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# beijingkids

May 2020

## Eh, What's Up Doc?:

What  
Beijing  
Parents  
Should  
Look for When  
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## Plus:

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## Health

Mind, Body, and Soul



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#### ON THE COVER:

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Photos: Uni You



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## The beijingkids Board

### Tim Coghlan

Tim first came to China in 2001 and has made Beijing his home for the last 10 years. He specializes in new market development for the world's most iconic consumer brands, previously helping luxury brands enter and expand in China, and now helping a Chinese technology company build their global business. He enjoys outdoor adventures with his two young children, and time permitting, vlogs in Chinese under the moniker of "Kangaroo Daddy".



### Mike Signorelli

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

### Marianne Daquet

In Beijing for 12 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 6 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.cn.com.



### Tara Gillan

Tara is from England, UK, and been in China over 14 years where she is raising third culture, bilingual kids. She has a passion for education in China, and is a life long learner still trying to master Mandarin. In between, work, study and being a mum, you will find her looking for her next adventure!

### Caroline Nath

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



### Alessandra Azambuja

Alessandra's Beijing adventure began in 2010 when she arrived here with her local Beijinger husband and two children. She is originally from Brazil and has also lived and worked in Argentina and New Zealand. With a passion for working in multicultural environments with international students, Alessandra worked for nearly nine years at The University of Auckland English Language Academy, and is currently at AISB-Hope International in Beijing. You can contact her at azambuja.alessandra@hopeintschool.org

### Lise Floris

Lise Poulsen Floris is an EU official turned blogger. Since leaving her native Denmark in 1998, she has lived in Italy and Belgium before moving to China with her family. She writes about life in Beijing on her blog [ninemillionbicycles.com](http://ninemillionbicycles.com), aiming to tell "the big story through the small story." Her work has been published in the *South China Morning Post*, *Global Times*, and *Point of View International*.



### Juliet London

After seven years in Beijing, market researcher, branding consultant and writer, mother to two teenagers, Juliet 'Lady' London continues to be fascinated by this ever changing city. British by birth, she has also lived in Australia and other parts of Asia. Her work primarily focuses on education research, leaving less time than she would like to take exercise, walk her dog, and snap up bargains at local markets.

## A NOTE TO OUR READERS

“

**T**his past month has given us a glimpse of hope at a normal life in Beijing. Compounds are allowing delivery guys to enter again, restaurants are starting to see a regular flow of customers, and some students in Beijing are finally back in school. If there's one thing that's on everyone's mind lately, it's the matter of health: whether it's COVID-19 related, seasonal allergies exasperated by Beijing's dreaded catkins, or cultivating a healthier lifestyle in general.

In this Health issue of *beijingkids* we take a look at the difference between Western and Traditional Chinese Medicine philosophies (p. 36), both of which play an important role in health in China. Whether one is better than the other is for you to decide. But one thing that they can both agree on is that prevention is key. It's important to start with a healthy foundation at an early age. One Beijing yoga-guru-mom shares her secrets to teaching yoga to her sons as she shares its physical and mental benefits with us (p. 22).

For expecting parents, Dr. Vanessa Rosado shares a few key points to look for when seeking out the right pediatrician for your child (p. 32), and take a few moments to

smile and say “aww” as you meet some of Beijing's newest bundles of joy (p. 7). And health isn't just about physical wellbeing, it's about mental wellbeing too. Our student correspondent Sharanya Trivedi shares her thoughts on body image and the modern teenager (p. 40).

Finally, we'd like to take this opportunity to say thank you to all the healthcare workers who are still fighting COVID-19, and take a moment to remember those who have lost their lives so that we can be one day closer to a vaccine. Thank you for risking your lives to fight for ours.



”

Mina Yan



# What's New



## Beijing's High School Seniors Return to Campus

Beijing students are finally heading back to school! Last month, the Capital announced return dates with high school seniors slated to return on April 27 and grade 9 students following suit on May 11. There is still no word as to when middle and elementary school students will be allowed to return to class. Even with these school openings, the city's Education Commission issued a moratorium on group activities on school grounds. Sporting events, fun fairs, and possibly graduation ceremonies are likely not to go ahead without the Commission's green light. That aside, international schools across Beijing are elated to resume classes and are hopeful for the future.

## Students in China Return to School

All provinces in China apart from Hubei have officially announced dates when students will be allowed to return to school. Some provinces opened earlier than others, with Qinghai leading on March 13. Beijing, Guangdong, and Shanghai are trailing the rest of China as schools are set to reopen on April 27. There is no word on when Hubei province is likely to allow its students back to the classroom. Though almost all provinces are back to school, it will not be school as usual, as schools are expected to adhere to strict safety procedures to ensure all students are protected from any possible COVID-19 exposure.



## It's Raining Catkins!

The season that all Beijingers with seasonal allergies have been dreading has finally arrived. Despite the good weather and news of schools reopening, Beijing Spring is infamous for its pesky tagalongs, willow catkins. Simply put, it is officially allergy season. Many might be wondering what this means in a COVID-19 world, and whether the catkins nuisance can be a vector for the virus. The short answer is no. As with every spring, expect a sneeze or two, but you are perfectly safe from the catkins curse, according to Chengshuo Wang, a rhinologist at Beijing Tongren Hospital. So, following the same precautions suggested during this COVID-19 period should keep you safe, happy and healthy from the catkins rain.



## #Quarantinecookoff Sizzles Beijing Kitchens

As Beijing enters its third month of post-COVID-19 prevention measures, families stuck at home have been finding interesting and fun ways to connect with each other while entertaining themselves and learning much needed Chinese culinary skills in the process. The cooking competition, which was spearheaded by The Hutong and proudly sponsored by *beijingkids* and *the Beijinger*, gave Beijing families weekly chances to win fantastic prizes by following a Hutong recipe, taking a photo of their culinary interpretation, and sharing them on one of many social media platforms to be judged on everything from plating to presentation. This fun project gave Beijing families a much-needed reprieve from the long wait before life in Beijing fully returns to normal.



## We Bid Farewell to Our Editor

Finally, *beijingkids* said goodbye to our wonderful colleague, Wendy Xu. She joined the True Run Media team in January 2019 and in her short time as part of the team, she made invaluable contributions, effectively leaving an indelible mark on everyone at True Run Media. We wish her all the best as she takes on new challenges and adventures, wherever they may lead her. As Xu has been known to say, "A southern girl can't live without hotpot!" It is this sense of humor and charisma that shall be missed most, and will not be soon forgotten.

PHOTOS: UNSPLASH, WENDY XU



# SAY HELLO TO BEIJING'S SMALLEST



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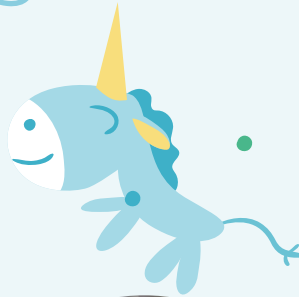


Note that we will only publish  
photos of babies born  
in the last 12 months



**Neo Tamay Guemuesel**

German. Born on May 7  
to Borjana Lambreva and Baran Tankut Guemuesel  
at Oasis International Hospital



**Shuran Zhao**

Chinese. Born on Mar 11  
to Xiaorong Dong and Guilong Zhao  
at Beijing Chaoyang Hospital of Capital  
Medical University



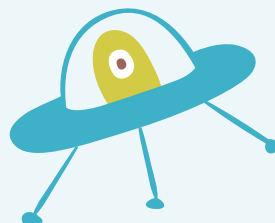
**Sofia Soni**

Mexican/Australian. Born on Jun 14  
to Sarah Bell and Hector Soni  
at Oasis International Hospital



**Quentin Grady Durnin-Wen**

American. Born on Jan 3  
to Meredith C. Wen and Matthew Durnin  
at Samitivej Sukhumvit Hospital



**Zixi Yu**

Chinese. Born on Jan 29  
to Amy Zhao and Zexun Yu  
at Maternal and Child Health  
Hospital Beijing





# PIXIE CHICK

Mom, Mimmie Dymling's first post-quarantine haircut

By Mina Yan







For many people who had to spend 14 days quarantined in a hotel room, a trip to the hairdresser becomes less of a 'treat yourself pamper day' and more like a necessity. Fourteen days of being indoors without a window that cracks open, eating *waimai*, putting up with slow WiFi while the kids do e-learning and you try to stream a home workout video takes a major toll on a person, both mentally and physically.

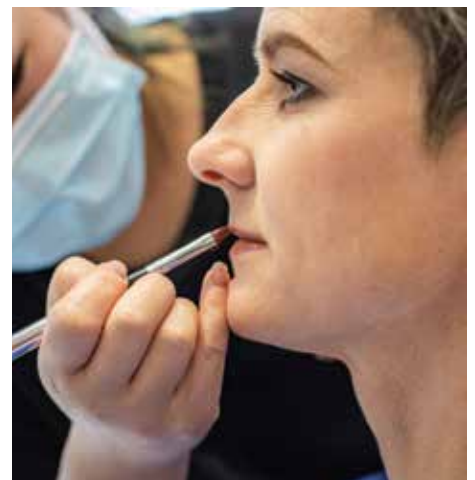
This month for Indulge, Beijing-based expat mom, Mimmie Dymling, visited Laurent Falcon after spending 14 days in hotel quarantine with her kids. Although still beautiful, the mom of three from Sweden was definitely ready for a fresh cut to launch her into Beijing's beautiful spring season.

Strolling into Laurent Falcon with a headband on, Dymling's short pixie looked as if it indeed needed some love and tender care from a professional. Felix from Laurent Falcon is one of the stylists that expats in Beijing adore. His attention to detail and years of experience with different textures of hair has made him one of our favorites when it comes to a fabulous cut and color.

Following a trim to refresh Dymling's pixie cut that perfectly frames her face, Felix adds a touch of that springtime vibe to her beautiful blonde locks with some highlights.

A few hours later, a day of self-pampering at Laurent Falcon has this Beijing mom looking like a rock star, ready to take on the world. Looking stunning with her new hair, Dymling shows off her new look at Taikoo Li. Finally out and free, Dymling is ready to take her family out and about and enjoy the most beautiful time in the city.

During this COVID-19 period, Laurent Falcon maintains a strict sanitation standard and each person entering the salon must have his or her temperature checked at the door. The salon's staff wears masks at all times and it's recommended that customers only remove masks during their haircut. Aside from the new sanitation restrictions in place, Laurent Falcon continues to be a place of pampering, serving up fresh coffee and cocktails as you relax and unwind.





# BEHIND THE SCENES

The Dymling-Broberg family shares their favorite films!

By Drew Pittcock

**M**immie Dymling and Jonas Broberg met in their native-Sweden, but have only called it home for four of the last 12 years. In fact, they lived in the US for three years, and have been in Beijing for almost four. The happy couple have two girls, Molly (10) and Clara (9), and one son, Dennis (7), all of whom attend the International School of Beijing (ISB). This family of five loves movies, traveling and adventures, and have relished the opportunities they've had to move around and live in diverse countries.

## Dennis:

*The Little Rascals* — It's a funny movie and they do sneaky things. The boys are my age, and I want to be in a gang like that too. My favorite part of the movie is when they compete in the race.

## Jonas:

*Dumb and Dumber* — Since my job is formal, it is a great escape to crazy laughs. The movie has great actors such as Jim Carrey and Jeff Daniels. The movie has some fun things to relate to and lots of fun quotes.



**Mimmie:**

*Happy Gilmore* — I love Adam Sandler and most of his movies. I am a golfer and used to watch this movie before tournaments. It made me relax and mentally prepare for my event. Today it simply makes me laugh, and it's a cute but silly story.

**Clara:**

*Moana* — I like this movie because it is about a strong and brave girl. I love the music in the movie. It makes me want to dance and sing. It's also a beautiful movie with lots of water and ocean. I love to swim, snorkel, and be in the water, just like Moana.

**Molly:**

*Nanny McPhee* — A movie about a babysitter who does magic to make the kids behave. When she is needed she comes, but when the kids finally learn to behave she leaves. It's a feel-good movie. My favorite part is when she turns beautiful and the kids don't want her to leave. There are two movies in the series, and I like them both.





YA DON'T SNOOZE,

**YA DO LOSE**

The importance of adequate sleep

*By Drew Pittock*

Much is said about physical and mental health, but one thing that inextricably links the two, yet routinely seems low on our list of priorities, is sleep health. A lack of adequate sleep can affect everything from your balance and injury-risk to mood swings and memory loss. What's more, between binge-watching television shows late at night and responding to WeChat messages before shutting our eyes, there is research to suggest that our modern society is not only sleeping less, but that the quality is degrading as well.

To help us understand exactly how much sleep we need and the hidden risks of inadequate sleep, we spoke with Dr. Lin Zhonghui, Director of Beijing United Family Hospital's Sleep Medicine Center and Chair of their Ear, Nose, and Throat (ENT) department. Dr. Lin has been working as a sleep specialist for more than two decades and even spent several years training at Sydney University with Professor Colin Sullivan, inventor of the CPAP machine.

PHOTOS: BEIJING UNITED FAMILY HOSPITAL, UNSPLASH





Dr. Lin Zhonghui

*What are some of the most harmful effects of not getting enough sleep? What are some of the most surprising effects that no one would suspect?*

A good sleep helps not only good day time performance, but also to maintain immune function, learning ability, cardiovascular system health, and normal metabolism for fat and glucose.

Sleep is more important for kids whose development is so closely related to it.

Sleep deprivation is related to nearly all health issues. The most surprising fact is that it is an important risk factor of malignant tumors, Alzheimer's disease, type II diabetes, obesity, cardiovascular disease, and a shorter life span.

*In working with patients, what are some of the most persistent myths you hear surrounding sleep and health? What are some of the most common problems you encounter with your patients?*

Persistent myths I hear among my sleep patients are:

"I do not need that much sleep."

"I am feeling more tired than before, just because I am not that young anymore."

"My lifelong mouth breathing is not bad, I got used to it."

"All of us need a cup of coffee to get started in the morning."

"Heavy snoring is not that bad, it affects my wife much more than myself."

"A couple of glasses of wine helps me sleep."

"Senior people do not need that much sleep anymore."

The most common problems I encounter in my clinic are: (1) Snoring kids' symptoms are so diversified and elusive, most of them seem like normal kids. However, only detailed consultation and careful evaluation of their upper airway could show their real problems, which are too often pretty serious. (2) Adults who are not satisfied with sleep quality are found out to be caused by a blocked nose, sleep, and general health. (3) Apnea is much more common a problem than expected, not only by laymen but also by too many physicians who never had sleep medicine training. Too often, I meet physicians who are completely unaware of their sleep apnea until it is confirmed with a sleep test.

*What does adequate sleep look like as we get older? From childhood to adolescence/teenage years, and into adulthood, how does our need for sleep evolve? Do the number of recommended hours per night change as we get older?*

Primary school kids need around nine to 11 hours of sleep, and middle school students need about nine hours of sleep. Then from high school age until senior groups of people, our sleep needs are roughly eight hours. Yes, senior people still need about eight hours, the only problem is that the sleep quality of senior people is much worse, so it is hard for senior people to have enough good sleep, especially good quality sleep. Good sleep, with both good quality and enough hours, is closely related to senior people's health.

*In our modern world, many of us, and particularly kids, may choose to watch TV on a laptop, tablet, or smartphone before bed. Often, this means laying down with the device propped up on the stomach. Are there any ramifications to watching TV before bed?*

Exposure to light in the evening prevents melatonin secretion which kicks off sleep initiation. Watching TV, playing electronic games or surfing on the net makes the brain more bombarded and excited. Research shows reading a paper book at bedtime is less harmful to sleep than using electronic devices.

*Is there any evidence, or studies to suggest that sleep patterns for society as a whole are getting worse?*

Yes, there is evidence to show that modern people are sleeping much less and it seems the problem is getting worse. Lifestyle, globalization effects on circadian rhythm, digital entertainment streaming services, and devices contribute to a lack in both quality and length of sleep.

*Can you share a first hand example with us?*

Snoring/mouth breathing kids are more likely to have bad sleep quality, learning problems, and development issues. If they are not well-treated during childhood, there is a potential risk to become apnea patients when they are grown-up because their upper airway development is affected by mouth breathing.

Six months ago, a 5-year-old boy, Archie\*, was referred to me by his orthodontist. Archie went to see the orthodontist because his mother noticed he had an open bite. His mother was a little confused when she learned from the orthodontist that Archie's open bite could be caused by his big adenoid and tonsils. I asked the mother if Archie was snoring, had restless sleep, attention issues, hyperactivity, mouth breathing, and frequent bedwetting. The mother said Archie did not have any of the above problems until two years ago, while he gradually started having these issues after his third birthday. Then I checked Archie's upper airway with a flexible laryngoscope, which showed he does have a big adenoid and big tonsils, and his nose was blocked by the adenoid from behind, so he has to breathe through his mouth. With longterm mouth breathing and heavy breathing during sleep, his sleep quality was affected, and his bite, upper and lower jaw development was also affected.

After my explanation, Archie's mother was pretty surprised to know all of his symptoms are related to his big adenoid and tonsils. Then we agreed to perform an adenoidectomy and tonsillectomy for Archie. Two weeks after the procedure, Archie came back for a follow-up. His mother told me Archie is a different boy already, no snoring, no mouth breathing, and much happier than before. I told the mother, with normal nose breathing Archie's open bite is expected to get better, gradually, while he still may need orthodontic treatment afterward, because there was long term mouth breathing effects on his upper and lower jaw development already. Archie needs to see his orthodontist for further evaluation.

*\*name has been changed for privacy*



# The Perfect Family Recipe

How cooking as a family strengthens important bonds and physical health

By Gabriel Low

## Chicken and Mushroom Pasta

### INGREDIENTS

- 1 Chicken leg (sliced)
- 7 Cloves of garlic
- 4 Mushrooms (sliced)
- Chicken marinade
- Cooking cream
- Pasta (type of pasta is up to you)
- Butter (1 tbsp)
- Salt
- Pepper

### METHOD

- 1.** In a pot, heat 1 tbsp butter over a low heat. Season the sliced chicken with chicken marinade. Salt and pepper is also an alternative.
- 2.** When the butter has melted, spread it out in the pot before adding in the sliced chicken. This is to make sure the chicken does not stick to the pot.
- 3.** When the chicken is about halfway cooked, add in the garlic and mushrooms. Let the pot simmer for 2-3 minutes.
- 4.** Next, add in the cooking cream. Stir the ingredients into the cream before simmering for 2-3 minutes.
- 5.** Serve over pasta.



Cooking and eating together with family members has declined in recent years, with families growing more and more distant from one another. For the past eight weeks, my G100 class has focused a lot on cooking meals and dishes for our family members to eat. I, for one, have found cooking to be quite therapeutic.

I could go on and on about the benefits of cooking with your family. It can strengthen the bond between family members, help relieve stress, and can even allow you to pick up a new skill. Not only can it help build bonds and pass time, but it can also construct a healthy family dynamic. One with love, support, security, belonging, and care. A healthy family dynamic is often built by spending quality time together, like going out for meals together, watching movies as a family, or holding family game nights regularly.

Nowadays, family health is often neglected for things that may seem more important, like school and work, and a lot of families no longer take the time to bond or build up a strong sense of trust and togetherness. As a result, family members are often uncomfort-

able and awkward around one another, and hardly interact and communicate with each other, all apart minding their own business.

Family health also has an impact on mental wellbeing. Someone who may be in an unhealthy mental state of mind may choose to make poor decisions that can further worsen the original problem. Instead of going outside to exercise and workout, which will benefit both mental and physical health. One may choose to stay at home and comfort eat, which can then worsen his or her physical health in the long run. We have never really known much about the importance of eating healthy. We buy cookbooks about healthy recipes, people know and recognize things like the food pyramid, and TV programs promote the importance of a healthy and balanced diet. And yet, we pick fast food over a proper meal and struggle to maintain a healthy diet.

Healthy, homecooked meals are harder and harder to come across. Cooking healthy meals, be it with, or for your family members can help improve their overall health, as you are in full control of what you eat, so it's an easy way to get your family to eat well. Cooking as a family can also unify family members, getting some

quality time together out of a delicious meal, and going past the typical family stereotypes. And in a world where technology is such a huge part of our lifestyle, cooking, when done with other members of your family is one of the few remaining activities that can be considered as an engaging, offline social activity.



**Gabriel Low** is a year 7 student from the Yew Chung International School

of Beijing (YCIS Beijing). Originally from Singapore, he has lived in Beijing since 2015. He enjoys playing football, watching movies, and listening to music. He is currently contributing to beijingkids as a student correspondent.



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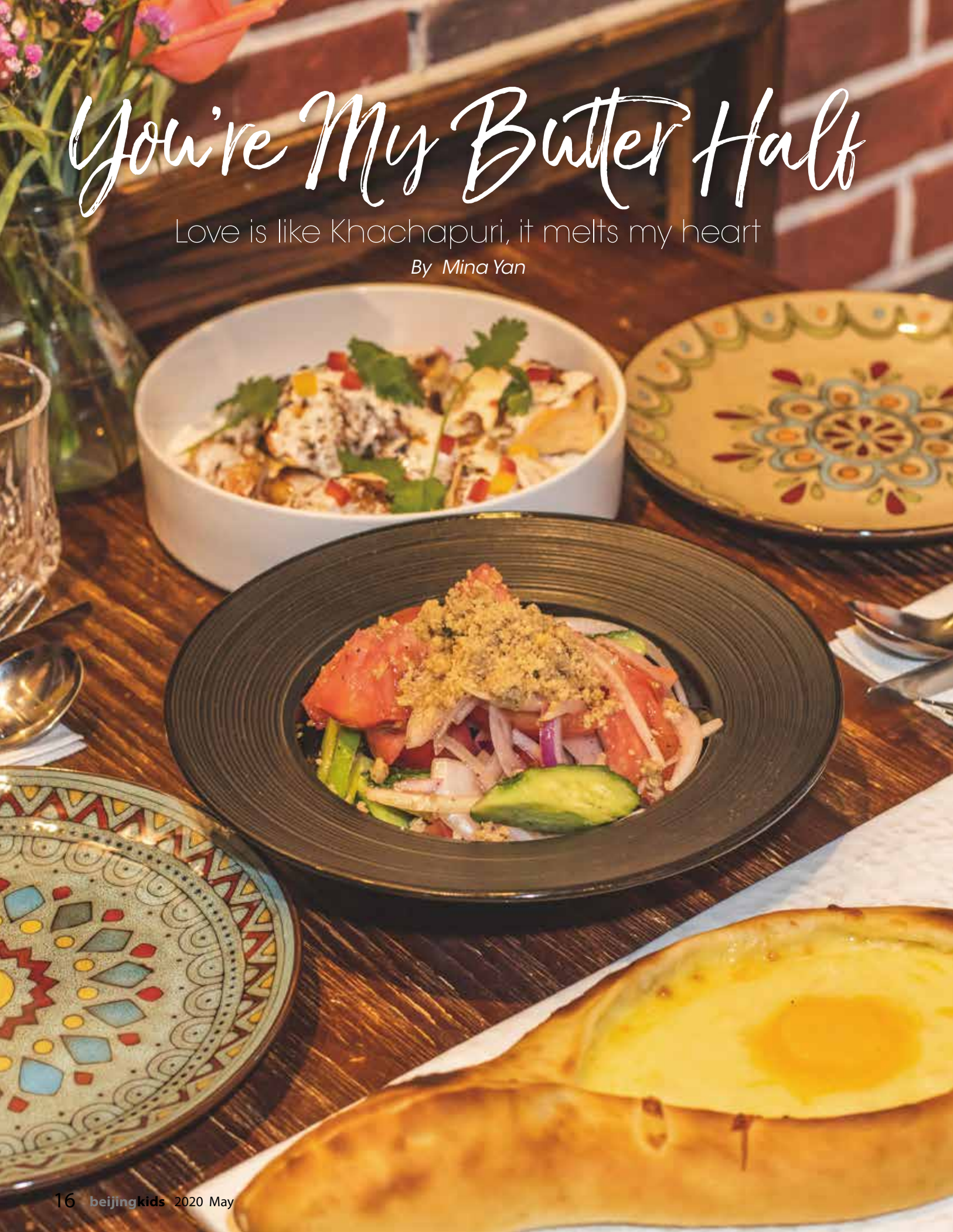




# You're My Butter Half

Love is like Khachapuri, it melts my heart

By Mina Yan





A common refrain amongst patrons of Georgia's Feast seems to be that, if they had to describe one characteristic of the restaurant they'd most likely tell you about how friendly the staff is before letting you know all about their tasty dishes. In fact, the homey vibe at Georgia's Feast is one of the reasons why we love it for a date night destination. While you won't be getting any fine dining table setting or fancy cutlery, what you do get is good food and heartfelt service that feels like you're being taken care of by a doting aunt.

Opened in 2015, Georgia's Feast serves up Georgian (and international) classics. Restaurant director Muhammet Annayev has been a part of the Georgia's Feast team since it opened five years ago. The loving husband and father of a 1.5 year old boy named Adam, knows all too well the importance of date night when it comes to keeping the romance alive in a long lasting relationship. The romantic-at-heart met his wife in a café, and "from the first second I looked at her I knew I would marry her," Annayev tells *beijingkids*. Years later, the couple still adores each other as if they're still in that café all those years ago.

Georgia's famous for their great food and wine, which makes Georgia's Feast an ideal option for a no-stress date night. "Our idea of date night would be getting a table with candles and roses by the window, a bottle of Georgian wine, and of course Georgian food to share," says Annayev.

Georgian cuisine is amongst the most popular of all former Soviet country cuisine, and back in the old days, Georgia was regarded as USSR's number one kitchen. The team at Georgia's Feast brought their country's delicious pride and joy to Beijing and has been

a comfort food favorite with Beijing foodies ever since.

Amongst their guest favorites is the chicken in garlic sauce, also called Chkmeruli, (RMB 88). The generous portion of tender, juicy chicken gives off an aroma that fills the restaurant. Enough to induce food envy at the next table. While their Chkmeruli can be for one, we recommend sharing it with your better half so you can leave room to sample more classics from the menu. After all, sharing is caring!

According to Annayev (and anyone who's tasted the Georgia's Feast speciality), if there's one thing on the menu that you must try, it's the Adjarian khachapuri, traditional Georgian cheesy bread. Now I don't know about you, but they already had me at cheese and bread. The freshly baked boat shaped bread is filled with cheese in the middle and topped with an egg. To eat, rip off pieces of the crust and dip in the warm ooey-gooey cheese. Khachapuri is the country's national dish and it's such an important part of Georgia's culinary heritage that it's currently in the process of becoming a UNESCO Intangible Cultural Heritage of Humanity.

To my fellow food loving lovebirds planning their next night out on the town with their better half, a laid back evening of wine and carbs is just what we need to unwind and relax.

### Georgia's Feast

Daily, 11.30am-2am  
2 Sanlitun North Street,  
Chaoyang  
三里屯北小街2号  
(8448 6886)





# HAPPY MOTHER'S DAY!

Make a wall flower photo frame  
for Mom with Atelier Art School

*By Wendy Xu*

## ***What You'll Need***

- Stapler
- Plastic clay
- Acrylic paint
- Yarn and cardboard
- Some color papers
- 2-3 medium paint brushes
- Disposable plastic plates (10 and 15cm diameter)
- Double-sided tape, glue stick, and masking tape
- Pair of scissors and box cutters (cutters only used with the help of parents)





There's a reason why people buy flowers to brighten up a room, cheer up a friend, and appreciate a loved one. Depending on the flower, they can symbolize complex human emotions just from their sheer beauty. As famed artist, Georgia O'Keeffe once said, "When you take a flower in your hand and really look at it, it's your world for a moment."

To celebrate this year's Mother's Day, 9-year-old Madeleine and 8-year-old Ninon create a Georgia O'Keeffe inspired photo frame with Atelier's art teacher, James Sserwadda.

## How to make it

**1.** Using a box cutter, cut out the inner circle of the big (15cm) plate leaving about 3 cm of space from the plate's ridges. Take the smaller plate (10cm) and use the double-sided tape to connect the two plates by the edges.

**2.** Use the stapler to strengthen the taped side of the plates.

**3.** After stapling the plates, take out a separate piece of paper and draw the shapes of flower petals from a rose, oriental poppies, and lily flowers. Cut out the shapes with a pair of scissors and use a stencil to draw other shapes on any color paper of your choice.

### Note

- These can be 2-3 colors.
- The petal shapes can be of different shapes and of different color.
- The petal shapes of the 15cm plastic plate should be bigger than the 10cm plastic plate.

**4.** Using a glue stick, glue the smaller petals on the small plate first by gluing them side-by-side on the edge. Continue the same process on the 15cm plastic plate; use a mix of colors and place in varying positions.

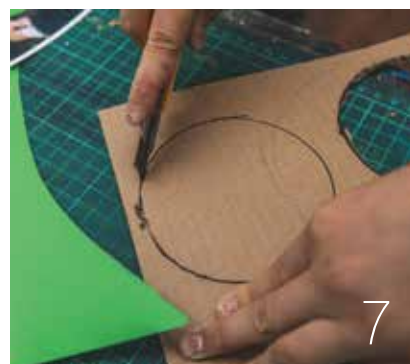
**5.** Start to create decorative details of the flower with plastic clay. First roll out some plastic clay from a preferred color and line it along the cut-out line of the circle on the 15cm plate. Continue to create more details to represent a flower.

**6.** Using the brushes, apply acrylic paint around the decorative areas to cover the white area of the plastic plate.

**7.** Draw a 12-13cm diameter circle on a piece of cardboard, cut it out and tape your photo on one side of the cut-out cardboard. Use masking tape to tape it on the back of the 15cm plastic plate so that the photo is showing through the cut-out section.

**8.** Draw leaf shapes on color paper and cut them out to further decorate your flowers. Use double-sided tape to glue them on the back of the 15cm plate.

**9.** Finally, pick the yarn and tie a note and use masking tape to attach it on to the 15cm plate so you can place it anywhere that will brighten up mom's day!





# CLUPing About Town

## Cleaning up historical Beijing with Terry Mieremet and the CLUP Club

By Drew Pittock

**B**ack in 2016, a Swedish man named Erik Ahlstrom became so disillusioned with the excessive litter lining his small town that he began snatching up scraps of trash during his daily runs. He dubbed the activity 'plogging' a combination of the Swedish phrase 'plocka upp' which translates to 'picking up', and the slightly more obvious 'jogging'.

Over the next two years, the environmental health and physical fitness crusade spread across the globe, and reached Chinese mainland in 2018. Plogging Beijing, a group of waste warriors, waging war against the enemies of all that is cleanliness and goodliness.

Ostensibly, plogging, focuses on picking up trash along traditional jogging routes, such as in parks and neighborhoods, one Beijing expat

has taken a similar environmental exercise mission to entirely new heights.

Terry Mieremet is a native of the Netherlands who first arrived in Beijing in 2011. Despite living in other cities in China over the next few years, he made his way back to what he calls, "the magnetic field of the Jing" in 2016. Since returning to the Capital, Mieremet has found work taking expats and visitors around the city on bike tours. Moreover, he founded CLUP club, a portmanteau of Cleaning and Up, in which groups go to areas such as the Gubeikou Jinshanling Great Wall and pick up trash in the surrounding nature and watch towers.

Much like with Ahlstrom, the Swedish father of plogging, CLUPing was borne of a

frustration with all the trash wantonly discarded in beautiful places, and Mieremet cites a particular trip to Thailand as the inspiration behind his initiative.

"The CLUP is a movement that got created out of necessity," Mieremet tells *beijingkids*. "Everywhere I have traveled to, I have seen tourism increase and behavioral change. Now anywhere you go, there is so much plastic rubbish. After my trip to Thailand, where I was shocked by all the trash all over the place, I was like, let's make social media social again, and let's spread this message."

Initially, Mieremet tried various ways to spark a conversation with folks about the impact they were having on otherwise untouched natural areas. However he quickly realized that







if he wanted to truly make an impact, he was going to have to get his hands a little dirty, and encourage others to do the same.

"I tried writing messages or making art with the picked up trash," says Mieremet, "so that people could see and think twice about what they do. I spoke many times to people to try to ask them why they throw their plastic bottles or other things away."

Unfortunately, much to Mieremet's dismay, many of the folks he would speak to didn't even realize what they were doing. Mieremet decided to pick up the trash, with hopes to inspire others to do the same.

"This became a movement where people can join to help preserve our nature. Now we organize events where we go out to a pristine nature area and bring bags to pick up the trash that has been thrown out by people on their hikes or leisure activity."

Those events have not only included Mieremet's own circle of friends and CLUPpers, but even organizations as big as the British Embassy, who joined him for an outing at the Jiankou Sky Stairs section of the Great Wall. What's more, late last year, parents at Western

Academy of Beijing (WAB) got in touch with Mieremet, hoping to get their kids involved in a CLUP event. Unfortunately, the bitter cold of Beijing's winter swept across the city, followed by the social distancing and quarantine regulations of COVID-19, forcing the plan to take a backseat until things get better.

Nevertheless, Mieremet is eager to get more students and families involved, "to get the younger generations out of the house and away from any electronic devices, just to be outside and active."

While working with schools and local organizations is a milestone in large scale events, the work of individuals can have an equally large impact, both on a personal level, and for the community. In fact, Mieremet credits the CLUP movement with significantly improving health and wellbeing, by encouraging participants to be more physically active and helping the environment in their free time.

"CLUP is a different lifestyle," says Mieremet. "Many people always went to the club and that was their weekend. But now they can join the CLUP, go somewhere in nature, be outside, make new friends and clean up,"

adding, "You will feel healthy, satisfied and fulfilled after."

There's no doubt that CLUPing is a uniquely positive activity, with untold benefits for our physical, emotional, and environmental wellbeing. And as Mieremet explains, "I think anybody and everybody can and should get involved. It's not only about the deed, but also the example you set."

"This is a more-the-merrier thing, and if we all do something it will make a huge difference. Also, if we can pass over messages where we inform others of the consequences, we could slowly be breaking the habit of, 'somebody else will pick it up,' or, 'nobody will see what I just did.'"

As for getting involved, Mieremet advises that, "you can join the CLUP on WeChat (ID: Terdemier), and if you want to do any events please connect with us or bring your own crew and go out somewhere. Even with some friends or with the family, this gives a physical challenge to your normal outing, and great rewards in the teamwork and result you have made."





# CHILD'S POSE, CHILD'S PLAY

How one Beijing family uses yoga to find better health and happiness

By Mark Allan Karanja

**L**ev Vygotsky, the world-famous Soviet psychologist once said, "In play, a child is always above his average age, above his daily behavior. In play, it is as though he were a head taller than himself."

I can't imagine our parents believed this, as they constantly tried to encourage us not to 'waste' precious time outside when we could be inside doing something important like studying. But as the research on play and child fitness continues to expand, so does the understanding of how important it is for children to spend a significant portion of time engaged in play, structured or otherwise. However, this is no easy feat, as kids these days settle deeper into a sedentary lifestyle, glued to their devices.

Schoolwork has also become far more demanding on children's time and creativity. On average, kids have a much larger workload now than they did in the past. Concerned parents the world over have prompted schools to adopt techniques that encourage children to explore their athletic potential. But in a world where intellectual excel-

lence is prized over physical fitness, even these initiatives are proving far more difficult than parents and educators could have anticipated.

As a result, parents are left wondering what they can do to motivate their children to become more physically active. For Angelina Liu, teacher, yoga expert, and mom of two, this doesn't appear to be much of a problem. She is living most parents' dream, with her children, Oliver (12) and Tristan (8) not only being interested in a sport but becoming savants at it. Liu credits introducing her sons to yoga at an early age, saying, "I started practicing yoga with them since they were a few months old, so yoga has become an integral part of their life."

Be that as it may, you might be wondering how two boys and yoga can gel. Yoga, at its core, is about stillness and isolation of movement. How can these tenants be instilled into active, boisterous young kids? Liu admits this can be quite the challenge, but as a yoga teacher herself and attentive mom, she has a few tricks up her sleeve.

"The most challenging time for my children was when they were toddlers. For very young kids, especially for those 2-years or less, it

PHOTOS: ANGELINA LIU



is difficult to follow instructions such as sitting still or concentrating,” explains Liu. “But, as a yoga veteran and teacher, I understand the needs of younger children, and I changed my yoga program to be more active and interesting for the younger kids.”

But what about parents who might not understand the benefits yoga could have, as opposed to running track or being a part of the soccer team? Moreover, while yoga is great for quieting overwhelmed adult minds and softening stiff joints, what could it possibly do for flexible, active, unencumbered practitioners? Is yoga truly new age nonsense, or does it have legitimate benefits for kids?

According to Liu, the benefits are myriad. “The earlier your children start to practice yoga, the better it is. Physical benefits include keeping healthy and fit, controlling weight problems, helping develop greater flexibility, strength, good posture, and coordination.”

However, these are far from the only upsides. Yoga could also help provide kids with the mental boost and support they need, build confidence, relieve stress or tension, and control emotions and anger. It has also been known to improve concentration which could lead to better grades and foster team spirit in participants. This could also be a great way to get the entire family involved in physically forgiving exercise.

Oliver and Tristan, who both attend House of Knowledge (HoK) in Beijing, also get to keep up with their yoga practice at school, with mom as the school’s yoga instructor. Offering descriptions of her sons, it’s safe to say the boys were intended to be yoga gurus.

“My older son Oliver is a very sunny boy with a great heart. He is very creative and always active. He practices a lot of sports and loves



dancing and arts. In addition to that, he has a good sense of fashion.”

Of younger son Tristan, Liu states that, “He is very similar to his older brother! He’s very thoughtful, smart, and determined, he always finds his way to get what he wants. At times he is a bit shy. They are both incredibly loving kids with a high sense of justice.”

As for whether this might lead to a future career path for Oliver and Tristan, Liu surmises it might be too soon to tell. For now, though, this family continues to down-dog together, and wish the rest of the Beijing families a continuously stress-free, healthier, and happier future.

广告

## HOUSE OF KNOWLEDGE NEWS

### Chaoyang Park Campus New Principal and Teachers!



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**Laura Vicent**  
Principal

With many years of education experience in Asia and Spain, Laura is a true international educator. The Reggio Emilia approach as well as the multicultural environment attracted her to House of Knowledge. Laura just moved to Beijing from Shanghai and is already preparing for the new school year. Don't miss to say hello to her during one of our Open Days!



**Stefanie Spornhauer**  
German Lead Teacher

Stefanie has more than 10 years of teaching experience in German kindergartens and lived in France and Spain where she taught German as a foreign language. She is excited about moving to Beijing, meeting our German class, and, of course, exploring China. Herzlich willkommen!



**Caitlin Connolly**  
Kindergarten Lead Teacher

After 8 years of teaching in Costa Rica, the USA, Italy, and Nepal, Caitlin is now in her second year in China. She is moving from our Quanfa campus to Victoria Gardens to lead the new Kindergarten class for children aged 5 to 6. You can easily find Caitlin dancing and singing with children in the classroom as music is part of her DNA.

**Chaoyang Park Campus:** Victoria Gardens, 15 Chaoyang Park West Road, Beijing  
**Shunyi Campus:** North gate of Quanfa compound, 18 Maquanying Road, Beijing  
**Xinglong Campus:** Block A, Unit 8, Xinglongzhuang, Chaoyang Road, Chaoyang District, Beijing



**HOUSE OF KNOWLEDGE**  
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# Let's Do Sports!

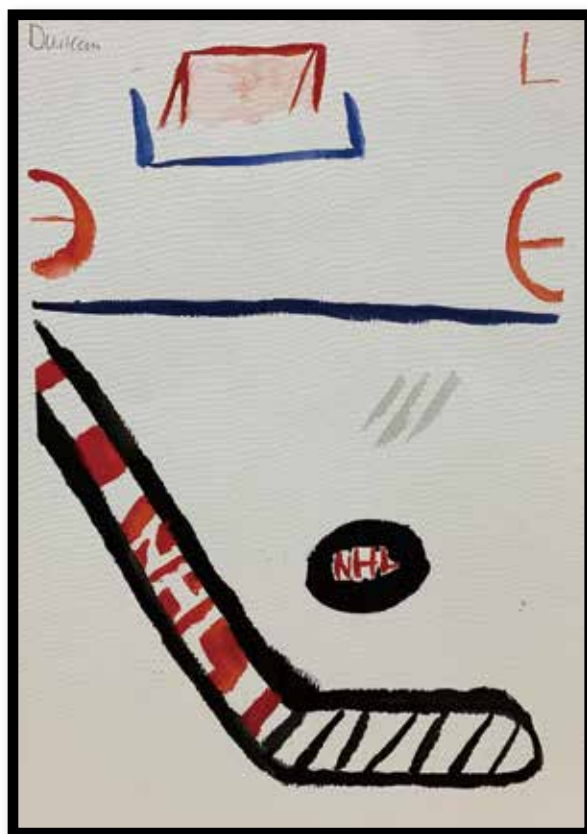
Students from Yew Chung International School of Beijing (YCIS Beijing) share their favorite sports

*By Wendy Xu*



**Carina (Year 8)**

I chose to paint ballet because I like ballet and it's really good for your health.



**Duncan (Year 8)**

On the New Jersey Devils, Taylor Hall is my favorite player. I love hockey because of the thrill and excitement during the games.

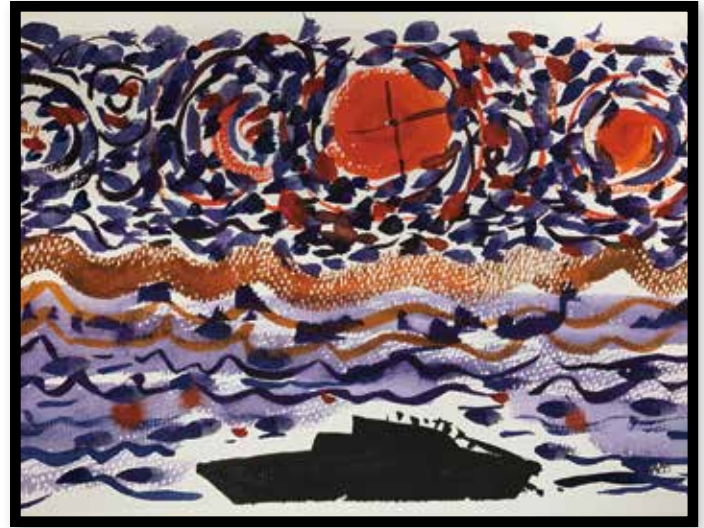
PHOTOS: COURTESY OF YCIS BEIJING





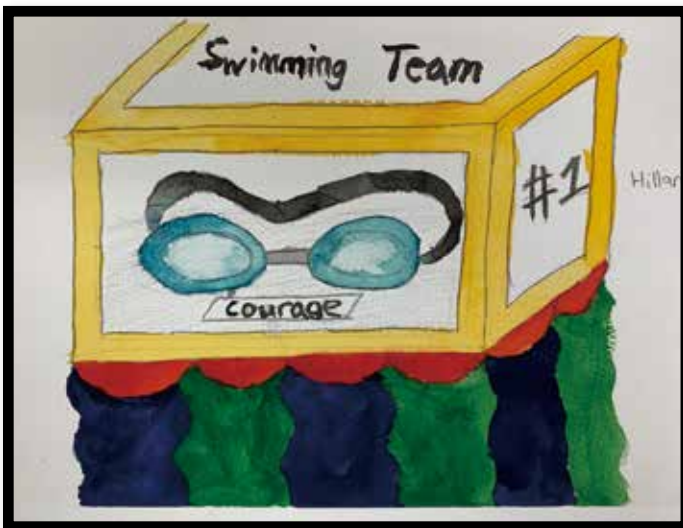
**Akira (Year 8)**

I chose to paint a skateboard because I had just gotten one a few months ago.



**Andrew (Year 8)**

I made this painting of a boat floating in the center of the sea, glancing at the sunrise, and horizon. It was to create the feeling of nature around us. A boat within a thousand miles of water. Producing the beauty of the nature without ruining it.



**Hillary (Year 8)**

This is a drawing that portrays how passionate I am towards swimming. Swimming means a lot to me, but the traits developed are far more essential than swimming itself. That is why I chose to draw this, because it means something to me.



**Jihoo (Year 8)**

In art class we were asked to draw our favourite sports and hobbies and I chose basketball because I love it.





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# Making the First Three Years Count

How this Montessori daycare is transforming the face of Beijing's early childhood education

By Mark Allan Karanja



**W**hen it comes to a child's education, many parents only begin to prepare their children for preschool. They spend hours on research to find the perfect school which will provide their children with the perfect foundation they need for a proper start in life. But as studies show, waiting until preschool age might mean parents have missed a key formative window in their children's lives.

Due to the child's rapid brain development at this age, cognitive, linguistic, social, emotional, and motor development are at their absolute peak. At this age, any new experiences the child repeatedly engages in fundamentally shape the way the child thinks, feels, behaves and learns in the future. A good ayi is great for a child, but an increasing number of parents are realizing the importance of structured play and learning for children even at this age.

And it is these sorts of parents that BinBin Zhao caters to. Zhao is the founder of iHommy International Daycare, where children are cared for using Montessori principles. Founded in 2015, iHommy was a response to an unfilled niche in Beijing's education sector. One that Zhao herself recognizes, saying, "0-3 year infant and toddler programs are very important, but there are no such centers in China."

Principles created by Dr. Maria Montessori guide the educational goals of iHommy, which are to create a strong sense of self in the individual, help the children develop the ability to connect with others and the capacity to be productive adults in the future. Detractors of this method might claim this system indoctrinates children to be 'adults' and does not offer them a chance to be children. Not so, according to iHommy and Zhao, who insist the system encourages children to be capable, accountable, knowledgeable individuals with a strong sense of self.

But how would a parent know whether this is indeed the best system for their child? Zhao encourages one simple solution for prospective parents. "Parents need professional help with how to balance taking care of a baby and working from home. It is important for parents to come into the classroom and to see whether their children are happy or not," Zhao says.

On a typical day, it's an early 8am start with the day ending at 6pm. There is also the option to drop kids off at 7am, to be picked up at 8pm.

This time isn't squandered, with children engaging in a list of activities, including creating art projects, cooking, having a little relaxation time at the cozy area, and other Montessori shelf works made available to the children throughout the day. They also get three meals as well as a protein-rich snack.

Of course, in the light of COVID-19, site visits to schools will be unlikely for a while to come. Like all schools in Beijing, iHommy temporarily closed its doors, alternatively offering online 'Mommy and Me' classes to Beijing parents.

"We are still not sure the COVID-19 situation will last," Zhao comments on the current uncertainty. And although the Beijing schools have been given the green light to open their doors to high school seniors on April 27, and grade 9 on May 11, it is as yet unclear when grade schools, kindergartens, and daycares will be allowed to reopen. Equally, it is likely facets of current learning strategies during this time will remain well past this COVID-19 period. Online learning might end up becoming a mainstay, with parents possibly opting for this option rather than an interactive one-on-one classroom atmosphere.

This has however not deterred Zhao's grand plans, saying, "We will open more schools in the coming years."

For now, this mom of two continues to have high hopes for the future, ready to offer Beijing families world-class services, thanks to her team of accredited Montessori teachers, and a true passion for making year 0-3 truly count for each child in iHommy's care.





# FINDING THE Prefect

## MIND-BODY BALANCE

### Health and Wellbeing Prefects at DCB

By Drew Pittock

Of all the classes we take throughout adolescence, none demands as much vulnerability as gym. At a time in which we feel as comfortable in our skin as a cat does in water, and our bodies mercilessly rebel against our brains, we are compelled to don shorts which leave little to the imagination and contort ourselves into

less than flattering positions.

To be sure, Physical Education (PE) is a vital class, and that for all its, shall we say, humbling moments, we learn tenfold about teamwork and character building. Nevertheless, there are certain biological imperatives at work which preclude the average student

from viewing the objective good of sweating it out with their peers.

For 16-year-old Ruige K. however, the link between fitness and confidence couldn't be more clear. As one of two Health & Wellbeing Prefects at Dulwich College Beijing (DCB), it's his job to organize events that promote exercise and work closely with other departments in the school to ensure that wellbeing initiatives are included in everyday school life.

"Physical fitness is a state of health and wellbeing," explains Ruige K. "Through proper nutrition, moderate to vigorous physical exercise, and sufficient rest, students can benefit immensely from an appropriate daily routine, reduce their stress level, and better engage with their daily academic and work activities."

Using this platform as a point of departure, Ruige K. decided to launch his own Fitness ECA, hoping to give students a space in which to not only improve their physicality, but also "build better self-confidence."

"I came up with the ECA because I realized that there has yet to be an ECA that focuses solely on exercise itself," Ruige K. tells *beijingkids*. "Various sports teams do have fitness trainings, but physical trainings are often done to improve sports performance, not body image or awareness for exercise."

When asked where his passion for fitness comes from, Ruige K. notes that unfortunately, his family has a history of chronic disease, and in particular, his grandmother who suffers from type II diabetes and mild dementia. "I think her conditions are both worrying to the family and were alarming to me when I was a child," the Year 12 student says. As a result, he closely monitored what he ate from a very young age, describing it as "almost clinical." Yet what began as a desire to stave off disease soon transformed into a journey towards positive body image.





"It became a positive cycle. The more I took care of exercise and nutrition, the more often I achieved balance and improved my physical abilities. And I, in turn, became more willing to take care of exercise and nutrition."

This evolution from being consumed with illness to finding solace and self-actualization through exercise is precisely what set him up to become a successful athlete and fitness guru later in life, and specifically, at DCB.

"Through joining the varsity football team and badminton team, as well as my personal bodybuilding plans, I realized that health is not only void of disease, but a state of bodily confidence, outstanding physical abilities, and the will to promote fitness and exercise to those around you," says Ruige K. "And I think this is an essential component of the Dulwich Values, which entail Resilience, Confidence, and Responsibility. I think that through exercise, students are more physically able and more willing to participate in sports they were previously unfamiliar with."

While the gym is uniquely tailored to test comfortability with our bodies and physical wellbeing, it's the rest of the school, and the greater sum of our lives that test our mental and emotional acuity. That is to say that no matter how strong a support network we have, and despite a school's best intentions to provide its students with everything they need to flourish, it's simply no small feat to cruise through life without ever needing a little help or reassurance.

To that end, Year 12 student, Jadelle C. makes up the second half of DCB's Health and Wellbeing Prefects, helping her school community come to grips with the difficulties of growing up. Whereas Ruige K. promotes the fitness and exercise side of DCB's robust wellness program, Jadelle C. works tirelessly to ensure that her peers never feel alone in the world.

"To be a Health and Wellbeing Prefect is to be responsible for the mental wellbeing and physical wellbeing of members in the Dulwich study community," Jadelle C. tells *beijingkids*. "Some aspects of what my role entails are monitoring the wellbeing of students, organizing wellbeing awareness days, creating and delivering lessons, and providing a platform for student voices."

At 17 years old, Jadelle C. has been interested in mental health since she was 12. At the time, she was not only working through her own internal struggles, but watching her peers go through similar issues.

"I have always displayed a high level of passion and empathy and wanted to make a real difference by helping others. I sincerely care about my peers and possess an enthu-



siasm and dedication for doing so."

However it wasn't until last year that she decided to pursue her passion for helping others in a more academic way.

"To support my journey, I completed an online course called The Science of Wellbeing delivered by Yale University last summer. The course was very eye-opening and equipped me to better serve others."

Using what she learned in the Yale course, Jadelle C. was able to scaffold her wellbeing initiatives, the goal of which is to "forge stronger links between key stages as well as provide more structure to the student feedback we receive," through various activities such as a 'Stop the Stigma' mental health survey, a personal sharing video challenge, and an anonymous Q&A session.

Needless to say, the activities have been a resounding success, and have not only shone a light on the importance of mental health, but enabled the students to build a holistic foundation upon which to learn and grow.

"To me, mental health is just as important as physical health and should be treated with

the same regard," explains Jadelle C. "Mental health includes our emotional, psychological, and social wellbeing and ultimately influences a student's happiness and academic success." Adding, "It absolutely affects our daily lives and shouldn't be brushed under the rug like many people do because of misconceptions and stigma surrounding mental health."

In terms of her future endeavors, and how being a Health and Wellbeing Prefect bolsters those plans, Jadelle C. says that career aptitude tests have consistently placed her in roles that help others, and that at this point, she's confidently chosen a path forward.

"I have decided that another way to serve others is by studying the field of law. This will enable me to help people from a legal standpoint and be an advocate for their rights."

No matter what the future holds for Jadelle C. and Ruige K., one thing is certain; in their roles as DCB's Health and Wellbeing Prefects, they've provided their peers with the necessary tools to thrive and survive as they continue on their own journeys, deeper into the murky labyrinth of life.

# PARENTING AND CHILDREN'S MENTAL HEALTH

Parents from different backgrounds share their approach to parenting and relationships with their children

By Jolie Wu and Wendy Xu



*Collin Zhao and wife, Tina, hail from two very distinct cities in China, with Collin coming from Shanghai and Tina from Beijing. Together, they have a 12-year-old daughter named Annie. Mr. Zhao is the photographer in the family, who loves taking photos, but is always a reluctant model. Tina loves making jokes to help brighten people's mood in the family. \*in the photo are Grandma, Tina, and Annie. Photographer dad Collin is (once again) behind the camera.*

## **When you were a kid, were your parents more like "helicopter parents" or "free-range parents"?**

My parents were more like "free-range parents." I don't remember my parents ever making me stay up late to study, or punishing me when I didn't finish my homework. My mom was always the one who took care of my daily-basis like clothes, food, and transportation. My dad was the one who inspired and encouraged me to explore the world.

## **How would you react to your parents whenever they tried to make decisions for you when you were young?**

I don't think my parents had ever tried to make decisions for my life. At that time, my parents worked hard for the whole family. Sometimes we had to move to another city due to their work, so I had to change my school, but I just got used to the life, to saying goodbye to old friends and making new friends.

## **Have you ever wanted to control your child's life or make decisions for your child? What did you do in this situation?**

When our daughter was still a baby we had to make decisions for her, like when to feed her, when to change her diaper, when to give her

a bath, and when to give her a baby massage. As time passes by, she gradually grows her own awareness and hobbies, and we respect that. For example, she likes dancing when she hears the music, and then we keep it in mind.

## **Are you satisfied with your child's academic performance? Would you ever compare your child's academic achievements with other kids?**

We all think studying is more like a journey to get to know the world and make friends, instead of comparing academic performance. Even though it's inevitable to focus on the grade in public schools, we still encourage Annie to choose the field she likes, and manage her own time to take a break or keep studying further. We expect her to gain more interest in study.

## **What would you do if your child has a crush or is in a relationship while in middle school?**

We think in any relationship, the most important thing is to remember to love ourselves. Instead of trying to figure out how to avoid it, we want our daughter to feel comfortable enough to communicate with us.

## **Has your child done anything particularly rebellious so far?**

Actually, with an open-minded attitude to educate and communicate with our daughter, we treat her as independent. Therefore, being particularly rebellious is probably a false proposition here.

## **Do you know anything about your child's current stress or problems?**

Some things I can see with my kid is her generation's lack of close communication with her friends. I feel like in our generation, there were closer friendships, but our child's generation seems like it has a difficult time being able to bond on a more personal level. In addition to that, our kid has a difficult time saying no to requests or favors because she wants to be nice.

PHOTO: COURTESY OF COLLIN ZHAO





Shruti Bajpai and her husband, Mayank Trivedi, are originally from India. They have lived in different countries and cities in Asia before moving to Beijing, which has made them fans of Chinese culture and traditions. Over the past few years, together with their children, Sharanya and Suvarn, both happy students at Dulwich College Beijing (DCB), they have traveled extensively within mainland China, from the heights of Tibet to the inviting landscape of Xinjiang and the varied culture of Gansu Province. As a family, they love watching Chinese movies in theaters and have thoroughly enjoyed recent hits like *Wandering Earth*, *Dying to Survive*, and *The Farewell*.

### When you were a kid, were your parents more like “helicopter parents” or “free-range parents”?

Both my husband and I grew up in India in a typical middle-class Indian household with traditional Indian values. Our parents were neither helicopter nor free-range, but a balanced mix of the two. We were pushed to excel in academics (that came with the territory), but also in our areas of interest, even if they were non-academic. In hindsight, I think that the one value our parents instilled in us was to give our 100% to whatever we did, whether it would be our own interests or school work. This has indeed held us in good stead, and this is something that we encourage our children to do.

### How would you react to your parents whenever they tried to make decisions for you when you were young?

Most of the time, we went along with them deciding for us, as that was the social norm at the time. We didn't question them, obedience to parents is a very strong trait in all of Asia. But I do remember that there were times where I resented this control and would argue

vehemently, mostly unsuccessfully, but I had small wins too.

### Have you ever wanted to control your child's life or make decisions for your child? What did you do in this situation?

I would like to say no, but the honest truth is yes. And now, as freshly minted teenagers who know to speak their minds, our children push back. But thankfully, our frequent discussions about decision-making or control are healthy and we reach a mid-point at times, and at other times, they give in. Increasingly, there are times that we, as parents, have to give in too.

### Are you satisfied with your child's academic performance? Would you ever compare your child's academic achievements with other kids?

Yes, we are happy that our children are both academically inclined and do give their best to everything they do in school. And while we do try to avoid comparison, it does slip in, more often than not. And the children are quick to call us out on this.

### What would you do if your child has a crush or is in a relationship while in middle school?

I think crushes are common, middle school onwards, and I would consider this normal for my kids. But being in a relationship in middle school, to me, is a bit too early because the teenage brain is still developing and may not fully grasp the nuances and complexities of a relationship at a relatively young age.

### Has your child done anything particularly rebellious so far?

Knock on wood, no. While we do have a lot of run-ins with our kids, (they think that we belong to the stone age), it's all in good humor. We are able to talk about issues that bother them.

### Do you know anything about your child's current stress or problems? How do you help him, and if not, how would you?

Yes, we do know a lot of our children's stress problems. Do we know everything? No. There is so much that we need to learn too. I personally try to read up on practices to build empathy and often seek advice on how to be a better listener. My husband, on the other hand, tends to engage directly with our children and talk it out with them. But this is a work in progress for both of us — sometimes we are successful, at other times we are hopeless resolving a difficult situation. For us, frequent family holidays prove to be a great stress-buster and give us a chance to build better communication. Over the past three years, we have traveled extensively within China. These holidays have helped us understand each other better.



Eh,

# What's Up Doc?

The search for the perfect pediatrician

By Mina Yan

Finding out you're pregnant for the first time is like utter bliss, followed by an onset of panic when someone asks you anything remotely technical about pregnancy, and you realize that you actually don't have it all figured out the way you thought you did. For me, that moment of realization came when a friend asked, "How far along are you?" and I mistakenly calculated from the date of conception rather than the date of my last menstrual cycle. Okay, so I've still got a lot to figure out. But, there are tons of expat mommy groups (and not to mention Google) that have been offering great advice when it comes to my midnight searches of, "is blah blah blah normal during pregnancy" questions.

Now, I'm someone who likes to plan ahead. And while I'm still in my second trimester, I've planned out my nursery, started looking for a full-time ayi, started scouting out K-12 schools and after school programs, and most importantly, I've started looking for the perfect pediatrician. Yeah, I have a feeling I'm going to end up a helicopter parent, but what can I say, I don't like surprises.

From my own personal experience with doctors in Beijing, it's not always about how famous the hospital is, your doctor's gender, where they're from, or which medical school they at-

tended. Sometimes the perfect doctor is the one whom you're so comfortable around that you share bits of your personal life with, someone who knows your medical history and personal habits. In short, it's like finding a best friend. You need to find someone who you can really connect with. Having a doctor who remembers you from your past visits, instead of knowing you as just the next patient, can make a world of difference.

But what about babies? They're not going to be able to tell me whether they like their pediatrician or not, so how do I go about finding the right person for them?

I sat down with Dr. Vanessa Rosado, an Obstetrician and Gynecologist at Oasis International Hospital, to get the 411 on how she prepares her new mommy patients for the next step in their baby's health journey.

Dr. Rosado is one of those names that tend to come up very often amongst expecting expat moms. Many of us love recommending her because she's made a reputation for herself as a knowledgeable medical professional with years of experience dealing with various types of pregnancies, and someone who genuinely cares about her patients. With the kind of trust that comes from 10+ months of interactions, her unbiased opinion on

PHOTOS: UNSPLASH, OASIS INTERNATIONAL HOSPITAL



selecting a pediatrician is the one that moms will listen to first.

A pediatrician is someone with whom you and your child will build a relationship with for years. Aside from playing the role of treating illnesses, one of the most important jobs of a pediatrician is to monitor the mental and physical health of your child, and prevent illnesses from happening in the first place. Each child will develop at their own pace, and having a pediatrician who has known your child from the start will be helpful when it comes to diagnosing hidden medical conditions.

What about the language barrier? While many expats have picked up Chinese over the years, there's a good chance that the vocabulary you use in your daily life will make you feel like an HSK Level 1 student all over again when medical terms are tossed into the mix. Most hospitals with expat patients will have a translator service available, but whether you're actually comfortable with speaking through a translator is completely dependent upon you.

But, with the possible language barrier aside, one thing that Dr. Rosado kept on emphasizing was communication. Like with any long-lasting relationship, communication is key. You want to choose a pediatrician with whom you can easily communicate and understands your needs. For example, the vaccine requirements vary from country to country. A vaccine like *Bacillus Calmette-Guérin* (BCG) for tuberculosis is mandatory in China, but is not a requirement in Germany, and it becomes especially

important for expat families to find a pediatrician who follows the international guidelines.

Like with most things in our daily lives here in Beijing, the first place we turn to for information is WeChat. Dr. Rosado recommends expecting parents to start paying attention to pediatrician recommendations from friends when mom is around 36-weeks pregnant. Keep in mind the credentials of the doctor and general feedback from their current patients. Are other kids comfortable with this pediatrician? Do the parents rave about this person or is the feedback mixed?

According to Dr. Rosado, the three most important things to keep in mind when looking for a pediatrician are communication, credentials, and reputation. Does this person explain things in a way that's easy for you to understand? What works for your friend might not work for you. Find a doctor that you can connect with. Can this person be easily reached either by WeChat or email? If a pediatrician takes weeks to reply, it's a red flag that you'll most likely be getting similar treatment when your child is sick and you need medical advice.

Like Goldilocks, it took me a while before I found a General Practitioner (GP) in Beijing that I trust and genuinely enjoy the company of, and I'm not expecting my search for the right pediatrician to be any different. And so, with Dr. Rosado's advice in mind, my search for the perfect pediatrician begins.









# IS TRADITIONAL CHINESE MEDICINE *The Future of Global Healthcare?*

## Differences between TCM and Western medicine

By Mark Allan Karanja

China continues to attract a large number of foreigners yearly. It has proven itself on the world stage as a formidable trading partner and has continued to extend its reach across the world through numerous influential bilateral agreements. The education sector alone sees hundreds of thousands of foreigners from across the globe join the Chinese workforce and burgeoning economy. But this is only one of the many reasons why foreign families choose to settle in China. China still holds a mystic charm to the West. It is still an ancient culture steeped in mysterious customs and traditions. And at its heart sits Traditional Chinese Medicine (TCM), which in and of itself continues to hold the world's fascination as nations around the world try to grapple with the burdens of providing healthcare for ever-growing populations.

However, many of us who now call China home are yet to dip our toe in the TCM pool.

We might have dabbled in spicy hotpots and attended Beijing Opera (*jing ju*), but why are so many foreigners reluctant to give TCM a try? And in a post-COVID-19 world, is it realistic to turn to TCM to provide the answers that Western medicine can as yet not provide?

The most widely known form of TCM treatment is acupuncture, which has become part and parcel of Western medical healthcare practices. But few understand how this quite works. Acupuncture relies on TCM's theory of Qi, which is considered a vital energy that flows along meridians to promote health in the body. Acupuncture needles pierce the skin along any of the hundreds of meridian points in an attempt to redirect *qi* to encourage normal body function. This can be used in conjunction with herbal remedies to rebalance the forces of *yin* and *yang* within the body.

Western medicine practitioners still regard TCM with suspicion, despite the World Health

Organization's decision to officially recognize TCM in its global compendium in the mid-2000s. This is because Western medicine relies on controlled clinical trials and statistics to determine how various forms of treatment work for patients.

TCM takes an entirely different tact. It is believed that causes of illness in the body are as unique as the individual, and as such, making a general conclusion on treatment is virtually impossible. Each treatment is tailor-made to meet the needs of the patient, as opposed to a broad cure-all staple of drugs.

Dr. Shelley Ochs, a Beijing-based TCM practitioner delves further into who is best suited to TCM treatments. "Chinese medicine is best suited for things that are functional and the way that works from a biomedical point of view is becoming clearer," offers Ochs.

The efficacy of TCM as a treatment for ailments ranging from chronic pain to infertility







PHOTOS: DR. SHELLEY OCHS, UNSPLASH

has been questioned by mainstream medical experts, but there seems to be new evidence of just how the treatment works.

As Ochs explains, "Now we have fMRI's where you can see what is happening in the brain in real-time. There are more and more studies that come out about the mechanism of action that shows that if you put a needle in the foot or above the ankle, and we know from traditional knowledge, from the classics, that it affects the eyes. And sure enough, the visual cortex lights up. But it begs the question of how the signal gets there."

Ochs first fell in love with TCM when she was backpacking as a youth through Asia, and relied on its remedies to bounce back from chronic allergies. Twenty years later, she continues to profess the efficacy of the treatment as a legitimate alternative to otherwise harmful conventional medicines such as

antibiotics. Ochs is well supported by evidence such as the compound, artemisinin, which was first isolated by Youyou Tu at the Academy of Traditional Chinese Medicine in Beijing and is currently being used as a powerful treatment against Malaria. It even won Tu the 2015 Nobel Prize in Physiology/Medicine.

"In clinical practice, people can come in and be very cynical and it still works," says Ochs. "You don't have to believe in it. But medicine is also about relationships. The trends in Western medicine is to recognize all those components like how we communicate with people and even being positive. If expectation effects, which are part of a placebo effect, if they are real, then why not amplify it, as long as you are not lying to people."

She goes on to explain that, "You come in and someone listens to you. You are in a quiet room by yourself, with some nice music.

You lie on a table for 30 minutes and that is therapeutic."

This might be because, even though Ochs might seemingly work at cross purposes with a conventional medical doctor, they might both be treating the same thing. Put simply, Western medicine treats the Yin, or everything physical, and TCM strives to treat the Yang, the energy in the body. Western medicine is great for trauma care and treating acute problems, while Chinese medicine works to treat chronic problems and as a preventative therapy option.

Depending on what your needs, it seems possible to have your cake and eat it too as far as Western medicine versus TCM goes. It might be time to set aside your reservations the next time you get a case of the sniffles and see whether TCM might have something for you, as it did for Ochs.

# DOGGONE IT!

## How Owning a Pet Could Affect Your Health

By Mark Allan Karanja

One of the hardest negotiations I ever had to do as a child was trying to convince my mom to get me a pet. I absolutely loved furry creatures, but my mom was less enamored by them. As a poor alternative, she got me a bike. That didn't stop me from petting stray dogs, spending as much time as I could with cats and dogs owned by my relatives, and praying that one day my mom's allergies to fur would disappear, and on that day, she would finally say yes to a cat, at the very least.

My desire for a furry pal is far from unique. The Internet is replete with adorable reaction videos of kids getting their first puppy, of family cats and dogs watching over newborn babies, gently licking and cuddling them, and raucous play with their little human buddies. It is the desire of many parents to have their kids grow up with at least one pet in the house. And in most cases, parents have few to no reservations about getting pets for their kids.

But in China, the decision to own a pet, especially in a house with a young child or expectant mother, isn't quite as easy. There is a long-held belief of household pets being potentially harmful to the health of the expectant mother or infant. This belief leads many pet owners to make the difficult decision of relinquishing ownership of their pets, even before the baby arrives. Simply put, when a child comes into the picture, the family pet must exit stage left.

But is this belief entirely irrational and unfounded? Or do those who still cling on to this belief have legitimate claim to their fears?

Obstetricians and pediatricians in China often advise parents to get rid of pets in anticipation of a newborn. Coming from medical professionals, this is a piece of advice parents are likely to take to

heart. The common fear is pets might transmit zoonotic diseases to their owners. Dispelling this fear, however, does little to comfort pet owners as they are faced with worrying statistics which might make them think twice about having their furry friends around expectant mothers and young children.



China ranks second according to the World Health Organization (WHO) in terms of rabies fatalities annually, with about 2,000 to 3,000 deaths reported. On average 95% of these deaths are linked to exposure to dogs. Moreover, 50% of all global rabies-related deaths are children under the age of 15.

Such statistics might be a cause of worry for parents with young children. Kids are impetuous by nature and might treat animals in a way likely to result in injury. They are far more likely to rough-house with their beloved furry companions or even startle them. They are also unable to gauge when their furry pets are no longer in a playful mood. All this might cause an animal to bite or nick the child. Afterward, fearing punishment, children might not tell their parents about an animal attack, however minor or severe. And when their parents find out, it might already be too late.

There is also the less worrying, but no less serious possibility of allergies. Kids could also suffer from al-

lergic reactions, although studies have shown early exposure to animals could build up immunity in the child and reduce the risk of these reactions from occurring. There are also hygienic concerns. Toddlers and young children are not fastidious about the surfaces they play on or putting foreign objects into their mouths. As such, kids can touch or pick up animal waste and ingest it without their





parents being aware. They are also prone to putting their hands in their mouths and could do so after they have come in contact with a contaminated surface. Parents keeping a close eye on their kids when playing with animals and ensuring they wash their hands thoroughly after play could help avoid bites, nips, and chances of ingesting animal waste. But for some parents, the risks far outweigh the efficacy of preventative measures.

As far as parasitic diseases, toxoplasmosis is of great concern, especially for pregnant women. Toxoplasmosis can have harmful effects on the growing fetus, and can also pose a serious health risk to immunocompromised individuals. Cats are the main carriers of this protozoan parasite. They pick it up from eating infected prey or ingesting contaminated soil. It is, however, far more likely for humans to get toxoplasmosis through other means, such as eating undercooked meat, unwashed vegetables, or also coming in contact with contaminated soil. Toxoplasmosis can also be ruled out as a threat from cats by performing a simple blood test. Other practices such as thoroughly washing fruits and vegetables, cooking meat, wearing gloves when gardening, not feeding your cat raw meat, and cleaning out litter boxes daily while wearing gloves are fairly effective in reducing the risk of toxoplasmosis infections.

There is also a widely held misconception of non-furry animals being a safer option to humans than their furry counterparts. However, humans still run the risk of contracting salmonella from frogs, turtles and other reptiles. These animals can also have parasites that can be passed on to humans.

There are no set protocols for those who wish to relinquish their pets due to health or other concerns. The usual course of action is for pet owners to pass pets on to relatives or close friends, and in other cases, give them up to animal shelters. If the abandoned animals are older, they are less likely to get adopted. Prospective families with children tend to prefer puppies and kittens. To counter any misinformation, there are various activism projects throughout the country teaching both children and adults about responsible

pet ownership, and how to keep their furry friends and themselves safe and happy.

Keeping up to date with vaccines is essential in preventing possible infections and infestations in animals. Admittedly, training a pet could take a long time, but it is well worth the effort. They are far easier to handle and are less likely to cause injury to young children. Keeping the house clean is the final component of the recipe for successful pet ownership. Disinfecting surfaces, emptying litter trays, washing your and your children's hands after playing with the pet, and making sure the litter is disposed of using gloves and away from the family compound will go a long way in reducing animal to human cross-contamination.

We need to remind ourselves why it is so easy to fall in love with our animal companions, whether furry or otherwise. They provide unconditional love, encourage us to keep active, and are an endless source of entertainment. Medically, owning a pet has been shown to reduce blood pressure, cholesterol and triglyceride levels in the body. They can be a fantastic tool to teach children non-verbal cues when children learn to meet the needs of animals that cannot speak. And ultimately, when a beloved pet dies, this offers parents a wonderful opportunity to teach children about the cycle of life and death. Granted, pets can be incredibly demanding, messy and need constant care, but they can also be immense sources of joy. Dogs can live well beyond 17 years, while cats can hit up to 20 years, so owning a pet is a life-long commitment, but one well worth pursuing.

*Source: Veterinary information in this article was provided by Dr. Anna Gazdag, ICVS Foreign Consultant Veterinarian, Dr. Cao Yuan Zhao, ICVS Veterinary Surgeon, Mary Peng, CEO and Founder, ICVS Animal Hospital ICVS Beijing. If you need any information regarding animal health, vaccination and animal export requirements, then visit [www.ICVSASIA.com](http://www.ICVSASIA.com)*

# Mirror, Mirror On the Wall

Body image and the modern teenager

By Sharanya Trivedi

When people talk about issues such as body image, I find that they often mention celebrities, social media influencers, and models, to name a few. And sure, every teenage girl has glanced at a tabloid and wished she could look like the model on its cover page at least once in her life. She has scrolled through the Instagram posts of popular influencers, fighting the constant self-hating monologue in her head. Teenage girls have heard more than enough about how the pictures that celebrities post have been shot by professional photographers, airbrushed by Photoshop experts, and suggested by personal PR teams.

We all know that it is unfair to compare ourselves with these celebrities because we don't have makeup artists or hair stylists, but of course we do anyway, because it is surprisingly difficult to stop the human brain from loathing itself.

Despite this, I feel that the focus of conversation about body image and its physical and mental effects should not be the importance of avoiding comparison between oneself and celebrities, but instead about peers. Even though we silently judge ourselves every time we see a hair commercial, deep down we know that this feeling is ridiculous, and that there is no comparison between us and them. It has been drilled into us. What we don't know, however, is how to stop comparing ourselves with our peers.

In my experience, while teenage girls understand that there is an inherent divide between them and popular celebrities, they subconsciously decide that it is alright to compare themselves with their peers, since they are essentially the same anyway. The majority of conversations I have with my friends about body image and self-worth involve acquaintances that we wish we could look like, creating a sense of jealousy that never really goes away. In my opinion, these thoughts and mindsets are the most damaging. They set us up against each other and encourage us to see each other as competitors. Who has the best body? Whose Instagram pictures look the best? Who do the boys like?

This last question, I feel, is the most damaging. It teaches us that healthy and toned bodies are meant, like most other things, for men. And for this I blame the media. Things have improved in recent years, but not by much. Influencers now preach body positivity and inclusivity, and it's good that these topics have gained so much coverage in

the media nowadays, but these same people also promote harmful products like waist trainers or appetite suppressant lollipops. The worst part of this is that the perfect body is targeted towards pleasing men. Even in the lives of young girls, the ideal body has very little to do with health and wellbeing and everything to do with boys. This narrative needs to change.

For girls to feel confident within themselves, and for them to accept their bodies the way they are, I believe that the conversation needs to start revolving around a girl's peers. This is not to say that celebrities or influencers should be let off the hook, just that there are more immediate and direct causes for negative self-image than one might think. It is important to teach girls that — despite being a cliché, it still holds true — everyone is different. And I don't mean this in the overused sense that everyone is special in their own, unique way, but rather, that people are principally different. People are different and as long as one is healthy, it does not matter in the slightest what your body looks like. Because, frankly, beauty standards will soon change. What seems like the perfect body now could be seen as ugly a few years later. There is no way to win. The world will always find a way to make you feel inadequate and imperfect.

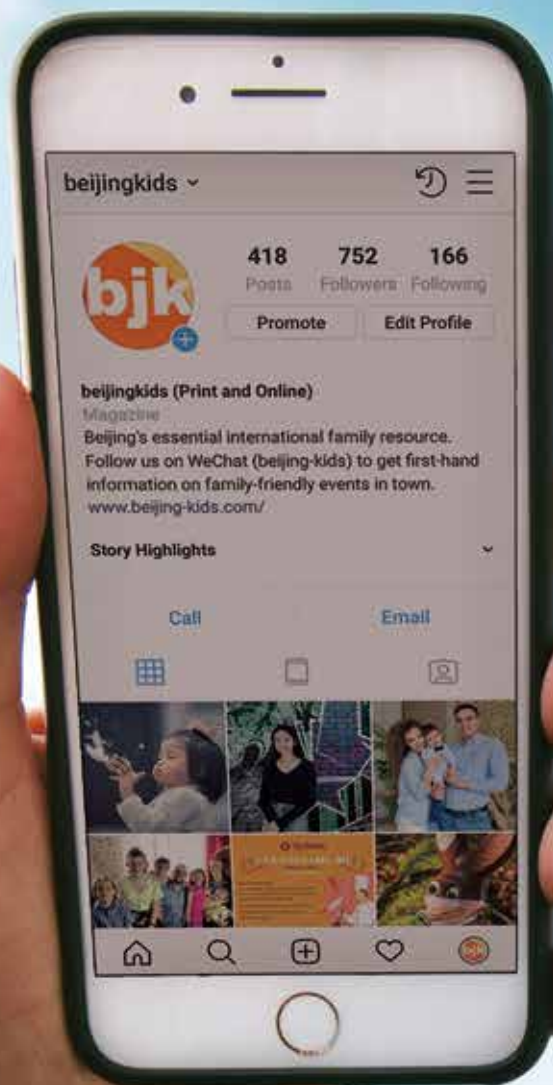
The most important thing is that you feel that you are enough without anyone else's validation.



**Sharanya Trivedi** is a year 10 student from Dulwich College Beijing. Originally from India, she has lived in several countries across the world and has been in Beijing since 2017. An avid reader and debater, she is a devoted fan of the K-pop band BTS.



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# SCHOOL NEWS



## GREEN APPLE DAY OF SERVICE AWARDS

### ISB Awarded for Sustainability

Three students from the International School of Beijing (ISB), who led a project to electrify the school's bus fleet, have been honored with a top international prize, the Green Apple Day of Service Deep Impact Award, which recognizes outstanding K-12 sustainability service learning projects and leaders.



### Online Info Sessions at YCIS

Yew Chung International School of Beijing (YCIS Beijing) invited prospective parents to attend the online Primary and Secondary Information Sessions on March 26. Both Information Sessions were by the Academic Leadership Team and focused on the School's Programmes, the YCIS holistic approach to teaching, learning, and renowned Learning Communities.



### New Principal at HoK Chaoyang Park Campus

House of Knowledge (HoK) has appointed Laura Vicent as the New Principle at its Chaoyang Park Campus. Moving from Shanghai to Beijing, Vicent brings with her many years of education experience in Asia and Spain, her native country.

### Daystar Academy Shared "Inspiration Hour" with Parents

Presented by Daystar Academy's division principals and head of schools, Daystar's Inspiration Hour aims to provide educational tips for parents within our Daystar and Beijing community during these challenging times.



PHOTOS: COURTESY OF HOK, DCB, DAYSTAR ACADEMY, AND YCIS BJ



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



#### YCIS Beijing Liberal Arts College Webinar

On March 12, Jonathan Mellen, the Yew Chung International School of Beijing (YCIS BJ's) UGO Officer held an online workshop focusing on "The Benefits of Liberal Arts Colleges", for secondary school parents whose children are considering applying to Liberal Arts Colleges. The webinar also shed light on the pedagogy of Liberal Arts colleges.



#### DCB Celebrates 50 Years of Earth Day

To mark the 50th anniversary of Earth Day, Dulwich College Beijing (DCB)'s SDG Club promoted 10 sustainable living tips for each of the five weeks leading up to it. The community then submitted photos and videos of how easy it is to follow these tips with regard to food, energy, water, and lifestyle.





Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to [magazine@beijing-kids.com](mailto:magazine@beijing-kids.com)



#### **Creativity Shines at BWYA**

During this period of online study, Beijing World Youth Academy (BWYA)'s primary school students have been funneling all their creative efforts and abilities into producing art from the darkness of Coronavirus. With poems written, recorded, and sent to medical staff on the front lines, and art to admire, their positivity and hope shines brightly.



#### **E-Learning at ISB**

The International School of Beijing (ISB)'s E-learning page has been live and with it, valuable resources are available to the wider community. Parents can download resources, tune into their Parent Education Series for ISB expert tips to help your child with E-learning, or watch Stories from eLearning to hear examples of the learning that's been taking place.





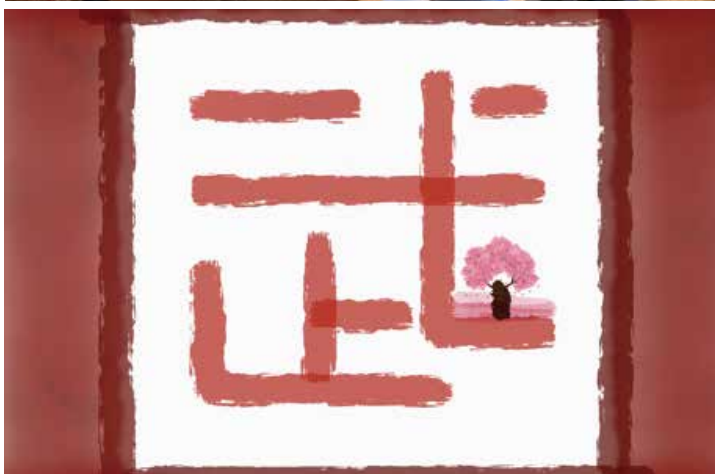


#### BSB Shunyi Snow Suit Donation Received by Local Schools

The British School of Beijing, Shunyi (BSB, Shunyi) donated 260 snow suits to a local kindergarten and a boarding school in Zhenqin Town, Qinghai Province, aiming to provide love and warmth to local children during the winter season.

#### Students Continue to Improve Their Sports and Art Skills at Beijing Huijia Private School

Since its establishment, discipline, art, and physical education have become the three pillars of Beijing Huijia Private School's education. Although the epidemic situation has hit the pause button for offline school activities, students still continue to improve their physical literacy and artistic accomplishment.







### MSB Stands in Unity with Wuhan

As part of the International Montessori School of Beijing (MSB)'s Home-based Learning Program, their Early Childhood students have continued their virtue studies. In March, they explored the virtue of "Unity", and actively put this lesson into practice through the submission of pictures, videos, and messages for the community of Wuhan. This project transcends their borders, to all communities around the world who are battling the COVID-19 outbreak.

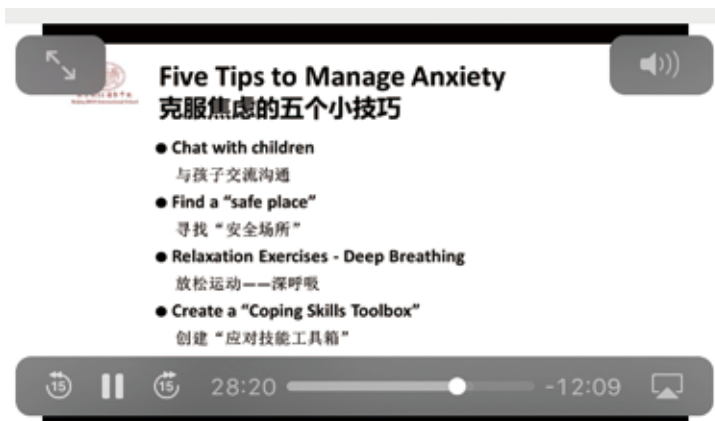


### Online Book Week at Harrow Beijing

Harrow Beijing held an online Book Week from March 16 to 20. The Book Week authors sent videos and online stories to launch writing challenges for students. Students also shared the fun of reading through various activities, such as photography competition, drawing, creating stories, and role-playing.

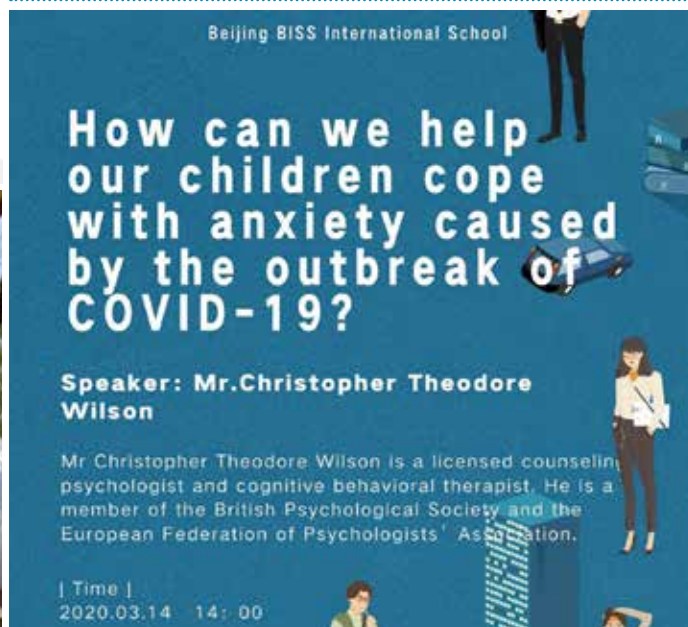






### BISS Counselor Taught Students How to Cope with Anxiety Caused by COVID-19

Faced with the anxiety from children about the epidemic situation, how would children cope with it in a smart way? Beijing BISS International School invited Mr. Wilson to conduct an online workshop entitled: "How can we help our children cope with the anxiety caused by the novel Coronavirus?" to help students relieve the anxiety caused by life changes.



### BIBA Weekly House Challenge

During this unique time, Beijing International Bilingual Academy (BIBA) created an idea for a weekly House Challenge. Students and teachers shared a photo of themselves featuring their House Colors, which are named after the five principles of Confucianism: Ren-benevolence (red), Yi-righteousness (yellow), Li-courtesy (green), Zhi-wisdom (orange), and Xin-faith (blue), for the first House Challenge. The second House Challenge was the Leopard Community Karaoke. This challenge was inspired by their school song's lyrics to stay united: "Leopards with pride, we sing out united. Globally minded, never divided!"





**Our favorite moment as a family in Beijing is:**

Getting our chihuahua Alvin from a pet shop for Children's Day on June 1, 2013

**Children's favorite Chinese dishes are:**

Egg and tomato (*xihongshi jidan*)  
Gongbao chicken (*gongbao jiding*)

**Favorite weekend activity**

Watching TV together

**Our No. 1 house rule is:**

Love and forgive one another

**Our favorite things to cook at home are:**

Ribeyes, homemade bread, and mac n' cheese

**When dad comes home he usually...**

Reads if he's home first, or listens to everyone talk about their day

**When mom comes home she usually...**

Does her coursework towards her doctorate in Organizational Leadership

**Our favorite restaurant is:**

Great Leap Brewery in Lido

**The one thing we can't live without is:**

A sense of humor

**Dad's favorite Chinese dish is:**

Fish-fragrant eggplant (*yuxiang qiezi*)

**Mom's favorite Chinese dish is:**

Sichuan dry fried string beans (*ganbao doujiao*)

**Dad's favorite Beijing discovery is:**

Beijing GuoAn Football

**Mom's favorite Beijing discovery is:**

Jingshan Park overlooking the city on a clear day

**How would you sum up WeChat in 5 words?**

The world at your fingertips

**Our favorite place for date night is:**

NCPA (the "Egg")

**Our advice to new families in Beijing is:**

Ride a bus to see where it goes

**Our shopping havens in Beijing are:**

Indigo Mall, Solana, Decathlon, and Baopals

**During the weekend we usually:**

Go to church and go to the park or watch movies

**Best thing you did as a family while in quarantine:**

Speed Chess and taking a local road trip, driving around on a Sunday for five hours seeing all eight neighborhoods we've lived in since 2007

## Family Favorites!

Photography: Uni You

The Johnson family moved to Beijing from the US in 2007. Dad, TJ, is the Pastor at BICF City Church. Mom, Jenni, is the K12 Principal at AISB/Hope International. Their two kids, Nate and Noah, are currently Grade 8 and 9 students at AISB/Hope International.



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At Harrow Beijing, excellence is a tradition and leadership drives our ethos. If you are interested in learning about how your child can become a part of our exceptional community of learners, please contact us.

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