

that's  
SISTER PUBLICATION

# urbanfamily

SHANGHAI

# WE SHANGHAI ISSUE



URBANATOMY®



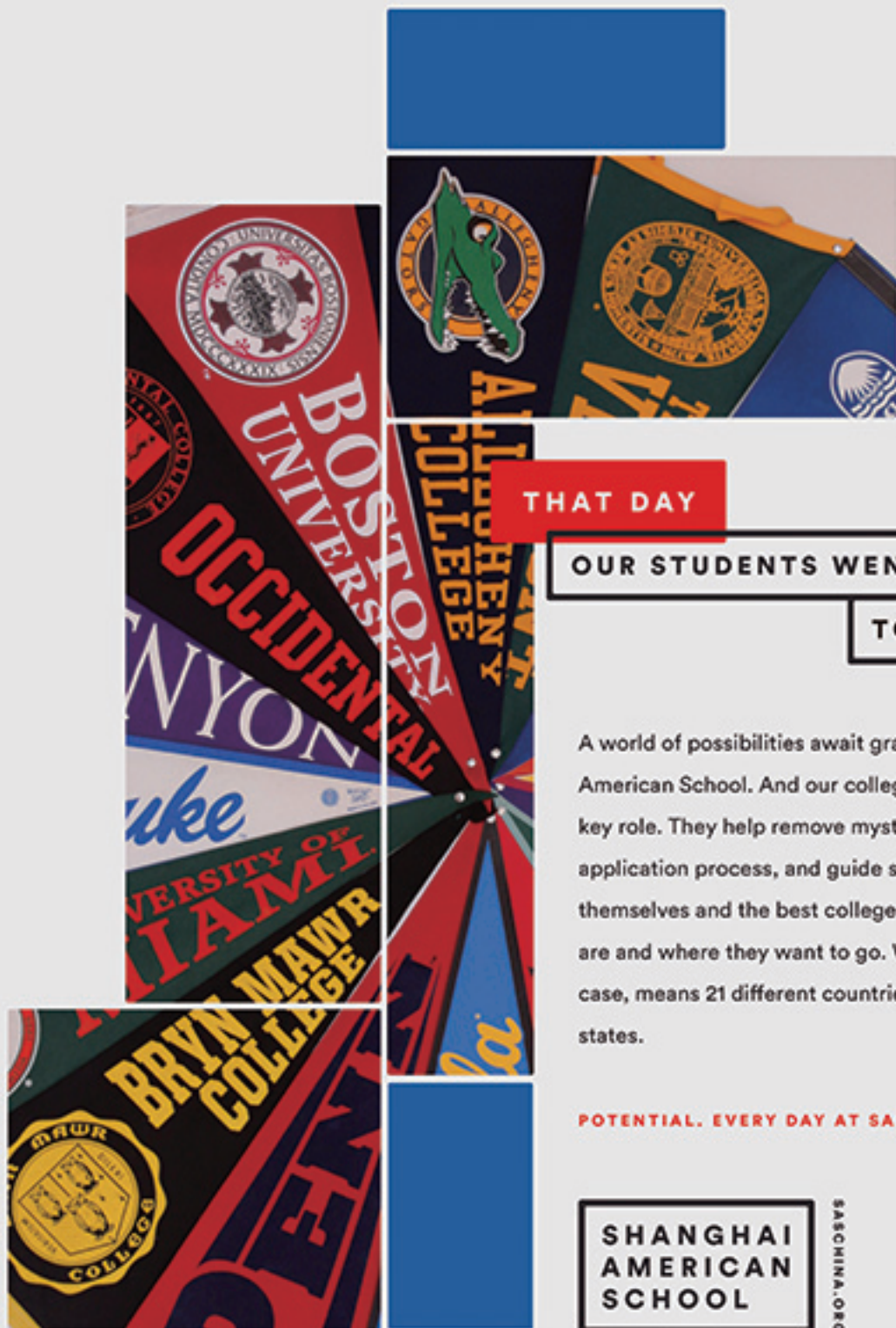
Follow  
Us on  
WeChat  
Now

© Advertising Hotline  
400 820 8428

ISSN 978-7-5587-1959-2



APRIL / MAY 2019



THAT DAY

OUR STUDENTS WENT FROM HERE  
TO ANYWHERE.

A world of possibilities await graduates of Shanghai American School. And our college counselors play a key role. They help remove mystery and stress from the application process, and guide students in discovery of themselves and the best college matches for who they are and where they want to go. Which, in our students' case, means 21 different countries and 36 different states.

POTENTIAL. EVERY DAY AT SAS.

SHANGHAI  
AMERICAN  
SCHOOL

SASCHINA.ORG



# Introducing YCIS Shanghai's Ronghua Campus: A Landmark Development for Shanghai's Youngest Learners



YCIS Shanghai's state-of-the-art Ronghua Campus in Puxi is Shanghai's first and only LEED-Certified, healthy school environment for children ages 2-6, and it offers a host of outstanding benefits for your child, including:

<p><b>Our Unique Bilingual Environment</b></p>	<p><b>Two Qualified Co-Teachers Per Class</b></p>	<p><b>A Specially Developed Curriculum</b></p>	<p><b>Small Class Sizes</b></p>
<p><b>LEED Gold Certification</b></p>	<p><b>Certified Clean Air Environment</b></p>	<p><b>Health and Well-being Facilities</b></p>	<p><b>Developmental Play Spaces</b></p>

Yew Chung International School of Shanghai, Ronghua Campus  
 上海耀中外籍人员子女学校 荣华校区  
 59 West Rong Hua Road (near South Shui Cheng Road,  
 accessible by both entrances) to West Rong Hua Road, Gubei New Area Puxi,  
 Shanghai 201103, P.R.C.  
 中国上海市南汇区新华路59号 近水城南路 荣华校区(可经两个入口) 邮编: 201103

**Schedule a Tour Today!**  
 Contact our Admissions Team at +86 21 2226 7666 or visit [www.ycis-sh.com](http://www.ycis-sh.com)

# CONTENTS

4 ■ **Urban Blurbs** News from around the city

## LIFE & WELLBEING

6 **My Shanghai** Dr. Shari Rosen, founder of ELG

8 **Editor's Picks** 5 bookstores for family reading

10 **Step Inside** North Bund Magic Jungle

11 **Family Fitness** Working out while pregnant

12 **Our Favorite Things** One family's guide to the city

14 **Dr Nate** The sensitive topic of suicide

## COVER STORY

16 **We Love Shanghai** A roundup of the things we like to do best in our city!

## FOOD & FUN

24 **24 Pet-Friendly Restaurants** 15 of our favorite places that won't turn your pooch away

28 **REVO Life** New columnist Lorraine Li shares practical wellness tips

## ENTERTAINMENT

30 **On the Page** 12 tips to encourage your child to read

32 **From Page to Screen** 9 film adaptations of classic children's books

34 **Stage** *Cats* the musical is heading back to Shanghai

36 **Urban Grooves** Tunes to put a spring in your step

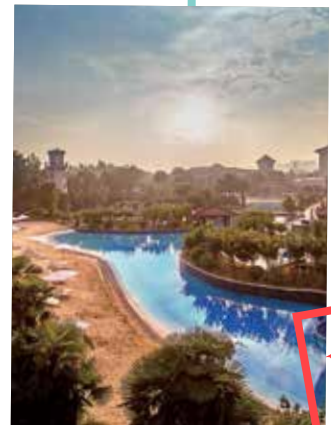
## LEARNING

38 **Shanghai School** Education establishments lay out their philosophies

44 **Urban Scenes** Updates from around town

46 **Events** The best of the rest coming up in the city

52 **Advice from Dad** Explaining life to those that don't live here





# EDITOR'S NOTE

**W**elcome to the very last print edition of *Urban Family Shanghai*. That's right, we did a big survey asking you, our readers, what you wanted, and you came back with a resounding response. You want up-to-the-minute news and the very latest on what is going in this fast paced city. And you want it at your fingertips. In a word, you want digital.

So we have heeded your call. That's right, we'll still be going strong, but we will be concentrating our efforts where you want them – on [www.urban-family.com](http://www.urban-family.com) and our WeChat account (ID: [urbanfamilyshanghai](http://urbanfamilyshanghai), or scan the QR code at the end of this letter) – with even better content, delivered daily.

To bid you farewell in print, our cover story concentrates on the things we love about our city as the weather warms up, with a roundup of our favorite parks, pools, play zones and museums (from p16). Once again, we are just dipping our toe in the waters there – you'll find expanded versions of those lists, along with a lot more things we love, on our WeChat and web.

In keeping with our outdoor theme, we offer up 15 pet-friendly venues in the Food & Fun section (p24), as well as introduce our new wellness columnist Lorraine Li (p28). In Entertainment, *Cats* the musical returns to Shanghai this spring (p34), and you can find out about a load more great shows coming up in our Events section (p50).

The rest of the magazine is packed with all your Urban Family favorites, in print for the last time. We hope you enjoy it. Finally, I would like to say a huge thank you to outgoing Urban Family editor-in-chief Natlie Foxwell for doing an amazing job on the magazine.

See you all online!

Ned Kelly  
Editorial Director



图书在版编目(CIP)数据

爱与成长: 英文 / 《优智家系列丛书》编委会编.  
— 昆明: 云南科技出版社, 2018.12  
(优智家系列丛书)  
ISBN 978-7-5587-1959-2

I. ①爱… II. ①优… III. ①英语—语言读物 IV. ①H319.4

中国版本图书馆CIP数据核字(2019)第009334号

《优智家系列丛书——爱与成长》  
《优智家系列丛书》编委会编

责任编辑: 洪丽春 曾莞  
封面设计: 张怡然  
责任校对: 张舒园  
责任印制: 蒋丽芬

书号: ISBN 978-7-5587-1959-2  
印刷: 上海华顿书刊印刷有限公司  
开本: 889mm x 1194mm 1/16  
印张: 3.5  
字数: 80千字  
版次: 2019年3月第1版 2019年3月第1次印刷  
定价: 10.00元

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

版权所有 侵权必究



Editorial Director Ned Kelly  
Production Manager Ivy Zhang 张怡然  
Designers Nuo Shen 沈丽丽 Joan Dai 戴吉莹

Contributors Natalie Foxwell, Lorraine Li, Mandy Tie, Kendra Perkins, Leonard Stanley, Nate Balfanz, Yuzhou Hu, Sharon Raccach Perez, Lauren Hogan, Celia Rayfield

## OPERATIONS

**Shanghai (Head Office)** 上海和舟广告有限公司  
上海市静安区江宁路631号6号楼407-408室 邮政编码: 200041  
Room 407-408, Building 6, No. 631 Jiangning Lu, Jing'an District, Shanghai 200041  
电话: 021-6077 0760 传真: 021-6077 0761

**Guangzhou** 广告代理: 上海和舟广告有限公司广州分公司  
电话: 020-8358 6125, 传真: 020-8357 3859-800

**Shenzhen** 广告代理: 上海和舟广告有限公司广州分公司  
电话: 0755-8623 3220, 传真: 0755-8623 3219

**Beijing** 广告代理: 上海和舟广告有限公司  
电话: 010-8447 7002 传真: 010-8447 6455

CEO Leo Zhou 周立浩  
Sales & Marketing Director Doris Dong 董雯  
BD Manager Tina Zhou 周扬  
Sales & Advertising Linda Chen 陈琳琳 Celia Chen 陈琳  
Nikki Zhou 周乃 Jacki Wang 王佳怡 Jessie Zhu 朱丽萍  
Emma Chen 陈楚楚  
Director of National communications Ned Kelly  
BD & Marketing Falaer Zhao 赵发拉尔 Peggy Zhu 朱幸  
Yuri Teng 滕越儿

Director of National digital products Vickie Guo 郭韵  
Digital Miller Yue 岳雷 Orange Wang 王爽 Yu Sun 孙宇  
Elsa Yang 杨融 Kane Zhu 朱晓俊 Taylor Luo 罗素梅 Ruyi Jin 金如意  
HR Manager Apple Chen 陈怡  
HR/Admin Assistant Bobby Zhou 周静圆  
Distribution Zac Wang 王蓉铮

**General Enquiries and Switchboard**  
(021) 6077 0760 [urbanfamily@urbanatomy.com](mailto:urbanfamily@urbanatomy.com)

**Editorial**  
(021) 6077 0760\*5802 [editor@urbanatomy.com](mailto:editor@urbanatomy.com)

**Distribution**  
(021) 6077 0760\*2802 [distribution@urbanatomy.com](mailto:distribution@urbanatomy.com)

**Marketing/Subscription**  
(021) 6077 0760\*8801 [marketing@urbanatomy.com](mailto:marketing@urbanatomy.com)

**Advertising**  
400 820 8428\*8803 [sales@urbanatomy.com](mailto:sales@urbanatomy.com)

**online.thatsmags.com**  
**shanghai.urban-family.com**  
**Advertising Hotline: 400 820 8428**

邮 购: that's & URBANATOMY  
上海市静安区江宁路631号407-408室  
邮 编: 200041  
电 话: +86 21 6077 0760

## HAO

### Telephone Booths Around Shanghai Upgraded



It seems Shanghai isn't ready to discard old phone boxes around the city just yet. Recently, phone booths on Yuyuan Lu have received an upgrade to include a new orange and black facade, along with modern functions such as Wi-Fi and a USB port for phone charging.



## BU HAO

### Swine Fever Found in Pork Dumplings

African swine fever has been haunting pork lovers in China for months. And, to prove that nothing is sacred, one of China's most traditional dishes, the hallowed dumpling, has fallen victim to the virus. The influenza was first detected in Hunan Province in dumpling samples of nationally-renowned brand Sanquan Food. Shanghai's market supervision department quickly ordered a citywide inspection of all supermarkets and stores in the wake of the scandal, but thankfully found no infected

# 51

## NUMBER

### Wettest Winter in Shanghai Weather History

The number rainy days we experienced this winter, according to Shanghai Metrological Bureau. That beats out the records set in 1919 and 1969, when Shanghaiens lived through 50 and 49 soggy days respectively. Let's hope our winter of discontent is made glorious summer in the coming months



## QUOTE

“ I swear I will never jaywalk again. Please don't torture me with horrible stuff like this. Please. ”



## NEWS

### Tencent Launches Program to Combat Child Gaming Addiction

Tencent announced that they will roll out a new anti-addiction strategy for young kids on their mobile phone gaming platform. This new feature will see the introduction of a child lock for kids 13 years and younger. Parents or guardians will be required to give approval on the platform for kids to play online games. The amount of time that children are allowed to play games each day can also be adjusted through Tencent's 'growth guardian platform.' Currently, children under 12 years old are allowed to play mobile games for a maximum of one hour per day.

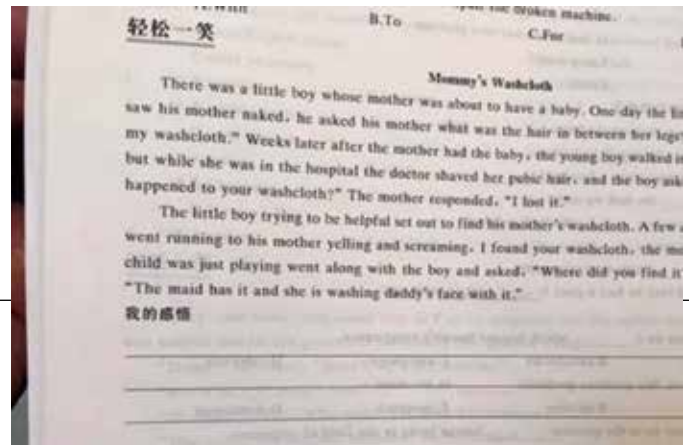


### 200-Meter Safety Zone Perimeters Planned for Shanghai Schools

To tackle common issues on campus – including school security, food safety and bullying – a “200-meter safety zone” is being introduced. It will see a ban of chemical factories, Internet cafes and clubs within a 200-meter radius of schools. Extra attention will also be paid to bookstores and toy stores, in case hazardous items are being sold to kids.

### Jaywalkers Forced to Watch Videos of Bloody Traffic Accidents

So begged one jaywalker after Shanghai traffic police came up with a groundbreaking – and extremely grizzly – solution to the problem; forcing perpetrators to watch a video compilation of bloody accidents. Containing dreadful scenes, including those of people being killed, the thinking behind witnessing the moment people lose their life is that it will make jaywalkers contemplate that they could befall the same fate if they do not change their ways.



### Children Given Dirty Joke to Read as English Homework

And finally, when do parents not find a joke funny? When it is in their child's English homework, and rather rude, as proven by an exercise book containing a dirty joke that went viral. The homework, assigned by SMIC Private School in Pudong, was designed for eighth-grade students. It required them to read the joke and then write a review. The joke in question can be seen here.



# My Shanghai

**Dr. Shari Rosen, Founder of ELG**

*By Natalie Foxwell*

In 2003, with two young children in tow, Dr. Shari Rosen moved to Shanghai as a trailing spouse for a one-year assignment. After spending time here, she saw a gap in the availability of care for those with special needs and decided to make a difference. This was when she founded ELG, and established Shanghai's first special education center. Now, 15 years later, ELG is firmly embedded in the community, positively impacting the lives of those who enter their campuses. And, Dr. Rosen is at the helm, making every day count for herself and those around her.

## As the founder of ELG, can you tell us what motivated you to undertake such an endeavor?

After arriving here, I met with a woman who worked with Heart to Heart (now called Walk in My Shoes), a special needs support group, and I was surprised to learn I was the only Speech-Language Pathologist in Shanghai. At that time, international schools sorely lacked support for children with special needs. This often resulted in a child's exit from school without minor accommodations that would have allowed them to succeed.

I went all over Shanghai to train doctors and teachers and to support children and their families. By metro, taxi, bicycle, and foot, sometimes sleeping on friends' couches to be closer to where I was needed. I was in high demand, offering the services that no one else could.

As my husband Monte's one-year assignment extended, I learned more and more about the lack of options for families in China. While I was able to train doctors in how to diagnose autism, for example, there were no therapeutic services available for follow up to help the diagnosed children. I set up a parent support group and trained pediatricians to offer therapies.

In 2005, when Monte's company asked him to repatriate to the US, we decided to stay here and start a new adventure together to improve special education and care for children with special needs in China. This was when we founded ELG.

## Can you give the community an overview of the services and support available through ELG?

ELG has a full-time bilingual special education program (for children aged 2½ to adults) with locations in Puxi and Pudong. This program provides an alternative for children whose needs are not met in local or international schools. At times, this may be the only option for children exited from mainstream education due to learning disabilities, social or behavioral challenges, or other needs.

In addition, ELG offers speech-language therapy, physical therapy, occupational therapy, behavior therapy and mental health counseling by appointment (for infants to elderly adults). Some examples include support with learning disabilities, sleep difficulties, handwriting, mental health challenges, coordination and social skills. People can call regarding any issue, even if they aren't sure what specific type of therapy or assessment they need.

ELG also offers training to parents and professionals, as well as consultation for safeguarding and crisis management (for infants to elderly adults).

## What are the backgrounds of your ELG therapists?

ELG's therapists and special educators come from all over the world. All therapists are certified to practice in their home countries. Many have master's degrees or Ph.D.'s and additional therapy certifications to better support families. The special education team is a combination of internationally trained educators and local staff who receive regular

professional development and training, including from ELG's therapy team.

I am incredibly proud of the team at ELG. We continue to grow and evolve to align ourselves with the needs across a broad spectrum of the community, be they developmental, academic, social or emotional. We have a strong bilingual team of specialists who enable us to support local communities.

## Can you tell us about what drives you to support individuals who are living with a learning disability?

I have a Ph.D. in speech-language pathology and have been in practice for 30 years. My interests and expertise cover a wide scope within the field. I love working with individuals (from infants to young adults) who have complex learning difficulties because I identify with them myself, as I also have a learning disability. I was diagnosed with ADHD (attention deficit hyperactivity disorder) at the age of 30.

A learning disability is a neurological disorder resulting from a difference in the way a person's brain is 'wired.' They may have difficulty reading, writing, spelling, reasoning, recalling or organizing information. Individuals with learning disabilities have an average to superior IQ (cognition). It is a lifelong issue, but with the right support and intervention, they can succeed in school. I disguised my learning difficulties well, but I suffered. I had very low self-esteem. Because of my own experience and my daughter's, I've learned that parents, teachers and schools need to understand better



how we assess and support students who are typically bright but are struggling socially or academically. We often hear “They are just lazy,” but we need to examine whether it’s a ‘won’t do versus can’t do’ – it looks like they won’t, but often they can’t. The earlier the red flags, the earlier the support can commence.

### **We do not doubt that with all your accomplishments you are a role model to many; who has had a significant influence on your life?**

Tracey walked into my life 20 years ago when she answered an ad that I placed for a roommate while living in Boston. Over the years we lost touch until we found each other on Facebook. A lot had changed. Within three months, she was diagnosed with brain cancer, found out her husband was having an affair and lost her father in a car accident. Twelve years ago, she was given 12-18 months to live. There is a fairy tale ending; her college sweetheart came back into her life and they married. She is my hero. She was determined to live her remaining life without the cornucopia of toxic medications. She had five children to care for in her blended family. She began to research and experiment with natural treatments, and then she started to thrive: she is a medical marvel. And, because she was so passionate, she vowed to change the laws in New York State and Connecticut to help others who are seeking alternatives. She founded the Connecticut Brain Tumor Alliance, which raises money for brain cancer research. She is also passionate about supporting individuals with post-traumatic stress disorder. She is the epitome of approaching each day as if it was your last and not taking things for granted. She teaches me to challenge myself and continue to find passion. (Ed. note: sadly, Tracey passed away soon after this interview.)

### **What else would you like to tell the *Urban Family* community about ELG?**

One of our greatest feats was receiving a nonprofit certificate from the Chinese government. Xiersen is our sister NGO that we founded in 2015. It creates opportunities for local people to train as special education assistants, giving careers to those who love children, but may not have access to education or training. It also offers children with special needs the support they deserve and otherwise would not receive. The Careers in Care training project is just getting off the ground, and I can’t wait to see how many thousands or even millions of lives are touched by the work we do.

### **ELG in Numbers**

Year established: 2006

Locations: 2 in Shanghai (Puxi and Pudong Campuses).  
However, the services are China-wide

Clients: >600

Children in the full-time program: ~40

Therapists: ~30

Languages: 16 spoken by ELG specialists (primarily Mandarin and English)

For more details on ELG, visit [www.chinaelg.com](http://www.chinaelg.com) or scan the QR code.



# EDITOR'S PICKS

## Where to Buy Foreign Language Books in Shanghai

By Natalie Foxwell

If your favorite pastime is bookstore browsing, then you're in luck with these great options around town presenting shelves of literary treasure. Whether it's a new bestseller, cookbook or travel guide for you, or the kids need to update their stash; we've got you covered.



### Shanghai Foreign Language Bookstore

This is the oldest and most well-known bookstore in the city. Spread out over four floors, you'll find English language books and magazines along with a diverse selection of gifts. 'Kidsunion' is a whole floor dedicated to children's books, and there is something for every child here, and all reasonably priced. The bottom floor houses books on travel, cooking, health and lifestyle along with popular novels. The second and third floors are dedicated to education, art and design. There is also a small cafe inside, a perfect place to relax while you flip through a new purchase.



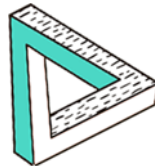
### Boocup

Conveniently located in the basement of the Jing'an Kerry Centre is Boocup, a boutique bookstore with an extensive range of children's books for all levels of readers. Think illustrated books for the little ones through to many series of popular young adult novels. You can also find a wide range of English books on your standard topics including the latest bestsellers and magazines. Plus, they have a very nice array of stationary for gifts or to stock up on supplies.



### Garden Books

Garden Books is well-known among expats in Shanghai. It is located in the heart of the Xuhui district and makes an easy detour from the Huaihai Lu stretch. The bookstore offers a broad selection of English magazines, fiction, classics and specialty books along with travel and language guides. However, they are best known for their promotion of local writers, giving you a taste of the unique Shanghai literary scene. The in-house cafe is also notable for serving delicious coffee, tea and desserts.



### Shanghai Book Traders Used Books

If you are up for a little adventure, then this hidden gem is for you. Don't be fooled by its rundown appearance, as the Shanghai Book Traders has a varied selection of older books to choose from, encompassing everything from dictionaries to magazines. This is the store to go to if you are looking to read something with a little bit of history behind it.



### Shanghai Book City

Rumored to be Shanghai's largest bookstore, this seven-story Goliath is for the hardcore bibliophiles out there. While the majority of the stock is dedicated to Chinese publications and literature in translation, the seventh floor hoards a collection of English language books – mostly the *New York Times* bestsellers and a great selection for children.



## thMart

If you prefer the ease of online shopping when looking for new titles to fill your bookshelves, then check out thMart. Our range of over 120 bilingual titles is sure to broaden the families understanding of the Middle Kingdom. From food, festivals and philosophy to learning about characters and the Zodiac, all of our books will add a little Chinese culture to your home. Here are our top choices to get the kids started.



### I'm Chinese Festival

This bilingual picture book takes readers through 12 traditional Chinese festivals to understand their meaning with easy to understand text accompanied by vivid illustrations.



### 24 Solar Terms Fairy Tale

Children can discover the 24 solar terms of the traditional Chinese calendar, which are based on the sun's position in the Zodiac.



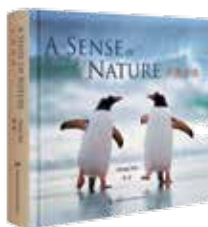
### Intriguing Chinese Characters 1 & 2

With these books, children can understand the cultural context behind characters through cartoons and photos to make learning the Chinese language more enjoyable.



### Intriguing Chinese Culture 1 & 2

Through this illustrated series, children will learn about traditional Chinese ideas and beliefs that are still relevant today such as legendary creatures, colors and numbers.



### A Sense of Nature

This book presents a selection of wildlife and nature works by artist and photographer Cheng Yan and is perfect for anyone who appreciates all living things.



To view the entire thMart book collection, scan the QR code.



# Step Inside: The North Bund Magic Jungle

## Embrace Your Inner Tarzan (or Jane!)

By Natalie Foxwell

**T**he name Magic Jungle elicits a feeling of adventure, and this is exactly what's waiting for thrill seekers at a new German-designed playground along the North Bund in Hongkou district. It's fun, it's exhilarating and it's suitable for anyone aged 4 to 60.

The newly-developed North Bund waterfront offers walkers, joggers and cyclists a blend of green pathways, river views and now, the new Magic Jungle rope structure.

With over five stories and more than 90 different routes to choose from, would-be Ninja Warriors can climb, swing and test their balance with a surge of adrenaline thrown in for good measure. It's a physical workout with amazing views of the Bund that will have the entire family engaged and begging to go back again. Trust us; this will not be a one-off visit!

Parents, before you begin, rest assured that safety belts and professionally-trained staff are on-hand to keep everyone protected during their adventure. The climbing structure has multiple levels of difficulty, each identified by color.

Blue – beginner

Red – intermediate

Black – advanced

Green – viewing platform

The ground level is for the youngest family members, and it's a lot of fun. This playground is suitable for children over 100 centimeters and they must be accompanied by an adult. There are 16 activities here, including a simple obstacle course, seesaw and

merry-go-round, along with a mini climbing wall and flying fox. This area is an excellent warm-up for the little ones to get in on the action.

Level 2 is where the adventure begins for bigger kids and adults. This ropes course adventure structure has a lot going on, and with each level comes new challenges through a range of exhilarating activities.

There are climbing walls, ropeways and a giant 16-meter-high swing, reminiscent of a pirate ship ride at a theme park.

And, don't miss the low-altitude bungee jump from the fourth floor. Not your traditional 'hanging-from-your-feet' bungee, this is a low-speed free fall (in a harness, of course). It's quick and not at all frightening; the buzz as you fall is kind of addictive.

As you climb your way around the structure, another way to return to the bottom is the 40-meter-long transparent slide. Be brave enough to keep your eyes open and take in the view of the cityscape as you swirl your way down. It's fast, but worth it, even if just once!

Finally, the piece de resistance is the observation platform on the top level. A reward for your persistent climbing and courage is a spectacular view of the Bund and Huangpu river; a truly memorable way to take in this magical city!

> RMB150 (weekdays), RMB168 (weekends and holidays) for 2 hours. Daily 10am-10pm. Suitable for children over 100 centimeters in height. Magic Jungle, G1/F, Shang Gang Resort World, 500 Dongdaming Lu, by Lvshun Lu 东大名路500号上港邮轮城G1, 近旅顺路.

For listing details, scan the QR code.



For more Step Inside, scan the QR code.



# Training While Pregnant

## 8 Tips for Working Out Safely

By Lauren Hogan

**S**oon-to-be expecting, or newly pregnant, and wondering if you can continue your fitness routine? Even if you don't feel comfortable performing all the exercises - and there are a good many that you shouldn't - it is important to keep moving, and there are a variety of modifications you can make to continue your training in a safe and healthy way.

First and foremost, however, consult your doctor - every individual is unique, and as your body changes, it is important to understand what works and what doesn't work for you. Secondly, make sure your trainers know - even if done so in private - so that they can work with you on the floor and ensure you are safe. Thirdly, listen to your body. If it just doesn't feel right, or you feel like you need the rest, don't push it. This last point is true for all of us - pregnant or not - and something we all could do to remind ourselves.

### • If you're weight training..

Continuing to build strength throughout your pregnancy can provide physical stamina as your body changes. Pushing yourself to your limits isn't necessary though. Drop down the kgs and focus on good form. And when it becomes too much, eliminate the weight altogether and just prioritize the movement.



### • It's all about balance.

Swap out any exercises that you feel might throw off your balance so as to reduce your risk of falling. Exercises involving Bosu balls, or single leg work can be modified to do the exercise off the equipment with both legs firmly planted on the ground.

### • Be careful with your core.

Static, endurance-based exercises, like planks, work well during the first trimester, as they strengthen both the back and abs. But be wary of dynamic exercises, like crunches, which can put pressure on the spine and potentially cause diastase recti (separation of the abdominal muscles). A good go-to is a four-point hold with both knees on the ground, and extending opposite arm and leg slowly.



### • Take a break.

If you're finding a 45 minute workout is too much, consider breaking it up in half. Do part of your working in the morning and the other half later when you've had some time to recover. Or, consider hitting it 'harder' for your first half of your routine, and taking it slow and steady for the second half.

### • Position, position, position.

Being mindful of how you position yourself while exercising can make or break a workout. With a small person inside of you, this can place different amounts of stress on the heart, lungs and blood vessels. The stress on the body might not be due to how much work you're doing, but rather the position you're in.

### • Be careful with impact.

As your belly grows, the additional impact will put more weight and stress on the knees. If you're used to doing high-intensity cardio, modify: do squats instead of jumps; standard lunges instead of jump lunges, etc. But also feel it out. Those who are regular runners might find it's okay to plod on the pavement, perhaps just wanting to shorten their distance. You might also find that increasing frequency and reducing intensity, taking smaller steps and shorter strides with a focus on moving quickly and accurately, can help you get work done while still maintaining body control.



PICTURES COURTESY OF GINNY DOMILLA, @PHILATES@WECHATID:GAMISZU

### • Reduce Intensity.

You can slow things down and still keep moving. If you find yourself getting too out of breath during your workout, bring down the pace and see if you feel better. If you find you're holding your breath, it's a good idea to regress. Moving slow and controlled can still strengthen muscles and provide a good workout. Focus on the form!



### • Hydrate, feel comfortable and listen to your body.

Keep your comfort level in check. If you wear a heart rate monitor, keep an eye on it and make sure to hydrate before, during (if need be), and after a workout. If your heart rate goes over 160, take it down a notch. And of course, if something doesn't feel right, listen to those red flags; don't keep going because you think you have to.

Lauren Hogan is the General Manager for F45 Training in Shanghai. In each edition, she will deliver fitness tips to the Urban Family community. Using her nutrition challenges and high-intensity interval and resistance circuit-based training, Lauren enjoys pushing the Shanghai community to achieve their health and fitness goals. F45 Training has studios in Xuhui and Jing'an. Refer to their official WeChat account (Functional45) for more details.





# Our Favorite Things

## 5 Minutes with the Wafelbakker-Alfreds Family

By Natalie Foxwell

**W**ant to know where other families go to enjoy all this city has to offer? Welcome to Our Favorite Things, where we spend time with a Shanghai family and find out their go-to places around town.

A family with New Zealand and Singaporean heritage, Gregg (NZ) and Shirani (Singapore) love traveling, food and culture, and have lived in over 10 countries. Together with their daughters Rachel (9) and Rosie (4) they have called Shanghai home for the past 3.5 years. Gregg works for Tourism New Zealand, and Shirani is a legal advisor specializing in wills and guardianships for China.

### Long weekend away

Alila Anji resort in Anji bamboo forest. It is extremely child-friendly and has a children's playroom, pool and gorgeous lake along with many trails for walking. There are bamboo shoots for the kids to munch and bamboo infused cocktails for the adults!

### Sunday brunch

The Westin Bund Center without a doubt, given their kid's playroom, entertainment and great food. We love their themed brunches and were lucky enough to host a table for the New Zealand event, which featured celebrity chefs and Maori performers, who were specially flown in.

### Under the radar tip

If you love food, get in on all the Dining Week VIP deals, as they book out fast! Released quarterly, they are a great way to try new menus or high-end restaurants without breaking the bank.

### Charity

We volunteer with the Will Foundation, an organization for disadvantaged children. Founder Shirani runs regular bake sales supported by the compound and the local community.

### Date night

The glamorous Hakkasan and the more casual Hai by Goga both have fabulous food. At Hai by Goga, we enjoy sitting outside on the rooftop and watching the sunset during warmer months.

### Places for kids to play

We like Lollipop, the indoor playground at The Place mall, and the kids also like Yu Gardens to run around, hide behind structures and explore.

### Child-friendly restaurant

Our 'local' is Geneva on Jinbang Lu. They have a kid's menu, playroom and it's a bit like Cheers, where "Everyone knows your name." We also like D.O.C Gastronomia Italiana for the fabulous food and play area.

### Markets

The Pearl Market on Hongmei Lu is our 'go to,' but for a wander, we love the Hongqiao Bird and Flower Market (though it no longer sells birds!). It is a happy place, full of seasonal flowers, furniture, art, kitchenware and browse-worthy knick-knack shops.

### Ladies' night

Azul Tapas Lounge has excellent food, and then you can 'adjourn' to nearby Sichuan Citizen for delicious Basil Martinis. Shake is great for live music and dancing, and Hakkasan has Wednesday Hakkatini night! Colca's RMB10 Pisco Sour nights on Tuesdays could also be a ladies' night!

To find the Wafelbakker-Alfreds family's favorite things, scan the QR code.



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

**Inspired**  
**Intellectual**  
**Independent**  
**Individual**  
**Inclusive**

Wellington scholars are inspired and in turn inspire others. Do you have the inspiration to be a Wellington scholar?

**Apply now for 2019 Scholarships**  
Academic IB, Music and  
Performing Arts, Sports

021 5185 3885  
admissions.shanghai@wellingtoncollege.cn  
wellingtoncollege.cn/shanghai



**We are Wellington**

# A LIFE WORTH LIVING

Addressing the sensitive topic of suicide

with our children?

Dr. Nate Balfanz

One of the first questions that I ask all of my new patients starting therapy (regardless of the reasons they came to see me) is, "Have you ever had thoughts, either currently or in the past, of suicide or wanting to harm yourself?" And in my 15 years of practice in the field, I'm struck by the number of young patients who answer "yes" to this question, with responses ranging from casual passing thoughts of self-harm to active suicidal ideation coupled with recent attempts.

This becomes of particular concern while practicing here in Shanghai, given that, despite being a first-tier city, our community is still sorely lacking in its ability to provide comprehensive, emergency care support for individuals who are a danger to themselves. As with most mental health conditions, early detection and intervention are key, thus our current focus will be on how we as parents can identify and support our young people struggling with thoughts of suicide.

## WHAT THE RESEARCH SAYS

According to a 2016 research study published by representatives from the World Health Organization, suicide accounts for approximately 6% of deaths amongst our child and young adult population, ranking as the second-leading cause of death for 15-29 year-olds worldwide. For every completed suicide, the number of additional individuals experiencing active suicidal ideation and attempting suicide occurs at an alarming rate of 20 times that.



Given the status of suicide as a global epidemic, happening across culture, class and country of origin, it further stresses the importance for us practitioners working in an international community like Shanghai to screen every one of our patients at the outset of treatment for any evidence of either current or past suicidal ideation and/or attempts. For families with children whom are experiencing thoughts of suicide, I always advocate having an honest, open and ongoing discussion regarding the matter until both the child and parents feel as though the dangerousness of the situation has abated.

Despite the increased incidence of suicide and suicide attempts worldwide, such thoughts or behaviors are never to be considered a typical reaction to childhood stress—thus the importance of these discussions with your children should not be minimized or overlooked.

## TIPS FOR TALKING TO YOUR CHILD ABOUT SUICIDE

### 1) Do not avoid the discussion.

Oftentimes parents will shy away from a discussion about suicide, for fear that talking about it may increase the likelihood that their child will act upon it. In actuality, research and clinical practice has shown that providing children with a safe and supportive outlet to discuss their feelings is a primary method of suicide prevention.

### 2) Be direct with the language you use.

We want to avoid using veiled language or euphemisms in discussing suicidal thoughts or worries with our children, as it further contributes to the ambiguity about whether or not this is a safe topic to discuss. An example of being direct with our children about our concerns might sound something like, "I heard that you were feeling so upset lately that you wanted to hurt yourself. This has me worried, and I'd like for us to talk about it."

### 3) Refrain from the blaming and the shaming.

The number one reason children give me as to why they avoid discussing thoughts of suicide with their parents is the fear that mom and/or dad would be mad at them. In these sensitive discussions with your child, stay focused on their feelings and avoid using language that might contribute to the shame that they are likely already experiencing about having such thoughts in the first place.



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](mailto:nate.balfanz@amc-shanghai.cn) or visit his website at: [www.drnatelbalfanz.com](http://www.drnatelbalfanz.com)



# WE HAVE AN AWESOME APP COVERING CHINA'S BIGGEST CITIES AND IT'S FREE



Drink AR Directory News Dining Events Around Me Lifestyle

## GO ON, DOWNLOAD IT.



- 1st private hospital in Shanghai with 17 years history
- Over 20 clinical departments with inpatient & outpatient
- Direct billing with insurance companies
- Convenient transportation

- Internal Medicine • General Surgery • Gynecology • Dental • T.C.M.
- Urology • Pediatrics • Vaccination & Immunization • Dermatology
- E.N.T. • Plastic Surgery • Cardiology • Orthopedics • Medical Checkup



9:00 - 17:00 Mon - Sun

Phone: (8621)5489 3781

E-mail: info@renai.cn

Address: No.127, Caoxi Rd, Xuhui District, Shanghai

For more information visit [www.renaihospital.com](http://www.renaihospital.com)

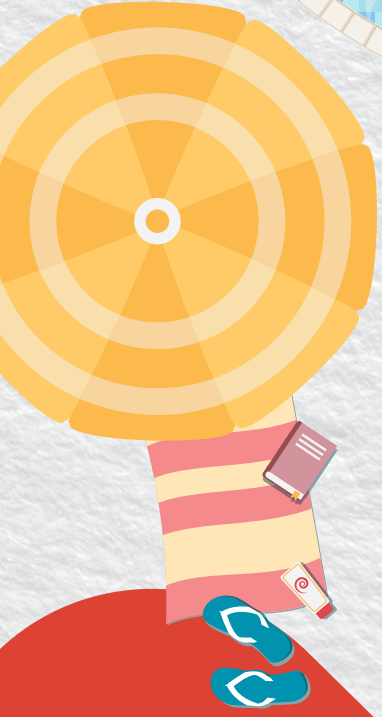


**We Are Here For You!**



# 6 SWIMMING POOLS

## WE LOVE IN SHANGHAI



### Sofitel Shanghai Sheshan Oriental

Okay, so it is out of town. But it is worth it. Dotted with islands and playgrounds, the outdoor swimming pool extends 4,400 square meters and is bordered by a beach with real sand... from Vietnam, no less. The poolside bar offers beer, champagne



### Shimao Riviera Garden Pool

Our undisputed summer favorite once pool season kicks off. This location offers plenty of swimming space with a wave machine that goes off intermittently. There is good-sized stretch of beach, with a volleyball court usually set up, and a paddling pool for smaller kids. When we head here, we stay all day. Oh, and there's also a workout pool inside if you want to get that beach body ready early.

Scan QR code for listing and details.



### Ambassy Club

With slides, fountains and pool play-things galore, this former French Concession private club turns into a child-magnet come summertime. Even with all the youngsters, the relatively refined atmosphere and excellent location keep us coming back. Drop in during the week for a quieter experience. Oh, and they have an indoor pool too so you can head here all year round.

Scan QR code for listing and details.



## JW Marriott Hotel Shanghai at Tomorrow Square

Located slap bang in the center of the city, this is the choice of the idle rich (the prices keep the hoi polloi away). It's a ritzy rooftop for lounging around, and taking in the view over People's Park. They have two outdoor pools, one perfect for kids to paddle in, and an indoor one if you want a workout or the weather is inclement. There are always plenty of loungers for a sophisticated snooze and tan. And don't forget to grab one of those fluffy white robes to wear and feel like a winner.

Scan QR code for listing and details.



and cocktails and there is also an indoor heated swimming pool. Pair a day here with brunch, or go all out and take a room for the night.

Scan QR code for listing and details.



## Mandarin City

With a swim-up bar that serves drinks and food, and a relatively large water space, this is a hot spot for pool parties, but you don't need alcohol to have a good time, so kids can also be seen splashing about. Arrive early if you want to find a chair, or even space to drape your towel, as it fills up fast. During parties, drink deals may be included in the entrance fee.

Scan QR code for listing and details.



## Jinshan Urban Beach

We take your swimming pools, and we raise you a beach. A real one. With real sand. By a real sea. Dive into the ocean, frolic in the waves, build sandcastles, play on volleyball courts and enjoy fresh seafood from BBQ pits. And you can get there on a bullet train from Shanghai South Railway Station a couple times an hour, with a journey time of less than half an hour, and have change from a RMB20 note.

Scan QR code for listing and details.



# 6 FAMILY-FRIENDLY PARKS

**WE LOVE  
IN SHANGHAI**



## Shanghai Botanical Gardens

There are few better ways to celebrate the arrival of spring than paying Shanghai Botanical Gardens a visit. Located in south Xuhui District, you'll find a wide range of green expanses, plus jungle and desert greenhouses, waterways and magnolia-lined avenues. There's also an outstanding garden dedicated to the arts of penjing, better known under its Japanese name bonsai. Kids will love the amusement zone, and don't forget to keep an eye out for the wildlife; bees and birds suckle blossoms and fish and water birds swim in the ponds.

Scan QR code for listing and details.



## Gongqing Forest Park

It might be a bit out of town, but if you are looking for a full day of entertainment there are few things better than Gongqing Forest Park in Yangpu District. The second largest public park in Shanghai it boasts more than 100 acres of green space, woods, an intricate network of waterways and abundant recreational activities, including funfair and theme park rides, climbing walls, a shooting gallery, playgrounds and more.

Scan QR code for listing and details.



## Zhongshan Park

For those living a little to the west, a bicycle 'sky rail' over lotus ponds makes Zhongshan Park a family favorite. Kids can jump on one of the amusement rides and join in with kite flyers to make the most of the extensive green space. There are various gardens and waterfronts to stage a Sunday picnic, and plenty of trees to climb (just don't get caught!). Oh, and it is one of those very rarest of Shanghai things – a family friendly park.

Scan QR code for listing and details.



## Century Park

Pudong's answer to Central Park, endless areas of green make Century Park the ideal place to go for a picnic or a wander through the tree-lined pathways. Don't want to walk? Take a bike or rickshaw, or rent a boat for a reasonable RMB80 per hour (with RMB100 deposit). Don't forget to make the most of the RMB10 entry by paying the butterfly garden a visit before the day ends.

Scan QR code for listing and details.



## Fuxing Park

How could we leave out this old faithful, so popular the grass goes yellow in the height of summer? Fuxing Park is located in the center of the former French Concession, and has a huge rectangular stretch of grass to have a picnic, kick a ball, blow bubbles, fly a kite and generally frolic. Located on the fringes are waterways to jump over and a mini forest to explore. And if all that wasn't enough, they even have an old-style mini funfair.

Scan QR code for listing and details.



## Jing'an Sculpture Park

Looking for a little culture with your greenery? Then Jing'an Sculpture Park is your spot. Free, and full of art and statues, you can wind your way along the mazy paths and let your imagination run wild. They also rotate some of the works throughout the year, with international artists often making an appearance. It is also the home of the fantastic Shanghai Natural History Museum, which you can read about on p22, so you can tick two boxes in a day.

Scan QR code for listing and details.



# 6 PLAY AREAS WE LOVE IN SHANGHAI



## Jump360

Picture wall-to-wall trampolines as far as the eye can see, all connected together to form one huge bounce park where you can literally bounce off the walls. There are not just one, but three of them in the city. Depending on the venue there are also slides of different size (and scariness), zip wires, foam pits, obstacle courses, basketball rings and more. This is the perfect place to tire your kids out. Which is, let's face it, what it is generally all about...

Scan QR code for listings and details.



## Peppa Pig World of Play

Boasting 10 play areas, each referencing a specific scene or location from the famous TV series, this indoor theme park is great for Peppa fans young and old. Preschool-aged children will especially enjoy the chance to immerse in the world of Peppa Pig, and embark on exhilarating adventures with the adorable piglet and her family. Hop on a choo-choo train for a ride around Grandma Pig's farm, take a slide down Rebecca Rabbit's rabbit hole, and step inside Peppa's home for a tea break. And would it truly be Peppa Pig World if there was not to mention an interactive 'muddy puddle' area to jump up and down in?

Scan QR code for details and to book tickets.



## Mini Mars

With two locations, one in Changning and a brand spanking location in Jing'an on the ground floor of the building that houses Cages, Mini Mars are the play centers that have it all. We always lose count of the different play zones, but they include a garage, dollhouse and Lego area, pretend restaurant (and a real one, that serves pan-fried ginger flavor goose liver with caramel apple and mango port sauce, no less...), princess dress-up area, supermarket, racecar circuit, makeup dressing room, Inuit snow area, baby zone for under-twos and more. There are also loads of slides, ball and foam pits, obstacle courses, trampolines and all that good stuff to thoroughly tire your kids out while they live it large.

Scan QR code for listings and details.



## Twinkle Premium Kids Café

When Twinkle opened last year it set the web ablaze with controversy over its spa for kids (it has loads of other sections to it, btw). Sitting in an environment reminiscent of a Disney princess movie, each child wears a pink bathrobe and enjoys the likes of a relaxing foot bath, all while sipping a glass of grape juice. The experience lasts three hours. Since the clamor of "We're creating little monsters!" died down, the general consensus is that it is just a bit of fun, and the netizens overreacting were the monsters, rather than kids playing at grownups for a few hours. Hey, Internet, leave those kids alone!

Scan QR code for listings and details.



## Adventure Zone @The Kerry Hotel

If you're looking for versatility, Adventure Zone is your spot. Designed and built by UK-based David Taylor Design, a leading manufacturer of children's play equipment, there's something to suit every age group. There is a small jungle gym in the front of the park, and a mini play town for younger kids. The back of the park is for the older kids, with nets for climbing, themed party rooms - Jingle Jungle, Pirate Ship and Circus Circus - and three slides - some seriously steep - leading into colorful ball pits. There is also a small cafe next door, and of course The BREW, The COOK or The MEAT elsewhere in the hotel.

Scan QR code for listing and details.



### Deal!

For every one adult and one child who dines in The COOK for buffet lunch and dinner, a child between 6-11 can enjoy buffet dinner at half price and receive one Adventure Zone ticket for free. Child under 6 years old may enjoy one 'Adventure Zone Day Pass' for an addition payment of RMB100 net.

## Jihuabi Children's Playground

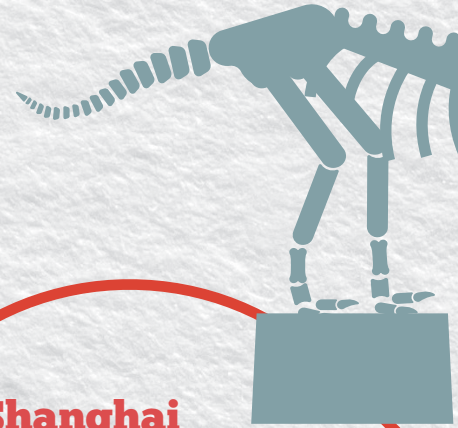
Many of Shanghai's play areas are not exactly easy on the wallet; a few are eye-wincingly expensive. Step in Jihuabi Children's Playground, which is absolutely free. Part of the 'Pudong Left Bank Project', which will see some 21 kilometers of the Huangpu river bank revamped from its swampland past, expect to see the usual playground components here, along with obstacle structures, climbing ropes and a seven-meter slide for little thrill seekers. To ensure safety while playing, the colorful floor and wall surfaces are covered with a rubber finish, so any falls will be met with a soft bounce. Explore further afield and you'll find sandpits, mini castles with slides, skate ramps and climbing structures spread out along the waterfront.

Scan QR code for listing and details.



# 6 FAMILY-FRIENDLY MUSEUMS

## WE LOVE IN SHANGHAI



### Shanghai Natural History Museum

Located in the beautiful surrounds of Jing'An Sculpture Park, you could get lost for days in the Shanghai Natural History Museum. We're talking a collection of 240,000 samples, including rare species which cannot be found outside China, such as a Yellow River mammoth, a giant salamander and Yangtze Alligator. Explore the universe from the Big Bang onward, see robot dinosaurs, and animal taxidermy from arctic seals to lions (including a very odd looking one that has become a Shanghai legend) to long-extinct creatures that will have young imaginations running wild.

Scan

QR code for listing and details.



### Shanghai Urban Planning Exhibition Center

Don't let the rather dull-sounding name fool you, we challenge anyone not to nerd out at the giant diorama of Shanghai, which is, allegedly, the largest city model in the world. Located centrally in People's Square, and with



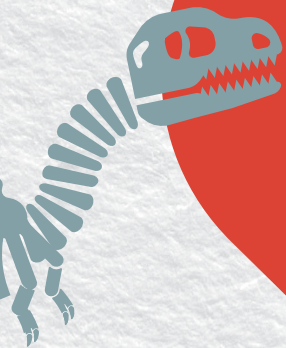
### Shanghai Natural Wild Insect Kingdom

This is a lesser known hidden gem in the Shanghai museum repertoire. While insects get the kingdom named after them, what you'll find here is an eclectic, eccentrically put together yet glorious myriad of creepy crawlies, small mammals and reptiles, making for a risk-free safe bet for children of all ages. Set over two floors, with an amazing array of animals on display, downstairs also has a play area, and a small but well-stocked gift shop that will prove particularly popular with fans of lizards and dinosaurs.

Scan QR code for listing and details.







## Shanghai Animation and Comics Museum

Heaven for all comic book loving families, the Shanghai Animation and Comics Museum gives an in-depth history of comics and cartoons in China. The museum also features many short movies to show you how comics are developed, and the process of marketing them worldwide. The large superhero figures suspending from the ceilings make for great photo opportunities, and there's also a children's play area upstairs to keep the little ones entertained.



Scan QR code for listing and details.



four floors of detailed city plans, this behemoth covers everything from the geological underbelly of the city to how the cities' skyscrapers are built. While architecture lovers will be in heaven, this is an exciting place for anyone who is interested in how the city was created and what it will look like in the future. Trust us.

Scan QR code for listing and details.



## Shanghai Museum

Want a one stop shop which covers just about everything in China's 5,000 year history? Centrally located in People's Square, Shanghai Museum is a goliath of classical Chinese art and artifacts, and boasts approximately 14,000 pieces to view. While it is great to go when there is a visiting show, the permanent collection is impressive enough for you to spend a day here. With beautiful cabinets of jade, ceramics, bronze and other historical pieces, you are guaranteed to stumble upon something that you hadn't paid attention to before.

Scan QR code for listing and details.



## Shanghai Science and Technology Museum

How could we forget this old classic? As the name would suggest, the museum is dedicated to the popularization of science and technology, and has 14 permanent exhibitions (as well as regular guest ones) and four science-themed cinemas. It's the only place in Shanghai where you can look at an exhibition about robots and then go into a room filled with mini waterfalls and beautiful flowers. Oh, and when you're finished with the museum, you're in the perfect location to go to the fake market and splurge on whatever items you've been looking for.

Scan QR code for listing and details.



# 15 Pet-Friendly Restaurants Around Shanghai

*By Natalie Foxwell*





## Abbey Road

This neighborhood staple in Xuhui offers pet owners ample seating around the outdoor patio area. Think sliders, salads, burgers and pasta – essentially, it’s pub-style food with well-priced beers and a great place to stop on a leisurely afternoon for a bite to eat.



## Alimentari & The Coffee Lab

This favorite Italian cafe is the go-to for pairing quality puppy time with exceptional coffee and deli treats. Enjoy their wide selection of cheeses, meats, olives, pasta and wines while soaking up the casual ambiance of Anfu Lu.



## Boxing Cat Brewery

This well-known American microbrewery serves hearty pub food and great beer with a superb patio that welcomes your canine companion. Come for the craft beers and stay for the comfort food.



## The Cannery

The Cannery is no stranger to family pet time with their impressive green lawn out front ready for picnic-style dining with your pooch. Their extensive and delectable menu, inspired by the Canadian west coast, will have everyone begging for an extended family brunch to soak up the spring sunshine.



## The Bull & Claw

This Western restaurant specializes in surf, turf and craft beers, with a robust list of cocktails and wines, too. Go for the casual atmosphere and enjoy the concise-yet-impressive menu. Every weekend, the garden transforms into a lively hub, where dogs are welcome to join their owners for a day outside.





## Charlie's Burger

This American-style diner with multiple outposts around the city has become a reliable go-to for well-sized burgers, hot dogs and grilled sandwiches with extra thick ice cream milkshakes to finish. Pets are very well catered for too, with a menu of treats from RMB15.



## Co. Cheese Melt Bar

What's not to love about 30 incarnations of the humble grilled cheese, along with an extensive DIY menu to design your own creation? Bring your family down to Co. Cheese, sit outside with your pooch and indulge in everyone's favorite melt bar.



## Cotton's

Enjoy the backyard ambiance that's relaxed and ready with a range of Western and Southeast Asian dishes and a substantial drinks menu. The two Cotton's locations around town both offer outdoor patio spaces backdropped by lush greenery where dogs are welcome.



## D.O.C. Gastronomica Italiana

This pizzeria delivers an authentic Italian experience through every item on the menu. Indulge in premium imported cheeses, cured meats, wines, pizza and pasta. The ambiance at D.O.C.'s new Dagu Lu location is rustic and cozy inside with a welcoming front patio to soak up the neighborhood vibe.



## Gemma

Gemma, an Italian restaurant open for lunch and dinner, serves homemade pizzas, pasta, salads and antipasto. While the menu is not extensive, each item is made exceptionally well with imported ingredients that can be accompanied by a refreshing beer, wine or cocktail. Dogs can perch themselves next to you on the first floor, by the windows.





## Ginger Modern Asian Bistro

A favorite of weekend brunch seekers, this chilled out spot offers rustic yet cozy homestyle dining adjacent to a quaint park. An eclectic menu of Southeast Asian dishes and Western brunch classics awaits. Relax with your pooch on the tree-lined terrace and enjoy brunch together.



## Moka Bros

Sitting on Xiangyang Lu, this local favorite serves healthy modern cuisine that appeals to all taste buds – with a pretty good kid’s menu, too. Dogs can hang with you on the outdoor patio, or they are welcome inside. On weekends, a DJ is playing his tunes, so you can relax and enjoy the vibe in this consistently great choice for all-day dining.



## Stone Brewing Tap Room

This gastro-pub on Yuyuan Lu is a popular spot for dog owners. While puppies can gather around the outdoor areas, the long hardwood tables allow for big family gatherings. The kids can enjoy pub-style meals like meatballs, mac ‘n’ cheese, chicken tenders or a burger, while parents choose from a sumptuous selection of world dishes.



## Urban Diner Gastro Pub

The team at Urban Diner in Jing’an has conjured up an easygoing diner space on the burgeoning Shaanxi Bei Lu. The delectable and hearty west coast American menu serves up wings, burgers, mac ‘n’ cheese and brunch dishes to wash down with shakes and sodas. It’s competitively priced, and they welcome puppies inside or out on the patio.



## Tres Perros

With a name that translates to three dogs, it’s no surprise that this cozy Spanish cafe on Fumin Lu is canine friendly. This is the perfect go-to for a delicious bite as you spend an afternoon wandering around the former French Concession.



# Tips for a healthier day, even if you've missed your workout...

**W**elcome to REVO life, our new *Urban Family* series by Lorraine Li, co-founder of REVO by Saucepan. In this series, Lorraine shares practical wellness tips and delicious recipes to give you and your loved ones simple tools to live your healthiest life in Shanghai.

"In a previous life I shall file away as 'my Tai Tai days', 6-days out of 7 you could find me up at 6am in the gym, sipping my iced Americano whilst doing ballet exercises, yoga, Pilates and strength training in one 3-hour long session.

"Since getting back to the daily grind, however, getting myself to a full hour workout regularly feels like an achievement in itself. And as much as I often think 'I'll work out twice as hard tomorrow', schedules aren't always predictable, and it's realistic to need to change your plans from time to time.

"But next time you're tempted to beat yourself up over a workout you've just missed, I challenge you to ditch the guilt and try a few of these tips for an equally healthy day.."



## 1. Treat yourself to a day of clean eating.

Our bodies are constantly healing and recreating cells from the materials we supply it with; our diet. Consuming foods that are nutrient-rich and high in quality will translate equally to the new cells that make up our skin, heart, muscles and every other part of our body. For an entire day of clean eating, try to:

### Cut out refined sugars

**Tips: Be particularly careful to avoid processed products, in particular those that use the wording 'low calorie', 'diet', 'no sugar added' or 'sugar free'.**

- More often than not, these products contain additives and artificial sugars that can be harmful to our health.
- If you need something sweet, choose natural options such as raw, organic honey or whole fresh fruit.

### Give processed foods and simple carbohydrates a miss

**Tips: Stick to foods made with fresh ingredients, and skip the items that come readily packaged from supermarkets and retail stores.**

- If you're consuming carbohydrates, try to swap out pastas, white bread or white rice for complex carbs and gluten-free options like brown or black rice, buckwheat soba noodles, vermicelli noodles and non-wheat products.
- Not only are these choices much higher in nutrient value and fiber, they also won't break down into sugars the way that simple carbs will. Brown and black rice also contain B vitamins which are great for your liver and natural cleansing.

## Choose foods that are high in nutrient value, not just low in calories.

**Tips: Eat the rainbow. I know you've heard this before, but that's because it's incredibly key when it comes to getting a variety of nutrients.**

- I always think of nutrient-rich foods as anti-aging and beautifying creams. For me, a soup made of bright beets and colorful root vegetables, or a salad filled with beautifully dark, fibrous greens is the same as the anti-wrinkle cream I put on when I feel like my skin is dry or tired.
- Nutrients moisturize and nourish your body from the inside-out, and dictate the quality of regenerated cells.
- If your diet lacks nutrient quality and hydration, so will your skin, your hair, your organs, muscle tone and so on. And trust me, a diet low in nutrients starts to show externally, particularly if combined with an unbalanced lifestyle. No amount of exercise can ever undo the effects of a poor-quality diet.
- The color pigments in different fruits and vegetables hold the amazing nutrients that our bodies need. The brighter and more colorful a natural food is, the richer in nutrients it will usually be, and each color holds its own unique set of benefits.
- My favorite nutrient color set is dark green. Foods in this group are filled with fiber, low in calories and packed full of vitamin C, A, K, and calcium, all of which are great for fighting aging and the damaging effects of pollution and our environment.

## Take a break from alcohol.

Alcoholic beverages are not only incredibly high in sugar and empty calories, they also contain harmful toxins that have been linked to various health issues and diseases.

Whilst some studies show that the occasional glass of red wine can provide benefits, it never hurts to give your body a day off from drinking.

## 2. Make hydration a priority

**Tip: Two liters or more a day is a good amount of water to aim for. If you find it hard to drink plain water, try adding lemon, or drinking non-caffeinated teas, or unflavored sparkling or soda water.**

- Without enough water in our system to carry out toxins and waste, our bodies would literally break down as a result of our own, poisonous metabolic waste.
- Water is incredibly important for the functioning of every part of our makeup. Drink as much water as you can, as often as you can.
- If possible, it's also great to limit the amount of caffeine you are drinking. For every standard coffee, take in two extra glasses of water.

## 3. Give your mental health a workout

**Tips: Reading is a great way to develop a healthier and more balanced mindset. There are many inspirational books and articles out there that cover gratitude, self-growth and a range of spiritual and wellness topics.**

- Often, we forget how important our mental health is. And although you may not suffer from a diagnosed mental illness, the nature of modern living means that most of us cannot avoid experiencing unnecessary stress, anxiety or feelings of sadness from time to time.

• Allocating even as little as 5 minutes of your day to work on your mindset does wonders. And as plenty of studies show, the mind-body connection is strong, and our physical and mental health are often one and the same thing.

• Meditation and breathing are also amazing for the purpose of achieving a calmer and clearer mind.

• If you don't have time to read or know how to meditate, try listening to a quick inspirational podcast in the car, or a guided meditation for a few minutes before bed. You'll be amazed how effective a few minutes spent doing this can be on your mindset and mood.

• If you're looking for a place to start, here are a few of my favorites. For self-growth and inspiration: Read - A New Earth by Eckhart Tolle; Listen to - Oprah's Super Soul Conversations Podcast

• For quick guided meditations: Listen to - (Podcast) Meditation Oasis by Mary and Richard Maddux

REVO by Saucepan is a new healthy meal plan concept offering nutrient-rich plans designed to transform and rejuvenate. Plans cater to vegetarian, pescatarian and general diets, and begin from just 3 days a week.



# SEN-RYO

## ENJOY FUGU SEASON AT THIS HIGH-END JAPANESE CHAIN

**K**nown as one of the most celebrated and notorious types of seafood in Japan, *fugu* is a species of pufferfish that can only served by chefs who have gone through special training to prepare the protein in a safe manner. Thanks to Sen-ryo, Shanghai-based Japanese cuisine enthusiasts can now enjoy this seasonal delicacy as part of the high-end sushi chain's early spring menu.

Available through the end of April, Sen-ryo's *fugu* specials feature the ingredient in three different preparations. First up, golden nuggets of fried *fugu* (RMB82) are the perfect snack to kick off a delicious meal, preferably with a cold glass of beer in hand. Meanwhile, purists would love the thin-cut *fugu* sashimi (RMB138) where translucent slices of the fish show off its delicate flavors and textures along with the chefs' meticulous knife skills. Last but not least, a traditional *fugu* hot pot (RMB168) is a great

way to awaken your palate after a long, harsh winter. Allow the fish slices to swim in a boiling dashi broth for around 5 seconds, dip the cooked *fugu* into a plate of citrus vinaigrette, and commence your countdown to spring.

Fancy all three dishes? You can also enjoy them all in the deluxe *fugu* set for just RMB288. Want more variety of seafood alongside the seasonal specials? They've also got the *fugu* sashimi platter (RMB198), where salmon, scallop, sweet shrimp, sea urchin and others bring extra layers of colors and flavors into the mix. And, of course, a meal at Sen-ryo wouldn't be complete without an order of their signature seared sushi platter (RMB88).

Unit 419, 4/F, iapm mall, 999 Huaihai Zhong Lu, by Shaanxi Nan Lu 淮海中路999号环贸iapm商场4楼419号, 近陕西南路 (5466 7806)



# ON THE PAGE



## 12 TIPS TO ENCOURAGE YOUR CHILD TO READ

By Kendra Perkins

**N**ot all kids naturally love reading. As a parent, what can you do to help your little one to enjoy books more? Check out these tips that are fun and easy ways to engage children of all ages to read more, and enjoy themselves doing it.



## Ask questions

Read books adapted into movies or television shows together. You can experiment with reading the book before or after, and discuss with your child what they thought. Some questions you can ask to get the conversation going include:

“What happened differently in the book and the film?”

“Were the characters the same, or what you expected?”

“Which version did you enjoy more? Why?”

“Were the movie’s setting and characters what you thought they would look like?”

## Read together

Try taking turns reading a book together. It’s fun to alternate reading one page (or chapter) out loud, and then have your child read the next.

## Make it exciting

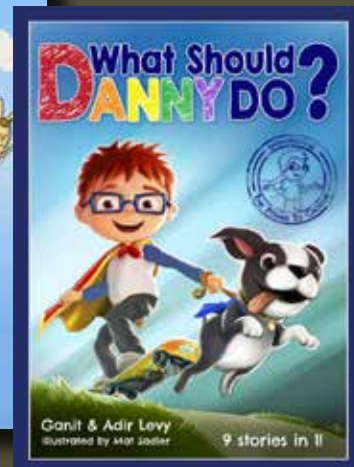
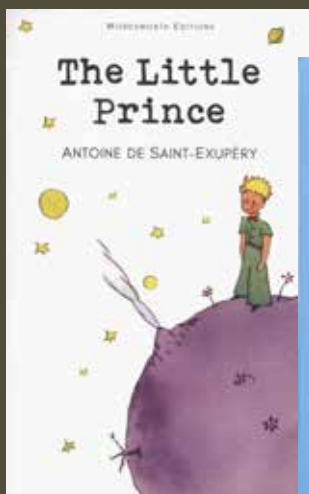
Use dramatic voices and actions as you read the book. Creating a fun experience can turn reading into an activity full of giggles.

## Keep it cozy

Create a cozy space for reading. This could be as simple as arranging pillows and blankets or buying a special ‘reading’ bean bag. Either way, setting aside a particular area can go a long way to encourage reading.

## Be a role model

Show your children that you like reading too! It’s hard to convince someone to try something if you don’t do it yourself. Even if you don’t read regularly, this is a great time to start, even if it’s just once a week.



## Schedule it

Life is busy, and it’s easy for a few weeks to pass by with no dedicated reading time. Pick the same time every week so that it becomes routine. You could set Sunday afternoons as reading time and sit silently alongside each other with your own books, or set time before bed to read and wind down from a busy day.

## Seek assistance

Talk to your school’s librarian. They can recommend fun, popular and new titles that will undoubtedly make reading more exciting. Additionally, they have experience with kids who don’t enjoy reading and can offer further suggestions, programs and games, or they can even collaborate with your child’s teachers.

## Embrace images

Go for visually inspiring books. Graphic novels, comics, magazines and other books filled with images like the *Guinness World Records* can be an engaging way to hold a child’s attention span.

## Gain digital inspiration

Reading apps and websites can offer interactive e-books that read out loud and have characters who act out parts of the story. These can be great for younger ones to create enthusiasm.

## Watch book trailers

Book trailers are found on video streaming websites. They are created by professional organizations or individuals who are passionate about the books they love. Just like movie trailers, they are a fun way to entice anyone to pick up that book!

And finally, remember, that it’s never too late to start reading. No matter the age of your child, they can always pick up a new hobby or interest,

so encourage reading to be the next one, and have fun while doing it.

## Try These Book Suggestions for Your Child

### Graphic novels

*Diary of a Wimpy Kid* by Jeff Kinney

Recommended for children ages 8-12

*El Deafo* by Cece Bell

Recommended for children ages 8-12

### Film adaptations

*Wonder* by R. J. Palacio

Recommended for children ages 8-12

*The Little Prince* by Antoine De Saint-Exupery

Recommended for children aged 6+

### True stories about inspiring people

*Neo Leo: The Ageless Ideas of Leonardo da Vinci* by Gene Barretta

Recommended for children ages 4-8

### Interactive choose your own adventure

*What Should Danny Do?* by Adir Levy

Recommended for children aged 3+

*Dinosaur Canyon* by Blair Polly

Recommended for children ages 8-12 years old

All available via Taobao.com or Amazon.cn

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

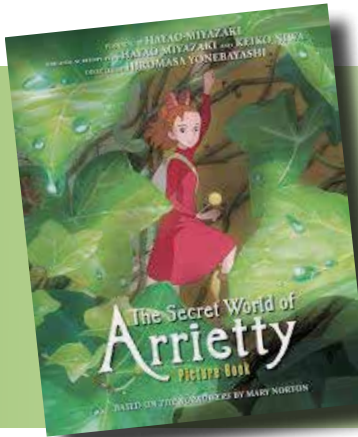


# FROM THE PAGE TO THE SCREEN

## 9 FILM ADAPTATIONS FROM CLASSIC CHILDREN'S BOOKS

By Natalie Foxwell

Serving as a book and movie combination, we present nine film adaptations of beloved children's stories. We all know of *The Hobbit*, *Harry Potter* and *The Wizard of Oz*, so we won't go there. Instead, we deliver magical worlds and amazing adventures full of courage and friendship. While some are whimsical tales, others are challenging stories for children to immerse themselves in. Then, once the last page has been turned, see how the filmmaker's interpretation has matched your child's imagination.



### ***The Secret World of Arrietty*** Ages 6-9

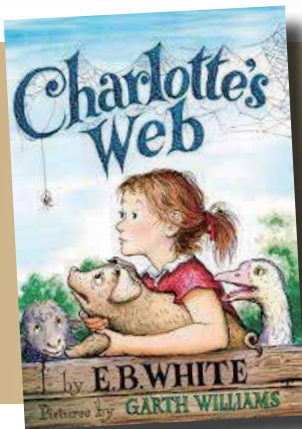
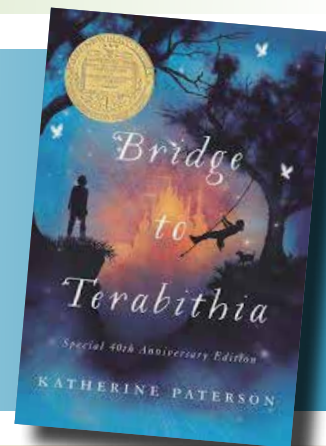
Based on children's fantasy novel *The Borrowers* by Mary Norton, *The Secret World of Arrietty* is an exceptional picture book by Hiromasa Yonebayashi. The story centers around the Clock family who are tiny people living beneath the kitchen floor of an old manor. Everything in their house is 'borrowed' from the humans who move about above them. The eponymous character, Arrietty, strikes a friendship with a human boy, which leads her on a magical adventure.

Studio Ghibli, the superb talents behind *Ponyo* and *Spirited Away* bring *The Secret World of Arrietty* to life. This vivid hand-drawn animated film is another masterpiece from this Japanese production studio and delivers a whimsical tale with a friendship and courage at its core.

### ***Bridge to Terabithia*** Age 9+

This classic Newbery Medal-winning novel by bestselling author Katherine Paterson is about two lonely sixth grade children, Jess and Leslie, who create a magical kingdom in the woods called Terabithia. As a deep friendship develops, they use their wild imaginations to reign over the world as King and Queen. A tragedy crumbles Jess's world making this a bittersweet story about courage, grief and understanding the impact childhood friendships can have on our lives; a must read for all children.

Enter the secret world of Terabithia, where giants, ogres and magical creatures abound. This film will tug on everyone's heartstrings, and you will fall in love with the characters and thoroughly enjoy the journey.



### ***Charlotte's Web*** Ages 8-12

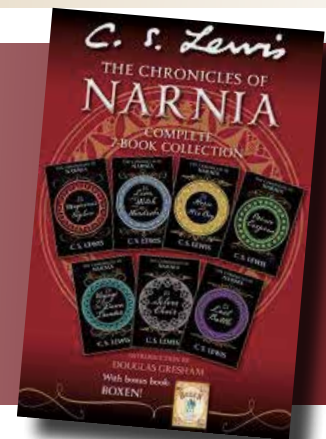
First published in 1952, *Charlotte's Web* is considered a classic of children's literature. E.B. White's novel set on a farm tells the tale of an endearing friendship between the unlikeliest of animals. With Wilbur the pig's slaughter set to end his days, Charlotte the spider hatches a plan to save his life by writing emotive messages in her web. Proving his worth, Wilbur survives, further developing his bond with Charlotte. This is a perfect story for all children about love, loss and tolerance.

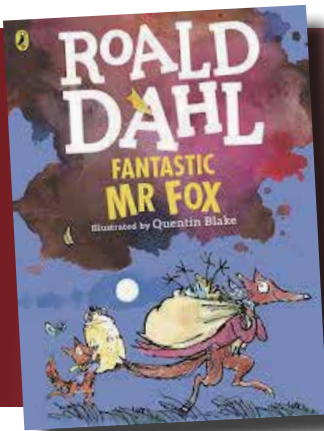
While many have their preference between the original *Charlotte's Web* animation from 1973 or the live action 2006 movie starring Dakota Fanning and Julia Roberts, both are a pure joy to watch.

### ***The Chronicles of Narnia*** Age 8+

*The Chronicles of Narnia* is a seven-book fantasy series by British author C.S. Lewis. When children are magically transported from the real world to the enchanted land of Narnia, an adventure begins. With mythical beasts, talking animals and a mission to protect the world around them, the series takes readers through Narnia's history and is a captivating tale of good versus evil.

The movie adaptation of the first book, *The Lion, the Witch and the Wardrobe*, was released in 2005, and 14 years later, continues to sweep children into a delightful mythical adventure.





### ***Fantastic Mr. Fox*** Ages 8-12

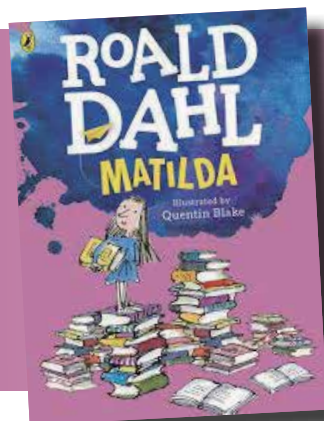
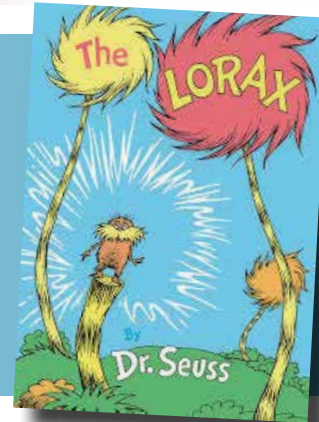
The most world's beloved storyteller, Roald Dahl, has delivered many classics over the years. While the quirky *James and the Giant Peach* or the endearing *The BFG* are universal favorites, *Fantastic Mr. Fox* tells a rapid-fire, quick-witted tale. After outsmarting three dim-witted farmers to 'take' supplies and feed his family, Mr. Fox finds himself on the run from their plan to put an end to his stealing. The action-packed story engages children young and old, as everyone can sympathize with Mr. Fox and his elaborate scheme to dig his way to safety.

Delivered via stop-motion animation through visionary director Wes Anderson, *Fantastic Mr. Fox* with its all-star cast of George Clooney, Nicole Kidman and Owen Wilson is pure entertainment. The razor sharp dialogue will engage parents and kids – and have everyone trying to figure out the rules to a game of 'whack-bat.'

### ***The Lorax*** Ages 6-9

At its core, *The Lorax* is about caring for the environment and how we must work together to save our planet; an even more prescient message today than when it was written in 1971. Fun and colorful illustrations with whimsical rhymes deliver a story where *The Lorax* speaks for the trees. Lines such as "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not," will have children thinking of how we can all live responsibly.

The movie adaption is a bright and quirky delivery around the same environmental message. In the film, we watch one boy's mission to win the affection of a girl who wants to see a real tree. This sends him on a quest to find the Lorax, who has the unmistakable voice of Danny de Vito.



### ***Matilda*** Ages 8-12

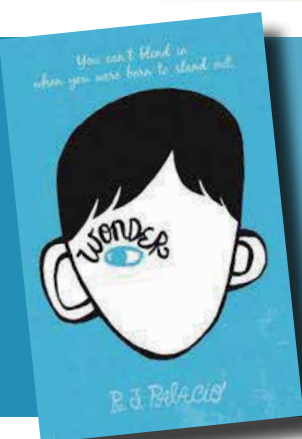
Once again from the storytelling charm of Roald Dahl comes the quirky tale of *Matilda*, a gifted four-year-old girl who is seen as nothing but a nuisance and is treated poorly by her parents. Matilda falls in love with the local library and teaches herself to read, further infuriating her folks. The film's protagonist soon realizes she possesses the power of telekinesis, and proceeds to use her intellect and skills to devise elaborate practical jokes, gaining much satisfaction in righting the wrongs around her.

The 1996 film adaptation is slightly slapstick and thoroughly entertaining. Kids will giggle as they witness Matilda's pranks come to life, and will celebrate her perseverance as she battles her way to happiness.

### ***A Series of Unfortunate Events*** Age 9+

Written by author Daniel Handler under the pen name Lemony Snicket, *A Series of Unfortunate Events* is a little dark but extremely enjoyable. The 13-book series follows the adventures of three young siblings who are left orphaned by a fire in their mansion and sent to live with a scheming relative.

The 2004 film *Lemony Snicket's A Series of Unfortunate Events* stars the consummate entertainer, Jim Carrey, with its eccentric and quirky storyline a perfect vehicle and visual treat that brings together the stories from books one to three. Look out also for a Netflix series starring Neil Patrick Harris for die-hard fans.



### ***Wonder*** Age 10+

This beautifully written book by R.J. Palacio goes straight to the heart of every child who appreciates the insight that it takes to be compassionate and kind towards those with physical differences. August 'Augie' Pullman, the book's protagonist, is beset with a facial deformity due to Treacher Collins syndrome. Throughout the book, various family and friends narrate his struggles to attend school and the impact of his condition on the lives of everyone around him. This story will leave an impression on all readers to better understand the role they play in anyone's journey, and the meaning of genuine friendship.

Augie is superbly portrayed on screen by Jacob Tremblay, and the stellar cast including Julie Roberts and Owen Wilson has us captivated from the beginning. The raw emotions played out on film paint a heartwarming picture of what it means to live a life of dignified courage.

CATS  
猫

## CATS

## the Musical

Prowling onto the Shanghai Stage this Summer

By Erica Martin

When T.S. Eliot penned a series of poems about cats for his godchildren in 1939, he couldn't have known what profound cultural significance the jocular little book could have nearly a century later.

Though relatively obscure and decidedly silly compared to some of his other works, *Old Possum's Book of Practical Cats* inspired six-time Tony winner and musical theater impresario Andrew Lloyd Webber (*The Phantom of the Opera*, *Evita*, *Jesus Christ Superstar*), to compose one of the most enduring and universally successful musicals of all time.

First staged in the West End in 1981, *Cats* blew audiences away with its breathtaking dance sequences and Lloyd Webber's memorable tunes paired with lyrics adapted directly from Eliot's poetry.

Staged in a moonlit back alley, with tires and discarded washing machines strewn about, the show begins as the ensemble of *Cats* creep onto the stage from all corners of the theater. The orchestra then kicks up the spine-tingling

opening theme, like a cat's footsteps as it tiptoes along a fence.

A bit of an open mind is required to get into the premise. It centers around a tribe of 'Jellicle cats' (a word invented by Eliot) celebrating their annual meet-up in the alley. What follows is a series of quirky reflections on cats' interior lives, what they're thinking about while staring out the window for five hours, or why they knocked over all the stuff on your dresser for no reason.

The musical has a loose story structure; it's less of a linear narrative and more of a vaudeville-style variety show, as characters like lovable rogue Rum Tum Tugger and Mr. Mistoffelees the original Conjuring Cat each introduce themselves via an unforgettable theme song dreamed up by Webber.

The fluid plot does center on one character, however: the mysterious, aging former dancer Grizabella the Glamour Cat. In a role originated by acting royalty Elaine Paige, Grizabella is the only character who doesn't appear in the *Book of Practical Cats*; instead,

Lloyd Webber based her on a woman Eliot describes in his poem 'Rhapsody on a Windy Night.'

'Memory,' her attempt at redemption and the climax of the show, is *Cats*' most famous song and one of the most iconic show tunes of all time, which has been covered by everyone from Barbra Streisand to Barry Manilow.

*Cats* will come to Shanghai this June, and attendees should expect audience participation; after all, it's impossible to keep a cat contained to one room or stage.

Though the show has delighted cat lovers throughout its record-breaking run, it's not the sole reason the musical has endured. These characters have resonated for decades mainly because their personalities feel so relatable that they seem far more human than cat.



June 6-16, 7.30pm; RMB280-1,280. Shanghai Culture Square, 597 Fuxing Lu, by Shaanxi Nan Lu, 复兴路597号, 近陕西南路. To book tickets, scan the QR code.



# URBAN GROOVES

## Tunes to Put a Spring in Your Step

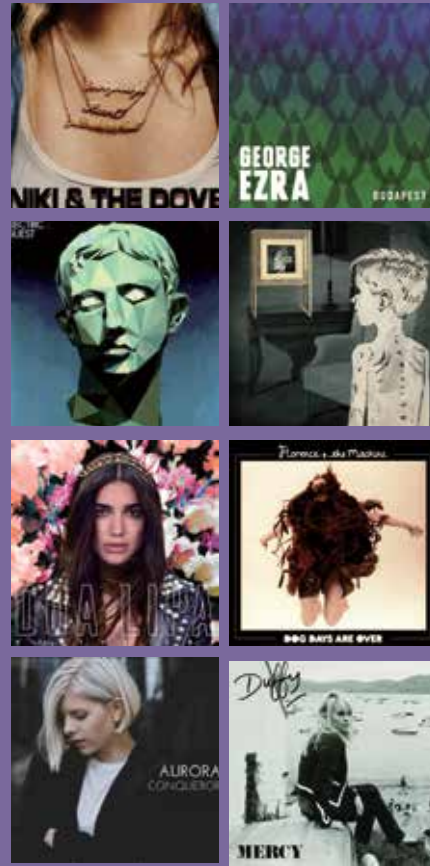
By Natalie Foxwell



Our 'Tunes for Goodness' playlist includes 12 songs to help kick-start a great day. Scan the QR code to hear our positive melodies, sing along and send out some positivity into the world.



-  'Give A Little Bit' - Supertramp
-  'Lullaby' - Paloma Faith
-  'Glory and Gore' - Lorde
-  'All I Need' - Radiohead
-  'Safe and Holy' - Christine and the Queens
-  'Fast Slow Disco' - St. Vincent
-  'Let Me Down Slowly' - Alex Benjamin
-  'Getting Away With It (All Messed Up)' - James
-  'Do I Wanna Know?' - Arctic Monkeys
-  'That One Thing' - Natasha Kmeto
-  'Safe from Harm' - Massive Attack
-  'You're Not Alone' - Olive



**Jacuzzi** INFRARED SAUNAS

## ENJOY AMERICA'S MOST POPULAR SAUNA IN CHINA

Jacuzzi® infrared saunas are really popular in America and the demand for them keeps growing strong. Best of all you can get them right here in China.

Rather than steam or a "box of hot rocks," Jacuzzi® infrared saunas use infrared spectrums to promote relaxation and other health benefits. Air temperature is less important than the quality of infrared heat. Just warm up your Jacuzzi® Sauna for about 15 minutes and get in. As your body absorbs the infrared heat, your raised core body temperature induces a deep and relaxing sweat. Plus using your infrared sauna at lower temperatures means you can benefit longer.

Over the last twenty years Clearlight Infrared™ - makers of Jacuzzi® Saunas, have dedicated ourselves to finding the best ways to heal the human body. Our True Wave™ Far Infrared and Full Spectrum heaters represent the highest level of technology and innovation, and are engineered to promote physical and emotional well-being.

### Jacuzzi® Saunas help with:

- Detoxification • Stress and fatigue • Muscle aches and joint relief
- Weight loss • Increased metabolism • Immune system boost
- Skin conditions • Appearance of cellulite • Heart health • Diabetes support

Call us in Shanghai at 021.6247.3561

Accommodates 1-5 people. Feel free to visit our showroom in Putuo.

English: [www.infraredsauna.com](http://www.infraredsauna.com)

Chinese: [www.infraredsauna.cn](http://www.infraredsauna.cn)



Premier IS-1 in Cedar



*Shanghai*  
**Battle of the Bands**  
**for Heart to Heart Shanghai**

**Rock'n'Roll to Save a Life**

**Represent your school, or yourselves!**

**Great Prizes for the Winners!**

**Sunday, May 12**

**Email [marketing@urbanatomy.com](mailto:marketing@urbanatomy.com) to register your band.**



Heart to Heart  
SHANGHAI  
上海心连心

[www.hearttoheart.com](http://www.hearttoheart.com)



仁德基金會  
RENDE FOUNDATION

# A Culture of Positivity at Dulwich College Shanghai Pudong

By Neil Crossland, Deputy Head of the Senior School

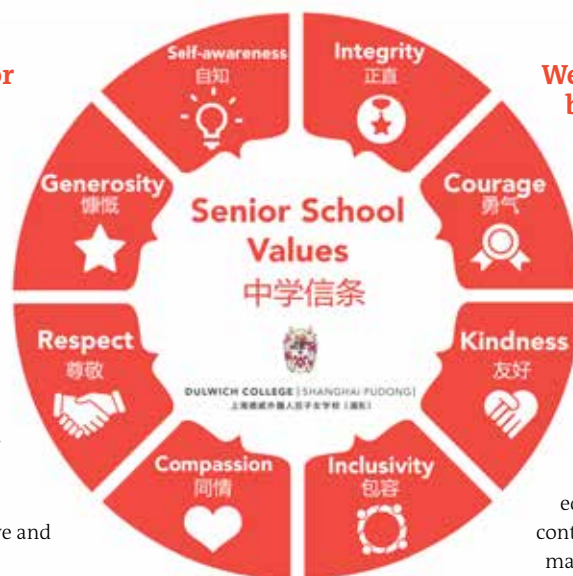
The excellent behavior and attitude demonstrated by students at Dulwich College Shanghai Pudong is an outcome of the positive culture and ethos that is created throughout the college. Our guidance, intervention and teaching encourage students to behave in a way that develops an understanding of themselves and others, as well as build a desire and personal capacity to learn.

Students are encouraged to take responsibility for their personal actions, to understand the importance of positive relationships and to develop a feeling of connectedness in the school community. In any organization relationships are often tested and at worst break down. Our Behavior for Learning approach is 'restorative,' seeking to empower individuals and communities, to safeguard student interests and to restore social capital.

## Recognizing virtuous behavior and academic achievement

Dulwich students are intrinsically motivated to do well and have developed a culture of positivity, focused on achieving the highest learning outcomes. Mechanisms to recognize and reward achievement are 'age appropriate' and delivered sensitively to consider the positive impact on the individual or group.

Students are recognized through our House Point system for demonstrating our College Values in action. House Points are, therefore, relational/process driven. House Points are awarded when 'students go above and beyond what is expected, and in doing so demonstrate one or more of our college values'.



The values we recognize are:

## We aim for learning at Dulwich to be:

**Positive** – where expectations are emphasised.

**Values-driven** – where the process and method of learning are equally as important as the sanction or consequence.

**Restorative** – rather than punitive, focusing on positive relationships between students and other members of our school community.

**Relevant** – to students at all stages of their education and adapted to an international context appropriate for student age or social maturity.

## Restorative Practices

Restorative Justice is an approach that is adopted to defuse and resolve the rare relational issues that students may experience with each other. It is a process where all stakeholders affected by an injustice have an opportunity to discuss how they have been affected, and what reparation is required to resolve the harm. Staff (usually the Head of Year) will meet with students using the language of 'choice and consequences' to deconstruct the relational difficulty. The meeting or conference between all parties aims to 'right the wrongs' of the behavior, and 'repair the damage' specifically focusing on:

**RESPECT** – for everyone by listening to other opinions and learning to value them.

**RESPONSIBILITY** – taking responsibility for their own actions.

**REPAIR** – developing the necessary skills to identify solutions that repair harm and ensure behaviors are not repeated.

**RE-INTEGRATION** – working through a structured, supportive process that aims to solve the problem.

## The Wellbeing of our Community

At Dulwich College Shanghai Pudong, we recognize that positive mental health and wellbeing are essential to the development of a thriving and successful community. It is, therefore, vital to our aims as an organization that we provide high quality mental health and wellbeing support.

Wellbeing is considered in five domains:

**Cognitive:** Belief in the limitless opportunity and endeavour that learning presents.

**Social:** Connectedness with people in our community and beyond.

**Physical:** Actively engaged in activities that support healthy and optimal living.

**Spiritual:** Mindful of the present moment, finding meaning and purpose in life.

**Emotional:** Using positive emotion to reflect with gratitude, enabling us (and others) to flourish in our community.



Our understanding of wellbeing is evident in the way we talk to students and each other, the behaviors we model and the core values we transmit. It is implicit in our interaction with others, and the professional and moral code that we follow in our college. We aim to unlock potential in each other as well as in those we teach. We continuously self-evaluate and encourage our community to engage in reflective processes so as to develop personal and professional growth.

Dulwich College Shanghai Pudong educates all members of its community to flourish positively in life.



## Our Strategic Pillars

**Students come first**

**One College, Many Campuses**

**Pioneering Spirit**

At Dulwich College Shanghai Pudong this means:

**Students Come First**

Student development is prioritized through challenging programs within our safe and respectful environment, which nurtures their overall wellbeing, enabling them to achieve their academic potential.

**One College, Many Campuses**

Students, staff and parents work collaboratively in our diverse and international community, in order to have a global perspective and be positive, compassionate contributors to society.

**Pioneering Spirit**

Students have open and inquiring minds, and are encouraged to be creative, innovative and reflective. As a result, students develop the knowledge, the courage and the resilience to contribute effectively and confidently to an ever-changing world.



**Neil Crossland** is Deputy Head of the Senior School at Dulwich College Shanghai Pudong, and a passionate leader of holistic learning and values driven education. As an experienced and well qualified senior leader both in the UK (National Professional Qualification for Headship), and overseas (International Leadership and Management Programme), Neil is currently leading a high performing team at Dulwich Pudong developing the Secondary School learning programme with specific responsibility for Pastoral education, holistic learning and student safeguarding. Neil, by his own admission, has had a rich and diverse journey as an international educator, guided by a strong sense of moral value and purpose - a journey that he would want for all students at Dulwich College Shanghai Pudong.

# Education is About Discovery

## Concordia International School Shanghai

By Genevieve Ermeling, Assistant Head for Teaching & Learning at



At Concordia International School Shanghai, each enrolled child is seen as a unique gift to our community. Our shared values define the interaction and direction of our whole community. We strive to treat each other and our students with care, respect and equality. The administration, faculty and parents are active partners in ensuring that the entire family's experience as part of the community is a positive and lasting one.

We believe that education is about discovery. We want everyone in our community to discover more about themselves and the world around them during their time at Concordia. It's not simply about grades; it is about the whole person. Therefore, we have designed the school experience around our student learning goals, allowing us to keep our eye on the longterm growth of students as they become insightful learners, effective communicators, active global citizens, reflective spiritual beings and principle-centered leaders and team members.

Concordia educators intentionally look for ways to foster deeper learning, a type of processing and learning marked by a student's ability to transfer what they have learned to new situations. Our academic approach can be summed up as "deeper learning wrapped in relationships." Because we believe relationships feed collaboration and personalization, we tailor what we teach to who we teach.

Whether it's in the classroom, on the field or on the stage, students are afforded countless opportunities to hone their skills and talents in pursuit of their passions. Additionally, we encourage students to look beyond themselves and learn about the talents and needs of others, asking the question, "How might we work together to lead change?"

By encouraging students to find their own unique balance and by supporting them as they pursue personal excellence, we find that amazing things happen.

As a result, Concordia students take away the experience of having tried their hand at many things, from athletics and fine arts to educational travel and service, gaining mastery



as they delve deeper, and building confidence in their ability to adapt and learn new skills.

We find that authentic application encourages academic vitality by providing students opportunities to explore the connections between their academic studies and real world endeavors. While such opportunities are found throughout the school, applied learning courses are purposefully integrated into the high school program. Patterned after college-level courses, our applied learning classes offer high levels of academic rigor that value depth over breadth and require students to apply higher-order thinking skills.

Deep roots allow trees to grow tall and weather

many storms. Likewise, our intentional approach to developing a deep root system of cognitive, intrapersonal and interpersonal skills in our students allows them to grow through challenges and get ready to lead in a complex and dynamic world.



**Genevieve Ermeling** is the assistant head of school for Teaching & Learning at Concordia International School Shanghai. She is inspired by the rich history right outside our school walls

that affords students an opportunity to explore China and experience deeper learning.



**That's making your life easier!**

**[www.thmart.com.cn](http://www.thmart.com.cn)**





# Approach to Education

## The British International School Shanghai Puxi

Written by Mr. Edward Beechey, Assistant Headteacher (Curriculum)

**A**t The British International School Shanghai Puxi, the Da Vinci Centre and the Hamilton Innovation Centre lie at the heart of our Primary and Secondary campuses, giving students of all ages the opportunity to solve real world problems using science, engineering, arts and technology. Our collaboration with MIT allows us to create a world-class academic framework as well as giving students practical STEAM-related challenges to solve.

In our regular 'challenge weeks,' whole year groups come together to design, prototype and fabricate new technologies in response to real life problems. The design of the centers allows students to develop their 'dirty' and 'clean' fabrication skills in the Fablab and Maker-Space, engineer and code in the Computing and Robotics Suite and develop their design and editing skills in the Graphics Suite, the Cinema and TV Studio. The fact that this takes place under one roof allows our students to develop an understanding of the Design Thinking Process that underpins our vision for STEAM.

Our Year 9 students recently came together to investigate ways in which the science of animal adaptations and wearable technologies can boost human performance. However, this investigation was complimented by a series of tailored units of work across the school. For example, in PE students worked with our resident Olympic gold medallist, Marlon

Devonish, to learn about how he used wearable technologies to boost his performance. As a former elite athlete, Marlon worked closely with the academic staff and students to give real world examples of how wearable technologies are applied in training and competition.

Our Primary & Secondary innovation centers and our partnership with MIT allow us to deliver a truly world-class STEAM curriculum to our students. Our STEAM challenge weeks at the school, with our partners Nord Anglia schools in Asia and at MIT in the US give our students an unprecedented opportunity to explore, to understand and to solve real world problems using STEAM.



**Edward** has worked in China for seven years, predominantly teaching History and Theory of Knowledge. Edward also works closely with Nord Anglia's STEAM partners MIT to create an in-depth STEAM program that allows students to solve real world problems.





# Britannica

By David Goodwin, Principal Britannica International School, Shanghai

**W**ith China's fast paced change has come a change in the values that China's middle income and high income earners are seeking in the education provision for their children. Ten years ago, China couldn't get enough of Western values and what parents thought they had, which was a desire to Westernise their families and in particular their children through international education. International Education was the perfect addition to the Gucci handbag, Prada shoes and a holiday in Paris. As a result, international schools in Shanghai and Beijing bloomed. Already established and newly established educational providers started to flood the two cities, expanding their historic provision for Western expats to now include the Chinese market. Ten years later, we can now see a major change in thinking with Shanghai's Chinese parents. As Chinese nationals have moved around the world, either as expats themselves, on business trips or as tourists, the recognition and value that China had historically placed on its own culture and language has come back into focus and its view of the Westernisation of its children has become far more refined. As one mum stated to me last month, "Yes, we want our child to become fluent in English and learn how to be a global leader, but we also want our child to maintain their high level of Chinese language and an understanding and appreciation for the culture and background that they come from." This refining of Chinese parents' desires and aspirations for their children can now be seen in the backlash to international education and the rise of the bilingual school in Shanghai. In the past couple of years many international schools in the city have seen falling roles, or at the best

they have plateaued. Schools that are struggling are clambering for the few students around with discounted 'end-of-season sale' school places, while others are actually closing down classrooms or throwing millions into campus development to secure extra pupils on a non-profit basis, with the knowledge that it will take years to repay the new investment. For those who are and can be more creative, they are listening carefully to what the market is telling them. Pedagogically, it is important for children to retain their native language. It is also important that children understand their cultural identity and have roots. This won't stop them from being effective global players when they eventually graduate into the adult world. Creative international schools will respond to this by reviewing their academic and co-curriculum and embracing this change. Britannica has always been a school with a focus on personalizing for each child's individual needs. It now has a native language program that embraces nine languages, including extra provisions for native Mandarin speakers. Britannica's compulsory After School Programme has over 100 activities every week, including many activities directed at expanding cultural awareness, diversity and for those who want it a focus on Chinese culture and history. Its academic curriculum has been adapted to marry together the English National Curriculum with its environmental context of being taught in China. Schools like Britannica



provide the perfect choice for true international parents.– A solid British style curriculum school with a truly global outlook and one that thoroughly meets the needs of English non-native learners.



**David Goodwin** has been leading Britannica International School in Gubei for the last five years. Previously he was Head of School at both the British School in Colombo, Sri

Lanka and Harrow International School, Beijing.



### Wellington College IB Diploma Programme

Wellington College is pleased to offer a limited number of external academic scholarships for prospective pupils joining their IB Diploma Programme for the 2019/20 academic year. Candidates will be awarded scholarships based upon their academic prowess, potential, commitment and values. The qualities Wellington seeks in a scholar are those of academic ability, intellectual curiosity, independent thought, strength of character, and an international outlook. Awards of between 25-100% of tuition fees will be made by our scholarship panel. Interested applicants should send a scholarship enquiry email to [rachel.chadwick@wellingtoncollege.cn](mailto:rachel.chadwick@wellingtoncollege.cn) to obtain the necessary application forms, with a deadline for applications Friday, May 3.



### Dulwich Hosts First Tech Challenge Robotics Tournament

Dulwich College Shanghai Pudong team became a contestant in the First Tech Challenge robotics competition in February. Year 10 Pupil Curtis said, "Our team was introduced to a wide range of talented teams who brought their robot that they created. Our robot encountered some problems that were challenging to solve. I think our biggest strength was that our team cooperated well, so we were able to make some fine changes on our robot with the limited time given between competitions ... In my opinion, one of our major takeaways is recognizing the importance of communication and collaboration; it's really important to communicate within the team alliance, because even with the most basic robot, strategies can be an absolute game changer."



### HD Shanghai Bilingual School host AI Meeting

On March 21, HD Shanghai Bilingual School hosted a meeting on the topic of 'Student Education in the Era of Artificial Intelligence'. The forum invited Dr. Jiang Li, Executive Director of Stanford AIRE (AI Robotic and Education) and Co-Chair of SUGAR Alliance (The largest global design thinking program), to have a meeting with parents and their children for sharing the 'Educational Trend in the AI Times'. Ms. Tang Lanlan, graduated with Masters from Stanford University and the Communication University of China and the author of the Best-selling book *How to Raise a Visionary Child*, also gave a speech 'How to Cultivate Children's Overall Quality Adaptive to the Future'. The lecture and Q&A session lasted four hours, and nearly 300 parents attended the meeting.

### WISS University Acceptances





## APR 26-27: DER ELEFANTENPUPS

Looking for a family-friendly activity to do this spring? Look no further than *Der Elefantenspups*. The story is about animals in the zoo that choose different musical instruments according to their physical features and ultimately become a symphony orchestra.

Fri Apr 26, 7.30pm. Sat Apr 27, 10.30am. RMB180-380. Shanghai City Theatre, 4889 Dushi Lu, by Mingdu Lu 都市路4889号, 近名都路.



## MAY 24: DER ELEFANTENPUPS - EIN TIERISCHER GEHEIMPLAN

If you're looking for a fun, interactive and kid-friendly event, you're in luck! The music-filled *Der Elefantenspups - Ein Tierischer Geheimplan* will be held at ET Space on May 24-25. This time around, a new animal joins the zoo: a young female panda named Mei Yue. Being in a new place means she's suffering from homesickness and would do anything to be able to return home to China. The zoo animals work together and hatch a secret plan to cheer up Mei Yue. They make music for her with their instruments. In the end, the panda cub is able to happily settle into her new home with her new friends. Throughout the journey, kids can learn about various musical instruments and their unique timbres through a fun and sweet story. Your little ones are sure to love it!

May 24, 7.30pm / May 25, 10.30am & 3.30pm; RMB120-380. ET Space, 433 Yan'an Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路.



## MAY 4-5: MAGIC DRAMA: ONE STARRY NIGHT: OUT OF THE BLUE

This magical event is the perfect way to introduce your little ones to the world of art, music and culture. *One Starry Night: Out of the Blue* takes you and your family on a journey filled with art, music and education. By exploring such a fun and joy-filled environment, your children will be inspired to explore the beauty of art and music.

May 4-5, 10.30am & 3.30pm. RMB180-380. Lyceum Theatre, 57 Maoming Nan Lu, by Changle Lu 茂名南路57号, 近长乐路.



## MAY 3-5: SHANGHAI LONGINES GLOBAL CHAMPIONS TOUR

The Longines Global Champions Tour is one of the most prestigious equestrian events in the world. During the global tour, jumping horses from Europe and the Americas compete in cities all around the world. Every year, the world's top riders and nearly 100 top horses attend the Shanghai Longines Global Champions Tour. The three-day event will attract over 25,000 people and, just like last year, the China (Shanghai) International Horse Fair will be held at the same time for those who'd like to check it out.

May 3-5, RMB180-670. Shanghai World Expo Equestrian Park, Hongshan Lu, by Xueye Lu 洪山路, 近雪野路





## MAY 15: JASON MRAZ

Multiple Grammy Award winning artist Jason Mraz is bringing his Good Vibes Tour to Shanghai. Coming onto the scene in the early-2000s, the California-native quickly became known for his soulful folk-pop such as 'I'm Yours' and 'I Won't Give Up.' Over the years, he has won various awards and honors. Don't miss your chance at his exclusive one-night only concert.

Wed May 15, 8pm. RMB480-1,580. Mercedes-Benz Arena, 1200 Shibo Dadao, by Yaohua Lu 世博大道1200号, 近耀华路.



## JUNE 2: ST. KILDA FC TAKES VS PORT ADELAIDE

Expect hip 'n' shoulders, speedsters and sausage rolls galore in this hardball of a game. With both teams on the up after a quiet few seasons of rebuilding, this'll be a real humdinger as both sides keep their eyes on the prize: the granny, the Grand Final at the MCG in September. Whether you're new to the game and looking for a whopper of an introduction to AFL, a devout Saint, or a diehard Prison Bar there's only one place to be this June 2.

Sun June 2, 12.20pm; RMB100-2,980. Adelaide Arena at Jiangwan Stadium, 346 Guohe Lu, by Zhengli Lu 国和路346号, 近政立路



## MAY 26: EMMA THE SNAIL

If you're looking for something fun to do with your little ones, this might just be the perfect event. It's a touching, bilingual German-English tale of a snail named Emma who wants nothing more than to find a new home. Unhappy with her current broken home, she starts a long and adventurous journey for a perfect replacement. She is finally able to find the perfect home in the most unlikely place. It's fun for the whole family.

Sun May 26, 10.30am 3.30pm. RMB180-480. ET Space, 433 Yan'an Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路.



## JUN 9-16: CATS THE MUSICAL

*CATS* is one of the longest-running shows in West End and Broadway history. Since its premiere, it has been presented in over 30 countries, translated into 15 languages and seen by over 73 million people worldwide. And in June it's headed right here to Shanghai.

Jun 9-16, 2pm or 7.30pm. RMB880-1,280. SAIC Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路.



## JUL 11-14: PAW PATROL LIVE! RACE TO THE RESCUE

Based on everybody's favorite animated TV series on *Nickelodeon*, PAW Patrol Live! Race to the Rescue brings everybody's favorite pups to the stage for an action-packed musical adventure. PAW Patrol Live! is not only fun and entertaining, but the shows share lessons about social skills, problem solving and teamwork. The performances feature up-tempo music and captivating stories perfect for kids.

July 11-14, times vary; RMB280-580. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路.



## ALL MONTH: PEPPA PIG WORLD OF PLAY

Peppa Pig World of Play is an indoor theme park built specially for preschoolers and their families. With 10 different play areas, children can immerse themselves in specific scenes and locations from the *Peppa Pig TV series*. This is an excellent choice for Peppa fans, young and old, to enjoy a special adventure with all the characters from the show.

10am-7pm (Mon-Fri), 10am-8pm (Sat-Sun). One adult plus one child: RMB158 Mon-Fri, RMB210 Sat-Sun; Additional adult: RMB50 Mon-Fri, RMB70 Sat-Sun; Additional child: RMB100 Mon-Fri, RMB140 Sat-Sun. Peppa Pig World of Play, 32, 3/F, LCM, No. 2, Lane 389, Zhangyang Lu, by Gushan Lu 张杨路2389弄2号 LCM置汇旭辉广场3F-32, 近崑山路.



## ALL MONTH: ERA - INTERSECTION OF TIME

ERA, the stunning acrobatic extravaganza which has accompanied locals and foreigners for over 13 years, has returned in an all-new venue. With updated settings and equipment, the show will continue to put smiles on the faces of those who come to the performance and is slated to usher in a new era.

7.30pm, RMB180-580. ERA Castle, 2801 Gonghe Xin Lu, by Lingshi Lu 共和新路2801号, 近灵石路.



## ALL MONTH: SPIRAL: SHANGHAI ACROBATIC SHOW

This popular acrobatic show, produced and performed by the talents behind the Shanghai Acrobatic Troupe, is an unmissable event for families in Shanghai. The nuanced performance tells the tale of the city's ever-changing landscape and is conveyed through thrilling moves like trapeze and tightrope walking — bound to wow the whole family.

7.30pm; RMB180-380. Shanghai Center Theater. 1376 Nanjing Xi Lu, by Xi Kang Lu 南京西路1376号, 近西康路.

## EDUCATION

### Kindergartens

**Apple Montessori** 899 South Yang Gao Road 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 Jujiaqiao Lu 博山东路169号, 近居家桥路 (5850 6698, www.shsjx.com)

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

**Dulwich College Shanghai Pudong Kindergarten** 425 Lan'an Lu, by Biyun Lu 蓝桉路425号, 近碧云路 (3896 1300, shanghai-pudong.dulwich.org)

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

**Happy Bridge Kindergarten** 489 Huaiyin Lu, by 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)

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

**Montessori Children's House** English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu, by Yunshan Lu

and Yunshan Lu 灵山路56号, 近银山路和云山路

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

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

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

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

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

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

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

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

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

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

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

### International Schools

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

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

by Lansong Lu 高西路588号, 近兰高路 (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@bisspxi.com)

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

**Capistrano Valley China SH School** 390 Dong Ti Yu Hui Lu 东体育会路390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** 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 Pudong** 266 Lan'an Lu, by Mingyue Lu 蓝桉路266号, 近明月路 (3896 1200, shanghai-pudong.dulwich.org, 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 Pudong Campus:** 1600 Lingbai Gong Lu 凌白公路1600号 (6221 1445, www.saschina.org) Puxi Campus: 258 Jinfeng Lu, by Beiqing Gong Lu 金丰路258号, 近北青公路 (6221 1445, www.saschina.org)

**Shanghai Community International School** 1) Hongqiao Campus: 1161 Hongqiao Lu 虹桥路1161号 (Tel: 6261-4338) 2) Hongqiao ECE Campus: 2212 Hongqiao Lu 虹桥路2212号 (Tel: 6295-1222) 3) Pudong Campus: 198 Hengqiao Lu 横桥路198号 (Tel: 5812-9888) www.scis-his.org admission@scis-his.org

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

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

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

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

**Yew Chung International School of Shanghai** 1) Ronghua Campus: 59 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道59号, 近水城南路 2) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 3) Gubei Campus: 18 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道18号, 近水城南路 4) Regency Park Campus: 1817 Huamu Lu, by Liushan Lu 花木路1817号, 近柳杉路 5) Century Park Campus: 1433 Dongxiu Lu, by Jinhe Lu 东绣路1433号, 近锦和路 (Tel. 2226 7666, www.ycis-sh.com, enquiry@sh.ycef.com)

**YK Pao School** 20, 1251 Wuding Xi Lu 武定西路1251弄20号 (6167 1999, www.ykpaoschool.cn)

### FAMILY FUN

**JJMAX Party Zone** Originally known for their tremendous amount of bouncy castles, this carnival game and event-planning company also focuses on birthday parties. Now JJMAX has their own venue, JJMAX Party Zone can hold family fun day events, workshops and birthdays. Since opening there has already been several events held, Christmas Party, kids workshop and of course, birthday party. Their 600 meter square space can fit up to 200 people with outdoors and indoor facilities. JJMAX Party Zone delivers a safe, spacious and open venue for anyone that wants to hold their party or event. A spacious nice venue for your event in Jinqiao. Website: www.jj-maxplanner.cn or www.jj-max.com Email: info@jj-max.com Address: Greenhills Clubhouse 1, 418 East Jinxiu Road Jinqiao - Pudong 地址: 云间绿大地 1号会所, 锦绣东路418号 金桥 - 浦东 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 Lujiuzui 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**  
Jiahui Health  
JIAHUI HEALTH  
Jiahui Health

**INTERNATIONAL HEALTHCARE ON YOUR DOOR STEP**

400 868 3000

**Jiahui International Hospital**  
Mon - Sun, 24 h  
689 Guiping Lu, by Qinjiang Lu

**Jiahui Health (Yangpu)**  
Mon - Sat, 9am - 6pm  
1F/2F, Suite 3, 99 Jiangwan Cheng Lu, by Yingao Dong Lu

**Jiahui Health (Jing'an)**  
Mon - Sat, 9am - 6pm  
Suite 101, 88 Changshu Lu, by Changle Lu

Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness center. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art **Emergency Unit** at Jiahui International Hospital, we offer **full-spectrum 24h medical services**, including a fully equipped **rabies clinic** able to provide the pre- and post-exposure rabies vaccines. 1) Mon-Sun, 24h, Jiahui International Hospital, 689 Guiping Lu, by Qinjiang Lu 2) Mon-Sat, 9am-6pm, Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiangwan Cheng Lu, by Yingao Dong Lu 3) Mon-Sat, 9am-6pm, Jiahui Clinic (Jing'an), Suite 101, 88 Changshu Lu, by Changle Lu (4008683000) 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 枫桦路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 the 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 to Sun 9am-5pm. 127 Caoxi Lu (5489 3781, www.renaihospital.com) 漕溪路127号

**YOSEMITE CLINIC**  
优仕美地医疗  
Inspected Care. Exceptional Service

Appointment & Information, please call  
**4008-500-911**  
WALK-INS WELCOME

B1-1F, 1398 Fangdian Road, Pudong, Shanghai  
(Only 5 Minutes Walk From Kerry Parkside)  
Opening Hours: Mon - Fri: 9am - 11pm  
Sat - Sun: 9am - 5pm

**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 hours: 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)

### Dentistry

**Jiahui Health** Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless

dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. 1) Mon-Sun, 24h, Jiahui International Hospital, 689 Guiping Lu, by Qinjiang Lu 2) Mon-Sat, 9am-6pm, Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiangwan Cheng Lu, by Yingao Dong Lu 3) Mon-Sat, 9am-6pm, Jiahui Clinic (Jing'an), Suite 101, 88 Changshu Lu, by Changle Lu (4008683000) 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)

### 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)

## 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 mache, applique to ceramic painting, there is sure to be something for every child to enjoy! RMB250 per class (1 1/2 hours, including snacks) or RMB2,300 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 that focuses on cultivating interest in music with an international teaching team.

Our team consists of world-class musicians who have graduated from the world's top music universities. Concord offers one-on-one lessons and group classes for a wide variety of instruments for children ages 4-12 and adults 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 Shanxi Nan Lu (5456 1318) 2) 206 Xinle Lu, by Fumin Lu (5403 9982) 3) L119, 1378 Huamu Lu, by Fangdian Lu (2025 2308) 4) 193 Jiaozhou Lu, by Xinzha Lu (5213 5778) 5) LG2-47 IFC, 8 Shiji Dadao, by Lujiuzui Huan Lu (6878 5008) 6) 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) 胶州路193号, 近新闻路 5) 世纪大道8号国金中心LG2-47, 近陆家嘴环路 6) 碧云路616号, 近云山路 7) 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

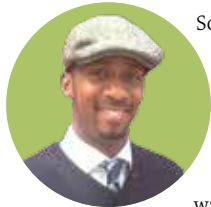
**Orchid Massage** 1) Huaihai Branch - 216 Jinxian Lu, by Shaanxi Nan Lu 2) Xintiandi Branch - B1-06, 388 Madang Lu, by Hefei Lu 3) Huamu Branch - 1029 Meihua Lu, by Yinxiao Lu 1) 进贤路216号, 近陕西南路 (6267 0235); 2) 马当路388号地下一层B1-06, 近合肥路 (6331 3188); 3) 梅花路1029号, 近银霄路 (5080 6186)

**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

## Open letter to family and friends about how we raise our kids abroad

By Leonard Stanley



So recently I had a conversation with my wife about something that had her quite upset. Now, luckily for me, it wasn't anything that I had done to rile her up... this time! Rather, it was a conversation she had with a family member of hers that is planning a visit to Shanghai in the near future.

Unfortunately, when discussing the details of the trip, the conversation took an unexpected, but all too familiar turn. The family member, who currently does not have any children of her own, made a comment along the lines of how she could never raise a child here in China, and proceeded to give a litany of reasons as to why it is detrimental to the child to have them so far away from what she considered a familiar environment.

To be specific, the family member was referring to the perceived challenges of raising a kid in a situation where they are the only representative of their culture. Now, I will admit there is some merit to this position (and I will get to that later) but a conversation about the pros and cons of raising your child abroad should be nuanced and free from judgment.

Furthermore, having people, family or not, who have limited travel experience outside of

their home country, and who very often have zero understanding of being an expat, weigh in on your life choices can be frustrating, to say the least. I understand that, and would assume that most of us in the expat community can relate on some level to having this discussion. Ok, but what do we do when the conversation arises?

First, try and assess intent. Is the person with whom you are speaking trying to be offensive or supportive? Are they simply trying to communicate their anxiety or challenge your parenting prowess? Whatever messages they are attempting to convey, try not to take the conversation personal. Again, I admit that may be challenging. However, you should look at the situation for what it is, an attempt at communication.

Most of the time you will find that a person who is sharing unsolicited commentary about what they would do with their hypothetical children is simply trying to communicate their anxiety about raising another human being. It is for that reason that I do not recommend taking offense or becoming combative.

Simply look at the meaning behind their words, and if you choose to respond, do so in a way that informs rather than confronts. Point out the inherent advantages, while not completely ignoring their claims. This will

provide them with the feeling of being heard, which everyone appreciates, while opening them up to another perspective that they may have not considered. I call this the give a little to get a lot approach. Concede a point only to deliver a more salient one.

Discuss the idea that familiarity is relative, and it is entirely dependent on the amount of time an individual spends in a certain environment. What was familiar to you growing up may very well be as unfamiliar as can be to your children. Highlight the fact that an international education is one of the best educations a child can receive. The argument should be made that you are actually doing your child a great service.

Lastly, in response to being the only representative of their culture, I would offer two rebuttals. The first of which is the fact that they could potentially encounter that exact same experience in their home country. Secondly, with international education the probability that your child may not be the only one representing their culture, but a significant number of their peers may also be child ambassadors for their culture is pretty high.

International schools can be as diverse an environment possible for kids. Being far away from home has advantages and disadvantages alike, and most children will share the common experience of being foreign. If everyone is different, then we are all the same.

# 首届中国古诗词 插画征集大赛

Inaugural Illustration Contest for Classical Chinese Poetry

首届“古诗词插画征集大赛”即将开始报名啦~

Registration for the first ever Illustration Contest for  
Classical Chinese Poetry is about to begin!

参赛对象：全国中小学校在校学生（不限国籍）

Who Can Participate: Open to students of all nationalities

小学组  
(1-5年级)  
Elementary school students  
(grades 1-5)

初中组  
(6-9年级)  
Junior high school students  
(grades 6-9)

高中组  
(10-12年级)  
High school students  
(grades 10-12)

## 参赛流程

Contest Process



公开报名  
Registration



作品投稿  
Submission of works



线上投票  
及评选环节  
Online voting  
and selection



结果颁布  
Results announced



颁奖活动  
Awards



合作咨询 Enquiries: 400-820-8428 sales@urbanatomy.com



国际传播出版社  
China Intercontinental Press

that's

URBANATOMY®

# Encouragement. It's in our DNA.

*“It's great to see students using effective communication to encourage one another to reach new heights.”*

*-S.Dwyer, PE & health teacher and athletic coach*



Concordia empowers students through a holistic and rigorous American education. Our students find rising to challenges much easier with a supportive community behind them. Life success starts at Concordia.

**Come rise with us.**



**Concordia**  
INTERNATIONAL SCHOOL SHANGHAI

上海协和国际外籍人员子女学校