

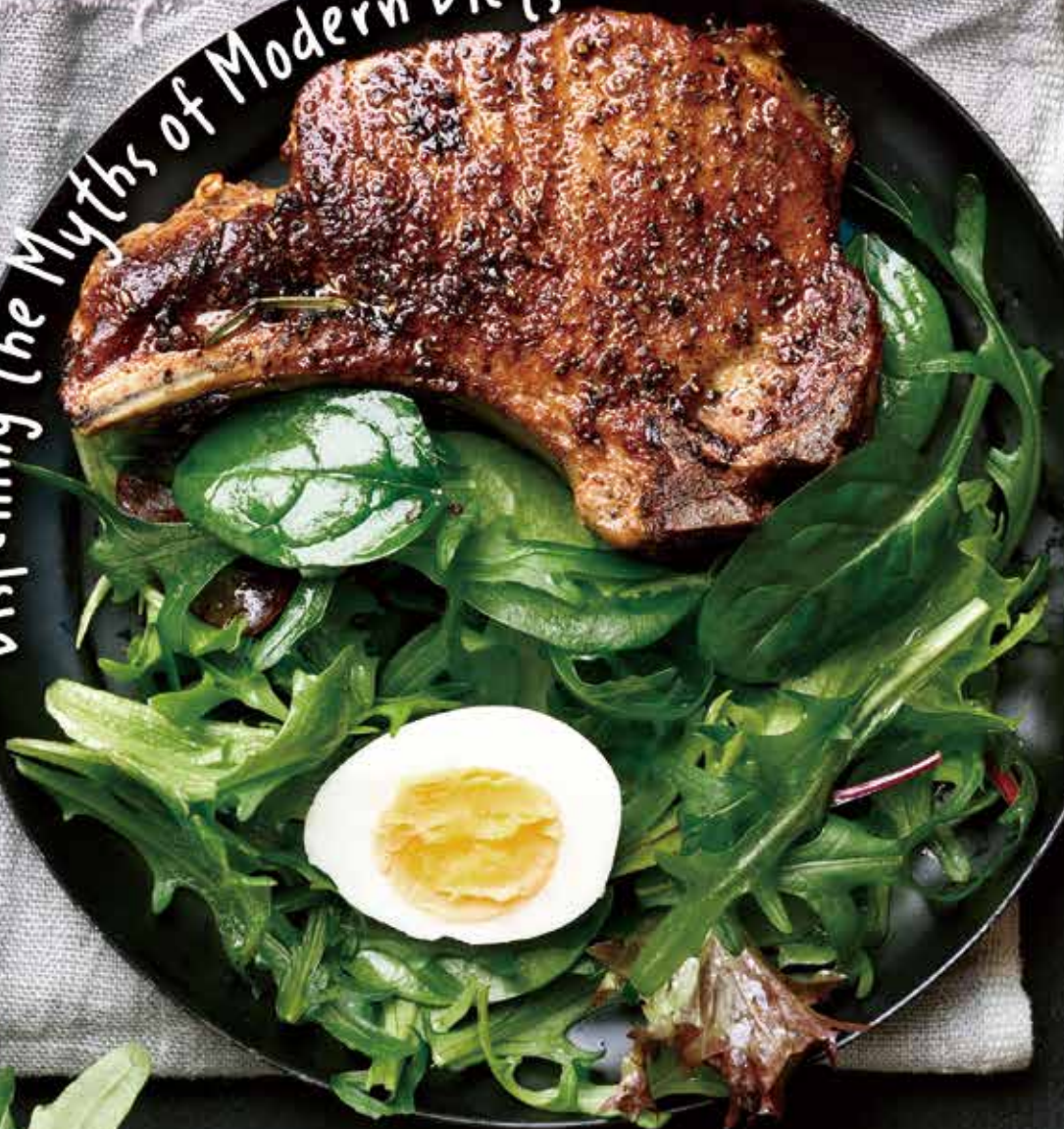
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SHANGHAI

Hardtalk Health

Dispelling the Myths of Modern Diets



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EDITOR'S NOTE

With the Chinese year closing and a New Year around the corner, my time as Editor in Chief at *Urban Family Shanghai* has also come to an end. Over the past year, I have made mistakes with print decisions, overlooked typos and had a few unsuccessful attempts in certain projects. But looking back, the ups easily outweigh the downs – I have had the opportunity to meet with interesting families, inspiring individuals and been to many intriguing places in Shanghai, not to mention the Aug/Sept cover shoot with those wonderful Third Culture Kids. And of course, I've had the chance to work with the fantastic team at *UF* and *That's*. I hope I presented our *UF* readers with useful information and articles that made Shanghai family life a little easier, more interesting and convenient.

As for myself, it's time for another venture. One, which very soon, will have me saying goodbye to *Urban Family* and Shanghai; but you are in good hands with the team here and I look forward to seeing from afar, what they continue to deliver to you. Now, let's not drag on and get too sentimental here, as another exciting jammed-pack issue awaiting you!

In this issue's cover story, we hardtalk health (p16). With new health theories springing up like mushrooms, it would be unwise to look past the urban health issue. We take a look at three dominant lifestyle theories and debunk the myths of modern diets, and you know what, I think we may have been too harsh on good old butter for the past decade.

Talking about health, we recommend the top five face masks on the market that are more than capable of holding at bay the high PM2.5 levels during winter (p14). And how can we skip exercise when talking about health? In our 'My Shanghai' column, Emily Beavers tells us about her music and movement classes at Jitterbugs, and how her program gets little ones active and ready for preschool (p8). We also

showcase adorable eco-living illustrations by artist Lucie Guyard (p9) that convey her message: we can all contribute to saving the planet with small steps in our day-to-day life.

In the Learning section (p26), we delve into the minds of five outstanding young debaters to learn what drove them to become so passionate about this activity, and what skills they've developed while striving for greatness in the Shanghai, and world, debating arenas. Allow me to quote one of the students' answers, "Everyone has an argument worth listening to." Word of truth!

CNY in China is a holiday as big as it gets, however, during this period of family togetherness, you might find the streets are quieter than ever, with fewer places to dine. Well, we've done our research to provide a list of Chinese restaurants that will stay open during the holidays (p36), so keep calm and tuck in.

What's on in the Entertainment front? Children's theater regular Celine Song talks to the production team behind *Beatles for Babies*, to find out why this show is loved by toddlers around the world (p42), while our Arts Editor, Erica Martin, was genuinely moved to tears by the animation *Coco* (p46); take a handkerchief, you'll need it.

I really could go on, but no more spoilers from here. So, for one last time I say, I hope you enjoy this edition, happy Chinese New Year and goodbye Shanghai!



Editor-in-Chief
Frances Chen



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FOOD & FUN

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Chaozhou Dumplings

ENTERTAINMENT

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Beatles for Babies by La Petita Malumaluga

46 Coco

Moving, Family-oriented Film is a Hit in China and Worldwide



Life Made Easier with the Ever-Developing Shanghai Metro

Shanghai Metro continues to enhance the way in which we travel with the opening of Line 17 and the eastward extension of Line 9. Regarded as the world's longest Metro network that stretches 666 kilometers, with 389 stations and 52 interchanges, the convenience doesn't stop there. The network recently launched QR scanning devices at all stations. Using their official App 'Metro Daduhui,' scan the QR code and instantly pass through the turnstile. They have also announced plans to implement face-scanning and voice recognition technology in the future.

NUMBER



The Shanghai Administration for Industry and Commerce (SAIC) undertook an investigation which uncovered 24 fake Heytea shops across the city. With the genuine store selling up to 4,000 cups a day, it seems the popularity of the bubble tea motivated would be fortune makers to open fake shops around town. According to the Heytea website they have seven official stores in Shanghai.

HAO



The Shanghai Environmental Protection Bureau (SEPB) announced they will increase efforts to lower air pollution in the city. The plan requires Shanghai to report an AQI below 100 for 80 percent of the days in one year (292 days), and eradicate all heavily polluted days (AQI higher than 200) by 2020. They aim to meet these targets by implementing 250 new environmental projects and reducing the use of coal.



BU HAO

Customers found cockroaches in their drinks at Saizeriya on Sichuan Bei Lu and reported the incident to the Hongkou District Supervision Department, who immediately dispatched inspectors. With no pest prevention measures, they found the inside of the machine severely rusted with pests inside. Saizeriya have since discovered hygiene issues with their self-service drink dispensers at other locations, resulting in a suspension of these machines at all outlets.

和睦家丰尚门诊部
United Family Fengshang Clinic



Shanghai United Family Hospital Welcomes Its New Community Clinic

On January 10, Shanghai United Family Hospital officially opened its new world-class Fengshang Clinic. With highly-qualified international medical staff and direct billing to over 40 insurance companies, the clinic provides healthcare to local and foreign residents and will be open Monday to Friday 8.30am-6.30pm and Saturdays 9am-5pm. A complete range of health services are offered including family medicine, paediatrics, OBGYN, wellness and mental health, dental, along with an onsite laboratory, x-ray and pharmacy.



"I have nothing to say, but I will take the blame."

Alipay users, astonished by the amount of money they spent in 2018, were posting their annual bill on WeChat and unknowingly agreeing to allow their personal information to be accessed by service agency Zhima Credit. Due to a checkbox that was automatically selected, users gave Alipay the ability to not only access their information, but also provide it to other third-party organizations without accountability. Alipay's simple and somewhat concerning statement on the matter: "I have nothing to say, but I will take the blame."



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Our Favorite Things

The Sajan Family

Edited by Frances Chen

Originally assigned to Hangzhou to support the growing automotive industry within China, the Sajan family – John, Monique, Simon (16) and Sophie (13) – traveled from their hometown of Royal Oak, Michigan, a small community outside of Detroit to start their expatriate life. Having enjoyed their experiences in China so much, they jumped at the chance to move to Shanghai when John's Hangzhou contract ended. They have been living here for two years, and loving their journey as it continues to evolve.





OUR FAVORITE...

- > Hakkasan, 5/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路18号5楼, 近南京东路(6321 5888)
- > Lost Heaven, various locations (lostheaven.com.cn)
- > Kebabs on the Grille, various locations (kebabsonthegrille.com)
- > Disc Cart Indoor Karting, Changfeng Park, 809 Zaoyang Lu, by Guangfu Lu 枣阳路809号长风公园, 近光复路(6222 2880)
- > Jump 360, Area C4, 258 Changjiang Lu, by Jungong Lu 长江路 258号城智谷园C4区, 近军工路 (5182 8806) and 1408 Jidi Lu, by Jizhan Lu 纪翟路1408号, 近济州路(3126 3269)
- > Mr. X, Bldg 1, 550 Jumen Lu, by Quxi Lu 上海市黄浦区局门路 550号1号楼, 近瞿溪路 (3304 1233)
- > Big E Entertainment Center, B/2, 855 Pudong Nan Lu, Dongchang Lu 浦东南路855号世界广场B2楼, 近东昌路 (400 030 9992)
- > Fields (www.fieldschina.com/en/)
- > Kate & Kimi (www.kateandkimi.com)
- > Hongqiao New World Pearl Market, 3721 Hongmei Lu, by Yan'an Lu 虹梅路3721号, 近延安路 (6262 6588)
- > Swiss Butchery, 6, 3187 Hongmei Lu, by Hongsong Lu 虹梅路 3187弄6号, 近红松路 (5223 7301)

Your favorite places to dine?

As a family, we like Asian cuisines, with Japanese, Chinese and Indian being our favorites. Hakkasan and Lost Heaven have never disappointed us and they are both suitable and comfortable places to take family and friends. Our kids' favorite casual dining venues are Kebabs on the Grill and ChiChi Sushi.

Your favorite family activities?

We always plan our holidays around outdoor adventures. We love hiking, biking and exploring on four wheels, and snorkeling when we get the chance. We, like so many others, also enjoy market shopping to find unique local items and try to snatch up a bargain.

Your children's favorite venues?

We have two teenagers who enjoy entertainment places like Disc Cart Indoor Karting, Jump 360, Mr. X and Big E Entertainment Center. Here in Shanghai, the opportunities for fun and the facilities provided for young people are second to none.

Your favorite grocery shops?

We have many dietary restrictions in the family, so it can be difficult. Thankfully, I find that Fields, Kate & Kimi and Grand Market are sufficient to cater to our specific needs. Grand Market has the best steak and salmon. I often order online but also like to go to Swiss Butchery and the fruit man on the corner of Lan'an and Biyun Lu – he has the best fruit!

Your favorite shopping streets?

My (Monique) favorite shopping spot is the Hongqiao Pearl Market, they have a wide selection of unique jewelry and the size is not too bulky or overwhelming. For boutique shopping, our choice destinations are in the Former French Concession. The streets are full of character and you can find many interesting shops, some of my favorites are on Fuxing Lu.

Your fondest memories in Shanghai?

Our fondest memories have to be those we've shared with friends and family who have visited Shanghai. Having spent the last two years in Shanghai, we are getting to know more and more about the city and its different areas. We have come to appreciate the cultural differences and love to show off Shanghai to our visitors.

What do you enjoy most about living in Shanghai?

For us, the thing we enjoy the most is the ability to step out of our small community life, and into a metropolis that is so culturally diverse and drastically different. Living in Shanghai is like seeing the world through a child's eyes. Everything is new, different and exciting. Every day brings new experiences for all of us, things we have never seen or done before, and it's that realization which makes us smile a little bigger and love living in this city.

My Shanghai

Emily Beavers, Owner of Jitterbugs Shanghai

By Natalie Foxwell

The expat life provides so many with the opportunity to pursue a dream or follow a burning passion. For Emily Beavers, this has been the essence of her Shanghai existence. After setting up life here, fate stepped in and provided her the opportunity to take over the management of Jitterbugs; music, movement and play classes for children, which develops their social and motor skills before school. Available for pre-walkers to children 4 years of age, Jitterbugs is growing in Shanghai, and with Emily at the helm using her business and education background, I am sure it will continue to thrive in the years to come.

How did you come to own Jitterbugs?

I call it fate! I was teaching part-time at some international schools and about seven months pregnant when friends told me that their beloved Jitterbugs may be closing, and they urged me to look into it. I had heard great things about the program, but didn't think I had an entrepreneurial bone in my body. The more I thought about it though the more it seemed too good to be true. Perhaps this was the perfect blend for me, where I could use all my previous study – my communication and business degrees plus my Masters in Education. After getting to know the program, I quickly fell in love with Jitterbugs. It was so refreshing to see a diverse group of families come together in a fun, casual setting – moving, playing and learning together! I took over Jitterbugs six weeks before my due date which created a busy first few months juggling a newborn and a new business, but I powered through and I am so glad I did. I've now been with Jitterbugs 18 months and am so proud of what it has become and love our community!

What have you learned along the way?

The most valuable lesson I've learned is to take baby steps (no pun intended!) I am a 'yes' person and tend to bite off more than I can chew. "Oh, you'd like a new class in your neighborhood? Sure, why not, let's start next week." I'm slowly learning to only run with one or two projects



at a time and make sure they're well executed, rather than drown myself in a 'to do' list. Of course, I want my business to evolve and improve, but at the end of the day as long as Jitterbugs remains a welcoming, safe, fun place for Shanghai families to come and grow together, then my job is done.

With Quinn still quite young, how do you juggle it all?

I couldn't do it without both my fabulous husband and *ayi* who are very supportive and hands on. I also feel lucky to have the flexibility to carve out plenty of time in my schedule for Quinn, who is now 17 months old and a big, goofy ball of energy. Not many people can say they get to bring their baby to work with them either! He's a regular at our Jitterbugs classes.

What is next for Jitterbugs?

We've recently launched an energy-burning Butterflies class for 2-4 year olds, and also a new concept called Playdate Picnics. On Tuesdays from 12-3pm we transform our Former French Concession studio into a playroom. Here, parents can take a break from chasing their little ones around playgrounds or restaurants and let them play while they sit back and chat with a friend, and enjoy lunch picnic style if they'd like. We are always introducing new songs, toys and fun into our classes and we now have six class locations around town!

To find out more on Jitterbugs in Shanghai, visit their official website (jitterbugsinshanghai.com) or scan their QR Code to receive weekly updates, view class schedules and be in touch with Emily and her talented team.



My Shanghai

Lucie Guyard, Eco-Living Activist from LaPtiteLu

By Frances Chen

The first time Lucie Guyard came to our attention was via her WeChat post about how to make a domestic compost bin. After reading too many lengthy articles on eco-living, her hand drawn illustrations and short witty style of text were refreshing, and we couldn't stop ourselves from scrolling through her previous articles.

In Lucie's WeChat account – LaPtiteLu – we seldom find tedious articles demanding we live a greener life. Instead, we see funny conversations from her linear cartoon characters, and advice from her easy-go-green illustrations. The tips are achievable for everyone, things we may not be aware of, or tasks we allow ourselves to think are too difficult to fit into daily life. The simplest examples are saving water by turning off the tap when applying shampoo to your hair or brushing your teeth, or how to say "no straw" in Chinese when ordering a drink.

That's what LaPtiteLu does so well. For most of us, we acknowledge global warming and other harsh facts about the future of planet earth. However, addressing these issues in a light and relaxed manner, with a touch of French humor, makes this serious topic a lot more engaging. With a fun and positive spin, we are all more likely to be encouraged to take action.

We met Lucie at a cafe where she asked for her order in a mug (another simple, yet conscious choice), and our conversation unfolded over a cup of coffee.

Can you tell us a bit about yourself and LaPtiteLu?

My name is Lucie Guyard. I'm a 33-year-old French freelance graphic designer and illustrator. I have been living in Shanghai for seven years. LaPtiteLu means 'the little lu' in French, which comes from my first name Lucie. It is also the main character's name in my comic strip.

When did you decide to embark on an eco-living journey?

Like many other people, I didn't decide to live eco-consciously overnight. It took me a few years with one step at a time. I think the first step was to stop eating meat after watching a Youtube video of a lecture by animal rights activist Gary Yourofsky five years ago. It really opened my eyes regarding how badly we treat animals. Then, I stopped using cosmetics that are tested on animals. Little by little I became more interested in ecology and I read many



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blogs about eco-living. In the beginning I was really discouraged, as I realized the changes we have to make are immense. I have decided to go step-by-step, and although my life is far from strictly zero-waste, I do my best to reduce my personal impact on the planet. Also, joining a big zero-waste community in Shanghai helps, and motivates me to keep making changes.

To get the message across is easy, however, whether readers will follow through and switch to a certain lifestyle is a different matter. Have you ever tried to find out if your readers actually take on your tips?

My purpose is never about forcing or constantly checking if people follow my tips. Whether they decide to make these changes or not is their own choice. I'm trying to give ideas and to raise awareness on sensitive topics that are often seen as boring or preachy. But actually, most feedback I receive on these eco-tips are positive. One reader told me that she refuses to use straws after reading my posts; another reader thanked me for the idea of placing a bucket in the shower to collect water. So, I think some of them do follow the tips, or at least try!

What do you make of Shanghai's effort in sustainable development?

Honestly, compared with some cities in Europe, Shanghai still has a long way to go. There is no waste selection; everything goes in the same bin and ends up in landfill; shops still use plastic bags; not to mention the fast-developing delivery services from restaurants and online shopping. However, I can see that there are individual efforts, and people are taking the initiative to make their own changes. There are more and more associations and organizations promoting an eco-friendly, zero-waste and vegan lifestyle. Small things are happening now and they will become bigger in the near future.

You can follow Lucie's official WeChat account LaPtiteLu by scanning the QR code on the right.



This article is from our online series *My Shanghai*, see the full article by scanning the QR code on the left.



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Parenting in a Culturally Diverse Context

How Can Parents from Differing Cultural Backgrounds Effectively Complement One Another's Approach to Raising Kids?

By Dr. Nate Balfanz



Culture consists of a myriad of factors, including but not limited to – traditions and customs, morals, language, faith and spiritual practice, geography, as well as generational influences. And these will in turn shape a person's behaviors, belief systems and ultimately the ways in which they interpret the world. When taking into consideration all of these complex variables, it should be of no surprise that the already challenging task of

being a parent can be exacerbated when you have two partners whose own upbringing and cultural heritage are not reflective of one another.

As a mental health professional working in a multicultural community like Shanghai, I find myself repeatedly encountering parents from various cultural backgrounds, in addition to witnessing it in my own circle of friends who also happen to be parents. As a husband in an intercultural marriage, my wife and I frequently discuss how growing our own little family will be influenced in a large part by the vastly different environments in which we were reared. So, how do we as parents find a common cultural ground with our partners by which to raise our kids?



“

A greater emphasis should be placed on examining how those traditional cultural elements do or do not fit in with their child’s daily living experience.

”

What the Experts Say

“With so much emphasis on identification of differences among peoples, it is easy to forget that nearly all parents regardless of culture seek to lead happy, healthy, fulfilled parenthoods and to rear happy, healthy, fulfilled children,” notes senior investigator and cross-cultural parenting expert Dr. Marc Bornstein of the National Institute of Child Health and Human Development (US). Dr. Bornstein indicates the method by which parents can achieve this is by not only considering their own cultural experiences and upbringing, but more importantly, to recognize and understand the modern cultural climate in which their child is living. As he states, “Both parents and children are required to be flexible in order to appropriately select, edit and re-fashion cultural information,” in order to become what he calls “culturally competent members of their society.” In other words, while the cultural backgrounds and practices of each parent are to be respected and cooperatively incorporated in their child-rearing practices, a greater emphasis should be placed on examining how those traditional cultural elements do or do not fit in with their child’s daily living experience.

Tips to Support Culturally Cooperative Parenting

Increase Your Personal Cultural Awareness. Spend some time in thoughtful consideration of your own cultural upbringing and how it has impacted who you are today. What elements of your experience were

helpful in navigating the often turbulent waters of childhood? Which ones were not? Discuss this with your partner, and consider together how it can positively shape your approach to parenting.

Maintain Healthy Boundaries. Whether it be grandparents, friends, teachers or the many other well-intentioned individuals in your life, everyone seems to have their own insights and advice on how to best raise your children. While we can graciously thank those supportive others for sharing their knowledge, ultimately it is up to individual parents to determine which culturally informed methods are most appropriate for raising their kids.

Focus on Developing Your Child’s Own Cultural Identity. A primary struggle for children as they age is how to develop esteem and a strong self-acknowledgement, with culture dictating this to a significant degree. The aim here is for parents to help their children forge their own unique identities, rooted in equal parts from each partner’s cultural heritage, while also considering how this fits in the context of the modern cultural climate.

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.drnatbalfanz.com



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By Natalie Foxwell



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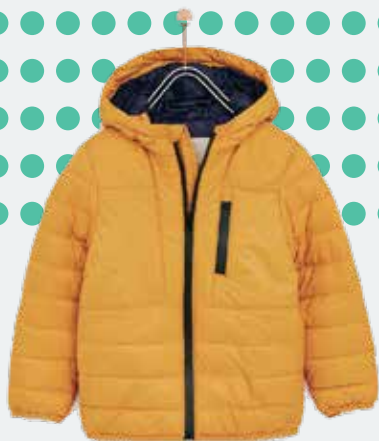
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EDITOR'S PICK

Compiled by Natalie Foxwell & Yuzhou Hu

Welcome to our new series, UF Editor's Picks, where we aim to remove your endless searching by providing our Top 5 picks of certain products each month. Let us do the research for you. This month we put together two lists where we recommend the top 5 brands of face masks and learning Apps.



3M 8576

RMB33.2 (for one)/RMB249.5 (for 10)

3M is probably the most common brand of mask. Besides Taobao, you can easily find this mask in most pharmacies and convenience stores, such as Family Mart. Although most of the respirators combat pollutants adequately, we recommend the 8576 series. This mask not only blocks out 99.5 percent of certain oil and non-oil based particles, it also adjusts to different face shapes and provides optimum comfort due with its adjustable nose clip.



of the Best Mask Brands



Shigematsu DD11V

RMB48.95
(for one)/
RMB386 (for
10)

Shigematsu is a renowned Japan-based company selling assorted face masks. Back in 2013 when Fukushima Daiichi nuclear disaster occurred, the Japanese Prime Minister inspected the site wearing a gas mask produced by Shigematsu. Therefore, you can be sure their masks' filtration ability is extremely effective. This is further validated by the fact that this brand tops almost all pollution mask recommended lists, which helps support the higher price you'll find yourself paying.



Honeywell H950V

RMB90.95 (for 15)/RMB111.95 (for 20)/
RMB132.95 (for 25)

The most cost-effective masks on the market may be the ones from Honeywell. A single mask from Taobao is much cheaper than those of 3M and Shigematsu, not to mention the wide range of colors and patterns to choose from, for those who are fashion-conscious. While the protection may not be as high as the premium ones, it can still filter out nearly 94.2 percent of the molecules, which is certainly better for your lungs than not wearing a mask at all.



Koken HI-LUCK KIDS

RMB310.4 (for 10)

There so many masks available for adults, however, when it comes to children, the options become limited. Fortunately, we have Koken. Specially designed for children, the mask can filter 99.4 percent of particles, which is pivotal to protect a child's vulnerable respiratory system. In addition, the mask's material stretches, which ensures it can be airtight for children aged 5 to 12.



Lvdun

RMB38.45 (for one)

Like Honeywell, Lvdun also provides different colors and patterns that look great while also protecting your lungs. Their masks are reusable however, you need to change the filter discs regularly. Owning a unique design of non-woven fabric and filter discs, their masks can filter better than Honeywell. Even athletes from China's sports team use this brand. However, if your face is on the smaller side, we wouldn't recommend this product as there may be air leaks, deeming it less effective.



BrainPOP Jr.

Free for basic content or USD9.99 a month for unlimited access

This is a great App to encourage children to be intrigued about the world around them. Each week a new animated movie is released, that covers a different topic. Themes for the movies and the related quizzes covers anything from science, reading, writing, math, health, art and technology. Children can search for a specific topic or even person e.g. Abraham Lincoln or going to the dentist, and all related content will be presented. The App centers around two main characters Annie and Moby her robot, together they deliver the information and ask questions to keep children engaged.



Epic!

USD7.99 a month for unlimited access

Nurture a love of reading with Epic, an App for readers of all ages and levels. This online library can be used on all desktops, laptops and table devices, so it's extremely convenient. With over 25,000 titles on all genres: fiction, non-fiction, STEM, biographies, DIY, quizzes and language, you name it and Epic will have something on what you are searching for. The interface is extremely user-friendly. Once you pay the unlimited access fee, there are no in-App purchase requirements, just an entire library at your fingertips.



Pixie

USD9.99 one off payment

With Pixie, a child's imagination can be the force behind the creation of amazing stories. This authoring tool allows children to create artwork, include voice narration and images to develop story books and curriculum activities. This App encourages children to use their creativity and communication skills and it's available across all main devices iPad, Android, Mac and Windows; children can even save their project on one device and reopen and edit it on another.



Monument Valley (1 & 2)

Monument Valley 1: USD3.99 (In-App purchases included)

Monument Valley 2: USD1.99

Monument Valley is an Apple design award-winning App with beautiful artwork that touches both your site and sound senses with its engaging illusions and soundscapes. This surreal exploration through fantastical architecture requires you to travel through mysterious monuments, uncovering hidden paths and unfolding optical illusions. The goal is to reach the exit on each screen by manipulating your way through puzzles; not complicated to control but sophisticated enough to keep young minds engaged. Phase I and II are somewhat similar but worth the indulgence to immerse yourself in the stunning designs. This is truly a beautiful App to play and will have young minds swept away while thinking through each puzzle's requirements.



of the
Best
Learning
Apps



VocabularySpellingCity

Free for basic learning content or USD34.99 premium access annual fee

With more than 35 interactive word games and thousands of pre-made word lists, there is no denying that VocabularySpellingCity helps build literacy skills in a fun and engaging way. With premium ad-free access, sentence and paragraph writing exercises, flashcards and additional games are also available. Adults can track a child's progress on spelling tests and other exercises, and children can see correct answers for questions they missed. With each game, children can see, hear, speak, write, break down and play with words to strengthen their literacy skills.





Hardtalk Health

Dispelling the Myths of Modern Diets

Interview by Frances Chen

If you are a tech-savvy life-quality pursuer, you must have noticed in recent years all the new approaches to healthy living; exotic names of newly discovered superfoods, quirky philosophies towards diets and all sorts of fancy, health-related terminology jumping out of your computer or smartphone screen. It would be false to say there is no reason whatsoever for the appearance of these new trends, as the urban environment, industrialized food supply and stress from work do take a toll on our wellbeing. However, blindly following any diet or lifestyle philosophy not backed by sound scientific research is not a wise move – after all, many have proven to be fads throughout the years that could even do more harm than good.

So, instead of looking into the future at the added-nutrition, artificial-food technology, these three prominent regimes – Bulletproof, Ketogenic and Primal – trace back to our ancestral lifestyle, a natural state of human beings, to seek a re-connection with Mother Earth. We had in-depth discussions with three lifestyle coaches Bianca Fontana (Ketogenic), Crystyl Mo (Bulletproof) and Izabela Misiuk (Primal), to get their advice on daily choices to live a better life. We then decided to add comments from a more conventional expert (Nutritional Health Coach Tanja Smits), asking for her insight into these interesting theories.



Bianca Fontana:

Bianca is a certified Nutritionist who specializes in the Ketogenic diet. She obtained a certificate in Human Nutrition at Deakin University in Melbourne, Australia and is currently studying Nutritional Therapy with the Nutritional Therapy Association.



Crystyl Mo:

Under the many dazzling titles of Crystyl Mo – professional food writer, Academy Chair for the World's 50 Best Restaurants, partner and Strategic Advisor at Bon App – she is also the only certified Bulletproof Coach in China. In her life coaching practice, she combines Bulletproof principles, functional medicine testing and deeply compassionate approaches including Hakomi and Internal Family Systems (IFS).



Izabela Misiuk:

Iza Misiuk is a Shanghai-based certified Primal Health Coach, wellness blogger and founder of thriveinshanghai.com. Currently undertaking a Master's in Applied Positive Psychology and Coaching Psychology (MAPPCP), she aims to equip her readers and clients with tools to thrive in all aspects of their life.

Journal of Intentional Living

Urban Family: In a most straightforward way, tell us about the lifestyle that you are representing.



Bianca-Ketogenic

Keto is a low carbohydrate, moderate protein and high fat lifestyle that turns on your fat burning potential (ketosis). Restricting carbohydrates means the body must adapt and find its energy elsewhere. Providing the body with plenty of fats forces the production of ketones, an exceptional source of long-lasting energy. Your body also learns how to use its own fat stores for fuel, rather than relying on glucose, which is why many people lose weight on Keto. Keto was originally used to treat epilepsy, as ketones fuel and protect the brain. It also reduces inflammation, helps manage diabetes, lowers the risk of heart disease, cancer and much more.



Crystyl -Bulletproof

The Bulletproof lifestyle uses biohacking principles – the goal is to optimize your internal and external environment for glowing health, resilience and happiness. Always keeping a curious and open mindset, each person is treated as a unique individual to find the best approach for their diet, exercise, sleep and mindfulness practices. Important cornerstones are a diet with mountains of vegetables and healthy fats, intermittent fasting, meditation that works for you and a critical eye on corporate interests influencing food, medical and environmental recommendations.



Iza - Primal

The Primal Blueprint by Mark Sisson is an overall lifestyle. It encompasses diet, sleep, exercise, relationships, mental stimulation, nature immersion and sun exposure. The ultimate goal of the Primal way is to reprogram our genes and transform our body into a 'fat-burning beast.' The truth is, we are not meant to be slaves to carbohydrates and the feeling of hunger they generate every three hours. Primal eating reprograms our body to rely on fat as a primary source of fuel, which is the most natural state of human beings.



Tanja Smits:

Tanja Smits is an Integrative Nutrition Holistic Health Coach and passionate about living a healthy lifestyle. She offers individuals and families suitable food and lifestyle solutions to improve their health. "Each person is

different and one person's food may be another person's poison." She looks into a person's (or family's) diet, and improves their health and well-being to make lifelong changes.



#1 Why is there a need for these diets?

Bianca: People are more easily becoming overweight and their health is declining at a rapid rate because of the overconsumption of refined carbohydrates and sugar. A diet such as Keto eliminates poor eating habits and helps the individual to regain their health.

Crystyl: We are bombarded with myths about food that are misleading and confusing (“Don’t skip breakfast!” “Eat more ‘healthy’ whole grains”). We are divorced from nature and the land. We take far too many antibiotics and too few barefoot walks in the woods. We sit and stare at blue light screens all day. Bulletproof gets us questioning, experimenting and having fun in the process of becoming radically healthy.

Iza: These diets provide a refreshing departure from the modern weight-loss diet industry that brainwashes people with the latest fads and very strict calorie restriction protocols.

#2 What are the prevalent issues with our modern diets?

Bianca: The overconsumption of processed foods and sugar is killing us. People didn’t use to be so overweight and suffer from cancer or heart disease the way they do today and the common denominator here is the consumption of these foods.

Crystyl: Many people don’t cook. We believe conventional ‘wisdom’ that saturated fat and cholesterol is bad. Our gut bacteria, hormones, mitochondria and livers are suffering thanks to eating a sickeningly-narrow range of pesticide-soaked food varieties – mostly corn, soy, wheat and sugar-based foods including daily doses of industrial ‘cooking’ oils made from corn, soybeans, peanuts and other seeds.

Iza: The rates of virtually all forms of non-congenital diseases, particularly cancer, heart disease, obesity, type-2 diabetes, attention disorders, cognitive dysfunction and auto-immunity are rising rapidly.

#3 What are the consequences if we ignore these issues?

Bianca: We see the consequences every day. Each generation contracts more allergies, is more prone to acquired illnesses and weight gain later in life and they are likely to pass their health issues onto their offspring.

Iza: Some believe this generation of children is expected to have a shorter lifespan than their parents, despite the ever-developing medical treatment available, and I think that is a horrifying prediction we can change through the healing power of food.

Crystyl: We feel sluggish. We become sick easily. We lose our connection with nature and her gifts of whole foods. We don’t even realize how much more energy we could have. Our digestive systems don’t work – I had a friend express shock that I can eat any food and have zero negative reaction – that’s simply what a normal digestive system should be able to do.



Tanja Smits: Most diets start with a specific goal, namely weight loss, health reasons, in need of energy, just to name a few. There are more than 200 diets out there and they mostly work for a certain type of person to achieve a certain goal.

These three diets are backed by science and they have an important thing in common – they all exclude processed foods and sugar – and it has been scientifically proven that these don’t contribute to our health. Then, each of

these diets go deeper, depending on the goal you’d like to reach – for example, excluding (certain) grains and legumes for digestibility, consuming healthier sugar (or limiting the amount of it).

Everybody is different and if you would like to be healthier, the first step you make is important, which is clean eating – preparing food as close to the way nature provides it is always best! And then each of these diets can contribute to your next level of health and wellness.

One-on-One Harriet Volk



Apart from the diet, what other elements are included in the Keto lifestyle?

Keto focuses primarily on diet, but sleep, stress and exercise all play important parts in achieving and keeping you in ketosis. Stress is a constant trouble, as we all know, but poor sleep or over-exercising equals more stress on the body. Stress, in any form, affects our adrenals. One job of these 'fight or flight' glands is to regulate blood sugar. So, too much stress means too much glucose in the blood. This affects our ability to make ketones or stay in ketosis and can be one of the biggest roadblocks when doing Keto. That said, the right type of exercise can increase ketone production and be an excellent promoter of ketosis.

The type of exercise one should choose is dependent on their state of health. Running for a stress prone person would exacerbate the stress and this individual may be advised to do something less intense, like walking combined with weights or resistant/bodyweight training. I personally believe that whatever exercise one chooses, it should be something that they love, that way it is sustainable.

How can people maintain this lifestyle considering the fast pace of Shanghai living?

It takes discipline and organization to live a Ketogenic lifestyle. In terms of incorporating this lifestyle into a busy routine, cooking in batches and freezing for later is handy, and when in doubt, a boiled egg, tin of sardines in olive oil and an avocado can also fill the stomach and keep the energy going for hours. When your body is adapted, there is no problem having only two meals a day or even conducting intermittent fasting, which will make food preparation and the constant need of energy supply less of an issue.

What are three things that people can implement straightaway to improve their wellbeing?

- Hydrate! Drink only water regularly throughout the day.
- Quit foods with added sugar. Snack on foods like avocado, boiled eggs, nuts and seeds.
- Most people are fatty acid deficient. Introduce a variety of healthy fats into your diet. Regardless of whether you choose to go low-carb, healthy fats in the diet are a MUST! They are building blocks for every cell membrane in the body and provide energy, stimulate our hormones, help us absorb the fat-soluble vitamins A, D, E and K, protect our organs and, above all, they make food taste better.



Bianca



Crystyl

carries back some meats and eggs from her hometown where her family raises animals naturally. We also grow some of our own herbs.

How can people maintain this lifestyle considering the fast pace of Shanghai?

Bulletproof eating means tons of vegetables and fats, moderate meats and fish and low sugar. Try to cook a few times a week, at least some simple and quick meals. I love dinner parties with friends! The hardest part when eating out is that Bulletproof avoids vegetable, seed, peanut and soybean oils, as these are industrially processed, toxic oils: they are oxidized, bleached, deodorized and high in omega-6. However, unless you have a serious allergy or autoimmune illness, I encourage moderation – don't make yourself crazy or become a shut-in. I still go out to eat, but I try to order foods cooked in butter, animal fat, steam or water. Hotpot is a great option if you know a place with a pure no-additive broth. Approach your diet with a joyful curiosity every day for what foods are going to make you feel your greatest, not a feeling of restriction or guilt.

Coach Crystyl's note to readers:

With Bulletproof, there's no restricting calories or portions. The handy Bulletproof Diet Roadmap outlines 'green zone' foods, which you can eat freely (think vegetables and healthy fats), and 'red zone' foods to avoid (like sugar, grains and beans). Get the full Bulletproof Roadmap for free, along with information about Bulletproof mindfulness and relationships by scanning this QR code.



Apart from the diet, what other elements are included in the Bulletproof lifestyle?

Critical thinking. As a journalist, I was originally drawn to Bulletproof because of its questioning of accepted conventional wisdom, much of which is manufactured by corporate food, pesticide, pharmaceutical and other industries. For example, the demonization of saturated fats was famously concocted by vegetable oil companies in the US (brilliantly exposed in the bestseller *The Big Fat Surprise*). Bulletproof also uses the most advanced modern testing to determine how to craft your diet. I love this rational, science-based approach. We don't have to blindly guess what vitamins, minerals or neurotransmitter supplements we should be taking, modern medicine has developed these tests, although few people know about them. Meditation, cognition, performance and recovery are also brought into the modern era by utilizing heart rate variability training, neurofeedback, float tanks, smart drugs, micro-dosing, cryotherapy, infrared light therapy and lots more really fun and geeky techniques.

Where do you food shop in Shanghai?

I buy vegetables either online or from my local wet market, imported grass-fed beef from Australia, wild fish from a private supplier and my dear ayi

How can we recognize Primal approved food?

The food that our Paleolithic ancestors would recognize, in other word, food that our body evolved to eat. At the center of a Primal meal are seasonal vegetables, dietary fat (coconut oil, ghee, tallow, lard, butter, olive oil, macadamia oil and avocado oil) followed by pasture-raised meat, wild-caught fish, eggs, herbs, moderate amounts of nuts, seeds, seasonal fruit, coffee, high-fat dairy products. There is also an allowance for 'sensible indulgence' such as pure dark chocolate and an occasional glass of red wine. Primal is also about avoiding foods such as refined sugar, processed products, grains, genetically modified organisms (GMO) and industrial seed oils such as canola, corn, sunflower and soybean.

Even though the Primal diet focuses on grass-fed and organic produce, if they are hard to come by, then conventional meat and vegetable options are still better than grains, refined sugar and processed food.

How can people maintain this lifestyle considering the fast pace of Shanghai?

Carry snacks in your bag as you don't want to be left without food or be tempted

by processed, junk and fast foods. My favorite foods include avocado, raw carrots and celery sticks, nut butters, canned sardines, grilled meat, cheese, cured meats, roasted vegetables, hard-boiled eggs, fruits, nuts and seeds. Do all your shopping for ingredients online or on your way to or from work. When you need to eat out, opt for sashimi, salads without dressing and grilled meats with vegetables.

What are a few things that people can implement straightaway to improve their wellbeing?

- Buy ingredients, not products. Eat real food. Prepare meals at home.
- Avoid digital stimulation and artificial light after dark, and align your sleep habits more closely with natural circadian rhythm – your body clock.

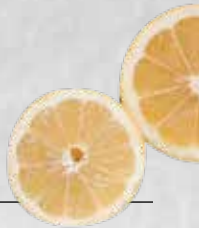


Iza

What Room Keto Has



Topic #1: If I am to follow any of these lifestyles, how can I fit it into my daily social life?



Iza: Eating an unconventional diet can sometimes create tension in our social circles. Sometimes, you will hear comments, “Why can’t you just have a piece of cake to celebrate with us?” or “Is this not good enough for you?” Of course, nobody wants to be regarded as high-maintenance, but at the same time you don’t want to give up your diet and conform to peer pressure.

Remember you don’t owe the naysayers an explanation, and your dietary choices are based on your own health goals.

Bianca: But, if going out for dinner, choose meat and vegetables as an option and ask for additional fat sources such as olive oil or butter. Brunch always has Keto options so opt for going out with people for this meal.



Crystyl: I always tell people “Enlist your friends.” Tell them you are avoiding processed foods, fried foods and alcohol. Have them be your allies, not your peer pressure circle. If you are intermittent fasting, tell them you would love their support. (I often have coffee catchups rather than lunch dates.) This makes a huge difference. Have confidence about your decisions: I’m doing this so I can be healthy and resilient.

Iza: Also, it is worth remembering that staying aligned with healthy living is about doing your best and aiming for at least 80 percent success, as no one is perfect. We all make mistakes. And sometimes the ‘mistake’ isn’t even a mistake. Sometimes we just want to eat that slice of pizza, have a glass of wine with our friends and stay up late singing at KTV. That’s fine. You may not feel great the next morning, but if you’re enjoying yourself then that’s OK.

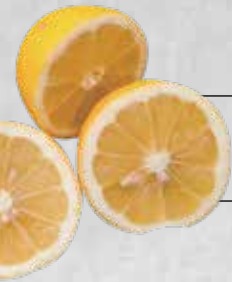


Bianca: That’s true, but if you do choose to drink, go for the low sugar options such as vodka or gin with soda, or a glass of red wine. Or you can order a soda water with lime and people will just assume that you’re drinking.



Tanja:

Food is often related to emotions and closely linked to our culture, and that’s why it’s so hard to change our habits. A lot of people roll their eyes when they hear the concept of healthy eating as they assume it’s inconvenient, unsocial and unpalatable, which is an age-old misconception. Your diet should be your lifestyle and therefore it’s important that whatever you do, you should enjoy and maintain it. Research has proven that it’s the daily, long-term effort that counts to your dietary health. Therefore, it’s important that we eat as clean as possible, as close as what nature provides, non-GMO foods, non-pesticides, non-processed or fried foods, no added sugar. Also, your relationships, exercise, job and mindset contribute to your health. It’s not only what you eat that matters, other elements separate from your plate can be equally important to living a healthy life.



Topic #2: Raising a child on these lifestyles.



Bianca: Children need a substantial amount of quality fat to grow and develop healthy bodies and brains. Feeding a child a variety of nutrient dense foods will ensure they not only receive optimal nutrition for their development, but they will also cultivate a diverse palate for foods. What's also key is to influence your child so they love whole foods, this way, when they are older, they understand how to make healthy choices and can instinctively feel the difference in their body once they consume sugary products.

Iza: I agree, there is a period in the first two to three years of life when humans acquire a basic knowledge of what foods are safe to eat. If you can continue to include a substantial amount of vegetables for family meals, then one day, your child will go for the greens themselves.

Crystyl: I've found it remarkably easy to raise my 5-year-old daughter on a Bulletproof-leaning diet. Although I am not strict with her – for example, she eats the regular school lunch and bread or noodles at restaurants occasionally – from the time she could stand, she has been in the kitchen cooking with me and my husband. She holds the knife and stands at the stove with me, with her little apron on and a spatula in hand. She learns quickly and intuitively: cooking is just part of normal daily life.

Iza: Apart from the early state fostering, I think the parental guidance in later life is equally important. Eating with our children is fundamental for role modeling healthy eating behaviors and lowering conflict specific to diet. There is a clear link between parents' eating behaviors and how children both think and behave around food.



Crystyl: I have just the perfect example here to support your point. My daughter is fanatically obsessed with vegetables. Seriously, she is a vacuum cleaner for bitter dark greens and this is because vegetables are our normal 'main course' at home. Her favorite afterschool snack is a can of sardines in organic olive oil (could this be any easier?) or an egg, fried in lots of butter with plenty of sea salt.

Bianca: Talking about role modeling from a negative standpoint, if we allow ourselves and our children to have sweet treats on a regular basis we can mislead our kids to have positive associations with sugary goods, for instance, "If I eat all the (gross) veggies first, then Mom will let me have some (delicious) ice-cream." The good intention is there, but the method is all wrong.

Iza: And we have to forgo the concept of healthy food doesn't taste good. If your children are older, then find the Primal food they enjoy and make some healthy treats like Primal muffins, cakes and cookies.

Bianca: I can't agree more. Not only is fat important for nutrient absorption in vegetables, it is delicious. Adding a dollop of butter to vegetables makes them more appetizing and appealing to children.



Crystyl: Once in a while we make treats of gluten-free pancakes or desserts. For her birthday, she gets incredibly rich Bulletproof cakes like organic orange essence, raw chocolate mudcake enriched with butter and eggs and frosted with whipped cream. She is not suffering! Almost everything she eats at home, she helps to cook or prepare. Healthy cooking together is a joyful activity, as well as a lifelong gift to kids.



UF: Interestingly, all of you agree on much of what has been said; healthy food can be simple and tasty, exercise is important in moderation, processed foods and oils are bad for a healthy diet and we should all avoid processed sugars.

"All roads lead to Rome," though the names may be different, the intention and where the theories are founded for Bulletproof, Primal and Keto is not so different after all. As long as we can find the common voice from the many different beliefs on health, we have reached the purpose of our discussion. Thank you all for that in-depth talk – I'm sure there's a lot more to say about healthy living, and hopefully our readers will be inspired to read more on the topic.



Tanja:

Healthy foods are so important for children. But we can only teach them what we know ourselves. They need healthy foods for their body, brain and muscles growth. Food additives and preservatives can have a bigger impact on children than adults, and these days are often associated with syndromes like ADHD and Autism, although we don't often recognize the symptoms. A healthy school lunch can also make a big difference in their concentration in class. The earlier we correct our children's dietary habits – teach them how to cook, inform them where their food comes from (not from the shop) and lead by example – the more we can keep away the harm from the modern city life.



Crystyl:

MYTH: Skipping meals is bad for you.

FACT: In fact, the healthier your insulin response and overall metabolism, the longer you can go between meals without feeling a drop in your energy. You can improve your resilience by optimizing your diet, healing your gut and sleeping well. Intermittent fasting (eating all your meals in a six to eight hour period of a day), has myriad benefits including resetting your hormones, neurogenesis, muscle growth, fat loss and lowering triglycerides.

MYTH: Take multivitamins to maintain your health.

FACT: Multivitamins are generally made from low-quality ingredients and certainly the ratios are not tailored to your specific bio-individual needs. There's a great Bulletproof Top 10 list of recommended vitamins based on what most people lack, but even better is to get a functional medicine test to find out what you actually lack and take just those. It's an investment up front (although some insurance companies cover these tests), but you won't be wasting money on random supplements that don't really improve your health in the long-run.

Bianca:

MYTH: Eating (several servings of) fruit is necessary every day.

FACT: We gain more nutrition by eating vegetables and quality cuts of fatty meat. In fact, some fruits like bananas and mangos can be very high in sugar and can cause blood sugar dysregulation, particularly in people who are struggling with health issues. Then again, fruit is still a better option than added-sugar snacks.

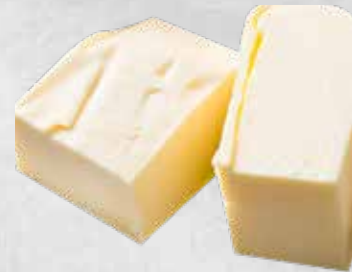
MYTH: Milk (and dairy food) is good for you.

FACT: Milk used to be a great source of nutrition and was readily consumed. However, today's dairy on the market is full of chemicals and hormones. The commonly used pasteurizing and homogenizing processes also reduce the nutrition in milk. If you struggle to find a raw and unprocessed source, sugar-free nut or coconut milk can be a good replacement.

MYTH: Fat makes you fat.

FACT: Sugar and carbohydrates make you fat. Our bodies are designed to use fat for energy, storage of fat commonly occurs when a person overconsumes foods high in sugar and refined carbohydrates.

MYTHS VS. FACTS

**Iza:**

MYTH: Consume less salt.

FACT: Adequate salt not only balances your hormones but also makes food taste so much better. Let your salt craving and desire for seasoning dictate how much salt to consume.

MYTH: Soy milk makes a healthy alternative to milk.

FACT: Soy is extremely high in phytoestrogens, which means it can disrupt your hormones. Switch to raw full-fat organic milk, or non-dairy options such as coconut, almond and cashew milk.

MYTH: Whole grains are healthy.

FACT: Whole grains are not particularly nutrient-dense and consuming them may harm your metabolism. They contain toxic and inflammatory lectins which can lead to leaky gut and food allergies. The anti-nutrients in whole grains can also prevent human bodies from absorbing nutrients.



Something Healthy to Snack On



Coach Bianca's Super Breakfast Bite: Egg and Bacon Cups

Simple, easy, fast. This egg and bacon cup recipe is great for breakfast or as a snack or side dish.

Ingredients:

- ✓ 6 eggs
- ✓ 6 rashers of bacon (sugar and preservative free)
- ✓ Goat cheese (optional)
- ✓ Fresh herbs such as parsley or coriander (cilantro)
- ✓ Salt and pepper to taste
- ✓ Coconut oil/butter/olive oil

Scan the QR code for method.



Coach Iza's Personal Favorite: Chocolate Sweet Potato Pudding (Serves 4)

A foolproof nutrition-packed bundle of yumminess for the sweet tooth.

Ingredients:

- ✓ 4 medium oven-roasted sweet potatoes
- ✓ 4 tbsp raw cacao powder
- ✓ 100 ml full fat coconut milk
- ✓ 4 tbsp raw honey or maple syrup
- ✓ 1 pinch of sea salt
- ✓ 2 tsp vanilla extract

Scan the QR code for method.



Coach Crystyl's Seasonal Delight: Winter Cheer Bulletproof Salad

A unique red, white and green salad with juicy sweet strawberries, soft avocado, a satisfying crunch from nuts and a spicy kick from ginger. This recipe was invented by Coach Crystyl's mother.

Ingredients:

- ✓ 1 cup slivered green cabbage
- ✓ 1 ripe avocado, cubed
- ✓ 4 large strawberries, sliced
- ✓ 2 tbsp lightly toasted pecans or cashews
- ✓ 3 tsp lemon juice
- ✓ ¼ tsp pink Himalayan salt
- ✓ 2 tbsp olive oil
- ✓ ½ tsp grainy mustard
- ✓ 2 tsp raw honey
- ✓ ½ tsp slivered ginger
- Soft-boiled egg, chopped (optional topping)

Scan the QR code for method.

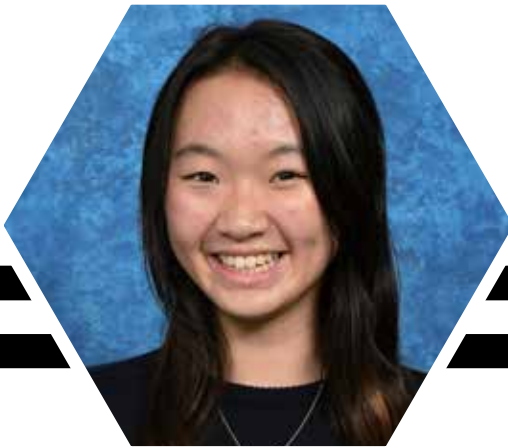


THE GREAT DEBATERS

Shanghai's Finest Debating Protégés

Edited by Frances Chen

Critical thinking skills, preparation through research, articulate speech and public speaking expertise are merely the tip of the iceberg when it comes to the lifetime benefits we can gain from debating. Here we talk to some of Shanghai's top young debaters who provide their insights into joining school debate clubs, while also sharing their most memorable experiences.



Can you tell us how you became interested in debating?

I became interested in Grade 5 when my parents signed me up for a story telling course. I've always been comfortable expressing myself and they thought it would be a good opportunity for me to learn about persuasion and gain the benefits of critical thinking.

Do you remember your first debate? And how did it go?

I remember my first debate clearly. We were debating one of the simpler topics like mobile phone usage at school. Even though I can't recall much about the content, I remember myself being really nervous about not hitting the four-minute mark in public forum. I was also anxious about getting stumped during cross-fire and not being able to answer the question. However, the feeling I can remember was it being fun, despite all of the worry I enjoyed the process. Most importantly, this experience certainly made me want to continue.

You have been debating for few years now, can you tell us how it has affected both your personality and academic performance.

I think debate definitely affects your personality and the way you think intellectually. On a personal level, I have learned to think critically all the time in all situations in life. Sometimes it affects casual conversations because it always seems like an argument that I have to win, but I can snap out of it when I notice that. Debate definitely has benefited me academically. Whether it be class presentations or mastering new knowledge, I feel a lot more confident with school and my study.

Do you have a preferred territory?

I have experimented with many types of debate in the past, but now I am doing more parliamentary styles, focusing on world schools and British Parliamentary. I enjoy this type of debate because they usually discuss impromptu topics. Also, being given only 15 minutes to prepare for a speech really

forces me to think critically, on my feet, and come up with different principled arguments as opposed to preparing topics that allowed time for research and evidence.

Can you talk us through how you usually prepare for a topic?

I think the most important thing in preparing for a topic is finding context. I believe that thinking about why we are debating this and the greater issue around it is a very good starting point. Knowing the context can definitely open you up to different perspectives, since you are able to come up with examples and identify stakeholders. After planning my own strategies, I brainstorm with my team and discuss what our main points and extensions are and what we are each going to talk about. I think the last thing I do is organize my notes so my speech is easy for the judges to follow, and then run it through in my head.

Do you mind sharing your most memorable experience in debating?

An experience that really stood out was going to a tournament and not winning a single round. I know that sounds really depressing, but I think it was a really good learning experience. During that competition, I went out of my comfort zone and tried a new style of debate in a high-level tournament, and I was able to challenge myself. I received valuable feedback from the judges, which allowed me to improve as a debater, even though we didn't succeed.

What do you think it takes to be a good debater?

I think apart from being a good presenter and critical thinker, your attitude is certainly very important. Debate isn't all about winning, it is also about learning and growing with every round. A good debater is one that takes something away from rounds, and not one that boasts when winning or one that gets mad when loosing.

Abbey Xu is in Grade 8 at Shanghai American School.

N I S T H I U L A

Can you tell us how you became interested in debating?

Nisthula: As a young child, I was raised in an environment with people passionate about debating. My grandmother, who is highly involved with political activities, was the one to foster my initial interests towards this activity.

Xixi: When I was in Grade 6, one lunch time we gathered at the school gates to see a few seniors off. They were heading to Yale for the World Scholar's Cup Tournament of Champions. One of the teachers said to them "We

are counting on you guys!" I was fascinated by the idea of representing the school at Yale University in the US for an international academic competition, so I joined the World Scholar's Cup in Grade 7. As soon as I started it, I loved it. By Grade 8, my team and I traveled to Bangkok, Hanoi and Yale for week-long competitions. I met so many incredibly talented students who were my age, from all over the world. Moreover, debating itself is rewarding – it has improved both my public speaking and critical thinking skills.

The World Scholars Cup Team that you are in just went to Yale University to compete in the tournament of champions, what was the result and did you enjoy the journey?

Nisthula: This trip was one of the most rewarding tournaments. It ranged from sleepless nights, to being surrounded by the most inspiring and motivating people, it was exhilarating. My teammate and I successfully won all the three debates, and individually I was part of the top 30 writers and 100 debaters. In addition, our school received a total of 100 plus medals, and sent its largest delegation ever.

Xixi: I really enjoyed the journey. It was exhausting but also very rewarding. I felt like all the hard work I put into the competition has paid off. I earned six individual medals and two team awards, which was the best I have ever achieved at Yale.

Are you going to any tournaments this year?

Xixi: Last November, I competed in the Asian Parliamentary Debate Championship for the first time and I really enjoyed it, so I am planning to do that again next semester. It is a debate competition in British Parliamentary (BP) style. My

teammate and I made it to the top 16 and it was our first attempt in BP style debating. Hopefully, next year we can achieve even better results.

Nisthula: I am planning on attending a few debate tournaments besides World Scholars Cup, such as the Asian Parliamentary Debate Competition and Harvard MUN. Moreover, a few football and singing competitions are on the list as well...if my IGCSE life approves.

How do you think you can benefit from joining a debate club?

Nisthula: I think, besides gaining essential skills such as team work, confidence and effective communication, joining any debate club helps give a wider perception of the world we live in, while also emphasizing the resemblances among the various areas and its people.

Do you remember a topic or tournament that you aced?

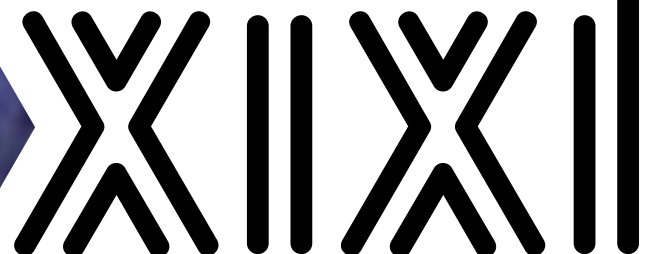
Xixi: When I was in Grade 8, our team went to the World Scholars Cup Global round in Bangkok. I did very well, especially in one debate on whether we should replace the jury with artificial intelligence. The judges were pleased with my performance and I was selected as one of the debaters in the Debate Showcase that year. It was a memorable experience.

Do you have any advice or tips that you can give to your fellow debaters?

Nisthula: Often during debates you will get a stance completely opposed to your own individual values and beliefs, which restricts you from constructing a solid argument. The trick here is to simply forget who you are and think from a debater's perspective, even if you don't agree.

Xixi: Just keep practicing! Practice talking to yourself in the mirror or filming yourself as you talk. Then watch the video to improve your body language, your tone and practice coming up with convincing arguments quickly as well as elaborating on them. Debating is a skill that gets better and better the more you do it.

Xixi Lei and Nisthula Rajesh are both in Grade 10 at Shanghai United International School, Gubei Campus.





How long have you been debating? And what was it that made you interested in this activity?

I have been debating competitively since April 2017; yet I've been voicing out my opinions since I could talk, as my parents have always encouraged me to speak up for my beliefs. The point I started to get serious was when I watched the finals of the World Schools Debating Championships on television – Singapore vs Canada, on the Universal Basic Income – and found myself hooked. It was fascinating to see how the arguments were being built up, defended and then torn apart.

What does your training in debate club involve?

We alternate between a formal debate and a training session. The former involves judging and detailed feedback and the latter ranges from seminars on argumentation to debate games. My favorite game is the quick verbal spars (nicknamed rebuttal tennis) – where a debater must provide a snappy one-pointer within 10 seconds, or raise as many points of information as possible during the opponent's speech.

Your first competitive debate was at the World Scholar's Cup 2017, and you performed very well indeed! Did you have any specific goals in mind before the competition?

Thank you! Given that it was my first debating competition, I was less concerned with 'winning' and more about the experience itself – interacting with and learning from other strong debaters. I was honored to make it to the debate showcase and yet humbled by the quality of the other participants; it was an inspiration and a great boost to my confidence and commitment to debating.

You are from Singapore; do you think your multicultural background provides you a different perspective when discussing a topic?

Definitely. I have been exposed to a wide range of beliefs and viewpoints, and this has helped significantly when considering an issue and its impact on various stakeholders. Such a

background also taught me to respect different opinions regardless of whether I subscribe to them. Being multicultural has made me more empathetic both as a person and a debater.

What do you most enjoy during a debating session?

I enjoy quick verbal sparring best – free from the formality and pressures of a structured debate and it's excellent training for thinking on one's feet. It taught me that without a strong point as a backbone, an argument, no matter how well presented, will be easily defeated. In addition, it taught me that there is no contention that is insurmountable. I really love debate games because they bring the club together and allow us to hone our skills while still having fun. Also, when pressed for time, the funniest arguments do tend to emerge; on resource exploitation in Antarctica, one desperate debater blurted out that "penguins have feelings too!"

What topics do you think are worth debating among students?

The purpose of debate is to prompt understanding and analysis, and potentially spur changes. As such, I believe that it is important for the issues of tomorrow to be discussed by the youth of today.

Personally speaking, I have a soft spot for ethical debate as opposed to highly technical ones. Ethics and philosophy underpin everything – they are what make us human. Motions commonly involve the morality of new technology and my personal favorite debate was on developing a technology for communication with the deceased.

For beginner debaters, I would start with relatable issues to spark interest, for example, the ubiquitous school uniform topic.

Has joining the debate club benefited you in any way?

I've learned how to put across my opinion in an eloquent manner, to think independently and to keep an open mind. I also learned how to think critically – to consider things from multiple viewpoints before making a judgement. These are invaluable skills that are transferable across a variety of fields. I would encourage all students to at least give debating a go. I believe that everyone has an argument worth listening to.

Shayna Leng is in Year 9 at Wellington College International Shanghai

SHAYNA



BEN

Can you tell us how you became interested in debating?

I became interested in debating thanks to my parents as they were involved in debate coaching and the World Scholar's Cup (WSC) for years. My elder sister was also the top debater in the global round of the WSC a few years ago, which also inspired me to have a go.

How did it feel to represent Harrow in the WSC Tournament of Champions at Yale and go on to receive the gold medal?

To represent Harrow at the Tournament of Champions at Yale was a great experience. It was an honour to be there, and to also represent my school and win a gold medal was the icing on the cake.

What do you most enjoy about debating?

The aspect of debating that I enjoy most are the rebuts, which as the third and final speaker for my team, is integral to my speech. I enjoy this because this part is the crux of a debate, by challenging the other team's standpoints. The best feeling is when you know you have a great rebuttal in your mind, you just can't wait to get up and say it.

How do you think you can benefit from joining the school debate club?

I think joining the school debate club was one of the best decisions of my school life. In our training, our coaches guide us through every little detail of debating. At the end of the day we get fabulous opportunities such as visiting Yale. Being good at

public speaking is a valuable trait to have in life and this skill can be trained and sharpened by joining a debate club. It's a win-win situation.

Can you tell us about your most memorable debating experience?

My most memorable debate experience has to be winning a gold medal at the Tournament of Champions at Yale, because that is as big as it gets. It was the best feeling I have ever encountered when my name showed up on the screen. It was even better than scoring a great goal!

Do you have a list of topics that you are passionate about debating on in the future?

Yes. There are so many issues associated with sports today, such as drugs, political interference, the role of international bodies such as the IOC, FIFA and television. Pros or cons? I would love to debate some of these issues.

Do you have any advice or tips that you can give to your fellow debaters?

Be confident in your ability and work hard, this is what helps to make me a better debater. When you believe in yourself, your public speaking goes up to another level and when you work hard, you get your rewards. Footballer, Cristiano Ronaldo, trains every day at age 32 and just won his fifth Ballon D'or - European Footballer of the Year, which is evidence of my belief: success results from hard work.

Ben Cook is in Year 9 at Harrow International School Shanghai.



A levels at Harrow Shanghai

Mark Batten



Harrow Shanghai has recently opened its Sixth Form. 'Sixth Form' is the name given to Years 12 and 13 in the British education system. Sixth Form pupils at Harrow study a two-year A level programme. As Head of the Sixth Form I am often asked about my opinion regarding the choice between A level and the IB Diploma Programme and why Harrow has opted for A levels, when so many other schools in Shanghai are offering the IB.

The principal advantage of A levels is the freedom of choice that they offer. Most pupils study three A level subjects and there are no specific requirements for which subjects a pupil should study. A levels allow pupils considerable freedom to specialise in the subjects that really interest them and which are more closely related to the course that they might aspire to study at university. Certain subject combinations, such as Maths, Further Maths, combined with a science subject, are also more easily achieved through an A level programme. A levels also allow for the study of all three sciences. For pupils who aren't quite so sure about their future plans, A levels still give them the option of maintaining a breadth of subjects, such as studying a humanities subject, combined with maths, science or a language.

At Harrow a wide selection of A level subjects are available. This currently include: Art & Design, Biology, Business Studies, Chemistry, Mandarin, Computer Science, Economics, Geography, Global Perspectives, History, English Literature, Maths, Further Maths, Music, Physical Education, Physics and Modern Foreign Languages.

Focusing on three subjects at A level, as opposed to the six studied at IB, gives teachers considerably more

time to explore a subject in real depth. At Harrow, A level pupils also benefit from several study periods each week, where they can complete reading and research tasks. This helps to prepare them for future study at university, where learning is more self-directed. It also stands to reason that a pupil who is specializing in only three A level subjects, particularly ones that really interest them, will be an advantage. If they enjoy a subject, they will work harder at it.

A levels are recognised by universities all over the world, including those in Hong Kong, Australia, New Zealand and in America. However, a frequent misconception is that A levels are somehow perceived as a 'weaker' qualification by some universities, particularly in America. This is not true. The US-UK Fulbright Commission publishes a table on their website to help potential applicants average their A level qualifications into a grade point average (GPA). From that table, it can be clearly seen that an A* grade at A level is the equivalent of a 4.0 GPA scale, which is the highest point on the scale. Pupils from other Harrow schools, who also study A levels, regularly gain places at top universities around the world. Nearly half of the current Harrow UK Sixth Form are planning to go to American universities.

To conclude, Harrow has chosen A levels because we believe that the programme of study should be tailored individually to each pupil, rather than moulding the pupil to fit the qualification. Applications are now open for the Sixth Form for the 2018/19 academic year. For further details please contact admissions@harrowshanghai.cn

Mark Batten is Head of Sixth Form at Harrow International School Shanghai



James Beadle

Considering the Motion

Debating Encourages Pupils' Critical Thinking

By Darren Simpson & James Beadle

Debate training and competitive debating can play an invaluable role in pupils' development. Beyond public speaking and personal communication, it is important to highlight the impact debating can have on improving confidence, independence and critical thinking – all crucial skills with far-reaching benefits for the everyday aspect of a pupil's life.

Considering the Unexplored

Primarily, debating is important for pupils because it gives them a chance to think critically about things they wouldn't necessarily get to discuss in lessons. Whatever topic is being debated, whether it's the situation in North Korea or if school classes should be set according to ability, debating allows pupils to discuss and explore subjects at a very mature level, where they aren't told if they are right or wrong. Frequently, pupils propose the motions themselves, which has led to some of our most interesting and closely-fought debates, as pupils are able to dive into topics that truly excite or interest them.

Debating gives pupils the opportunity to follow their own ideas; to consider them, present them, express them and have them judged for their own value. Whether the debate focuses on current affairs, elements of

their own education, moral or philosophical questions, it's a very open and engaging forum that encourages free-flowing critical thinking.

Considering the Information

Debating is also about critical engagement, particularly engagement with information. Our pupils are living in an age of unprecedented access to information, which brings invaluable learning opportunities but plenty of pitfalls too. Debating is extremely helpful in teaching pupils to engage with sources of information critically: testing them to detect bias, spin and even outright falsehoods.

This process of critical engagement with information helps them create a reasonable, balanced view of the subject they're exploring, while also strengthening the argument they bring to the debate. If facts are not checked or a source seems wildly inaccurate or unbelievable, that will become a weakness in the argument for the opposing team to challenge and exploit. Ultimately, debating encourages pupils to look at a range of information sources covering the same subject matter and identify for themselves what they believe is trustworthy and what isn't.



Considering Your Point of View

When preparing for a debate, pupils are often forced to look at topics from a completely different perspective. By arguing a position contrary to their own beliefs, pupils constantly and carefully examine the reasons for holding

such beliefs. Just as importantly, to present the best argument, they must consider the perspectives of the opposing side and find the reasoning behind those perspectives.

By thinking from unfamiliar angles, pupils are encouraged, even forced, to deconstruct pre-formulated opinions about the topics they debate. This is important because critical thinking requires an open and unbiased mentality with the capability of taking on new ideas and information and judging them for their inherent worth.

Considering the Opposition

Debating is a formalized environment with set rules and, admittedly, pupils sometimes take time to get used to the mechanics of it. Not speaking out of turn, not laughing or making dismissive actions when points and rebuttals are being delivered, listening respectfully and patiently waiting for their turn to respond are all essential elements of debating. Of course, it also takes great courage to argue a case to an audience of their peers and teachers.

Being respectful and considerate of other views is both an important life skill and a helpful approach to debating. A key skill that the best debaters have – and one which is not intrinsically obvious – is the ability to listen. Debating is not just about coming up with the best argument, it's also about engaging with your opponent, probing their argument before picking it apart. To achieve this, pupils must listen so that they have a clear understanding of what their argument is. This means that pupils are taking a step back and reviewing the value of their beliefs, which will help

them develop a more understanding, empathetic sense of character.

Considering the Future

As well as refining different skills and encouraging the positive personality traits already discussed, debating is also an excellent testing ground for many of the tough challenges pupils are likely to face later in life.

It is the best form of preparation for interviews, whether for employment or higher education opportunities. It's a great way for pupils to learn how to think on their feet and respond intelligently and assertively to whatever is being thrown at them.

When preparing for a debate, pupils can (and should) try to anticipate what the questions and key points of discussion will be, but it's very likely that something will catch them off guard, requiring them to quickly form a viable response. It's an incredibly valuable lesson for pupils to learn how important preparation is; it will help in almost any situation encountered and contribute to developing skills to instinctively react to what's put in front of them. If they can deliver intelligent, confident and considered responses to questions under pressure during a debate, they'll be in a great position to tackle university and job interviews further down the line.

James Beadle, Mathematics teacher and Senior School debating lead at Wellington College International Shanghai, competed in European, world and domestic debating championships, ranking within the top 10 percent of debaters internationally, while studying at Saint Andrew's in Scotland.

Darren Simpson, History teacher and upper Prep debating lead at Wellington College International Shanghai, worked in the financial and legal sectors before gaining his qualifications and teaching in the UK for a number of years prior to joining Wellington.



Darren Simpson

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

Strive For Excellence



Shanghai Singapore International School has been delivering excellence in education for the past 21 years. It was established in 1996 to provide quality international education to children of expatriate families in Shanghai.

The school works to instill its I4C values into every single student: Initiative, Care, Communication, Collaboration and Commitment.

The school also believes in the holistic development of a resourceful, confident and independent learner within a caring and nurturing environment to become a global citizen.

The school offers a balanced and unique mixture of International and Singaporean-based curricula, providing a rigorous and challenging education for all students.



I studied in Shanghai Singapore International School from Grade 1 to High School Grade 12, so that makes it 12 years of my life spent at SSIS. I really enjoyed my time there. I call SSIS my second home because this is where I spent my childhood and teenage life. The environment in SSIS as an international school makes one multicultural, global and more sociable. I learnt to become more open to many things after being at SSIS for so many years. You will be able to break out of your own world to explore new ones.

— **Arikawa Kinji**, Graduate of Year 2016

SSIS University Fair 2018

SSIS will have its annual University Fair with up to eighty universities worldwide coming with their most updated college info as well as consultancy service. The fair welcomes students from the international and national schools with international curricula to attend.

Day/Date: Monday, 12 March 2018
Time: 9am-12pm
Venue: SSIS Minhang Campus
301, Zhujian Road, Minhang District, Shanghai

Come and meet the admission officers from some of the top universities:

- University of Toronto (Canada)
- The University of Sydney (Australia)
- University of St. Andrews (Scotland)
- Durham University (England)
- University of Hong Kong (HK)
- Hong Kong University of Science and Technology (HK)
- New York University Shanghai (USA/China)
- Boston University (USA)

Please scan the QR code to register.
Contact: Mr. Mark Donagher
Email: mark_donagher@ssis.asia



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DINING DURING CHINESE NEW YEAR

Don't Worry, You Won't Starve...

By Betty Richardson & Frances Chen

Staying in town over the Chinese New Year holidays and wondering where to feast? With everyone back to the familial nest for annual get-togethers, banquets and the traditional barrage of questions about marriage and babies, Shanghai will be pleasantly quieter than usual. Unfortunately, that means some of your favorite spots will be closed, but don't worry, we have done our homework to find the restaurants still serving over the Spring Festival. So, use this time to indulge in traditional Chinese cuisine and encourage fortune for the year to come.



PUTIEN

With the Singapore branch proud to receive its second consecutive Michelin one star, PUTIEN is a representative of Chinese Min Cuisine (aka Fujian Cuisine). The name PUTIEN traces back to a beautiful coastal town in Fujian Province and the restaurant is renowned for its delicate and natural seafood dishes. If you choose to celebrate CNY in PUTIEN, then go the whole hog with their traditional festive dish Pen Cai '盆菜'. Serving up layers of ingredients such as abalone (slow cooked for 24 hours), prawns, ham, chicken, oysters and mushrooms, this is a proper hearty dish that truly embraces the CNY spirit.

> RMB140 per person. Various locations (www.putien.com)



XINDALU

A restaurant that barely needs introduction, of course Xindalu will be open over the holidays. So open in fact, that they are already fully booked for Chinese New Year's Eve (Feb 15). For the remainder of the holidays, however, the kitchen is at your service. Be absolutely sure to order their signature Beijing-style roast duck (one of the best in Shanghai, in our opinion), beggar's chicken, pyramid of braised pork and *kungpao* chicken. With its relaxed and contemporary ambiance, this restaurant is a popular choice for local and expat families alike. Enjoy a post-meal walk along the Bund to allow your delicious meal to settle, while taking in the beauty of the city.

> 1/F, Hyatt on the Bund, 199 Huangpu Lu, by Wuchang Lu 黄浦路199号 上海外滩茂悦大酒店1楼, 近武昌路 (6393 1234 ext. 6318)

GUI HUA LOU

While you might not be familiar with Huaiyang cuisine (one of the four major cuisines in China) you have probably heard of the reputable Huaiyang dish, Lion's Head. As one of the few Huaiyang cuisine restaurants in town, Gui Hua Lou is proud of its authenticity and oriental dining experience – very suitable if you are looking for a real CNY atmosphere. From their New Year's Eve menu, we recommend the Braised Crab with Rice Wine and Chicken Oil: a signature Huaiyang-style dish requiring a meticulous cooking technique. They use the finest king crab from the southeast region and braise it with Chinese rice wine, Hua Diao, to create a rich aroma.

> Pudong Shangri-La, Eash Shanghai, 33 Fucheng Lu, by Mingshang Lu. 富城路33号浦东香格里拉大酒店, 近名商路 (6882 8888)



HOLY COW

Originating from Chaozhou, Guangdong Province, authentic Chaozhou beef hotpot is not easily found in big cities. Without the heavy spice and thick chili oil seen in Sichuan hotpot, the main ingredient in Chaozhou hotpot – beef – is exceptionally fresh to ensure the umami quality of the broth and other ingredients. At Holy Cow every piece of beef is freshly delivered from Dalian, then skillfully hand sliced by the chef. It is then served with the traditional satay and sesame dipping sauce. Holy Cow's authenticity is second to none, plus, it's a great option for families who are not too keen on the tongue-numbing Sichuan style.

> RMB140 per person. 302A, 3/F, 341 Tianshan Lu, by Weining Lu.
天山路341号3楼302A 近威宁路 (5297 9937)



LOON FUNG HOUSE

With long lines of people queueing every night during dinner hour, the Loon Fung House Mengzi Lu branch catches the eyes of passersby with its Cantonese style facade and decor, and captures returning customers with its consistent quality food – trust us, it's one of our favorites. As a classic Cantonese restaurant, their roasted meat section is the most frequently ordered, and best of all is their signature BBQ Pork with Crispy Skin – the juicy, tender pork rib meat contrasts with the crunchy skin roasted until golden brown – one bite, and we guarantee you will come back for more... and more.

> RMB160 per person. 75 Mengzi Dong Lu, by Li Yuan Lu. 蒙自东路75号. 近丽园路 (3307 0770) (The Julu Lu branch is also open during the CNY holidays: Building 7-8, 889 Julu Lu, by Changshu Lu 巨鹿路889号7-8幢, 近常熟路 (6445 8082))



HAKKASAN

In the spirit of reunions, Hakkasan is offering a menu curated by its head chefs from all over the globe, using ingredients believed to usher in fortune and prosperity for the forthcoming Year of the Dog. Stars of the menu include Wind-Dried Oyster and Lotus Root Served in Mantou Buns, Braised Beef Tongue with Caramel Walnuts, Asparagus and Crispy Scallops in Plum Sauce, Lobster, Chilean Sea Bass and Lamb, plus a brand-new dessert created exclusively for the CNY holidays: Golden Fortune. Featuring ginger caramel, roasted macadamia nuts and lemongrass, it's shaped like a golden Chinese ingot and will ensure you become a millionaire this year – probably.

> RMB888/1,288 per person. 5/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路18号5楼, 近南京东路 (6321 5888)



MAN HO

Located on the fifth floor of Marriott Hotel Pudong East, Man Ho specializes in fine Cantonese and Shanghainese dining. With five elegant private rooms offering picturesque lake views, this restaurant is perfect for special occasions. 'Fish' in Chinese is pronounced the same as 'surplus,' hence fish dishes on the New Year's Eve dinner table are a token for a prosperous upcoming year. Man Ho's CNY recommendations include Steamed Brown Marbled Grouper Fish with Special Sauce. The delicate fish is topped with scallion and ginger, bathed in a specially made soybean based sauce, then steamed to an ivory color with a succulent texture.

> RMB300 (prices subject to 15 percent service charge). 15 Xinjinqiao Lu, by Hongfeng Lu 新金桥路15号. 近红枫路 (6036 8866)



SHANG-HIGH CUISINE RESTAURANT

As a Michelin one-star restaurant highly recommended by *Michelin Guide Shanghai*, Shang-High Cuisine Restaurant has been awarded the prestigious crown for two consecutive years. Shang-High Cuisine Restaurant within the Jumeirah Himalayas Hotel goes back to basics, following traditions to present classic Shanghainese dishes. This new year, Executive Chinese Chef Frank Hu will deliver a unique Shanghainese experience. One of the favored signature dishes is Braised Beef Cheek with Black Truffles which might sound Western in origin, but is made in a traditional Shanghainese style using steam, stew and a light frying along with a special secret sauce.

> RMB380 per person (prices subject to 10 percent service charge 6 percent tax). Jumeirah Himalayas Hotel Shanghai, 1108 Meihua Lu, by Shinan Lu 梅花路1108号, 近石楠路 (3858 0768)

THREE ON THE BUND

Three on The Bund is firing on all cylinders over the Chinese New Year holidays, with exclusive menus from POP, Mercato and Canton Table. Mercato won't be ditching its Italian accent anytime soon; instead Chef Kelvin Chai is adopting the fortune-bringing ingredients onto his menu: Oven-Roasted Leopard Coral Grouper with Chili, Herbs, Lemon and White Wine.

Meanwhile at the newly opened Canton Table, parties of 10 can indulge in an auspicious 16-course feast. Priced at RMB10,088 per table, the menu includes crispy suckling pig, sea whelks, lobster, alaskan crab, spotted grouper and so much more.

> Canton Table, RMB10,088 per table (prices subject to 10 percent service charge)

Mercato, RMB888 per couple, grouper priced at RMB968 (prices subject to 10 percent service charge) from Feb 15-28

Three on The Bund, 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路3号, 近广东路 (6323 3355)





Green & Safe Le Petit

Picnic Style Dining for the Family

By Ned Kelly



The Vibe

Open since last summer in The Hub, Green & Safe Le Petit is hospitable from the start with their bull-farmer statue welcoming diners at the entrance. The interior is charmingly designed like a giant picnic is taking place, with books and toys scattered so kids can always play within eyesight of parents.

And then there is the electronic aquarium – a darkened room where an underwater seascape is projected onto one wall. Kids can color in a paper fish with crayons and staff will then ‘set it free,’ uploading it onto the screen where you can watch it swim around. Cool!

The Food

Green & Safe has built up a loyal family following with their dedication to the use of all-natural and non-polluted ingredients, both locally-grown and imported from around the world, and it is reflected in the quality and flavor of their dishes.

It is hard to look past the Roasted Chicken with Potato & Seasonal Veggies, very good value at RMB188 (you can get a half for RMB98). The bird is free-range, succulent and accompanied by roasted organic vegetables, including mini

carrots, pumpkin, cherry tomatoes, red pepper and yellow pepper. We’d come back for this alone.

Equally as delicious was the Australian Angus Grass-Fed All-Natural Rib Eye (RMB108) which disappeared very quickly, with accusations dad did not let the rest of the family get a look-in!

The dough in the Wild Bottarga Pizza (RMB118, discount RMB88) is infused with mozzarella cheese, and is topped with organic spring onion accompanied by wild bottarga from Taiwan, and sprinkled with more bottarga powder.

For a healthy and delicious dessert, the Strawberry Pancake with Seasonal Fruits (RMB98) is topped with strawberries from Green & Safe’s organic farm, along with other seasonal fruits, and it looked so good we almost felt bad digging into it. Almost...

And speaking of strawberries, it was hard to get the straw from the Strawberry Yogurt Smoothie (RMB38) out of my daughter’s mouth, she was loving it so much.

On the Kid’s Menu, the Good Dream Omelette with Fried Chicken & Ketchup Rice (RMB88) uses imported French ketchup that contains more than 50 percent tomato flesh with no

added water or sugar. It is bottled in specially designed containers for kids to create their own pattern on the omelets, so rather than telling kids not to play with their food, let them create some art on it!

Top Table & Tips

As well as dining in, guests can also take home choice delicacies and wine from Green & Safe to enjoy at their own leisure. So don’t miss the chance to stock up on your favorites.

Kid-Approved

Changing facilities are top-notch. Like most toddlers, my daughter is a busy little bee; as soon as she had her fill she was off to explore. It is hard to say whether she preferred the food or the playtime here, as both were so good.

Price: RMB126/adult, RMB88/child

Recommended Ages: Suitable for children of all ages

Ideal for: Brunch and dinner

Room 15, LG1, The Hub Block E, 17 Suhong Lu, by Shenhong Lu 苏虹路17号虹桥新天地E座地下一层15室



5 Ingredients

Chaozhou Dumplings

By Frances Chen

Dumplings are the most iconic festive food in China. On Chinese New Year's Eve, the entire family gather round and prepare this dish as the last meal of the year. The shape of dumpling resembles a traditional Chinese gold ingot, which symbolizes the wish for a prosperous new year. The filling ingredients and cooking methods vary depending on the different regions throughout China. For this recipe, we chose the steamed version that originates from Chaozhou.

Ingredients:

✓ 500 grams dumpling skins (you can buy premade skins from City Shop)

✓ 500 grams mince pork (preferably with fat)

✓ 500 grams Chinese cabbage (coarsely chopped)

✓ 8-10 dried shiitake mushrooms

✓ 1 chunk of ginger (very finely chopped), salt and fish sauce

✓ Place the coarsely chopped cabbage in a large bowl. Sprinkle ½ tablespoon of salt and mix until water seeps from the cabbage, and then squeeze out any excess water (this step will prevent a soggy filling).

✓ Once the mushrooms have cooled, place all the ingredients in a large bowl. Add 1 ½ tablespoon of salt and 1 tablespoon of fish sauce. With your hand, thoroughly mix all the ingredients.

✓ See diagram or video (scan the QR code) for guidance on 'how to' make your dumplings.

✓ Using a steamer set, bring water to boil in the bottom pot and then place the dumplings on the top rack. Lower the heat and with the lid on, steam for 15 minutes.

Method:

✓ Soak the shiitake mushrooms in hot water for 15 minutes, drain and squeeze out the excess water, remove the stem and finely chop into tiny cubes. Heat a shallow pan with vegetable oil and stir fry the mushrooms until they soak up the oil and slightly shrivel, then place aside to cool.



Advice on the Dish:

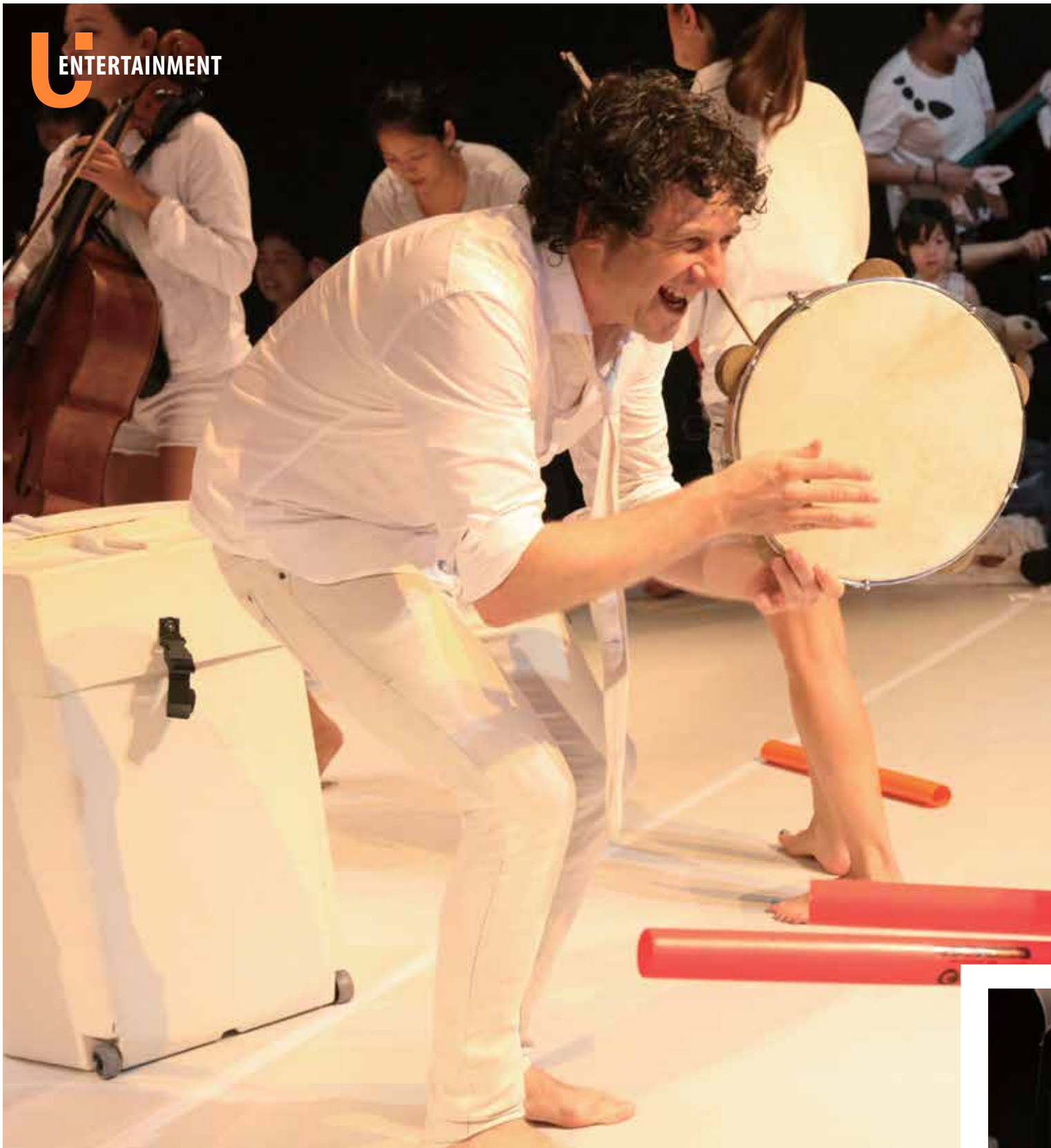
The amount of ginger can be adjusted according to your preference. You can also add finely chopped dried shrimps to enhance the flavor. We prefer the steaming method as it preserves all the flavors during the cooking process.



This recipe is from our new series *5 Ingredients*, see the full article by scanning the QR code on the left.



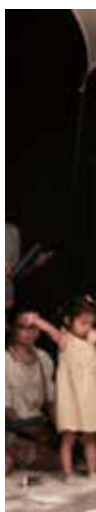
For more *5 Ingredients* family recipes please scan the QR code on the left.



Twist and Shout

Beatles for Babies by La Petita Malumaluga

By Celine Song





Casually dressed in white, with bare feet and an immense amount of energy, the four performers from La Petita Malumaluga will grace Shanghai in March, delivering a tribute to one of the most influential pop groups of the 20th century.

Hit songs 'Yesterday,' 'Let it Be,' 'Hey Jude,' 'Yellow Submarine' and other unforgettable classics by the Beatles will be delivered by violin, cello, clarinet and percussion during the group's popular show Beatles for Babies.

Founded in 2011, this Barcelona-based theater company are devoted to tailoring performances for the young. In addition to Beatles for Babies, La Petita Malumaluga is currently touring three other productions; *My Baby Is a Queen*, *30 Elephants under the Umbrella* and *Clouds with Babies*. So this team of young artists, including founders and artistic directors Eva Vilamitjana (choreographer and dancer), and Albert Vilà (director and percussionist) know how to get children moving and keep them entertained.

"Choosing the Beatles was an easy decision," says Albert. "Beatles stay in your head. It is like glue. Many artists create sticky and addictive songs, but more often than not it is not enjoyable to have them in your head for days. However, to constantly sing Beatles' songs is a wonderful experience. There are simply endless layers to learn and enjoy. The idea was to provide an energetic, tight and sophisticated concert to families. Something that could be played within a very close distance to the audience and bring about lots of interactions."

During their performance, the artists of La Petita Malumaluga encourage their little audience members to participate as much as possible by singing along and moving to the music - they are even invited to get up on stage. This is a great event for children to immerse themselves in and have fun. "We breathe in the vibe from the moment the audience walk in to the theater. It is a wonderful experience and we are learning a lot from it," says Albert. "We believe babies are quite the same everywhere. They are curious and always



ready to express themselves. The main differences come from the adults. At some places, parents are more rigid, they don't like the idea of allowing their children to act intuitively, while parents from other places listen more to the needs of the young ones."

The climax of the show is always 'Yellow Submarine,' when everyone on and around the stage, little or big, is encouraged to sing, clap, stomp, wave and wiggle. Intriguingly, it was Eva and Albert's 7-year-old son who came up with this concept. Albert recalls, "He was very proud of it and, for a few years, he kept telling everyone that he was the creator of the show every time he came to the theater. Luckily, he hasn't asked for royalties yet!"

Apparently, this wasn't the first time that Eva and Albert's artistic creations have been influenced. "My son used to say he was the director of the company. We like to involve him in the productions. Meanwhile, as is the case in every family, he has pushed us to do more research and try to find more ways to better enjoy life together. We also go to non-directive schools where kids learn what they really wish to learn. Obviously he has

inspired us in endless ways."

All the members of La Petita Malumaluga are Catalan. When asked about the influence their origin has on their productions, Albert believes the Mediterranean Sea is truly inspirational. "The colors and the light there are very unique. I enjoy it very much and I guess this somehow penetrates into our artistic creation. Meanwhile, for thousands of years, the Mediterranean has been a very important 'highway' for trading as well as communicating other cultures. Maybe that has also inspired us to lead the families to express themselves, to listen and to integrate the audience into the performance."

During the last three years, La Petita Malumaluga has performed this show 400 times to over 40,000 audience members around the world. "This means we have played the same songs hundreds of times," says Albert, "And it is still really good fun to play them. This only happens with exceptional music."

March 16-25. RMB180-480. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Longhua Dong Lu. 苗江路800号, 近龙华东路, 6366 0000, shcat.com.cn

Pose Dance Studio

A Healthy and Active Lifestyle thru Dance

By Frances Chen



Pose Dance Studio was founded in collaboration with Parinama Cultural Development Foundation, the host of Parinama Shanghai Open, a WDC (The World Dance Council) and WDC Amateur League World Series and World Ranking Event that takes place annually in Shanghai every November.

Offering dance classes for both adults and children aged 5 onwards, the studio has cultivated a group of talented dancers who have competed in Junior, Juvenile, Amateur, Senior, Pro-Am and Teacher-Students categories in

both Ballroom and Latin events. With Ballroom and Latin Dance as their focus and expertise, they hope to expand their territory to Jazz and Ballet in the near future.

Danny Li and Angela Zheng are the artistic directors and star teachers of Pose Dance Studio. Their passion for dancing is the inspiration behind the studio and dates back to their childhood. They both embarked on the journey of dancing at a very young age, and their first competitions trace back to when they were 9. Danny remembers being a shy child who struggled with study and dancing gave him the confidence to not only perform on stage but also personally and socially. Through this experience, he realized that 'social dances' like Ballroom and Latin can be a way to help children become well-rounded young adults and provide them with vital skills to use later in life.

Danny points out, "In the UK, Ballroom Dancing is an important part in their physical and art education for Upper Elementary and Middle School students." He believes that through Ballroom Dancing, one can reap many benefits. "It's a fantastic way to help children's physical and mental development. Not only does it improve the overall physique, it also helps build emotional intelligence. Children who are shy and timid can learn how to express themselves through dancing. Between boys and girls, they will also learn about respect, trust, cooperation and teamwork. And mastering fundamental dance steps and values such as discipline and mutual respect can also put children on the right track to a successful life."

"Through dancing, we also want to inspire people, not just children, to become happier, more creative and expressive individuals." Angela adds, "Pose Studio's vision is to influence the public to live an active, healthy life while spreading the joy of dancing."

Pose Studio offers a wide range of lessons for beginners, intermediates and



professionals along with group lessons and private lessons to meet different schedules and needs. Wedding dance and other show performance choreography is also available at Pose. Their current classes include Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Cha-Cha-Cha, Samba, Rumba, Jive and Paso Doble.

5/F, 1685 Jinshajiang Lu, by Zhenbei Lu 金沙江路1685号5楼, 近真北路 (1352 4873 995)

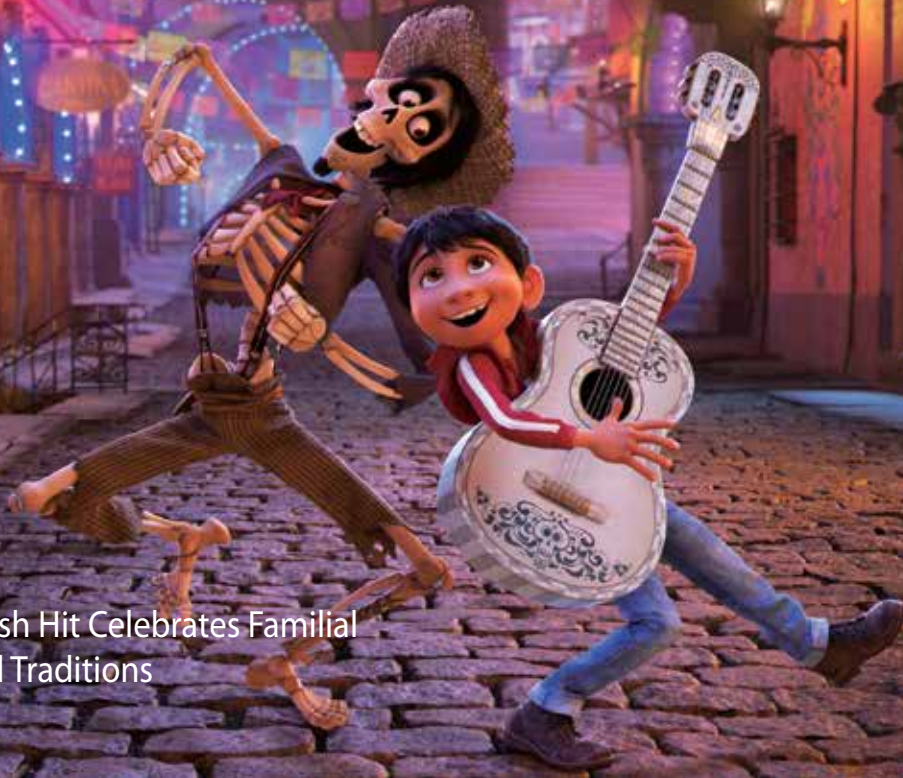
Twelve at Hengshan Luxury Collection, 12 Hengshan Lu, by Wulumuqi Nan Lu 衡山路12号, 近乌鲁木齐南路



COCO

Disney Pixar Smash Hit Celebrates Familial Love and Cultural Traditions

By Erica Martin



Western producers hoping to tap into China's lucrative film market have tried a variety of tactics over the past few years to create a movie that appeals to Chinese audiences, from casting famous Chinese actors (*Stars Wars: The Force Awakens*, *The Foreigner*), to shoehorning Chinese history and culture into a screenplay penned by Westerners (*The Great Wall*). They've had varying degrees of success, but viewers can often sense the inauthenticity of this type of pandering from a mile away.

Coco, Disney Pixar's latest animated film about Mexico's Day of the Dead, has nothing to do with China whatsoever, but it has resonated profoundly with Chinese audiences, rising to the top of the domestic box office and becoming Pixar's highest grossing film of all time in the country. *Coco's* authentic and relatable story has also struck a chord throughout the rest of the world, with critics praising it as one of Pixar's best films in years. In addition to its engaging storyline full of twists and turns and its breathtaking animated visuals, the film's theme of respecting one's ancestors and traditions reveal a few surprising ways in which Mexican and Chinese cultural values overlap.

Coco tells the story of Miguel, a 12-year-old boy growing up in a small Mexican town as part of a family of shoemakers. He dreams of being a musician like his hero, the deceased guitarist Ernesto de la Cruz, but his family placed a ban on music several generations earlier, after Miguel's great-great-grandfather, a guitarist, abandoned the family to pursue his career. When he attempts to steal the guitar at de la Cruz's gravesite to enter a music competition, Miguel is transported to the Land of the Dead (animated as a dazzling, neon-colored city), where he meets his ancestors and must find a way back home by sunrise.

“ It goes against the very American-centric values of extreme individualism and pursuing your goals and aspirations at any cost. Instead, ancestral piety and a love of one's culture are the themes at the film's core. ”

With a screenplay by Mexican-American writer Adrian Molina and an almost entirely Mexican or Latin American cast (including star turns from Gael García Bernal as a ghostly trickster named Héctor and newcomer Anthony Gonzalez as Miguel), the film found high praise for its accurate depiction of Mexican culture, and it became the highest grossing film of all time in Mexico.

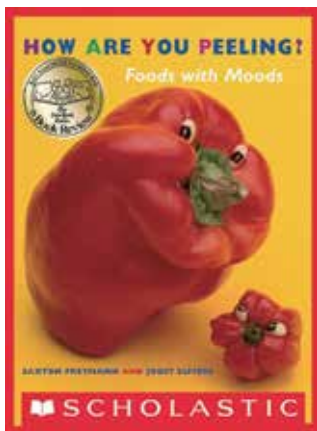
Coco's success in Mexico, as well as overseas, is so important because it reveals that cultural authenticity and genuine emotion create a story that resonates with people from different

cultures around the world, rather than pandering or trying to make a 'universal' story.

Another fascinating element of the film is that it goes against the very American-centric values of extreme individualism and pursuing your goals and aspirations at any cost. Instead, ancestral piety and a love of one's culture are the themes at the film's core. Told with wit, emotion and cultural awareness, these ideas allowed the film to resonate with audiences in China and around the world, even if they may have been unfamiliar with Mexican traditions or the Day of the Dead.

The film's transcendent, multi-national appeal is best summed up by this anecdote: though *Coco's* depiction of ghosts technically doesn't abide by SARFT's ban on all supernatural elements in film, rumor has it that the Chinese Film Bureau approved it for domestic release anyway, because the committee was unanimously moved to tears after their viewing. It's a supremely enjoyable film for both kids and adults, and we couldn't recommend it higher.

Coco is available on DVD.



HOW ARE YOU PEELING?

By Kendra Perkins

"Who'd have dreamed that produce could be so expressive, so charming, so lively and so funny?...Freymann and Elffers have created sweet and feisty little beings with feelings, passions, fears and an emotional range that is, well, organic."

– The New York Times Book Review

Written and illustrated by Saxton Freymann and Joost Elffers, this beautifully produced children's book is truly engaging. Filled with bold primary colors, the thick glossy pages are fun to turn while anticipating what will happen next. The odd shaped fruits and vegetables are presented with hilarious and cute expressions, that will make you chuckle even before reading the words on the page. The true creativity of the authors comes through as they bring to life, with vivid expressions, these seemingly ordinary objects found in the kitchen and neighborhood market.

This book aims to expose young children to the concepts and recognition of emotions. The authors express a wide variety of basic feelings through the 'faces' of the fruits and vegetables, paired with humorous text. This makes it easier for young minds to understand what the differences are between similar expressions like 'lonely' and 'sad.'

While not going in-depth to explain the differences between the emotions, the book simply presents each feeling so that children can relate it to themselves and their families. By reading this book with your children, it casually opens a line of communication that encourages them to talk about their feelings in a creative way.

The language is simple and covers feeling such as shyness, anxiety and even comforting someone; it could be a great tool for consoling a child facing a difficult social situation and understanding their interaction with others. By understanding different emotions, it teaches your child the vocabulary to express how they feel.

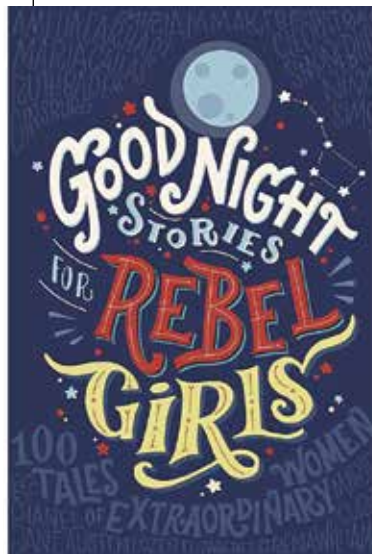
Freymann and Elffers combed through the markets of New York City to find inspiration for expressive produce. If you and your child enjoy this book they have several other hilarious titles that will delight any young reader. For example, *Fast Food and Food for Thought* show more fruits and vegetables having adventures while teaching children basic knowledge about healthy eating, numbers, opposites, colors and shapes.

How Are You Peeling? is recommended for children aged 2-6, and is available on taobao.com and Amazon.cn.

Kendra Perkins is the Head Librarian for an international school. She was Coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarians Network. Find her at www.TheInspiredLibrarian.com

ON THE PAGE

BOOK PICKS FOR KIDS



GOOD NIGHT STORIES FOR REBEL GIRLS

By Natalie Foxwell

My favorite saying for my 8-year-old daughter is, "In a world where you can be anything, be kind." However, after reading the brilliant *Good Night Stories for Rebel Girls*, I may change this to, 'be a rebel.'

The next time you decide to buy a book for a girl, or boy for that matter, I urge you to make it this one. Authors Francesca Cavallo and Elena Favilli have created something truly inspiring, using real life heroines to deliver their message – Dream bigger, aim higher, fight harder.

These two authors had a vision, launched a crowdfunding campaign, and it seems the world agreed with their plan. Raising a record-breaking one million dollars, *Good Night Stories for Rebel Girls* was created and has you asking, "What if?"

What if instead of dreaming about a prince, she became the queen and ran her own kingdom (Elizabeth I). What if she dreamt about creating computer code or becoming a presidential candidate – this book will move anyone to have such aspirations.

From the history books to current day we receive a one-page biographies on 100 tenacious women. From activist Rosa Parks to gymnast Simone Biles, or my daughter's favorite, aviator Amelia Earhart, this book is a great page-turner. Each heroine features a fitting illustration and a quote to sum up her extraordinary approach to life, such as Rita Levi Montalcini who said, "Above all, don't fear difficult moments. The best comes from them."

This book is ideal for pre-teens through to adulthood, to read, revisit and seek inspiration from when life gets tough – and thankfully it's a hardcover to last the distance. Read it to your girls and teach your boys what women are capable of when encouraged, trusted and treated equal. The most positive aspect is all children will identify with at least one (if not many) of these heroic women. It covers a diverse range of backgrounds and talents, battles stereotypes and will have anyone wanting to choose a path that makes the world a better place.

So yes, be kind, but also be brave enough to rebel against prejudices that would stop you from reaching your greatest potential.

Purchase *Good Night Stories for Rebel Girls* from taobao.com. *Good Night Stories for Rebel Girls 2* also available and both can be purchased from www.rebelgirls.com



YCIS Shanghai Awarded the City's First Prestigious LEED Green Building Gold Certification for a School

YCIS Shanghai's new Ronghua Campus has been awarded the prestigious Leadership in Energy and Environmental Design (LEED) Gold certification from the US Green Building Council (USGBC). On January 17 at the new campus, the school received the award from Mr. Mahesh Ramanujam, President and CEO of USGBC, making YCIS the very first school in Shanghai to achieve a LEED certification. 'LEED for Schools' is the recognized third-party benchmark for high-performance schools that are healthy and comfortable for students, faculty and staff. A school can only achieve LEED certification after undergoing a technically rigorous construction process, including the incorporation of environmentally-friendly building materials to achieve an efficient and healthy indoor environment.



Harrow Shanghai Performs its First Pantomime with Aladdin

To follow on from the success of Shakespeare's *Macbeth* last year, Harrow's Senior School pupils have explored another uniquely British theatrical institution, with the pantomime *Aladdin*, aimed at a family audience and incorporating plenty of slapstick comedy and jokes. Harrow's panto did not disappoint! With colorful costumes and strong performances from its lead characters, the shows were sold out and the audience participation – an essential part of panto – was boisterous and, above all, great fun! There was booing when the villain came on stage, lots of calling out "he's behind you!" and plenty of ad-libbing from the talented cast.



Wellington College International Shanghai and the Library Project

In November, Wellington College volunteers traveled to Donganli and Matian Central Primary Schools in Luxi County, Jiangxi Province to meet pupils and help install their new reading rooms. Wellington College pupils raised over RMB55,000 for the School Library Project during their 2017 Read-a-thon. The donation was used to purchase 2,290 Chinese language children books, nine bookshelves, three mini bookshelves, two globes, 27 bookends, five tables, 27 chairs, two CD/tape recorders, four sets of artwork packages, two signs and two comprehensive librarian courses for the schools.



Grade 2 Market Day at Shanghai American School

Shanghai American School Grade 2 students recently hosted their annual Market Day, a great opportunity for them to utilize, in a hands-on way, the lessons from their economics unit. Alone or in groups, students designed their own small businesses for the community. They had to decide if they were selling a product or service, select the best location for their shops, make brochures, set prices and then fully run their own mini-store on the day of the event.



SSIS Hosts Chinese Cooking Class Activity

In January, a Chinese cooking class was held for Grade 6 students at the Shanghai Singapore International School (SSIS) Minhang Campus. There was intense competition among the groups from start to finish, as only the most creative student could be awarded the title of 'Prodigy Chef.' In this authentic extension activity during Chinese class, pupils not only honed their collaborative skills, they also applied the knowledge they have learned through real life applications.



Dulwich Pudong Senior School Presents A Wander Through the Woods

From December 6-8, Dulwich College Shanghai Pudong students in Year 10 to Year 13 performed *A Wander through the Woods*. The production is an original and immersive piece of drama written and directed by Ms. Graves, Head of Drama and Mr. Staveley, Teacher of English. Parts of the campus were transformed into a fairy-tale land by the amazing crew, led by Ms. Slaats, Senior School Librarian. The show was a huge hit, with people fighting to get tickets! Congratulations from UF to the cast and crew on a fantastic achievement that treated the audience to a whole new experience!



Britannica Celebrates Energy Week

Pupils at Britannica International School, Shanghai have been celebrating Energy Week, a week filled with activities and fun games to raise awareness of environmental issues. Students prepared for Chinese New Year by making 'Box Dogs' from recycled materials and had a 'Power Down' morning with lessons that saved electricity and power. There was also an art exhibition using recycled materials and an energy-themed science experiment. Learning about the environment with fun activities helps students improve their critical thinking and make responsible decisions while improving the world around them.



BISS Puxi's New Hamilton Centre Put to Use

Year 7 students at the British International School Shanghai, Puxi spent the first days back brainstorming, planning and bringing their STEAM (science, technology, engineering, arts and math) projects to life. These students worked hard on their car safety project, researching safety issues in vehicles and designing a car for the future. The students formulated ideas of how to make the car safe, then built a prototype of their vehicle and tested it. On the final day, they refined their design before making the final wooden model they then tested in a range of situations.

● Feb 10 | ARTS



Le Loup Sentimental (The Sentimental Wolf)

This innovative and moving puppet show by Shanghai Puppet Theatre tells the story of Lucas the wolf. He's leaving home for the first time and his dad gives him a list of things he can eat, from Little Red Riding Hood to the Three Little Pigs. But Lucas has a kind heart, and he isn't sure he can eat any other animals. The 60-minute show is perfect for children aged 2-8.

> Sat Feb 10, 10am & 2pm; RMB80-100. Ciro's Plaza, 5/F, 388 Nanjing Xi Lu, near Huangpi Bei Lu 南京西路388号5楼, 近黄陂北路 (6334 5200)



● Feb 9 | ARTS



Globe On Screen: The Merchant of Venice

Globe On Screen is a program that screens performances from Shakespeare's Globe, the famed playhouse in London, in theaters across the world. The latest offering is a rendition of Shakespeare classic *The Merchant of Venice*. Starring as Shylock is Richard Pryce, a two-time Tony-winning actor whose onscreen credits include the memorable role of the High Sparrow in *Game of Thrones*. A great way to show teen readers some Shakespeare.

> Fri Feb 9, 7pm; RMB120-150. Huangpu Theater, 780 Beijing Dong Lu, by Guangxi Bei Lu 北京东路780号, 近广西北路



● Feb 9 | ARTS



Shanghai Ballet: The Last Mission of Marco Polo

This adaptation of *The Travels of Marco Polo* is a sumptuous ballet set in Beijing during Kublai Khan's rein of Persia in 1292. Renowned director José Carlos Martínez is behind the choreography, which was designed especially for the Shanghai Ballet.

> Fri Feb 9, 7.30pm; RMB180-680. Shanghai International Dance Theater, 1650 Hongqiao Lu, by Shuicheng Lu 虹桥路1650号, 近水城路 (www.shdancecenter.com)



● Feb 10 | ARTS



Magic Piano & The Chopin Shorts

This innovative animation tells the story of two cousins who ride a magic piano on a trip across Europe in search of their father. Shanghai Oriental Art Center screens the film with a live performance of the score, which was first performed by renowned pianist Lang Lang. The Shanghai performance will be by virtuoso young pianists Xue Yuan from Shanghai and Lin Yufen from Taiwan.

> Sat Feb 10, 2pm; RMB180-580. Shanghai Oriental Art Center, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道 (en.shoac.com.cn)



● Feb 8 | COMMUNITY

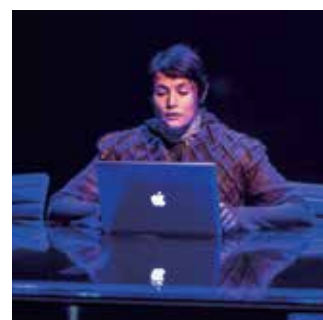


F45 & That's Shanghai Sports Awards

Once a year, we gather to recognize those who have truly made their mark on the city's sports scene: from the home-run hitters and KO punchers to those who lift up their mates when all seems lost. They're our friends, our family and, occasionally, our blood-thirsty rivals. Don't miss the awards party, where all the winners will be announced, including several school sport awards.

> Thurs Feb 8, 7pm; The Camel Sports Bar and Kitchen, 1 Yueyang Lu, by Dongping Lu 岳阳路1号, 近东平路 (www.camelsportsbar.com)

● Feb 10 & 25 | ARTS



NT Live: Saint Joan

NT Live, a program from the National Theater of London that screens its performances for audiences across the world, kicks off a season of acclaimed theatric shows with Saint Joan. British actress Gemma Arterton gives an electrifying performance as the titular character in this experimental take on the classic play by George Bernard Shaw. Enjoy this blend of modern technology with 15th century France that makes history relevant for teens and adults.

> Sat Feb 10, 7pm; Sun Feb 25, 2.30pm; RMB100-200. Huangpu Theater, 780 Beijing Dong Lu, by Guangxi Bei Lu 北京东路780号, 近广西北路 (www.247tickets.com)



● Feb 11 | Sports



Shanghai Sharks vs Qingdao Eagles

In the final game of the regular season before playoffs begin, local hero basketball team the Shanghai Sharks face off against the Eagles from up north in Qingdao. Take your sports-loving little ones along and find out who makes it to the playoffs.

> Sun Feb 11, 7.35pm; RMB60-300. Yuanshen Stadium, 655 Yuanshen Lu, by Zhangyang Lu 源深路655号, 近张杨路



● Feb 11 & 13 | ARTS



NLive: Jane Eyre

As one of several National Theatre performances screening at the Huangpu Theatre this month, including *Saint Joan and Medea*, this stage rendition of Charlotte Bronte's classic novel of female empowerment is electrifying and great for literature-loving teens, thanks to a star turn by actress Sally Cookson. The play is performed through Bristol Old Vic, a classic London Theater company active since 1946.

> Sun Feb 11 & Tues 13, 7pm; Sat Feb 24, 2.30pm; RMB100-200. Huangpu Theater, 780 Nanjing Dong Lu, by Guangxi Bei Lu 南京东路780号, 近广西北路 (www.247tickets.com)



● Feb 11 | ARTS



Children's New Year Symphony Orchestra Concert: Zootopia

Specially designed for young concert goers, this show brings together live musical performances with animation and storytelling with sets and costumes for a unique peek into the musical experience. Children will also be invited up to the orchestra, where they can play instruments, dance and sing along to a collection of songs from animated classics, including *Zootopia*, *Frozen*, *The Lion King* and *Spirited Away*.

> Sun Feb 11, 3pm, RMB180-1,000. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路



● Feb 19-20 | ARTS



Circus Nur Theater: Alexander and the Dog

This pioneering stage play from the Ukraine uses dogs as some of the star actors, along with comic performance artists, emphasizing interaction and an appreciation of animals. With an exciting story about an evil snow queen and a rescue mission, kids will love this comedic adventure play. The show is recommended for kids aged 3-12.

> Feb 19-20, times vary; RMB180-380. People Theater, 663 Jiujiang Lu, by Guangxi Bei Lu 九江路663号, 近广西北路



● Feb 12-23 | SPORTS



Chinese New Year Sports Camps

Sport for Life brings back their popular Mixed Sports Camps over Chinese New Year to keep your kids active over the holiday with a range of sports and activities. This year also features a swim camp in a heated pool in downtown Puxi. Two sessions (Camp 1: Feb 12-16; Camp 2: Feb 19-23) are on offer.

> Feb 12-23, 9am-3pm daily; see website for pricing. Sport for Life, Rm 303, Bldg 2, 5 Panyu Lu, by Yan'an Xi Lu 番禺路5号2号楼303室, 近延安西路 (www.sportforlife.com.cn)

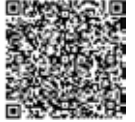
● Feb 13-14 | ARTS



The Butterfly Lovers

The Shanghai Ballet has been dazzling audiences around the world since 1979, and one of their classic performances is this rendition of *The Butterfly Lovers*, a traditional Tang Dynasty story that is considered the Chinese equivalent of *Romeo and Juliet*. Catch their latest performance of this touching story at the Shanghai International Dance Theater.

> Feb 13-14, 7.30pm; RMB580-680. Shanghai International Dance Theater, 1650 Hongqiao Lu, by Shuicheng Lu 虹桥路1650号, 近水城路 (www.shdance-center.com)



● Mar 8-Apr 1 | ARTS



Up & Over It: Into the Water

Irish dance troupe Up & Over It presents this experimental story based on a Nordic myth about the apocalypse. The modern retelling is a story of friendship told through dance and percussion, set in a magical, water-filled landscape. The 50-minute show is recommended for children aged 4 and up.

> Mar 8-Apr 1, 7.30pm; RMB240. Art Space for Kids, Hubnovo, 3F, Block 5, 1898 Gonghexin Lu 共和新路1898号5号楼3楼



● Feb 19-20 & Mar 3 | ARTS



Forest Stories

This artful shadow puppet play consists of five short stories, a combination of Aesop's fables like 'The Crow and the Fox,' and fairy tales such as 'The Three Little Pigs,' each with a moral lesson to inspire your little one. The 50-minute play is perfect for children aged 4-10.

> Feb 19-20 & Mar 3, 10am & 2pm; RMB80-100. Ciro's Plaza, 5/F, 388 Nanjing Xi Lu, near Huangpi Bei Lu 南京西路388号5楼, 近黄陂北路



● Mar 30-Apr 1 | ARTS



Goldilocks and The Three Bears

This colorful reimagining of the classic children's tale by award-winning writers George Stiles and Anthony Drewe (Honk!, Mary Poppins) offers up music and mayhem as Goldilocks makes herself at home, without permission, at the house of the three bears. The 90-minute show is recommended for children aged 3-10.

> Mar 30-Apr 1, times vary; RMB100-180. ET Space, 433 Yan'An Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路



● Mar 24-25 | ARTS



Theatre Company Hikosen: Sinbad's Sea Adventure

Well-regarded Japanese children's theater company Hikosen presents this adaptation of the classic story from *Arabian Nights*. Sumptuous set designs and costumes and agile dance performances bring to life the classic story of Sinbad the sailor. The 90-minute show is best for children aged 3 and up.

> Mar 24-25, 10.30am & 2.30pm; RMB180-480. Shanghai Children Art Theatre 800 Miaojiang Lu, by Xizang Nan Lu 苗江路800号近西藏南路 (400 921 5686, www.shcat.com.cn)



● Mar 23-24 | ARTS



Hello Kitty: Journey to the West

Japanese pop culture merchandizing icon Hello Kitty retells her version of the classic Chinese fable, Wu Cheng'en's *Journey to the West*. Kitty's friends are kidnapped by monsters when they open an ancient chest, and she must enter the mythic *Journey to the West* universe in order to get them back. Expect elaborate costumes and staging design. The show is best for children aged 2 and up.

> Fri Mar 23, 7.30pm; Sat Mar 24, 10.30am & 2.30pm; RMB120-380. ET Space, 433 Yan'An Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路



● Mar 16-25 | ARTS



Beatles for Babies

A loving tribute to the band, this interactive show by Spanish troupe La Petita Malumaluga features four musicians and a dancer dressed entirely in white who cover classics like 'Yesterday,' 'Let It Be' and 'Hey Jude.' Children are encouraged to dance, clap and wander the stage during the performance. Perfect for infants and toddlers up to 3-years-old.

> Mar 16-25, times vary. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Longhua Dong Lu 苗江路800号, 近龙华东路



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Kindergartens

Apple Montessori No.899 Yanggao Nan Lu 杨高南路899号 (13671874151 13671874701 admin@applemontessori.org www.applemontessori.org)

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 Jujiqiao 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.cwikin.com)

Dulwich College Shanghai Kindergarten 425 Lan'an Lu, by Biyun Lu 蓝按路425号, 近碧云路 (5899 9910, www.dulwich-shanghai.cn)

Fortune Kindergarten International School 1) 55 Lancun Lu 蓝村路55弄 (5875 1212, www.fkis.com.cn) 2) 201 Donghuan Long Lu 东环东路201号 (5039 8797) 3) 74-1, 2151 Lianhua Lu 莲花路2151弄74-1 (5458 0508)

Happy Bridge Kindergarten 489 Huaiyin Lu, by Linquan 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)

Little Urban Center Preschool Building 230-233, 779 Fangdian Lu, by Huamu Lu 芳甸路779号, 近花木路 (5187 2889*8006/8007, www.luc-china.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)

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)

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

Shanghai Greenfield Kindergarten 487 Huaxu Gong Lu 华徐公路487号 (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) 300 Gumei Lu 古美路300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@sh.ycef.com) 2) Regency Park Campus: 1817 Huamu Lu 花木路1817号 (5033 1900, enquiry@sh.ycef.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 day school for pupils aged 2 to 18. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Years 10 and 11, and A levels at Sixth Form (Years 12 and 13). Harrow has a state-of-the-art campus, located within the innovated Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging Leadership and Service programme and has a number of unique Harrow traditions. Harrow Shanghai is the fourth international school in the Harrow family of schools, world renowned for their rich heritage of educational excellence. Harrow Shanghai joins Harrow School and John Lyon School in London, and the Harrow schools in Bangkok, Beijing and Hong Kong. 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@bisspuxi.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)

Blue Ribbon International School 1179 Laolu Gong Lu 老芦公路1179号 (6199 9140, www.cvc.school.cn, info@cvc.school.cn)

Concordia International School Shanghai 999 Mingyue Lu, by Huangyang Lu 明月路999号, 近黄杨路 (5899 0380, concordiashanghai.org, admissions@concordiashanghai.org)

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 Shanghai 266 Lan'an Lu, by Mingyue Lu 蓝按路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 Beijing 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 Singapore International School 1) Minhang Campus: 301 Zhujian Lu 朱建路301号 (6221 9288, www.ssis.asia, info@sis.asia) 2) Xuhui Campus: 1455 Huajing Lu 华泾路1455号 (6496 5550, www.ssis.asia, info@sis.asia)

Shanghai United International School 1) Hongqiao Campus: 999 Hongqiao 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)

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

FAMILY FUN

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 Hotline: 400-1100-190

HEALTH

Health Services

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



Jiahui Health is China's first foreign-funded "international hospital/clinic/wellness center" healthcare ecosystem operating with international standards. Established in 2009, Jiahui Health is headquartered in Shanghai and enjoys a strategic collaboration with Massachusetts General Hospital. Jiahui encompasses a 500-bed international hospital; a series of satellite clinics offering specialist services from family medicine, internal medicine, surgery, pediatrics, dermatology, ophthalmology, ENT, dentistry, rehabilitation, clinical psychology, day surgery, gastrointestinal endoscopy, CT/MRI imaging diagnostics; and wellness centers focusing on nutrition, body sculpting, sub health management, and mental health management. Jiahui Health covers each major neighborhood of the city, meeting the healthcare and wellness needs of families through a lifetime relationship. Jiahui is devoted to providing international patients with care, quality and convenience, and is regarded by many as their Partner for Life. 1) **Jiahui International Hospital,**

689 Guiping Lu, by Qinjiang Lu 2) **Jiahui Medical Center (Yangpu),** 1F/2F, Suite 3, 99 Jiangwancheng Lu, by Yingao Dong Lu 3) **Jiahui Clinic (Jing'an),** Suite 101, 88 Changshu Lu, by Changle Lu 1) 桂平路689号, 近钦江路 2) 江湾城路99号3号楼1-2层, 近殷高东路 3) 常熟路88号, 近长乐路 (400 868 3000)

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

Shanghai Renai Hospital is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. Located in city center with convenient transportation, it is influential throughout the East China region and enjoys a high reputation. Free parking available within hospital compound. Specialties: Family medicine, internal medicine, general surgery, gynecology, E.N.T., T.C.M., dental, vaccination and immunization, dermatology, urology, pediatrics, orthopedics, ophthalmology, cosmetic dermatology, plastic surgery etc. Operation Hours: Mon-Sun 9am-5pm. 127 Caoxi Lu (5489 3781, www.renaihospital.com) 漕溪路127号

Yosemite Clinic is a comprehensive modern Medical and Day Surgery Center conveniently located a five-minute walk from the Kerry Parkside in Central Pudong. Yosemite Clinic has an expert team of international and Chinese physicians covering a range of specialties, including Family Medicine, Dentistry, Dermatology and Orthopedics, among others, and specializing in minimally invasive surgical procedures. The clinic is equipped with an onsite Lab and CT imaging allowing a more efficient approach to diagnosis and treatment. As a Day Surgery Clinic, Yosemite Clinic has three cutting edge operating rooms and extended observation bed capability. As a physician-owned and managed clinic, Yosemite Clinic's priorities are ensuring the highest standard of medical quality and delivering excellent patient outcomes. Our clinic languages are Chinese, English, Japanese, Korean. B1-1F, 1398 Fangdian Road, Pudong, Shanghai (Only 5 Minutes Walk From Kerry Parkside); Opening Hour: Monday-Friday 9am-11pm, Saturday-Sunday 9am-5pm; Tel: 4008-500-911; information@yosemiteclinic.com; www.yosemiteclinic.com 上海浦东新区芳甸路1398号B1-1F (Plus乐坊下沉式广场)

Pregnancy Health Services

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm, 24/7, 155 Songyuan Lu, by Hongsong Dong Lu 宋园路155号, 近红松东路 (6196 3333, 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)

Clinical Pilates



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AFTERSCHOOL ACTIVITIES

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)

Concord Music is a music school which focuses on cultivating interest in music with an international teaching team. Our team consists of world-class musicians who have graduated from the world top music universities. Concord offers 1-on-1 lessons and group classes for a wide variety of instruments for children aged 4-12 and adult of all levels. Popular courses: Little Notes Music Foundation Class, Choir, Violin Group Class.

For more info, please contact us. Address: 678 Gubei Lu, Suite 803, near Xianxia Lu 古北路678号同途大厦803室 (021-52357398, info@concord-music.com, www.concord-music.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)

MASSAGE & SPA

Dragonfly 1) 2/F, 559 Nanchang Lu, by Shaanxi Nan Lu (5456 1318) 2) 206 Xinle Lu, by Fumin Lu (5403 9982) 3) L119, 1378 Huamu Lu, by Fangdian Lu (2025 2308) 4) Villa 5, 3911 Hongmei Lu, by Yan'an Xi Lu (6242 4328) 5) 193 Jiaozhou Lu, by Xinzha Lu (5213 5778) 6) LG2-47 IFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6878 5008) 7) 616 Biyun Lu, by Yunshan Lu (5835 2118) 8) SB1-05B, B1 South Retail, Jingan Kerry Centre, 1218 Yan'an Zhong Lu, by Changde Lu (6266 0018) 1) 南昌路559号2楼, 近陕西南路 2) 新乐路206号, 近富民路 3) 花木路1378号L119, 近芳甸路4) 虹梅路3911号5号别墅, 近延安西路 5) 胶州路193号, 近新闸路 6) 世纪大道8号国金中心LG2-47, 近陆家嘴环路 7) 碧云路616号, 近云山南路 8) 延安中路1218号静安嘉里中心商场南区地下一楼SB1-05B (25号商铺), 近常德路

Orchid Massage 1) Huaihai Branch - 216 Jinxian Lu, by Shaanxi Nan Lu 2) Xintiandi Branch - B1-06, 388 Madang Lu, by Hefei Lu 3) Huamu Branch - 1029 Meihua Lu, by Yinxiao Lu 1) 进贤路216号, 近陕西南路 (6267 0235); 2) 马当路388号地下一层B1-06, 近合肥路 (6331 3188); 3) 梅花路1029号, 近银霄路 (5080 6186)

Yu Massage Step into a tranquil dynastic setting when you cross the threshold of this spa, adorned in antique Chinese-style decorations. Matching the decor, the services are primarily Chinese, offering Chinese massage, aroma oil massage and foot massage. 1) 199 Huangpi Bei Lu, by Renmin Dadao 10am-1:30am (6315 2915) www.yumassage.cn 2) 2/F, 218 Xinle Lu, by Donghu Lu 3) 484 Xikang Lu, by Kangding Lu (6266 9233) 1) 黄陂北路199号, 近威海路口 2) 新乐路218号2楼, 近东湖路 3) 西康路484号, 近康定路



Advice from Dad

Let's Talk About the Birds and the Bees

By Leonard Stanley

So, my oldest boy is now a teenager, and you know what that means! It's time to talk about a topic that most parents dread – one that you can never really prepare for, yet it absolutely needs to happen. That's right, it's time to discuss the birds and the bees. For this issue I'm going to share parts of my recent conversation and provide a few pointers on how to talk to your child about sex.

The sex talk is the informal conversation about reproduction and sexual intercourse that every parent needs to have with their child at some point in their teenage year. However, many parents struggle with how to best broach such a sensitive yet important subject. After analyzing my conversation with my son, I found it useful to break down the talk into three simple parts – the technical, the practical and the emotional.

Before I begin, we need to first address the issue of timing. If you are unsure when you should have this talk don't worry, there is no textbook answer on the best time to discuss sex with your child. So, it's really our responsibility as parents, to decide the 'when.' My wife and I were looking for an appropriate time to have the conversation with our son based on the nature of other conversations we were having at home. So, when he started to ask more mature questions about relationships, we knew the time was right.

As our son approached his teenage years, he had become less communicative and started

seeking his own privacy and personal space away from the rest of the family. He wanted to go out more with his group of friends and started looking for other ways to seek his independence. It was at that moment we decided that a conversation was in order. Pay close attention to your child's behavior as they may give off signals to let you know that the time is right. Whatever your choice may be, just be careful that you don't leave it too late and wait until you suspect certain activities are already taking place before the big talk.

The Technical

When having this conversation, it is best, and probably easiest, to start off with the formal and scientific aspects of sex. Be technical. Don't dumb down the speech or use euphemisms when describing body parts or actions, as I believe it helps reinforce the seriousness of the conversation. A strategy that I used was to ask what my son already knows about sex and then build from there. He was aware of the basic knowledge of biology and that the sperm fertilizes the egg, yet when I asked him how all that happens he had no clue! That is where you can fill in the blanks.

The Practical

If every parent had it their way, then our children would all wait until marriage before engaging in sexual activities. However, in reality we know that is not the case. Children are curious and usually end up exploring that curiosity sometime during their teenage years. So, I feel that it is our job to prepare them with all the necessary information to make sure they make the best decisions. No sex talk is complete without 'how to protect yourself.' Discussions about pregnancy, condoms, birth

control, STDs and overall safety are a must. Your child should be equipped with as much information as possible before they make a potentially life changing decision and this is no exception to that rule.

The Emotional

This is just as important as the other parts of this conversation and should not be neglected. When discussing sex, maturity is paramount. The same is true for engaging in the act. Both consenting parties should be well prepared to deal with the emotional connections that come with the action as well as the heartache followed by a failed relationship. Also, the two parties should be able to have open and honest communication. One of the things I told my son was, "If having a straightforward conversation with the person about sex is too weird, difficult or awkward, then that is a solid indication that you may not be ready to take that next step."

This is obviously a much more complex and important topic than a few words in the back of a magazine can manage to cover, but I hope I was able to give you a bit of insight into what it was like for me to have this conversation with my child. I hope you can take away some ideas that will help you when it is time to do the same with your children.

Leonard Stanley was born and raised in Washington DC, 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.

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