offer many fun activities for the kids, like kickball, dodgeball, juggling, and much more. The camps are from June 13-July 22. Registration required. Discounts for siblings and additional weeks. RMB 2,600 half day per week (includes lunch for full day and t-shirt for half day). 9am-4pm. International School of Beijing (info@sportsbj.com)

CISB Kindergarten Creative Camp

Ages 1.5-6. CISB's Kindergarten Creative Camp allows children to learn and discover phonics/reading, Chinese language/culture, and music, and enjoy a creative English workshop, arts and crafts, swimming, and physical education. Discounts for CISB, ISNS, CCSC students. Fee includes tuition, materials, snacks, and lunches. Possible transportation. The camp is from June 27-August 5. Registration required. RMB 4,550-12,600 (half day for 2-6 weeks), RMB 6,850-19,850 (full day for 2-6 weeks). 9am-4pm. Canadian International School of Beijing (summeradmissions@cis-beijing.com)

6 CISB Enrichment Camp

Ages 6-15. CISB will be hosting two enrichment classes where children can develop their English or Chinese skills, play sports and participate in cultural activities, such as playing a Chinese instrument and learning kung fu. The camp will be from June 27-August 5. Registration required. RMB 7,900 for 2 weeks. Canadian International School of Beijing (summeradmissions@cis-beijing.com)

CISB Scholastic Assessment Test/SAT

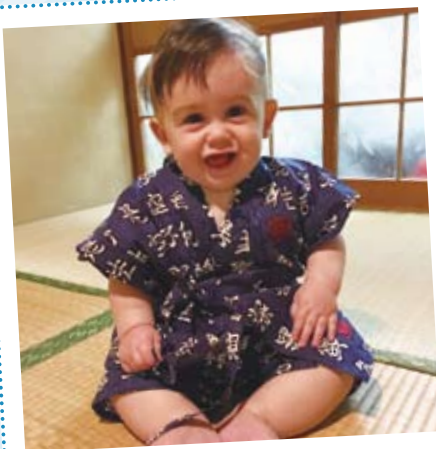
Ages 15-17. CISB's SAT course trains students sitting SAT in vocabulary, grammar, reading, writing, and mathematics for an improved result. Discounts for CISB, ISNS, CCSC students. Fee includes tuition, materials, snacks, and lunches (possible transportation). The camp starts from July 18-August 5. Registration required. 9am-4pm. Canadian International School of Beijing (summeradmissions@cis-beijing.com)

CISB Intensive English Course

Ages 12-14. CISB's Intensive English Course is intended for SAT applicants to hone their foundational English skills and writing skills. The course will focus on sentence structure, grammar, vocabulary, strategic reading, and creative writing. Discounts for CISB, ISNS, CCSC students. Fee includes tuition, materials, snacks, and lunches (possible transportation). The camp starts from July 18-August 5. 9am-4pm. Canadian International School of Beijing (summeradmissions@cis-beijing.com)

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.



Theodore Leon Clarke

British/ Australian. Born Sep 27 to Chloe Jacquelin and Leon Kevin Clarke at Beijing United Family Hospital.



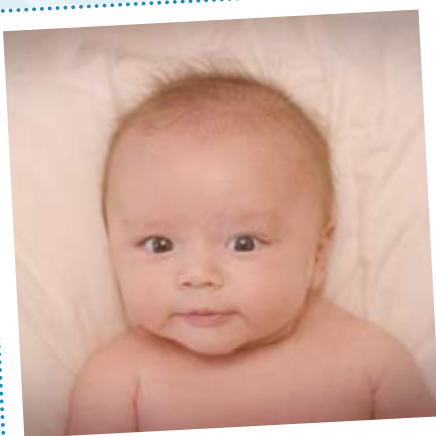
Koroleva Alexandra

Russian. Born Nov 3 to Maria Baranova and Maxim Korolev at Yanda International Hospital.



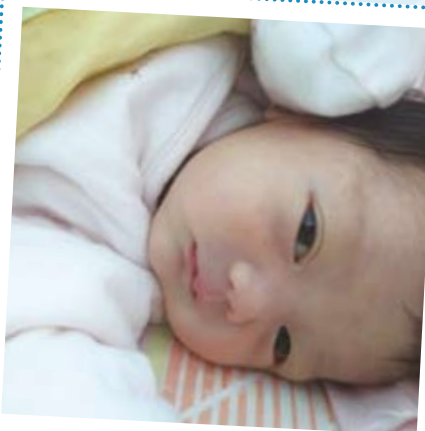
Finn Lukas Dang

American/German. Born on Oct 29 to Simon and Gisa Dang at Beijing United Family Hospital.



Elias Bowen Martuneac Kang

American/Chinese. Born on Jan 12 to Jane and A Du Kang at Oasis International Hospital.



Ariel Chan

Chinese. Born on Apr 12 to Jojo and Zhidong Chan at Yancheng Third People's Hospital.

Fire Away

Give it your best shot at the National Olympic Sports Centre Paintball and Laser Tag Strike Range

by Sijia Chen



Let's make something very clear: the National Olympic Sports Centre Paintball and Laser Tag Strike Range is not for the faint-hearted. Promotional materials and photos from the website show grown men in full-body camouflage and an experience more akin to real-life Counter-Strike than casual paintball. That said, the center's activities are suitable for teenagers aged 14 and up (paintball and laser tag) and kids over 10 (laser tag).

Founded in 1995, the Strike Range operates out of the National Olympic Sports Centre Stadium – not to be confused with the Beijing National Stadium a.k.a. the Bird's Nest. Initially, the center offered only paintball, with the laser tag component added several years later.

Paintball is a game in which players attempt to eliminate their opponents by hitting them with dye-filled pellets or "paintballs" that burst upon impact. The pellets are fired from carbon dioxide or compressed air paintball guns. The game field typically features natural or artificial terrain that can be used as cover. Paintball venues vary in seriousness and competitiveness; the game has even been used to supplement military training, an approach favored by the Strike Range. As with all extreme sports, there's potential for injury so players are required to wear protective gear.

In laser tag, the aim is also to take out opposing players but the method of elimination is much lower-impact than paintball. Participants wear a specialized vest with infrared sensors; when an opponent suc-



cessfully marks the player with the laser gun, the vest flashes, vibrates, and deactivates, temporarily taking that person out of play.

Though the Strike Range doesn't offer birthday or event packages per se, customers are free to use the indoor and outdoor spaces for birthday celebrations. Purified water is provided for free; other drinks are available for sale onsite. Within 500m of the National Olympic Sports Centre, there are also restaurants serving Sichuan and Beijing cuisine. Customers can also have fast food delivered to the paintball range.

A game of paintball costs RMB 200 per person for 120 paintballs or RMB 300 per person for 200 paintballs. A game of laser tag costs RMB 120 for adults and RMB 100 for students with valid IDs. Though there's no strict limit on the number of people allowed at the venue for an event or a birthday celebration, the maximum number of participants allowed during a single game of paintball is 30 and 60 for laser tag.

Note that local law requires paintball participants to bring a valid ID – passports for foreigners – in order to register. Reservations must be made at least a day in advance.

Currently, the center doesn't have any full-time English-speaking employees so you'll have to ask a Chinese speaker to make the booking and, ideally, be there on the day of the event. In fact, it's best for all involved – kids, teens, adults – to have at least a rudimentary understanding of Chinese in order to understanding the safety instructions and rules of the game.



Olympic Sports Centre Paintball and Laser Tag Strike Range 奥体彩弹·真人CS训练基地

Daily 9am-6.30pm. National Olympic Sports Centre, 1 Anding Lu (southwest corner of Anhui Qiao), Chaoyang District (Chinese only: 133 9180 2720, 135 2294 0985) www.atcs2008.com 朝阳区安定路1号国家奥林匹克体育中心(安惠桥西南角)



WHAT'S HAPPENING IN BEIJING



Milestone for Keystone

Keystone Academy has officially been authorized as an International Baccalaureate Diploma Programme (IBDP) school, the 1000th in the Asia-Pacific region. Keystone will deliver the IBDP curriculum from academic year 2016-2017. Furthermore, Keystone graduates will have a unique opportunity to complete high school on an academic scholarship. The Junzi Scholarship program is open to high school students for the two years of the IBDP, and recognizes girls and boys who have demonstrated outstanding academic success including strong fluency in English, leadership skills, and qualities of a *junzi*, which in Confucian tradition entails knowledge, compassion, discipline and virtue.

DCB Year 8 Student Wins Hong Kong Young Writers Award

Year 8 student Kristen Li recently visited Hong Kong to attend the awards ceremony for the Hong Kong Young Writers awards (HKYWA). The 13 year-old won first place in the fiction category for her story, *The New Tales of the Terracotta Warriors*, inspired by a trip to Xian a few years ago.



3e Moves Elementary Program to New LFIP Campus

3e has announced their partnership with the Lycée Français International de Pékin (LFIP) and the French Embassy in Beijing, for collaboration between the two international schools at LFIP's new campus. 3e will move their elementary program to the new site at the start of 2016/2017 academic year with grades Nursery through Kindergarten continuing to be based at the current site.



PHOTOS: COURTESY OF KEYSTONE, DCB, AND YCIS

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



LFIP's New Campus Opens

On May 16 the French International School of Beijing (Lycée Français International Charles de Gaulle de Pékin, LFIP) held the official opening of its new campus in Laiguangying, Chaoyang district. The campus was designed by French architect Jacques Ferrier and covers an area of 37,000 square meters, with 30% of that green space. The buildings are equipped with central ventilation systems, and facilities include a 170 seat auditorium, numerous sports facilities including a gymnasium, dojo, sport courts and a football pitch, and specialized areas such as science and technology laboratories. The new campus has capacity for 1500 pupils.



German Added to WAB Primary Years Programme

Western Academy of Beijing has announced the addition of German in its growing list of mother tongue language classes integrated into the International Baccalaureate Primary Years Programme (IB PYP) curriculum. Already offered in Dutch and Chinese, the classes take place during the school day's language block and allow students to work through their regular units of inquiry.



YCIS Beijing Scorpions Celebrate Undefeated Season

Fans of the Yew Chung International School (YCIS) Beijing Scorpions were celebrating as both the boys' and girls' Under 14 basketball teams brought home first place trophies from the ISAC tournament held in Tianjin. Congratulations are due to both teams for not losing a single game throughout the entire season.

Nourishing the Roots

Sunny Kim gets a healthy scalp treatment at Z Hairdressing

by Nimo Wanjau



PHOTOS: UNI YOU



In this special Father's Day edition of Indulge, we give Beijing dad Sunny Kim a day of pampering that fits his easy and outgoing personality. Sunny is the headmaster at the newly opened Olive International School (OIS) in Wangjing. He and his family, wife Suzy, 12-year-old Miriam, and 11-year-old Noel have been residents of the capital for six years. Suzy is

the curriculum director and teacher at the OIS. The family moved to Beijing so their children could experience the world, and especially China. "We felt it would be important for their future to know Chinese," says Sunny.

Sunny's grooming is pretty simple: he gets a haircut every two to three months and shaves every other day or when he feels it has overgrown. The initial plan was to color his hair but after talking to Clayton Olsen, creative stylist at Z Hairdressing, they both agreed that color

wasn't necessary after all. Olsen's laid back and charming nature put Sunny at ease to talk about him having very dry hair. Olsen did an initial assessment and proposed a natural scalp treatment from Korea.

The scalp treatment is customizable depending on the scalp and the salon offers it as part of their male grooming services. "It makes such a difference in maintaining hair here," says Olsen. The main long-term benefits of the treatment are dandruff removal, a healthy scalp, and shiny hair. Beijing's dry weather damages both men and women's hair, and the good news about scalp treatment is that it can be done once every three months as long as you buy the correct shampoo and conditioner that the salon recommends as part of the treatment. The treatment starts at RMB 300, depending on what needs to be done.

Lily Liu, a technician, assisted Olsen in applying the treatment. Liu has been working for the company for several years and understands the treatment very well. Sunny was pleased with the team and definitely will be going back as his new look was short but stylish, and his family and friends love it. He might make it a dad's day out with his daughters to enjoy a grooming session together.



Step 1

Liu applies an exfoliating cleanser, which causes a tingling sensation, to clean debris from the scalp and open pores. Then Sunny's head goes into the hydration machine for five minutes, with light heat to let the cleaner process.



Step 2

Liu applies the therapeutic treatment that is going to help with the dry scalp. After applying, it's another three minutes in the hydration machine on light heat.



Step 3

Liu uses moisture and finishing serum to lock hydration into scalp and hair. Then afterwards she massages the scalp.



Step 4

Olsen cuts the hair with the serum still applied, then the hair is rinsed and styled.

Z by David Hairdressing

Daily 10am-9pm.
B1-003, Bldg 5, 8
Xindong Lu Com-
plex, Chaoyang Dis-
trict (8424 4533)
新东路8号院5号楼
B1-003

Who's the Daddy?

Father's Day gifts and treats for dads of all kinds

by Andrew Killeen

Dads come in all different shapes and sizes, but we love them all. So here's a selection of Father's Day gifts for the dad in your life, whatever he's into!



For the stylish dad:

Nothing makes a man look and feel better than a bespoke suit. At Principle M, dad will feel special from the moment he walks through the door. Their studio is styled after a gentleman's club, and he can recline on a leather couch with a complimentary glass of Scotch whisky while discussing his fabric choices with one of the Principle M image consultants.

Principle M

By appointment. Rm 0807, Wing 3, Kunsha International Center, 16 Xinyuan Li, Chaoyang district (6409 4356, info@principlem.com) 朝阳区新源里16号琨莎国际中心3号楼0807



For the muso dad:

Why go to one music shop when you can visit a whole street of them? Whether dad wields an axe like Hendrix, plays Bach like Yo-Yo Ma, or even has a go on the guzheng, he'll find an incredible range of instruments and accessories on Xijiekou Nandajie, a mile of muso heaven. Take your time, try everything out, because there is trash among the treasure, and enjoy haggling to get the best price!

Xinjie Kou Nandajie, 新街口南大街.

By subway, travel to Pingnanli (lines 4, 6) and walk north.

For the sporty dad:

The Chinese Super League is rapidly improving, but still the best chance of seeing top quality football is when European teams come on their pre-season tours. This year, the first ever Manchester derby outside the UK will take place at Beijing's "Bird's Nest" National Stadium, as bitter rivals City and United go head to head. Players of the caliber of Rooney, Mata, Aguero and De Bruyne will display their talents, and no match between these teams can ever truly be called a "friendly".

Manchester City vs Manchester United

Beijing National Stadium, July 25. Ticket prices to be confirmed, and will be available online www.piao.com or www.en.damai.cn

For the hipster dad:

Plastered T-shirts are a Beijing institution, if that word isn't too stuffy for this famously iconoclastic brand. They take their inspiration

from the street life of the city, and make it into fabulously funky clothing. To celebrate their tenth anniversary they're currently giving away a free pack of poker cards to every customer.

Plastered T-Shirts 创可贴

1) Daily 10am-10pm. 61 Nanluogu Xiang, Dongcheng District (134 8884 8855) www.plasteredtshirts.com 东城区南锣鼓巷61号 2) Daily 10am-6pm. Yishu Zhongyi Jie (across from UCCA), 798 art zone, 4 Jiuxianqiao Lu, Chaoyang District 朝阳区酒仙桥路4号798艺术区中一街 (UCCA当代艺术中心对面)



For the geek dad:

All dads are superheroes, and fanboy dads can wave their geek flag high at Beijing Comic Con. There are more than just comics: appearances from stars of film and TV, cosplay competitions, and live music and art all add up to a great day out for *otaku*. (This needs to be an early present though, as the convention will be over by Father's Day!)

Beijing Comic Con

New China International Exhibition Center, June 9-10. Tickets RMB 180 for a day or RMB 320 for both days, from beijing.comiccon.com.cn/en/Tickets/Daily-tickets/



PHOTOS: COURTESY OF GRACIE KIM



Love the Skin You're In

Staying safe in the sun
this summer

Summer is synonymous with fun in the sun. When our skin is exposed to sunlight it does an amazing thing: it produces Vitamin D, and a lot of it! Vitamin D is an essential nutrient which is not easy to find naturally in foods. It is needed for healthy bones and teeth, to help with calcium absorption, for hormone production, a strong immune system, and much more! The problem comes when we have too much sun exposure. Burns increase our risk of skin cancer, and that is not good news.

Here are some simple tips to keep you and your little ones safe in the sun this summer.

1. Find shade or make your own. Direct sunlight increases the risk of burns, so avoid staying out in the sun, especially during peak hours before and after noon. If having an outdoor picnic, set up under a tree. If going to the beach, be sure to bring a beach umbrella to sit under.

2. Use clothing to protect your skin. This includes long sleeved shirts, pants and wide-brimmed hats. Long sleeved clothing for the summer should be made of a tight weave, using natural, light colored fabrics. Cotton and linen are good choices.

3. Protect your eyes. Your skin needs to be protected from intense sun exposure, and so do your eyes.

4. Check the UV index. Many weather apps now give us a barrage of environmental information, including the UV index. The UV index is a scale which essentially tells you how likely you are to get burned. On days with a high UV index (over 6) be extra careful when spending time in the sun.

5. Choose sunscreens that are mineral based and have ingredients like titanium dioxide and zinc oxide.

6. Avoid products that contain oxybenzone, octinoxate, and homosalate, which have been linked with hormone disruption. Specifically oxybenzone acts like estrogen in the body. It has been shown to alter sperm production in animals and is linked with endometriosis in women.

7. Also to be avoided are sunscreens that contain retinyl

palmitate, retinyl acetate, retinyl linoleate and retinol. These are all forms of Vitamin A. In studies they have shown to increase the risk of tumor formation when applied to the skin and exposed to sunlight.

Burns increase our risk
of skin cancer,
and that is not good news

8. A preservative in sunscreens called methylisothiazolinone, or MI, is another potential problem. In recent years people, specifically young children and babies, have been developing allergies to this product. It is listed as an inactive ingredient.

9. It's best to not combine bug sprays with sunscreen; this is to ensure sun protection is most effective.

10. Choose an SPF (Sun Protection Factor) between 30 and 50. An SPF beyond 50 doesn't offer that much more protection and gives people a false sense of security. Formulas with higher SPF's need to use higher concentrations of chemicals. In my family, we try to avoid chemicals as much as possible.

11. Say no to aerosolized sunscreens. Though convenient, these formulas make it easy to inhale the tiny particles which can then become trapped in the lungs.

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





So Long Sucker!

Swatting the myths about mosquitoes

by Andrew Killeen

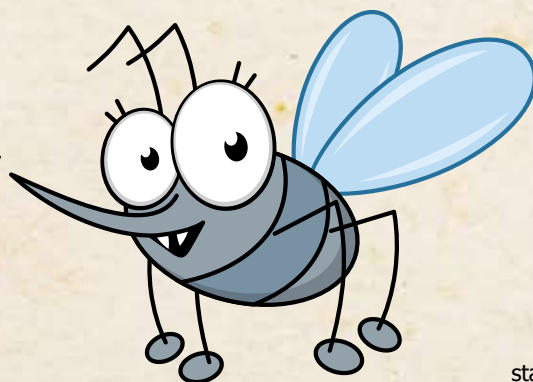
Summer in Beijing: time to get out the t-shirts and shorts, and enjoy the sunshine. But beware, there are bloodsuckers about... All that exposed skin just presents a feast for mosquitoes, as they wake from their winter hibernation.

Mosquito bites are not just annoying, but can be dangerous. Malaria kills around half a million people every year, and recently there has been concern about outbreaks in South America of the Zika virus, which can cause birth deformities when pregnant women are infected. Other diseases spread by mosquitoes include yellow fever, dengue fever, Japanese encephalitis, and West Nile virus.

First the good news: you're unlikely to contract any serious illness from a mosquito bite in Beijing. There are over 3,500 different species of mosquito, divided into two main sub-families and 43 genera. Of these, not all are bloodsuckers, and many of those that do bite can't transmit diseases. Even then different diseases are associated with different genera – and in all species, only the females bite.

It's mainly the *Aedes* genus that transmits Zika; its name means "unpleasant", appropriately enough, since it's also responsible for spreading yellow fever, dengue fever and numerous other nasty conditions. Malaria meanwhile is linked to the *Anopheles* mosquito (meaning "useless" – Victorian naturalists were obviously no keener on mosquitoes than we are.) While both can be found in Beijing, they aren't present in sufficient numbers or the right species to present any serious risk of infection.

However mosquito bites are still a pain. Their saliva is an anticoagulant, preventing blood from clotting and making it easier for them to drink. It's the proteins in this saliva which cause bites to itch. Children should be discouraged from scratching (though we know how difficult that is!) as scratch-



ing can lead to infection. Hydrocortisone cream or antihistamine tablets can help soothe itching. If bites do become infected you should consult a medical professional, as antibiotics may be required.

But it's better to avoid being bitten in the first place.

Mosquitoes lay their eggs in stagnant water, so you should clean out anywhere in or around your home

where they may be hatching: ponds,

pools, fish tanks, vases, buckets, and pipes. Air

conditioner vents too can be a breeding ground.

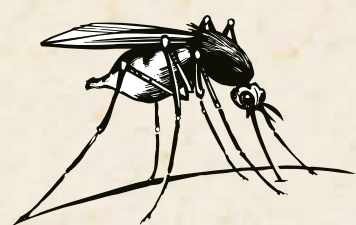
You're unlikely though to be able to eradicate them completely, so the next best thing is to keep them at bay. Check that your window screens are properly fitted and in good repair. Loose fitting clothing that covers your skin may be a better choice than shorts and t-shirt, especially at dusk and dawn when mosquitoes are most active. The beds of babies and small children should be protected with mosquito netting.

Repellents

There are a wide variety of repellents on the market, and a number of natural substances which are touted as deterring the bloodsuckers. To understand why (and whether) they're effective, it helps to understand how mosquitoes find their prey.

Mosquitoes operate primarily by smell. They are drawn to the odors of the carbon dioxide which we exhale and the lactic acid in our sweat, and can detect these from as much as 50 yards away. At 10 yards they can see their target as a dark shape, and from a yard away they use body heat to close in.

Most repellents work by masking our natural odor with other strong smells, so there are a whole variety of sub-



stances which are effective, including garlic, cinnamon, peppermint, and citronella. Chemical repellents operate on the same principle, but have one significant advantage over natural substances: they last longer. N,N-Diethyl-meta-Toluamide, better known as DEET, is the active ingredient in most commercial repellents, and will work for up to eight hours, whereas the natural alternatives are effective for a couple of hours at best. Unless you're willing to wake up two or three times a night to reapply your repellent, then DEET-based products are your best bet.

When buying repellents over the counter, the brand isn't important – only the amount of DEET it contains. 30% concentration is long-lasting and safe to use on adults and children over two months old.

On the other hand, substances which have a sweet smell similar to lactic acid, such flowery perfumes, can attract mosquitoes. Since they are drawn to sweat, simply showering can help reduce bites (as long as you don't use scented soap.) There are two kinds of sweat gland: eccrine glands which produce odorless sweat, and apocrine which produce smelly sweat. People of East Asian origin have significantly fewer apocrine glands, and are therefore less likely to be bitten! There's no evidence though that your gender, age, or blood type has any impact.

"To understand whether repellents are effective, it helps to understand how mosquitoes find their prey"

You can't change your sweat glands, but you can change your clothes. Since they're looking for large shapes in the dark, mosquitoes are drawn to dark colors. Wearing brighter colors will help to keep them at a distance.

A different, "hi-tech" approach to repelling mosquitoes uses ultrasound - very high frequency noise which is inaudible to the human ear, but which supposedly frightens off mosquitoes because it resembles the sound made by dragonflies, their natural predator.

The latest version of this technology comes in the form of smartphone apps. There's only one problem: there's no scientific basis for the idea, nor any evidence that it works.

The apps' makers claim that they have many happy customers, and since the apps are mostly free that there's no harm in trying it. Scientists though are concerned that people will rely on these devices and neglect solutions which actually work, potentially putting themselves at risk. One leading entomologist videoed himself entering a tank full of dengue-fever carrying mosquitoes with a smartphone in his hand, ultrasound buzzing away. The mosquitoes can be seen descending hungrily on him, completely undeterred. (Fortunately, he was wearing protective clothing, and survived unscathed.)

Electronic "zappers" are also ineffective, because they kill all insects indiscriminately, and only catch a small proportion of mosquitoes. There is one low-tech solution which is said to be effective though: a saucer of beer in the corner of room is supposed to attract the bloodsuckers, who then drown in the liquid. Whether or not it works, it's a good excuse to open a cold one on a hot summer's day...



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www.healthyhomechina.com

Hydration for the Nation

Dr. Dorothy Dexter sorts fact from fiction when it comes to keeping your cool



Is Beijing water safe to drink?

According to Environmental Engineering students from Tsinghua University, Beijing water as it leaves the treatment plant has been tested and was found to be safe and adequate for human consumption. In the line before it reaches your home it could possibly pick up contaminants from the pipe line or breaks in the line. If you filter the water at your home, you can remove pollutants that may have gotten in on the way.

Many people are afraid of the pollutants tap water may have and choose to drink only bottled water. Bottled water is not necessarily different from filtered tap water. It is most convenient to install a good quality water filter at home. Filtered tap water should be as safe for cooking and drinking as bottled water. If you have a filter, make sure you change the filter cartridge periodically to insure the water quality is maintained.

It is best to drink water
all throughout the day,
but not at meals

Why is water important?

As you have probably heard more than 60% of the human body is made up of water, and it is responsible for many body functions such as the transportation of nutrients and oxygen, moistening and cleaning several surfaces such as eyes, mouth, nose and lungs, lubricating the movement of the joints, controlling body temperature and helping remove toxins from our body.

How much water do we need to drink per day?

The amount of water needed per day varies with the amount of physical activity, food intake and environmental temperature; in dry climates such as Beijing it is important to drink more. As a baseline we should try to stay above 8 cups of liquid per day. For someone who is pregnant it should be at least 10 and for a breastfeeding mother at least 13. If you are eating abundant juicy fruits and veggies you may be supplying up to 20% of your daily water requirement. Some fruits are greatly hydrating. You should not consider black tea and coffee to be hydrating drinks. Caffeine actually takes water away from the

body, so for each cup of tea or coffee you drink take at least one cup of water.

If the color of your urine is clear or light yellow this means you're getting enough fluids. Lack of water causes dehydration which drains your energy and makes you feel tired.

Can you drink too much water?

Yes, people diagnosed with heart conditions or low salt levels must restrict their daily water intake.

When is the best time to drink water?

It is best to drink water all throughout the day, but not at meals. When you are eating a meal your stomach is full already and adding volume will distend the stomach, dilute the gastric juices, delay digestion and increase the probability of gastric reflux (heart burn).

Once you have gone to sleep avoid getting up to drink water. During the night your body including your kidneys should rest and if you develop a full bladder will make it more difficult to maintain your sleep until morning.

If you feel intensely thirsty it means that you have fallen behind in the hydrating process. You are already late. You must anticipate and drink water before you become thirsty.

Water is not only important to keep us healthy, energetic, and looking young and beautiful, it is also important in the healing process of many illnesses such as coughs and nasal congestion. It is an excellent expectorant, it helps clean and relieve urinary tract symptoms when there is an infection or kidney stone, and it will also help relieve constipation and most headaches.

Something that may help you take enough water every day is adding lemon to the water, and to keep a handy water bottle close to you wherever you go.

Need more info?

Dr. Dorothy Dexter is a family medicine physician at Beijing United Family Hospital. She has several years of clinical experience, and speaks English and Spanish. Contact her at dorothy.dexter@ufh.com.cn.



Prodigal Sun

The most family-friendly patios in Beijing

by Sijia Chen

Summer is here, and you know what that means: lazy Sunday afternoons soaking in the sun. However, finding that perfect outdoor patio requires a bit more planning when there are kids involved. With that in mind, we round up the most family-friendly venues for alfresco dining, taking into consideration cleanliness, service, bathroom facilities, menu quality, and suitability for different ages.

Capital M

For special occasions and indulgent brunches, it's hard to beat Capital M's wraparound patio with views of Qianmen. The weekend brunch (Sat-Sun 11.30am-3pm) offers great value at RMB 268 for two courses or RMB 298 for three courses, including a cocktail and bottomless tea or coffee. There's also a kids' menu.



Great Leap #45

Quieter than its bustling #12 counterpart on Xinzhong Jie, the Xinyuanli branch of Beijing's preeminent craft brewery is a great place to enjoy a leisurely afternoon or refuel after a trip to Sanyuanli Market. Station yourself on the shade-filled rooftop patio and order one of the best pizzas in town – or, if you're feeling brave, the fried chicken brunch for four (available only on weekends).



The Orchid

Located down a tiny alley off Baochao Hutong, this boutique hotel is one of the city's worst-kept secrets. The hotel's restaurant, Toast, now offers brunch (10am-2.30pm) every day except Tuesday to both guests and Beijing residents. Be sure to reserve if you want a table on The Orchid's lovely patio.



Element Fresh (Various Branches)

An oldie but a goodie. The Sanlitun, Lido, and Solana branches of this popular chain are all well-suited to an afternoon of soaking in the sun. What's more, the Indigo Mall branch has its own kids' play area and is located right next to the sprawling, free, and American-designed Indigo Playground.



Spoonful of Sugar

This cafe's Qianmen location makes it a bit of a stretch for most families, but its charm, healthy menu, quality of its coffee, and focus on sustainability makes it worth dropping by the next time you're in the area. Head to the leafy rooftop patio, which offers panoramic views of surrounding Dashilar.



Zarah

There are only so many times we can invoke Zarah's family-friendly weekend brunch, courteous service, and beautiful outdoor space before you should simply head there and experience it for yourself. Go on – the summer awaits!

Palms LA Kitchen and Bar (Sanyuanqiao Branch)

Families don't have to trek all the way to Gulou to enjoy Palms LA's signature Korean-Mexican fusion food. As a bonus, only this branch has a breezy outdoor patio surrounded by trees. Tip: Replace your taco shells with crunchy cabbage for a Paleo or gluten-free meal.

All addresses and opening hours can be found on our website at www.beijingkids.com.

Say Cheese!

Superior Comfort Food at Balmain Gourmet

Text by Anjana Kainikkara

Photos by Dave's Studio



Brynn Comes (age 7) and brother Alden (6) tuck in at Balmain Gourmet

Balmain Gourmet is an increasingly popular choice for diners in the Shunyi area. As well as catering to the palates of foodies craving a gourmet burger or hot dog, they also offer great options for children of all ages. We decided to put that claim to the test by taking our young food critics there for dinner.

Brynn Comes (age 7) and her younger brother Alden Comes (age 6) both attend the International Montessori School of Beijing (MSB). They were accompanied to Balmain Gourmet by their mom, Michelle. Michelle and Justin Comes moved to Beijing from New Jersey in August 2012. They are really enjoying their first expat assignment and they especially love the travels that it allows them. Thanks to all that travelling, both kids have fairly adventurous palates, and are always open to trying different cuisines. They particularly enjoy tasting local fruits wherever they visit.

Brynn's favorite dish is Sweet & Sour Pork and she is also quite fond of Mexican food. She thought the variety of burgers on the menu looked interesting and ordered the Cheese Burger (RMB 80) for herself. Alden, who enjoys hot dogs and burgers, could not resist ordering one of Balmain's Red Cheddar Dogs (RMB 60), loaded with cheese. Both orders came with a side of fries and half a passion fruit, much to the delight of the kids who giggled while trying it. Michelle ordered a Grilled Cheese with Tomatoes (RMB 35) for herself. The kids also decided to share a Strawberry Milk Shake with marshmallows on the top (RMB 40) for dessert.

Biting into his Red Cheddar Dog, Alden gave me an enthusiastic 'thumbs up'. When I enquired if it was as good as he had imagined, he responded with a matter-of-fact "better", and that was all I got out of him till he finished dinner. Brynn took a bite of her burger and gave her approval too. When Michelle's order of Grilled Cheese with Tomatoes arrived, everybody ooh'd and ahh'd at how appetizing it looked. Michelle took a bite and pronounced it delicious, with just the right amount of cheese and a dash of salt & pepper. The flavors, she said, were a perfect balance of good bread and lots of cheese, ideal comfort food that just hit the spot. Both brother and sister jumped at the opportunity to try it. Brynn savored her bite for a few seconds and then said she was going to order that next time.

It was time for dessert and the children gleefully grabbed their milk shakes and proceeded to suck up the marshmallows through the large straw, before drinking it all up. There is something old-world and charming about kids enjoying a classic shake, predictably with big smiles on their faces!

The portions were generous, and the children thought it would be a good idea to take their leftovers back for Dad to try when he got home from work. Balmain Gourmet's predominantly meat-based menu has hotdogs, burgers, sandwiches, fries, and salads aplenty. They also have a few options for vegetarians. Some of their specialties include Beef Chili Dog (RMB 80), Eggs Benedict (RMB 80), Kimchi Dog (RMB 80), and Aussie Burger (RMB 140). Their bread, which they source from L'Atelier JMT in Shunyi, pairs exquisitely with their meats. Incorporating subtle twists into their regular fare, such as kimchi in a Korean Dog or grilled pineapple in the Aussie Burger, they're managing to cater to a culturally diverse customer base in Shunyi.

Delectable food and a laid-back atmosphere, with outside seating options on a clear day, make it a perfect hangout option for families. Our Dining Out critics, Brynn and Alden gave Balmain Gourmet a five star rating. They said they'll be back for more, preferably with Dad too next time!



Family-friendly facts:

The restaurant is small and cozy, with WiFi. It offers outside seating in summer months. It has filters so you don't need to stress about the air quality, and its own private restroom.

They've also started to carry an organic range of pork sausages, for the health conscious. The owner Drew's pet, an adorable brown Labrador Retriever named Coco, never ceases to delight little ones. Brynn and Alden were no exceptions.

Balmain Gourmet Meat & Grill

Tue-Sun, 9am-9pm. South Gate of Yosemite A, YuYang Road, Shunyi District (18600039708, balmaingourmet@vip.163.com)
顺义优山美地A区南门向东100米宝美热狗店



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A Lighter, Healthier Summer

The Vescio-Mollan family show us how to make delicious summer dishes.

by Nimo Wanjau



The aroma of barbecued foods – even on smoggy days – is the surest of signs that summer is here. The right type of smell can make your mouth water and ignite an immediate craving for something grilled. However in summer, the body burns up less fuel than in winter, therefore it's recommended to eat light dishes.

Thankfully, the Vescio-Mollan family have the answer: their grilled honey soy chicken and drumsticks and beetroot salad. The family of four, Melissa Vescio, Scott Mollan, twins Axl and Madeline Mollan welcomed us to their home on a beautiful Sunday morning to show us how to make the two dishes.

Long-term Beijing residents Vescio and Mollan have been living in the city for nine years, after moving here for Mollan's job in an advertising firm. Axl and Madeline attend the Xinzhong Jie Kindergarten. Vescio is a volunteer for The Australian and New Zealand Association of Beijing (ANZA), and buys the family groceries at the normal spots of Zuojiashuang, Sanyuanli, Jenny Lou's, and April Gourmet.

When it comes to cooking, Vescio says, "It's my time to create something fun and exciting. I love cooking and being in the kitchen, it makes me happy."

Honey Soy Chicken Wings and Drumsticks

亲爱的我是鸡翅和鸡腿

Ingredients 成分

500g or 8-12 pieces of chicken 500克 (8到12块) 鸡肉

1/2 cup of honey 半量杯蜂蜜

1/4 cup of soy sauce 四分之一量杯酱油

2 cloves of garlic 2个蒜瓣

Olive oil 橄榄油

Instructions 做法

1. Preheat the oven to 180 degrees 将烤箱预热至180度。
2. Marinate all the ingredients together in a bowl. Let it sit for half an hour. 将所有食材混合均匀，腌制30分钟。
3. Place on a baking tray. Cover with foil. 放在烤盘上，表面包上锡箔纸。
4. Cook for 30 mins. Check that the chicken is cooked all the way through. 烹制30分钟，检查鸡肉里面是否全熟。
5. Remove the foil, and use the grill to brown the chicken. Check the chicken and turn over until all pieces are golden brown. 除去锡箔纸，让鸡肉的外面烤上焦黄色。将鸡翻面，确保鸡肉外层全都烤至焦黄色。

5



2

Beetroot Salad 甜菜沙拉**Ingredients** 成分

3 medium size beetroots 3棵中等个头的甜菜根

Half a cup of balsamic vinegar. 半量杯意大利黑醋

Handful of Spinach or Arugula (washed and ripped up) 一把菠菜或芝麻菜，择洗干净

Cup of cheese (Cheddar, feta or something with a bite to it) 一量杯奶酪 (干酪、羊乳酪或其它硬质奶酪)

Salt and pepper to taste 盐和胡椒

Instructions 做法

1. Preheat the oven to 180 degrees 将烤箱预热至180度。
2. Wash and clean the beets. Cut the stems off. 清洗甜菜，去茎
3. Wrap the beets up in foil and place on a baking tray. 用锡纸包裹甜菜，置于烤盘上
4. Bake them for and 1-1/2 hours until they are tender. (You can use tongs to check) 烹制一小时到一个半小时，直到甜菜根变软 (用工具试一下)
5. Allow them to cool. 等待食材冷却
6. Unwrap the foil, and peel off the skin. 除去锡纸，剥去甜菜根的外皮
7. Cut the beets up into bite size pieces in a bowl. 将甜菜根切成适口的小块
8. Add the spinach or arugula, vinegar, salt and pepper. 加入菠菜或芝麻菜，香醋、盐和胡椒
9. Mix it through. 混合均匀
10. Top the salad with cheese. 在沙拉上放上奶酪



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Water Babies

A selection of outdoor swimming pools in Beijing

by Sijia Chen

Beijing may have a profusion of indoor water parks and swimming pools, but on those hot, muggy summer days all the kids really want is to splash around in the sun. Barring a weekend trip, it's surprisingly difficult to find a good outdoor pool with decent facilities and within a reasonable distance from home. Here's a roundup of outdoor pools ranging from the basic to the luxurious. All prices and hours are accurate as of print time.

Qingnianhu Park

Qingnianhu Park boasts a massive water park with pools for kids, serious swimmers, hot tubs, and slides. There isn't much shade, so be sure to bring hats, sunscreen, and other sun protection. The admission price includes access to the wider park.

RMB 40 for adults, RMB 30 for kids under 1.3m. Daily 9am-7pm from June to August. Qingnianhu Park, Andingmen Waidajie (corner of Andeli Beijie), Dongcheng District (8411 6321) 东城区安定门外大街青年湖公园 (安德里北街路口)

Splash Recreation Club

This long-running hotel swim club is a favorite with many Beijing families. Based out of CITIC Hotel Beijing Airport (formerly known as the Sino-Swiss Hotel), the Splash Recreation Club (浪花俱乐部 *lànghuā jùlèbù*) is open to outside guests, and grants access to the hotel's indoor and outdoor pools, a poolside bar, and a restaurant. The admission price includes towels and a locker.

RMB 100 for adults, RMB 50 for kids over 1m, free for kids under 1m. Open Mon-Sat 10am-10pm. CITIC Hotel Beijing Airport, 9 Xiao Tianzhu Nanlu, Shunyi District (6456 5588) www.citichotelbeijing.com 顺义区小天竺南路9号北京国都大饭店



PHOTOS: WIKIMEDIA COMMONS, SCOTT AND ELAINE VAN DER CHIS, SERGEI GALYONKIN (FLICKR)



The Emperor

For a touch of luxury, The Emperor hotel has a glass-edged outdoor pool open to outside guests. It ain't cheap, but the lack of crowds and views of surrounding Qianmen may well be worth the indulgence. The admission price includes towels and a locker. On weekends, The Emperor also offers a buffet breakfast from 7am to 10.30am.

RMB 258 for three hours (kids and adults). The Emperor Hotel, 87 Xianyukou Jie, Dongcheng District (6701 7790) www.theemperor.com.cn/en/index.html 东城区鲜鱼口街87号皇家驿栈前门店

Chaoyang Park

Chaoyang Park Water World features 250,000sqm of pools, slides, artificial beach, and beach volleyball facilities. Sure, the outdoor pools can get crowded during the summer, but it doesn't get much more convenient than this. The drawback is that Chaoyang Park's pools open later than most; when we called, an employee said they wouldn't know the new admission prices and opening hours until the end of June.

2016 prices and opening hours TBA.
Chaoyang Park, 1 Chaoyang Gongyuan Nanlu, Chaoyang District (6506 5409) 朝阳区朝阳公园南路1号朝阳公园

Tuanjiehu Park

This one inspires a lot of debate; some parents hate the Tuanjiehu Park water park, while others swear by it. It's a modest affair by any standards, consisting only of a large pool and a small beach, but its location makes it a standard for many Sanlitun families. Our advice? Try it for yourself.

RMB 60 (weekdays) or RMB 80 (weekends) for adults and kids over 1m, free for kids under 1m. Open daily 9.30am-8.30pm from June 1 to August 31. Tuanjiehu Park, Tuanjiehu Nanli, Dongsanhuan Beilu, Chaoyang District (8597 4677) 朝阳区东三环北路团结湖南里团结湖公园



Sidewalk Sponge Brush

Mess-free pavement art
with BIBA

Text by Anjana Kainikkara

Photos by Dave's Studio



BIBA Art Teacher Sean Kelly helps student Nathan Yu create a brush that is mightier than a chalk.

Kids can spend hours, especially in the summer, creating artwork on the sidewalk using colorful chalk. However, have you ever heard of mess-free sidewalk chalk? It doesn't exist!

But Sean Kelly, an Art teacher at Beijing International Bilingual Academy (BIBA), was inspired to think outside the box and come up with a 'mess-free' substitute that's super fun. He enlisted Nathan Yu, a student in Grade 1, to help him create something practical, environmentally friendly and easy to use. They call it the 'Sidewalk Sponge Brush': the age-old Chinese art of calligraphy fused with the western tradition of sidewalk chalk! It was an instant hit with Nathan who mastered it in minutes. He showed off his

artistic abilities with elaborate scenes, and later challenged Kelly to a race to see who could finish spelling out their name on the sidewalk first. Needless to say, Nathan won!

It's a simple idea which does not involve staring at a screen; instead, it encourages kids to be outdoors creating something fun, working together with their friends to make landscapes and little scenes or write messages to each other. Kelly was inspired by the water-based sidewalk calligraphy we typically witness in and around Beijing. We all know that children love to use water in any kind of play. Bringing these two ideas together, the Sponge Brush is a perfect tool to keep kids busy and entertained.

Estimated time:

10 minutes

Suitable for:

Age 4+

Materials:

- An old broom or dust pan, or alternatively a PVC pipe
- A plastic bottle, cut in half (assisted by an adult)
- A stiff sponge
- Duct tape
- Bucket of water

Instructions



1 Take an old broom or a dustpan and unscrew it, to get a good size pole. Alternatively, you can use a regular PVC pipe, and cut it to the appropriate height.



2 Next, take an old plastic bottle and cut it in half across the middle.



3 Duct tape the pole to the mouth of the cut bottle. If the sizes don't quite match, use a filler such as plasticine or blu-tack before binding them together with duct tape.



4 Get a sponge that's bigger than the diameter of the bottle (it works best if the sponge is stiff). Stuff the sponge into the open space of the cut bottle. You'll need to squeeze it in and it should hold itself in place without any glue or binding agent.



5 Finally, trim the tip with a scissor to give it the appearance of a giant paint brush, with a nice point on the top. Voila! Your nifty little Sidewalk Sponge Brush, is now ready to put to use to create your next masterpiece!

Designing Change

Ivy Schools CAN implement “I Can”, one school at a time

by Jessica Suotmaa

In our October 2015 issue we interviewed Kiran Bir Sethi, founder and director of the Riverside School in Ahmedabad, India. Sethi is a pioneer in implementing Dr. Howard Gardner’s Multiple Intelligence (MI) theory, which suggests that there are eight different kinds of intelligence: musical–rhythmic, visual–spatial, verbal–linguistic, logical–mathematical, bodily–kinesthetic, interpersonal, intrapersonal, and naturalistic. We explained Sethi’s “I can” teaching model, based on the Design for Change movement, which empowers students to “be the change they wish to see in the world”, with step by step instructions on how to develop the “I can” attitude in your kids.

Ivy Academy invited Sethi to Beijing as a part of their Ivy Distinguished Speaker Series, to determine how her Design for Change movement and MI applications could be implemented in Ivy Education Group’s culture, and to train Ivy staff on the “I can” teaching methodology. Ivy hosted several training sessions in Beijing after having translated all the teaching and training materials to Chinese. Then, in January 2016, Ivy sent faculty over to Riverside School to observe the Design for Change theory in practice—an experience they found so fruitful that another trip has been planned for this July for a different set of staff to experience.

This year, we followed up with Ja Wuttithamrong from Daystar Academy, part of Ivy Education Group, who visited Riverside School with her colleagues: Ryan Cardwell, Suzy Wang, and He Lixing, to see how their cooperation has progressed, what Ivy has learned from their experience, and how Ivy sees the Design for Change Movement influencing Beijing’s international education community.



PHOTOS: COURTESY OF IVY EDUCATION

Students and teachers are placed on equal ground, and parents and administrators are asked to step back from the picture

A good role model

Ivy Education Group's purpose in visiting the Riverside School is to understand how the theory of MI and "I can" are implemented in a K-12 school environment, and how it is applied to all channels of communication: between teachers and students, teachers and parents, parents and students. As the Riverside School has been established since 2001, the "I can" attitude is deeply ingrained in the culture of the school. It is included in the pedagogy, visible from the slogans on the walls, and the problem solving attitudes of all students, from the youngest to the eldest. Ivy staff were especially impressed with how the teachers had completely internalized the dialogue, using the Design for Change language even amongst themselves, and how students, regardless of age, also kept to the same language and discipline.

Ivy staff members attribute Riverside School's success to their "people first" mentality, where firstly students and teachers are placed on equal ground, and secondly, parents and administration are asked to step back from the picture. The importance of having students and teachers on an equal standing becomes apparent when you observe the manner in which teachers speak to their students, how the class is involved in the planning of their day or week, allowing them to critically think about why they need to have certain classes, why certain topics need to be covered in a period of time, and when, if not now, the time can be made up. This type of open conversation breeds independence, develops critical thinking skills, and instills time and organizational skills in students from a young age, which they can further develop into the life skills children need in order to succeed in adulthood.

Administration and parents have to take a backseat at the Riverside School, not because their opinions are not valued, but because the school recognizes that only teachers and students truly know what the class needs to best proceed. Even if parents would like to be more involved, they are requested to abide by the "I can" language in order to foster a better home environment—and who are parents to argue when the school has been awarded numerous awards and their students are outperforming traditional schools academically? No one is complaining at the Riverside School.

Imitation and adaptation in Beijing

Part of what Ivy Education Group plan on mimicking, and have already begun planting the seeds for, are the simple terminology and language utilized in the Design for Change movement, whereby Sethi has used her design background to create user friendly diagrams and learning modules with no traditional academic jargon. This simple terminology is easy to remember, to teach, to model, and to use—which is probably why it can be so easily spread in the Riverside School. An example phrase would be "glad, mad, sad", wherein children would label their emotions with simple language instead of trying to define the shades

of gray in how they feel: do I feel glad, mad, or sad? By identifying their emotions, children are then encouraged to try solving the problem on their own, working out their conflict resolution skills while exploring possible unintended consequences.

"Closing the loop" was a phrase that is heard often at Riverside School, used by students and faculty alike. The phrase is a simplification of the idea of "finishing what you have started", and can be applied in all aspects. Teachers use it to remind students why they have begun an activity, as a kind of "debrief", and also as a tool to coax students to finish boring tasks or less-than-exciting projects. Students are also encouraged to "close the loop" in their conversations, to hold up their promises, and to review what they have learned from each experience. "Closing the loop" is an important phrase that soon all Ivy School staff will also find themselves repeating.

Challenges in implementation

Yet of course there are challenges in implementing the Design for Change theory to Ivy Education Group, and in copying Riverside School's successful culture. To start with, Riverside School is a K-12 private school with English as its main language of instruction, while Ivy Schools are bilingual and tend to follow a half-half schedule, meaning teachers only have half the instruction time of traditional schools. The materials have been translated into Chinese, and both English and Chinese faculty members have begun their training into the program, but the language barrier is only half the challenge when the cultural differences of trainers and teachers surface.

In addition, while Riverside School is a K-12 academy, Ivy Education Group's schools, including Daystar Academy, only have younger children at present. Perhaps surprisingly though, older students encounter more road blocks in the process compared with younger students who happily adopt the methodology with open minds.

Some Ivy School Kindergartens have already successfully carried out their own "I can" projects, such as the water conservation project headed by Ivy Academy East Lake second graders, or the four year olds who ran a bakery fundraiser, or the students who made and sold soap to promote autism awareness. In each project, students were asked to identify a problem that they would like to solve, to vote on it democratically, and then form an action plan with adult guidance. Each Ivy School class is encouraged to find their own "cause" and project, with the emphasis on organic development, wherein educators foster the natural compassion and empathy children have for each other, others, animals, and the planet earth.

Designing a better future in education

Ivy Education Group has schools in multiple locations, but has begun their Design for Change implementation in their Beijing schools first. Once the "culture" has been successfully tested and adapted in their Beijing school, it can be modeled for other locations. In the meantime, Ivy Schools wishes to serve as a pioneer in the adaptation of a modern, scientifically-backed approach to learning that focuses on student wellbeing—one school at a time.

I Want to Be a Startup Entrepre- neur

YCIS students begin their enterprise classes with a productivity talk with Tim Metz

Photos by Uni You and courtesy of YCIS

Text by Jessica Suotmaa

Tim Metz, productivity expert, is the co-founder of Saent, a fully distributed tech company which has employees working remotely on three continents. Saent has been building a hardware device and software designed to help its users become more productive and develop healthier work habits — a product YCIS students seem profoundly interested in as they near their exams.

Each failure is tough, but each has held incredibly valuable lessons. Resilience is important.



Eugene, 15, Singapore

What are qualities you look for in a new hire?

Enthusiasm, energy, eagerness to learn, intelligence, flexibility, and how the person will complement the rest of the team.



Harry, 15, Korea

How can I focus better and overcome interruptions and distractions?

Make distractions harder to access and get to. Stop multitasking, but focus on doing one thing at a time. Try to dedicate more time to a task because you can't get any complicated work done in five minutes. Also, find out when you're naturally more focused (e.g. in the mornings), and then make sure you use that time for complicated tasks that require more focus, rather than on simple tasks, such as replying to emails.



Marcello, 17, Italy

How did you manage to start up your company after initially having the idea?

For the first six months or so, I put in my savings, while Russell Haines, our co-founder, put in his time in exchange for equity. I also hosted productivity and time-management training workshops to companies to fund our company. Then, once we had a prototype finished, we used it to raise our first seed investment of USD 110,000 in February 2015, and then crowd-funded in July 2015 to raise an additional USD 60,000.



Katie, 16, China

What was your motivation to overcome your [startup] difficulties?

I think the main motivator should always be the reason you launched your startup in the first place. In my case, it was seeing too many people stressed and overworked while not reaching their full potential due to poor (work) habits. I'm convinced Saent can help solve their problem, allowing them time to live more fulfilling lives.



Nick, 16, USA

How do you plan on advertising your business?

We plan on advertising mainly through digital word-of-mouth mechanisms within the product itself. For example, we have a Leaderboard where users can invite classmates, colleagues, and friends, which motivates our users to invite many new ones. We will also market using blog content about productivity and achieving work life balance.



Emanuele, 17, Italy

Did you attempt and fail with a similar product in the past? What did you gain from the experience and how did it help you in the success of this product?

I have failed many times at many things in the past, though not with a similar product. Each failure is tough, but each has held incredibly valuable lessons. I think one of the main things you learn from failure is resilience, which is important as there will always be more difficulties ahead.



Daniel, 17, Korea

Does the software stop you from opening programs that hinder your work?

It doesn't literally stop you, as we believe our users should retain their freedom. What it does do is if you navigate to a source (a website or application) marked as "evil" during a focused session, Saent will initially block access to it. However, you always have the option of visiting it regardless. Your focused session will just end and you will receive less productivity points. We find that the extra step helps people reconsider and return to finish their session.



Wilfred, 17, Hong Kong

Have you considered targeting your product to students?

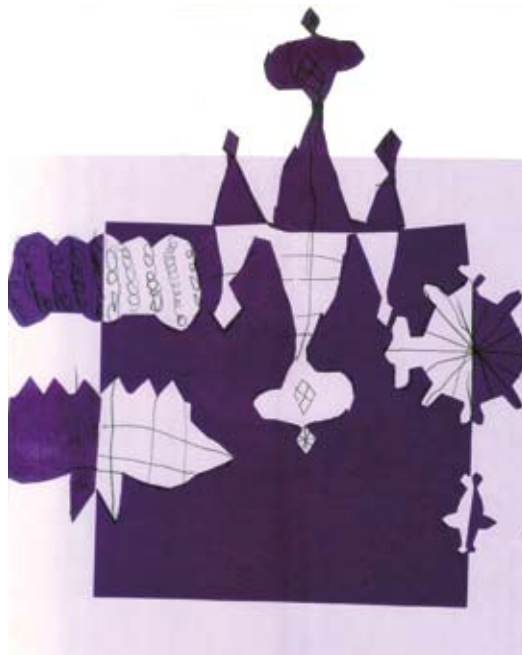
We are launching a pilot program with 2,000 students at the University of Calgary (Canada) in September, 2016. The purpose is to develop a partly academic version of Saent. We have yet to consider a version for high schools and colleges, but that might change because of the response Saent got here today!

Students from the 3e International School fill **June/July's** Blank Canvas



Nichole Liang, 6, China

I made five insects on three sides of my paper!



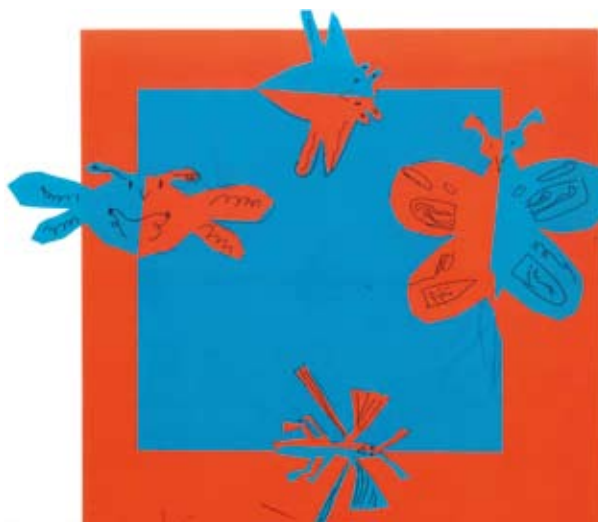
Karla Joerss, 5, Germany

I did not want a bug on the bottom of my paper because it looks better like that.



Yu Fei Han, 6, China

Look at the small eyes on my insects!



Qingyu Zhang, 6, Hong Kong

It took me half of an art class to cut out the bug on the right. Seriously!



Jack Ma, 5, China

I like to add details to my bugs.



Nicholas Ray, 5, USA

I really wanted to label the insects and my teacher let me.



Jeff Cai, 5, China

I cut out the bug and then cut out the middle and then cut out the middle again!

Mia Fulton, 5, USA

The stripes in my bugs make them look like bumblebees.



Tiger Zheng, 6, China

It was hard to cut out the small legs.



Katelyn Welch, 6, USA

I kept losing all of the pieces I cut out before I glued my bugs on!



Immersive Summer Reads

Educators from Dulwich College Beijing and Yew Chung International School Beijing recommend engaging summer reads for kids

By Jessica Suotmaa



Sandra Greenwell

A clever pictorial extravaganza about summer holidays for all ages

"Never break the rules. Especially if you don't understand them." Strange and mysterious things can happen, as discovered by a young boy and his brother one summer! This is the lesson we learn from *Rules of Summer* by Shaun Tan. Sandra Greenwell, Head of Libraries at Dulwich College Beijing (DCB) has chosen a story about a young boy and his brother who recount their previous summer through the rules they invented. These are not just any rules, Greenwell tells us; they are filled with mystery, wonder, humor, and magic.

"As a young child summer was always associated with holidays, family, friends, the beach, BBQs and so on. It was a time when my friends and I would invent new adventures and games and, like the two children in the story, have our own rules for play. But unlike in the story, our rules were mundane – we never had rules that threatened punishment by mean, oversized, hooked beaked creatures if we ate 'the last olive' or invited a nasty tornado for stepping on a snail! Throughout the book, the little brother follows his older sibling, trying his best to keep up and understand the rules that he makes up.

"The opening line of the story, 'This is what I learnt last summer,' unlocks the rules. It is obvious that the older boy is there to protect his younger brother from the imagined danger associated with breaking the rules. Like being stalked by giant scary red rabbits and alien monsters. The rules are just one liners, mostly starting with 'Never' and a few with 'Always' – the consequences are shown in Tan's amazing paintings, which reflect the imagination of the young boy as he tries to understand them. It is this combination that makes this book a winner and allows all ages to make the connections and interpretations.

"Tan's richly coloured and highly textured paintings aptly capture the setting and fun and fear shared by the brothers. There is so much detail to be found in them and they allow the reader plenty of room to reflect and come to their own conclusions."



James Honey



A source of inspiration on the merits of imagination, creativity and individuality

A few years ago, James Honey, Primary Year 4 teacher at YCIS, stumbled across a fantastic book that reminded him of a time when every day was spent in search of adventure and excitement. The book, titled *Weslandia* and authored by Paul Fleischman, tells the story of Wesley, a boy who is far from popular at school and spends most of his time being bullied for being different to the other children. Instead of eating junk food, playing football, and having the trendiest haircut, Wesley prefers to follow his own path and generally spends most of his time in the library, reading up on many different subjects, until one day he has an amazing idea.

"His summer project will be to start his own civilization," Honey says. "Now, of course, Wesley hasn't taken this lightly, and through his reading he knows that every great civilization in history had its own staple food crop. So this is where he begins, turning over a plot of land in his garden until one night the wind blows in a collection of seeds that will become the basis of Wesley's civilization.

"Over time Wesley finds that these plants, which he can't find in any book, provide him with everything he needs to live a happy life. Soon, Wesley finds that his civilization quickly thrives in the summer sunshine and before long other people start to take notice.

"I absolutely loved this book, and my class enjoyed it too. In a world where children seem to spend the majority of their time glued to one screen or another, it shows us that adventure and possibility are everywhere in the world, even if we only venture as far as our own gardens."

Tech for Your Travels

Teachers from Beijing World Youth Academy and Harrow International School Beijing recommend educational apps for the summer months

By Jessica Suotmaa

Math Battles to Go

Zach Ellis, first grade teacher at Beijing World Youth Academy, recommends **Math Battle** as a great time killer app for kids when waiting for a flight or sitting in the back of a car on long journeys. Math Battle is free to download with no additional paid add-ons or distracting advertisements, and is an innovative math practice app that combines math problems with a futuristic space ship battle. With the level of difficulty ranging from kindergarten up to complex long division, the gameplay alternates between arithmetic drills and exciting space missions. Getting the right answers powers up your spaceship for the next mission.

Zach adds, "This app really feels more like a game than anything educational and represents a fun challenge for all ages and levels that really helps develop a child's numeracy and mental arithmetic abilities. Children are using smart devices all the time these days but apps, such as Math Battle, ensure that the time playing on a smart phone or tablet doesn't have to be time wasted. This is a great app to have on any device that your child regularly uses and is a perfect way to keep children occupied during any vacation down time."

"WiFi is not necessary in order to enjoy the app so it is perfect for those summer travel plans as content is accessible wherever you are. It also includes a full tutorial on how to play the game, so your children will be working their brain cells while destroying asteroids in a far off galaxy before you can say blast off!"



Designer Outlets

Ian Wade, Design and Technology teacher at Harrow International School Beijing recommends two software programs for your laptop hugging child! The first is **Westpoint Bridge Builder**, which as its name suggests, is a program for budding engineers to discover what it takes to build a strong and sturdy bridge. Once you've finished the design, you can name the bridge, see how much it costs to construct, and assess the weak and strong aspects of your design. Finally, you can even test your bridge by opening the design in the simulator, which will play a 3D animation of a lorry driving over your bridge, at which point the question will be: will your bridge be strong enough?

The second software that Wade recommends is **TechSoft2D Design**, which allows users to create sophisticated drawing and design features without having to pour hours into learning how to use it. TechSoft2D Design's simple user interface means that 2D Design is the Computer Assisted Design (CAD) standard for the vast majority of secondary schools, allowing for drawings for traditional engineering, colorful free-form designs for embroidery, or smart graphical presentation sheets. Once you're back in school, you can ask your Design Tech teacher to assist in producing your 2D design with whichever tool you need: laser and vinyl cutters, embroidery machine, or any other Computer Assisted Manufacturing (CAM) output that can be used with 2D design.



Laura Rogers

International School of Beijing primary teacher shares her passion for making connections

by Jessica Suotmaa



American Laura Rogers has been living in Beijing for the past four years, and loving her position as a kindergarten teacher at International School of Beijing (ISB).

What brought you to Beijing? How did you end up at your current school?

Four years ago I was looking for a primary teaching position in an international school. I interviewed with schools in Italy, Japan, Korea and a few schools in China. ISB was by far the most progressive, best organized, and enriched school I had interviewed with. My time at ISB and in Beijing have far exceeded my expectations, I have absolutely loved living in Beijing and think ISB is a great place for kids and a fantastic place to work.

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

When I was a kid, I told my mother that I wanted to be either a cheerleader or a teenager. I was never a cheerleader, but definitely managed to hit that second career goal for seven awkward years before retiring. I held a variety of part-time jobs throughout university; I worked in coffee shops, I was a waitress, and also worked in a ski shop. My true passion has always been travel, so after I became a teacher, I discovered the world of international schools. I am now hooked and cannot imagine doing anything different. Teaching and living abroad suits me perfectly, much to my family's dismay! Luckily, they love coming to visit me.

How would you (or your students) describe your teaching style?

I try to make my classroom a welcome place for parents and a feeling of community for the kids. We do a lot of collaborative group work and projects in my classroom; there's a saying where I come from,

"Two heads are better than one!" Students learn from me, of course, but they learn so much from one another as well. Students' education should help them to develop the skills they will need in real life such as communication, listening, confidence, and problem solving. Working collaboratively puts students in situations where they have to practice such skills. It's amazing how quickly students learn through this style of education.

What are some of the topics you cover?

Being a primary school teacher at ISB, I teach a variety of subjects including reading, writing, math, science, social studies, and technology. My favorite things to teach are holistic social studies units that integrate as many subjects as possible, including subjects taught by our many specialists at ISB such as art, music and library. Students are always more engaged when learning directly connects to their lives.

How do you encourage your students to be passionate about learning?

Students are most passionate when learning connects to their own lives. I do my best to help students make those connections, deepen those connections, then share those connections.

What class project in your teaching career was the most meaningful to you?

The most meaningful project I have done with students was a unit where we connected our International students with students at other schools around the world, both local and private schools. It was incredible to see kids connect with kids from other countries, whose experiences varied greatly, and to observe how wonderfully blind young children are to stereotypes and biases. It reminded me of the impact I can have in helping to maintain and encourage a perfect perspective and tolerance among my students.

Meet Alexander C

Pop Quiz with a Year 13 Student from Dulwich College Beijing

by Jessica Suotmaa



QA How do you relax?

Participating in extracurricular activities such as debate and the school play helps me let loose; I get to channel my energies in different ways, which helps me in my studies as well.

QA What is your most treasured possession?

My collection of all the posters and scripts of productions I've been in since year 7, as well as the accompanying film recordings. Toad of Toad Hall, Witches, A Christmas Carol, Alice in Wonderland, Lessons in Love, Sleeping Beauty and this year, Little Shop of Horrors.

QA What sound or noise do you hate?

The sound of Velcro snapping; I don't know why but it makes my skin crawl. I cringe and feel a ticklish feeling at the base of my skull when I hear that sound.

QA What would your super power be?

To fly fast because then a) I wouldn't have to deal with Beijing traffic on my commute to school, b) I could quickly go to Sanlitun for my favorite ramen whenever I want, and c) I could also visit my grandparents in Taiwan whenever I want.

QA When you were younger, what did you want to be when you were growing up? What do you want to be now?

I started out wanting to be a lawyer because I was good at debate and loved working with people. However, that all changed when I started volunteering at a hospital in Taiwan. Working in the emergency room made me realize that medicine is, in part, a social science, so I decided I want to become a doctor.

QA If you could bring one extinct species back to life, what would you choose?

The Baiji White Dolphin, a beautiful marine mammal that's native to China.

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

I would go back and work harder on my IGCSEs. It didn't seem that important at the time, but nothing sucks more than getting 89% on tests when a little bit of effort could have pushed me past the A* threshold.

QA What advice would you give other students at your school?

Ask questions. If you don't understand something or you want to try something, never be afraid to ask. I wanted to participate in the Intel Science and Engineering Fair, but no one from my school had ever done it. All it took was for me to ask, and six months later I was in Sichuan with my partner, explaining my project to a crowd of visitors.

QA When were you happiest?

A couple of months ago, at a friend's birthday dinner where everyone was laughing, we had good food, and great people. It was right after we had finished our mock exams, so it was just a great time to de-stress and relax before our hectic schedules started up again.

QA What trait do you most dislike in yourself?

I am way too loud. I get way too passionate and loud sometimes and I don't really hear myself at that volume, so I have no idea until someone points out that birds are falling out of the sky due to the sonic booms coming from below.

QA What is your favorite word?

Soporific, the first SAT word I had ever learned, which I got wrong. I thought it meant "multiple, or many", but it actually means "induces sleepiness or drowsiness".

What is your least favorite word?

Markscheme. It's every IB student's least favorite word.

QA What do you owe your parents?

Everything. But most importantly, my wonderful sense of humor from my mother, and my dashing good looks from my father.

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

Life is like an electrocardiogram, it has its ups and downs. If it's flat, it means you're dead.

Stormy Weather

by Ember Swift

This is the rainy season. Every year at this time, I realize with a sharp intake of moist air, just how starved my body feels for those water-rich molecules of a coming rain. During Canadian summers, the heavy clouds constantly sweeping across the sky are filled with hydration rather than pollution. I miss it. During a recent thunderstorm in Beijing, this feeling was made potent through my kids.

My daughter (age 4) and son (2) have only known life in Beijing. Sure, we travel back to Canada once a year during the summer months, so they have experienced heavy summer rains, but their day-to-day reality is an urban one, in a dry climate, at a time in this city's development when the air quality cannot be relied upon.

The early summer Beijing thunderstorm started at about 10pm. Both kids had long been asleep, but my son woke up, agitated and whimpering about twenty minutes into the storm.

"I'm scared, mommy!" he said, and so I naturally gathered him into my arms until he was calm again and then placed him back on his pillow gently.

"It's just a storm," I said. "Everything's okay. It will pass."

He reluctantly went back to sleep.

About an hour later, the storm had come closer and the rumbling thunder was more resonant. Its sound waves traveled through our apartment walls into the very fabric of our blankets. This time, I lay down beside him until he fell back to sleep, holding his little hand while reminding my weary self to be patient. *He's still so small*, I thought.

Just before he fell asleep, he turned to me, opened his eyes and said this surprising sentence:

"Mommy, I don't like fireworks." Then he closed his eyes again and was asleep. I smiled at his perfect face. He had clearly not understood the word "storm."

He'll understand in the morning, I thought, *when he sees that the rain has made everything wet outside.*

When my daughter woke up an hour later, she was much more vocal about the situation. She got straight out of her bed and came to find me in mine, complaining loudly about the "fireworks" waking her up.

"Why do people play with fireworks, mommy? I don't like loud noises, mommy! I'm scared!"

This is when it finally dawned on me that *the sound of fireworks in Beijing is more natural for my kids than the sound of rain*. They have only known fireworks to rumble and shake the house. And I don't mean just at Chinese New Year; fireworks happen regularly in our mostly-Chinese compound at dawn (also waking them up) for marriages or other unexplained celebrations for which the obnoxious bang of several thousand RMB worth of explosives is "required." Clearly, I'm not a fan. My kids have picked that up.

The sound of fireworks in Beijing is more natural for my kids than the sound of rain

So, how do I explain to them that thunder is a great thing? That the sound of the sky rumbling (preceded by an awesome flash of lightning illuminating the night blackness for an instant) is a reminder that the Earth will soon be hydrated again. Nature will be greener, more alive, more replete. And, perhaps most importantly for Beijing, that the air will be cleaner after the rain?

The next day, when digging out our umbrellas and rubber boots, I told them, "Mother Nature has her own fireworks, kids. It's called thunder. Sometimes it wakes us up, but it brings rain! And rain is fun! Let's go jump in the puddles!"

They were thrilled. I'll be reminding them of puddle jumping during the next Beijing thunderstorm. May it keep their fears at bay.

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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 or "Paz" (国世龙).

Soccer-A Matter of Life and Death?

by Andrew Killeen

"The Chinese don't understand football," my 10 year old lamented, after his latest coaching session. "They just want to run round having fun."

I was reminded of the notorious words of Scottish soccer manager Bill Shankly. "Some people," he said, "think football is a matter of life and death. I don't like that attitude. I can assure them it is much more serious than that."

Watching Noah and his friends play, it's easy to see what he means. The Chinese kids goof around, sometimes laughing so much that they can't run any more, while the other nationalities are focused on scoring goals and winning. It's not an Asian thing: it's noticeable that Korean kids are fiercely competitive.

This difference may help to explain the relatively poor performance of China's national team. For a country with a fifth of the world's population to be ranked 81st, below Uzbekistan and the Cape Verde Islands, is something of an embarrassment. (Though to be fair, billion-strong India is doing even worse, at 162nd.) But the stars of tomorrow are the street kids of today, and it's not hard to see where the problem starts.

Chinese children would rather pass the ball to each other than shoot for goal

Firstly, it's a question of space. In Britain kids will kick a ball around anywhere, using trees or lampposts or putting down their coats or jumpers to mark out the goals. (At my school, on the frequent occasions when a broken window led to a ban on balls, we would stuff a sweet packet with leaves, tie up the end and kick that around instead.) In Beijing any patch of grass is carefully tended, open ground is rare, and games can really only be played on pre-booked pitches.

Secondly, they don't get to watch the game much. European and African kids mostly imbibe soccer with their mother's milk, and unconsciously copy the moves they see, shaping their bodies like their idols as they play. Chinese children very often don't even know the rules.

There's a third thing I've noticed though. Chinese children would rather pass the ball to each other than shoot for goal. Western kids on the other hand will usually put their heads down and try to charge through the whole opposition single-handedly.

It's curious, on the face of it, that the supposedly individualistic west should excel at team games, while communitarian China dominates

sports like swimming and gymnastics. When you watch children play though, the reason becomes clear. Success in individual events requires hard work and obedience towards your coaches, while in team sports leadership and the willingness to take personal responsibility become more important.

But perhaps China has it right. Our local junior soccer team back home has signs at their matches reminding parents that the players are only children, and requesting them not to swear at officials or shout abuse at the opposition. That such signs are necessary (and believe me, they are) is a sad indictment of the attitude many parents bring to the sport.

And Britain is not alone in this problem. Dads yelling or even brawling at their children's hockey or softball games are a depressingly familiar sight in the US and Canada. Too often they're living out their own sporting fantasies vicariously through their kids. The children too will sometimes imitate the worst behavior of their heroes, complaining to officials or faking injury.

So maybe it's better for children just to have fun, run around, and not care who wins. After all, it's not a matter of life and death...

About the Writer

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



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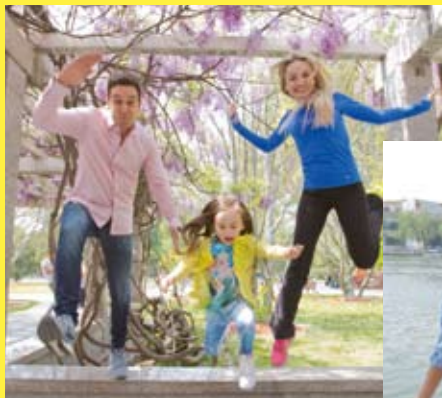


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Second Nature

Families give the low-down on their favorite parks in Beijing

by Sijia Chen



Ritan Park

Liza Maksymchuk (Ukraine) and her husband Chris Solomon (Australia) have been living in Beijing for ten years. They have a 5-year-old daughter called Nadiya who attends Beijing City International School (BCIS). One of the family's regular haunts is Ritan Park, which they visit nearly every weekend. Maksymchuk says she discovered the park through *beijingkids* magazine. "I loved the English name, which sounded magical – 'Park of the Temple of the Sun,'" she says. Recently, we had the opportunity to take photos of the family with some very special guests: grandparents Sue and Brian Solomon, who were visiting from Australia.



Unique Points

Right next to the lake, there is a structure of rocks with secret caves and narrow paths – perfect for little explorers. If you climb on top, you will be rewarded with a great view on the park.

There is also a tango corner with immaculately-dressed local men and women who come here for social dancing. They take it quite seriously and there is enough professionalism and passion to compete with Argentinians. We love watching them, and occasionally attempt a dance or two.

Then there is the local orchestra and choir. Expect to hear all-time favorite communist songs and old Soviet hits, such as "Moscow Nights."



Family-Friendly Features

Ritan Park has everything one needs for a full afternoon: a beautiful lake with a cafe, a children's playground that is never crowded, a craft corner with pottery-making and decorating activities, and a rock climbing wall for different skill levels. There are quite a few toilets throughout the park and they are relatively clean.

Kid Picks

Nadia loves the children's playground the most. She also likes to have a little exercise at the local workout station with the very fit *nainai* and *yeye* [grandmas and grandpas].

Recommended Restaurants and Cafes

- Xiao Wang Fu, which has great Chinese food. During the warm seasons, we recommend sitting on their terrace.
- Stone Boat Cafe on the lake. It is only open during warm seasons.

Favorite Memory

Nadiya's third birthday fell on a weekday, so both Chris and I took a day off work and took her to Ritan. We all put on funny clown wigs and oversized glasses; it was amusing to watch the locals' reaction to our little circus troupe having fun on the playground.



Chaoyang Park

Marlita Thinnies, Ken Bang, and their two sons, 8-year-old Nolan and 6-year-old Vincent, hail from the US. Both boys attend Yew Chung International School of Beijing (YCIS). Because it is so close to their home, the Bang family has been visiting Chaoyang Park ever since they first arrived in Beijing two years ago.



Unique Points

We are always surprised with something new when we go. Last time we were there, we saw miniature horses. Now there is [equestrian show] Cavalia playing there.

Family-Friendly Features

We love this park because it is across the street, free for kids, and RMB 5 for adults. Last time we were there, Nolan and Vincent played in the biggest bouncy house we have ever seen.

Note that the south gate has heavy traffic because the entrance for the games and rides is there, so it is not very clean. The further you get from the rides, the cleaner. The bathrooms are not acceptable.

Kid Picks

The boys love renting the four-person bike and take turns driving it around the park. One time, we rented the electric car and they said it was too slow; the bike is better.

Recommended Restaurants

The Rug [near the south gate] – great food and coffee.

Favorite Memory

The boys' favorite memory is the first time we visited and rented the four-person bike. We rode all around the park and got to see everything it had to offer and got to sample lots of food. Every time we visit, we always get the twisted potato on a stick.



Honglinjin Park

Charlotte Read (New Zealand) and Alejandro Roa Valencia (Colombia) have two daughters: 2-year-old Chloe and 6-month-old Julian. The Roa Read family has been living in Beijing since June 2013. Their favorite park is Honglinjin next to East Fourth Ring Road; they go there at least four times a week during both summer and winter. Read says she discovered the park just by walking around their neighborhood. "I saw the lake from the Fourth Ring Road and hoped there would be a path around it," she says. "I was delighted to discover that, unlike Chaoyang Park, it's free to enter."



Unique Points

When the trees around the lake are blossoming, they're just exquisite – in all shades of pink, from deep crimson to pale pink. The gardens are beautifully cared for and always very clean. The size of the park is perfect for exercise; when I have a short amount of time, one lap is great. When I'm feeling more energetic, two is a great workout.

Family-Friendly Features

We love the swinging seats, but they are so popular it's rare to find one unoccupied. The park's overall cleanliness is very good; the toilets are in great condition. There is also a small amusement park.

Kid Picks

Our daughter loves the stone hippopotamuses as well as the caterpillar she can run through. We also like it that there are so many groups of people enjoying the park: opera singers, groups ballroom dancers, tai chi [practitioners], marchers. There is always something fun to observe.

Recommended Restaurants and Cafes

We love to go to Jamaica Blue in Park Avenue after a walk around the park, but Napa has just opened with amazing organic food.

Favorite Memories

This past winter, when the lake was frozen, I took my daughter on one of those chairs with skates with metal poles to propel yourself. She sat on my knee and we had fun zooming around on the ice. But there is no friction whatsoever, so it's very difficult to stop. I wasn't very good at steering to start with and we kept crashing into everyone when we got too much speed – really fun.

Then in the summer, the whole family renting a boat is a wonderful pastime. Some boats have a gun; you can aim at a target and a siren goes off when you get a direct hit. Great fun!



Will Your Kids Fall Back This Summer?

Mary Jew, Head of Keystone Academy's Primary School, explains how parents can prevent their children losing learning over the long holidays
by Jessica Suotmaa



Now that the school year is coming to an end, many parents might be at a loss when it comes to how to plan their kids' summer schedules. As seen in Beijing's varied summer program and camp offerings (pages 8-11), there are two very different philosophies: allowing kids to just be kids via play and summer fun, or signing children up for full day enhancement or enrichment classes to improve their existing skills or build their knowledge in preparation for fall.

Should summer be a vacation from studying for kids, or should parts of it still be utilized for learning? The answer lies in the research behind "summer fall back", sometimes referred to as "summer slide", "summer brain drain", or just "summer learning loss".

We talk to Keystone Academy's Primary School Head, Mary Jew, about the meaning of the term "summer fall back", how it might apply to your child in Beijing's diverse international environment, and how you can help prevent summer fall back in your child—possibly even overcoming it with summer improvement!

What is summer fall back?

The term summer fall back refers to how students "lose" some of their academic knowledge over the summer. Research shows that students generally forget about two months worth of learning, especially in mathematics, due to a lack of use and practice. Reading

skills can also suffer, particularly in lower-income students who do not engage in reading or learning activities throughout the summer. As a result, teachers have confirmed that the first few months of the fall semester are generally spent on review and reacquisition.

In Beijing, Jew believes summer fall back is especially prominent with stu-

dents enrolled in bilingual immersion programs, as there is always one language that has regressed with lack of use. Unless the home environment is also bilingual, the student will likely face a lack of practice and exposure to their target language (e.g. English for Chinese natives, Chinese for English natives), which will then be reflected in the fall when they return to their bilingual school environment.

How do we prevent language regression?

Preventing language regression is more about finding a mix of enhancement and enrichment. **Support** or **enhancement** classes serve much like tutoring lessons, where a child's weaknesses, as identified during the school year, are addressed in personalized programs. Such a methodology would be especially useful for second language learners, as they might not receive individual attention in a school classroom environment.

Enrichment classes, on the other hand, tend to be more about learning a new skill or knowledge, such as the art of Chinese calligraphy, or the history of the industrial revolution in Europe. Taking enrichment classes in the target language will provide variety in instruction, topic and theme, as well as assignments, and will hopefully prove to be more interesting than enhancement lessons. Children learn best when they are immersed, so parents should allow their kids to decide for themselves which enrichment programs they prefer.

Whether your child should sign up for enhancement or enrichment programs depends on his or her individual needs, according to Jew. Many summer programs include both support and learning, with a variety of fun choices for students to select from.

Finding a summer camp that focuses more on language enhancement will be helpful for second language learners hoping to maintain the language. Parents can consider hosting study groups with native speakers, such as your child's classmates, or hiring a native-speaking tutor or au pair to enhance the home language environment. Younger children need play dates with native speakers several times a week in order to have enough opportunities to use their second language effectively.

If face-to-face native language immersion is not convenient or



Research shows that students generally forget about two months worth of learning, especially in mathematics

other language exchange opportunities not possible, parents can also guide children to use free online resources for English or Chinese learning, such as educational Youtube videos or websites similar to IQ Chinese (see **Resources** below). However, Jew reminds our readers that adults must supervise children's use of the internet for learning, and should not leave children alone to search or surf the internet.

How do we prevent overall learning loss?

As with preventing language regression, Jew recommends fun summer camps and programs to engage children in learning activities during the summer. Not only do these programs provide social interaction, and foster communication with native speakers of the target language, but they also give a framework for a structured and organized summer so that children do not become lethargic from too much freedom or boredom. Even without enrolling your child in a summer program, parents can create a routine via a summer schedule, ensuring that kids are eating on time and sleeping early, and won't struggle in the fall when they have to prepare to return to school.

One of the most important ways parents can assist in preventing summer learning loss is by being actively involved in your kids' learning. One of the reasons why children of lower-income families tend to perform more poorly and lose more knowledge is because the parents are too busy with work to engage them or supervise their learning. This is why Jew reminds parents not to leave your kids with grandparents, or the Aiyi or nanny, without planned activities, or risk your child facing a higher summer fall back than other children.

How can you be more involved in your child's learning? Read books to your kids and encourage them to read on their own if they can. Most schools provide students with reading lists for the summer, and Jew recommends having children read in every language of proficiency even if you have to find a book list on the internet. Finally, don't forget to model good reading habits by reading for yourself, and talk to your kids about what you have read or learned from reading, whether it's a good book, a newspaper article, or an informational WeChat post.

To motivate your children to stick to their summer schedules and perform well, it's a good idea to set daily, weekly, and monthly goals with your child and reward them accordingly.

If you're traveling with your family during the summer, pack wisely. Take books from the reading list with you. Have a variety of options for long commutes and boring wait times, such as audio books, interactive e-books, educational apps and games, or even videos in the target language. Always find opportunities for teachable moments, and engage your child in the target language or activity by asking useful math questions, for example (if dinner was \$83, the state tax is 10 percent, and we are giving a 15 percent tip, how much should Daddy be paying the restaurant?)

Finally, Jew reminds parents that simply having children spend a portion of their day engaged in learning activities, rather than allowing them to indulge in completely unsupervised play, will result in significant changes in the fall and possibly even gains in their oral language abilities.

Resources

BrainPOP, BrainPOP Jr.

The Brainpop and Brainpop Jr websites are popular choices for educators to use in class, as many schools have purchased paid subscriptions. The website covers a wide variety of topics, from English ESOL to literature to math and sciences, which are presented in fun Flash videos with music, sound effects, and even quizzes to test for understanding. The interface is easy to use, and the movies can now be more conveniently watched on an iOS device via the app: BrainPOP Jr. Movie of the Week. www.brainpop.com, www.jr.brainpop.com

Reading A-Z

Reading A-Z is one of the many websites educators rely on to teach engaging leveled reading. The site is specifically for reading, but has sister sites, such as Science A-Z and Writing A-Z, which are all under the overall Learning A-Z umbrella. The Reading A-Z website has come top in polls of teachers and offers many free resources for parents who would like to try out the service before subscription. The site provides reading assessments, a large variety of targeted reading assignments, and reading comprehension questions, as well as other forms of assignments. www.readinga-z.com

IQ Chinese

IQ Chinese has a selection of products for purchase, including multimedia courseware, textbooks and workbooks (Go! Chinese), software tools, online practice systems, and even teacher training services. Perhaps the most child-friendly of all their products is the iGo Chinese iOS apps, volume 1 of which won the 2013 Parent's Choice Approved Award. The apps are leveled, and promise to teach children "more vocabulary than they can use in their daily lives". www.iqchinese.com

Learn Chinese (Mandarin) iOS App

MindSnack's Mandarin learning app has a total of eight games, of which the first one is free. The app was awarded best educational app of the year by Apple, and begins with the basics of tone and pinyin to teach the essentials of conversation skills, moving on to more vocabulary and characters in later levels. www.mindsnacks.com/subjects/mandarin

Talking Learn (Chinese)

Talking Learn is a free Chinese learning website that offers audio for learning basic phrases (situational dialogue), Chinese e-books for children, and video clips of popular movies (e.g. Frozen) in Mandarin with English and Chinese subtitles. www.talkinglearn.com

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



Etonkids Central Park Sports Day

On May 4, children from Etonkids Central Park campus held their annual sports day at the Beijing Collegiate Academy. They took part in egg and spoon races, a football shootout, a tug of war, crawl races, and many other fun activities.



Reliving Shakespeare: Keystone Academy Takes a Contemporary Look

On April 22 and 23, Keystone's middle and high school students, led by Drama teacher Chloe Keller, reinvented one of Shakespeare's best plays – *Macbeth* – in a contemporary setting. Ms. Keller re-envisioned the Shakespearean tragedy, changing the setting from the Highlands of Scotland to a present day high school, and the theme from the travails of political ambitions to the tribulations of teenagers and their politics of life. This captivating production, staged in the school's Performing Arts Center, commemorated the 400th anniversary of the Bard's death.



PHOTOS: COURTESY OF ETONKIDS AND KEYSTONE

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 **June 13**.



YCIS Primary School Violin Concert

Year 1-3 students at Yew Chung International School Beijing (YCIS Beijing) performed a selection of beautiful violin pieces for their parents and members of the community during the annual Primary School violin concert this spring.



BSB Students' Science trip to MIT, USA

Students from The British School of Beijing (BSB) Shunyi and 13 other Nord Anglia schools visited Massachusetts Institute of Technology (MIT) in April & participated in workshops related to Science, Technology, Engineering, Arts & Maths (STEAM) designed by MIT experts. They also toured Harvard University & watched a Boston Red Sox game!



PHOTOS: COURTESY OF YCIS AND BSB (SHUNYI)



Daystar Academy's Annual Earth Day Celebration

Blue skies and strong winds accompanied Daystar Academy's annual Earth Day celebration on April 22. As always, it was a wonderful opportunity to play and learn, as students had a chance to visit each booth, answer questions or do fun activities. There were games made from recyclable material, dioramas of different habitats, a do it yourself hat fashion show, and a delicious bake sale by both StarParents and students.



Save the Children Den Day at Harrow Beijing

On April 22, all the students of Harrow Beijing Lower School spent the day building dens for Save the Children's Den Day. Each child brought in items from home like cardboard boxes, fairy lights and bedsheets, to make lots of cosy dens. Den Day was an amazing adventure for the children; as well as having lots of educational fun their RMB 20 donations will make a big difference to children in some of the world's poorest countries.



PHOTOS: COURTESY OF DAYSTAR ACADEMY AND HARROW BEIJING



Spring Fair at ISB

International School of Beijing hosted its annual Spring Fair on May 7. Thousands of people enjoyed a fantastic day in the sun filled with delicious food, unique shopping, excellent entertainment and fun games and activities for the whole community!



Science Fair at MSB

On the evening of March 29, Grade 1, 3, and 5 students at International Montessori School of Beijing (MSB) showed off their STEM skills at the school's annual Science Fair. Children from all three grades chose an area for research, formed a hypothesis, and carried out research and experimentation, presenting their findings to the whole school community. Topics covered ranged from lung capacity, to growing crystals, to electro-magnetism.





Easter Egg Hunt at HoK

On March 25, House of Knowledge International School and Kindergarten, Chaoyang Park Campus, held their annual Easter picnic at Chaoyang Park. The activities included hunting for Easter eggs and more.



CISB Roots & Shoots – Tree and Flower Planting

On April 14, the Roots & Shoots group from Canadian International School of Beijing (CISB) went to Yanqi Lake, to plant trees. They managed to plant 34 trees in total, as well as learning more about how hard it is to grow trees, and look after them. Then on April 22, the members of Roots & Shoots helped elementary students plant 250 flowers on the school campus.



PHOTOS: COURTESY OF HOK AND CISB



Eduwings Easter Picnic

On April 16, Eduwings held an Easter picnic in a park. Everyone shared a delicious picnic, for which parents brought traditional food from their home countries. Afterwards, there were fun activities for all. Teachers organized an Easter Gift Hunt for the children, which was greeted with great enthusiasm.



Former 'Steel Roses' Footballer Wang Liping Visits No. 55

The Chinese National Women's Football Team, nicknamed the "Steel Roses", have a special place in the hearts of football fans. On May 16, Wang Liping, a former Steel Roses player now working as a football coach, came to Beijing No. 55 High School and gave a speech to the teachers and students of the International Section. In addition, a Grade 11 student represented Iran in an international youth tournament, and Grade 9 students visited the Beijing Tianyun Hearing and Speech Rehabilitation Organization, where they brought gifts to and played with the children at the center.



The Smith Family

by Nimo Wanjau

The Smith Family, mom Nicole, dad Micah, son Garrison (age 5), and daughters Reagan (3) and Darby (1) has called Beijing home for the last four years. Nicole is the Assistant Country Director for the United States Food and Drug Administration's China Office, and Micah is a lawyer and until recently worked for the US Department of Commerce at the United States Embassy. Garrison and Regan attend the British School of Beijing, Sanlitun. They share their hidden gems and their most fun family spots.

Favorite Family Restaurant

We love the burgers at **Great Leap Brewing**.

Favorite Seasonal Activity

Sledding in the winter at **Workers Stadium** or **Chaoyang Park**.

Parents' Date Night

A favorite date night place is **East Shore Live Jazz Café at Houhai** and walking around the hutongs, or dinner at the **Sureno at the Opposite House**.

Family Rituals

Soft pretzels and fresh squeezed juice after school on sunny days.

Day Trip

We also love exploring all the little nooks around the **Temple of Heaven** and hiking the hills at **Jingshan park**.

Favorite Place to Shop for Home Décor **Gaobeidian** and **Panjiayuan**

for classic and modern Chinese furniture, antiques, and a great weekend stroll.

Favorite Place to Shop **Liangma Flower Market**

for seasonal holiday decorations and other fun finds.

Best Place to Play Outdoors

Chaoyang Park and **Ritan Park** for you feel like you have left the city when you are right in the middle of it.

Best Place to Celebrate a Special Occasion

Brunch at **The Orchard** is a particular favorite.

Favorite dish

We love to go for **Xiaolongbao**.

Favorite Ways to Relax

Just hanging out together at home enjoying a movie night or making a fort with lots of pillows, dinner with friends, or strolling around our neighborhood.

New Hangouts

Nuo Hotel in Lido.

Best Place to Play Indoors **Fundazzle** or **Fangcaodi/**

Parkview Green, where you can check out interesting art pieces on a rainy day. We love to talk about each piece with the kids and ask their thoughts and opinions. **Little Oasis** also has an awesome Luckey Climber. Also, bowling at **East Gate Plaza Bowling Center**.



Canadian International School of Beijing

北京加拿大国际学校

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University of Tokyo University of California-Irvine
Emily Carr University OCAD University NSCAD University
New York University's Stern School of Business
University of British Columbia's Sauder's School of Business
University of Toronto's Rotman School of Management



Canada:

McGill University
University of Waterloo
Queen's University
University of Toronto
York University
Simon Fraser University
University of Alberta
University of Victoria
Concordia University
NSCAD University
Carleton University
OCAD University
Emily Carr University
University of Saskatchewan
University of Western Ontario
University of British Columbia
Kwantlen Polytechnic University

McMaster University
University of Guelph
Wilfrid Laurier University
Thompson Rivers University
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Capilano University
Langara College
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Indiana University
University of Minnesota
Boston College

Australia:

University of Melbourne
University of Sydney
Australia National University
University of New South Wales

Japan:

University of Tokyo
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