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ISSUE

PLUS

Spotlighting Performing Arts Students

Autumn Themed Treats, Recipes and Crafts



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Chief Editor Alyssa Marie Wieting

Production Manager Ivy Zhang 张怡然

Designer Joan Dai 戴吉莹 Aries Ji 季燕

Contributors Andrew Chin, Betty Richardson,
Dominic Ngai, Faye Page, Frances Arnold, Jonty Dixon, Kendra Perkins, Lena Gidwani, Nate Balfanz,
Shirani Alfreds, Tristin Zhang, Zoey Zha
Cover photo by Mario Grey

Operations

Shanghai (Head Office) 上海和舟广告有限公司

上海市蒙自路169号智造局2号楼305-306室 邮政编码: 200023

Room 305-306, Building 2, No.169 Mengzi Lu, Shanghai 200023

电话: 021-8023 2199 传真: 021-8023 2190

Guangzhou 上海和舟广告有限公司广州分公司

广州市越秀区麓苑路42号大院2号610室 邮政编码: 510095

Rm. 512, No.2 Building, Area 42, Lu Yuan Lu, Yuexiu District, Guangzhou 510095

电话: 020-8358 6125, 传真: 020-8357 3859-800

Shenzhen 广告代理: 上海和舟广告有限公司广州分公司

深圳市福田区彩田路星河世界大厦C1-1303

C1-1303, Galaxy Century Building, Caitian Lu, Futian District, Shenzhen

电话: 0755-8623 3220, 传真: 0755-8623 3219

Beijing 广告代理: 上海和舟广告有限公司

北京市东城区东直门大街48号东方银座C座9G 邮政编码: 100027

48 DongZhiMen Outer Street Oriental Kenzo(Ginza Mall) Building C Room 9G, Dongcheng District, Beijing 100027

电话: 010-8447 7002 传真: 010-8447 6455

CEO Leo Zhou 周立浩

General Manager Ned Kelly

Sales Manager Doris Dong 董雯

BD Manager Joyce Sun 孙嘉 Tina Zhou 周杨

Sales & Advertising Linda Chen 陈璟琳 Celia Chen 陈琳 Even Mao 毛逸凡 Roy Dong 董天翼 Leah Li 李佳颖

Marketing Zoe Zhou 周铮铮, Cherry Liu 刘菁 Lydia Lin 林子莉

Operations Manager Penny Li 李彦洁

HR/Admin Sharon Sun 孙咏超

Distribution Zac Wang 王蓉铮

General enquiries and switchboard — (021) 8023 2199

Editorial — (021) 8023 2199*5802

Distribution — (021) 8023 2199*2802

Marketing/Subscription — (021) 8023 2199*2806

Advertising — (021) 8023 2199*7802

Web & IT — (021) 8023 2199*7803

Fax — (021) 8023 2199

urbanfamily@urbanatomy.com

editor@urbanatomy.com

distribution@urbanatomy.com

marketing@urbanatomy.com

sales@urbanatomy.com

online.thatsmags.com

shanghai.urban-family.com

Advertising Hotline: 400 820 8428

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EDITOR'S NOTE



Let's admit it, we all go through workout phases and health kicks that sometimes are a success, and sometimes not so much. But it's all about working towards a healthier lifestyle and teaching our families the importance of taking care of our bodies.

That's why our cover story this issue is all about getting fit and healthy (starting on p18), from showing you how to do at-home yoga with your toddler to the best venues for kids' fitness around the city. We also hear from an expert in the field on why activating family fitness should be a priority.

We delve into performing arts in Learning (p28), featuring four seriously talented students in the city.

In Food and Fun, we take on seasonal food with an autumn and pumpkin theme (p36). Try our toffee apple recipe at home or go out for some great pumpkin treats around Shanghai. Also

learn to carve your own pumpkin at home with the kids.

A special thanks to our lovely models on the cover – Lily Sheng and her baby Anabelle – and also for Y+ Yoga Center for hosting us.

Until next time,

Alyssa Marie Wieting
Editor-in-Chief

WIN WIN WIN

Every week we are giving away prizes and tickets to some of the best events and venues around town. To keep in the loop, scan our QR code for Urban Family Shanghai or sign up to our newsletter at www.urban-family.com/shanghai.



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URBAN BLURBS

Compiled by Jonty Dixon



Gymnastics

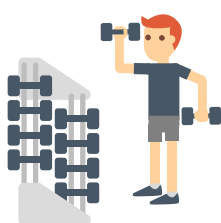
体操
tǐ cāo

Yoga

瑜伽
yú jiā

Exercise

锻炼
duàn liàn



Gym

健身房
jiàn shēn fáng



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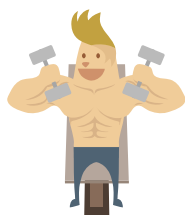
Family

家庭
jiā tíng



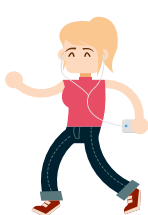
Health

健康
jiàn kāng



Energy

能量
néng liàng



Dance

跳舞
tiào wǔ



Run

跑步
pǎo bù



Tents of Love

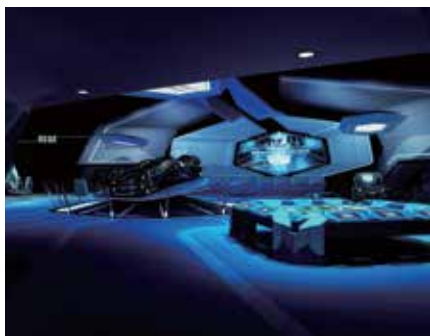
Chinese parents of college students are having some serious separation anxiety issues. At schools like Tianjin University, 'Tents of Love' have been pitched, complete with beds, bathrooms and drinking water for parents who can't seem to say goodbye. Hundreds are making themselves comfortable by helping their children adjust to university life, but we think these facilities are more for helping the parents cope.



Smoking Bans Coming to Shanghai

A heavy crackdown on smoking in public is expected to come soon to Shanghai. The best bit? We'll be allowed to report violations.

If passed, the ban would be extended to all indoor public venues, such as hotels and restaurants while indoor smoking rooms would be installed at companies and factories where 'naked flames' are banned outdoors, the Shanghai People's Congress reports. The tighter rulings, which have been in discussion since earlier this year, are expected to be put into place before November.



Another TRON-themed Ride at Shanghai Disneyland

The new TRON-themed ride is housed in Shanghai Disneyland's Tomorrowland section, and will be the second TRON-themed ride at the park. This new arrival is designed to showcase future vehicle technologies, simulators and future transportations. For fans of the sci-fi series there is also a TRON-themed high-speed coaster to fulfill your fantasies.

26

The number of restaurants that gained Michelin stars in Shanghai in *Michelin Guide*. With a strong focus on Cantonese and French cuisine, there were some big surprises and omissions on the list. T'ang Court was the only restaurant to gain three stars, while seven gained two stars.

One of the biggest omissions was Mr & Mrs Bund, which did not receive any stars.



Disney tickets got cheaper this September, going from RMB499 on off-peak days to RMB370. Rumor has it that queues for the rides have become shorter since the opening week, so if there was ever a good time to skip class or work to go to the park, now is the time.

Hao

Bu Hao

The world's media, including us, were duped by a British teenager into thinking she made RMB450,000 in six months by giving Chinese babies English names. Beau Jessup, who used images of Asian babies from Google to falsify testimonials, was later discovered by BuzzFeed to be a fraud.



"We want our kids to be involved in activities... We just want them to be kids and have fun. We need to encourage our kids to do the things they want to do and help them have fun in the process."

- Peyton Manning, NFL record breaking quarterback, on not pressuring kids to take up one activity over another during his Shanghai visit on September 25. He spoke about his own experience as a father and letting his children choose what sports they want to play as they grow up.



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Era Saturday's Encore! 14:00 Every Saturday (From 15 October to 26 November)

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Booking and Inquiry: 66300000.66527750

OUR FAVORITE THINGS

The Martin Family

Edited by Alyssa Wieting



Alex and Liz Martin moved to Shanghai with their family in July 2015 for Alex's new job opportunity in the automotive industry. Having lived in the same place for her whole life (Ann Arbor, Michigan), Liz was completely on board and ready to experience something new and exciting. Their two adorable children Allie (3) and Will (5) have adapted quite easily as the family has a wonderful network of friends in Shanghai. Here they tell us a bit about their favorite things in the city...

OUR FAVORITE...

RESTAURANTS

Will loves Little Huia in Jing'an. They have good food, a really nice outdoor playground and great drinks. Parents can relax while the kids can roam free and play on the playground. We also like Mr. Pancake House and Al's Diner for the kids.

DATE NIGHT SPOTS

Our date nights usually involve our friends, so we'll start the night with just the two of us and then meet up with people after. Our number one rule is somewhere that doesn't have a play place. We go to Ferguson Lane a lot and try different restaurants there, and we particularly like Coconut Paradise. We do try to go somewhere new every time so we don't really have spots that we repeat a lot, but we enjoy meeting friends at Barber Shop and Mayita.

MEMORY

On our first weekend that we moved here we decided to go to the Pearl Tower and it took two-and-a-half hours until we were up with the kids. It was a long day, but it was kind of cool. Will really enjoyed it because he got to walk on the glass skywalk. But, just walking on the Bund in the summertime with the kids makes up a lot of our favorite memories as well.



PLACES FOR KIDS TO PLAY

There are lots of good kids' sports to play in Shanghai and Will enjoys spending time at Active Kidz Shanghai. For Allie, we go to Jitterbugs, but she is outgrowing the age group. It is only a 45-minute class of music and play for toddlers and it's a good place to meet other moms. We also meet up at the Grand Gateway play center with friends every week.

FALL ACTIVITIES

We just love getting outside whether it is having a drink or going to Fuxing Park. We have barbecues at friends' houses because it's not too hot anymore to enjoy being outside.

PLACES TO TRAVEL OUTSIDE OF CHINA

We love Thailand and we've been twice to Krabi and Phuket, and both are fantastic. The food is amazing, the people there are great and it's very cheap. The beaches and the rock formations are really beautiful. We drove ATVs and went white-water rafting, which were really fun as a family. Singapore was also a great family trip because we went to Universal Studios and the water park.

PLACES TO TRAVEL INSIDE CHINA

Beijing was really cool to see; the kids loved the Great Wall. We went in November so it was actually kind of snowy, a little dangerous, but it was fun. We've also been to Sanya but we wouldn't really recommend it.

CULTURAL SPOTS

Shanghai History Museum at the bottom of Pearl Tower is worth the time to go see. If you've just moved here and want to understand the history of Shanghai and a bit about the culture, it's a really good spot for that. It probably takes an hour and a half to see everything, but learning about how it has transformed into an international city is really interesting. ■

> Little Huia, 403 Dagu Lu, by Shimen Lu 大沽路403号, 近石门路 (5375 0600)

> Mr. Pancake House, various locations across Shanghai

> Mayita, Level 6, 98 Shouning Lu, by Xizang Nan Lu 寿宁路98号6楼, 近西藏南路 (6334 3288)

> Al's Diner, 204 Xinle Lu by Donghu Lu 新乐路204号, 近东湖路 (5465 1259)

> Coconut Paradise, 2/F, No. 378 Wukang Lu, by Tai'an Lu 武康路378号2楼, 近天安路 (5424 5886)

> Barber Shop, 615 Yongjia Lu, by Wulumuqi Nan Lu 永嘉路615号, 近乌鲁木齐路 (0177 7008)

> Jitterbugs, Rm 402, Ming Yuan Bldg B, 98 Jiashan Lu, by Yongkang Lu 嘉善路98号B幢402室, 近永康路 (1624 6120)

> Active Kidz Shanghai, Rm 601, Taihao building, 3211 Hongmei Lu 虹梅路3211号601室 (6406 6757)

> Grand Gateway, 1 Hongqiao Lu, by Huashan Lu 虹桥路1号, 近华山路

> Shanghai History Museum, 2 Lujiayui Lu 陆家嘴路2号上海历史博物馆 (5879 3003)

WORKING MOMS IN SHANGHAI

Pilar Dieter Talks Fortune 500 Companies and Her Family

Edited by Alyssa Wieting

Pilar Dieter has been in China for over a decade now and has made her way to the top as an executive working with Fortune 500 companies. She came to Shanghai from San Francisco after riding the dotcom wave of the 90s. When things had slowed down, she and her husband David decided to take a much-needed sabbatical and traveled the world for a year, with China being one of their destinations. Thirty-two countries later, they decided to make the Middle Kingdom a permanent home and have been here ever since with their two kids. Here Pilar tells us about her successful career and family in Shanghai.



GIVE US YOUR CAREER STORY.

Once in Shanghai I joined a consulting firm and was with them for four years and then moved on to Solidiance about five-and-a-half years ago. So our business is all about growth strategy and we work with large Fortune 500 companies to help them figure out their sales strategies and gain market share in Asia. I am one of four partners here and I oversee north Asia, which is mostly China and some businesses in Korea and Japan.

DID YOU ALWAYS IMAGINE YOURSELF WORKING ABROAD?

I always envisioned myself having an overseas experience like this. My mother was a Foreign Service officer and I was actually born in Tehran, but spent very little time there. That experience, even though I was an infant at the time, was significant, as she would always talk about her work there. Also, my mother is Mexican and I would take three or four trips per year to Guadalajara, so I've always been exposed to other parts of the world. Academically, I was always focused on international affairs and government with a business theme, so it was something I've always strived to blend into my career.

"I just try to carve out those moments that really matter for my family and be present when those moments are there"

WHAT IS THE BIGGEST CHALLENGE OF WORKING IN CHINA COMPARED TO THE US?

To be honest, I would put it the other way around. The ease of access here and the kinds of companies and people that I work with are relatively seasoned professionals and executives. Just attending a chamber event or a small dinner, you can always work your way in. I feel like the accessibility here to integrate with folks of that ilk is much easier compared to what I experienced back in the States. Shanghai, to me, has been an enabler in terms of making things easier professionally.

WHAT IS IT LIKE BEING A FEMALE EXECUTIVE IN CHINA?

The reality is that many of the other executives are also Westerners, so [being a female executive] is not all that different [than in the US]. I feel that being here – because of their international perspective and their more diverse awareness – there is much more encouragement. In China, I feel that I've gotten a lot more recognition and easier access to management, not just because of being a woman, but more because you're given an environment where you can prove you've got something to bring to the table and your voice is more accepted.

HOW DO YOU BALANCE WORK AND HOME HERE?

I just try to carve out those moments that really matter for my family and be present when those moments are there. On the pragmatic side of things, with the support of an ayi, it's much easier to manage life's obligations. But in my area of work, I'm able to make my weekends truly dedicated to my family. With consulting you don't go to sleep knowing that you finished your day. My work hours range from right after I get the kids out the door at 8am until just before dinner and the kids' night routine, but then 10pm until 2am is when I'm usually getting more work done. ■



高力国际

REAL EXPERIENCES BUYING ABROAD

Seeking Advice From Those Who Have Succeeded



Buying a home abroad may seem like a daunting task, but Colliers International helps give an alternative option to put your mind at ease. Here we take a look at Sunny, Justin and Mr. You's experience of buying a home abroad and what they learned from it.

Justin currently lives in Shanghai and works in the electronics industry. As a young parent who plans to send his child to study abroad, Justin started his overseas property search with a specific goal in mind.

Tell us about your first investment.

In 2011, I made my first overseas property investment on a single-room apartment in London, the value of which has already doubled. I also invested in properties in Australia and Canada afterwards.

What were your thoughts on investing overseas?

In the beginning, we planned to send our child to study in England, so an early investment would be an advantage. After understanding more about the process, I found that investments are less complicated than I assumed. Thus, I've continued investing in different countries.

Sunny's dream was to settle down abroad. After consulting her parents, investing in a downtown condo in Toronto in 2015 proved to be a success.

What was your original opinion on investing overseas?

I was planning to settle in Toronto instead of returning to China because I really like the city. My parents proposed an investment plan, but I didn't make up my mind until learning that many classmates were also doing the same. Though I didn't originally think about investing in a condo in the downtown area, it turned out to be quite good deal.

Are you happy with the return on investments?

The exchange rate was largely devalued when I bought it at the price of CAD645,000 and it grew in value to CAD670,000 in a year. Generally, I am more than satisfied with the space of the condo. I don't have to worry about mortgage since the rent could cover my loan and local tax.

How has the market affected your purchase?

I learned that, compared to buying a house, opting for a condo is most often the preferred choice. But the exchange rate was good when I purchased my property, so even condos were in high demand. Recently, the Canadian government decided to raise transaction taxes to take better control of the local real estate market.

Mr. You has six years of experience studying abroad and has now returned to China. He invested in his first overseas property in 2012.

Why did you consider investing in overseas properties?

Because of two main reasons: One is the potential of capital appreciation, and the other is cost effectiveness. Although the capital appreciation in the domestic property market has recorded outstanding growth, the rental yield in residential property is relatively low in general. It's a sign of market over price in my opinion.

How is your return on investments?

My Australian property provides a very stable rental income, which sustains my investment and keeps my outgoing costs very low. My rental income has covered my mortgage as well as the property management costs. Based on the result of this revaluation, I will be able to obtain a decent amount of equity (which is approximately 22 percent capital appreciation) if I were to apply for refinancing.

Did you have any concerns on your first investment?

I am very familiar with Australia and I trust that the property market there is well regulated, thus I've never had many concerns about the property itself. But I was very concerned about dealing with transaction processes remotely before entering into the purchase. Having an experienced international property consultant, or someone who knows the whole procedure instead of just the sales material, helped a lot in easing my concerns throughout the process.

WORK IT OUT

Where Active Meets Fashion

By Alyssa Wieting

Whether your kids are off to sports practice or going on a family bike ride through the city, they need to be dressed in the appropriate gear. This active wear is perfect for teens trying to stay stylish while participating in their extracurriculars. Take a look at some of the top trends for both boys and girls in activewear this fall.



Domyos, RMB50
www.decathlon.com.cn



Domyos, RMB40
www.decathlon.com.cn



The North Face, RMB233
www.thenorthface.com



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A ROUTINE AFFAIR

Managing Family Routines At Home

By Dr. Nate Balfanz, American Medical Center



As the new school year progresses, how do we help our children (and ourselves) stick to regular daily routines?

As we venture into the fall and winter quarters of the current school year, it's likely that your child's schedule is quickly filling up with school obligations, homework and extracurricular activities that can often be difficult for both the child and the parents to manage.

In this wellness column, I often include tips and considerations that stress the importance of routines as a contributing factor to a child's social, emotional and cognitive wellbeing. Keeping that in mind, it's an ideal time to take an even closer look at why consistent adherence to routines can be helpful for our children, both in supporting their success in their

current life endeavors as well as in helping to lay the groundwork for becoming competent and responsible young adults.

WHAT THE RESEARCH TELLS US

While being able to flexibly respond to changes in routine has shown to be an indicator of positive cognitive and emotional growth in both children and adults alike, it is also important for children to experience consistency. Research studies have frequently demonstrated how children who have experienced a structured, consistent and predictable lifestyle – particularly in the early developmental years of infancy and toddlerhood – are known to be more capable and resilient in dealing with life's inevitable changes and stressors as they occur.

More specifically, research has indicated how providing children with consistent structure

and daily routines helps to create a sense of stability and security in their lives and contributes to a greater sense of self-assertiveness. Structure can also increase the degree of closeness and connectivity among members of the family, in addition to helping regulate a child's sleep and wake cycles in order to prime his or her brain and body to take on the activities of the day.

In one such example reflecting the importance of routines, an international research study of over 10,000 mothers from 14 countries published by the *American Academy of Sleep Medicine* (2015) found that children whose mothers incorporated consistent bedtime routines managed to not only fall asleep easier, but they also slept for longer durations. It ultimately showed fewer daytime behavioral problems in both their school and home environments.

TIPS FOR HOW TO HELP CHILDREN MAINTAIN ROUTINES

1. Arrange routines to include the entire family. While some routines are unique to the individual person, there are others – namely, mealtime routines, bedtime/wakeup routines, greeting/goodbye routines – that work best if multiple members of the family are included. Stick to these routines and keep them consistent, both in the manner in which they are carried out as well as the times of day during which they occur.

2. Incorporate a shared calendar. Whether it's a color-coded, handwritten calendar hanging on the refrigerator or an electronic, cloud-based calendar linked through each person's cell phone or mobile device, try to keep each family member's activities and routines logged in one shared space. This provides a collective rhythm and rhyme to every day that the whole family can follow, as well as allowing for everyone to both locate and touch base with one another when necessary.

3. Don't sweat the occasional exception. While stressing how routines can be important to both your child and the entire family, this is not to say that there won't be occasional exceptions that are considered to be of equal importance. Whether it's staying up late with dad to watch game seven of the NBA Finals or counting down the clock to midnight to ring in the New Year, such exceptions to routine can account for some of the most memorable events of one's childhood. ■

my DAILY PLAN



Wake up at 7.30am



Eat Breakfast



Get Dressed and Brush Teeth



Play Time



Eat Lunch



Nap Time

> Dr. Balfanz is the Senior Clinical Psychologist at American Medical Center, a comprehensive medical and mental health service clinic for children, adolescents, adults, and families living in Shanghai. For more information on clinic services, contact Dr. Balfanz at: nate.balfanz@amc-shanghai.cn or visit his website at: www.drnatebalfanz.com

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grade 3 standard and upwards

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Leadership for a better world



A BURNING CONCERN

The Importance of Fire Safety in China

By Alyssa Wieting

Fire safety is no joke, especially in a city that lacks fire escapes and alarms in residential buildings. Teaching your kids fire safety could save their lives.

No matter what country you live in, fire safety and awareness is particularly important. In China, where standards of safety and equipment are not meeting the highest of standards, this is an even bigger concern. While in the West, new tenants may not need to worry about fire escapes because city regulations require them, your family should be aware of such facilities in your home and how to deal with an emergency.

According to the Shanghai Fire department, there were 4,573 fires in 2010 alone. One of the most memorable and devastating fires in Shanghai took place that same year, where 53

people were killed in a high-rise residential building in Jing'an.

The deadly accident was caused by welders while the building was under renovation and the bamboo scaffolding caught fire. It has called into question the standards of construction sites and many blamed untrained workers and cheap construction equipment.

Inevitably, there was a backlash against the city's fire safety protocols on social media after the Jing'an fire, and the government and state council assured they would be looking into more thorough fire safety inspections, particularly of residential construction sites.

New York Times investigators found that sprinkler systems are not mandatory in residential buildings in Shanghai, where a majority of the city's 20 million people reside. According to a 2011 Decree of Shanghai Municipal People's Government, fire safety regulations were im-

proved and public buildings over a certain size must install fire safety equipment. However, in residential buildings, alarm devices, emergency broadcasts and fire control devices are subject to the proprietor's decision and not required, although "it is encouraged to install the self-contained fire detection alarm in the household of residential buildings."

An advocate for fire safety in Shanghai, Gail Brekelmans lost her daughter Nina in a devastating house fire in Washington, DC last year. "We came back to Shanghai with a new awareness [after the accident] and realized there were no smoke detectors in our apartment complex. I brought it up to other residents in the building and they hadn't noticed either. We are so used to smoke detectors being there that we don't always look for them. I think it's so important that people take action and for a few RMB they can [buy a smoke detector], check for escape routes, or do whatever it takes [to be prepared]."

Tips for Safety

Make sure smoke detectors are installed in every room of your home. This is easy to do on your own and fire alarms can be found on Baopals or we suggest bringing them from your home country if you are due for a visit soon. They are easy to install and are battery operated.

Create a fire escape plan with your kids. Talk as a family for the best routes out of your home in case of a fire.



If there's a fire, get out and stay out. Electronics and personal items are all replaceable.

If you are on a high floor, order a fire ladder online and keep it in an easily accessible place in your home near a window.

Check your electrical cords and outlets. Extension cords should be used as a temporary solution and not as a permanent electrical outlet.

PROUDLY UNVEILING THE LATEST ANTI-AGING TREATMENT

A Partnership with Japan Seishin Plastic and Aesthetic Surgery Clinic

While conventional anti-aging methods such as hyaluronic acid injections work to fill wrinkles and sunken cheeks, they can be time consuming and costly. These treatments often require iterative injection sessions every six months and can often entail potential risks of allergies or embolisms.

For those looking into anti-aging options, the good news is that Japan's renowned Seishin Plastic and Aesthetic Surgery Clinic has introduced an original and safe anti-aging method which entails using the patient's own blood. This can compensate for defects that hyaluronic acid injection might cause while attempting to improve its effectiveness.

This cutting-edge rejuvenation is the latest achievement of many for the Seishin Plastic and Aesthetic Surgery Clinic. After nine years of dedicated research, this method has proved to be three to five times more effective than conventional ones.

In addition, compared to repetitive hyaluronic acid injection sessions, the new therapy has the potential

to make patients look years younger with the ease of a one-time injection. So far, the clinic has set a record number of patient treatments, with a 99 percent success rate. Patients leave happy and looking younger than ever.

An article (written by doctors from Seishin Plastic and Aesthetic Surgery Clinic) published on the new skin-regeneration therapy in academic journal *Plastic and Reconstructive Surgery* won the 2016 Best Paper Award. The treatment, which has now become the most recommended choice for both doctors and patients, has gained wide popularity in Japan.

In light of recent collaborations with Seishin Plastic and Aesthetic Surgery Clinic, Shanghai Columbia-Libo Clinic has invited Seishin's senior doctors over to treat patients in Shanghai. Make an appointment now if you are looking for a fresh new take on anti-aging treatments!

Room A5, 3/F, Huijing Life Plaza, 988 Quxi Lu, by Luban Lu 瞿溪路988号汇璟生活广场A5座3楼, 近鲁班路
(lb-enquiries@columbia-china.com)

Hotline: 400 663 7073



STAY **A**CTIVE

IN THE CITY KEEPING KIDS AND FAMILIES MOVING

Cities make for fast-paced environments and Shanghai is no exception. While everything around you is moving quickly, you and your family may find yourselves at a standstill at times. With summer gone and winter well on its way, now is the time to start getting into a healthy lifestyle. Here we look into why, where and how your family can make the most of an active lifestyle in Shanghai, where places to keep moving are not in short supply.





ACTIVATING FAMILY FITNESS

Switch Off the Screen and Get Off the Couch

By Faye Page

Gym teacher Faye Page asks you to consider: How much time do your kids spend each day looking at a screen?

While children likely need to spend some part of their evening completing homework assignments on the computer, it is recommended that they should spend no more than two hours a day in front of a screen. Why? Research states that children who stare at a screen for more than two hours each day are more likely to participate in less physical activity and consume an unhealthy diet.

"Stepping out the door and improving family fitness does not have to be time-consuming"

We all know that a lack of physical activity can lead to weight gain and other negative health factors including bad posture. Too much screen time can also affect your child's eyesight and cause problems with sleeping. In today's world of technology, we know it can be tough to drag your kids away from playing Angry Birds or searching YouTube, but fitness is not only about physical health. Becoming active builds up a child's confidence and working out with others and their families can instill a sense of community and build social skills.



PHYSICAL ACTIVITY IS VITAL FOR YOUR CHILD'S DEVELOPMENT

Kids and teenagers need to include at least 60 minutes of heart-pumping physical activity every day to experience its health benefits. When kids are physically active, their bodies function more efficiently, creating stronger muscles and bones, and improving cardiovascular fitness, balance, flexibility and posture.

Physical activity also has a direct and positive impact on children's experience in the classroom. Not only does being active assist with the development of gross motor and fine motor skills to improve their handwriting skills, but also their concentration and thinking skills.

One of the most important benefits for children from leading a healthy and active lifestyle is that their self-esteem and confidence increase, which helps develop stronger social skills that are vital for the future when they are placed in a new environment.

ACHIEVING 'FAMILY FITNESS'

You may ask, "How can I find an extra hour in our already over-committed, busy schedule to incorporate 'fitness' into our family time?" Actually, stepping out the door and improving family fitness does not have to be time-consuming. There are many simple ways to build in some daily activities, such as nightly walks after dinner or family runs around the neighborhood. There are also many activities available for families in Shanghai, such as swimming, badminton, table tennis, indoor cricket, indoor soccer and bowling. If your children are old enough, getting a family gym membership will make it easier to continue to activate family fitness. Plan an active weekend that will have your family excited all week, and choose holidays that will involve snorkeling, kayaking, skiing, yoga or other sports that you can participate in as a family.

Of course, fitness does not need to be seasonal. As these lovely days of autumn come to an end, it does not mean that exercise time is over. In fact, staying active in the winter is extremely important. It boosts immunity by keeping the lymphatic system active, reducing the risk of catching a cold or suffering from allergies. Physical activity also benefits the entire family by creating more positive energy for everyone. Winter in Shanghai can be a bit of a challenge due to the weather

and occasional air quality issues, so it's important to make exercising as a family a habit. To do this, it's crucial that you have a back-up plan for keeping your family moving throughout the winter months, as devices on a 'grey day' can be a default. Now is a great time to research the programs that will be available in the winter so you have activities in place, and also to determine the acceptable air quality levels for your family to be able to participate in outdoor activity.

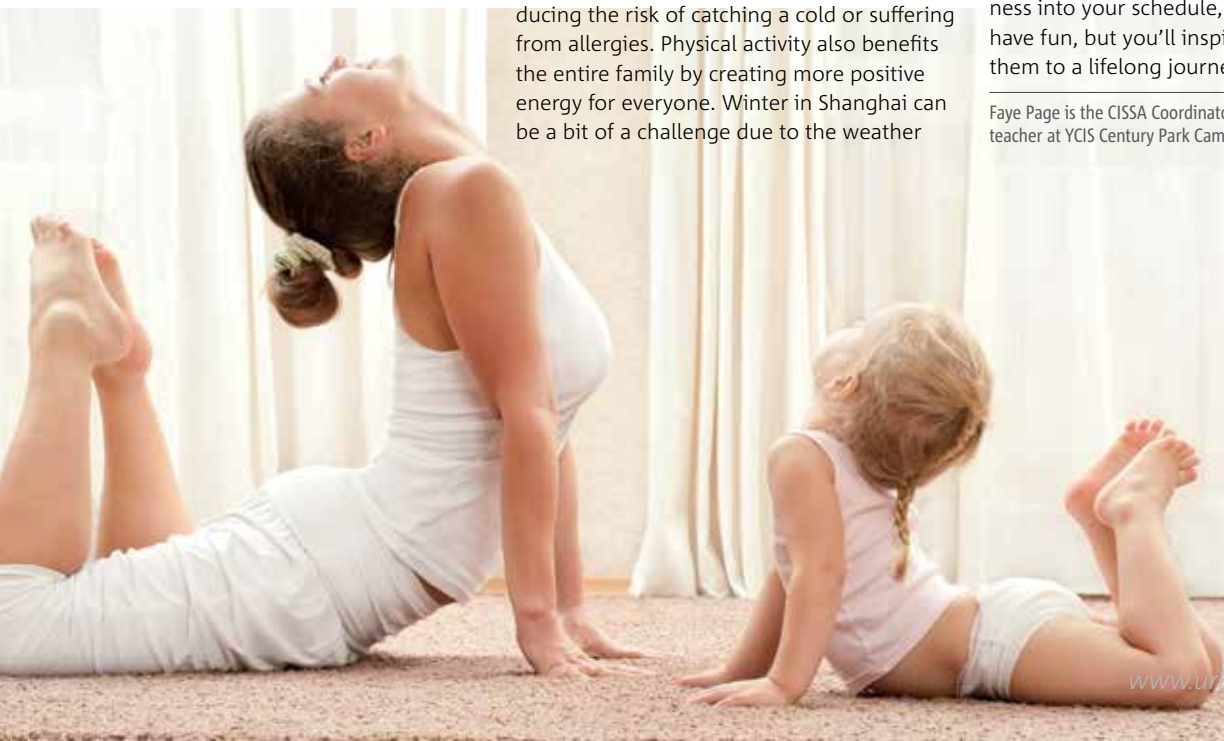
Exercising with your child creates stronger relationships, strengthens communication and builds lasting memories. Talking about school life, friends, aspirations, politics and future university plans while

you're exercising is priceless since quality conversations are harder to achieve on the couch, or when everyone is plugged into a tablet or computer.

Families that incorporate physical activity into their daily lives are happier, healthier and less stressed. Active parents are role models for their children, setting them up for a brighter and healthier future. By fitting in family fitness into your schedule, not only will you all have fun, but you'll inspire your kids and lead them to a lifelong journey of healthy living. ■

Faye Page is the CISSA Coordinator and High School PE teacher at YCIS Century Park Campus Pudong.

"Exercising with your child creates stronger relationships, strengthens communication and builds lasting memories"



MOMMY & ME

Yoga You Can Do at Home with Your Little One

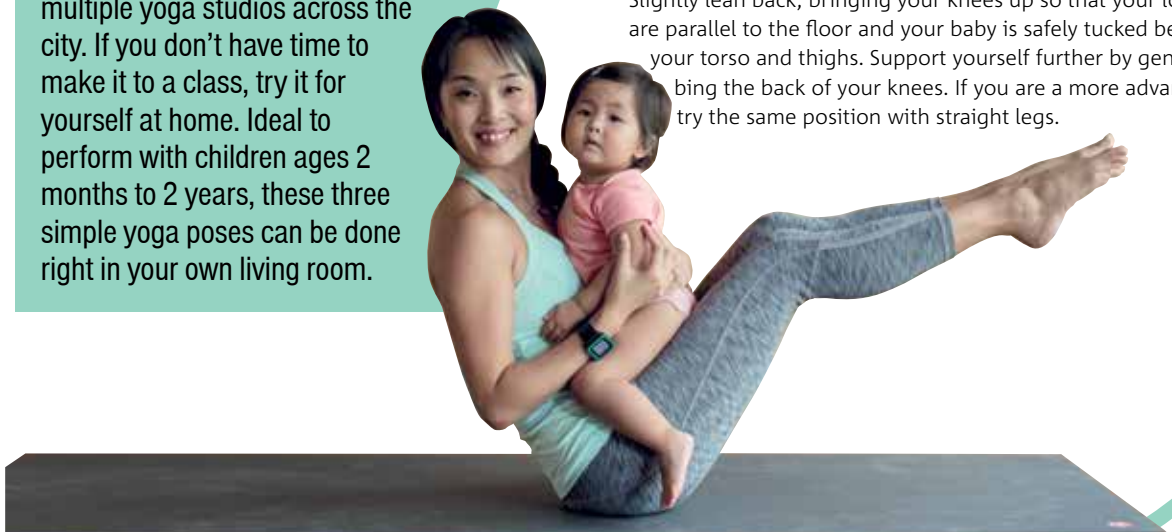
Words by Alyssa Wieting, photos by Mario Grey

New moms can find it difficult to get back into the swing of working out due to a lack of time or letting your body recover from birth. Mommy & Me yoga classes are a great way to ease your body back into that active routine while bonding with your baby. These classes are becoming all the rage here in Shanghai, springing up in multiple yoga studios across the city. If you don't have time to make it to a class, try it for yourself at home. Ideal to perform with children ages 2 months to 2 years, these three simple yoga poses can be done right in your own living room.



1. Half Navasana or "Boat Pose"

Start by sitting on your yoga mat with your legs together and straight out in front of you while your baby straddles your hips. Slightly lean back, bringing your knees up so that your lower legs are parallel to the floor and your baby is safely tucked between your torso and thighs. Support yourself further by gently grabbing the back of your knees. If you are a more advanced yogi, try the same position with straight legs.



2. Chandrasana or “Moon Pose”

Begin in an upright lunge position with your right knee on the floor and your left leg in front of you at 90 degrees. Your baby can either be straddling your left leg and propped against your torso or standing on your leg being held up as pictured. Gently move your left foot forward sliding into a forward lunge. This position is great to have eye contact with your baby and can also be a great arm workout. Make sure that your left knee always stays at 90 degrees to the floor and doesn't lean past your toes. Swap sides.



3. Virabhadrasana 2 or “Warrior 2”

Start standing up with your baby on your left hip. Slide your left foot out, toes facing your left, while keeping your hips facing the front as much as possible. Your baby can either straddle your left leg in this pose or he or she can sit on your thigh as pictured. Concentrate on pressing your right heel and the edge of your foot into the floor, as well as keeping your abdominal muscles engaged. Extend your right arm out parallel to the ground and hold. Switch sides.

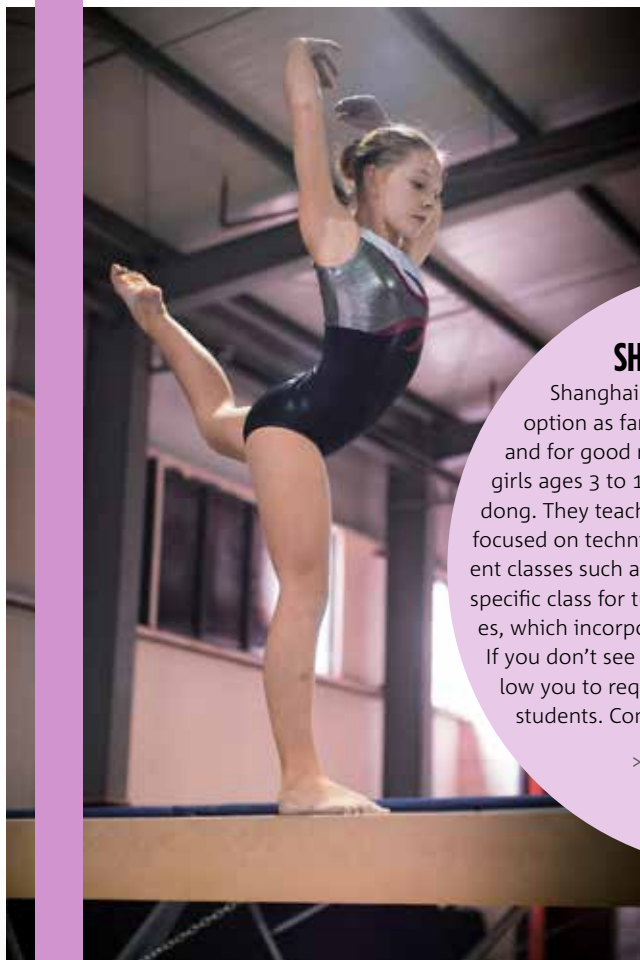


By Alyssa Weiing

ACTIVE IN SHANGHAI

The Best Places in the City to Keep Kids Moving

Dance & Gymnastics



SHANGHAI GYMNASTICS

Shanghai Gymnastics is the inevitable option as far as the sport goes in Shanghai — and for good reason. They cater to both boys and girls ages 3 to 18 in three locations in Puxi and Pudong. They teach fundamental skills through a system focused on technique and motor ability. They offer different classes such as cheerleading, basic gymnastics and a specific class for tumbling. They also have parkour classes, which incorporate conditioning into fun and games. If you don't see the class you are interested in, they allow you to request a class if there are at least four students. Competitive teams are also available.

> www.shanghaigymnastics.com

ZY DANCE

Newly opened in spring 2016, this dance studio was created by Shi Zongyi, a former professional soloist dancer and renowned dance instructor. The classes are taught in English by current or former professional dancers. They host a range of dance classes, including classical ballet, contemporary, street jazz, lyrical jazz, hip-hop, Latin dance and Chinese dance. The studio caters to both adults and kids over the age of 3. Classes for kids are kept small and age-defined so they can get better individual care. Classes focus on grace, confidence, rhythm, coordination and flexibility.

> www.zydance.com.cn

DANCE WORKS

This studio caters to the international community in Shanghai, striving to provide a unique range of fitness and dance performance opportunities. Located in Pudong's Embassy Club, it aims to create a student-centric environment where young dancers are encouraged to think as artists through patterns, music and movement. This studio goes past just being an outlet for fitness; it teaches the appreciation for the art of dance and tries to make it a part of their well-rounded being. They cater to all levels, ages 3 and up, trying to promote a healthy lifestyle and foster creativity. The majority of kids' classes are held on Sundays, as well as some on weeknights. Adult classes, including Zumba, jazz and piloxing, are also available here.

> www.danceworksshanghai.com

Z&B FITNESS

You may know of Z&B Fitness because of their killer adult cycling and boot camp classes, but they have rolled out a whole schedule of kids' dance classes at both their locations — ideal for your little ones under the age of 12. The Zumba classes are 60 minutes for ages 6 to 12, and 45 minutes for the Zumba Kids Jr. (best for kids ages 3 to 5). They also offer kids and toddler ballet lessons that teach the basic concepts of classical ballet, musicality and coordination. Right now, their kids' classes are mainly available at their Changle Lu location, but kids ballet will be starting in mid-October at their brand new studio in Jing'an.

> www.znbfitness.com

SPORT FOR LIFE

Veteran sports provider Sport for Life has been around since 2004. They offer sport education programs in Suzhou and many locations around Shanghai, depending on the type of sport. Focusing on core sports classes such as soccer, basketball, tennis and swimming, they teach that regular physical activity can have a range of benefits on health and help kids to find the enjoyment in playing sports. All classes are taught by international coaches and they abide by international sports curriculums in order to ensure that classes are well-run and inclusive to all students.

> sportforlife.com.cn

ACTIVE KIDZ SHANGHAI

If your child wants to get serious about sports, AKS could be the place for them. In their AKSIL program, kids ages 8 to 17 can competitively play and be placed on teams after tryouts, which are usually held in September. Otherwise, there are plenty of options for the noncompetitive players out there. Baseball, basketball, football, tennis and volleyball are offered both in their Pudong and Puxi locations. In order to join any activities, kids must become members and then they will have access to all sports at an additional program cost.

> www.activekidz.org

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE

All things soccer (or football for some), SIYSL is an expert when it comes to kicking the ball around on the field. Started in 2006, it has been providing soccer training to more than 4,000 players by experienced and trained coaches. The goal of SIYSL is to develop both the mental and physical capabilities of all players, both as an individual and player. Kids ages 6 to 16 can join in the fun (split into six different age groups), but need to find a school or club to participate in the leagues and tournaments. Over 70 different clubs can be found around Shanghai, visit their website to find which one is closest to you.

> www.siyslchina.org

YOUTH BASKETBALL DEVELOPMENT LEAGUE

If there's a basketball guru in Shanghai, YBDL would be it. With a completely foreign team of experienced trainers, it teaches kids in an American basketball-learning environment that builds skill and teamwork among players. They provide a variety of camps and packages for kids ranging from ages 4 to 18. YBDL has had a long-standing relationship with Nike and partners with the Yao Foundation and the Shanghai Charity Foundation to provide training to over 30 different communities in Shanghai. Free trials of their classes are available.

> www.shanghaibasketball.com

Sports



Play Centers

SHANGHAI TOWN & COUNTRY CLUB

For those who want a classier activity experience for your kids, head to STCC, a new private international club opened earlier this year. This country club has over 300 families as members, 60 percent of which are from overseas. Although there is plenty for adults to do, it's the kids' activity and play areas that helped them make this list. With a 2,000-square-meter adventure zone, kids are free to roam, climb, slide and crawl all through the massive obstacle course. There is also a special toddler activity zone, and for nice days there is an outdoor playground for younger kids to enjoy as well. The only catch is you must be a member to join, with anywhere from one-year to lifetime memberships available.

> www.ddileisure.com



AWESOME KIDS CLUB

Awesome Kids Club started in 2012 in hopes of bringing something more unique to the Shanghai family scene. "As trained kindergarten teachers, sports fanatics, Shanghai gurus and people who know how to have a good time, we wanted to find an outlet to bring the best of Shanghai to the kids of Shanghai," says founder Michael Shaw. They focus on the needs of young families and keeping kids active through a wide range of after school and weekend programs that include football, basketball, story time, painting and kung fu. They even host holiday and summer camps as well as a daycare program.

> www.awesomekidsclub.com.cn

LITTLE BUGZ

This is a great space for the younger members of the family to play in a safe and healthy environment. The facilities offer a playground complete with a jungle gym, ball pit, swings, slides and balloon room, which are sanitized every day. For quieter days there is a library stocked with both English and Chinese books, as well as a café for mom and dad to sit while their kids enjoy the play area. They also offer a range of classes for different age groups and activities. No need for a reservation to enjoy the play space – they host open play everyday; however, in the instance that they run to capacity, members will get priority entry and a number system starts.

> www.littlebugz.com

JUMP 360

If your kids need to let loose and release some excess energy, this is most definitely the place to do it. An entire venue lined with trampolines, your kids can literally go bouncing off the walls. With over 2,500 square meters of space, it has a foam pit, open jump space, dodgeball area, obstacle courses and even bubble football courts. The space is great for kids of all ages, providing a safe space for the littlest members of the family to bounce and play as well. We can safely say that even the adults will enjoy this one.

> www.jump360.co



FIT FAM SHANGHAI

This is a free fitness community that believes fitness should be available to all people, and workouts should be convenient and accessible. Once started as a small group of volunteers, it has grown to a large community hosting workouts at Luwan Stadium, Jing'an Workers Stadium, West Bund, Jiao Tong University and Hongqiao. This group includes members of all ages, with their youngest member at age 11 and their oldest at 55. This is a great option for families with older kids who are looking to get active together. At their Hongqiao location, younger children can play on a nearby playground in sight while the parents exercise. They also plan to add full family workouts to their calendar. Their high intensity training and body weight workouts have been getting positive feedback from the community and more people are joining everyday.

> www.fitfamshanghai.com, WeChat ID: FitFamShanghai

CROSSFIT BODY IN MOTION

CFBiM Shanghai has adapted itself to be friendly for all age groups, and strives to promote a healthy lifestyle through their workouts. They offer kids MovNat classes (ages 3-8) and Crossfit Kids (ages 5-12). MovNat is led free play that encourages natural movement of children including climbing, swinging, running and jumping. Crossfit kids focuses on functional workouts that allow kids to have fun and play games while doing it. Most exercises and games are unloaded (weight free) as kids' natural body weight is enough for them to get active. Although they are a gym, they see themselves more as a community with a family-friendly atmosphere. The community aspect is a huge part of what CFBiM is, drawing different types of people with the common desire to become stronger and healthier.

> WeChat ID: CrossFitBodyInMotion

Community Groups



STROLLER MAMAS

After struggling to find outdoor mommy and me classes, expat moms Scarlet Stoker and Maria Nguyen decided to create their own group. Using a stroller as the basis for the workout, moms burn calories through cardio exercises and short circuits. Classes are taught by Stoker, who is a personal trainer and Moms can choose from four time slots each week at three different locations: Xuijahui, Jing'an Worker's Stadium and Fuxing Park. The first class is free and thereafter moms can choose from five or 10 session packages at RMB375 or RMB700, respectively. Stoker sees the group expanding to dads and more whole family based workouts, but for now moms and babies can enjoy.

> WeChat ID: ScarStar for more information

LEARNING

PERFORMING

ART



The Piano Man

Merely in Year 8, Leon Palmgren has his sights set high for his future in performing arts, and he won't be stopping until he gets there. When he was 4-years-old, Palmgren first discovered his love for music when he starting singing. He had already decided that he wanted to take music seriously by age 6 and was enrolled in piano lessons. Having recently added acting to his artistic repertoire, Palmgren still concentrates on perfecting his piano and vocal skills.

"It is enjoyable and exciting to perform in front of an audience. When I perform, it builds my confidence," he explains. Palmgren takes his talents seriously as he practices a minimum of one hour per day in addition to renting music rooms at school to rehearse. "I always look forward to coming home and playing piano while singing," he adds.

The Juilliard School has made quite an impression on him and he has been fortunate and talented enough to perform in some of their programs. His defining moment as a performing artist was playing in New York with the Nord Anglia Global Orchestra and Choir and taking workshops at Juil-

liard simultaneously. The opportunity fuelled his passion for performing arts and he has now made it his goal to study at the prestigious institution one day.

For now, he is practicing on developing new techniques and expanding his repertoire through intensive piano and singing lessons. He will also be playing the role of one of the Marley Brothers in his school's upcoming adaptation of *The Christmas Carol*.

Palmgren finds motivation by watching experienced performers on stage. "The people who inspire me are the ones who have the talent and courage to go on stage knowing that no mistakes will happen," he says, recalling a particular performance by pianists Michael and Jessica Shinn at Juilliard. "It was inspiring to watch them perform and to hear about their careers."

With many years ahead of him, Palmgren is sure to grow even further in his talents, and will one day be a role model for aspiring performers like himself.

Leon Palmgren is in Year 8 at The British International School Shanghai, Puxi.

TS



The Cellist

To say that Ji Woo Han is an exceptional cellist would be an understatement. At the ripe age of 14, Han has transformed what she describes as “something to play around with” to becoming an impassioned musician.

Originally from South Korea, Han has been playing the cello since she was 6-years-old when her mother “dragged” her to her first cello lesson. She now finds playing the cello as a way to discover her emotions. “When I play the cello on stage, I can be detached from reality, putting myself in a fantasy or another universe. The music transports me to a different place and this feeling inspires me to keep playing,” she explains.

Han is a perfectionist in her technique and she devotes many hours each week to hone in on her craft. Currently she is trying to play the cello in a softer way to “find more emotions” in her music. When asked what her most defining moment is as an artist, instead of answering with a triumph like most would, she gives an example of a mishap during an important performance, showing her modest nature and consideration for the art: “While playing a duet alongside professional cellist Andrea Lee, I made a critical mistake and was confused. I didn’t know what to do at first, but I decided to go back to where I initially made the mistake [and replayed it]. I thought it was the courteous thing to do for the audience and to the composer as a musician in the same field.”

Han isn’t short of accomplishments as a cellist either and has won first place in the strings category in the Pyeong University Music Competition in Korea. She has also had the opportunity to perform in many global competitions, join the Global Orchestra in New York and perform with Juilliard professionals during her time at Nord Anglia.

Playing the cello has helped Han in other ways apart from gaining expertise with her instrument. “Despite being musical and able to perform in front of people, I am actually very shy. [Performing in New York] gave me much more confidence personally and as a musician. As a shy person I have developed communication and interpersonal skills with other musicians across the globe.”

It is clear that we can anticipate seeing many great things from Han in the future as she develops her skill. Her spirit and passion is inspiring and her wish “to share my love and enjoyment of music with other people” will no doubt come to fruition.

Ji Woo Han is in Year 10 at Nord Anglia International School Pudong.

The Rocker Chick

Everyone knows that cool rocker chick in high school – the one who is mega-talented and certainly not shy in the least. At WISS, that girl is Asha Luevano.

Following in her father's footsteps, Luevano has always been a singer. She describes her musical home: "I wake up every Saturday and Sunday morning to rock and roll music playing downstairs while my dad makes pancakes. We blast music in the car on the way to school, and my little brother and I go to watch tons of my dad's shows...we're definitely an artistic household."

She started singing with her dad at his performances when she was only 8 and hasn't stopped performing since. The young vocal powerhouse has won an exhaustive list of awards around Shanghai, both in solo and band competitions. In her spare time, she rocks out with three other friends in their band, From Somewhere Else. This is no amateur after-school garage band as they're armed with a legitimate website, manager and bookings – they're the real deal.

Luevano is, however, also starting to venture out on her own by starting a YouTube channel titled "Something Careless" with a friend, where they experiment with harmonies and instruments in videos (she plays the piano, drums and guitar). Through performing covers and original songs, the duo hope to showcase their talent to the rest of the world and to "get out of the bubble that is Shanghai" one day.

Despite this, Luevano has deep roots in Shanghai and has lived here for nearly her entire life. She is fascinated with the music scene in this city and modestly credits her talent to the people she has met along the way here. Being an artist in Shanghai is something that makes her unique to the rest of the world because it's a completely different experience than anywhere else.

Deeply in love with performing, Luevano won't be stopping anytime soon and hopes to make this her career. "I am completely and utterly hooked on performing. I love the adrenaline I get during the last few rehearsals before the show, or the few minutes backstage before I am about to sing. When I sing I forget that the world around me exists. I don't perform for people; I perform for myself. I do this because I love it."

Luevano is not a person who holds back and enjoys being pushed to her limit. Her distinguishable voice is one to look out for down the road – you'll most certainly be hearing it on the radio someday.

Asha Luevano is in Grade 10 at the Western International School of Shanghai.

"I am completely and utterly hooked on performing. I don't perform for people; I perform for myself. I do this because I love it"





"The idea that art can connect with people on such a deep and emotional level is so beautiful"

The Thespian

A Jill of all trades, Harper Lagares is the epitome of an aspiring young performing artist, dabbling in everything from acting and dancing to singing. Her favorite, however, is musical theater where she can put all of her talents to use at once.

She wasn't one of those kids who was raised to perform from birth, but was instead introduced to musical theater when she first auditioned for *The Jungle Book* in the sixth grade. The next year, she landed the lead in her school's production of *The Wizard of Oz* as the memorable Dorothy. "I was extremely challenged in the role because it was the first time I had been a lead in a musical," she says. "It was incredibly eye opening and got me excited for all of things I could do if I continued to participate in the performing arts."

Despite what some might consider a late start into the performing arts arena, it certainly hasn't set Lagares back. Whether it is dance class, singing lessons or theater rehearsal, she practices seven days a week while still finding time to make her studies a priority. Just last year, she was awarded the "Break Through Performance Award" at Concordia for her role of Elsa Von Grossen Kneuten in the musical comedy *Murders of 1940*, which she categorizes as her most defining role yet as a performing artist.

Even with her accomplishments, Lagares stays modest and down-

to-earth and enjoys the art for what it is. "I think one of the coolest things about the performing arts is that it's generally non-competitive. Even when I go to festivals for theater and choir, there is no first place. You come together with other performers to appreciate each other's art, not to compete."

Her passion for performing arts is unquestionable as she explains the impact it can have on people's lives: "What inspires my love of performing is the way that theater, music and dance can impact people. I have been moved to tears by shows I've seen or songs I've heard, and I think that the idea that art can connect with people on such a deep and emotional level is so beautiful."

While Lagares is still deciding whether or not to turn musical theater into a full time career in the future, she certainly wants it to be an important element in her life. She plans to pursue an arts degree while simultaneously working on a second degree in a more applicable subject such as education.

Whatever the future may hold for Lagares is uncertain, but this eleventh grader will certainly make her musical theater footprint at Concordia and beyond. ■

Harper Lagares is in Grade 11 at Concordia International School Shanghai.

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We are Wellington

CAPISTRANO VALLEY CHINA SENIOR HIGH SCHOOL

The First American Blue Ribbon School in Shanghai

American Blue Ribbon Schools, created by the US Ministry of Education in 1973, have a well-established reputation of excellence in education. Recently, its first Asian branch – Capistrano Valley China Senior High School (CVCS) – opened in Shanghai. Located in Pudong, Executive Principal Sherman Taylor believes that the school will bring a significant contribution to the community and its students.



What is a Blue Ribbon School?

To become a Blue Ribbon School, it has to meet two criteria: One is to have 95 percent acceptance rate to American universities, and our sister schools have 98 percent. Secondly, all students taking the SAT, ACT and national exams must be in the top 15 percentile.

As the first Blue Ribbon School in Shanghai, did you make any adjustments to adapt to the local market?

To be in an Asian market, we have to conduct a good interview process to see students' language levels because its standardized exams are not ESL-based. Since English is a second language here, we have to primarily focus on vocabulary, which we called common core, in order to build a strong foundation. So we have

done a little modification in terms of curriculum but not to the need of Blue Ribbon standards.

What is the average number of students in each grade?

So far, we have 18 students in total: six in Grade 9 and 12 in Grade 10. But we're doing rolling admissions, which means we will be accepting new students each quarter. Currently we are in the process of interviewing the next batch of students who will join this November. We understand that students from other parts of China are also looking for schools, so we're providing opportunities that others normally don't.

How are students responding to the new school year?

We did a one-week orientation, which was less academic but more of team building and host events like horseback riding. The only challenge they are having is to get used to a dorm life, where lights are out by 9:30pm. On the academic level, they are doing quite well and adapting. I was very impressed by their first speech and writing assignments. I'm seeing confidence and improvements of using English as a second language.

The location is a bit outside of downtown. How do use this to your advantage?

In Asia, parents naturally expect an international school located in the city. But in the US, they

are normally located in the countryside, often because the environment is better for learning with less noise and distractions. As educators, we really embrace this aspect of CVCS. For our first field trip, instead of going to the city center, we went to Dishui Lake to explore things that kids normally wouldn't see.

What's your perspective on the booming trend of international schools in Shanghai?

Speaking from my experiences of eight years in admissions, I found that we have to highlight our strength. Every family has their own needs, which means not every school is perfect for all. Our responsibilities are to deliver what we are good at: We have a rural campus and one of the few schools that are still using common core standard. That's something that we're proud of.

Is local Chinese community your major target?

It's our first target but we welcome students from different parts of China, adding to the cultural diversity in the school. Now we are broadening our target and taking the next step of admitting expat childrens by working with embassies and multinational corporations. [We also work with] families that need their kids to stay overseas or be eligible to attend international schools in their home countries.

> For more information about CVCS visit www.cvcshschool.cn/en/.

BOARDING SCHOOLS ADMISSIONS EXAMS

By Ben Cheung

In the past decade, the number of Chinese students attending US boarding schools has risen by 6,000%. This increase has resulted in plummeting admission numbers. In the 2015-2016 admissions cycle, Choate received over 400 applications from China alone and admitted 14 students for an acceptance rate of 3.5%. According to Danny Hwang, Director of Prestige Only, these students attend boarding schools for a variety of reasons: some attend to increase their chances of matriculating to an Ivy League university, while others seek an environment that encourages discussion, critical thinking, a personal opinion and application-focused learning. In this quest for a US boarding school education, students who turn their eyes to top 30 US boarding schools will need to take the Secondary School Admissions Test (SSAT) and, if they do not attend an institution where English is the primary language of instruction, the Test of English as a Foreign Language (TOEFL).

INTRODUCTION TO THE SSAT PREPARING FOR THE SSAT

The SSAT is a norm-referenced aptitude test, and its purpose is clear: to measure the verbal, quantitative, and reading skills that students acquire over time and that are necessary for success in US boarding schools. While superficially the SSAT appears similar to what might amount to a compilation of the tests students typically take in their classrooms, it differs in that it seeks to measure what a student can do (but hasn't done), while the tests students take in their classrooms, known as achievement tests, seek to assess how well students know the material covered in class. Another point of difference is that the SSAT is norm-referenced, meaning that a test taker's score is interpreted relative to the performance of their norm group: in the case of the SSAT, an individual test-taker's score is interpreted relative to all students of their same grade and gender who've taken the test in the past three years. These differences make the SSAT an entirely different test from those students regularly take in their classroom, and this necessitates a different preparation strategy.

Due to the challenges of the SSAT, it is recommended that students begin preparing for it during the spring of 7th grade. This allows students adequate time to master the skills and strategies that will allow them to score well, while also leaving them time to complete their classwork and engage in extracurricular activities. Students eager to begin preparation for the SSAT prior to the spring of 7th grade should look into taking extra classes focused on literature or history, while students who are past the spring of 7th grade should expect to devote a large portion of their time to studying for the SSAT.



NEW PATHWAY
启德考培

400-616-8210



Ethan Currie

According to Ethan Currie, a Phillips Exeter Academy and University of Chicago graduate and Shanghai New Pathway's SSAT Expert, there are three keys to success on the SSAT. The first is to have a strong vocabulary, and this includes being familiar with common and uncommon prefixes and suffixes, as well as a word's typically context and connotation. Without a strong vocabulary, achieving a high score on the verbal section of the SSAT is nearly impossible, as all of the questions demand that students know the meaning of the word outside of context. The second is to have a strong literary background: students who read frequently almost always do better on the reading and verbal sections than those who only read for schoolwork because they are more capable of quickly understanding complex themes and ideas. The third is to be self-motivated. In order to do well on the SSAT, students must be committed both to preparing for the examination and to maintaining focus while taking the test. The test is simultaneously long and quick: it extends over several hours, but every section is a race against the clock to finish all of the questions. Losing focus for even a short period of time can be hugely detrimental to the end result. Similarly, loss of focus while studying for the SSAT is inimical and can cause weeks of progress to be lost. It is therefore essential that students remind themselves of their end goal in those challenging moments, both when studying for and when taking the test.

The SSAT is clearly a challenging test, because of both its difficult content and its novelty to the students taking it. However, the committed students who succeed on the SSAT will find the undertaking to have been well worth the challenge.

INTRODUCTION TO THE TOEFL

The TOEFL differs from the SSAT in that it is a language test: it seeks not to measure intellectual aptitude, but English language ability. This means that essential skills that do not appear on the SSAT, such as English speaking and listening, are tested alongside reading and writing. Again, this requires that students approach TOEFL differently than they would the SSAT or their classroom tests, and how to approach the test is a topic best saved for another time. One important point to note is that, if they must take the TOEFL, students should prepare and take the TOEFL prior to the SSAT, not at the same time or after. The TOEFL is generally regarded as being easier than the SSAT, and thus a better option for the student who needs to take both.

BOARDING SCHOOLS TOEFL & SSAT REQUIREMENTS

Most US Boarding Schools do not have formal SSAT and TOEFL score requirements; however, Prestige Only recommends that all students intending to apply to top 30 US boarding schools score above 105 on TOEFL and above the 90th percentile on the SSAT.

CLOSING REMARKS

Attending a top 30 US boarding school requires commitment, focus and dedication as students develop their character, passions and academic prowess to gain acceptance to and ultimately succeed in this environment. Students must follow a strategic and efficient plan to reach this goal and the TOEFL and SSAT are the first step in this process.

TOFFEE APPLES RECIPE

By Betty Richardson

A simple, cost effective treat for Halloween, we guarantee these crunchy toffee apples will bring you right back to your childhood.

INGREDIENTS:

8 de-stalked apples, rinsed in boiling water

400 grams soft brown sugar

1 tsp pale vinegar

4 tbsp golden or rice syrup

Cooking thermometer

1. Dry apples thoroughly, push a skewer or stick into the stalk end of each apple.
2. Lay a sheet of parchment paper close to your stove and place apples on it.
3. Add sugar and 100ml water to a clean pan, and cook on medium heat for five minutes, then stir in vinegar and syrup.
4. Boil until thermometer reads 150°C (or 302°F). Dip each apple into the toffee, and set aside onto parchment. Allow to cool before eating.



PUMPKIN SPICE AND ALL THINGS NICE

5 Autumn Worthy Treats in Shanghai

By Betty Richardson and Lauren Hogan

With the turning of season comes pumpkin spice flavored treats, and we certainly won't be holding back. These pumpkin themed delights are set to hit stores in mid-October, just in time for Halloween and Thanksgiving. So have the family indulge in the seasonal flavor because most of these are only available for a limited time.

1. DUTCH PIES: PUMPKIN PIE

Pushing out whole pumpkin pies until the end of December, this Dutch export's offerings are substantial and classic in flavor. Perfect for larger get-togethers and parties.

> www.dutchpies.com

2. EGG CAFÉ: PUMPKIN SPICE CAKE

Ideal for those looking for a pumpkin spice fix without going the whole nine yards, EGG Café's popular afternoon treat is back for another fall season. It's topped with cream cheese icing and pumpkin seeds for a little extra indulgence.

> EGG Café, 12 Xiangyang Bei Lu, by Julu Lu 襄阳路12号, 近巨鹿路.

3. SUMERIAN: PUMPKIN SPICE LATTE

Available year-round for expats pinning for home, Sumerian's pumpkin spice latte is both rich and warmly spicy. The good quality coffee they

use will make your erstwhile Starbucks PSL a distant memory.

> 415 Shaanxi Bei Lu, by Beijing Xi Lu 陕西北路415号, 近北京西路. (1356 475 5689)

4. COUNTRY STYLE OATS

Country Oats spice bars are soft, chewy and all-natural with no preservatives, and these make for a slightly more wholesome, but thoroughly seasonal sweet toothed snack. Perfect when paired with - or dunked into - coffee, or stashed in lunchboxes.

> www.kateandkimi.com

5. SPROUTWORKS

Sproutworks returns with their pumpkin spiced latte. Made with spices, fresh pumpkin and no artificial flavoring, it's packed with healthy antioxidants and Vitamin A. Perfect for those who need a warm cup of 'autumn'.

> sproutworks.com.cn



GET CREATIVE THIS HALLOWEEN

How to Carve a Pumpkin in Five Steps

By Lena Gidwani

Mmmwahahaha! Halloween is just around the corner and we've got the perfect way for you to get into the festive mood! The old Irish tradition of carving pumpkins into jack-o'-lanterns, which was once done using large turnips, still goes on today. If you are new to pumpkin carving, then this easy guide will help you tremendously.

HALLOWEEN PUMPKIN SHOPPING

Buy a medium-sized pumpkin that is round with smooth sides and skin that isn't too damaged or lumpy. Local markets will have them, just make sure you let the seller know a couple of days in advance by showing a picture and your required size so that they don't cut it up or sell it to someone else.

Baopals, City Shop, Epermarket, Fields or Kate & Kimi are other easier alternatives and they all sell large pumpkins seasonally.



STEP 1

STEP 2



SCOOP OUT AND HOLLOW

Cut the top off. Take a marker and draw a circle around the stem for guidance. Take a sharp knife, and at an angle, cut along the marked line. The slant will ensure when the lid goes back on it doesn't fall through. Make sure to help kids with this step since knives are involved!



STEP 3

FIND YOUR SPOOKY DESIGN

Depending on how talented you are at drawing, a stencil can definitely help with creating a more intricate design. If you are confident in your skills, then go ahead and freehand away! If this is your very first time carving a pumpkin, we would suggest finding a fun and easy stencil (check out Taobao). Make a thin line using a pen or pencil, then go over it with a black pen for a final outline to help ease the process when cutting.

CUT OUT THE DESIGN

In this step, make sure you are helping the younger ones in the group. Instead of using kitchen knives, we suggest using knife sets made for pumpkin carving as they are less sharp and more suitable for older kids to use. As you cut out each piece make sure you remove all the pumpkin strings and bits inside so the light shines through even stronger.



STEP 4

IT'S ALIVE, IT'S ALIVE!

Yep, you have done it! All you need to do now is pop a tea light or a glow stick inside the pumpkin, place it in the dark and watch it glow!



STEP 5

OKTOBERFEST AT PAULANER @ EXPO

An Adult Celebration with Beer, Food and Music



Ein Bier bitte ('a beer please' in English) is a phrase you'll need to know for this month's upcoming Oktoberfest. Returning to Shanghai from October 13 to October 22, world-renowned Bavarian brewery Paulaner is bringing a taste of Munich to China.

For 10 days at the new Paulaner @ Expo restaurant and microbrewery, you'll have the opportunity to enjoy genuine German beer, great company and, of course, Bavarian cuisine.

Get the sitters booked and prepare to have fun. Do as the Germans do and be merry, and eat and drink maybe more than you should.

Renowned Oktoberfest live band Die Kirchdorfer will provide music for the event to get the party going. An a la carte menu is available for small groups while groups of six or more diners can take advantage of the following Oktoberfest packages (must reserve 24 hours in advance).

Oct 13-22, from 5pm, 555 Shibo Dadao, by Xueye Lu 世博大道555号, 近雪野路 (2206 0555)

DAILY

3-course set menu plus all-you-can-drink of Paulaner beer, soft drinks, juices, coffee and tea

until midnight @ RMB388 per person



ONLY ON TUESDAY, WEDNESDAY AND THURSDAY

3-course set menu plus all-you-can-drink of Paulaner Beer, soft drinks, juices, coffee and tea

until 10:30pm @ RMB288 per person

ONLY ON SUNDAY AND MONDAY

3-course set menu plus all-you-can-drink of Paulaner Beer, soft drinks, juices, coffee and tea

until 10:30pm @ RMB248 per person



THE STAGE

A Lively Family Brunch at the Westin

By Shirani Alfreds

Shirani and her family are on a mission to find the best family-friendly restaurants in Shanghai. See what she has to say after they visited Fat Cow.

THE PLACE & VIBE

Many Shanghailanders acknowledge the urban fame of the Westin Bund Center's Sunday brunch. Curious to try it, we bravely booked with our 7-year-old and 1-year-old in tow on New Zealand Father's Day.

Kids as well as adults are entertained throughout the course of brunch, with jugglers, a clown balloon twister, a 14-piece live orchestra, opera soloists and traditional Chinese performances such as tea ceremony and drumming. The vibe is one of fun and celebration, with a common congeniality and excitement among guests that contribute to the party atmosphere. Our family left satiated and happy, the children delighted.

THE FOOD

From the blini and caviar station to curries and pasta, two floors of international extravagance abounds, and its quality is good.



There was Japanese Teppanyaki on offer and an Indian table featuring a luxurious spread of Rogan Josh and other popular curries. The Chinese station had interesting combinations such as roast rabbit with lotus root and gourmet mooncakes, which was the theme of the week as Mid-Autumn Festival was just around the corner. Foie gras, terrines and an appropriately pungent cheese table were interspersed between stations. As if this weren't enough, the upper floor had an Italian feast from Prego's restaurant, offering pizzas, pastas and a wine buffet.

The dim sum went down famously with our 1-year-old while our 7-year-old couldn't finish her savory selections fast enough, after spotting the dessert offerings. These were beautifully presented with bite-size chocolate balls, flavored chocolate cups, popcorn, cotton candy, ice-cream and cakes.

Together with free-flowing Taittinger champagne, a 'make-your-own' cocktail bar, mojitos, 'pink slushy alcohol' station with non-alcoholic slushies for kids, there is little want for anything else.

KID APPROVED?

Kids could be entertained by the food alone, given the sheer range of options catering to every little tastebud, including picky eaters.

With the eye-watering dessert table, controlling sugar consumption is a difficult task in and of itself! The children's playroom is a great attraction and kids up to age 12 can take advantage of a toddler slide and swing set, ball pit, movies and Wii on demand. There are two ais, and the recommended age to leave kids is from ages 3 and up but they accept younger children at parents' own risk. Our 18-month-old was happy there for a bit with her older sister.

TOP TABLE AND TIPS

Get a table near the show area and 'stage' for the best views. The playroom is located on the second floor, so if your children enjoy using it, request a table on the upper floor. There are no changing facilities, so a pram might be useful for young children, also for naps if you intend to stay long!

Brunch Time: Sundays 11.30am – 2.30pm (entertainment starts around 1pm)

Price for Adults: RMB686 per person with free-flow champagne and alcoholic beverages. RMB569 without alcohol.

Price for Children: RMB292 per child, kids under age 4 dine free.

Recommended Ages: One and above would cope with the food given the variety, but if you wish to drop off the children at the playroom, age 3 and up.

The Stage, Level 1, The Westin Bund Center, 88 Henan Zhong Lu, by Guangdong Lu 河南中路88号威斯汀外滩酒店1楼, 近广东路 (6335 1888, book online at www.westinshanghai.com/dining-sunday-brunch)



ATTO PRIMO

Rustic Italian Date Night

By Alyssa Wieting

Call the ayi because it's time to have a night out on the town with your significant other.

PLACE AND VIBE

This Italian restaurant on the Bund offers a modern, yet rustic dining experience. With a red toned bar, wooden tables, iron accents and stencil art on the ceiling, the décor gives a relaxed atmosphere to the evening. French windows line one side of the restaurant with a view of the Bund. We recommend asking for a table by the window when making your reservation to make the most of it.

As the Saturday evening wore on, the restaurant became more lively and crowded. While the trendy top 40s music kept good vibes coming, it was never too loud to disturb a good conversation. English-speaking servers were attentive and always ready to approach the table when needed.

THE FOOD

As far as menus go, Atto Primo's is huge. With everything from cheese and meat platters, pastas and pizzas to fish mains and entrees from the grill, this place isn't without options. One not to miss dish was the *burrata fresca* salad (RMB148, dubbed as their most authentic dish) with roasted eggplant, raisins and burrata

cheese layered together in what looks like a petite cake, topped with cherry tomatoes. The presentation was quality, but the taste was even better.

Another dish that won us over was the super picante pizza (RMB128) topped with spicy grilled peppers, fresh green chili, spicy salami and scalions. This dish is not for the faint of heart and packs a pretty spicy punch. It was approved by my date, who thinks of himself as quite the spice enthusiast.

There are quite a few risotto dishes on the menu, and we opted to try the *risotto ai formaggi e timo* (RMB118), a mixed cheese and thyme leaf risotto. While delicious, it was slightly plain for a main. We would recommend getting this as a side for sharing, pairing it with another entrée.

The desserts certainly did not let us down. The *cremoso al cioccolato e pera* (RMB68), a chocolate mousse cake with a creamy pear mixture as a layer in the middle, was our favorite. The *strudel de mele caldo* (RMB68), a hot apple strudel with caramel cream and walnut ice cream, was also delicious and we liked how flakey and crunchy it was paired with the soft cream.

DATE NIGHT APPROVED?

With no kids in sight, this restaurant on the Bund definitely wins our date night approval. Although it may not be your traditional fancy, romantic restaurant, it's a great option for a

more relaxed evening out with your honey, while still getting that fantastic view. This would also make for a great restaurant for a date night with other couples due to the friendly vibe and space for larger tables. The volume makes it ideal for conversation and the bar area can seat both small and large groups as well.

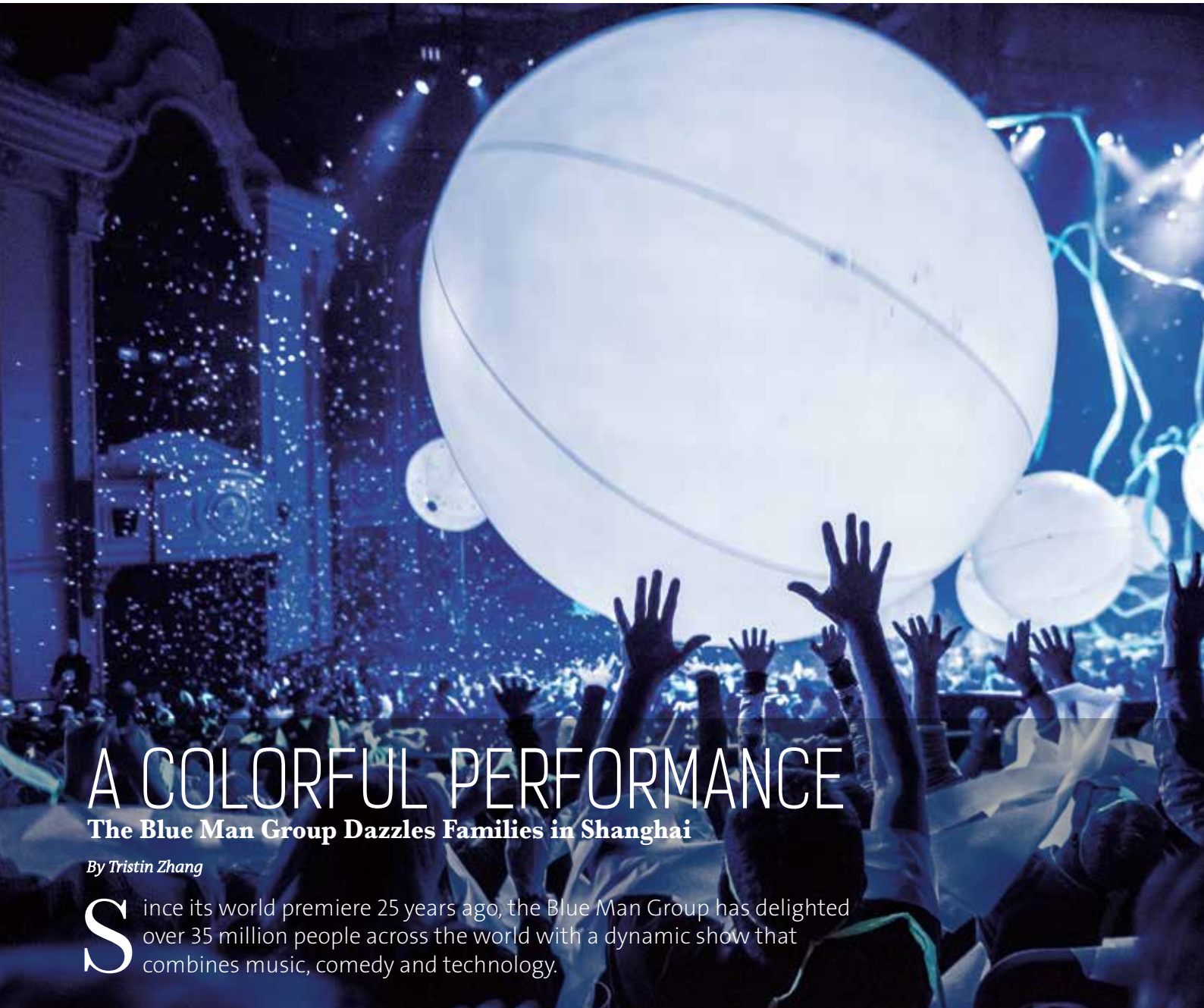


Price: RMB400-800 (with drinks)

Who's going: Locals and expats, couples and small groups

Good for: Dinner and drinks

2/F Bund 5, 20 Guangdong Lu, by Zhongshan Dong Yi Lu 广东路20号外滩5号2楼, 近中山东一路 (6328 0271)



A COLORFUL PERFORMANCE

The Blue Man Group Dazzles Families in Shanghai

By Tristin Zhang

Since its world premiere 25 years ago, the Blue Man Group has delighted over 35 million people across the world with a dynamic show that combines music, comedy and technology.

With permanent productions across America and Berlin, they will be taking over Shanghai Culture Square from November 16 to December 4 as part of their first tour of China.

"The Blue Man Group event is structured so the whole thing can happen to the audience and the Blue Men together at once, and to spontaneously unfold in real time," explains creative director Bill Swartz.

Adults and children of all ages marvel over the distinguished entertainment that draws in

and involves the audience on another level.

Often handing out ponchos to those who dare to sit in the first few rows, audience members are directly influenced by stage props such as water and balloons.

Audience participation shapes the show, which makes it captivating for everyone watching, even the squirmiest of 5-year-olds.

What's most attractive about the show is its spur of the moment feel, drawing spectators

into the act, and there's no telling what will take place next. This unpredictability is exciting, like the twists and turns of a roller coaster, while allowing the show to come alive in a way that would not be possible otherwise.

It's always changing, too. For a quarter of a century, the Blue Man show has been evolving and adding new experiences that speak to contemporary culture.

"Developments in technology and music – two special and active interests of ours – are



very easily incorporated into our shows, and you will see many new and spectacular things in these and other areas," Swartz says.

The key to success, according to Swartz, is to adapt to the current art climate, and the Blue Men have done this astutely.

"The themes haven't changed much because they are universal and enduring, but if an audience member today could travel in time, he or she would not recognize much specific material from a Blue Man Group show 25 years ago," explains Swartz.

As the troupe embarks on its first China tour ever, it will be interesting to see how the local audience reacts. A significant part of the show re-

lies on audience interaction, which alters the texture of planned scenarios in authentic and spontaneous ways.

"I can promise that it's a special adventure people will not forget, and a chance for us all to free ourselves from the standard norms of modern life in order to make some transcendent personal connections," says Swartz. "And maybe laugh a bit in the process."

And as for the blue? "It was an accident of convenience and simply an artistic inspiration," Schwartz admits. It was a happy accident and one your kids are sure to find amusing. ■

"What's most attractive about the show is its spur of the moment feel, drawing spectators into the act, and there's no telling what will take place next"

Nov 16-Dec 4, 7:15pm (Tues-Sun) and 2pm (Sat-Sun), RMB158-688. Shanghai Culture Square, 36 Yongjia Lu, by Jiangguo Lu 永嘉路36号,近建国路 (400 610 3721, en.damai.cn)

DISNEY ON ICE

Dazzling Children and Families Around the World

By Alyssa Wieting

See the show that has made its mark across the globe and delighted young audiences along the way for 35 years.

Disney has made its mark on children around the world. In the West, it is a vital part of growing up no matter what generation you are from. Some of the most vivid childhood memories is related to its movies or characters, and kids in Shanghai shouldn't miss out on it.

Recently, Disney is making a strong effort to appeal to the Chinese audience by bringing their unforgettable stories to a population who isn't very familiar with the enterprise. After the opening of Shanghai Disneyland in June, the company is giving another push by bringing Disney on Ice to Shanghai this October.

Disney on Ice was created by Feld Entertainment in conjunction with the Walt Disney Company in 1981 its first production was performed across the United States. Appealing to children and families, Disney on Ice brings to life Disney movies through intricate ice skating performances and dazzling costumes.

Having performed in Shanghai both in 2011 and 2014, Disney on Ice is returning to the Mercedes-Benz Arena with their production of *The Wonderful World of Disney on Ice*. The production is kicking off an Asia tour, starting in Hong Kong and making its way to the mainland. Other recent renditions of Disney on Ice have appeared in the UK, US and Australia this year, receiving overwhelmingly positive reviews from the audience. Sarah Green of the Australian Stage described the *Magical Ice Festival* as, "a spectacular production and [her] three-year-old daughter was spellbound, sitting on the edge of her seat without moving for the entire performance."

Audiences can expect to see a combination of new and old Disney characters in the performance. Featuring six Disney stories, the show features songs and characters from the newest beloved Disney fantasy *Frozen*, followed by *The Lion King*, *Toy Story*, *Tangled*, *Finding Nemo* and of course, the classic duo Minnie and Mickey. Expect to see everything from glowing sea creatures in *Finding Nemo* and dancing toys in *Toy*



"Expect to see everything from glowing sea creatures in *Finding Nemo* and dancing toys in *Toy Story* to a giant skating Olaf during 'Do You Want to Build a Snowman?'"

Story to a giant skating Olaf during "Do You Want to Build a Snowman?"

And don't worry, the venue will be packed with plenty of Disney goodies and props that your little ones are sure to beg you for. They may even have an opportunity to take photos with the characters after the show as they did in other cities, so keep your eyes peeled.

Kids and adults alike will be enchanted by the performance. Book your tickets early if you want to see the English version of the show on October 29. ■

October 29, 10:30am, RMB180-700, Mercedes Benz Arena, 1200 Expo Avenue Nr Shangnan Lu, 世博大道1200号近上南路 (247tickets.cn).



A JAZZ THING

JZ Festival 2016

By Andrew Chin

Shanghai has a rich jazz history that stretches back to the 1920s and no one has done as much to continue that tradition as the JZ Group. They're going into overdrive this month with plans to reopen the much-missed JZ Club on October 14 at Datong Mill and holding the 12th annual JZ Festival from October 15-16 at Expo Park.

Over the years, the JZ Festival has grown from a showcase of local jazz cats to China's largest jazz festival and the second biggest in Asia.

Two-time Grammy Award winner Corinne Bailey Rae headlines, performing a soulful set on both nights. She will be joined by jazz luminaries like Randy Brecker (performing a Latin set), the Joshua Redman and Brad Mehldau Duo (neo-bop) and Death in Vegas (live electronica).

With 44 acts rocking five stages, there are different flavors of music that appeal to even the pickiest music fan, with plenty of outstanding local talent performing on the big stage.

Even better, the JZ Festival prides itself on providing a family-friendly atmosphere,

even offering free entry for children under 1.3 meters.

There will also be plenty of interactive areas fit for the whole family so that kids can get into the musical act. There's the Drum Zone, a live percussion circle, and Ukelele Lesson, where lessons and song tutorials will be offered for free on the four-string instrument.

A Lifestyle Plaza will also allow audiences of all ages to join in on swing, salsa and yoga sessions. New projects like a Jazz Bookstore, Outdoor Cinema, Drama Valley and Fashion Camp will also be present.

The spacious Expo Park provides plenty of opportunities for families to explore with loads of vendors ranging from artisan crafts to food, as well as green space to relax.

There's also plenty of opportunities to stroll on the riverwalk or set up shop for a picnic while soaking in the family-friendly festival vibes. ■

Oct 15-16, noon-11pm, RMB260 (per day). Expo Park, Shibo Dao, by Changqing Bei Lu 世博大道, 近长清北路 (5046 2471, 2471tickets.cn)

"Over the years, the JZ Festival has grown from a showcase of local jazz cats to China's largest jazz festival and the second biggest in Asia"



ON THE PAGE

Book Picks for Kids and Adults

TRUE TALES OF CHILDHOOD FROM SPORTS LEGENDS

By Kendra Perkins

Whether you like sports or not, this is a great book for everyone. Author David Stabler gives us an inside look at 16 true childhood stories from a diverse range of athletes such as car racers, basketball players, jockeys and even sumo wrestlers. These now famous athletes had normal kid problems like anyone else, as well as some tough issues to face, including discrimination, bullying and physical challenges. We see that through perseverance and sometimes through the help from an important family member, all of these kid athletes conquered their barriers to get where they are today.

Some featured athletes include baseball record breaker Babe Ruth (or Little George, as he was called). He got into so much trouble when he was little that he was one of the youngest boys to end up in his reform school. We also have Danica Patrick, who was known as 'the girl without fear.' Go-karting practice around her hometown prepared her for stock car racing in NASCAR as she also had to battle bullies. Not many girls were into racing when she was a child, so she constantly had to prove herself as a worthy competitor against the boys.

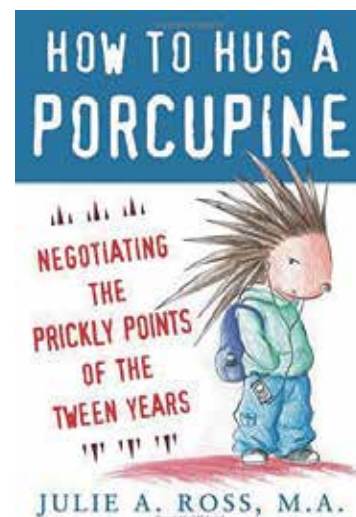
World famous Chinese basketball star Yao Ming is also featured. He spent a lot of time in Shanghai, which is fun to share with your kids. This city we are living in significantly contributed to who he is now. Kids will also learn all about just how incredibly tall he was as a child and it's fun to read about the funny situations he faced as a result of his height.

This book is filled with wonderful kid-friendly stories that serve as inspirations for children and it's easy to relate these childhood struggles to any situation.



Cartoon illustrations remind me of Rachel Renee Russel's *The Dork Diaries* series. If your child enjoyed that, they will appreciate the humor and detail found in the illustrations in this book. It's also part of a series, so also check out *Kid Presidents* (a look at American presidents' childhoods) and *Kid Artists* (a book about artists' childhoods from all over the world). Although this is an ideal read for ages 8 to 12, it can also make for a good book to read to younger children over a longer period of time. Happy reading!

Kendra Perkins is Coordinator for the Shanghai Librarians Network, and Ambassador of China for the International Librarians Network. Find her at TheInspiredLibrarian.com.



HOW TO HUG A PORCUPINE: NEGOTIATING THE PRICKLY POINTS OF THE TWEEN YEARS

By Jonty Dixon

Maybe you're lucky, maybe your tween is well-behaved, always does his or her homework and is never late for school. But for those who have kids who just have the knack of getting into trouble, or perhaps think you're "the worst parents in the whole world" – don't worry because the ultimate cheat sheet is at hand.

Julie A. Ross' *How to Hug a Porcupine* gives you over 100 tricks, tips and techniques to help you cope, but more importantly, describes the ideal environment for your children to prosper. Written in a reassuring yet clear and accessible style, *How to Hug a Porcupine* is a good read as well as an effective reference point during those especially challenging times.

Chapters are organized by each specific 'growing pains' that you may encounter in your relationship with your teenager. Themes include independence and self-esteem, and the gentle give and take of responsibility required to build a successful relationship.

The opening chapter, "Middle Schoolers: Hormonal, Disorganized, and Defiant," manages to hit the nail on the head with each paragraph. It describes the perfect blueprint of all the usual issues that parents face. However, Ross provides a unique take on the solutions by showing what your kids are thinking and their perspective on the situation. With plenty of anecdotes to keep it humorous and relatable, the tips, supported by other expert opinions, are applied on real life scenarios that Ross picked up through her work as a counselor and mom.

You may think your tween is hard to deal with, but you'll be reassured by the fact that you're not alone. Those simple techniques and tips can help you and other parents get through these tough times. In addition to this, the book goes on to cover sex, drugs and alcohol and peer pressure.

Parenting is hard at times, and tweens can make it even harder, so it's okay to get a few pointers. Taking the reader through each stage of 'tweenhood,' Ross offers a look behind the curtain into the thought process of your child and gives you the tools for how to react accordingly to the challenges. ■

These books are available at amazon.cn



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URBAN SCENES



DULWICH COLLEGE SHANGHAI MINHANG OFFICIALLY OPENS

Dulwich College Shanghai Minhang has opened their doors to welcome international students from Toddler (2 years old) to Year 7. When asked about the highlights of their new school, students in Year 5 and Year 6 responded that they could not wait to dive into the 50-meter swimming pool and perform on the Art Deco-style theater stage.



SSIS CELEBRATES 20 YEARS

SSIS celebrated its 20th birthday in September. First opened on September 3, 1996, SSIS students and staff came together to celebrate the school's history with a birthday cake and a musical performance by the school orchestra. Every student received two cupcakes to mark the occasion and shared this special day with their family members.



WISS DIRECTOR OF COMMUNITY AND SERVICE AWARDED SHANGHAI CITY MAGNOLIA AWARD

John Cuccinello, Director of Community and Service at WISS, has been awarded the prestigious Magnolia Award by the city of Shanghai for his contribution to the social development of the city. The Shanghai Municipal Government Foreign Affairs Office identifies a small number of foreigners who have made a significant economic or social contribution to the city in different industries including trade, finance, science and technology and education. One of his most recognized programs is the WISS Saturday school, where WISS students, parents and staff teach English to local migrant children in the Xujing area.



CONCORDIA STUDENTS BUILD COMMUNITY THROUGH EDUCATIONAL TRAVEL

Each fall semester, high school students at Concordia International School Shanghai head to villages and cities across China to experience the culture of their host country as part of the Transforming Individuals by Education and Service program (TriBES). This year, Concordia students traveled from Hainan to Xinjiang, and from Inner Mongolia to Yunnan to help build clean water systems and school playgrounds, practice sustainable tourism, and teach local Chinese school children in these cities and villages.

10
YEARS

10th Annual Shanghai Mamas
Family Day Celebration!
October 22nd • 10am - 3pm
YCIS Shanghai, Hongqiao Campus

TICKETS

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Loads of **games and activities** for kids and adults
Delicious food 🍷 **Great shopping vendors** 🎁
Live music and performances 🎵 **Amazing raffle** 🎉
and **much more!** 🎂 **Early Bird pricing** until 10/10! 🎊



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YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI

www.shanghaimamas.org

EVENTS

Submit your event listings to urbanfamily@urbananatomy.com

OCT 10-16 | COMMUNITY



Shanghai French Week

Back for its 15th year, this celebration of everything French takes over Yandang Lu as usual. Vendors offering the finest in French fashion, design and food will be on-site. There will also be a *Romantic France* photo exhibition presenting works by Chinese photographer, Wang Zhiping.

> Oct 10-16, 11am-7:30pm (Sun-Thurs) and 11am-8:30pm (Fri-Sat), free entry. Yandang Lu, by Huaihai Zhong Lu 雁荡路步行街, 近淮海中路 (www.shanghaifrenchweek.com)

OCT 16 | COMMUNITY



SCAA Adoption Day

Get a cuddly addition to your home as Second Chance Animal Aid holds their monthly adoption day. All foster animals are healthy, happy and looking for a loving forever home.

> Oct 16, 1-3pm, free entry. Shanghai Brewery, 15 Dongping Lu, by Hengshan Lu 东平路15号, 近衡山路 (www.scaashanghai.org)

OCT 19-27 | SPORTS



Kontinental Hockey League

The second biggest hockey league in the world has grown from its Russian home to include teams across Europe. This season, they've expanded into China, welcoming the Kunlun Red Star into their league. While technically based in Beijing, the team will be playing nine games in October at Feiyang Skating Center, hosting Salavat Yulaev on Oct 19, Traktor on Oct 21, Metallurg Mg on Oct 23, Lokomotiv on Oct 24 and Amur on Oct 27.

> Oct 19-27, various times, RMB100-1,280. Feiyang Skating Center, 201 Yunlian Lu, by Liuhe Lu 云莲路201号, 近浏河路 (5046 2471, 247tickets.cn)

OCT 21-22 | COMMUNITY



Festival of Education

Wellington College hosts experts in education from all over the world as they lead workshops and take part in panel discussions designed to stimulate thinking about education. In addition to being inspired, the festival is a good chance to meet other educationalists, teachers, students and parents.

> Oct 21-22, 8am-5pm, RMB100 per day or RMB150 for two-day pass. Wellington College International Shanghai, 1500 Yaolong Lu, by Haiyang Xi Lu 耀龙路1500号, 近海阳西路 (www.festivalofeducation.cn)

OCT 22-23 | COMMUNITY



Mandarin House's Cowboy Trip

Discover some of China's secret getaways with Mandarin House. For this trip, they head to a cowboy village in Suzhou where the untamed spirit of the West and the majestic natural beauty will open your mind by invigorating your senses to release your own inner freedom.

> Oct 22-23, 7am-5pm, RMB980. Mandarin House, 12/F, Asia Mansion, 650 Hankou Lu, by Fuzhou Lu 汉口路650号亚洲大厦12楼, 近福州路 (400 633 5538, info@mandarinhouse.com)

UNTIL OCT 25 | ARTS



Star Trek: The Exhibition

From hardcore Trekkies to new fans enamored with J.J. Abrams' recent reboot, the history of the iconic sci-fi franchise is celebrated in this massive exhibition. Hop aboard the bridge of the Starship Enterprise and put yourself in the seat of Captain Kirk, Picard and all the others. *Star Trek: The Exhibition* features sets, costumes, props and other museum pieces from all five related television series and 11 feature films. Family passes for two adults and one child under 1.4m available on weekdays for RMB130 and weekends for RMB180.

> Until Oct 25, 10am-10pm, RMB50 (RMB70 on weekends). The Hub, 33 Shaohong Lu, by Shenhong Lu 绍虹路33号, 近申虹路 (247tickets.cn)

OCT 29-30 | COMMUNITY



Urban Family Halloween Party

Get ready for Kids Halloween, Shanghai's most family-friendly Halloween extravaganza! For two days, *Urban Family* will take over Shanghai Archway, offering plenty of games and crafts guaranteed to get lots of screams and laughs. Activities include pumpkin hockey, Halloween face painting and a costume contest that will have the little ones embracing the holiday spirit.

> Oct 29-30, 11am-9pm, free entry. Shanghai Archway, 179 Maotai Lu, by Loushanguan Lu 茅台路179号, 近娄山关路 (rspv@urbanatomy.com)

NOV 5-6 | ARTS



Sherlock Holmes and the Hounds of the Baskervilles

The literary world's most famous sleuth comes to life on stage thanks to the acclaimed UK group, Chapterhouse Theater. In his most famous case, the brilliant Sherlock Holmes and his sidekick Dr. Watson must unravel the mystery of a strange, seemingly supernatural beast. Award-winning writer Laura Turner has made some changes to the original, adding more female roles to the story.

> Nov 5-6, 7.30pm (with 2.30pm show on Sat), RMB80-380. Lyceum Theater, 57 Maoming Nan Lu, by Changle Lu 茂名南路57号, 近长乐路 (400 610 3721, en.damai.cn)

NOV 5 | COMMUNITY



SSIS Family Bazaar

Over 2,500 visitors attended this massive community affair last year and organizers suggest coming early to the popular family bazaar. In addition to great food vendors and a marketplace full of artisan goods perfect for holiday gifts, this year marks the debut of the SSIS University Fair – with top universities from across the globe in attendance. As always, there will be plenty of family-friendly games and activities. Proceeds from the event will be donated to two migrant schools to help them set up two computer labs.

> Nov 5, 10am-4pm, free entry. SSIS (Minhang), 301 Zhujian Lu, by Lianyou Lu 朱建路301号, 近联友路 (6221 9288)

NOV 9 | COMMUNITY



BISS Early Years Open Day

Known for their excellent Early Years Cubs program for 2-5 year olds, BISS Puxi offers this preview for curious parents. Bring your child and learn how the school has created purpose built learning spaces. Its staff will answer any questions while explaining their approach to supporting the learning and development of children. Chinese and Korean admissions staff will be available, while healthy snacks and drinks will be offered for all. Registrations must be made by November 7.

> Nov 9, 9.30-11.30am, free entry. BISS Puxi, 111 Jinguang Lu, by Baole Lu 华漕镇金光路111号, 近保乐路 (5226 3211x1510, openday@bisspuxi.com)

NOV 10-13 | ARTS



Harlequino

Best known for his roles in *The Shawshank Redemption* and *Mystic River*, Academy Award winner Tim Robbins returns to Shanghai with his acclaimed theater group, The Actor's Gang. He follows his rousing 2014 adaptation of *A Midsummer Night's Dream* with an original play that he scripted to celebrate the 16th century art of Commedia dell'Arte, which served as the satirical voice for the poor and powerless of that time.

> Nov 10-13, 7.15pm (2pm matinee on weekend), RMB80-680. Duguan Theater, Zendai Himalayas Center, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188号, 近梅花路 (400 610 3721, en.damai.cn)

NOV 10-13 | EAT/DRINK



Yummy Planet Festival

Despite the controversy, Shanghai's first Michelin Guide has only further cemented the city's status as an emerging food mecca. This massive food festival pairs celebrity chefs like André Chiang, who was the former head chef of three Michelin star restaurant Le Jardin des Sens in France and whose Restaurant André is considered one of Singapore's finest, with Shanghai favorites like Alan Wong's, Wawamama, Liquid Laundry, The MEAT and much more. Kids under 1.3 meters high can enter for free (limited one child per ticket).

> Nov 10-13, 10am, RMB190-320 (Thurs) RMB210-380 (Fri-Sun). Shanghai Mart, 2299 Yan'an Xi Lu, by Gubei Lu 延安西路2299号, 近古北路 (400 610 3721, en.damai.cn)

NOV 11-13 | ARTS



That's Shanghai Electric Blues Festival

It's never too early to get kids into the blues and *That's Shanghai* is throwing this three-day festival at the emerging Found 158 hot spot celebrating the musical style. Some of Shanghai's finest bands will perform while there will be plenty of food and drink vendors adding to the festival vibes. Tickets available by scanning the QR code.

> Nov 11-13, 6pm-late (Fri) and noon-late (Sat-Sun), RMB50-80 per day (RMB100 for three-day pass). 158 Julu Lu, by Ruijin Yi Lu 巨鹿路158号, 近瑞金一路

NOV 11-13 | LIFE/STYLE



Shanghai International Kids Fashion Week

China's first and most high profile kids fashion event returns for its fifth edition. Designers will attempt to redefine the future of kids' fashion while celebrating the leading brands in China and across the world. While the show is invitation only, we are giving away passes. For your chance to win, e-mail rsvp@urbanatomy.com with your name, contact number and the number of kids attending.

> Nov 11-13, 498 Bansongyuan Lu, by Wangda Lu 半淞园路498号, 近望达路

NOV 19 | COMMUNITY



Concordia International School Shanghai's PSO Christmas Bazaar

This annual market is an excellent place to stock up on holiday presents with top local and expat vendors offering a vast selection of unique products. There will be plenty of non-shopping activities that will get the whole family into the holiday spirit.

> Nov 19, 9.30am-3pm, free entry. Concordia International School, 999 Mingyue Lu, by Yunshan Lu 明月路999号, 近云山路 (5899 0380)

LISTINGS



EDUCATION

Early Childhood Education

Canada & China International School Affiliated with the Vancouver International Educational Development Centre. Whole day kindergarten program for ages 3 to 6, 9am - 3.30pm. After school programs available on weekends: Emergent Art, Science, Drama and Literature. Block B,C,D,F, 3/F, 1399 Beijing Xi Lu 北京西路 1399号3楼B,C,D,F座 (3207 1135)

International Play Point @ Longbai GB2, Bldg 2, Longbai Service Apts, 2461 Hongqiao Lu 龙柏11P, 虹桥路 2461号2号楼GB2 (6268 8320)

Shanghai babyArt Education Management Consulting Co., Ltd. Room 705, Bldg A, Hongqiao Flourish Lotus Plaza, 1050 Wuzhong Lu 吴中路1050号虹桥盛世莲花广场A幢705室 (5422 1000, www.babyart.cn)

Totsgarten Play Center Odin Palace, Branch 88, Club House, 3001 Hongmei Lu 奥汀亲子坊早教中心, 虹梅路3001弄88支弄奥汀花园会所 (6401 8381, www.totsgarten.com)

Kindergartens

American Kindergarten Stars and Stripes 138 Yingbin San Lu 迎宾三路138号 (6268 5006, www.starsandstripes.cn, info@USL.com)

Bright Start Academy 2/F, 10-3 Cangwu Lu, by Tianlin Lu 苍梧路 10号3幢2楼, 近田林路 (6451 7908, www.kidsbrightstart.com)

Century Star Bilingual Kindergarten 169 Boshan Dong Lu, by Jujiaqiao Lu 博山东路169号, 近居家桥路 (5850 6698, www.shsjx.com)

China Welfare Institution Kindergarten 1361 Xiuyan Lu, by Hunan Lu 秀沿路1361号, 近沪南路 (6819 2362, www.cwkin.com)

Dulwich College Kindergarten Shanghai 425 Lan'an Lu, by Biyun Lu 蓝桉路425号, 近碧云路 (5899 9910, www.dulwichcollege.cn)

Fortune Kindergarten International School 1) 55 Lancun Lu 蓝村路55号 (5875 1212, www.fkis.com.cn) 2) 201 Donghuan Long Lu 东环龙路201号

(5039 8797) 3) 2151 Lianhua Lu 莲花路2151号 (5458 0508)

Happy Bridge Kindergarten 489 Huaiyin Lu, by Linqun Lu 淮阴路 489号, 近林泉路 (6223 8870, www.happybridge.org)

Harvest Baby Kindergarten 149 Hengbang Lu, by Tiantong'an Lu 横浜路149号, 近天潼庵路 (6587 8662)

Learning Habitat Bilingual Kindergarten Block C, Blue Sky Villa, 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号蓝天别墅C幢, 近虹梅路 (6262 7668, www.learninghabitat.org)

Little Eton Bilingual Kindergarten 592 Wanping Nan Lu, by Lingling Lu 宛平南路592号, 近零陵路 (6469 0445, www.little-eton.com, little-eton@eastday.com)

Maryland Kindergarten 1/F&3/F, Bldg 4, 1838 Gubei Lu, by Wuzhong Lu 古北路1838弄4号楼1F&3F, 近吴中路 (6270-1378, marylandsh@hotmail.co.jp)

Merrykids Kindergarten No.42, 21 Pubei Lu, by Liuzhou Lu 浦北路21弄 42号, 近柳州路 (6483 0206, www.merrykids.com)

Montessori Children's House English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu, by Yinshan Lu and Yunshan Lu 灵山路56号, 近银山路和云山路

Montessori School of Shanghai 1) Qingpu Campus: 1230 Zhuguang Lu 诸光路1230号 (5988 6688, www.montessorisos.com) 2) 21 Donghu Lu 东湖路21号 (5403 7699, www.montessorisos.com)

Morgan Rothschild Childcare Center Bldg 161, 1358 Huqingping Gong Lu 沪青平公路1358号161幢 (6976 1000 ext 10/88, www.morganrothschild.com)

SCIS Hongqiao ECE Campus 2212 Hongqiao Lu 虹桥路2212号 (6261 4338, Fax: 6261 4639)

Shanghai Angels Kindergarten 281 Panlong Cun 蟠龙村281号 (5988 3458, www.angels.org.cn)

Shanghai Greenfield Kindergarten 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号, 近虹梅路 (6261 4446)

Shanghai Ladder Bilingual

Kindergarten 910 Yingkou Lu, by Xiangyin Lu 营口路910号, 近翔殷路 (6534 7515)

Tweety's English School No 66, 60 Jinhui Nan Lu, by Wuzhong Lu 金汇南路60弄66号, 近吴中路 (6406 0846)

Shanghai Montessori Kindergarten No. 20, 1117 Zhuguang Lu 诸光路 1117弄20号 (3319 9422, www.s-m-k.org, montessorikindergarten@yahoo.com.cn)

Shanghai Victoria Kindergarten 1) No. 1, 71 Huating Lu, by Huaihai Zhong Lu 华亭路71弄1号, 近淮海中路 (5403 6901, www.victoria.edu.hk) 2) No. 15, 155 Baocheng Lu 宝城路155弄15号 (5415 2228, www.victoria.edu.hk) 3) No. 38, 39 Yinxiao Lu 银霄路39弄38号 (5045 9084, www.victoria.edu.hk) 4) No. 81, 300 Gumei Lu 古美路300弄81号 (6401 1084, www.victoria.edu.hk)

Shanghai Weihai Kindergarten International Division Ages 3-6, Bilingual English/Chinese classrooms, Montessori-based Curriculum. 730 Weihai Lu, by Shaanxi Bei Lu 威海路730号, 近陕西北路
Phone: Mr. Kobe (136 4175 2501)
Email: happyweihai@gmail.com

WuNan Kindergarten International School 14 Wulumuqi Nan Lu 乌鲁木齐南路14号 (6433 7993)

YCIS Shanghai Kindergarten 1) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 (6242 3243, enquiry@shycef.com) 2) Regency Park Campus: 1817 Huamu Lu 花木路 1817号 (5033 1900, enquiry@shycef.com)

International Schools

Britannica International School Shanghai 1988 Gubei Nan Lu, by Wuzhong Lu 古北南路 1988号, 近吴中路 (6402 7889, www.britannicashanghai.com, admissions@britannicashanghai.com)

Harrow International School Shanghai Harrow Shanghai is a co-educational school providing a British independent style education. Currently open from Pre-Nursery to Year 10, the Sixth Form, offering A-levels, and boarding open in August 2017. 588 Gaoxi Lu, by Lansong Lu 高

西路588号, 近兰嵩路 (6881 8282 / 189 1622 9776, admissions@harrowshanghai.cn, www.harrowshanghai.cn)

The British International School Shanghai, Puxi 111 Jinguang Lu 金光路111号 (5226 3211, www.bisshanghai.com admissions@bisppuxi.com)

Nord Anglia International School Shanghai, Pudong 600 Cambridge Forest New Town, 2729 Hunan Lu 沪南公路2729弄康桥半岛600号 (5812 7455, www.naispudong.com enquiries@naispudong.com)

Capistrano Valley China SH School No.390 Dong Ti Yu Hui Road 东体育会路390号 (6199 9140, www.cvcshanghai.cn, info@cvcshanghai.cn)

Concordia International School Shanghai 999 Mingyue Lu, by Huangyang Lu 明月路999号, 近黄杨路 (5899 0380, www.ciss.com.cn, admissions@ciss.com.cn)

Deutsche Schule Shanghai No 30, 399 Zhuguang Lu 诸光路399弄30号 (3976 0555, www.ds-shanghai.org.cn, info@ds-shanghai.org.cn)

Dulwich College International School 266 Lan'an Lu, by Mingyue Lu 蓝桉路266号, 近明月路 (5899 9910, www.dulwich-shanghai.cn, admissions@dulwich-shanghai.cn)

Livingston American School 580 Ganxi Lu 甘溪路580号 (6238 3511, www.laschina.org, Info@laschina.org)

LYCÉE FRANÇAIS DE SHANGHAI 1) 350 Gaoguang Lu 高光路350号 (3976 0555, http://ef.shanghai.online.fr) 2) Bldg D, 1555 Jufeng Lu 巨峰路1555D楼 (6897 6589)

Hong Qiao International School 218 Yili Nan Lu, by Lanbaoshi Lu 伊犁南路218号, 近蓝宝石路 (6268 2074, 6268 3121, www.hqis.org)

Shanghai American School 1) Pudong Campus: 1600 Lingbai Gong Lu 凌白公路1600号 (6221 1445, www.saschina.org) 2) Puxi Campus: 258 Jinfeng Lu, by Beiqing Gong Lu 金丰路258号, 近北青公路 (6221 1445, www.saschina.org)

Shanghai Community International School 1) Hongqiao Campus: 1161 Hongqiao Lu 虹桥路1161号 (Tel: 6261-4338) 2) Hongqiao ECE

Campus: 2212 Hongqiao Lu 虹桥路 2212号 (Tel: 6295-1222) 3) Pudong Campus: 198 Hengqiao Lu 横桥路 198号 (Tel: 5812-9888) www.scis-his.org admission@scis-his.org

Shanghai Rego International School 1) 159 Diannan Lu 淀南路159号 (5488 8320, www.srisregio.com) 2) 189 Dongzha Lu, by Shuying Lu 东闸路189号, 近疏影路 (5488 3431, www.srisregio.com)

Shanghai Singapore International School 1) Minhang Campus: 301 Zhujian Lu 朱建路301号 (6221 9288, www.ssis.cn, info@ssis.cn) 2) Xuhui Campus: 1455 Huajing Lu 华泾路1455号 (6496 5550, www.ssis.cn, info@ssis.cn)

Shanghai United International School 1) Hongqiao Campus: 999 Hongquan Lu, by Jinhui Lu 虹泉路 999号, 近金汇路 (3431 0090, www.suis.com.cn) 2) Gubei Secondary Campus: 248 Hongsong Dong Lu 红松东路248号 (5175 3030, www.suis.com.cn) 3) Pudong Campus: 48 Xueye Lu 雪野路48号 (5886 9990, www.suis.com.cn) 4) Shangyin Campus: 185 Longming Lu 龙茗路 185号 (5417 8143, www.suis.com.cn) 5) Jiao Ke Secondary Campus: 55 Wanyuan Lu 万源路55号 (6480 9986, www.suis.com.cn)

Western International School of Shanghai 555 Lianmin Lu, by Huqingping Gong Lu 联民路555号, 近沪青平公路 (6976 6388, 6976 6969, www.wiss.cn admission@wiss.cn)

Wellington College International Shanghai 1500 Yaolong Lu, by Haiyang Xi Lu 耀龙路1500号, 近海阳西路 (021-51853885, www.wellingtoncollege.cn, admissions.shanghai@wellingtoncollege.cn)

Yew Chung International School of Shanghai 1) 18 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道18号, 近水城南路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 2) Century Park Campus: 1433 Dongxiu Lu, by Jinhe Lu 东绣路1433号, 近锦和路 (2226 7666 ext 2345 www.ycef.com, enquiry@ycef.com) 3) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 4) Pudong: Regency Park, 1817 Huamu Lu, by Liushan Lu 花木路1817号, 近柳杉路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com)

YK Pao School No. 20, 1251 Wuding Xi Lu 武定西路1251弄20号 (6167 1999, www.ykpaoschool.cn)

Language Center

Panda Chinese Language & Culture Training Centre iMandarin "Ting Bu Dong" is Long gone! 1) Shanghai Centre Campus: Suite 720-721, 1376 Nanjing Xi Lu 南京西路1376号720-721室 (3222 1028, www.iMandarin.net, study@imandarin.net) 2) Yuandong Campus: Room 1916, Bldg B, 317 Xianxia Lu, by Gubei Lu 仙霞路317号B座1916室, 近古北路 (5239 2807, www.iMandarin.net, study@imandarin.net) 3) Xintiandi Campus: Suite 1708, Shui On Plaza, 333 Huaihai Zhong Lu, by Madang Lu 淮海中路333号瑞安广场1708室, 近马当路 (3308 0508, www.iMandarin.net, study@imandarin.net) 4) Gubei Campus: Suite C207, Shang-Mi Ra Commercial Centre, 2633 Yan'an Xi Lu, by Shuicheng Nan Lu 延安西路2633号美丽华商务中心C207室, 近水城南路 (3223 1046, www.iMandarin.net, study@imandarin.net) 5) Suite 2312, Bank of China Tower, 200 Yincheng Zhong Lu, by Lujiazui Dong Lu 银城中路200号中银大厦2312室, 近陆家嘴东路 (5037 2711, www.iMandarin.net, study@imandarin.net) 6) 1779 Yunshan Lu, by Biyun Lu 云山路 1779号, 近碧云路 (6105 9572, www.iMandarin.net, study@imandarin.net)

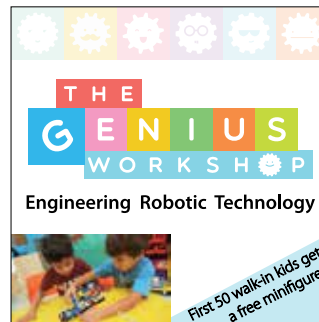
Mandarin House Chinese Schools International quality accredited Chinese language programs. Whether at your office, home or our conveniently-located schools; learn practical and modern Chinese with experienced teachers. Effective courses include: Conversational Chinese, Written Chinese, Business Chinese, HSK Preparation and tailor-made Private Tutoring to meet your specific needs. Mandarin House is an official registered HSK testing center as well. Call us or visit our school and see why more than 20,000 people have chosen Mandarin House for learning Chinese!

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FAMILY FUN



NBA Playzone The NBA is excited to provide children and their families with a safe, clean environment for sports and fun right in the heart of Shanghai. Our 1,500 square meter space features ten signature elements including a concessions area and a retail store. Whether it's hitting a buzzer-beater at the Arena, exploring the twists, turns and slides in the Mascot Training Ground, building balance and coordination in the Rookie Challenge, watching your favorite player come to life at the Interactive Court, dunking like a pro on our trampoline lanes or measuring yourself against your favorite star at one of our NBA Measure-Ups, NBA Playzone is sure to deliver an active, inspiring, educational and fun experience for the whole family. What's more, our world famous NBA mascots, Clutch and Benny the Bull, will make regular appearances at NBA Playzone, delighting parents and children alike with their comedic routines. Website: www.nbaplayzone.com Email: info@nbaplayzone.com Address: 2F, Hubindao Shopping Mall, Huangpu District Opening this summer!



The Genius Workshop The Genius Workshop offers technology related classes for ages 3-14. Topics include Lego engineering, robotics, animation and video game design. After school, weekend and holiday programs available. 1) Pudong: Unit 105, 1/F, 1099 Meihua Lu, (5033 3053) 2) Hongmei: Unit 504, 5/

F, 3211 Hongmei Lu., (6446 6766) 3) Huangpu: Unit 38-40, 3F, SML Center, 618 Xujiahui Lu., (6126 6526) 4) Changning: Unit C, 6/F, 9 Zhenning Lu., Huashan Center, (6228 8522). Call now to book a free trial class. www.g-workshop.com.cn

HOMEWARE

OTTO Packing & Transport Co., Ltd Office move experts, over 300 office relocations annually, each project over 300 headcounts. We provide professional International, domestic and local household goods relocation service and office move. As well as warehousing and records managements service. OTTO has headquartered office in Beijing, branch office in Shanghai and Guangzhou. Tel: 8621-54246872, Mob: 13801604452, Email: eason.luo@ottochina.com, Hotline: 4008101279, <http://www.ottochina.com>

HEALTH

Health Services

AmMed Cancer Center 20/F, Shanghai Ruijin Hospital OPD, 197 Ruijin Er Lu 瑞金二路197号瑞金医院门诊大楼20楼 (6415 5988, www.ruijin-ammed.com)

Bioscor Shanghai Clinic No. 5, 89 Xingguo Lu 兴国路89弄5号 (6431 8899, www.bioscor.com.cn, info@bioscor.com.cn) 9am-6pm

Chiropractic-ESI Spinal Clinic Mon-Fri 9am- 8pm, Sat- Sun 9am- 1pm. 551 Pudong Nan Lu 浦东南路551号 (5879 9999)

Global HealthCare Medical & Dental Center - Puxi Suite 303, Eco City 1788 Nanjing Xi Lu, by Wulumuqi Bei Lu (5298 6339, 5298 0593) 南京西路1788号1788国际中心303室, 近乌鲁木齐北路

Global HealthCare Medical & Dental Center - Pudong Shop 212, Shanghai World Financial Center, 100 Shiji Dadao, by Lujiazui Huan Lu (6877 5093, 6877 5993) 世纪大道100号上海环球金融中心商场212室, 近陆家嘴环路

Healthway Family Medical Centre Mon-Sun, 8am - 11.30am, 1.30pm- 5pm 1) 1228 Biyun Lu 碧云路1228号 (5030 1699, 800 988 1103) 2) 371 Xinzha Lu 新闻路371号 (6359 1082, 800 988 1103, www.healthwaychina.com)

International Medical Care Center of Shanghai Mon-Fri, 8am-4pm
First People's Hospital, 585 Jiulong Lu 九龍路585号上海第一人民医院 (6324 3852)

New Vison Eye Clinic Mon-Fri 8am-5pm. Plaza C, No. 777, Centruy Avenue, by Nanquan Bei Lu 世纪大道777号广场C, 近南泉北路 (www.rjeje.com)

Shanghai DeltaWest Clinic Building B-5F, 2558 Yan' an Xi Lu 延安西路2558号B座5层 (400 821 0277/ 2213 9777, www.deltahealth.com.cn, patientservice@deltahealth.com.cn)

ParkwayHealth Medical & Dental Centers 24/7 Hotline 6445 5999

1) Mon-Fri, 9am-7pm.
Sat - Sun, 9am-5pm
Gleneagles Medical and Surgical Center, Tomorrow Square 4/F, 389 Nanjing Xi Lu
2) Mon-Fri, 9am-7pm
Sat & Sun, 9am-5pm
Hong Qiao Medical Center, 2258 Hong Qiao Lu.
3) Medical Center
Mon-Fri, 9am-7pm
Sat & Sun, 9am-5pm
Dental Center
Mon - Sun, 8.30am-7.30pm
Shanghai Centre Medical & Dental Centers, 203-4 West Retail Plaza, 1376 Nanjing Xi Lu.
4) Mon-Sat, 9am-7pm
After Hours Care (Primary Care)
Mon-Sun, 7pm-9am.
Specialty and Inpatient Center, 3F, 170 Danshui Lu. (near Xintiandi)
5) Medical Center
Mon-Fri, 8.30am-7pm
Sat & Sun, 9am-5pm
Dental Center
Mon-Fri, 8.30am-7pm
Sat & Sun, 9am-5pm
Jin Qiao Medical & Dental Center, 997, Biyun Lu, Jin Qiao, Pudong
6) Mon-Fri, 9am-7pm
Sat, 9am-5pm
Jin Mao Tower Medical Center, (Close to Gate 15) 1N01(B) Jin Mao Tower, No.88 Shiji Dadao, Pudong New Area

Shanghai United Family Hospital and Clinics 1) Mon-Sat: 8.30am-5.30pm 1139 Xianxia Lu, by Qingxi Lu 仙霞路1139号, 近青溪路 (2216 3900, 2216 3999) 2) Mon-Sat 9am-5pm Shanghai Racquet Club, Lane 555 Jinfeng Lu, by Baole Lu 金丰路555弄上海网球俱乐部内, 近保乐路 3) Mon-Sat: 8.30am-5.30pm 1/F, area A & B, 525 Hongfeng Lu, by Mingyue Lu 红枫路525号A&B区1楼, 近明月路 (5030 9907) 4) Mon-Sat: 8am-5.30pm 8 Quankou Lu,

by Linqun Lu 泉口路8号, 近林泉路 (www.ufh.com.cn)

SinoUnited Health, Physiotherapy, Orthopaedics, Sports Medicine 1) Gubei Clinic: 491 Yili Nan Lu, by Huangjincheng Dadao 伊犁南路491号, 近黄金城道 (6124 9979) 2) Jinqiao Clinic: No. 16, 300 Hongfeng Lu, by Biyun Lu 金桥红枫路300弄16号, 近碧云路 (5030 7810) 3) Shanghai Centre (Portman) Clinic: Suite 601, Shanghai Centre, 1376 Nanjing Xi Lu 南京西路1376号上海商城西峰601室 (6279 8920)

Shanghai ConBio Aesthetic Surgery Hospital 259 Xikang Lu 西康路259号 (6289 5163, 6289 5165, www.chinameirong.com/english)

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm 24/7, 1209 Huaihai Zhong Lu, by Donghu Lu 淮海中路1209号, 近东湖路 (6196 3333, marketing@redleafhospital.com, www.redleafhospital.com)

Sunshine Children's Clinic 85 Yili Nan Lu, by Guyang Lu 伊犁南路85号, 近古羊路 (5477 6480)

TOKUSHINKAI Dental Clinic 1) Jing'an: 2/F, Pacheer Commercial Center, 555 Nanjing Xi Lu, by Chengdu Bei Lu 10am-6pm (6340-0270, 6340-0290) 2) Jinqiao: 160 Lan'an Lu, by Biyun Lu 10am-10pm (6340-0270, 6340-0290) 3) Lianyang: 1192-1198 Dingxiang Lu, by Fangdian Lu 10am-10pm (6856 1040 | 6856 1045) 4) Hongqiao: 3/F Maxdo Center, 8 Xingyi Lu, by Xianxia Lu (5208-0208, 5208-0218) 10am-8pm 5) Greenway: 4/F Shanghai Times Square, 93 Huaihai Zhong Lu, by Liulin Lu (3366-6129) 9.30am-6pm 6) Takashimaya: 5/F, Takashimaya, 1438 Hongqiao Lu, by Manao Lu (6268 2286) 1) 南京西路555号555商厦2楼, 近成都北路 2) 蓝桉路160号, 近碧云路 3) 丁香路1192-1198号, 近芳甸路 4) 兴义路8号万都商城3楼, 近仙霞路 5) 淮海中路93号大上海时代广场办公楼4楼, 近柳林路 6) 虹桥路1438号高岛屋百货5楼501室, 近玛瑙路

Wooridul International Spine Hospital (Shanghai) 106 Shi Guang Yi Cun, by Wujiaochang 市光一村106号, 近五角场 (6117 9900, www.wolide.com/en)

WorldPath Clinic International Mon-Fri 9am-8pm, Sat-Sun 9am-4pm, 399 Nanquan Bei Lu 南泉北路399号 (2020 7888, www.worldpathclinic.com, service@worldpathclinic.com)

Chinese Medicine

Body & Soul - Medical Clinics 1) Huangpu: 14/F, An Ji Plaza, 760 Xizang Nan Lu 西藏南路760号安基大厦14楼5室 (5101 9262, huangpu@bodyandsoul.com.cn) 2) Minhang: Zhi Di Plaza, 211 Chengjia Qiao Zhi Lu 程家桥支路211号 (6461 6550, minhang@bodyandsoul.com.cn) 3) Jingan: 6/F, Four Seasons Hotel, 500 Weihai Lu 威海路500号上海四季酒店6楼 (5101 9262, jingan@bodyandsoul.com.cn) 4) Pudong: Room 1303, Jin Ying Bldg. (B), 1518 Minsheng Lu, by Hanxiao Lu 民生路1518号金鹰大厦1303室, 近含笑路 (6162 0361, pudong@bodyandsoul.com.cn)

Pregnancy Health Services

American-Sino OB/GYN Service Mon-Fri 9am - 8pm, Sat-Sun 9am - 5pm 1) Inpatient: 14/F, Complex Building Huashan Hospital, 12 Wulumuqi Zhong Lu, by Changle Lu 乌鲁木齐中路12号华山医院综合楼14楼, 近长乐路 (6249 3246, 5288 7240) 2) Outpatient: 3/F, Block 6, Clove Apartment, 800 Huashan Lu, by Zhenning Lu 华山路800弄丁香公寓6号裙楼3楼, 近镇宁路 (6210 2299)

Parkway Health Medical Center Services include family medicine, birthing, paediatrics, infertility treatment, ultrasound scanning and 24-hour in-patient & urgent care. Mon-Sun 9am - 9pm, 2/F, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号2楼, 近西康路 (6385 9889, 24 hour hotline: 6445 5999)

Shanghai East International Medical Center 551 Pudong Nan Lu 浦东南路551号 (5879 9999, www.seimc.com.cn)

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm, 24/7, 1209 Huaihai Zhong Lu, by Donghu Lu 淮海中路1209号, 近东湖路 (6196 3333, marketing@redleafhospital.com, www.redleafhospital.com)

Shanghai United Family Hospital Mon-Sat 8:30am - 5:30pm, 1139 Xianxia Lu, by Qingxi Lu 仙霞路1139号, 近青溪路 (2216 3900, 400 639 3900, www.ufh.com.cn)

VIP Maternity & GYN Center VIP 13-15/F, 12 Wulumuqi Zhong Lu, by Changle Lu 乌鲁木齐中路12号, 近长乐路 (5288 9999, www.upmg.us)

WorldPath Clinic International Mon-Fri 9am - 8pm, Sat-Sun 9am-4pm, 399 Nanquan Bei Lu 南

泉北路399号 (2020 7888, www.worldpathclinic.com, service@worldpathclinic.com)



AFTERSCHOOL ACTIVITIES

New Horizons Since 2006, New Horizons has helped thousands of international students get into elite American universities and boarding schools with their professional test prep courses (SAT, ACT, SSAT, SCAT) and Language arts courses. No.480 Hongxu Lu 虹许路480号古北中心 (021-52280110) / No.372 Xingle Lu, Huacao, Minhang 闵行区幸路372号, 华漕中心 (021- 52288552) / No.18 Huangyang Road, Pudong 黄杨路18号浦东中心 (021-58341378)

Active Kidz Shanghai A not for profit youth sports organization offering recreational and competitive sports' programs for children 3- 15 years old in Pudong and Puxi. More information on www.activekidz.org

The Little Gym Programs include parent/child classes, gymnastics, karate, dance and sports classes. Suite J, 28/F, 588 Pudong Nan Lu, Pu Fa Mansion 浦东南路88号浦发大厦28楼J室 (021 6859 6266, www.thelittlegym.com.cn)

Craft'd Shanghai The new Craft'd studio in Xuhui gives children the opportunity to try out a different craft activity each week in a safe and secure environment. From mosaic to paper mâché, appliqué to ceramic painting there is sure to be something for every child to enjoy! RMB250 per class (1 1/2 hours, including snacks) or RMB2300 for a bundle of 10 classes. We also run craft classes for adults in our studio located at 1218 Fuxing Lu, by Shaanxi Nan Lu metro 复兴路1218号, 近陕西南路地铁站 (WeChat: craftd_sh. www.craftd-shanghai.com)



TRAVEL

Classic Travel This full service English-speaking travel agency books very classic trips in China and throughout Asia with a special focus on southeast Asia getaways. English-savvy, but you need to call to get the real scoop as the website is more idea oriented, rather than total service. Monday-Friday, 9am-6pm. 2/F, Block D, Art Forest 525 Fahuazhen Lu, by Dingxi Lu 法华镇路525号创意树林D单元2楼, 近定西路 (400 820 6113; luxury@classictravel.net.cn; www.classictravel.net.cn)

ADVICE FROM DAD

Answering Tough Questions and Getting a Parent's Perspective

By Leonard Stanley

From a father and educator's perspective, Leonard is here to give you some advice – whether it's questions about school, your teenager, family life, expat life or if you just need a dad's point of view.



THE OLDER MY KIDS GET, THE MORE HOURS THEY PUT INTO THEIR EXTRACURRICULAR ACTIVITIES. HOW CAN I HELP MY KIDS BALANCE HOBBIES AND SCHOOL WORK BETTER?

As children get older there is no denying that they also get busier. This increased level of activity is not just reserved for their academic pursuits. As they expand their horizons and grow more interested in the world around them, their schedules begin to fill up with more extracurricular activities. The challenge as a parent now becomes: How do you find an optimal balance between your child's hobbies and schoolwork?

1. Education Before Recreation

The first thing you must do when attempting to strike a balance between academic and additional activities your child may participate in is to emphasize the importance of schoolwork. They must understand that while they will be adding things to their schedule, they are doing so with an understanding that their education is the priority and if they begin to suffer in school, then they will no longer be able to participate in their chosen hobbies. This instills a sense of responsibility and also establishes expectations they will have to adhere to if they are to continue having fun outside of the classroom. They realize it is a privilege to be able to participate in clubs or sports teams outside of school, you may even see better grades as they attempt to prove they can do both.

2. Limitations and Preparation

Children can have many diverse interests and a desire to join every team, play every instrument or be a member of every club. As parents, we have to be able to help manage those expectations realistically. This means saying no to certain requests and limiting the number of extracurricular activities they can be a part of. Organize their recreation schedule into semesters and allow for them to do multiple things, just not at the same time.

Another aspect is preparing ahead of time to ensure that they can complete their homework. Take a look at your weekly schedule and see which days should be allocated as homework days. Make sure it is a lighter day during the week and try to get the lion share of the academic work done then. Obviously you should be ideally working on something academic every day, but truthfully we must acknowledge that certain days will be better suited than others to focus on homework.

Hobbies and extracurricular activities are an essential part of the holistic development of a child and should not be ignored. You should try to include as many activities as you can fit into your child's schedule within reason.

Leonard Stanley was born and raised in Washington D.C., and has lived in Shanghai since 2009 with his wife and two young children Kyle (12) and Christopher (8). Leonard teaches Theory of Knowledge as well as Language & Literature at the Western International School of Shanghai.

Do you have a question for Leonard? Email urbanfamily@urbanatomy.com for your question to be answered in the next issue.

I WANT MY KID TO BE ABLE TO GO TRICK OR TREATING FOR HALLOWEEN. WHAT IS THE BEST AND SAFEST WAY TO DO THIS IN SHANGHAI?

Halloween is one of everyone's favorite holidays. It is no longer uniquely American because let's face it; every child enjoys dressing up in costumes and getting free candy! So with that being said, how do you ensure that your child not only has a good time but also remains safe on this All Hallows' Eve?

Not at all dissimilar to what you may do back in your home country, it is best to celebrate Halloween in a group. Walking around in the dark as you approach strangers' houses can be risky no matter where you are, but you can mitigate some of that risk by not traveling alone. The best way to enjoy October 31 is to organize a group within your own community. Make it a fun activity where you know where to go and when. Communicate with your neighbors and plan a route that the kids can easily follow. This way, you know where they should begin and end the night and they will know where to stop because participating homes will leave their lights on or have signs on their doors. This is also helpful as you can coordinate the types of snacks you will all be handing out to make sure accommodations are made for children with food allergies. Because nothing is more depressing for a child with a food allergy to return home at the end of the night with a bag full of candy they cannot eat!

Finally you should also try and make it an event that the grown-ups can enjoy at the same time. The more adults involved, the safer everyone will be. Dress up and embrace the inner child in you as you hang around the neighborhood and 'supervise' the kids while you enjoy a glass of wine. Because who says kids get to have all of the fun?

that's **urbanfamily** KIDS
SHANGHAI
Halloween



-  **Games**
-  **Foods & Drinks**
-  **Performances**
-  **Candy & Treats**
-  **Arts & Crafts Area**
-  **Bouncy Castle**
-  **Costume Competition**
-  **Halloween Parade**

Date:
October 29-30,
11am – 5pm

Venue:
Shanghai Archwalk
金虹桥商场
179 Maotai Lu,
(by Loushanguan Lu)
Changning District
茅台路179号,
近娄山关路

Event open to public, let us know you are coming and receive a FREE Halloween candy bag. E-mail your name + number of kids + delivery address + mobile number to RSVP@urbanatomy.com



Rising to any challenge

"I wore my pink uniform with pride because it was a symbol of how our community comes together to support others."

—Joseph S., varsity athlete and champion of hope



2015 Pink Out supporting breast cancer awareness