

ACHIEVE YOUR BEST
at Harrow Beijing



Karina
Year 13 Student

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.

Hegezhuang Campus

admissions@harrowbeijing.cn

+86 10 6444 8900

www.harrowbeijing.cn

City Campus

cityadmissions@harrowbeijing.cn

+86 10 6444 8100

www.harrowbeijing.cn

Leadership for a better world



Follow us on Wechat



Beijing's essential international family resource

January-February 2021

BEIJING'S ESSENTIAL INTERNATIONAL FAMILY RESOURCE

菁 jingkids

ENGLISH EDITION

March-April 2021

Dad's Role
in Early
Childhood
Development

Plus:
Beijing's
Less
Conventional
(But Still
Awesome)
Sports

Playing

Good For The Body, Good For The Soul





北京顺义国际学校
INTERNATIONAL SCHOOL OF BEIJING



Join the ISB family at Beijing's largest and oldest international school. With four brand-new, world-class facilities in our 40th anniversary year, ISB has a lot to showcase!

The International School of Beijing is accepting applications for the 2021-2022 school year.



Scan the QR code or visit us online at isb.bj.edu.cn



图书在版编目 (CIP) 数据

国际教育 / 《菁系列丛书》编委会编
— 昆明: 云南科技出版社, 2020.11
(菁系列丛书)
ISBN 978-7-5587-2561-6
I. ①国… II. ①菁… III. ①国际教育 IV. ①G51
中国版本图书馆CIP数据核字(2020)第210932号

菁系列丛书——国际教育
JING XILIE CONGSHU GUOJI JIAOYU
《菁系列丛书》编委会 编

责任编辑: 洪丽春
助理编辑: 曾 尧 张 朝
封面设计: Susu Luo
责任校对: 张舒园
责任印制: 蒋丽芬

书 号: ISBN 978-7-5587-2561-6
印 刷: 广州培基印刷镭射分色有限公司
开 本: 889mm x 1194mm 1/16
印 张: 3
字 数: 70千字
版 次: 2021年3月第1版
印 次: 2021年3月第1次印刷
定 价: 30.00元

出版发行: 云南出版集团公司 云南科技出版社
地 址: 昆明市环城西路609号
网 址: <http://www.ynkjph.com/>
电 话: 0871-64190889

版权所有 侵权必究

True Run Media

Helping the international community get the most out of life in Beijing

Advertising Agency

Beijing Agenda Advertising Co., Limited

广告代理

北京爱见达广告有限公司

Telephone/电话: 5941 5499

Advertising Hotlines/广告热线: 5941 0368

Managing Editor	Mina Yan
Deputy Managing Editor	Cindy Marie Jenkins
Editor	Julie Wolf
Contributors	Yiran Huang, Mark Allan Karanja, XueFei Liu, Joy Oreto, Ceeane Mari Vargas, July Wen, Annabel Xing, Grace Zhang
CEO and Founder	Michael Wester
Owner and Co-Founder	Toni Ma
Marketing Director	Victoria Yang
Marketing Team	Echo Wang, Kris Wei
Art Director	Susu Luo
Production Manager	Joey Guo
Graphic Designer	Michelle Zhang
Photographer	Uni You
Sales Director	Irene Yan
Sales Team	Gladys Tang, Crystal Yue, Sharon Shang, Alex Wang, Liu Yue, John Nuega, Adam Liu
Content Marketing	Robynne Tindall
IT Team	Alexandre Froger, Yan Wen
Finance	Judy Zhao, Vicky Cui, Susan Zhou
HR & Admin	Tobal Loyola, Cao Zheng
DM Logistic	Cao Zheng
General Inquiries	5941 5499

Contact:

General Information: info@beijing-kids.com

Magazine: magazine@beijing-kids.com

Sales: sales@truerun.com

Marketing: marketing@truerun.com

Digital & Magazine Marketing: DCmarketing@truerun.com

DM Logistic: distribution@truerun.com

Dictionaries: listings@beijing-kids.com

True Run Media

Helping the international community get the most out of life in Beijing



Since 2001 | 2001年创始
thebeijinger.com



Since 2006 | 2006年创始
Beijing-kids.com



Since 2012 | 2012年创始
Jingkids.com



Since 2014 | 2014年创始
Jingkids.com



Follow us on Wechat

www.beijing-kids.com

[beijingkids](https://www.facebook.com/beijingkids)

[beijing-kids](https://www.instagram.com/beijing-kids)

[@beijingkids](https://www.tiktok.com/@beijingkids) or [#jingkids](https://www.tiktok.com/#jingkids)

The *jingkids* Board



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

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".



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 lifelong learner still trying to master Mandarin. In between, work, study and being a mum, you will find her looking for her next adventure!



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.



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.



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, an independent subscription wine club. Contact him at mike@sigwine.com.



A NOTE TO OUR READERS

When I was little my mom would try to convince me that practicing piano was the same as playing since it's called "playing the piano". I never bought it... I grew up during a time when Asian parents associated playing with wasting time. Basically, to my mom, any time that wasn't spent studying was time wasted. But that's not the case. Even Tiger Moms have come to realize that playing isn't just about having fun, it's also a large part of social, emotional, and educational development.

Nowadays we believe that learning should be fun and prefer that children are self-motivated about learning rather than passively being taught things that they show little passion for doing. In this issue of *jingkids* we take a look at how playing helps children develop in every aspect of their lives. We speak with Dr. Joy Oreto from Oasis International Hospital on the importance of play dates in children ages zero to two (P 22).

What about at home? Raising a child isn't just Mom's job. The "absentee dad" is as outdated as the TV shows they appeared on. Our Editor Cindy Marie Jenkins shares her (and her husband's) insights into dad's role in a child's development (P 36).

The new addition to our Editorial team is Julie Wolf, a former actress who has been working in early education for over 18 years. Wolf is no stranger when it comes to theater or play time and she shares the benefits of theatrical playtime at home (P 32) as well as the importance of playing with a purpose (P 34).

As summer approaches, check out these unconventional sports around town recommended by one of our student correspondents XueFei Liu (P 26) and be sure to follow us on WeChat for the latest information on family friendly activities, crafts, and summer camps.



Mina Yan
Managing Editor

CONTENTS

March-April 2020

8

14

40

LIVING

8 Mommy's Spring Glow!

Putting Beauty Queens to Shame with Her Flawless Post-Baby Transformation

10 Game On!

The Ramsburg Family's Game Night Favorites

DINING

12 It's Party Time!

The Coolest Places to Celebrate the Big Day

14 When Life Gives You Lemons

118 Bakery's Sweet Lemon Tart

PLAYING

16 Let's Dough It!

Students at The Swiss School Get Creative with Salt Dough

18 Hey Wild Child!

How to Scaffold Learning in Nature Play

20 Spice Up Your Sports

Alternative Sports to Jazz Up Your Game!

HEALTH

22 Social Butterfly Babies

Are Kids Who Don't Attend Playdates Missing Out?

LEARNING

24 Play Time is the Best Time

Students at Ivy Academy and Their Favorite Pastimes

26 Once Upon a Time...

Creative Writing: Hansel and Gretel - A Beijing Retelling

28 Community is Critical

How Passion Transforms the Future of AISB-HOPE International

PARENTING

30 Exercise? I Thought You Said Extra Fries!

Families From Different Cultural Backgrounds Share Bite Size

Thoughts on Healthy Eating

32 Imagine That!

The Art and Science of Pretend Play

34 Playing With Purpose

Turning Everyday Moments into Life Lessons

36 Baba's Not a Buffoon

Dads Play a Big Role in Early Childhood Development

FEATURES

40 The Water is Just Fine

Teaching Your Kids How to Swim Could Transform Their Lives

42 Player 1: Select Your Avatar

Welcome to the World of Competitive Gaming

ESSENTIALS

5 A Note to Our Readers

6 What's New?

7 New Arrivals

44 School News

45 Circuit

48 Family Favorites

ON THE COVER:

Seven year old Malcolm Jenkins dives into summer activities. But there's nothing like spending some quality time with his five year old little brother Bashy.

Photographed by Uni You.



SAY HELLO TO BEIJING'S SMALLEST

Share your new arrival and
scan this QR code!



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



Arthur Ryan Liu Palmer

Canadian/Chinese

Born Oct 23

to Bonny Liu and Merlin Palmer
at Oasis International Hospital



Élise Matalena To'omata

French/Samoan

Born Aug 1

to Anne-Valiha Lucron and Poesse To'omata
at Oasis International Hospital



Anna Vetten

German/Russian

Born Oct 29

to Liubov Vetten and Christoph Vetten
at Beijing United Family Hospital



Josephine Li An Liu

Chinese/Canadian

Born Jan 27

to Eris Collins and Wenbin Liu
at Beijing Obstetrics Hospital



Philip Jun Teder

Canadian/Swedish

Born Feb 15

to Lucy Huo and Gustaf Teder
at Amcare Women's and Children's Hospital

What's New



Introducing Jingkids!

You might have noticed the brand new name on our cover. Our magazine name has been shortened from *beijingkids* to just *jingkids*. This marks the third name change our publication has undergone since we first published 14 years ago. *Jingkids* will continue to be the city's source for everything expat families need to know to make the most of life in Beijing.

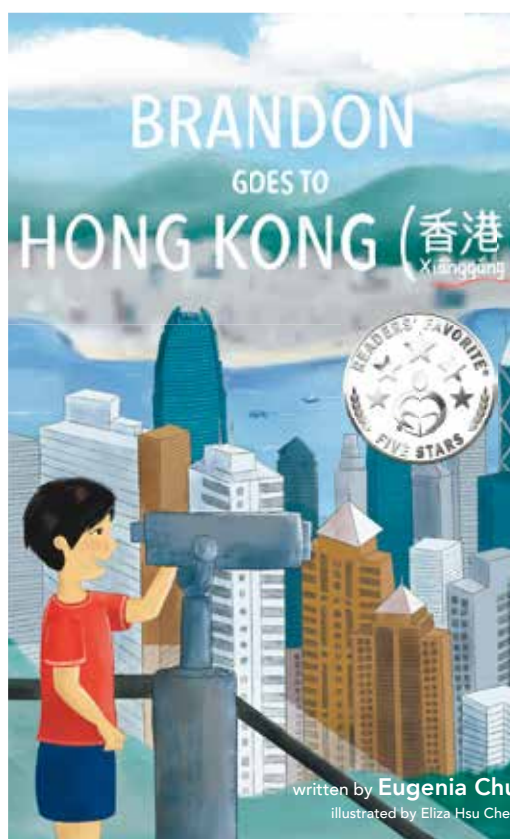
Meet Julie Wolf

In February of 2020 an amazing woman contacted us and became our Ask The Expert columnist. A year later, we're so thrilled to announce that Julie Wolf has joined the *jingkids* team as an Editor. Wolf is the Director of First Five Early Education Centers in New York and Director of International Education for Newhatten Early Education Centers in China. She's been working with children and parents for over 18 years as a teacher, arts integration specialist, curriculum designer, and staff development expert. We're so excited for Wolf to join the team. Welcome to the family!



Summer Camp Plans?

Summer's going to be here sooner than you think and if the current travel restrictions are still in place, it looks like domestic travels and local summer camps are the way to go this year. The good news is that no matter what your child is into nowadays, there's a camp for that in Beijing. Scan the QR code or visit our website at www.beijing-kids.com for info on summer camps and family friendly activities all around town.



Brandon Goes to Hong Kong

Last year we interviewed children's book author Eugenia Chu on her book "Brandon Goes to Beijing". The bilingual children's book told the story of her visiting Beijing and discovering the wonders of the city. "Brandon Goes to Beijing" is an English book with Chinese vocabulary that makes Chinese learning fun and easy for English speaking kids. Recently Chu has published another book based on the adventures of her son called "Brandon Goes to Hong Kong" where Brandon visits iconic landmarks and discovers his love for dragons.

PHOTOS: EUGENIA CHU, JULIE WOLF, PEXELS, CINDY MARIE JENKINS



Jingkids Video Channel is Live

WeChat video channels are all the rage right now and we've joined in on the fun. Scan the QR code to follow the *jingkids* WeChat Channel where we put out videos on Beijing life hacks, parenting, education, and fun activities for the family.

Talk to Kids About: Sandstorms

Beijing woke up to a sandstorm one Monday in March. At first it looked like just another "bad air day," but according to China Daily, dust from southern Mongolia traveled south, blanketing our streets until Beijing issued a yellow alert, the second lowest severity level and the strongest in nearly a decade.

But how to explain it to kids? Scan the QR code to watch our short explainer video.



We All Cheer for School Choice!

No parent wants to choose the wrong school. That's why our annual School Choice Guide is jam packed with profiles of the best schools Beijing has to offer, plus advice on what you need to know to make the right decision for your family.

Scan the QR code to go straight to the school choice profiles on our website.



The Covid-19 Vaccine: What Do We Know?

It may be the most anticipated launch since Apollo 13, as various vaccines for Covid-19 are ready and being administered in different countries, including China. For the most up to date and accurate information on who can get the vaccine and how it affects your summer plans - without the clickbait - follow *jingkids'* coverage on our website and WeChat channel.



A woman with long, wavy brown hair is smiling and holding a baby. She is wearing a light pink, short-sleeved dress. The baby is wearing a white dress and a pink floral headband. They are standing in front of a white brick wall. On a shelf to the right, there is a lit candle. In the bottom right corner, there is a green plant. The text 'Mommy's Spring Glow!' is written in a large, white, cursive font across the middle of the image.

Mommy's Spring Glow!

Putting Beauty Queens to Shame with Her Flawless Post-Baby Transformation

By Mark Allan Karanja



Mommy glow is a real thing. Or is it? Social media sites and photo sharing platforms have recently exploded with stories of soon-to-be and new moms on their struggle to achieve and maintain the famed 'mommy glow'. As it turns out, not everyone has the shiny thick mane, or the flawless glowing skin, or the happy – albeit exhausted – countenance. And after an exhausting nine months of pregnancy comes the dreaded post-partum shedding. Turns out a crying baby keeping you up late at night does little to nothing for your skin! But there are moms who go through pre and postpartum with what can only be described as ethereal beauty.

Enter Australian mom, Gracie Sun. Upon meeting her, you would be forgiven to think she is just another bubbly girl about town. When I first met her, she was in a slinky black number; not what I had pictured a new mom of a two-month-old baby to emerge in. Truth be told, Sun is stunning as she is, though she swears her looks have seen better days. If they have, then this editor's perception of beauty is sorely lacking.

Sun arrived for her day of glamor with the incomparable Laurent Falcon at Laurent Falcon Hair Salon in Sanlitun for a different sort of transformation. Usually, Falcon is tasked with the responsibility of transforming blank can-

vases into coiffed works of art. What was he however to do with an almost perfectly done work of art that just no longer pleased Sun, who had only a month or so before had a cut and color treatment at Laurent Falcon's other location in downtown Guomao? The answer is simpler you might imagine.

Less is More

It is important to offer this disclaimer. It is not recommended to have two consecutive color treatments within weeks of each other. Your hair might be prone to dryness and brittleness. The last thing you need is fried hair. But this was hardly an issue for Falcon who is the master of the cut and color in Beijing. Sun's hair was foiled lightly, to go from a golden brown to a spring-inspired honey blonde. Whereas foiling and bleaching is a long and tedious process, Sun's hair offered no real resistance, and soon she was ready for the sink.

Set the Tone

As with every color treatment, toning might possibly be the most important step after the initial bleach application. It quite literally sets the tone of your hairstyle. The last thing you want to have is brassy, brittle, static-ridden hair. Purple shampoo is the secret to brassy-tone-free hair. After this, Sun received a deep conditioning treatment to impart some much-needed moisture and shine into the hair.

Heat it Up!

As damaging as it can, when used correctly (and sparingly), heat can be a wonderful aid to achieving an effortless-looking hairstyle. The internet is replete with articles warning about excessive use of heat on hair, and how not all blow-dries and flat/curling irons are the same. Sun's hair was first blow-dried straight using Falcon's state-of-the-art Dyson pro blow dryers. Falcon then completed the look with barrel curls gently combed and fluffed out to achieve the coveted but always elusive beach-blown look.

Post-Partum Hair Care Tips

1. Be gentle – Even though the shedding might be inevitable, don't help it along. Gently wash and style your hair, and by all means, keep your hands out of it for the rest of the day.
2. Massage that scalp – This encourages blood flow in the scalp, nourishing the follicles, which in turn produce luscious locks with time.
3. Read the label – Choose shampoos that are gentler to the scalp and hair and don't strip moisture. Sulphate-free, silk or wheat-protein-rich, and collagen-infused shampoos and conditioners are a good option.
4. Lose those ends – It might hurt but it's necessary to trim those ends. This will stop any split ends from further splitting the hair up the shaft.

Lights, Camera, Baby!

Time waits for no one, and neither does a hungry baby. And a day of glam wasn't going to get in the way of Sun making sure her little princess was fed and happy before her big photo debut. Once her soft, springtime glam makeup look was completed thanks to Laurent Falcon's in-house makeup artist, both Sun and her daughter Savannah slipped into angelic pink numbers. I'm not one to ascribe colors to genders but it might be safe to say pink is definitely Savannah's color.

For Sun and her daughter, the adventure is only beginning. As any parent will admit, no two babies are the same. And no matter how many times you do it, each time feels like the first, in terrifying and exciting ways. We can only hope that while embarking on this amazing journey, we can all look as effortlessly stunning as do Sun and baby Savannah.

Laurent Falcon, French Style Salon

43 Sanlitun North Street South
三里屯北街南43号楼
www.laurent-falcon.com
6409 4243



GAME ON!

The Ramsburg Family's Game Night Favorites

By Mina Yan

Jason

Jason really enjoys Monopoly as he likes teaching his children about money management.

Harper, 3

Since Harper is still young she likes to play games like Candyland or Chutes and Ladders.

The Ramsburgs are an American expat family who've lived overseas for the last 12 years. Jason and Tonya met in University nearly 20 years ago and have been together ever since. The family enjoys cruises, visiting theme parks, and traveling the world together. So far they've had the opportunity to visit over 50 countries and enjoy meeting the people and learning about the culture and cuisine in all of them. The Ramsburgs also enjoy skiing, doing art activities, Karaoke, playing with LEGO bricks, exercising, family movie nights, and family dance parties together.

**Tonya**

Tonya enjoys playing Scrabble as she appreciates the educational benefits.

Hayden, 6

Hayden enjoys Clue Jr. because he "loves being the detective" and also likes playing Sorry "because he like to kick the other players off the board".



IT'S PARTY TIME!

The Coolest Places to Celebrate the Big Day

By Cindy Marie Jenkins

Birthdays are your kids' special days, the one day a year that is all about celebrating their life, so of course, you want to make it the coolest and most wonderful memory! But depending on what your kids want, or your budget, or your desire to DIY, Beijing has a lot of amazing choices for the most special day of your child's year. For the full Big Beijing Birthday Party list head over to our website by scanning the QR code.



BLACK SESAME KITCHEN

Blend of traditional Chinese and Western cultural activities, cooking classes, and food available. Mix and match a la carte activities.

Maximum: up to 80 people

Price Range: RMB 4,000-10,000 depending on day and time

Offered: Children's cooking classes from baozi, dumpling, pizza or cake; karaoke, clowns, crafts, pinatas; lunch & canapes, free flow, or wine 'n dine options.

Notes: Package flexible based on party's needs.

Address: 28 Zhonglao Hutong, Dongcheng District
东城区钟老胡同28号

WeChat ID: BlackSesameKitchen

Ph: 136 9147 4408

KIMO KIDS CAFÉ 星漠亲子餐厅

Enjoy a multi-level, varied experience from dress-up play, a nail salon, grocery store, ball pit, and more. Private room for birthdays available, but book early as they are very popular.

Address: Multiple location in Beijing

Price Range: Average RMB 230/person

Address: Multiple locations all around Beijing

KERRY ADVENTURE ZONE 浦东嘉里大酒店儿童探险乐园

Enjoy the play space with lots of places to climb, play, and slide, then move to a private party room.

Price Range: Average RMB 324/person

Offered: Choice of kid-friendly entrees, birthday cake, themed room (dragon, panda, wizard rooms), and passes to Adventure Zone for all guests.

Address: 3/F, in the Kerry Sports Center, Kerry Hotel, 1 Guanghua Lu, Chaoyang District

朝阳区光华路1号北京嘉里中心饭店3层

WeChat ID: KerryHotelBeijing

Ph: 6561 3388

LEGOLAND DISCOVERY CENTER 乐高探索中心

Lego master building, 4D movie experiences, and your favorite Lego characters will share the birthday festivities with you and your guests.

Minimum: 15 people

Price Range: RMB 388-488/person

Offered: Food, snacks, special builds, access to LEGO Discovery Center that day

Address: 3F, West Zone, Longfor Shopping Center, No.3 Chang Tong Road, Chaoyang District 朝阳区朝阳北路辅路龙湖长楹天街西区3层

Ph: 8509 5900



文行
忠信
Empowering and
Inspiring through Challenge
and Compassion

Admissions applications for 2021-2022 are now open!

Entering grade 9 and 10 applicants may also apply for our scholarships
Visit our school website or scan the QR code to apply



BCIS is a YueCheng Education member institute.



+86 10 8771 7171
admissions@bcis.cn
www.bcis.cn

Follow us @BCIS Online



When Life Gives You Lemons

118 Bakery's Sweet Lemon Tart

By Mina Yan

If there is one dessert that's synonymous with spring time, it's the lemon tart. The combination of sweet and sour plus the bright yellow colors is enough to perk anyone up. In this issue of *jingkids* we sat down with chef and owner of 118 Bakery, Eva Qiao, on her love for baking and the secrets to her famous lemon tarts.

Qiao found her passion for pastries when she was studying for her master's degree in Financial Mathematics in Paris. But life has a way of working out and Qiao fell in love with the local food there and decided to change her career path from finance to culinary arts. The aspiring chef then spent the next two years learning and working with more than 20 top chefs from different countries.

Aside from the lemon tarts, 118 Bakery regulars simply can't resist their classic mousse cakes and sugar and oil free French bread. But before we start drooling over their entire menu, let's take the lemons life throws at you and turn them into irresistible treats.



Crust Dough

Ingredients

109g Butter
2g Salt
70g Powdered sugar
25g Almond powder
35g Egg
182g Flour

Instructions

1. Combine the butter, salt, powdered sugar, and almond powder in an electric mixer and pulse briefly until the mixture resembles breadcrumbs.
2. Add in the egg and flour and pulse the mixer again until the mixture sticks together and your hands can form a ball with it.
3. Place the dough in the fridge and chill for one to two hours.
4. Roll out your tart crusts and bake at 170 degrees Celsius for 15 - 20 mins.

Filling

Ingredients

24g Lemon juice
54g Sugar
54g Egg
70g Butter
1/3 Gelatin sheet

Instructions

1. Combine the lemon juice, sugar, and egg into a medium bowl and whisk.
2. Place the bowl over a saucepan filled with simmering water. Cook on moderate heat while whisking until the mixture becomes thick. If you have a thermometer, keep the mixture at 80 degrees Celsius. If not, coat the back of a spoon with the mixture. It's ready if you can run a clear pass through it with your finger. The mixture will thicken once cooled.
3. Remove the mixture from the heat and immediately strain into a sieve.
4. Add in the butter, gelatin sheet, and whisk until completely melted and the mixture become smooth.
5. Let the mixture cool to room temperature before filling your tarts.



Meringue

Ingredients

100g Egg white
100g Sugar
Dash of lemon juice

Instructions

1. Allow the egg white to sit until at room temperature. Then whisk together the egg white and lemon juice until soft peaks form.
2. Using a piping bag with a start tip, pipe the meringue over the top of the lemon.
3. Bake and bake for about 12 mins until golden brown.



Let's Dough It!

Students at The Swiss School
Get Creative With Salt Dough

By Mina Yan

When the kids call for an arts and crafts activity on the fly, an easy one to whip up is an afternoon spent at home getting creative with salt dough. Salt dough is an exciting activity that can be done all year round. It's easy, fun, and sparks the creativity in kids of all ages.

Swiss School teacher Linda Ninio along with JG1 student Wenxin Li, Grade 1 student Justin Springfield, and Grade 2 student Jana Pesch show us their salt dough creations in this issue's Maker's Corner.



What You'll Need

- 2 cups of flour
- 1 cup of water
- 1 cup of salt
- (optional: a little bit of some oil)
- Food coloring
- Rolling pin
- Cookie cutters
- Parchment paper
- Toothpick
- Thread and scissors



1



2



3



4



5



6

Instructions

1. Mix the dry ingredients in a bowl then add the wet ingredients. Knead until the dough is soft and easy to shape.

2. Optional: If you want colored dough, add a few drops of food coloring. For unicolor dough, knead thoroughly; for marble-like dough, knead just a little.

3. Get creative! The salt dough can be used to knead and cut all possible shapes and figures! Shape with your bare hands, make cut-outs with cookie cutters, use shells to create an imprint, add flowers or create animals.

4. If you want to hang your art-work later, pierce a hole using a straw before baking/drying.

5. The figures are baked at 125°C for about an hour. Before cooling down, check whether the dough has hardened.

Alternatively, the salt dough figures can also be air-dried. This takes about two days, but the figures will crack less. If you are using flowers or other fresh materials to decorate, we recommend air drying.

6. Once the figures are cold and dry, they can be painted with water-based paint or with felt-tip pens (don't press too hard!).

Hey, Wild Child!

How to Scaffold Learning in Nature Play

By Cindy Marie Jenkins

Now that we don't need three extra layers to leave our homes, there will be more chances to get outside and play! This time of year is ideal for good old nature play. But did you know that self-directed outdoor exploration is just as important for kids as classroom learning? It doesn't have to look the same, however, and parents shouldn't try to replicate the teacher-student relationship for a successful learning experience out in nature.

I am often guilty of stunting my child learning because I want to be sure we're learning "correctly," and I don't have the confidence in my own knowledge on that subject. It got to the point where if I say I don't know the answer to a question, my kids reply, "Just ask Google, Mommy." And sure, I can just type in a few keywords and tell them an answer, but when we're outside, children are their own best teachers, and we can follow along as their co-teachers.

"Parents need to rethink childhood," says Parityada Punthapong, co-founder and director of Outdoor School Bangkok, and Kelly Goddard, Founder of Forest Adventure Club in Singapore, would agree. "We see so many planned activities, with endless provided resources, time boundaries and goal-oriented tasks, basically parents trying to lead play," she says. "When adults lead, influence, or take over a child's play they are violating the basic principles of play being self-chosen and self-directed by the child. When children lose the freedom to explore openly, the experience loses its meaning...When and if a child needs us, we are there."

That's how Marina Robb, Founder and Managing Director of Circle of Life Rediscovery Community Interest Company and The Outdoor Teacher Ltd, also describes it, and in a way that can also help parents feel good about not always needing to "learn" or have a "lesson" to all of a child's play: "We are creating open questions where we listen and value the children's perspective, encouraging where necessary to extend their thinking or physical development. A human needs to feel loved and one of the ways of showing this as adults is to try to not close them down with your 'knowledge' but rather to open them up to possibilities."

It's still hard to release what we feel is our responsibility as parents, and here is where the concept of scaffolding a child's learning comes into play – pun intended. It's the easiest way to help a parent take a step back and allow the child to discover their own questions – and often their own answers.





PHOTOS: CANVA, CINDY MARIE JENKINS, KELLY GODDARD

What is Scaffolding?

Scaffolding as a teaching technique is exactly what its namesake makes you imagine: rather than leading a child through their learning towards a specific end, parents can simply be there to support and elevate a child based on what they want to learn and where they show curiosity.

Allison McGilligan is a credentialed Forest School teacher in Malaysia, and she uses the example of encouraging a child to climb a tree to explain scaffolding.

- The biggest thing is allowing them to climb a tree, accepting that there may be an element of risk, age-appropriate risk.
- Say yes, have a go. And they probably won't be able to do it without your help.
- Ask "How could you go up into that tree?" So you're scaffolding their problem solving, you're scaffolding their executive function of falling down a tree, or rolling down a hill, or picking something out of a puddle, but you need to give them the freedom to do that.
- The science behind this play process will tell you that a child needs something like a minimum of two hours of uninterrupted play for these synapses to connect in their brain, for that neurological pathway to evolve, so that they learn from their experience and the next time they go do it, they will do it in a safer way.
- We only say "Be careful" if we see there is imminent danger. Instead, try "Ooh, what do you notice about the tree that means you are going to have to keep yourself really safe when you're climbing it today?"
- We're giving the responsibility back to the child. And they can notice the detail. They can sit in nature and focus on one thing.
- We don't tell, we support.
- We observe and then reflect on what we see the children are interested in.
- The skill of the educator is to weave in the numeracy, the phonics, and the color, and the sounds, and the literacy development.

It's much more fun to be a co-learner, McGilligan says, than try to know more than the child about everything in nature. She suggests allocating a shelf for their nature treasures, investing in one or two books based on the child's interests, and do less online research and more offline research.

This way of learning may not fit the standard societal concept of what a classroom is or should be, but gives children "an incredibly diverse sensory environment that promotes embodied understanding," Robb says. "Starting life with confidence in your ability to discover, be risky enough to move your learning and development forward is a valuable foundation for later cognitive development. We forget that top businesses are looking for teambuilding, problem solving, creative abilities, and emotional intelligence, which start from a good play-based direct confidence in the world."

Beyond mental health and learning, playing outdoors also has more long-term benefits than we might realize. Goddard believes that "The better connected with the outdoors children are, the more inclined and passionate they will be to respect and protect our natural world for themselves and future generations."

And that's a result worth exploring.

SOME APP SUGGESTIONS TO AID IN CO-TEACHING/CO-LEARNING:

NSS Bird Guide
Nature Passport
Weather
iNaturalist

How to Spice Up Your Sports

Alternative Sports to Jazz up Your Game!

By XueFei Liu

Another Friday afternoon, shooting hoops with the homies and a family day volleyball match. However, no one seems jazzed up as usual. So, you start to wonder: are some sports getting way too repetitive in your life? Cheer up. Don't ditch bonding time over this because I got you covered. Beijing has not shortage of cool and unconventional sports for the whole family.

原力街头滑板俱乐部 (望京校区)

Skateboarding Club

Address: B1, Jiarui Cultural Center, Building 3, District 4, East Garden, Wangjing

望京东园四区3号楼嘉瑞文化中心B1

Opening Hours: Monday to Sunday 10am-9pm

Approx. Price: RMB 149/per person

Phone Number: 185 0101 5853/ 8646 4600

You've probably seen skateboarding videos on YouTube and admired the kickflips. You're not wrong. Skateboarding is known for its tricks as well as different styles of riding. Not to mention you look totally cool while you're at it, the perfect sport for you and your gang. Whether you're with a crew, a friend, or just going solo, you'll have a blast cruising and ollie-ing. If you're worried about looking like a whale out of water when you hit the deck, don't fret. There are instructors there to help you and classes that you can take. The best part? You don't even need to bring anything. The club provides you with skateboards, shin guards, helmets, you name it. Just grab a friend and head on in!

Free X Top 室内轮滑基地

Indoor Inline-Skating

Address: Inside of Bo Rui Sports Complex, No. 5 Chemical Road

化工路5号博锐体育综合体内

Opening Hours: Monday to Sunday 10am-8.30pm

Approx. Price: RMB 150/per person

Phone Number: 152 4851 2831

Inline-Skating? The most popular party sport known to humankind. Well, inline-skating isn't only for bashes since it is also an intense workout. Just one hour of moderate roller skating burns around 330 calories for a 65kg person. So why not get the fam together for a fun workout session on skates. Afraid that you'll trip-&-fall the minute you latch them on? They offer one-on-one and one-on-two classes with professional coaches that have at least three years of teaching experience. No need to bring any equipment, just be prepared to sweat it out and have fun. Just make sure you call to make a reservation if you're not heading over for classes since they might already have a full capacity.

岩时攀岩(大望路点)

Rock-Climbing

Address: Building 74, No.27 Yard, West Dawang Road (South Gate of Beihua Machinery Park)

西大望路27号院74栋(北化机园区南门)

Opening Hours: Monday 12-10pm, Tuesday to Friday 10-10pm, Saturday to Sunday 10am-9pm

Approx. Price: RMB 147/per person

Phone Number: 137 1888 1250

Rock-climbing! Sounds like fun! But before you even get up from the coach, you start worrying about a thousand things. Such as: what if I fall? What if I get stuck up there? It's too risky. Should you ditch the sport? Of course not. This indoor rock-climbing place has all the safety measures in check. All the cables are secure, and there are dozens of coaches watching out for you, not to mention that you'll have your own personal coach showing you the ropes. They provide different levels of climbing difficulty. From a flat wall to big bumpy surfaces, there's a climbing space perfect for you. Grab a family member or a friend and sign up for one-on-two coaching. If you'd rather go on your own, register for one-on-one coaching. Then head on over, latch on your harness, and start climbing!

北极狐室内滑雪馆

Indoor Snowboarding

Address: Inside Little Wolf International Yard, No. 48, Pingfang Village

平房村48号小狼国际院内

Opening Hours: Tuesday to Friday 12pm-8pm, Saturday to Sunday 10-8pm

Approx. Price: RMB 214/per person

Phone Number: 131 6185 6083 / 186 4002 6440

Don't you love it when it snows? Not to mention one of the coolest sports is done in snowy weather. But snowboarding is almost impossible to do in Beijing, and your parents are so not letting you go to the Alps. What if I told you that you can do this sport indoors? It's possible! By using advanced technology, you're able to actually get the feeling of snowboarding on a hill. There are coaches there to teach you the basics, and the venue provides you all the safety equipment and the snowboards. Just be sure to call them two days in advance to book a session with your trainer. Now you're able to get those Swiss vibes and brag to your friends while staying on budget.

威波豪斯冲浪俱乐部

Wavorhouse Surfing Club

Address: Inside 24h Gear Yard, No. 2 Dingfuzhuangxili, Chaoyang Road

朝阳路定福庄西里2号24h齿轮场内

Opening Hours: Tuesday to Friday 1pm-8pm, Saturday to Sunday 11am-8pm

Approx. Price: RMB 196/per person

Phone Number: 6575 6657 / 131 4629 9500

It was all Aloha nirvana before the pandemic hit. And while you would die to get some beach climate, Beijing is just warming up. Before you throw all your tropical fantasies in the bin, try this surfing club. That's right, an indoor surfing club that gets you on a real surfboard. The surfing club uses advanced technology and lots of water to simulate those Maui waves. Although you can't really practice paddling out to sea and catching a wave, this club and its coaches will teach you the basics of riding on your board and some easy tricks. They provide you with different sizes of surfboards, so you can try them all, and you won't have to figure out how to carry a 180cm-long board around. And when you can finally fly to a tropical paradise, you'll be ready to show off your stuff and catch those killer waves.



SOCIAL BUTTERFLY BABIES

Are Kids Who
Don't Attend
Playdates
Missing Out?

By Mina Yan and Joy Oreto

For first time parents, everything about your child is a new hurdle to overcome. From the moment you realize you're pregnant, thoughts like managing the health and wellness of your baby, mental development, social development, education, finance, and more are all constantly at the back of your mind. Then you give birth and it's go time. Forget the training classes you took where you practiced putting a diaper on a toy baby; it's a whole different experience putting on a diaper while your baby has managed to somehow get poop in her hair. Your well thought out child-raising plan goes out the window and you enter crisis management mode – let's just keep the baby healthy first and we'll worry about the rest later.

But global pandemic or not, today's society has drilled the idea that children need to be social and that early education starts from birth into our heads. So, my fellow Beijing new moms and I began organizing playdates for our newborn children as soon as they were born. But is it actually necessary? Dr. Joy Oreto, a pediatrician at Oasis International Hospital with over 12 years of experience, shared with

us her thoughts on child development and playtime.

Dr. Oreto explained how the first 1,000 days or the first two years of life is the most crucial time in a child's life because it is the time when the brain is developing the fastest and simultaneously the time when the child is learning new skills.

It is also the most challenging time for a lot of parents. To make it easier, it is important to remember the developmental expectations for each period during a child's lifespan.

Parents should first be aware of the different stages in a child's life, starting in the newborn period which is from birth until one month old, infancy which is until 11 months old, toddlerhood which is from one-two years old, preschool from three-five years old, school age from five to nine years old and adolescence which is 10 - 18 years old.

Second, they should acknowledge and learn that there are different expectations for each of those stages. In the newborn period until three months old, the baby is learning about their body. At this stage, it is all about learning physiologic regulations like feeding and sleeping.

PHOTOS: MINA YAN

So parents should learn more about their baby's feeding and sleeping cues. They should also be encouraged to learn more on the concept of responsive feeding.

In infancy, the concept of attachment becomes extremely crucial. This is the time when the bond formed by the child with their parent plays a big role in creating connections in the brain to foster better development. This bond leads to the formation of trust and later on, the creation of a better relationship with the parent to help the child learn emotions and social skills.

For parents with toddlers, it is all about autonomy and exploration - learning about their bodies. Parents should encourage them to move and explore. They should try to have more play time with them. Make sure that the child gets a balanced diet and adequate sleep.

In preschool, it is about learning about other people. This is the stage of empathic awareness, the stage when preschoolers realize that others have their own thoughts and ideas, and these may be different from hers.

But raising a baby in Beijing currently has its added challenges and while there are parents who are taking extra precautions and going on play dates and mommy & me classes, there are plenty who are choosing to keep their babies at home. According to Dr. Oreto, both parenting styles are fine. During the first two years of life, it is mainly interaction with the parents or a primary caregiver that is most beneficial for the child's development. And while playing with other children promotes social, emotional, and physical well-being, it's best to wait until they're toddlers. For children less than one year old, the best form of play should be with their parents and caregiver while during the toddler years the children can practice parallel play, playing side

by side with other kids.

So are social interactions with other babies even necessary? Yes. Playing with other kids would promote social interaction and development. But for children under two years old, parents' interaction is more important, and a good parent and child relationship would promote better cognitive outcome, rapidly learning language, and later on would show better problem solving ability and school readiness.

So while I enjoy meeting up with other new parents, sharing our experiences, and watching our kids somewhat interact with each other, it's reassuring to know that it's not a necessity at the moment. For the time being, playdates with newborns are more for the benefit of the parents.

Tips for Playdates During a Global Pandemic

Creativity is key. Indoor activities (obstacle courses) with siblings and parents, Zoom dates with other children where they play games or drive by other children's house just to wave and say hi from the car.

During this time, responsive caregiving is vital. The parents should be sensitive to their child's emotions, concerns and needs. Kids should be given appropriate support and reassurance to alleviate anxieties. Activities done outdoors could be tweaked to become an indoor activity.



**BRIDGING
CHINA
&
ABROAD**



**VISIT OUR CAMPUS
SUNDAY
APRIL 11**

Scan this
QR code to
register for our
Campus Tour



Western Academy
of Beijing

www.wab.edu

Play Time is the Best Time



Xuyao Ruan (Prek1A class)
Wouldn't it be cool to play on a rainbow?

Students at Ivy Academy
and their Favorite Pastimes

By Mina Yan



The children from Prek2 class play with different shapes.



Henry Lian (KC class)
Henry loves Van Gogh.



Steven Yan (Prek2A class)
Two o'clock is playtime for Steven.



Justin Yap (Prek1B class)
Justin loves to play with his dad.



Xinlei Qiu (Prek2B class)
Xinlei loves to play the violin.

Once Upon a Time...

Hansel and Gretel - A Beijing Retelling

By July Wen (age 13)

Once Upon a Time... We asked students to come up with their own Beijing adaptation of their favorite childhood fairy tales. Thank you to all the students who submitted their work. We are publishing them online and selected the best story that fits all the criteria to be published here. Scan the QR code to read the other entries on our website.



Once upon a time, there was a man. His first wife divorced him, took all the money, and left him with two kids. Having nothing, he was unable to feed his kids and had to move to Beijing with his kids to find a higher-paying job. Right after moving, he met a woman from a powerful family and fell in love with her instantly. The woman was beautiful, had countless pursuers, but she always wanted to marry someone who truly loved her. When she met this man, she decided to marry him.

Everyone disagreed of her decision, but the woman ignored their advice and they eloped. However, things did not work out well. The man, even though he married the woman he loved, was still poor; the woman, even though she got to experience "true love", soon realized how love wasn't all-powerful. The two kids, Hansel and Gretel, suffered even more. Their father was focused on his new lover and his career and didn't have time to take care of them. Their stepmother was pretty and acted nice but was not even close to being kind, as she always saw them as liabilities.

The man got a job at a factory, and the woman had no

job at all. With the high price of everything in Beijing, the family could barely afford enough food. The only property they had was a *siheyuan* the woman had under her name before they eloped. One day, two months after the man and women got married, the family ran out of rice again.

"Husband, we are out of rice again." The woman said, walking into their bedroom. "What do you think should we do?"

"Well," The man slowly answered, "maybe we could sell this house. You know how valuable *siheyuans* are."

"But then, where should we live?" The woman questioned.

"I suppose we could rent a small apartment somewhere." The man said.

"No, husband, we must not!" The woman began to freak out. She spent all her life being rich and spoiled, and she definitely did not have what it takes to live in a shabby apartment. "Those cheap apartments, they are filled with rats, cockroaches, and all kinds of nasty things! Besides, this house is family property, it has meanings to me!"

"Then..."

"I know exactly what to do!" Interrupted the woman. "We can take the kids to a busy district, maybe Sanlitun, and leave them there. By sundown security guards would find them and send them to an orphanage or something. That would be the quickest way to get rid of some mouths to feed."

"My dear wife, what are you talking about!" The man raised his voice. "They would be kidnapped! I can't believe you would come up with such a cruel and inhumane idea!"

"Then would you rather have all four of us starve to death in a small, dark, and creepy apartment room instead?" Yelled back the woman. Angry, she stormed out of the room and slammed the door like it was the most hateful thing in the entire universe.

The next morning, the woman took the kids to TaiKooLi, Sanlitun, while her husband was asleep. She told the kids they were going shopping, but then left them at the mall. She thought that had gotten rid of them, but the moment she stepped into their house, the woman saw her husband, Hansel, and Gretel having lunch. What she didn't know was how Hansel and Gretel heard her plans last night and formed their own. Hansel had snuck out of the house, looked at the signs around their house, then memorized the address. Gretel stayed in their room and she took out all the money she and Hansel saved. They had exactly RMB16 and with the address, that was all they needed for a taxi ride back to home.

With this experience, the woman realized how smart Hansel and Gretel are. She then thought about how she needed to send them somewhere else, somewhere farther, somewhere harder to escape from. What she did was when the man was on night shift, she rented a car and drove the kids to an orphanage in Daxing, far away from where they lived. In order to avoid signing contracts and taking possible responsibility of anything, she dropped them at the door and left without saying a word.

The orphanage was only a small cottage, but there were crops in the yard and dried sausages and pepper hanging onto the eave. It looked like any normal house one would have. Hansel and Gretel were not prepared for this, and they had to walk into the yard. They knocked on the door, and an old lady answered.

"What are you doing here? Where are your parents?"

The old lady asked.

"Good evening, ma'am, our stepmother dropped us here to get rid of us, and I don't think we can find the way back on our own." Hansel answered.

"Oh, you poor kids. Come inside, I've got plenty of food." Said the lady, welcoming them in, "You can stay for tonight and I will send you home tomorrow."

After they went in and sat by the table, Gretel noticed something wrong.

"Ma'am, this is an orphanage, right?" She asked.

"Of course, dear, why ask?" The old lady answered.

"Then why aren't there any children?"

"Well, you know how far from town this cottage is, and the only orphans I had were adopted last month." The lady said.

Hansel and Gretel still felt like something was wrong, but they decided to stay, since that was their only option. After dinner, the lady settled them in a big bedroom, and they went to sleep. However, Hansel and Gretel woke up the next morning being locked inside. Before they said anything, they heard the old lady talking on the phone.

"Yes, of course I have the kids." She said, "If you are so worried, why don't you drive your car faster so you can check yourself? And don't forget my reward! I need the money by the end of today!"

"Are you selling us?" Hansel shouted immediately.

"Of course, you little fools. Now, I will be heading out and you will spend the last free hour inside the room. Good luck!" Yelled back the old lady, as she headed out.

From the window, Hansel and Gretel watched her leave. Just when they were about to freak out, Gretel thought of something. She pulled out a hair pin, then picked the lock. After a few minutes, the door was open and they ran outside. Hansel then called the police with a telephone in the cottage, and by the time the old lady came back, there were police officers waiting in her house.

Hansel and Gretel were sent back home, and they told their father everything. The man angrily questioned his wife, then decided to divorce and sue her after her confession. Winning the lawsuit gave the man more money, and he also managed to find a better job. The man, Hansel, and Gretel then moved into a small but heartwarming apartment and lived happily ever.

COMMUNITY IS CRITICAL

How Passion Transforms the Future of AISB-HOPE International

By Mark Allan Karanja

Educators in certain quarters all over the world these days stand accused of shirking their pedagogical duties. They stand accused of either choosing teaching, not as a passion but just as a way to earn money, and for that reason the once high standing of a teacher in society has sharply declined. But this is not the case all over the world. In countries like Finland, teaching is possibly one of the most important, and indeed most coveted if not competitive positions a person could strive for. Teachers are vested with the responsibility of designing their curriculum which means no one way of teaching and learning is the same from school to school. Finland as a nation continues to be a leader in areas of science and mathematics, places where most of the western world continues to lag. Yet another world leader in these two fields is China. Steeped in Confucius learning traditions, China in recent years has gone to great lengths to provide its young generation with the best global mind for their edification.

So what is it that allows one to make it to this elite team of chosen educators here in China? Meet Mr. Randal Eplin, the Head of AISB-Hope international, one of Beijing's premier international schools. As someone who admittedly has a passion for pedagogy, this US native has spent his six years in Beijing's educational scene traveling the path less travelled by others, and by so doing created an educational niche not only for himself but for AISB-Hope International. "What might differentiate me from other Heads of School

is that I am ready for the process to be a bit messy to meet the needs of a student, since I have encountered it before," Eplin says of himself. And while this might come off as a brag, he more than has the goods to back it up. "When we have students who need support to access our mainstream curriculum, I see it as an opportunity to investigate how we can stretch and grow as an educational institution and community in our inclusivity," Eplin explains, adding "During my time working in international schools, we admitted students that other schools might not accept. It's not always easy. It takes additional resources, diligent work, and a dedication to both serve, solve, and meet the needs of students."

Admittedly, such radical decisions have not always gone down well. But the process soon bears out. Even his decision to be an educator was not set in stone, as he left the education sector to find greener pastures elsewhere, but ultimately returned to his first love and in so doing, continued and expanded his advocacy work for students. As Eplin puts it, "I also realized that as I was serving students year after year, how important it was for me to advocate for students to be able to make mistakes, learn from those mistakes, and then move forward successfully. One could assume, with this as my philosophy, that I firmly believe in giving students second, third, fourth, and fifth chances. Although I have been criticized for that, I believe that both young people and adults have the potential to change and grow." Eplin, who is currently at the tail end



Mr. Randal Eplin



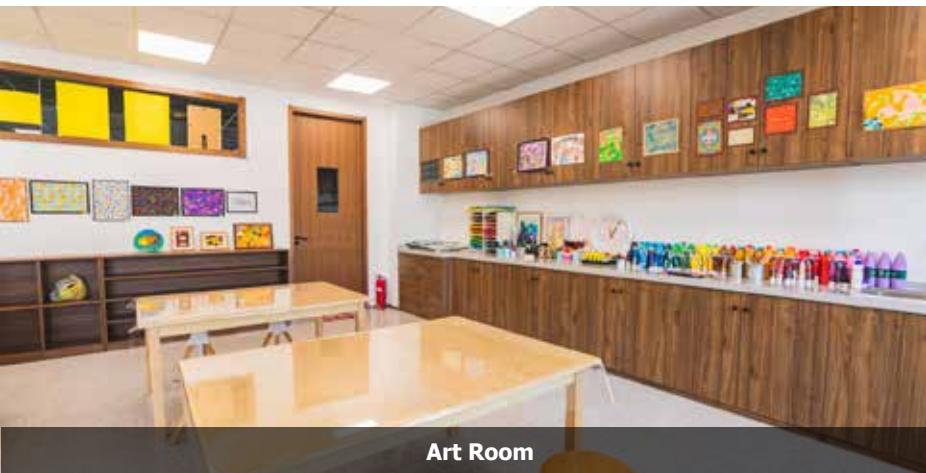
Soccer Field



Lobby



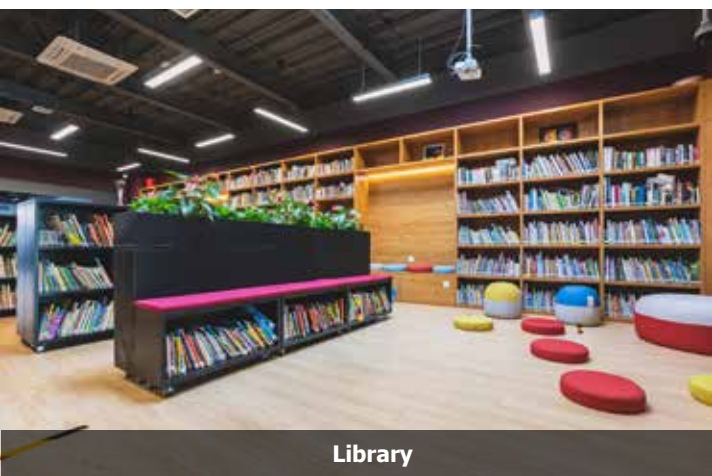
Salon



Art Room



Art Scary The Monster



Library



Classroom

of an eight-year-long EdD at the University of Liverpool, continues to cement himself firmly in the world of specialized pedagogy. "The title of my thesis is Experiences of Students with Dyslexia in Higher Education in England. I believe it provides insight into what I am passionate about as an educator and educational leader. I have been afforded the opportunity to work with students of various special needs throughout my career. Some of these include, dyslexia, gifted and talented, ADD, and Asperger's. It has been and remains to be, a huge passion to work with students who are a little bit outside of the box and need attention and care to thrive.

Despite this glass-half-full attitude towards learning, Eplin's time in Beijing has not been without its challenges. Like all schools in Beijing, AISB-Hope International was also affected by lockdowns occasioned by Covid-19, complicating moving plans already underway. "Before the pandemic, the plan was in motion to find and move the school to a new location. Then, in the middle of my first year as head of school, we ended up on lock-down and were forced to move to online learning. Despite moving to online learning and managing through a pandemic, we still needed to find a new campus, manage a construction project, and then move," reveals Eplin. This ability to

be resilient and continue, according to Eplin, has been in no small part due to AISB-Hope International's incredible parent and staff bodies. As Eplin explains, "The AISB-Hope community is a very compassionate, loving community. I truly enjoy the parent community that provides support for both myself and our teachers. Our PASS (Parents Assisting Students and Staff) parents are always trying to find ways that they can support me as a Head of School and support the education of their children. They understand that things are not perfect and they chip in to make things better as a school. They received me very well a year and a half ago as the new Head of School, and they continue to help me deliver a top-notch education for our students."

And it is this sort of support needed to make Eplin's vision for AISB-Hope International's future not just an idea but a reality. "I want to promote the AP Capstone™ Program that was adopted over the summer during the pandemic. This program requires students to take a course entitled AP® Seminar in grade 10 and AP® Research in grade 11. After that, they would take four additional AP® classes during grades 9-12. To earn the AP Capstone diploma, the student has to pass with a score of 3 or higher in all six classes. With many students having begun this course in September

of this school year, it is evident that the level of rigor at our school continues to rise." This is far from all that the AP Capstone program has to offer. Eplin continues to say, "Another aspect that I find inviting about the AP Capstone™ Program is that it includes an interdisciplinary approach which could, in some aspects, be compared to the IB Diploma. The level of critical thinking and analysis expands deep within the AP® Seminar and AP® Research courses. As a former IB Diploma coordinator and having worked in IB schools, the AP Capstone™ Program provides a different approach while achieving a very similar result. It creates students who are strong critical thinkers and can approach the world with an analytical lens. This is something we highly value and so the school will eventually require all students to take these two classes."

In the competitive world of international schooling in Beijing where parents are encouraged to be as astute as possible in selecting a school that will not only deliver desired results but is a perfect fit for their child, AISB-Hope International, under the leadership of Eplin continues to provide a much-needed contrast and reassurance for parents and great support for students of all abilities. With someone as dedicated to the world of pedagogy as Eplin is, parents and students are ensured of success.

EXERCISE? I THOUGHT YOU SAID EXTRA FRIES!

Families From Different Cultural Backgrounds Share Bite Size Thoughts on Healthy Eating

By Yiran Huang, Mina Yan, Grace Zhang



Dad, Lu, is an administrator in the environmental protection industry, who likes sports and making friends. Mom, He, is a nutrition doctor who often goes to schools and communities to share her knowledge on nutrition in her spare time. Hardy is an outgoing primary school student, who likes programming, doing handwork, playing basketball, tennis, and swimming with his dad.

How often do your children eat fast food? What kind of fast food does your family prefer?

He eats fries or fried chicken once a month or once every several months. These kind of food taste good so children love them. But he knows that it's unhealthy so he can control himself.

What kind of food is considered healthy and what kind of food is unhealthy in your family? What is your family's attitude towards unhealthy food?

We think vegetables, fruit, meat (both red meat and white meat), eggs, milk, bean products, nuts, and multigrains are healthy

food, while fried food or grilled food, pickled food, processed food, drinks and dessert are unhealthy. Having a balanced diet with a wide variety of food and proper cooking is our essential.

What does your family usually eat during mealtime?

We have meat, vegetables, and fruits at every meal. For breakfast, we'll have eggs, milk, and nuts. For lunch there will be more, such as a dish with red or white meat. As for cooking, we prefer to steam or stew. There will usually be three to four dishes including hot dish, cold dish, and a stewed one. For main staple, we usually have multigrain. Dinner is often simple

with one or two dishes and a bowl of babao porridge or millet congee.

What kind of dietary preferences does each family member have? How do you take that into account when eating?

In my family, the elderly prefer light flavor with vegetables while kids like meat, eggs, and milk, so we'll try to have a balanced diet and meet everyone's need.

Do you deliberately control your children's diet? If so, how?

Mom controls the diet of family members. So things like drinks, fries, and instant noodles barely appear in our house.

Do you pay attention to the weight of your children? In what ways?

We weigh ourselves every day. If we notice that there's excessively increase, we'll control our diet consciously.

PHOTOS: COURTESY OF HE



Mom Eva Biörck is from Sweden and has lived in Beijing since 1996 where she met her husband Alex, originally from Colombia. The couple have three beautiful children together, a 10-year-old daughter and six-year-old twin boys, who were all born here. The couple is best known around town as the co-founders of Mosto Restaurant Group which has founded three brands to date; Mosto, Moka Bros, and La Social.

daughter is a pescatarian so I have discovered a lot of high-protein, tasty vegetarian dishes that the whole family can eat. My husband Alex makes the kids their favorite Colombians beans.

How often do your children eat fast food? What kind of fast food does your family prefer?

My kids do not eat fast food very often, I would say around three to four times a month. If they had their choice of fast food, they would definitely go with the classic hamburger and fries. My kids also love instant noodles, but we try to only give them fast food when there are no other options available

What kind of food is considered healthy and what kind of food is unhealthy in your family? What is your family's attitude towards unhealthy food?

For me, unhealthy food is anything that's excessively oily or fried. When I'm grocery shopping I try to get "healthier" options of things the kids like, for example, whole wheat bread over white bread and brown rice instead

of white.

When I think about healthy food, I think of lots of fresh fruits, vegetables and minimally processed foods. The kids especially love veggie soups and fruit smoothies, I've found a great way to sneak extra veggies in the kids' diets is to add them to smoothies.

Our family has an "everything is fine in moderation" approach towards junk food. On Saturdays we like to treat the kids to something a little bit unhealthy that they love, maybe some candy or a bag of chips. I grew up in Sweden and my parents always gave me a Saturday treat, it's a fun weekend tradition I've kept up with my own kids.

What does your family usually eat during mealtime?

During mealtimes our family eats a lot of vegetables, soups, lentil stews, and fish. My

What kind of dietary preferences does each family member have? How do you take that into account when eating?

Since my daughter is pescatarian, I tend to make a lot of lentil and veggie stews, fish and high protein vegetarian dishes. Besides that, none of them are very fussy with food. My sons love to eat meat. Maybe because they grew up in and around restaurants, but they are all pretty adventurous eaters.

Do you deliberately control your children's diet? If so, how?

I think all parents try to influence and educate their kids about the importance of eating a healthy, balanced diet. It's important so you can set them up to maintain good habits and healthy lifestyles in the future.

Do you pay attention to the weight of your children? In what ways?

No, we do not. My kids are all active, healthy, and happy – that's all we could ask for!

IMAGINE THAT!

The Art and Science of Pretend Play

By Julie Wolf



As educators and parents, we often focus on the measurable milestones in a child's life. They know 100 words, can trap a soccer ball, know their times tables, or have memorized all the countries in Asia, all accomplishments about which we proudly boast. And we should! Those are exciting achievements. But there is an aspect of education that often gets brushed off as cute but unnecessary. Creative or pretend play is sometimes seen as a less valuable use of a child's time and a school's resources because the skills learned are less quantifiable than other more traditional academic pursuits. That's understandable, but a little misguided. Here is why imaginative play is so important for your child's mental development and how you can encourage it.

Let's start with the heavy hitters. Pretend play is the gateway to symbolic thought. When children pretend, they are substituting one object for another. The red ball becomes an apple they pretend to eat, that old box is now a rocket ship sending them to the moon! This directly correlates to the ability to think symbolically later on.

Symbolic thinking is the ability to understand that a symbol, like the number three for example, can stand in for an idea, in this case a set of three identical objects. Later in their education this will be vital. Without symbolic thinking you can never learn to read because the letter "D" doesn't actually mean anything. It is a representation of the sound "Duh." When all those symbols get strung together the sounds they represent make a word, which also doesn't mean anything. "Dog" is the symbolic word in English for the furry animal that likes to eat bones and say woof.

This means pretend play and symbolic thinking are literally the foundation of our language skills! But it doesn't stop there. As your child engages in pretend play, they are naturally creating a story, a logical sequence of events. And they are predicting what comes next in their story. Both sequencing and inferencing are two vital skills for reading comprehension. Because what good is learning to read all those symbols if you don't understand the story they are telling?

And those are just the academic benefits of creative play. We can't forget the long-term effects it will have on a child's life. The Harvard Business Review has listed Creativity/Creative Problem Solving among employers' most sought-after work skills for several years running. This is because they are not skills that can be replaced by automation. Computers can be taught efficiency but at the end of the day they can't go beyond their programming to innovate. This means creative individuals with the

technical skills to manifest their ideas will always be in demand.

Let me put it another way. A child's ability to look at a bedsheet and say "it could be a cape, or a tent, or a ghost, or a flag, or a canvas!" is the stepping stone that allows them as an adult to say "I know we designed the widget to do this, but it's an emergency so what if we used it this way instead."

All of those benefits are just the tip of the iceberg. Language development, fine and gross motor skills, cooperation, communication... the list of vital life skills goes on and on and on. But many parents, especially those who aren't naturally creatively inclined, get intimidated by the idea of encouraging pretend play. I have a few simple games I suggest to parents and teachers to help get the creative juices flowing.

"What's Their Story?"

Sitting in a traffic jam and you just can't listen to "baby shark" one more time? Turn off the tunes and ask your child where they think the person in the car next to you is going. Are they going to the park? To see their grandma? To the moon? Once you have established a destination, help them build a story by asking leading questions with no correct answer. What will they do when they get there? Did they pack a suitcase or a picnic basket? What's inside of it?

"This Is Not A..."

Ever heard this, "I have nothing to play with, I'm booooooored!!!!"? My go-to fix harkens back to my improv days. Grab the closest object to you and proclaim "This is not a blank (laundry basket). This is a blank (sled)!" Then hand the child the item and say, "what can you make it?" They might say a hat, a fishing net, a car etc. If you have the space encourage the child to act out how you would use the object, for example, putting the basket on your head when you say hat. Go back and forth, each of you taking a turn transforming the object, until you run out of ideas and then pick a different item. If you are on the go, your purse or back pack is a treasure trove of ordinary items waiting to be turned into extraordinary ones!

The Big Box

An oldie but goodie, this was my favorite rainy-day activity as a kid. Save the next big delivery box (or boxes) you get. Bring out crayons and stickers and tell the kids you have granted them the power of imagination and they can now turn this box into anything; a robot, a castle, a submarine...the sky is the limit.

We Can Do Better Than That!

Don't buy it if you can make it. Do they desperately want the super cool pop-up tent their friend posted on Instagram? We can do better than that. A one of a kind customized fort! Let them scavenge the house for unused items and figure out how to engineer it. Stacks of books, old sheets and the Christmas lights you never put away suddenly become the world's coolest and most exclusive club house. The same goes for Halloween costumes, phone or computer cases, jewelry...anything that you pay for, they could probably make a cooler more innovative version themselves.

Spoon Full of Sugar

Make chores fun! Within reason, let them use those imaginations to make the dreary extraordinary. If your little one wants to set the table by turning the plates into a race car steering wheel, let them. At the very least the job will get done fast. Need them to help clean the bathroom sink? Tie a scarf around their nose like an old cowboy movie, hand them the bottle and towel and proclaim them the germ buster! Mary Poppins was correct; the sweet stuff helps the medicine go down.

PHOTOS: PEXELS

THE BRITISH SCHOOL OF BEIJING, SANLITUN
A NORD ANGLIA EDUCATION SCHOOL

Now Enrolling for August

You want the best for your child.
So do we.

At The British School of Beijing, Sanlitun, our individualised approach to learning prepares your child for the next stage in their studies, ensuring that they develop the skills and mindset needed to thrive in an ever changing world.

Visit us to discover how we think beyond traditional education to *transform learning.*

bsbsanlitun.com



PLAYING WITH PURPOSE

Turning Everyday Moments Into Life Lessons

By Julie Wolf

As any preschool parent knows, most western education philosophies are now “play based.” While there is some variation in the format, the basic idea is that children learn best by playing and it is the job of the educator to shape and guide that play for optimal results.

Science backs this approach. A quick internet search will reveal literally hundreds of reputable studies that show that playing is not only vital to human development but that we learn best and retain more when we are enjoying the process.

But education and opportunities to learn don’t start and stop at the classroom door. There is so much that you can do as a parent to make everyday play educational. It can be easy, it’s fun, and it will teach your kids to love learning long after their time in the classroom has ended.

Follow Your Child’s Lead

What are they interested in? If they love theatre then encourage them to put on impromptu backyard plays or puppet shows of stories they have read. Making costumes is great for creative problem solving and motor skills, retelling something they read is sequencing and reading comprehension, working with other friends is cooperation and communication. Do they love a particular sport? Get them interested

in the history of the game. American Baseball had an immense effect on WWII and the history of the Olympics is literally epic!

Encourage Questions

Encourage questions, and then help them find the answers. I have a very specific memory of my seventh Thanksgiving. I watched and waited excitedly for the little plastic timer in the turkey to magically pop up. When it happened, I turned to my dad and said “How does it know when it’s time?”

Rather than dryly explaining how heat causes a small piece of metal in the timer to expand which pushes up the plunger my dad said, “let’s find out!” We spent the next 10 minutes examining and dissecting the thermometer and discussing what we discovered. My dad took an everyday moment and turned it into a science experiment. In doing that he also gave me permission to think for myself and encouraged me to come to my own conclusions.

Provide the Environment and Let Mother Nature Do the Rest

Not every educational moment requires your direct guidance. For example, I love a sensory bin. Keeping colored rice, some buttons, and a few cups in a wide shallow bowl will provide hours of entertainment for your child. As they look for buttons and scoop rice from one cup

to another they are building neuro pathways, developing seek and find skills and working on spatial awareness. Bonus they will probably be so engaged that you can read a chapter of your book or have an uninterrupted phone conversation!

Use Technology Thoughtfully

I am not an anti tech educator. I think it can be an important tool for children and is frankly unavoidable if they want to function in today's world. But like any tool, it needs to be used thoughtfully. As often as possible try and have an analogue component to what your child is watching. I love cooking videos for kids because they can do it along with the person on the screen. Cooking is great for sequencing, following detailed directions, tactile stimulation and cause and effect. Plus, it teaches a life skill!

Don't Discount Free Play

We can have a tendency to over schedule our children because we want them to have as many opportunities as possible. But as with all things in life, they need balance. Free play teaches children to self-direct their time and energy; it encourages them to make choices and discover what they do and don't enjoy. In many cases, it requires them to negotiate social interactions. You don't want all of their playtime to be unstructured, but you don't want to leave it out entirely either.

Don't Pretend You Have All the Answers

I love when a student asks me a question to which I don't know the answer! It becomes a learning moment for both of us and a chance to teach them about research. This gives them some agency in the learning process and lets them know that it's ok to not have all the answers. What's important is that you have the ability to find the answers.

One of my favorites: A little boy I knew asked me on the playground, "what color do bees think the sky is?" I had no idea. I had never even thought to ask that question. So, I honestly answered. "I don't know, do you want to help me find out?" We spent reading time on my laptop searching for articles about bees.

Turns out during the day bees probably see a blue sky like us. However, they don't have a receptor for the color red and do have a lot more receptors for ultra violet colors so when the sun rises or sets they probably see colors we can't. How cool is that!

Don't Overthink It

Playing with purpose is about being engaged and involved. There is no right or wrong way to do it and you don't have to actively seek it out. You just need to be present and the opportunities will present themselves. Remember the key word is play, so it should be fun for both of you.

I hope this helps you build amazing memories with your child. Happy learning everyone!



About the Writer

Julie Wolf is the Director of First Five Early Education Centers in New York and Director of International Education for Newhatten Early Education Centers in China. She has been working with children and parents for over 18 years as a teacher, arts integration specialist, curriculum designer and staff development expert.



BABA'S NOT A BUFFOON

Dads Play a Big Role in Early Childhood Development

By Cindy Marie Jenkins

► **D**ads really get a bad rep, especially in TV and films geared towards families. The trope of the absentee or deadbeat dad is so pervasive that it often seems like a lazy way to motivate your protagonist. Think of your top five movies and then try to name one whose dad is a good influence, or even alive.

These images of dads have bothered my husband Dan Jenkins since before he became one. As he describes it, "American media gave me nothing to aspire to as far as how to dad. I was raised with representations of fathers as buffoons at best and incompetent at worst: Al Bundy, Homer Simpson, Michael Keaton in *Mr. Mom*. On the other end of the spectrum were the harsh sports dads which I had zero time for." Let's not even get into the gender inequality of the trope.

Unfortunately, living internationally tends to exacerbate these stereotypes, since 85% of families move for the father's job, leaving their partner with that oh-so-lovely tag of "trailing," according to

the 2013 International Surveys from the Permit Foundation. Being the primary breadwinner of a family, sometimes for the first time, and often on project-based assignments, may require longer work hours and more time away from the family, which can inhibit your available playtime.

What most studies of parental involvement will tell you, however, is that it isn't always the quantity of playtime that is most effective, but the quality of the time that you spend with them. And when your window of playtime is so small, it's even more important to make the most of that time. The importance of playtime with dads has been a topic of great interest in parenting studies of late. Multiple studies show a direct link between playtime with dad (starting from one month old) and improved cognitive development in children.

Although studies show that focused playtime with Dad tapers off between the ages of 8-13, it's up to the Dad to forge new ways to bond and play with their children. After all, there are numerous benefits, such as:



"DADS JUST DO IT DIFFERENT"

Those are the wise words from my birthing teacher, herself a mother of eight children. She was appalled, she said, when she returned from a walk to find her husband was dunking their young baby in and out of the kitchen sink vigorously to give him a bath. She had to stop and force herself to take a breath, and that's when she noticed her son laughing hysterically.

"And you know what," she told her class of soon to be parents, "That child is the best swimmer of the bunch!"

Dads need their own time to develop how they and their children like to play, allowing it to mature and change as the relationship grows.

PLAYTIME WITH DAD HELPS CHILDREN DEVELOP SELF CONTROL

"Children who enjoyed high-quality playtime with their fathers were less likely to exhibit hyperactivity, or emotional and behavioral problems. They also appeared to be better at controlling their aggression, and less prone to lash out at other children during disagreements at school," according to a June 2020 University of Cambridge study.

No one is born knowing how to regulate their emotions; it takes practice and exposure to a number of feelings in various kinds of situations. In effect, playing with Dad can be a rehearsal for the schoolyard.

ROUGH AND TUMBLE PLAY AIDS IN PRO-SOCIAL BEHAVIOR

"Prosocial behavior includes things like being considerate of other people's feelings and sharing well with others. In other words, high-quality rough-and-tumble play is linked to nice children who are probably going to have an easier time making friends with their peers."

That's the conclusion of Richard Fletcher, Jennifer StGeorge & Emily Freeman's 2013 study in *Early Child Development and Care*.

PLAYTIME PAIRS WELL WITH ACADEMICS

Playtime is always learning time for kids. Beijing dad Franco Dionco has 4 year-old twins and enjoys creating these kind of games for them where "they go under a table, climb a chair, [go through] tunnels and at the end of the relay will be a problem to solve or picture to identify like shapes, alphabets or letters."

Dionco used to think he'd be a strict father, and that education should always come first. Having a spouse who is also a teacher, however, changed his view once he had kids. He said he felt enlightened "about the importance of play with the developmental stages of our kids. Play can be more educational than academics and it's more fun so kids are more focused." His relay race game is sure a great way to combine the two elements of play and learning.

IT'S NOT ALL ROUGH AND TUMBLE

One notable exception to the deadbeat dad trope is the Australian cartoon "Bluey," where a family of dogs enjoy a fantastical life together. We see the mother leaving for work, the father trying to work from home, and both parents staying active in their pups' emotional development as well as their imaginative play. In fact, half our kids' playtime games now come directly from that show.

"Bluey" validates to families that there are Dads who play fairy kingdom just as often as a monster. There are Dads who sit down and talk through how their youngest is feeling, instead of trying to bully them into acting "tough." There are no set certainties when it comes to "how to dad" but staying involved in our children's lives and overcoming the ridiculous tropes that society has set as our goalposts is a good start.

My own husband luckily had a great role model in his own dad. He worked and traveled extensively, then prioritized family time when he was home. But more often than not, he learns just as much about "how to Dad" from our children: "I do my best to put myself back in my kids' place and understand how they are processing the world very differently than I process it. I try to remove my jaded expectations and help them learn and grow their way, not mine."

Whether that's quietly fishing, touring a hutong, playing hide and seek in Ritan Park, or building a new LEGO set, every moment of focused and attentive play are the best moments, building long lasting memories.







THE WATER IS *Just Fine*

Teaching Your Kids How to Swim Could Transform Their Lives

By Mark Allan Karanja

Swimming has gotten a bad rep through the years. Be it that it was associated with a certain class or race of people or seen as merely seen as a skill one could do without unless one 'needed' to swim or was on a seaside vacation somewhere. Swimming proficiency wasn't something at the top of people's priority list. But certain natural disasters in the west brought shone a light on how neglected swimming is, not only as a tool for fitness but as a necessary life skill. On average 4,000 people drown a year in the US alone, with 10 fatal drowning incidents being reported daily. Additionally, drowning is the leading cause of 'unintentional injury-deaths in children aged between one to four. You might think that these children drown because they were left unattended, but according to the same statistics, 23% of these deaths happen when families are gathered near pools.

A Chinese Solution

Lack of swimming skills can be attributed to various reasons, from children coming from low-income families thus having no access to swimming facilities, to apathy towards a need for these skills. China is a prime example, however, of a confluence of both these factors. With

most kids in China growing up in big cities, the need for learning how to swim doesn't seem as apparent. And this is reflected in the statistics of drowning-related deaths in the country. Drowning remains one of the leading causes of death for kids aged 10 to 14 in China, second only to road accidents. In recent years, however, Chinese parents have taken up the mantle of starting a new culture of teaching kids how to swim as early as possible. Baby-parent swimming classes have mushroomed all across China, with it becoming the new trend in 'good parenting'. Parents recognize the need to equip kids with this all-important skill as early as possible, just as they would with reading and writing.

But beyond thinking of it as an essential life skill, are there any other benefits to be gained from teaching kids how to swim? We spoke to Oscar Cai - water sports instructor, Sun Haijiao - Aquatic Physiotherapist, and Catalina Gutierrez - Physiotherapist, the dream-team working with parents and children at Beijing United Family Hospital's (BJU) Aquatic Therapy Department. At this top-of-the-line facility, kids can begin to learn to swim as early as just a few months old, with various targets ranging from physical strength, improved motor skills, to encouraging rapid psychological development.

Let's Break it Down

According to parents, there are several advantages to kids learning how to swim beyond the obvious.

1. It promotes motor development (including muscles and skeletons)

When babies are kicking, moving their arms, slapping the water, or engaging other body actions in the water, they need to overcome the resistance of water and work with buoyancy. The utilization of this energy in the water is more than what would be used up in regular land-based exercise, and the babies' limited movement while on land is overcome due to the nature of the environment in the water.

2. It improves the baby's sensory development

As the skin has a large number of nerves attached to it, the skin is the body's largest tactile receptor. When babies engage in various movements and exercises in the water, they can feel what can only be described as the 'wrapping and flushing' of the water, which stimulates the nerve receptors. When they do a variety of moving exercises in water, they can feel wrapping and flushing to stimulate nerves. And the improvement of tactile ability lays a good foundation for the development of sensory integration and proprioception, or in other words, the awareness of the position and movement of the body.

3. Bonding hormone release

When a parent has their hands wrapped around the child to protect it, this form of body contact encourages the release of

"hug-style" hormones or oxytocin, which is also known as the 'feel-good hormone'. This hormone encourages an even closer parent-child bond, and stabilizes the baby's mood!

Is That All There is?

There are also unexpected additional benefits. According to a research paper by Pan, C. titled "Effects of water exercise swimming program on aquatic skills and social behaviors in children with autism spectrum disorders (2010)", there are numerous benefits to be enjoyed from learning how to swim by young autistic children. The research paper concludes that "children with autism spectrum disorder (ADS) can experience enhanced competence and help understand movement. This, in turn, helps to improve social behaviors and fosters their interactions with other children." Older children learning how to swim also improve their social skills. Learning a new skill in a 'class' setting encourages young children to rely on one another, allowing them to practice their social skills in making new friends and creating connections through a shared experience.

So, while the prospect of plunging your child into a massive pool without every bit of protective gear under the sun being strapped to them might scare you, it is important to check your fears, if only for the possibility of your child enjoying all these awesome benefits. Facilities like BJU's aquatherapy department not only come with a highly qualified staff but have every safety measure you could imagine. And if you are a little shy to get into the pool yourself because you might be one of those left behind by the 'swimming skills bus', then you might use the opportunity to acquire a new skill as well, right along with your child. Talk about a bonding experience! Don't be afraid to plunge in! I assure you, the water is just fine!



PLAYER 1: SELECT YOUR AVATAR

Welcome to the World of Competitive Gaming

By Ceeane Mari Vargas



Have you ever had those moments, when you would wake up early in the morning just to put in some hours in your favorite game? Have you ever thought to yourself "Dang I just put in six hours of gaming today!" Well you're just like lots of kids around the world. You might be one of the two types. The casual ones who play for the fun of it or the ones who play it competitively.

Now being casual is not really a bad thing—some games don't need to be played competitively anyway. The ones who play it competitively usually put in some more time like more hours per day. And you might be shamed for it because they think you're wasting time and that you need to study or work. Maybe you don't listen to them, but well technically yes, you have to study and get a job. But you have to be committed with your studies to get a job with a good stable income, but if you want to pursue gaming, well go for it! It's actually as serious as real sports and jobs! Now, there is

a lot of conspiracies surrounding this, but you both get the same results like you get paid, and you get sponsorships, and even fame!

Now there is this competition worldwide, called EVO, short for Evolution. When you go there, it's like a whole new world and I'm talking about Aladdin type new world. Like a new perspective. When you go to EVO, you will see 1,000+ people just like you in different age groups who love the game. There's nine games in total that is handled in EVO every year and the games sometimes change due to popularity or games that have broken mechanics which break the game completely and can't be played competitively no more. The EVO tournaments usually are not so classy but in some moments, you will see two guys sitting back to back with two TV monitors in the middle of a boxing ring. But the best thing is when someone does a very hype and cool play in a game. The most famous and inspiring moment in "EVO is called EVO Moment 37#".

Whoever wins an EVO tournament, gets a trophy and a title for themselves. Like Best in China or if you've won a lot of tournaments, The Best in the World. And lots of people love to be called the best.

And if EVO isn't really close to you, you can always just go to a local hutong tournament near you. Trust me, I've been to one, and everyone's very supportive of the newcomers, even the young ones! There's this adrenaline rush when you first enter a tournament. Once you sit down on your allocated seat, money is on the line! Whoever wins a local tournament gets a lot of money ranging from RMB 400-800. Now that's a lot for a high school student. What's really special about these tournaments is that you don't need to talk to anyone to know them. Because you all love the game, the game shows who you are and also the friends you make along the way. About 50% of the game heavily relies on what happens in the mind. The other 50% comes from how good you can play the game. Just like in conventional sports, right? And just like in competitive sports, you can pay for a mentor to help you improve in it.

Where do you find mentors, you ask? Well everywhere on the internet, you just have to check. The most prominent one is called ProGuides, where the best of every game is available to coach you. I'm not going to lie—it's expensive. It costs around USD 60 for one game. If your parents think that's too much, then you can always go on Fiverr where they give coaching for as low as USD 7. You can also check Youtube. Some Youtubers are willing to mentor.

Now, you might be asking, "Is it safe to bring my eight-year old child to enter a tournament?" Well, currently it is. All the "bad" people have already been banned from joining tournaments. But if you really want to make sure, the parents can come with the child for safety.

Computer or e-games are like sports and jobs now. You can pursue it no matter what anyone says. Thanks to the fast development of the industry, especially in China, we gamers don't have to feel guilty for putting in lots of hours. Gaming is no longer just a hobby.

PHOTOS: PEXELS

You want the best for your child. *So do we.*

At The British School of Beijing, Shunyi, we are proud to attract the best teachers in the world, committed to nurturing and inspiring every child to deliver excellent academic outcomes. Our global scale ensures exceptional teaching standards, enabling us to support them through leading edge professional development, amplified by the sharing of international best practice.

Visit us to discover how our *outstanding teachers* will inspire your child to love learning and achieve more than they ever thought possible.



THE BRITISH SCHOOL
OF BEIJING, SHUNYI
A NORD ANGLIA EDUCATION SCHOOL

bsbshunyi.com



SCHOOL NEWS



100% LAMDA Pass Rate at HBJ

Harrow Beijing is delighted to announce the 100% pass rate of the recent LAMDA examinations for all students! Out of the 62 candidates, including students from LAMDA Saturday School, 45 students got the Distinction grades, and 17 students got the Merit grades. Seven students achieved medals.



Meet YCIS Beijing's New Co-Principal

YCIS Beijing welcomed Ms. Jessica Sun, the new Chinese Co-Principal and member of the School Leadership Team (SLT) in January 2021. Ms. Sun has been with the Yew Chung Foundation since 2003. She taught as a secondary Chinese coordinator at YCIS Beijing before taking on the role of Co-Principal at Yew Wah Beijing two years ago. In her new role at YCIS, she looks forward to reinforcing the school's mission and reconnecting with old colleagues.

Opening Ceremony of AIDI Art Design & Music High School and the Strategic Cooperation Signing Ceremony

The new opening ceremony of the Art Design & Music High School and the signing ceremony of AIDI&ACG strategic cooperation were held in Beijing AIDI School on Jan 28. At the signing ceremony, Principal Liu Li pointed out that AIDI School has been working in the field of basic education and diploma education for 22 years, with the advantages and precipitation from ACG Education Group will definitely create a new business model of art education in China and create a new spring full of warm sunshine.



BIBA Hosts Open House

Beijing International Bilingual Academy (BIBA) invited prospective parents to join their Open House on Mar 28. They got a chance to learn more about life at BIBA, explore their innovative teaching practices, and gain an in-depth understanding of the school-running characteristic.



ISB Conducts 28th BEIMUN Conference Online

Beijing's oldest international school has hosted the annual Beijing Model United Nations (BEIMUN) conference since 1993 and this year from Feb 25-28, ISB virtually hosted the event. Under the theme of 'Discourse in a fragmented world,' over 600 students from 35 schools representing 10 countries dialed in! Delegates considered issues from emergency global health responses to post-pandemic economic recovery and media bias.



BSB Shunyi students enjoy learning back on campus!

The British School of Beijing (BSB) Shunyi students are really excited to be learning together with their classmates again! Their world class teachers and engaging learning environments ensure their students love coming to school!

PHOTOS: BEIJING INTERNATIONAL BILINGUAL ACADEMY, BEIJING AIDI SCHOOL, YCIS BEIJING, HARROW BEIJING, BRITISH SCHOOL OF BEIJING, SHUNYI, INTERNATIONAL SCHOOL OF BEIJING

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

Student-Designed Playground Opens at WAB

Launched with the help of a gift from Parent Link, Middle School students met with WAB teachers and administrators, parents, school facilities managers, and playground developers to communicate their different ideas and perspectives.

"The StuCo was methodical with the research, giving voice to the student body and making sure they were representing as many viewpoints as possible," Principal Marina Frias said. "The main goal is to honor the need to be social and active."

Because of the students' input, the new playground area has several dynamic climbing structures, swinging equipment, a zip line, a big slide, green space, trampolines, and social areas.



CISB's Grade 5 Students Present "Who We Are"

As part of this year's "Who We Are" IB unit of inquiry, Grade 5 students at Canadian International School of Beijing spent time inquiring into the different systems of the human body. Students chose one body system as their research topic, wrote a research paper, made models of the body system and presented to an audience, where they were given scores and feedback to improve their presentation skills.

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

CNY celebration at AISB -Hope International

AISB-Hope International Chinese Department organized some really nice Chinese New Year activities for all their students. Even if they are online, they really enjoyed learning more about the history, culture and making some nice decoration!



Take Your Brushes, Get Set, Paint!

Dulwich College Beijing students entered the fabulous world of face painting for a recent House Art Competition. Students had to work collaboratively to design five distinct looks based on the five Chinese natural elements: Wood, Earth, Water, Fire, and Metal. Each House demonstrated amazing creativity and initiative through interpreting, planning and hand-painting their themes in unique and original ways!



Book Week at BSB Sanlitun

To celebrate the World Book Day on Friday, Mar 5, students and teachers at British School of Beijing, Sanlitun dressed as characters from a book! It was a great chance to share their favorite stories and learn about new worlds to explore! There was also a 'Sponsored Read' event where Primary students read silently in the school hall for as long as possible in their time slot. It is impressive to see how much they concentrated on their reading!



BWYA Wolves Talent Shows

Earlier this term, the Beijing World Youth Academy students enjoyed the ever-enthralling Wolves Talent Shows. Last year due to the emergence of the Coronavirus, the performances were unfortunately cancelled, but this year with ample precautions in place, nothing was able to stop the students from enjoying the events! This year's performances including acts ranging from beautiful solo vocals, to melodious piano recitals, dynamic street dance, to Korean sword dancing.



The three sisters' favorite thing to do in Beijing is visiting cool coffee shops located in the *hutongs*. Coffee shops in Beijing have great ambiance, so our moods tend to be lifted when we stay in them. The beauty in many of them is also how they are hidden in small *hutongs*; we feel like we're exploring secret parts of the city!

Mirabel, Isabel and Annabel's favorite thing about their parents is how unconditionally loving they are. Dad is adventurous and open-minded, while mom is giving and affectionate. They are both super family-oriented and view their daughters as their greatest treasures.

What Ming and Mia love about their daughters is how they each shine in their unique ways. Outspoken and charismatic, Mirabel is always the star of the show. Isabel is passionate and free-spirited; she is capable of influencing others with her inner strength. Annabel is the only introverted one; she is sensitive and caring towards everyone.

One of the sisters' favorite brunch spots in Beijing is The Rug. With a nice and cozy atmosphere, it's the perfect place to go on a lazy Sunday morning. There is a variety of delicious food options available to suit all sorts of cravings; from the classic eggs benedict to fusion dishes like the mapo tofu tortilla chips.

Ming and Mia's favorite restaurant in Beijing is Peking Chamber. It is famous for its' delicious Beijing cuisine and is always packed with people.

Isabel and Annabel's favorite memory in Beijing is working as teacher assistants at Tsinghua University's English summer camp in 2018. Every day, they experienced on-campus life and enjoyed biking through campus. Helping the top students in China with English was an honor for them; they learned from the impressive work ethic students there had. What's best is, they also made meaningful friendships.

Family Favorites!
by Annabel Xing

The Xing family is a family of five. Dad Ming, Mom Mia, 27-year-old Mirabel, 18-year-old Isabel, and 17-year-old Annabel. The family is originally from Qingdao, Shandong but Isabel and Annabel were born in and raised in Canada. The family's favorite thing to do together is to travel and before Covid-19 put a damper on things, the Xing family has travelled to over 30 countries together. Ming and Mia believe that traveling creates priceless learning opportunities for their daughters to develop and grow.





NO ASPIRATION TOO BIG, NO INSPIRATION TOO SMALL.

CELEBRATING **15** YEARS OF COMMITMENT TO EXCELLENT EDUCATION IN BEIJING



Contact our admissions experts to learn more about our school at admissions@dulwich-beijing.cn or call (010) 6454 9002.

Follow us on WeChat or visit us online at beijing.dulwich.org

GRADUATE
WORLDWIDE.™

DULWICH COLLEGE | BEIJING |
北京德威英国国际学校



Visit www.beijing-kids.com for the latest school and education related news!

Your Beijing Essential Family Guide



Scan to follow beijingkids for more **essential updates!**

jingkids