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### ON THE COVER:

David Yu (age 8) is no stranger to makebelieve and dressing up, as a seasoned and enthusiastic performer with Beijing Playhouse. Chinese-born David attends Daystar Academy with his twin older brothers Allen and Oscar (10). Dad Zhijun Yu and Mom Mandy Mu, are busy entrepreneurs. Mu kept track of the photo shoot by WeChat, and through *ayi* Hong Li who accompanied David as he levitated around The Bookworm.

Photography by Dave's Studio



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Adviser 顾 问

彭珮云 PENG PEIYUN

全国人大常委会前副委员长

Former Vice-Chairperson of the NPC Standing Committee

Adviser 顾 问

顾秀莲 GU XIULIAN 全国人大常委会前副委员长

Former Vice-Chairperson of the NPC Standing Committee

Director and Editor-in-Chief 社长 · 总编辑

Yun Pengju 恽鹏举

Chief Editor 主编

Wei Liang 位亮

Managing Editor

Aisling O'Brien Yvette Ferrari

School Editor Web Editor

Nimo Wanjau

Contributing Editor

Sijia Chen

Shunyi Correspondent

Sally Wilson

Contributors

Ember Swift, Jennifer Ambrose, Dr. Dorothy Dexter, Melissa Rodriguez

Editorial Consultant 编辑顾问

ROBERT MILLER (Canadian) 罗伯特·米勒 (加拿大)

Director of Sales Department 广告发行经营部主任

XIA WEI 夏巍

Tel 电话

5779 8877 LI XUESEN 李雪森

Legal Adviser 法律顾问 Advertising Agency

Immersion International Advertising (Beijing) Co., Limited

广告代理

深度体验国际广告(北京)有限公司

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CEO and Founder Michael Wester Owner and Co-Founder Toni Ma

Managing Editor Aisling O'Brien

School Editor Yvette Ferrari

Web Editor Nimo Wanjau Contributing Editor Sijia Chen

Shunyi Correspondent Sally Wilson Head of Marketing & Tobal Loyola

**Communications** 

Brand/Comunications Manager Tina Wang

Art Director Susu Luo

Production Manager Joey Guo

Principal Designer and Illustrator Micky Pan

Advertising Designer Yuki Jia

Photographers Sui, Uni You

Sales Director Ivy Wang

Sales Team Coordinator Gladys Tang

Sales Team Sheena Hu, Winter Liu, Sasha

Zhang, Emma Xu, Veronica Wu,

Olesya Sedysheva, Wilson Barrie

IT Team Yan Wen, Arvi Lefevre

Finance Judy Zhao, Vicky Cui HR & Admin Laura Su, Fengjuan Zhao

**Distribution** Cao Zheng

General Inquiries 5779 8877

**Editorial** 5779 5389/90 Distribution 5941 5387

### Contact:

General information: info@beijing-kids.com

Editorial: editor@beijing-kids.com Sales: sales@truerun.com Marketing: marketing@truerun.com

Distribution: distribution@truerun.com Directories: listings@beijing-kids.com

www.beijing-kids.com weibo.com/beijingkids

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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.

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





### **Catherine Bauwens**



Catherine Bauwens is a mother of two; Robin (age 6) and Coralie (4) who both attend Candian International School of Beijing (CISB). Bauwens works for the Benelux Chamber of Commerce and the EU SME Centre as project manager. She just took over as managing editor of the French magazine Pekin Infos, is working on a documentary movie (together with her husband) and writing a science-fiction novel.



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.

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

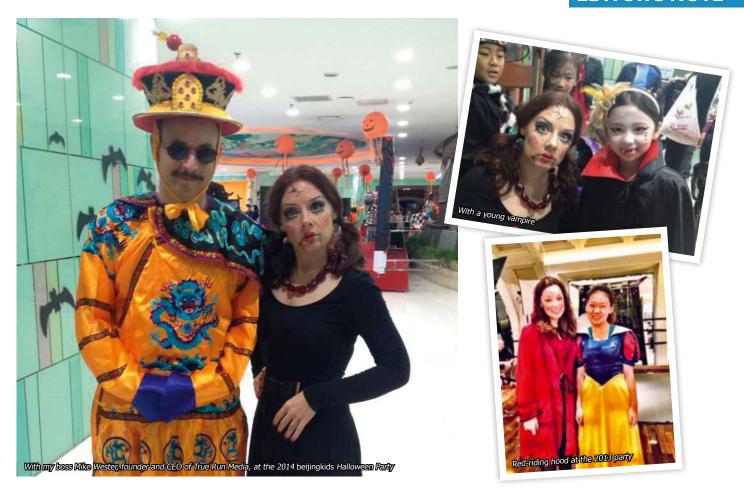
### Celine Suiter



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

### Want to Join?

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



# **Fright Night**

alloween has its origins in Samhain, a Celtic festival with ancient, pagan roots. It marks the end of the harvest, the change of the seasons, and is the time when the gateway to the spirit realm opens. Many of the elements we commonly associate with today's Halloween, for example dressing up and trick-or-treating, originate in old, Irish customs designed to hide from, emulate, and make offerings to the gods.

The Halloweens of my childhood had extra traditions and games. many designed to take advantage of the night's otherworldliness. We peeled fruit and threw the skin over our shoulders to see the first letter of our future spouse's name, ate barmbrack, a kind of fruit-bread with fortunes buried in its slices, (a coin for wealth, a ring for marriage, and so on), and we carved, not pumpkins which are a New World fad, but turnips to make, admittedly somewhat smaller, jack-o-lanterns.

Dressing up was a fundamental component of the festivities, but with a readymade posse of six siblings at home, we rarely made it out of the house to bother our neighbors. Our costumes were basic and self-made, the snacks were ordinary (nuts, apples, and oranges), and the ghost stories were well-worn, nevertheless Halloween was a time of magic, possibility, and spooky fun.

So in my mind, October is a month for change, beginnings, and unexpected influences. Here in Beijing we're treated to a sustained and vibrant color-change from mid-October through mid-November. To take in the full spectrum of leaves, check out our guide (p38). Inspirational educator Kiran Bir Sethi shares her process for empowering kids to be change makers (p42), we look at one of the biggest changes in a woman's life, the transition to motherhood (p26), talk to career changing trailing spouses (p54), and this month we feature my favorite ever beijingkids makeover; turn to p20 and prepare to be amazed. To celebrate Halloween we've got tips and resources for hosting your own party, or attending the best kids' parties around town, including our own beijingkids Halloween Costume Party (p36). See you there! Or for an alternative take, bring your kids on our self-guided ghost-walk (p34). For homespun Halloween costumes ideas and simple refreshments, (which take me back to my childhood), see Canadian International School of Beijing's mask-making (p40) and the Winterhof family's fruit-based snacks (p32).

Sisling O'Brien

Aisling O'Brien Managing Editor



### 

# **October Events**







### Sat, Oct 10

### 1 Lab Photography: Film Camera and Darkroom

Ages 15+. This intensive one day workshop teaches budding photographers the basics of film, how to take photos, and processing using a darkroom. Registration required. RMB 1,500. 9.30am-4.30pm. Atelier Sanlitun (6416 1614, 132 4018 4908)

### Sat, Oct 10

### 2 BCIS Mid-Autumn Festival Event 2015

iii

All ages. Celebrating their 10th anniversary, BCIS moves the Mid-Autumn festivities to land on the double tenth. This Chinese cultural festival features games, food stalls, performances, a lantern lighting ceremony, and more. Access to the school will only be granted with a photo ID such as passport or Chinese ID. Free. 5-8pm. Beijing City International School (8771 7171, bciscommunications@bcis.cn)

### Sun, Oct 11

### **Beijing International Junior China Open**

9 0

Ages 6-11. Sports Beijing partners with the China Open to host the Beijing International Junior China Open at the Olympic Tennis Grounds. Boys and girls in the U11 age group can take part in the tournament then head to watch the final at the Diamond Court. Registration required. TBD. 8am-3pm. Olympic Tennis Grounds (www.sportsbj.org)

### Mon, Oct 12

### **Three-Day Beginner's Photography Workshop**



Ages 15+. Focusing on establishing a strong foundation for budding photographers, this three-day (October 12-14) workshop employs out-of-classroom practical experiences to help students get the most of out their time. Registration required. RMB 1,500. 9.30am-noon. Atelier (6416 1614, 132 4018 4908)

### Tue, Oct 13

### **Distinguished Speaker Series: Liu Guo Liang**

M

All ages. From being coached to coaching medal-winning champions, Liu Guoliang, Chinese table tennis icon shares his life experiences at WAB. Free. 6-7pm. Western Academy of Beijing (5986 5588, wabinfo@wab.edu)

### Wed, Oct 14

### **3** Early Childhood Education Information Session

For adults. Parents of kids aged 2-5 years are welcomed to YCIS Beijing's Early Childhood Education (ECE) information session to learn about the school's philosophy and to tour the recently renovated ECE center. This session will be led by the new ECE coordinator Maryanne Harper. Registration required. Free. 10am-noon. Yew Chung International School of Beijing (info@bj.ycef.com)

### Sat, Oct 17

### 4 Harrow Beijing Autumn Fair

**R** iii

All ages. Prepare to indulge in a quintessentially British affair at Harrow Beijing's Autumn Fair. With fun games and activities, music and performances, a range of vendors, plus food and drink. This year Harrow hopes to top last year's RMB 100,000 raised for charity. Free. 10am-4pm. Harrow International School Beijing (foh@harrowbeijing.cn)

### **5** Childbirth Workshop at OASIS



For adults. Unsure about your impending pregnancy in a foreign country? The OB/GYN and Pediatrics departments at OASIS will discuss topics on pregnancy and dealing with babies in this workshop. Registration required. Free. 9am-2pm. OASIS International Hospital (dawn.rosensteel@oasishealth.cn)





### Sun, Oct 18

### **Art Appreciation: Chinese Shadow Puppetry**

Ages 6-12. This workshop, organized by Blue Bridge International Education Art Center teaches kids the history of traditional Chinese shadow puppetry, how to construct their own puppets, and invites them to write and perform a short show. Registration required. RMB 400. 3.30-7pm. Courtyard Institute (5900 0270, www.bluebridgeedu.com)

### Wed, Oct 21

### **Chongyang Festival Celebration at Mutianyu Great**



Ages 3+. Enjoy a lunch meal in honor of the elderly to help mark the Double Ninth Festival. All proceeds will be donated to the Mutianyu Village Committee. RSVP required. RMB 180. 11am-1pm. The Schoolhouse at Mutianyu (6162 6506)

### Thu, Oct 22

### **Daystar Academy Open House**



For adults. An IB candidate school offering a 50/50 bilingual education, Daystar welcomes prospective parents to learn more about the school's curriculum, facilities, food, indoor air quality policy, and more. There's another session on October 24 from 10-11.30am. Registration required. Free. 9-11.30am. Daystar Academy (5603 9446, www.daystarchina.cn)

# CISB IS EXPANDING!









Our Canadian International School of Beijing is opening a new DRC Pre-School! Opening this winter, our new DRC Jianguomen campus will welcome Nursery, Pre-K3 and Pre-K4 students. Renovations are almost complete. To visit or apply, contact our Admissions Office admissions@cis-beijing.com 86-10-64657788



# **October Events**







### Sat, Oct 24

### Roundabout Book Fair



All ages. MSB hosts a Roundabout Book Fair with books on sale at deeply discounted prices. Proceeds will go to help children in need. Free. 10am-3pm. International Montessori School of Beijing (6432 8228)

### Sun, Oct 25

### 8 beijingkids & JingKids 9th Halloween **Costume Party: Downtown Edition**



Ages 2-12. We're back again with two locations (downtown and Shunyi). This year's haunted schoolhouse is super spooky. Other activities include trick-or-treating, pumpkin carving, and a costume parade. Tickets are advance sale only and can be bought through our WeChat store TRM Shop or reserved by phone or email. beijingkids club members RMB 150 (adults), RMB 200 (kids); non-members RMB 250 (adults), RMB 300 (kids). 9.30m-noon (first session), 2-4.30pm (second session). Canadian International School of Beijing (5934 6708, events@truerun.com)

### **Art Appreciation: Chinese Film**



Ages 6-12. Learn about the history and development of Chinese film while touring the National Film Museum with Blue Bridge International Education Art Center. Registration required. RMB 200. 9.30am-noon. Chinese National Film Museum (www.bluebridgeedu.com)

### **9** BISCC 2015



Ages 6+. O'le Sports and Sports Beijing team up to host the Beijing International Schools Climbing Championship at the O'le Climbing Center. Open to international school students age 6-16 years old, students register for individual events and earn points

for their school. The school with the most points wins the trophy. Individual prizes will also be handed out. Registration required. RMB 100 (per child). 10am-2pm. O'le Climbing (186 1846 1002, oleclimbing@gmail.com)

### Tue, Oct 27

### **PAL Workshop: Supporting Your Children** in their Math Studies



For adults. This Parents As Learners workshop led by BCIS's math department aims to provide parents with information on understanding the importance of math studies and how best to support children. Registration required. Free. 8.30-10am. Beijing City International School Beijing (8771 7171, bciscommunications@bcis.cn)

### Fri, Oct 30

### **Table Manners, A Dysfunctional Family Comedy**



For teens and adults. Beijing Playhouse stages Alan Ayckbourn's comedy, Table Manners. Three siblings and their partners share a fraught weekend, navigating intertwining relationships and exploring the meaning of marriage. Catch a show between October 30 and November 1. Advance tickets only. RMB 260. 7.30-9.30pm. 77 Theatre (65538 4716, broadway@beijingplayhouse.com)

### Sat, Oct 31

### (1) Seventh Annual Halloween Jack-o-Lantern Carving **Contest at The Schoolhouse**



All ages. Kids pick a pumpkin and decorate it. Judges will pick winners in the kids (under 18 years) and adults category. Prizes include a RMB 688 The Schoolhouse voucher and a gift certificate for one night bed and breakfast for two at the Brickyard. Registration required. Free. 2-3.30pm. The Schoolhouse at Mutianyu (61626506)

Want your family-friendly event to appear in our next issue? Upload it at www.beijing-kids.com/events by **Novmber 6**.



### Sun, Nov 1 beijingkids & JingKids 9th Halloween **Costume Party: Shunyi Edition**



Ages 2-12. We're taking over Keystone for an afternoon of fang-tastic fun that includes a haunted schoolhouse tour, on-site trick-or-treating, candy, face-painting, and more. The day ends with kids showing off their costumes in the parade. Tickets are advance sale only and can be bought through our WeChat store TRM Shop or reserved by phone or email. beijingkids club members RMB 150 (adults), RMB 200 (kids); non-members RMB 250 (adults), RMB 300 (kids). 1-5pm. Keystone Academy (5934 6708, events@truerun.com)

### **Storytelling Time with Australian Author Jacqueline Harvey**



Ages 4-14. Jacqueline Harvey is a bestselling Australian author of the Alice-Miranda and Clementine Rose series. Harvey uses drama and audience participation to talk about her life, writing books, and where she gets her ideas. RSVP required. RMB 50 (non-members), RMB 40 (members). 10-11am. The Bookworm (info@chinabookworm.com)

### Fri, Nov 6

### Whole Grains: Balanced Meals, A Good Start to Grow Smart!



For adults. Learn about good and bad whole grains, and the health benefits of having grains in a child's diet. This discussion will be conducted in both English and Chinese. Registration required. Free. 9-10am. 3e International School (6437 3344, community@3einternationalschool.org)

### Sat, Nov 7

### **1** The Community Big Draw



All ages. Celebrating the Big Draw event started by English-based

charity Campaign for Drawing, BSB Shunyi invites the community's young and old to take part in one collaborative, large-scale artwork. Free. 11am-2pm. The British School of Beijing, Shunyi (8047 3588)

### **ONGOING**

### **P** Breast Cancer Awareness Month



For adults. For the whole month of October, Vista Clinic offers a breast cancer screening package that includes consultation with a gynecologist, breast ultrasound, and an optional mammogram with a 20 percent discount. This package is for cash or credit card paying patients only. By appointment only. RMB 1,900. 9am-5pm. Vista Clinic (8529 6618)

### (R) Active Parenting Workshop - Primary School Session



For adults. YCIS Beijing's Active Parenting Workshops kicks off October 12 to November 16 (primary school) and October 13 to November 17 (secondary school), for once-a-week, two-hour sessions aimed at helping parents raise responsible and cooperative children who are able to resist negative peer pressure. Registration required. Free. 10am-noon. Yew Chung International School of Beijing (8583 3731, seminar@bj.ycef.com)

### (A) A Child's History of the World Series



Ages 6-12. Various workshops centered on combining art and history. Marvelous Mayans (Oct 11), Curious Cavemen (Oct 11), Rowdy Romans (Nov 1), Glorious Greeks (Nov 8), and Eccentric Eyptians (Nov 15). Kids will study ancient civilizations, and use them as inspiration for original artworks. Limited space. Registration required. RMB 200. 9.30-11.30am. Blue Bridge International Education Art School (5900 0270, bluebridgeedu.com)

# AY HELLO

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 January 1, 2015.



**Xuanyu Zhang** Chinese. Born Jun 24 to Qiong Wang and Zhe Zhang at Beijing Obstetrics and Gynecology Hospital.



Qian Zhixia Chinese. Born June 22 to Huang Hua and Qian Shugang at Peking University Third Hospital.



Mark Ma Chinese. Born Mar 11 to Katherine Qian and Souther Ma at Beijing Jishuitan Hospital.



**Asher Bryan Tianxin Song** Canadian. Born Dec 11 to Marly Song and Song Zhe at Globalcare Women's and Children's Hospital.



**Little Guoer** Chinese. Born Jul 28 to Penny Guo and Ken Lu at American-Sino OB/GYN/Pediatrics Services (ASOG).

# **Pregnancy Loss Support** at Oasis

by Aisling O'Brien



regnancy loss is an issue which affects the lives of many women: up to one in four deal with the loss of a pregnancy in their lifetime. To support those affected in Beijing, Oasis International Hospital is offering support group meetings, which are free to attend and take place at the hospital. We spoke to Sylvia Huang, who leads the support group at Oasis. Huang holds a masters in social work from the US. Contact sylvia. huang@oasishealth.cn for more information about the support group.

### Getting over pregnancy loss can be difficult. What are some common reactions for women?

Pregnancy loss can often trigger feelings of loss. Many women who lose their babies become suddenly afraid of losing everything else, be it their sanity, other relationships important to them, their faith in the world, or any hope for the future. Many women who go through

this loss feel a deep need to grab onto other things in their life for fear of losing those, too. Also, it is normal to feel triggered into sadness in seeing other pregnant women, babies, holidays and anniversaries, playgrounds, doctor's offices, and advertisements for baby-related items. They may bring you to tears even when you feel strong.

### How long does the grieving process

People grieve differently. Some women can move through pregnancy loss quickly, others can feel ongoing sorrow at the loss. There is no standard or right grieving process as it varies from one person to another. However, due to the significant shift in hormones from being pregnant to not being pregnant, the experience of healing may take longer than one expects. Grief is a normal process that includes stages of denial, anger, bargaining, depression, and acceptance. However,

even healthy grief sometimes can develop into relentless depression that requires more support. Many moms will experience feelings of guilt, shame, self-doubt, and sometimes suicidal ideation. It is highly recommended that women who experience such feelings to talk to their close ones and seek help from a support group or therapists.

### What help can mothers get after pregnancy loss? Why is it useful to talk to others going through the same

It is imperative to share feelings with others in the healing process. Although mothers might desperately want their partners to understand what they are going through, their partners may not. Joining a support group is an appropriate choice to find people who can give them what they need. It is also comforting to share with one another ways of creating mementos, for example keeping a journal, or handprint or footprint of the baby.

### How can a support group help?

In a support group, mothers can find people with problems similar to theirs. While not everyone wants or needs support beyond that offered by family and friends, they may find it helpful to turn to others outside their immediate circle. A support group can help them cope better and feel less isolated as they make connections with others facing similar challenges. Members of a support group usually share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help each other cope with pregnancy loss. Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- · Improving coping skills and sense of adjustment
- Talking openly and honestly about their feelings
- Reducing distress, depression, anxiety or
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options

# **WHAT'S HAPPENING IN BEIJING**



### **New Students at Side by Side**

On August 10, Side by Side was excited to start their sixth academic year. Existing students Dominic and Max welcomed Isaac, Johann, and Polina as their new classmates.

### **YCIS Beijing Celebrates 20 Years in Beijing**

This school year marks the 20th anniversary of YCIS Beijing's delivery of education to international students in Beijing. Established in 1995, the school has grown to over 750 students spanning ages 2 to 18 and representing over 45 nationalities. YCIS Beijing offers students an academic experience pioneered by Madam Tsang Chor-hang in 1932 and later refined by her daughter Dr. Betty Chan in 1972. YCIS Beijing also offers a bilingual learning environment to international school students in early childhood education and primary school.





### **HoK Welcomes New Grade 1 Teacher**

Linda Nguyen joins House of Knowledge International School (HoK) from the US to teach Grade 1 students. Nguyen holds both a B.A. in elementary education and a master's in education. She has over eight years teaching experience in the US.



### **Ivy Group Appoints New Chief Academic Officer**

Daystar Academy and the Ivy Schools welcome long time educator Elizabeth Hardage as chief academic officer. Hardage will be directing the K-12 academics and character path for students. She is an expert in immersion education (proficient in Mandarin herself), school administration, and curriculum design and assessment. Her 13-year career as an educator has focused on Chinese/English immersion education and implementing best teaching practices. Hardage holds credentials in elementary education and administration, a bachelor's degree in international relations with a concentration in Chinese, and a master's degree in curriculum, instruction and assessment.

Want your news to appear in our next issue? Email it along with a high-res photo (at least 1MB) to webeditor@beijing-kids.com by **November 6**.

### **BISS Welcomes New Faculty**

BISS has a host of new teachers this year, across grades and subject matter. The school is excited to welcome these new staff members, who are bringing knowledge, experience, and creativity to the existing team. Back row: Mrs. Talamahina (Grade 1), Mr. Grayell (Grade 4), Dr. Qadri (secondary school mathematics) Middle row: Ms. Carolina Poblete (elementary school music), Mr. Talamahina (elementary school physical education), Mrs. Baker (pre-kindergarten) Front row: Ms. Nishimoto (secondary school Japanese), Mrs. Rivera (secondary school OLC)





### **HISB Welcomes New Head of the Lower School**

Harrow International School of Beijing (HISB) welcomes Kelly Wailes, who has been appointed the new head of the lower school. Wailes moved from the UK with her husband and two young daughters and will be bringing a wealth of experience from her years as deputy head of one of London's most prestigious prep schools, Eaton Square School.

### **Keystone Welcomes Over 130 New Students to** Middle and High School

On August 28, over 130 new middle and high school students were welcomed into the Keystone community at the school's annual matriculation ceremony. Each student's induction involved signing the Matriculation Book, and a self-introduction giving their name, grade, and hometown.





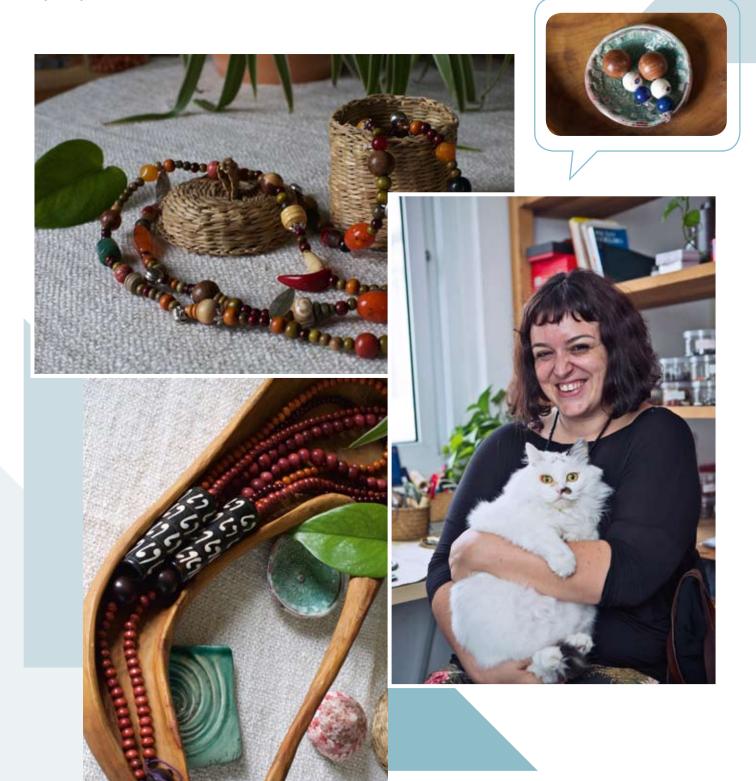
### **BCIS ECC Receives LEED** Certification

Beijing City International School Early Childhood Center recently received the news that the campus has been officially LEED Certified to Gold Standard. This certification (LEED: Leadership in Energy & Environmental Design) comes from the US Green Building Council, and the BCIS ECC is the first pre-school facility in Beijing to receive such an honor. Gaining LEED Certification is something of a marathon, beginning at the design stage, and only finishing when the building is final in operation. BCIS is proud that its commitment to sustainability and the environment is bringing new honor to the skyline of downtown Beijing.

# Heart for Stone

FLORA & FAUNA makes jewelry for the wild at heart

by Amy Wei





nita Boladeras creates and sells one-of-a-kind jewelry from her home-based shop in Dongzhimen. FLORA & FAUNA's products are created from a range of organic materials including seeds, stone beads, minerals, metals, wood, glass, shells, and leather. Her hand-made pieces are unique, sustainable, and affordable.

Charming and bubbly, Boladeras, who is originally from Spain, has lived in Beijing for ten years. Bombarded by gaudy baubles everywhere she looked, the accessory guru couldn't find statement pieces to her liking, so she decided to make some herself. Her private goal evolved into a mission to provide natural, handmade jewelry for all.

Her prices range from as low as RMB 20 to RMB 250 for the more elaborate pieces. She says her jewelry is "organic and natural, for men and women of all ages who want to escape the mainstream market and support handmade products."

The Barcelona native says she's inspired by the jewelry of different cultures, and by the elements of nature. She investigates not only cultural designs but also cultural techniques.

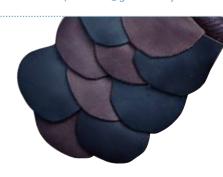
"I love to play with new materials," Boladeras says, "I recently introduced bamboo into my pieces, because of Bamboo Bicycle Beijing. They have a workshop where you can make your own bike out of bamboo, and they let me recycle their discarded bamboo vines. Another friend from Spain taught me how to treat leather, so I am creating a few pieces with that. I also have some salt-sanded sticks that I got on the beaches of Cadaqués (a village in northeast Spain) that I am planning to use in the near future."

Every piece on display is fashioned individually with consideration and attention to detail, and imbued with Bolderas's passion for design. They're pieces of creative wonder, and adaptable to every style. There's suede fringing and lace pieces for the forever young and hip, metal or feather embellishments and boiled leather for the urban warriors among us, with simpler colorful gems and beads for the traditionalists.

FLORA & FAUNA is based in Dongzhimen (contact Boladeras for further directions), and is always open for visitors. beijingkids readers can bring along a copy of this article and Boladeras will offer a 10 percent discount on any piece of your choosing.

### **FLORA & FAUNA**

(138 1046 4786, xinalink@gmail.com) www.xinalink.com

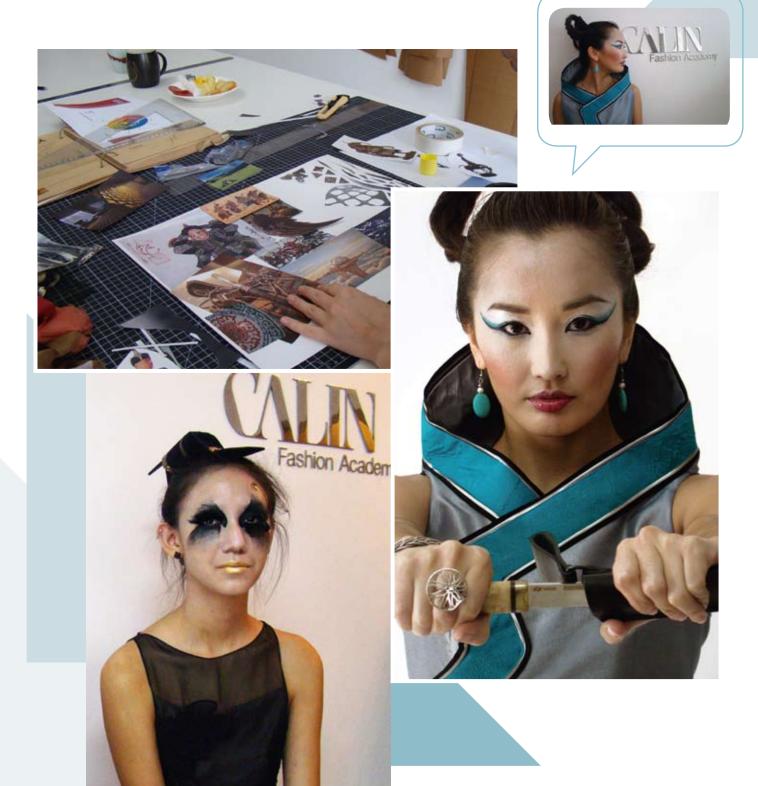




# Fashion Focus

Have a haute party at Calin Fashion Academy

by Amy Wei







■alin Fashion Academy is open to students ages 13 and up, and offers courses to improve technical skills, conceptual development, and build professional portfolios in fields ranging from fashion styling and illustration to makeup art. While these courses are short and intensive (two week summer and winter camps are available for ages 13 and up) the company also offers one-time events perfect for birthday parties of eight to fifteen people of all ages.

The birthday boy or girl can choose from a makeup party or a fashionista party (from RMB 350-500 per person), both guaranteed to be a blast! At the fashionista party, guests will enjoy selected drinks and canapés while learning how to use fabric to realize their designs. They'll also receive getting makeup and hairstyling tips. The makeup party goes much the same way, except with a focus on makeup techniques, demonstrations, and exercises. For both events, a birthday cake is provided by the academy. If the party goers are younger kids, they all get their makeup done by professional artists according to the birthday theme which can be prearranged with parents. All makeup, fabrics, food, drink, and other supplies are provided by Calin Fashion Academy.

Originally from Romania, Founder Catalina Calin studied fashion throughout her high school and university years. She's been in the fashion industry for ten years and has participated in national and international shows and contests, as well as worked in international apparel companies designing women's wear. Following her childhood dream, she came to Beijing in 2009, when she was invited to teach fashion design at a private design university.

Calin conceived the idea of a training academy in 2013. She tells beijingkids that the academy has had students from eight different countries. "More and more young people are interested in design and creative careers," says Calin.

### Calin Fashion Academy

Room 403, Tower 20, Hopson International Suites, South Third Ring Road, (near Shuangjing subway station), Chaoyang District (131 6155 1870, catalina@catalinacalin.com) www.catalinacalin.com

北京市朝阳区双花园南里三区合生国际花园20号楼403室



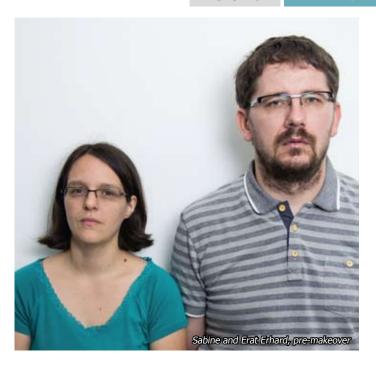


ermans Sabine and Erat Erhard moved to Beijing with their three daughters in 2012. Madeleine (age 7), Luisa (6), and Ellen (4) all attend House of Knowledge (HoK), where Sabine works as a teacher in the German preschool. Erat is a senior electrical maintenance engineer for Daimler.

Sabine and Erat meet with the **London Loft** style team: Scarlet Salmons-Ning, salon creative director; Phoebe Gao, creative director; and Justin Lee, artistic director. The style team agrees on a 1950's influence for the Erhards: a classic, structured bob for Sabine, and a side-swept quiff for Erat.

While Lee begins shearing and shaving Erat, Sabine confesses to a horrified Salmons-Ning that she has never had her hair cut in Beijing, only in Germany. "It's not important for me," she says. Salmons-Ning maintains that, "Your hair is your face. If you don't have a good haircut you can't look good!" and sets about trying to prove this theory. Sabine's attitude to makeup is equally laid back, but on seeing her final image, she smiles and says, "Maybe that will have to change after today."

When we ask the Erhards if they like their new looks, Erat replies that "even on her wedding day she didn't look this beautiful." A clearly delighted Sabine responds "I feel good. If he likes it, I like it." Later on, their three daughters ask if they can also have red hair from now on. "When I arrived home Luisa said 'Wow mommy, how pretty you look!" This is a compliment to you guys," says Sabine.



### **Get the Look, Erat:**

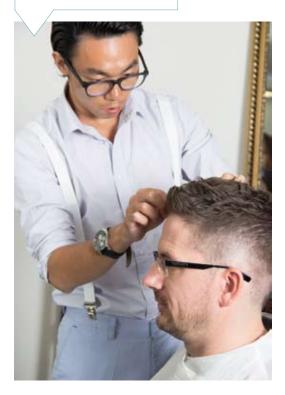


Lee shaves Erat's backand-sides. He shortens, layers, and feathers the crown. Salmons-Ning explains that the haircut can be worn two ways: side parted and slick, or tousled with a little wax.

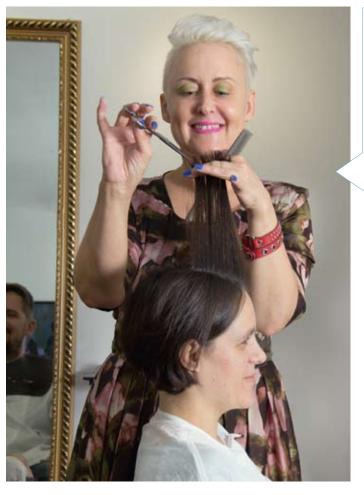
> While Erat's beard is trimmed by Lee, Salmons-Ning cautions him to keep his neck shaved clean in future.



Lee finishes Erat's look with some pomade for texture and hold.



### **Get the Look, Sabine:**



Salmons-Ning takes a couple of centimeters from the end, and structures the bob so it swoops from the nape of the neck to Sabine's jawline. "I'm keeping the style simple, because Sabine is a simple person and she needs to be able to wash and go," says Salmons-Ning.

Gao and Salmons-Ning decide Sabine's color needs to pop, as the styling will be quite simple. They choose an all-over warm chestnut red with a flash of raspberry red over one ear. The color placement means it can be kept hidden or made more noticeable, depending on how it's worn.

Lee first shapes Sabine's brows. He applies mineral powder, pencils in her brows and creates a natural, daytime smoky eye using a medium brown shade on the eyelid, graduating to a deeper brown in the crease and along the lash line. He lines the eye with liquid eyeliner before finishing with mascara. A bright raspberry lipstick complements Sabine's new hair color.





### **Product List**

- Mirabella Eye Definer in BronzeMirabella Magic Marker Eyeliner

### **London Loft**

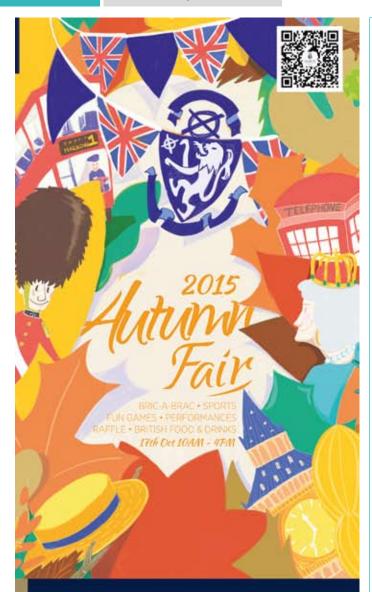
Daily 10am-9pm. 2/F, Just Make Building, Xingfucun Zhonglu, Chaoyang District (6415 8631) 幸福村中路杰作大厦2层

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There are no limits to what our students can achieve and at The British School of Beijing, Shunyi, we create an environment where your child will excel academically, socially and personally. Find out how we will inspire your child.

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Harrow Beijing's highly anticipated annual charity event - The Autumn Fair - will take place on Saturday 17th October 2015 between 10:00 and 16:00. This year the organisers have decided to make it a very British affair!

Visitors of all ages can expect a fun-filled day and a quintessentially British feel with a variety of games and activities, a wide range of vendors, eclectic music and performances and delicious food and drink. We hope to see you all there!

Harrow Beijing accepts applications for places for children from age 2 to 18. If you are interested in learning about how your child can become a part of our exceptional community of learners, please contact us to arrange your personal tour. We would be delighted to meet you.

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### Got a question?

Dr. Melissa Rodriguez is a mom of two and a wellness consultant. She also works as a naturopath at International Medical Center. To find out more, check out her website at www.drmelissarodriquez.com.

# Sweet as Honey

oney is delicious and nutritious. It contains trace vitamins and minerals such as calcium, potassium, and zinc. Nutritionally speaking it is far superior to sugar, since sugar contains only empty calories. Honey is one of the best cough suppressants for kids. It's natural, pleasant to take, and safe for children over 1 year old. Manuka honey contains higher amounts of the antimicrobial and antibacterial components naturally found in honey. I also prefer raw honey. In Beijing I think the best place to get good quality honey is from the various farmers' markets around town.

There's a lot more you can do with honey than just eat it! Honey can be applied topically to protect and heal small cuts, it has anti-inflammatory properties which support the healing process of minor burns, and honey helps retain moisture, so it is often found in cosmetic products like cleansers, moisturizers, and other facial treatments such as masks and scrubs.

### There's a lot more you can do with honey than just eat it!

There are many easy DIY recipes for personal care products using honey. Here are some of my favorites:

Face mask: This is the simplest mask you can do at home. Just spread one teaspoon of honey onto a clean dry face. Now do something relaxing. Have a cup of tea (with a dollop of honey!), read a book, or do some abdominal breathing exercises. After 20 minutes you can wash it off with lukewarm water. I like this mask because I feel like it evens out and brightens my complexion.

Facial exfoliator: Take two tablespoons of honey and combine with one tablespoon of matcha and half teaspoon of baking soda. Matcha originates from Japan. It is made by finely grinding green tea leaves at the peak of their freshness. It's packed with anti-oxidants and the finely ground powder is super gentle on skin. Softly scrub your face using small circular motions, and rinse with lukewarm water: et voilà, smooth skin!

**Sunburn treatment:** Combine two parts aloe vera and one part honey before spreading the concoction unto sunburnt skin. If you find it too sticky just decrease the amount of honey used. Both the honey and the aloe vera help reduce inflammation, speed up healing and soothe the skin.

For all of these recipes, I would avoid using honey from the same jar you use to spread honey on your toast. Also, some people are sensitive to bee products, so do a patch test first. Place a small amount of honey on an inconspicuous area of your neck, and after 30 minutes wash it off. If there's no redness or irritation then you're good to 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.



# **Health Makeover**

hen we step back and look at our life we can easily come up with a wish list: "I wish I were exercising more often, eating more vegetables, meditating daily, spending more time with my family, reading more," and so on. To evaluate your level of balance, try the following to guide your health makeover:

Draw a cross and put numbers on each leg, starting from 0 at the point of intersection then increment in tens until you reach 50 at the end of each line.

Write an aspect of your life at the end of each line such as:

- Social (time spent with family and friends)
- Intellectual (job and studies)
- Physical care (exercise, shopping, cleaning, eating)
- Spiritual (meditation, serving others, studying inspirational texts )

### With this tool you can find out what you need to spend more time on

Give each axis a numeric value depending of how much time you are spending on that aspect of your life. Make sure all four numbers add up to 100, if you need to extend any of them beyond 50 you may.

When you join the points together you should end up with a diamond shape. In an ideal distribution you would be investing 25 percent of your time and energy on each aspect.

With this tool you can find out what you need to spend more time on and then plan activities to strengthen the weak side.

### Some activities that could greatly increase your health are: Social

- Spend time with your family
- Plan a special date with your spouse
- Have tea or coffee with your best friend

### **Intellectual**

- Sign up for a new class
- Set a time of day to read
- Join a book club

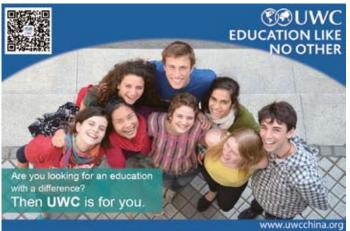
### **Physical Care**

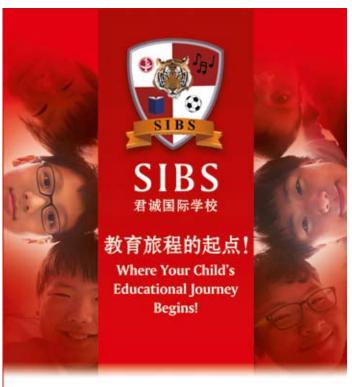
- Find a friend who would like to exercise with you
- Walk or ride your bike to work or school
- Place fruit in visible areas such as the kitchen
- Avoid buying sweets, juices, and alcoholic beverages

### **Spiritual**

- Set time aside to pray
- Invite friends over to pray or meditate together
- Plan a fun activity for the children in your neighborhood
- Visit an orphanage









### 招生电话 (Phone):

010 - 8049 0307 / 8049 2460

地址:北京市順义区后沙峪镇火沙路古城段15号 www.sibs.com.cn



# AND THEN THERE WERE HRFF

### Overcoming postnatal challenges

by Sijia Chen

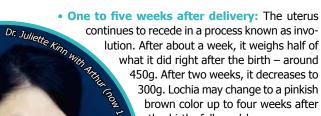
hough more information than ever is available to couples planning to conceive, the majority of resources focus on pregnancy and birth. Comparatively few discuss the physical and emotional challenges of the postnatal period (birth to six weeks). Postnatal recovery can be even more daunting in Beijing, where issues with language and culture can further isolate new parents.

Dr. Juliette Kinn, an obstetrician and OB/GYN at Oasis International Hospital, shares one woman's story. "I have a patient who delivered about a year ago. She doesn't live in an expat area. Her friends kept moving away and her husband worked full-time. The baby needed her all the time. She came to me with lots of symptoms. I asked 'How are things at home with the baby?' Her eyes got red, but she kept smiling and saying they were fine. But actually, she felt so bad, so lonely inside. She couldn't trust the *ayi* because she once stole a family [heirloom]. She told me she had one close friend but she didn't live nearby. Taking a taxi was complicated with a baby, especially when she didn't speak Chinese. I ended up staying an hour with her at the consultation, just talking."

### **Post-Pregnancy Changes: Physical**

Every woman's experience will be different, but here are some of the physical changes that can be expected after giving birth:

- Immediately after delivery: Within minutes of the birth, the uterus begins to shrink. As a result, the placenta separates from the uterine wall and leaves the body. As the uterus continues to contract, some women experience abdominal pains. In the first 12 hours after birth, many patients also experience blood loss called lochia, which is similar to a heavy period. It is usually bright red for the first couple of days, then changes color and consistency as the weeks go by.
- Days after delivery: A couple of days after the birth, most women are able to feel the top of their uterus at or just below belly button level. Urinating after the birth may hurt, especially when there are stitches or grazing (broken skin caused by the friction of pushing the baby out). Many mothers feel the need to urinate frequently the first couple of days. Breast milk starts to come in three to four days after the birth, which may cause some initial discomfort.



450g. After two weeks, it decreases to 300g. Lochia may change to a pinkish brown color up to four weeks after the birth, followed by a cream or white discharge that can continue up to eight weeks post-delivery.

Six weeks after delivery:

The doctor will also schedule a post-natal check at this point to check on the baby and the mother. If there were no complications, the mother is usually cleared to exercise, swim, take baths, and have intercourse again. Though the uterus has shrunk completely back into the pelvis at this point, many women might continue to look pregnant for several more weeks because the abdominal

muscles stretched so much during pregnancy.

The return of periods varies greatly from person to person. The hormones that women produce while breastfeeding suppress the hormones responsible for menstruation, so the latter may not return until they stop breastfeeding completely or introduce solids into their baby's diet. That said, it is possible for periods to return before babies are fully weaned. Mothers who bottle feed their baby can expect to menstruate four to six weeks after the birth.

During the postnatal period, women can also experience tiredness, perineal pain, breast issues, backache, hemorrhoids, constipation, postpartum depression, anemia, headache, and urinary discomfort. A doctor or midwife should be consulted if symptoms are present.

As is often the case, finding resources can be trickier in China. In France, where Dr. Juliette Kinn practiced before coming to Beijing, women who just gave birth are eligible for 10 to 20 sessions of government-sponsored "perineal re-education" to strengthen their pelvic floor muscles. Though pelvic floor exercises are recommended within 24 hours of delivery to help reduce swelling and speed up healing, there are no such classes to send her patients to in Beijing.

And yet, expat women here seem especially concerned with their post-pregnancy bodies. "Usually, we say no exercise before two months. Let the body recover by itself first, then you can go to the gym and work out," says Dr. Kinn. "I see some patients here who, one to two months after they give birth, ask me 'Can I go to the gym now? I have this' [points to her belly]. There's pressure to be skinny everywhere, but I think expats pay special attention here."

Dr. Kinn herself is a new mother who felt the pressure to reclaim her pre-baby body. After moving to Beijing in January with her husband Alexandre Valdelièvre, she gave birth to their first child in late August. "I sometimes say to my husband 'Oh, I'm so fat,' but you have to take it easy. I just delivered and my body is changing," she says while breastfeeding 3-week-old Arthur on the couch.

Like Dr. Kinn, Yonnie Fung, yoga therapist and teacher, is a new mom. She gave birth to her daughter, Wednesday Eleanor Fairbrother, in February. In her private postnatal yoga therapy classes, the most common issues that Fung encounters are postpartum depression, sleep deprivation, incontinence, lower back pain, and general weakness in the body.

As both a yoga teacher and a new parent, Fung urges women to be kind to themselves after the birth. "This cultural obsession over getting skinny as soon as possible post-pregnancy only makes women feel bad," she says. "Women nurture a life, carry it inside their bodies

for nine months. Vaginal births are as taxing as summiting Everest, with none of the kudos. Caesarian births are major surgery."

"Getting one's pre-pregnancy body back doesn't deserve any brain space. I think it's more productive to focus on what enables us to flourish. Taking care of our minds and bodies does that. That means eating well, resting when we can, accepting help, carving out some mental space for ourselves and gradually getting back into some physical activity."

### **Post-Natal Changes: Emotional**

It is no secret that the first month is the hardest. Not only do women go through rapid physical changes, but both partners must also cope with sleep deprivation, the demands of caring for a newborn, and changing identities as new parents.

Fung says, "The first week [after birth] was intimidating. We were reluctant to leave the safety of the hospital, where help was just a press of the buzzer away. I spent the first month with my bum chained to the sofa and Wednesday's mouth glued to my breast."

"Depending on the minute, I felt a profound tenderness, protective, gigantic love, tired, lonely, contented, fear, joy. A lot of emotions came to visit in my first month. Then I started my meditation and breathing practices again. Hormones backed off. Things started to calm down from that point."

It is completely normal to go through a range of emotions during the postnatal period. In the first days or weeks after the birth, many women get the "baby blues," a generalized feeling of sadness caused by a combination of anxiety, hormones, and exhaustion. However, this soon passes and should not be confused with postpartum depression (PPD), a much more serious condition.

PPD generally presents later than the baby blues - around one to three weeks after the birth - and can persist for up to a year if left untreated. Symptoms can include trouble sleeping or sleeping more than normal, reduced appetite, a lack of interest or feelings for the baby, anger toward the baby, anxiety or panic attacks, excessive crying, feelings of doubt or helplessness, mood swings, and even thoughts of suicide.

PPD is not limited to mothers. Not only can dads experience depression, but their behavior can have more lasting effects on their child's development, according to a 2008 study of more than 5,000 families conducted by the US-based Center for Pediatric Research. Depressed parents of both sexes were less likely to interact with their children, including reading, telling stories, and singing songs. However, babies with fathers who suffered from PPD had a much smaller vocabulary at 24 months than their peers. There was no such link for children of mothers affected by PPD. If you suspect that you or your partner is experiencing PPD, contact your doctor immediately.

Many new parents also report relationship issues after the birth. Exhaustion, lack of time, money, and feeling neglected are some of the most common reasons couples fight after having a baby.

No matter the situation, it is important to communicate honestly and listen to your partner. Though it might be difficult at first, make time to talk when you are both feeling calm. Listen to your partner's viewpoint and acknowledge their feelings. When it comes to disagreements over how to care for the baby, accept that you will have different approaches to parenting and come up with a joint plan of action.

After the first month, you might feel comfortable leaving the baby with someone you trust, like a grandparent or an experienced ayi. Once you establish more of a routine, practice intentionality by setting aside regular time for you and your partner.

"Most of my patients breastfeed. It's a special relationship between the mother and the baby, so sometimes the dad can feel neglected," says Dr. Kinn. "I tell my patients: You're a woman, take care of yourself. You're a mother, take care of your baby. But you're also a wife and a lover, so take care of your husband."

"I also find it helps to keep some perspective," says Fung. "Relationships are dynamic and this is just a short phase in the overall longer story. Just as there were phases before the baby, other phases will surely follow. Right now, we may seem to be all consumed by our newborn, but there will come a time when we will do 'us' things again. For now, I've found our regular date nights to be great for reclaiming our former selves."

It is also important to seek out people who are going through the same thing as you. For example, many of Dr. Kinn's patients are part of the WeChat group for Bumps2Babes, a parent support network that meets three times a week in the CBD area (see Resources).

"There's a mom who just moved to Paris and is still asking guestions in the group even though she doesn't know anyone there," says Dr. Kinn. "When someone asks a question, reading so many moms' experiences shows them that every case is different."

It is especially important to seek help as soon as possible if you have trouble breastfeeding. According to a 2011 study by the journal Obstetrics & Gynecology, women who have issues breastfeeding in the first two weeks after giving birth were 42 percent more likely to experience postnatal depression two months after delivery.

Luckily, Beijing has an active Le Leche League (LLL) branch with both English- and Chinese-speaking groups that meet monthly. Don't convince yourself that breastfeeding is something to "power through" alone. Get support from your partner, friends, family, doctor, midwife, lactation consultant, and groups like LLL or Bumps2Babes.

Whatever you do, do not suffer in silence. Dr. Kinn says, "There are groups of moms to help and support you if you need. Don't hesitate to ask for help. It can be hard, especially here when you don't know where to go."

"Sometimes you find an excuse like the weather is bad or you're feeling tired, but you have to make the first step to meet people. Then, things come one by one."

### Resources

### Oasis International Hospital 北京明德医院

Dr. Juliette Kinn is on maternity leave until January 2016. If you need to see an OB/GYN now, contact Oasis to schedule an appointment with one of the hospital's other doctors. Mon-Sat 8.30am-5.30pm (some clinics open from 8.30am-12.30pm), daily 24hrs emergency care. 9 Jiuxiangiao Beilu, Chaoyang District (400 876 2747) www.oasishealth.cn 朝阳区酒仙桥北路9号

### **Yoga with Yonnie**

Yonnie Fung teaches small group yoga classes and offers private yoga therapy sessions from her studio in Andingmen. (yogawithyonnie@gmail.com) www.yonniefung.com

### La Leche League (LLL)

Membership for LLL costs RMB 300 per year. The English -language meetings take place on the second and last Tuesday of every month at 9.30am. (beijinglaleche@gmail.com) www.llli.org/beijing.html

### **Bumps2Babes**

This CBD-based parent support network has three weekly meetings: a coffee morning for parents with toddlers and babies, a meeting for parents with mobile babies and toddlers, and a meeting for parents with non-mobile babies (including expecting moms). The latter meets on Fridays. Dads welcome. For more info, email beijingbumps2babes@gmail.com.







■atFace Dining have opened a second branch of their Americanstyle barbecue joint The Smokeyard with the new Sanlitun venue offering the same great range of grilled and smoked meats. Signature dishes include ribs, served up with fries and apple coleslaw (RMB 78), pork or fish tacos, served with Korean fried rice and salad (RMB 48-52), and the house sliders (RMB 48).

There is no separate kids' menu, but there are plenty of enticing dishes to please younger palates, especially the range of appetizers. Popcorn chicken (RMB 32) is served up in cool tin buckets, cheesy fries (RMB 38) come topped with crispy bacon bits, and coated mozzarella sticks are always a hit. For the adults, the beer-battered French fries (RMB 20) are awesome and perfectly complement the range of craft brews on offer.

Our ravenous young diner is 5-year-old Jonas Weisse, a student at House of Knowledge. German-born Jonas has been living in Beijing for almost three years. One of his favorite foods is hot dogs, but today Jonas samples pasta bolognaise and vegetarian pizza. The pasta dish was a generous heap of spaghetti, topped with meatballs, and plenty of sauce. The sauce is a bit spicy for Jonas, so bear this in mind if your kids prefer less chili heat. The pizza has a thin and crispy base, and is topped with freshly grilled artichokes, tomatoes, and bell peppers.

To finish, Jonas samples the strawberry ice cream shake. The tall glass is filled with pink shake, topped with whipped cream, and finished with a cherry. This is by far his favorite! The restaurant serves an interesting range of drinks which includes mango lassi, red guava, papaya milk, and strawberry lemon juice (RMB 18-23).

The restaurant décor is trendy and urban, with plenty of exposed brick work and metal furnishings. The split-level dining area gives it a warehouse feel, with some abstract art livening up the walls. The Smokeyard is a welcome addition to this part of Sanlitun, with great dishes at wallet-friendly prices.

### Family-friendly facilities:

The restaurant is non-smoking throughout. There are clean, Western-style bathrooms with soap and toilet paper.

### The Smokeyard 庭云

1) Daily 10am-2pm, 5pm-10:30pm. Unit 5, 6, Nan Sanlitun Lu, Chaoyang District (6501 7501) 朝阳区三里屯南路6号楼5 门; 2) Daily 11am-9.30pm. 2-1, Huagingjiayuan Building 12, Wudaokou, Haidian District (135 2206 4168) 海淀区五道口华 清嘉园12号2-1层





www.hkclinic.com

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he Winterhofs have only been in their Huoshayuzhen apartment six weeks when we visit. They moved to Beijing from Denver, Colorado, so that mom Katie could take up her role as elementary PE teacher at Beijing International Bilingual Academy (BIBA). Husband Adam is a drummer, and currently, a trailing spouse. The Winterhofs have three daughters; Grace (age 7), Carolyn (5), and Lillah (3), who all attend BIBA with mom. Adam chose an intentionally simple recipe, so that the kids can help out, and also because as newcomers they are cognizant of the fact that not everyone has the same amount of kitchenware in China as they might enjoy back home.

Halloween needn't be a total sugar-fest; as the family proves with these healthier fruit-based treats. Katie has another tip for keeping sugar to a minimum: when the girls go trick or treating they sell their candy to mom and dad, and use the funds later to buy toys. Cleverly, the candy they collect is immediately redistributed to other trick-ortreaters, therefore no temptation stays in the house. Adam tells us that although these recipes are easy, finding chocolate chips was not! Their local expat supermarket had sold out, so Grace helped him sift a box of cookie mix to extract its chocolate chips.

### Instructions 做法

### Ghosts 鬼

Ingredients 成分 Bananas (not too ripe) 香蕉 (不要太熟的) Semi-sweet (or dark) chocolate chips 半甜(或黑)巧克力碎片





1. Peel the bananas, and cut them in half. 将香蕉去皮,对半切开。



2. Push in two chocolate chips for the eyes, and one chocolate chip for the mouth. 用两颗巧克力碎片做眼睛, 一颗巧克力碎片做嘴巴,"幽灵"就 做好了。

### Pumpkins 南瓜

Ingredients 成分 Clementine oranges 橘子 Celery or cucumber batons 芹菜或黄瓜条





1. Peel the orange (roll the orange first to loosen the skin so the peel comes away easily from the fruit). 将橘子去 皮(可以事先将桔子滚动几下,表皮 会更容易剥离)。

2. Remove excess pith. 去除多余的白 丝(橘络)。



3. Slice the celery or cucumber into pieces approximately 1/2cm wide and 2cm long. 将芹菜或黄瓜切成长约 2cm, 宽约0.5cm的细条。

4. Insert the celery (or cucumber) into the top of the orange as the stem of the pumpkin. 将切好的芹菜(或黄瓜)条 插在橘子顶部,"南瓜"就做好了。



# **Raising Ghosts**

Five of Beijing's most haunted places

by Sijia Chen









s a city with a history of over 3,000 years, Beijing has more than its fair share of ghost stories. Genteel hutong residences and opera houses belie tales of heartbreak, sacrifice, and jilted love. Even now, they are woven into the fabric of the city and continue to reverberate across the ages. Just in time for Halloween, here are the stories of five Beijing landmarks.

Starting our journey in Gulou, the **Bell Tower** was the backdrop to a ghostly story of filial devotion. During the Ming dynasty, Emperor Yongle ordered a blacksmith called Deng to cast an enormous bronze bell to serve as the city's official timepiece – the same one that hangs at the top of the tower today. Burdened by this arduous task, Deng and his craftsmen became increasingly desperate as the deadline drew near. After overhearing his worries, his daughter showed up at the workshop by herself one morning. Before anyone could stop her, she threw herself into the furnace.

Though the workers were horrified, her self-sacrifice miraculously provided the boost of heat they needed to fire the furnace and cast the giant bell. On some days, locals say the bell goes xie, xie, xie ("shoe, shoe, shoe") instead of the clear dong, dong, dong it's known for. That's the young girl asking for her shoe back – the only thing a worker was able to grab as she charged into the flames.

Going south, near the western bank of Qianhai Lake, Prince Gong's **Mansion** is the next stop on our ghostly trajectory. Though the residence is named after Prince Gong (1833-1898) - the sixth son of the Daoguang Emperor - it was originally built in 1777 for a Qing dynasty official called Heshen (1746-1799), who has a rather unfortunate reputation as the most corrupt official in Chinese history.

There are two supernatural stories involving Heshen. One of them relates to his benefactor, the Qianlong Emperor. When the emperor was still a boy, he startled an imperial concubine by sneaking up on her in her room as she was putting on her makeup. In her shock, she struck him with either her comb or her left fist. This breach of imperial protocol was reported by a lady of the court, resulting in the concubine's fall from grace and eventual suicide. Wracked by guilt, Qianlong bit his own finger and left a bloody print on her neck so he would recognize her in the next life. Heshen had such a mark and was born in the year of her death, leading the emperor to believe he was the concubine's reincarnation.

Heshen rose swiftly to fame, thanks in part perhaps to the emperor's quilt. His corruption was unchecked; his actions, which included repeatedly raising taxes and extending military campaigns to take advantage of additional resources, contributed to the decline of the Qing dynasty.

One of Heshen's only redeeming features was his devotion to his first wife, Feng Shi. When she became ill after the death of their youngest son in battle, the official summoned monks to the house to pray for her health – but to no avail. She died of a broken heart and is said to haunt Prince Gong Mansion with a retinue of servants. Sometimes, security guards speak of hearing ghostly wails and female apparitions dressed in white wandering the gardens at night. Perhaps that's why the tourist attraction closes before sundown.

Speaking of grand estates, our next stop is the famous **Forbidden** City. In 1887, the Guangxu Emperor fell in love with a concubine called Zhenfei. By then, he was estranged from his wife, the Empress Longyu (the niece of the fearsome Empress Dowager Cixi). Zhenfei supported the emperor's plans for political reforms, further drawing Cixi's ire.

Two years later, after the failure of Guangxu's Hundred Days' Reform, Cixi assumed power. She banished Zhenfei to a corner of the Forbidden City, where she was kept virtually as a prisoner, and forbade her from seeing the emperor. In 1900, the Empress Dowager had Zhenfei killed by ordering eunuchs to drown her in a well before forcing the emperor to flee with her to Xi'an to escape the allied forces attacking Beijing. Zhenfei was 24.

In 1901, when Guangxu and Cixi returned to Beijing, Zhenfei's family

was finally allowed to retrieve the concubine's body from the well. The latter is located in the northeastern corner of the Forbidden City and today bears a bilingual inscription recounting Zhenfei's tragic tale.

Continuing south all the way past Chang'an Jie into Xicheng District, we reach a stately Beijing opera house called **Huguang Guild Hall**. One of the "four great theaters" of Beijing, Huguang was built in 1807 as a home for the poor during World War II. In a Stephen King-like twist, the theater was constructed over an ancient graveyard and is said to have roused many angry spirits in the process. Locals report still hearing screaming from the courtyard; if you throw a stone into it, a scolding voice will sometimes tell you to cut it out!

Last but not least is the famous haunted house at **81 Chaoyang**men Neidajie (known as Chaonei 81), the subject of a 2013 New York Times profile. The article reports the legend of a Kuomintang official who abandoned his wife (or concubine, depending on the source) after the Nationalists' defeat in 1949. In her grief, she hung herself from the rafters of their three-story house.

The disused building is currently owned by the Beijing Catholic Diocese, which refutes the idea that a KMT official ever lived in the house. The history of Chaonei 81 prior to 1949 is difficult to establish due to missing or inconsistent records; the archdiocese says it was likely opened in 1910 as a Chinese school for missionaries while some historians believe it was the residence of the French manager of the Beijing-Hankou Railway.

The official story certainly didn't convince the throngs of up to 500 daily thrill seekers who flocked to Chaonei 81 after the release of the 2014 Hong Kong horror film The House that Never Dies, whose plot is loosely based on the legend of the KMT official. Soon after, Chaonei 81, the archdiocese restricted access to the house over concerns that the increased foot traffic would damage its structural integrity.

You can still peek at the distinctive French Baroque house through the metal doors barring access to the grounds. If you're lucky, you may even glimpse the ghost of the jilted woman who is said to walk the lonely halls.

#### **Stops**

#### **Drum and Bell Towers**

Daily 9am-5pm. 9 Linzi (near Zhuyuan Hotel), Zhonglouwan Hutong, Dongcheng District (both venues: RMB 30) 钟鼓楼。东 城区钟楼湾胡同临字9号(竹园宾馆附近)

#### **Prince Gong's Mansion**

Daily 7.30am-4.30pm. RMB 20, RMB 60 (with guide). 17 Qianhai Xijie, Xicheng District (8328 8149) 恭王府, 西城区前海西街17号

#### **Forbidden City**

Daily 8.30am-4pm (summer), 8.30am-3.30pm (winter). RMB 60 (Apr 1- Oct 31), RMB 40. North of Tian'anmen Square, Dongcheng District (8500 7114) 故宫, 东城区天安门广场北侧

#### **Huguang Guild Hall**

RMB 10, RMB 5 (students). Mon-Fri 9-11am, 1.30-5pm (opera performance 7.30-8.40pm). 3 Hufang Lu, Xuanwu District (6351 8284, 6352 9134) www.beijinghuguang.com 湖广会馆, 宣武区 虎坊路3号

#### Chaonei 81

81 Chaoyangmen Neidajie, Dongcheng District 东城区朝阳门 内大街81号



# 

### **Hosting Your Own** Halloween Party

by Sally Wilson



f trick-or-treating isn't your thing, then why not throw your own Halloween party? Here are some tips to help you plan a wicked Halloween shindig, without all the scary stress.

#### Who's Coming?

#### **Choose a Theme**

it will be easier to plan your decorations, have an all-black insects and animal's party with spiders, bats, and black cats. Alternatively, your theme could be witches, ghosts, and goblins. For a less spooky for party decorations and any art and craft materials you need for games.

#### Set a Date

Rather perfectly, Halloween falls on a

#### Set a Budget

and ideally this needs to be booked a few

#### **Get Inviting**

incorporating elements from your theme. about food allergies.

#### **Ghoulish Games**

wrapping guests in toilet or crepe paskeleton. Don't forget to prepare some



#### **Shop for Costumes**

of thermal clothing for underneath.

#### **Decide on the Menu**

You can serve regular food and give the ghetti with meatballs and tomato sauce can be "Bloated Black Ants." Or you can go really creative and make bat shaped

Prepare whatever food you can in advance. Stock up on treats and set up that come knocking.

#### **Carve Those Pumpkins**

Don't forget to turn the flesh into a deli-

#### Come Out and Play!

in. For one thing, there's our very own its ninth year, expect to be spooked and

at your own risk!)

Lots of candies and sweets for all On-site trick-or-treating Pumpkins baskets to put all your goodies Real pumpkins to carve and take home Various games and activities for all Scary face painting on-site

#### **Downtown Edition:**

#### **Shunyi Edition:**

at Keystone Academy

#### For ticket bookings:

beijingkids Club members.

in Shunyi are held in villa compounds. At River Garden on Saturday, October 31 trick-or-treating takes place around Younger kids (up to age 6) are welcome from 4.30-5.30pm, while older kids get from 6.30-8.30pm. Attendees must be full Halloween schedule will be released back on beijing-kids.com for details.

**Beijing Riviera Halloween Party** also takes place on Saturday, October compound from 4-6pm. A buffet dinner due to limited seating for dinner. RMB 238 per adult, RMB 119 per child (ages 4-12), and kids aged 3 and under eat for free. To find out more, call 8450 6888.

#### Halloween High Tea at **Conrad Beijing**

delicious treats to celebrate the ghostly lobby lounge from 1-5.30pm. RMB 198 per person (+15% service charge). To find out more, call 6584 6280.

#### Annual Halloween Jack-o-Lantern Carving Contest at The School-

up as jack-o-lanterns at the end of the day, and judged by the staff. Prizes will and teens (aged up to 18), and adults. The winning child or teen will receive a gift certificate for RMB 688 for purcall 6162 6506.

#### Schoolhouse Partner's Table **Halloween Dinner**

Saturday October 31, 7-9pm Join Schoolhouse partners for cocktails at The Brickyard, and enjoy a surprise special set menu for RMB 368. Guests are asked to attend in Halloween cos-

#### **Put Your Game Face On**

Though Taobao abounds with costume options, there's nothing quite like hunting for the perfect outfit in person. options, to turn your little ones into the

#### **Kids Plus**

This Shunyi toy store stocks Halloween costumes for less than RMB 200, including witches' robes, masks, and capes. Daily 9am-7pm. 701  $\,$ Pinnacle Plaza, Tianzhu Real Estate Development Zone, Shunyi District (8046 4572) 顺义 区天竺房地产开发区荣祥广场701号

#### Tianyi Market 天意市场

Located in Fuchengmen, Tianyi Market is the largest wholesale market in Beijing. You'll find masks, pumpkin lanterns, wigs, decorations, hats, spooky candles, full costumes (including witches' robes) and more packed into over 11,000sqm of space and 1,550 stalls. Daily 7.30am-5.30pm. 259 Fuchengmen Waidajie, Xicheng District (6832 7607) 西城区阜成门 外大街259号

#### Tian Le Toy Market 红桥天乐玩具市场 Located within Hongqiao Market, Tian Le has more than 300 stalls with similar offerings as Tianyi Market. Be warned; you will be overcharged unless you bargain hard. Daily 8.30am-7pm. 136 Fahuasi Jie, Chongwen District (6711 7499) 崇文区法华寺街136号

#### Tot to Teen 红马车儿童用品商店

This clothing store for ages 0-15 stocks Halloween costumes averaging RMB 150, including pumpkin heads, Batman, Spiderman, capes, and the Seven Dwarves. Daily 9am-7pm. 703 Pinnacle Plaza, Tianzhu Real Estate Development Zone, Shunyi District (8046 4419, tot-to-teen@hotmail.com) 顺义 区天竺房地产开发区荣祥广场703号



#### Where to check out fall foliage

by Nimo Wanjau

here's something spectacular about autumn in Beijing; golden light and highly contrasting splashes of red, gold, or orange against clear blue skies. You can snap some amazing photos this season at one of the following places. Be sure to bring snacks and water and wear proper walking shoes.

#### **Badachu Park**

(also known as Eight Great Temples -八大处公园)

Located in the mountains south of the Xishan scenic spot, Badachu is well known for its eight ancient temples. This area was renovated in 1980 and has since been a tourist favorite for seasonal changes, with cherry blossoms in spring and colorful leaves in fall. There's a cable car available for RMB 60, however those climbing on foot will see shrines and temples that can't really be experienced from the air.

RMB 10. Daily 6am-7pm (summer), 6am-6pm (winter). Badachu Lu, Shijingshan District (8896 4661) www.badachu.com.cn石景山区八大处路

Mid-October to mid-November

#### **Fragrant Hills Park**

(香山公园)

This overcrowded tourist attraction hosts the Fragrant Hills Red Leaves Festival from mid-October to early-November. Visit mid-week and early in the day to avoid the worst of the crowds. An explosion of warm tones blankets the area as the numerous maple trees progress through the different stages of changing color. Try to check out Jingcui Lake, Heshun Gate, Fragrant Hill Temple, and Yuhua Villa.

RMB 5 (Nov 1 to Mar 31), RMB 10 (Apr 1 to Oct 31), Daily 6am-6,30pm, 40 Maimaijie, Haidian District, Beijing (6259 1155) www.xiangshanpark.com 北京市海淀区买卖街40号

**Mid-October to** mid-November

#### **Mangshan National Forest Park**

蟒山国家森林公园

A tourist favorite because of the 3,666 steps to get to the highest peak, this sprawling 8,200 hectare park has over 170 trees and flowers. The largest forest park in the capital, it's nestled near the Ming Tombs Reservoir in Changping District. The park also contains the largest stone-carved Buddha in northern China.

RMB 20 (adults), RMB 10 (students and seniors). Daily 8am-5pm. 2 Mangshan Lu, Changping District (6071 1866) www.msforestpark.com/lianxi.asp 昌平区蟒山路2号



**Mid-October to late November** 

#### Beigong National Forest Park

北宫国家森林公园

A bird-watching haven, this 1,800 hectare park has a section called "100 Species of Bird" and is a worthy option for viewing the changing season. It's located in Fengtai District and features a lake, a fruit orchard, a 240m-high viewing platform, and several scenic spots.

RMB 10. Daily 6.30am-8pm (Apr 1-Nov 30), 7am-5pm (Dec 1-Mar 31). 55 Dahuiguang Donglu, Changxindian Town, Fengtai District (8384 0830) 丰台区长辛店镇大灰厂东路55号

**Early October to** mid-November

#### **Badaling National Forest Park**

八达岭森林公园

This highly popular destination near the Great Wall Section has more than 50,000 maple trees over 56 hectares. Droves of people attend the Red Festival each fall.

RMB 45. Mon-Fri 7am-5pm, Sat-Sun 8.30am-5.30pm (summer), daily 9am-4pm (winter). South across the highway from Badaling Great Wall Center, Yanqing County (6912 1842/2591) 延庆县八达岭长城南

late October

#### **Hongluo Temple**

红螺寺

The location of northern China's largest Buddhist temples, Hongluo offers treelined paths leading up the mountain or a panoramic view from the peak via the cable car to Guanyin Temple.

RMB 54. Cable car RMB 60 (roundtrip), RMB 40 (one-way). Daily 8am-5.30pm (summer), 8am-4.30pm (winter). 2 Hongluo Donglu, Hongluoshan, Yanxi Town, Huairou District (6068 1175) www.hongluosi.com 怀柔区雁栖镇红螺山下红螺东路2号



ate October to late November

RMB 45/adult, RMB 25/child 12 and under. Daily 7.30am-5.30pm (Nov-Mar), 7am-6pm (Apr-Oct). Mutianyu Village, Bohai Town, Huairou District (6162 6505, 6162 6022)

**Mutianyu Great Wall** 

慕田峪长城

The less crowded restored section at

Mutianyu offers a much nicer alternative

to Badaling Great Wall. Nearly 75km

northeast of the CBD, the area offers

more than 280,000 species of trees,

and is unsurpassed for viewing a variety

of different colors and shapes of leaves.

怀柔区渤海镇慕田峪村



Mid-October to late November

#### **Miaofeng Mountian**

妙峰山

The home of goddesses, Miaofeng Mountain is home to ancient temples, summer roses, and the rock formations that have made this area famous. Look out for deep valleys, breathtaking views of the hills, and dramatic rock outcroppings.

RMB 30. Daily 7am-6pm (summer), 8am-5pm (winter). Miaofengshan Township, Mentougou District (6188 2936) 门头沟区妙峰山镇

**Early October to** early November

#### Baiwangshan 百望山

Baiwangshan is covered with maple trees from the US and Holland. There are two main sightseeing points: the Friendship Pavilion and Langfeng Pavilion. The Friendship Pavilion is accessible through a flat walking path surrounded by trees. The Lanfeng Pavilion offers a panoramic view from the top of the mountain.

RMB 6. Daily 8am-5pm. 19 Heihu Beikou, Haidian District (6288 4508, 6287 7730) 海淀区黑山扈北口19号 (近颐和园)

1id-October to mid-November

#### **Peking and Tsinghua University Campuses**

Two of China's most prestigious universities present a sea of red, gold, and orange foliage, and a quieter location for a family trip. This is one for the weekends as weekdays see both campuses bustling with students. Make a day out of it by taking in the Summer Palace.

#### Peking University (Beida)

北京大学 Free. 8am-9pm. 5 Yiheyuan Lu, Haidian District (6275 1230/1) www.pku.edu.cn 海淀区颐 和园路5号

Tsinghua University 清华大学 Free. 8am-9am. Chengfu Lu, Haidian District (6278 9437, 8286 3785) www.tsinghua.edu.cn 海淀区成府路



**Mid-October to late November** 



even-year-old student Brave Sun clearly loves his one-on-one time with teacher, Kate Hooper. Canadian-born Hooper hales from New Brunswick, and has been teaching at Canadian International School of Beijing (CISB) for the past two years. Today Hooper and Brave have decided to make a pumpkin mask. Using much the same materials, you can easily attempt one of the other masks pictured. Like many little boys, Brave is especially enthusiastic about the project's messier elements; painting, and using the hot glue gun. Hooper is a patient and empathetic teacher, peppering her instructions to Brave with endearments and encouragements, and playing his favorite, soothing music while he crafts. "He's the sweetest little boy," she says.

#### Estimated time:

30 minutes

#### Suitable for:

Age 5+ (adult supervision required)

#### **Materials**

- Paper plate
- Pencil
- Red and orange paint
- Paintbrush
- Paper
- Craft knife
- Thin ribbons
- Pipe-cleaner
- Hot glue gun (or double-sided sticky tape)

#### **Instructions**







First, cover the work area with paper, then paint the entire surface of the paper plate with orange paint. Allow it to air dry completely.

Pencil in the guidelines for your pumpkin stripes.

Mix the red and orange paints to make a darker orange. Paint this onto the pumpkin to give it stripes. Allow it to air dry completely.



Draw a face on the paper plate and cut it out with the craft knife.

Shape the pipe-cleaner into a pumpkin stem. Using a hot glue gun, glue the stem to the top of the mask.

Cut holes at the side of the plate, push the ribbons through the holes and tie a knot to secure.

## I Can

#### Kiran Bir Sethi discusses her award-winning project, **Pesign for Change** by Yvette Ferrari

" Children can see you don't have to be rich or strong or 18 years old to make change happen "



iran Bir Sethi says that for children to succeed, they need to learn the value of two simple words: I can. Sethi was recently named a 2015 Asia Game Changer award recipient for her work empowering children in education. Her TED Talk explaining her theory and program has been viewed over 1.2 million times. She is the founder and director of the renowned Riverside School in Ahmedabad, India, which features Multiple Intelligences theory in its planning, instruction, and assessment at the primary level, and uses a unique design-focused framework based on her innovative 'I can' teaching model.

Drawing on her background in visual communications, in 2009 Sethi founded Design for Change, now a global movement inspiring children to - in the words of Gandhi - "be the change they wish to see in the world." With partners in 35 countries in over 200,000 schools worldwide, the project helps children decide on an issue that bothers them – usually a school or community issue – and find ways to transform the situation. Their stories are shared on Design for Change's website and used as a reference and resource bank to inspire and support other children around the world as they attempt their own change-making projects. Children's stories range from very basic – such as cleaning bathrooms or solving the problem of heavy school bags – to more complex issues like alcohol and drug abuse, child labor, and child marriage.

Under the theme, "A Superhero in Every Child," Sethi recently visited Daystar Academy and spoke at Ivy Schools Distinguished Speaker Series in an event open to educators and parents of the Beijing community. We had the chance to sit down with Sethi and learn more about her viral venture taking the education world by storm.



#### THINK FROM YOUR HEART

The first step towards making change happen is to try to understand how people feel.

#### 1.0BSERVE

Look at your surroundings closely. Your class, your school and community. observe the people and their lives. The physical infrastructure and spaces. Social traditions and culture.

- What bothers you?
- What would you like to see changed?

- Share your observations with the team
- vote for the one situation that you would all like to see changed

#### 3.ENGAGE

Go out and talk to people who are involved and affected by the situation.

 Interview them to understand their concerns. This step will help you identify the various parts of the situation that can be improved.



#### **VISUALIZE SUCCESS**

A situation is a sum total of its different parts. each part might need a different solution to change the situation for the better.

#### 1.BRAINSTORMING TOOLS

explore ideas for creating the quickest impact, affecting the maximum number of people and making long-lasting change.

encourage a variety of ideas don't shy away from the wild ones.

- Build on the ideas of others use the word 'and' instead of 'but'.
- Illustrate your ideas for better clarity.

#### 2.VOTE

Vote for the ideas that best address each part of the situation to 'design for change'.



#### MAKE CHANGE HAPPEN

#### 1.PLAN

- What resources will be required? What is the budget? How will you get the money? How many people will be required? How much time will it
- How will you document your work?
- Divide the work amongst yourself.

#### 2.IMPLEMENT

 Go out and put your plan in to action. YeS, YoU CAN!

#### 3.REFLECT

- What 3 things did you learn about the situation?
- What 2 things did you learn about your team-mates?
- What 1 thing did you learn about yourself?
- How do you plan to sustain the impact of your project?



#### "I CAN! NOW YOU CAN TOO!"

Sharing your story with the world will help many others say, "I CAN!"

#### **1.SUBMIT**

Share your story with us at www.challenge.dfcworld.com

Please follow the submission guidelines given on the site

You may include:

- Photos and Text documents (max 4 photos for each step)
- video/Youtube link (max 3 min long)

If you don't have internet access, send in your submission form to us by post.

#### 2.INSPIRE

You could use these ideas to expand your circle of influence

- Share your story at your morning assembly
- organize a parent meeting
- Spread awareness through a newsletter
- Share your story via local media/TV

#### LEARNING SCHOOLED

#### How is design thinking used in a classroom context?

Design thinking is a framework that gets children thinking they are not helpless, that change is possible and they can drive it. Any child, anywhere in the world, can make the world a better place. It's humancentered. It's the fact that all education and every human endeavor should start with empathy. Who is this user? How does this child learn? Who is this child? So much of the focus in education has been on results that we forget there is a child. It's not about changing systems but more about changing the child themselves.

#### **How was Design for Change conceptualized?**

Eight years after we started The Riverside School, kids were developing this tremendous creative confidence. Confidence that they didn't need to have the answer and that if they followed a certain process, that they would be able to effect change. We said there's clearly something making a big difference here. We wondered how we could take it beyond Riverside and Design for Change really became that conversation with the world.

Until then, design and design thinking was [utlized] only in Silicon Valley or in colleges. We just had to remove the jargon and demystify it. We said, 'there are four simple steps: Feel, Imagine, Do, and Share. If children can do it, then anyone can.' We put these four steps into a tool kit, translated the information to 15 languages, and gave it to 30,000 schools in India. It took off.

#### Can you explain how the Feel, Imagine, Do, Share model works in function? (See previous page)

I'll give you the example of garbage because so many schools and children say they clean up garbage. What happens is that the teacher will take them to a garbage dump outside, they clean it up and a week later, it's back. What they've forgotten is that garbage is not the problem; it's people who deposit garbage that are a problem. The first step, 'Feel' is when you observe human pattern and pause. You can look at who's associated with the situation. Who are the people that collect it? Who's affected by it? I view a situation and I look at the opportunities for change. Observe who is interacting with this situation and then, interact with the people involved. Two simple steps under 'Feel': observe and engage.

The second step is 'Imagine.' What is the preferred step? What do you want to create from this? What do you want to give? Maybe you can say, 'I want to beautify this area' or 'for this area or to become a place for compost.' So suddenly, the nature of 'Imagine' is not only that the garbage is clear, but you're asking how you can design a situation where this can not only become a collection site, but how to turn it into compost.

The 'Do' is the action. I go ahead and make sure that happens. And 'Share' is sharing your story of change online.

When we give this to schools, we ask students what bothers them. And then we'll show some of the other children's stories. Children are raising funds for a school trips, building fences, and doing street plays. I show simple stories; they decide.

#### What has the impact been like?

The last step, 'Share' is probably our greatest step. Children can see that you don't have to be rich or strong or 18 years old to make change happen. The greatest impacts are on the children themselves. When they present a story of change, you can see confidence. When I had the opportunity to speak on TED, I had no idea this would resonate like it has. This idea of 'I can' was a missing piece that educators were looking for. People from across the world started calling me. We said, 'please take it to your country and get every child to believe that they can.'

#### Design for Change is currently being used in two different

#### ways. What's the distinction?

One is the one-week challenge. The call to action is take one idea, choose one week, and change a billion lives; that's the open challenge. It's easy to implement because it's extremely flexible. The school can decide how long, how often, and how many times they want to do it. It could be done during a character values period, a 21st century skills curriculum, or a lot of schools around the world with an IB curriculum choose to take Design for Change during the CAS (Creativity, Action, Service) programme.

The second way we do Design for Change is a year-long curriculum. Many schools were saying they loved the one-week challenge but wanted to take it deeper. We worked with Dr. Howard Gardner's Multiple Intelligences team at Harvard to create the first design-thinking subject into to a curriculum for children. Right now, we just have a Year 8 prototype because a lot of our research says that 13 year-olds are your greatest change makers because they're the most confident and are not yet weighed down by exams. We're currently piloting it in India in about 60 schools. Once we see the efficacy of it, we'll present it to education policy makers. We're in the process of designing for Grades 3-7 at the moment.

#### In what ways does the curriculum nurture this 'I can' mindset?

The framework says that when I take responsibility for my actions, then 'I can.' There are a lot of schools built on this 'teacher told me to do it' attitude. If I say that, then I don't know why I'm doing it. But when I take the responsibility after the 'Feel' and 'Imagine,' then I know what I'm doing is making this 'Imagine' come alive. That's that shift from I can't to I can.

#### How do educators doing a Design for Change project support children's learning?

I think educators are so used to telling and instructing that we don't listen enough. What design thinking and the 'Feel' says is, I'm not going to tell you what bothers you, I'm going to listen.

#### Can parents get involved?

We've had parents do this as a birthday party project. Rather than receiving a gift, kids are giving a gift of change. Kids feel fantastic. This is a super way parents can be part of it. But parents should listen; don't force the idea. I think parents do not parent with enough courage. With so much focus and entitlement, it leads to the belief that our children are helpless. One of the greatest gifts we can give them is optimism and the belief that I am not entitled.

#### What stories of change do you find most concerning?

Bullying is a big issue. What's coming out are a couple of things: One is that our schools are not designed for safety. Four areas have come out as maximum areas of bullying: the courtyard, bathrooms, buses, and playgrounds. Data in terms of education and policy is very important. If our children aren't emotionally safe – no matter what we teach them - it doesn't register. And that we must take very seriously.

#### Resources

#### **Get Involved**

Interested in bringing the Design for Change Open Challenge or curriculum to your home or school? The online tool kit is available to download. Select by country or language. Visit dfc.world.com to find out more and view stories of change.



# beijingkids & Fkids THE 2016 BEIJING INTERNATIONAL SCHOOL EXPO



Renaissance Beijing Capital Hotel on the third floor

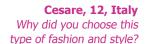








## Every person is uniquely different - it's the beauty of what we do "



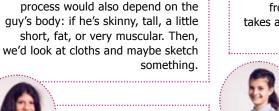
Before I started Principle M, I wasn't satisfied any more with the product I was selling. I wanted to do a better - in fact I wanted to do the best – product. When I entered the China market, I completely changed and focused on suits because I really like timeless style. I could wear this in ten years or I could have worn it five years ago and it would look nice. I really enjoy this business because it's permanent style.





Taeyeon, 11, Korea How long does it take to make something from start to finish?

We say about six weeks for first time clients, but we can usually do it in less than five. We have an initial consultation, choose fabrics, and talk. We find out why he's looking for a suit, do measurements, and choose a pattern and design. About ten days to two weeks later, we have a first fitting in a dummy suit. Once the cloth arrives from Italy or the UK, the tailoring takes about three weeks. Within those weeks, we do another fitting.



Annie, 10, Korea

What are the steps involved

Let's say a guy is getting mar-

ried. Before I ever show him any cloth

or design, I'd ask more questions like

what time is the wedding. Depending

rules a little bit. Based on a lot of the

questions we ask our clients, we then

suggest how to design. The design

it will define the rules about what

to wear. Then we can break those

on the time of the day of his wedding,

when you make a suit?

Asia, 11, Italy Where do your ideas come

They depend on the individual client. We first take into consideration personality, face, and body shape and then we think about design. In terms of men's sartorial clothing like shirts and suits, there's a general outline and then we make small changes. For example, depending on the cloth I may suggest a different shape or design of a lapel on a suit. There are peek lapels, notch lapels, and something called a Parisian lapel.



Emmie, 11, US What's your favorite part of the process?

Hands down, it's when a guy puts on the suit and looks at himself in the mirror. I don't know if you guys have this sort of phenomenon when you are meeting your friends on the weekend. You look at yourself in the mirror before you go out and you look swag or dapper and you kind of smile at yourself. When I see my clients do that, I know they're satisfied. That the clothing I made them brought them confidence and made them feel



Kalsie, 11, Australia When you first started Principle M, did you use models to advertise?

Yes, but we didn't use professionals. We like to showcase the product, rather than the person wearing it. When we make clothing, we take more photos on the body or on a mannequin. And if our clients are willing, we love to take pictures of them in our suits and showcase them.



Douglas, 11, South Korea How can you tell what colors will look good on someone?

It's part of the image consulting service we do at Principle M. Every person is uniquely different - it's the beauty of what we do. We have hundreds, if not thousands of choices of fabrics and everything we create is special to each client. We give recommendations and they have to be correct because if our client doesn't like how they look, it's bad for our reputation.



We don't have one. That's a good point about the brand. It's not about showing somebody a big flashy label; that's not what I'm selling. I'm selling a good product: it's more about the value. Something is a good value if it's a high quality product but maybe the price isn't as high Armani or Hugo Boss.



Titus, 12, Malaysia Who inspired you to do this job?

I sort of knew what I wanted to do but I didn't know this was the road I'd go down; I took many turns along the way. Nowadays though, there are people in the industry I look up to who aren't necessarily famous like the guys from The Armoury, a shop in Hong Kong, and some tailors in Korea I keep my eyes on like B&TAILOR. They're around my age and I think what they're doing is really interesting.

## Students from

## Etonkids International Bilingual Kindergartens' Central Park Campus

## fill October's Blank Canvas



▲ Su Chun Hao, 5, China



▲ Zhou Yi Tong, 5, China



Sun Pin Hui, 4, China



▲ Zhong Wu Zhi You, 4, Japan





▲ Zhou Zhi Wen, 5, China

**◄** Zhang Yu Tao, 3, China





**⋖** Zhang Ya Wen, 5, China





▲ Peng Zi You, 4, China



Zhang Ni Ke, 5, China



## **Trick or Treat**

#### Redefining the meaning of Halloween

by Ember Swift

s a kid in Canada, Halloween was such a thrill. The smell of autumn in the air, the early navy blue sky, the crunch of fallen leaves under foot as we ran from door-to-door in our costumes "trick or treating," make-up itchy on our skin, its smell usually reserved for our mother's face; and even the occasional snowy Halloween when we had to re-fit our costumes over snow suits. Whatever the circumstance, it was an amazing rush, of both enjoyment and sugar!

Yet, as an adult, I rarely went to Halloween parties. If I did, I was the party pooper dressed in everyday clothes standing in a corner. By then, dressing up just wasn't fun anymore. It felt childish. Or, worse: fake, dishonest, or sneaky, like I was trying to trick people. Trick or treat, indeed. It was never a treat. What happened to my childhood excitement?

Then China came into my life. Something about being a foreigner in China reminds me of the giddy pageantry of childhood Halloweens. Most everywhere I go, I am stared or remarked about. My clothing and style are constantly assessed. My appearance is perceived to be emblematic

of my country or, more commonly, of all foreigners. Suddenly, I don't have to dress up to be in costume; my foreign face, wardrobe, accent and manner accomplish this without trying.

Experiencing this in the early days of my expat life made me question exactly who I was. Or, more accurately, who I was trying to present as. The "me" who came to China had a set definition whose cues it had taken from my community in Canada, a nearly identical demographic to my own. Or, through colleagues in my professional field whose style and political leanings often mirrored mine.

But China took that mirror away. Here, I met people from all walks of life, entered a diverse range of professional fields on a part-time basis, and I had almost no grounds for a political opinion (at least not in the beginning) simply because a Westerner's informed opinion cannot precede living under this alternate political system for awhile. In other words, China helped me discover other ways of being.

Then three huge life events unfurled: I fell in love in Mandarin; I became a wife in China; I became a mother in China. On yearly visits back to Canada my friends struggled to keep up. As the years added up, I may as well have been wearing an elaborate costume called "expat." They hardly recognized me. I stopped caring.

I used to judge Halloween as meaningless, but it took having the opportunity to live in a new country to see that expanding one's identity is not unlike trying on a costume. You have to try it before you'll know if it fits! And since this experience can happen without the watchful (read: judgmental) eye of one's established community back home, we expats have the luxury of loosening fixed self-definitions and proving, once and for all, that humans are always in flux.

So now, as my eldest is old enough to understand dressing up, I've become the Halloween advocate. While I may be stricter than my parents about processed sugar consumption, I hope I can convey the excitement of this uniquely North American holiday. And in the process, I hope my kids will subconsciously learn that one's identity need never be fixed, that an adventure starts with both a playful spirit and an open mind, and that life is about trying on as many hats as we can patiently fit on our heads, sometimes even at the same time.

Trick or treat!





#### 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 newborn son called Topaz.

## Oktoberfest

#### Celebrating German culture in Beijing

by Jennifer Ambrose

s September turns to October in Beijing, Myles and Brigid look forward to their favorite autumn holiday. Brigid takes great pains to plan what she will wear that night, and Myles' mouth waters anticipating what he might eat. For weeks they ask me how much longer they have to wait.

It isn't Halloween that gets my kids excited for October. Living in Changping these last seven years we haven't always been able to celebrate All Hallow's Eve. What they most look forward to is Paulaner Oktoberfest at the Kempinski Hotel.

The first time we went, four years ago, was at the invitation of my German friend, Jenny. We thought we might decline since we had no sitter. Besides, we weren't sure it would be appropriate for kids. I was familiar with the tradition of Oktoberfest, a big Bavarian beer party started in the early nineteenth century to celebrate Prince Ludwig's wedding that was so successful it was held annually since then. In more recent times it has a reputation as a beer-soaked tourist attraction in Munich. We were uncertain how it would go at the Kempinski.

Jenny assured me that it would be no problem for children to attend. I was relieved, given how much my kids adore all things German, especially the food, from our own occasional trips there. They would be so disappointed missing a chance to be in a German environment, if even for only one evening in Beijing.

A few hours before we were to meet, Jenny posted an image to social media illustrating the proper way for a young woman to tie her dirndl bow to signify relationship status. I thought she was joking, so I replied with an apology that we were planning on wearing jeans. I realized I underestimated the level of celebration we were in for when she tweeted to me, "That's okay, not everyone's going to be in dirndl and lederhosen. It's just that for Germans in exile, this is the only chance to!"

When we arrived, we found Jenny, wearing her dirndl, as I now expected. The Germans in the growing crowd were most easily identified by their clothing, but we fit in fine with everyone else; a mix of locals and foreigners, who were come-as-you-are. Much to my delight, there were many other families there, too.

#### **About the Writer**

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



We ate our fill of Bavarian food and ordered large mugs (called maßkrug) of beer for us and sparkling apple juice (apfelschorle) for the kids. The maßkrug, though, had other purposes. They were essential accoutrements for hoisting over our heads during frequent toasts when the band intoned "Ein Prosit, ein Prosit!" ("Cheers, cheers!") Even Brigid, holding her maßkrug with two hands, chimed in.

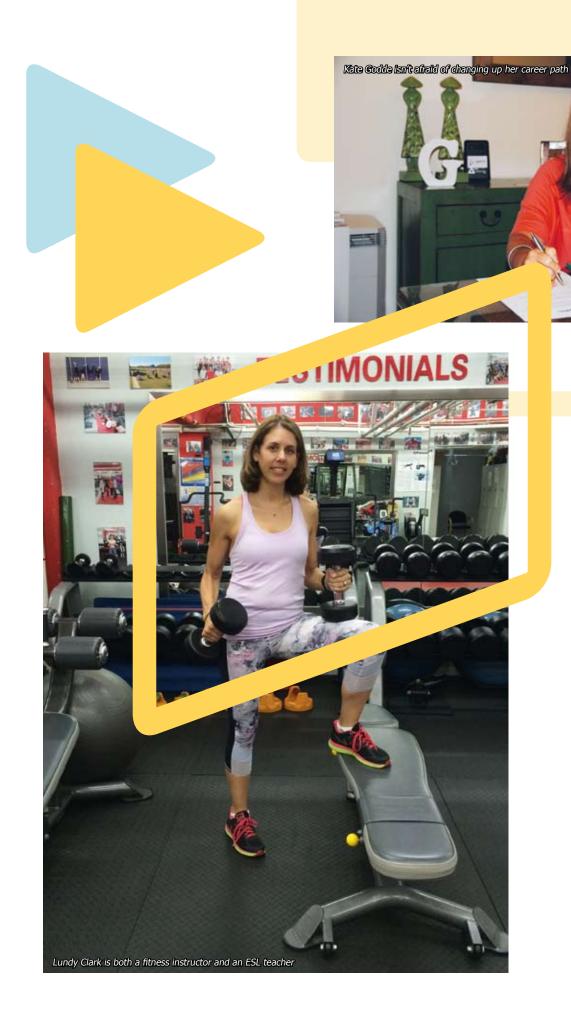
After our plates were cleared, the music had us on our feet, even atop the benches and tables like they do at the real festival. Naturally, the happy chaos of dancing on furniture held a special appeal for Myles who remained up there for the rest of the night. Brigid stayed on the ground, more intent on learning the motions to German children's songs that also happen to be popular at Oktoberfest, like "Cowboy und Indianer." There was much more dancing, and jumping, and armlinking, and toasts for hours of pure fun.

By the time we retired to our hotel room, exhausted yet ecstatic, the kids were already talking about coming back every year. Our only regret was that we hadn't started this Oktoberfest-in-Beijing tradition sooner.





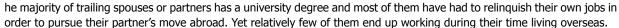






#### Expat moms on finding jobs in China

by Sally Wilson



Some partners choose not to work, instead relishing the opportunity to take a career break or to explore other interests and experiences. Then there are those that try to find work, but are unsuccessful. There are particular barriers to finding work as a trailing spouse. Setting up a family in a new country takes time and energy, so many expat partners in a primary caregiver role may initially have little time to work. Children need more support and attention after a move, and there are numerous practicalities to sort. Let's face it, most of the family and household tasks are done by the stay-at-home partner. The working partner is also likely to be doing long hours, perhaps traveling, and working flexibly may not be an option.

Once the family is settled in a new country, it's not uncommon for the trailing spouse to start thinking about working again. Many are put off however, and make the assumption that finding work and becoming effective in a new culture will be too tough. China does have the added challenges of a difficult language and a tricky process for obtaining working visas. While it's important to be aware of these potential challenges, they can be overcome.

While it's likely you can't just pick up where you left off in your old career, you may end up finding an entirely new one, just as rewarding and satisfying as the career you left behind. I spoke to four expat moms, who all agree that working here has led to a more fulfilling expat life.

Australian Kate Godde moved to Beijing in January 2012. "My very first weekend in the city was an AQI day of 800+. Perhaps it's fitting that I'm working in that industry now!" she says. Godde has been an expat for 14 years, always the trailing spouse. "I always managed to find something to occupy my mind and my time," she says. Having a degree in marketing has enabled Godde to work in a variety of roles;

for the Australian Chamber of Commerce Shanghai, for a relocations company, and managing a psychology practice.

She is now working for gams, a Shanghai-based company focused on delivering air quality monitoring for indoor and outdoor spaces. "I work with the best and most advanced particulate monitoring devices," explains Godde. "My work takes me into homes, schools, and office spaces around the city to conduct air quality testing. Sometimes I feel like the Tupper-ware lady, always talking about my products!" she laughs.

It's a very new direction for Godde's career, but one she is relishing. "The people I meet and the conversations I have are amazing some days. I think I could be turning into a science geek... a big departure from marketing."

#### **FEATURES**



From the US, Lundy Clark has lived in Beijing since 2011. Clark worked as a landscape architect back in Philadelphia, before moving to Germany in 2005. In Stuttgart she spent a year learning the language and worked with an American company as a purchasing agent. She now teaches English as a Second Language (ESL) with the German Industry & Commerce Greater China, and teaches spin and circuit classes at Human in Motion (HIM) Fitness Studio.

"Both opportunities kind of fell into my lap," explains Clark. "I started personal training sessions with HIM founder, Ruben Payan, and later he approached me about joining the team as a fitness instructor." As for the ESL, a German friend was teaching students, and when it came time for her family to move back to Germany, she introduced Clark to her supervisor. "I now teach six students," she says.

"The biggest challenge for me is time management, although my work does enable me to create my own schedule." Clark makes sure to prepare a lot more things ahead of time now. "I also delegate more to our ayi and driver, which has cut down time I spent running the kids around to after school activities, birthday parties, and sporting events."

"I immediately felt more at home in Beijing, once I started working again"

**Annabel Gaywood** is from the UK. She moved to Beijing in 2014, and has two young children. Her professional background is in business risk, but since March 2015 has been working as trade services director, at the China Britain Business Council (CBBC). "It didn't take me long to realize that most compliance positions here in Beijing require detailed knowledge of Chinese regulations and fluent Mandarin," explained Gaywood. So she widened her job search, to include roles where she could bring her broader management skills.

The first six months of any new job can be a steep learning curve; but Gaywood feels very fortunate that her team has been so supportive. "I immediately felt more at home in Beijing, once I had started working again."

With regards the cultural and language barriers, Gaywood says; "Initially I expected more difficulty around communication, due to language and culture. But I have been surprised by how easy communication is - despite my very basic Mandarin."

Gaywood ensures she commits enough time for rest, making sure she has the energy to deal with challenges both in the workplace and at home. "This helps maintain a sense of humor, which is essential to daily living in Beijing!" she says. "My children are in good hands, both with a reliable ayi and supportive friends." Although she admits it's a challenge getting her son out the door on time for school.

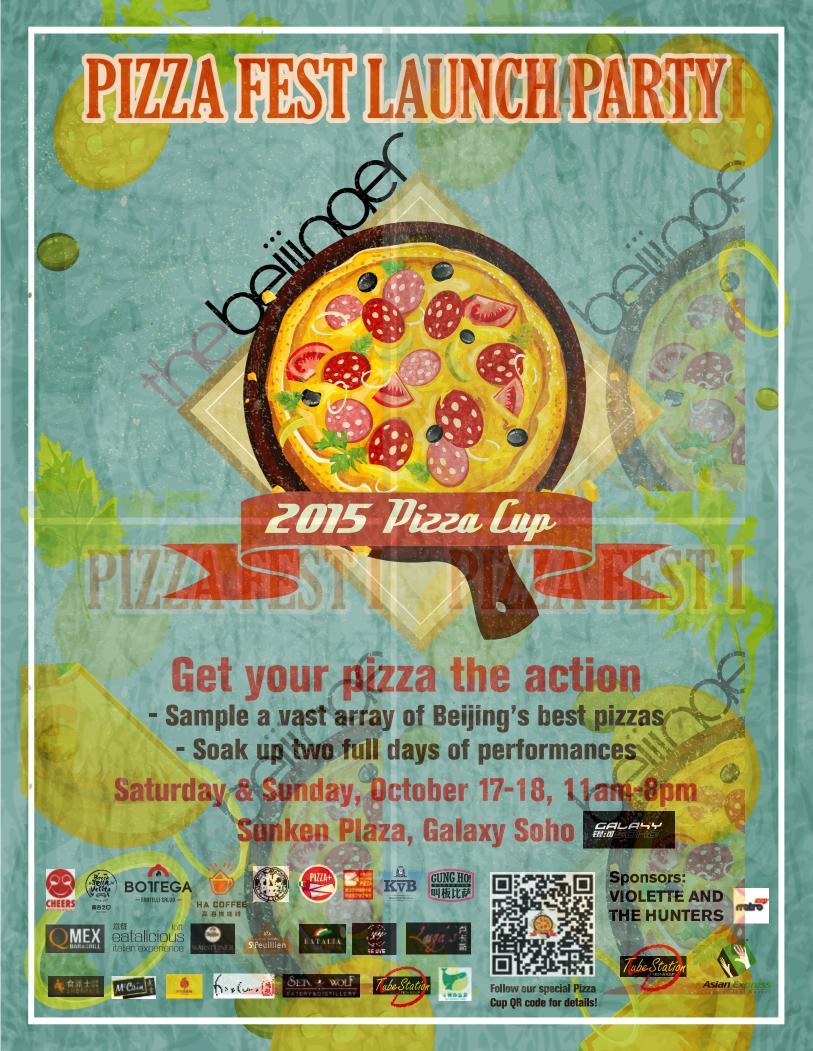
Swedish native Camilla Ojansivu **Underhill** is a qualified lawyer, sports professional, and mom of three. In 2001 she moved to Beijing to work at a Chinese law firm. In 2013 her career took a different direction, and now she manages the sports facilities and after school programs at Dulwich College Beijing (DCB). She is their in-house figure skating coach and runs the school's ice rink and skating programs.

Underhill didn't meet any major barriers pursuing her career in Beijing, although cultural challenges remain. "No matter how long you have lived in a country, there will still be cultural differences that will impact on your work," she says. Underhill's kids attend DCB, and balancing work and family life can be a challenge. "I spend a lot of time with my children doing stuff at weekends!" she says. "But they understand how hugely rewarding my job is, especially seeing happy children learning to skate on the ice."

#### Our moms' advice on finding work:

- Just because you change country, does not mean you need to dumb down your career
- Be flexible and open-minded, take into account other interests and hobbies
- Upgrade your résumé and Linked-In profile
- Network and give out business
- Use the hours when the kids are in school to apply for jobs
- Don't give up, even if you get a few rejections









#### **Piano Concert at Keystone**

Students, parents, and teachers attended a piano concert on Sunday, August 30 at Keystone Academy. Kimball Gallagher, a New York-based classical pianist, delivered his signature salon-style performance to almost 100 students, parents, and teachers in the school's Performing Arts Center. Gallagher's performance took his audience through Poland, France, Russia, Afghanistan, and Antarctica, as he introduced a piece of music from each location. Students learned the history and meaning behind each of the musical extracts.



#### **CISB Grade 11 Field Trip to the Hutong**

On August 21, Canadian International School of Beijing (CISB) welcomed students into the IB Diploma Programme (DP) with a day of team-building activities. Students started the day with a scavenger hunt that took students through the twisting alleys of No.1 Jiu Dao Wan Zhong Xiang hutong, enjoyed a dumpling-making class led by a local Beijing chef, and ate their homemade dumplings along with locally prepared Chinese food. The orientation wrapped up with awards presented to the winning groups from the scavenger hunt and an introduction to the IB Diploma Programme component of Creativity, Action, Service (CAS).







high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by November 6.



#### **Sanfine International Hospital's Grand Opening Ceremony**

In September, Sanfine opened its doors to guests with a tour of the ten story facility and its state-of-the-art medical equipment used for diagnosis and treatments. The event took place on the hospital's garden veranda where guests received sweepstakes prizes of elite care packages. Sanfine International Hospital operates at international standards and employs highly experienced physicians, experts, and medical staff with strong clinical and overseas backgrounds. Visit their website www.sanfinehospital.com for more information on departments and healthcare services. If you'd like to book an appointment call their bilingual customer service line at 6413 6688.





#### **HoK's Welcome Back Barbecue**

On Saturday September 12, House of Knowledge (HoK) International School and Kindergarten's Victoria Gardens campus held their annual welcome back barbeque for kindergarteners and their families. Everyone brought a dish to the potluck and there were games and activities for the children.









#### YCIS Beijing's Welcome BBQ

On August 27, Yew Chung International School of Beijing (YCIS Beijing) held its annual Welcome BBQ for the school and local community, featuring a wide variety of food and drink, plus balloons and face-painting for the kids.





#### **ISB Mentoring Trip**

During the week of September 7, International School of Beijing's (ISB) Grade 6 class went to Singing Dear Lodge for their fall mentoring trip. Students had fun bonding and team building outside of the classroom and on the zip lines.











#### **BSB Welcome Back Picnic**

New and returning parents and students of The British School of Beijing (BSB) Shunyi enjoyed a picnic and fun activities for children on August 30.



#### **WABX** to the MAX at WAB

Western Academy of Beijing hosted WABX to the MAX on September 11 and 12, a sports and arts festival featuring eight highlight events, including baseball, volleyball, rugby, tennis, and cross country competitions, as well as jazz music, dance workshops, and concerts. Five WAB Tiger teams earned championships.









#### **Ivy Group Hosts Renowned Educator Kiran Sethi**

"Courage to Change and Inspire" was the theme of the Daystar Academy and the Ivy School's first Joint Learning Conference on August 19. Leading the 700 teachers and staff was renowned educator and recipient of the 2015 Asia Game Changer Award Kiran Sethi. She and her team from the Riverside School in Ahmedebad, India spent a busy three days with the Daystar/Ivy team, conducting workshops and helping teachers come up with concrete ideas how they could inspire students, based on her award winning program "Design for Change." Her visit ended with a presentation for over 200 members of the Beijing community on August 22, entitled "A Superhero in Every Child".





#### **Hyde Academy Opening Day**

Hyde Academy opened its doors on August 27. The school founder Jennifer Hyde Sachs led the school team in greeting new students and their parents. Hyde Academy is currently accepting students from Grades 4 to 9. For more information about Hyde Academy and the admissions process please contact them at admissions@hyde-education.com or 8046-3886.









#### **BWYA's Club Fair**

At the beginning of each school year, Beijing World Youth Academy (BWYA) hosts The Club Fair which this year features almost 60 activity clubs and athletics teams. The Club Fair gives students the chance to visit club stalls, chat to club leaders, and find out what each one is all about. As well as including some of BWYA's long-established clubs such as the Forensics, Speech, and Debate Club, Roots and Shoots, and the Wolf Bites TV Production Club, this year also featured media arts, magic, and electronic music clubs: something for everyone to get involved with.





#### **Discovering How Sound Works at BISS**

BISS Grade 4 students have been exploring sound in the classroom, and are beginning to play guitar. Carolina Poblete, the elementary music teacher, has been leading the students in dancing, singing, and expressing themselves through music.











#### Insight into Reality, Sanfine International Hospital

A comprehensive international hospital within the city center.

Operating at international standards to provide high-quality healthcare that is accessible and reliable. Powered by state-of-the art facilities with advanced technology and the world's leading medical equipment. Backed by highly-skilled, bilingual medical experts dedicated to optimizing your health and wellbeing.

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On Saturday, 24 October 10 月 24 日星期六

Email or call our Admission Team to register: admission@keystoneacademy.cn / 80496008 Ext 2028
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