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PRD

BACK - TO - SCHOOL

The Education Issue

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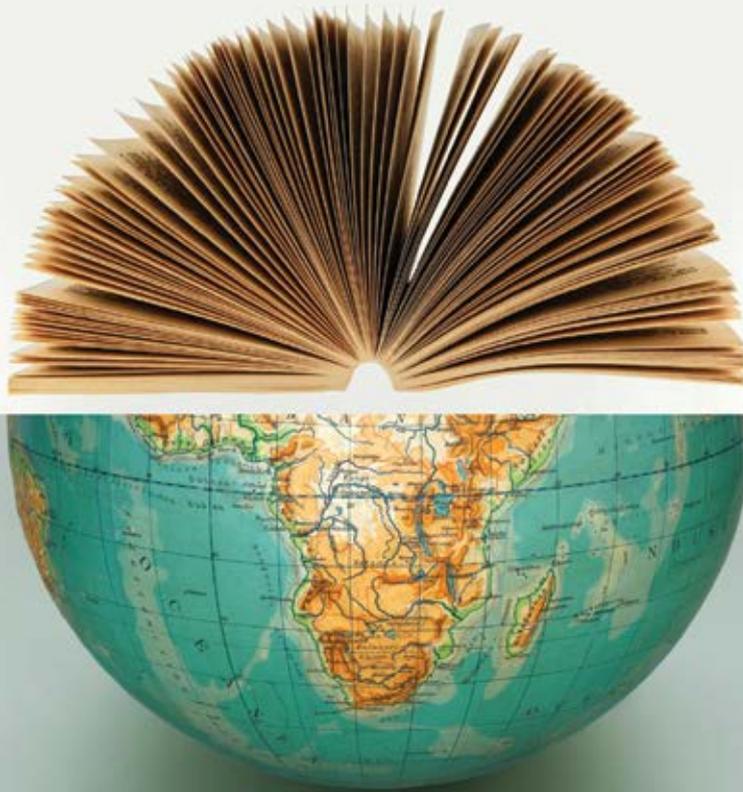
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Cover Story: Meet The PRD Heads of Schools

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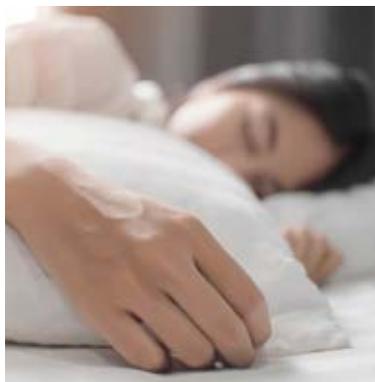
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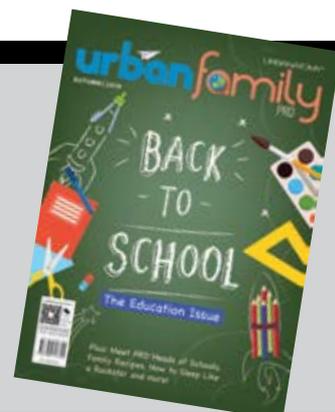
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12 Tips to Encourage your
Child to Read



THIS MONTH'S COVER

has been designed by Cilla Yang.



随音像制品发行

EDITOR'S NOTE



Happy autumn, everyone! Welcome, or welcome back, to the PRD! I hope you had a wonderful, whimsical summer and were able to take some time off for glorious travel, rest and relaxation. This summer, we spent time back in Singapore where I was born. Seeing family is always a treat and going back to places that I frequented as a child never gets old. That being said, I am glad to be back home in China, ready for a new school year. For me, this year is particularly different because my littlest one is starting primary school, now making my homework-free evenings a thing of the past. While kids may be lamenting the end of the holidays and a return to the classroom, parents will have plenty to think about, especially when it comes to starting a new academic year. With that in mind, we thought it would be apt and timely to do an education-themed issue, as well as introduce you to a few heads of some of the quality schools in the PRD. After all, nothing is more comforting than knowing that your child is in safe hands. Turn to p26 to read more from some of our talented school leaders in the region.

This issue, we're proud to welcome a couple of new columnists. Lindsay Fine has just moved to Shenzhen from Shanghai, where she was a regular contributor to *Urban Family* in Shanghai, as well as *That's Shanghai*, our sister publications. She shares her favorite go-to-recipes this autumn. They're fast and easy to make, and I am sure that you will love them as much as I do. We also welcome Varya Sanina-Garmroud, who shares with us some original, easy-to-do crafts. As always, there's plenty of fantastic reads, from tips to sleep like a rockstar to how to make your child a better reader. Enjoy our autumn issue!

Lena Gidwani
Editor-in-Chief, *Urban Family*

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You'll Soon Be Able to Commute Via Drone Taxi in Guangzhou



Looking for an alternative route to work? If so, sky lanes will soon be open in Canton. The Guangzhou government recently agreed to terms with EHang, an autonomous aerial vehicle technology company, to bring autopilot aerial taxis to Guangdong's capital, according to Chinese publication *The Economic Observer*. The aim for both parties is to make Guangzhou

the 'first air traffic pilot city' using EHang's fleet of autonomous aerial vehicles. The city plans to open four autopilot routes in 2019 and expand to 11 districts by 2021, EHang CEO Hu Huazhi said in an interview last week. Air routes for the autonomous aircrafts will be point-to-point and controlled via a dispatch center to ensure flight safety. One of the expected landing locations for the new sky taxi service will be near the Canton Tower, a prominent tourist spot in the Southern metropolis. The price tag for commuting via these drone taxis is still not clear, although we could imagine it being sky high at the start. EHang was selected by China's Civil Aviation Administration as the sole pilot company to setup autonomous flying passenger vehicle services in the beginning of the year, according to Techcrunch. The EHang 184, one of their air passenger vehicles, has already carried passengers in Vienna and conducted numerous flights in Guangzhou last year. In May, Shenzhen announced plans of their own to boost the city's transport system by adding helicopters to the mix. Teaming up with European aerospace company Airbus, Shenzhen is aiming to make urban air mobility (UAM) a viable option in the city by the end of this year. Now with Guangzhou in the fold, two major cities in the Greater Bay Area (GBA) look to be transforming their transportation systems – and hopefully for the better.

Marriage Rate Dropping in China, 200 Million Adults are Single



The marriage rate is on the decline in China, with only 10.139 million marriages taking place in 2018, a 4.6% drop over the previous year, according to the Ministry of Civil Affairs. The current

marriage rate dropped to 7.3% (measured as 7.3 per 1,000 total population) in 2018, which is the lowest level in over a decade. A recent national report also revealed that over 200 million Chinese adults are unmarried, with 77 million of them living alone. Statistics compiled by the Ministry of Civil Affairs over the last five years show the steady drop in Chinese marriages. Since 2014, the number of marriages in the country has declined each year by an average of 0.57%. One major factor contributing to the drop in married folks is the increasing rate of divorce in the country. The divorce rate has risen 0.5% over the last five years, reaching 3.2% in 2017 and staying at the same level this past year. In 2018, the Ministry of Civil Affairs handled over 3.81 million divorce cases, while the courts also mediated 640,000 such cases. Changes in marriage trends over the last 30 years are quite profound. For example, in 1990, only 0.6% women aged 30-35 years old were not married. That figure has jumped up to 7% today. And approximately 3.6% more women aged 35-40 years old are still single compared to figures in 1990.

5G Coming to GZ-SZ-HK High-Speed Railway

5G will soon be deployed on one of South China's most popular high-speed rail routes – the Guangzhou-Shenzhen-Hong Kong Express Rail Link. China Mobile announced the joint initiative with Chinese tech darling Huawei



at an event in Hong Kong in August, according to *China Daily*. The entirety of the 141-kilometer railway is expected to have full 5G network coverage. However, few specifics have been provided by either company in regard to the cost of the infrastructure project or a date for when lightning-speed 5G can be expected. One area in which 5G mobile service is expected to improve commuters' experience is when trains pass through tunnels. With 4G technology, Zhang notes, network coverage has a tendency to slow down as the train enters through the route's tunnels, while 5G mobile service is expected to solve that problem. One important thing to note: It's more than likely that your current 4G phone will not support 5G mobile service (as was the case for most 3G phones when the transition to 4G was made earlier this decade). Zhang does, however, mention that Chinese smartphone makers Huawei, Xiaomi and Oppo have already started introducing 5G phones on the market. About one-third of global 5G smartphone shipments are projected to come from China in 2023. Who knows, by the time this latest project is complete, you may already own a 5G handset.

URBANITE EVENTS

Kaiping Tangkou Double Seventh Fair (Supported by **that's** and **urbanfamily**)

The second 'Qixi Fair' was held from August 3 to 4 at Tangkou, Kaiping and attracted more than 10,000 people. Highlights of the event included a market, performances, community activities and a food workshop.



That's x 1664 Blue Tango Night (Supported by **that's** and **urbanfamily**)

A tango night was held by *That's* and the team behind Kronenbourg 1664 Blanc at 8 Faubourg Bar and Terrace on August 7. It was a romantic evening filled with plenty of tango, boozy challenges and awesome prizes, including a hotel stay at the elegant Sofitel Guangzhou Sunrich.



Pool Party at Hard Rock Hotel Shenzhen (Supported by **that's**)

To combat Shenzhen's scorching summer, Hard Rock Hotel Shenzhen hosted a pool party where a free flow of drinks quenched party-goers' thirst, delicious snacks sated their appetite, DJs lightened their spirits and raffle prizes swept them off their feet.



That's x Jing-A Watermelon Championship (Supported by **that's**)

This past month, curious attendees at a series of 'watermelon championship' events held by *That's* and Jing-A Brewing tasted the Beijing-based brewery's brand-new Jing-A Beijing Bikini Watermelon Wheat Beer, while delighting themselves in a watermelon-eating competition and watermelon-balloon-blowing contest. The watermelon-themed event series was held at various venues including Beams and Ergou in Guangzhou, as well as Half Ton Brewery, The Brew and Yi Tang Tap Room in Shenzhen.



URBANITE EVENTS

That's Canton Craft Beer Pub Crawl

(Supported by **that's**)

On Saturday, June 22, *That's* teamed up with Jing-A, Brooklyn Brewery and Grimbergen beer to host the first Guangzhou craft beer pub crawl of the summer. Three buses transported attendees to three different craft suds spots in the city, Party Pier's The Clock as well as Rozz-Tox and The South 12 in Wuyangcun. At each location, boozed-up pub crawlers were treated to ice cold beers (which were essential, due to the ungodly heat) and fun activities, including foosball and Jenga. Stay tuned to *That's* for more info on upcoming beer-focused events.



That's PRD Live Reading Party Spring 2019

(Supported by **that's**)

In celebration of our region's budding poets, novelists and travel writers, our third annual Live Reading Party was held at Conrad Guangzhou's Mg Bar on June 1. Each finalist from our writing contest read his or her piece aloud in front of an audience and panel of judges, including *That's PRD's* editor-in-chief, Matthew Bossons, Guangdong Radio and Television host Hazza and *Urban Family's* editor-in-chief, Lena Gidwani. Thank you to our sponsors Conrad Guangzhou and Vedett.



Urbanites Dragon Boat Cultural Experience Day

(Supported by **that's** and **urbanfamily**)

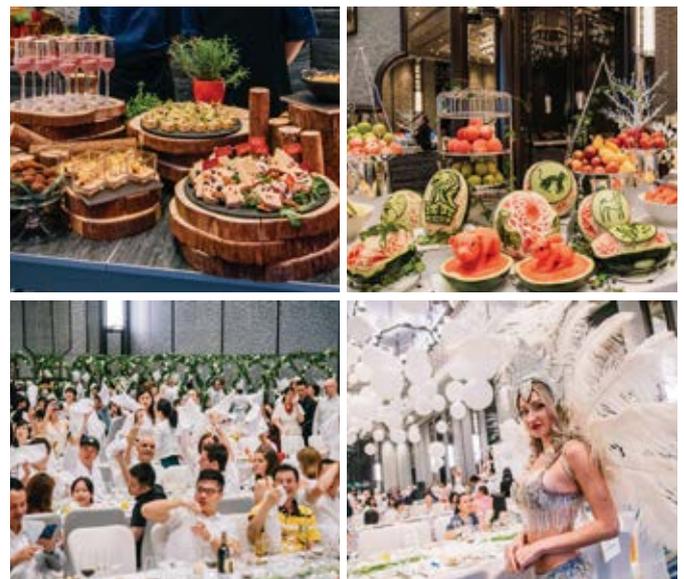
Our very first 'Urbanites Dragon Boat Cultural Experience Day' was successfully held on June 9, with over 30 families joining in the fun at Liede village in Guangzhou. The event was an opportune occasion for the city's expats to learn more about the traditional Chinese festival and South China's Lingnan culture. At the dragon boat race, a local team sponsored by *That's PRD* came in third place. We'd like to extend a big thanks to our sponsors - Conrad Guangzhou, iBorn Clinic, GF. BESPOKE, Suihua Stomatology Hospital and YCHL Fit Studio - for their support!



The Ritz-Carlton, Guangzhou's Third Annual Champagne Awfully Brunch

(Supported by **that's** and **urbanfamily**)

Inspired by the world-renowned Diner en Blanc, the The Ritz-Carlton, Guangzhou's third annual 'Champagne Awfully Brunch' extravaganza returned on June 2, with more than 400 guests and their families indulging in the awesome culinary offerings at the event. Attendees were also entertained by a live band, samba dance and air ballet.



URBANITE EVENTS

2019 Italian National Day

(Supported by **that's** and **urbanfamily**)

The Italian Consulate in Guangzhou held a reception on May 31 at the Four Seasons Hotel Guangzhou to commemorate the 73rd anniversary of the founding of the Italian Republic.



Mother's Day Talk at Whittle School & Studios

(Supported by **that's** and **urbanfamily**)

On May 23, a seminar was held at the Shenzhen Parent Information Centre of Whittle School & Studios, where four outstanding female speakers opened up the dialogue on women pursuing excellence and on how to maximize their full potential.



Frozen-Themed Family Day at Baiao

(Supported by **that's** and **urbanfamily**)

On July 13 and 14, *Urban Family* joined Baiao International Infant Care & Preschool in hosting a *Frozen*-themed family day. Families from Guangzhou gathered at Baiao, where the little ones enjoyed playing with toys, storytelling, a music class and activities at a mini museum. The former president of Guangzhou International Women's Association gave a presentation on Finland's education theory as well as her experience as a parent. We'd like to extend a big thanks to our gift sponsor Kraemer Kids.



French National Day 2019

(Supported by **that's** and **urbanfamily**)

This year's French National Day was commemorated in Guangzhou by fabulous attendees at the Grand Hyatt Guangzhou, where the consul general of France in Guangzhou, Madame Siv Leng, hosted a gathering of French expatriates and curious locals.





*Forget the Journey,
Go for the Destination.*

That's 2019 Hospitality Awards a Stunning Success

On August 29, before an audience of 160 distinguished hospitality industry guests, Urbanatomy – HK Focus Media successfully held its 3rd annual That's Hospitality Awards at The Peninsula Beijing.

Launched in 2017 at the W Shanghai on the Bund, the That's Hospitality Awards celebrates the very best of China's diverse and world-class hospitality industry. The following year, in 2018, the luxurious awards ceremony grew in stature, with over 200 leading industry figures from across China descending on the Conrad Guangzhou to see more than 100 hotels recognized for their excellence.

The That's 2019 Hospitality Awards would not have been the success that it was without the amazing support of the 200-plus sponsors, partners and media groups that got behind this year's event. The full list of winners will be published on all That's channels, including our print magazines, thatsmags.com, That's App and our official WeChat accounts and social media pages.

During this year's month-long voting period, over 1,000,000 votes from national wide were cast across 33 categories. During the August 29 awards ceremony, our management team presented a total of 115 awards to these winners.

Sponsored by The Peninsula Beijing, Voss, CAMUS, Hainan Airlines, Plan B and JUSTEGG, we're proud to announce that the That's 2019 Hospitality Awards was one of our best yet, and we must admit we're already looking forward to next year's celebration!







Breastfeeding Made Simple

Facts and Tips for Mothers

By Dr. Leila Sabet, Guangzhou United Family Healthcare

It is well known and scientifically established that breastfeeding is important for the health of children. Evidence shows that by promoting breastfeeding, we will make a significant impact on the health outcomes of babies from day one and throughout the entire lifespan of an individual. Research studies have documented significant reductions in infectious illness, including upper and lower respiratory infection, diarrheal illnesses and ear infections, as well as reductions in the risk for chronic illnesses, such as asthma, eczema, obesity, type 1 and type 2 diabetes, inflammatory bowel disease and childhood leukemia. Additionally, research has also shown breastfed babies to have health advantages once reaching adulthood, including lower blood cholesterol, triglyceride levels, and lower blood pressures. Women who breastfeed have lower rates of diabetes, rheumatologic illness, high blood pressure, high cholesterol and breast and ovarian cancers.

Though the medical profession realizes the importance of breastfeeding, physician education lacks the practical knowledge and clinical skills to support breastfeeding success. Moreover, the medical profession operated for many decades under a framework of formula feeding as normative and thus advocated formula feeding as a better option. Then the scientific world agreed that “breastfeeding is best” but formula is also almost as good. Now it is scientifically clear that breastfeeding is a biologic norm, and formula is an inadequate, albeit sometimes necessary, artificial substitute for human milk. By changing this paradigm, we can more effectively advocate for optimum health of our children.

The first step to supporting breastfeeding is education – education of the importance, and more importantly, education of how to give breastfeeding the best start.

Tip 1: Normal milk production and feeding volumes

Breastmilk production begins during the second trimester of pregnancy. Once the baby is born the milk is already there. A baby is born with an average stomach capacity of only five to seven milliliters on

the first day of life. Babies are designed to take very small volume feedings very frequently in the first few days, only a spoonful or two at a time. The volumes of milk begin to expand between day three and five and the baby’s stomach expands gradually along with this. The milk volume expansion is directly linked to the amount the baby demands. Many moms worry that they don’t have milk in the first days and then add formula. This formula addition interferes with the natural milk production process and can indirectly lower the mom’s milk supply. Allowing on-demand feeding, even when it is very frequent, helps our body to know what the baby needs and respond accordingly.

Tip 2: Initiate breastfeeding within one hour after delivery

The earlier breastfeeding is initiated after birth, the more milk the mom can produce later on. Studies have shown that when a baby begins breastfeeding within the first hour after delivery, the mother can pro-

duce significantly more milk than when the first breastfeeding is delayed. If the baby is unable to feed or for medical reasons the mother and baby have been separated, early milk expression, either by hand or with a pump, can help to facilitate this process as well. Mothers of preterm infants who began expression of milk within one hour after delivery produced two to five times the amount of milk at one week compared to mothers who began milk expression one to six hours after delivery. Thus, we should make sure to allow immediate latch-on and uninterrupted bonding for the first two to four hours after delivery.

Tip 3: Normal feeding and behavior patterns in newborns

The weight loss and gain pattern combined with diaper output are the most reliable markers of the adequacy of mother’s milk supply. The amount of sleep time, frequency of waking and amount of crying





are usually unreliable indicators of mother's milk supply. A very well-fed baby who is gaining weight normally can cry for many other reasons, and sleep duration and waking frequency are controlled by the baby's brain, not the stomach. Very well-fed babies can wake and want to feed very frequently, and sometimes very poorly fed babies will continue sleeping for long stretches even though they are not getting enough milk. So, we should monitor these things along with the weight and diaper output, looking at the baby holistically. Babies normally lose weight after birth for the first three-seven days and then regain the lost weight, reaching back to birth weight usually by 14 days of life. Urine output should be one in the first 24 hours, two in the second 24 hours, three in the third 24 hours and on until the baby is producing at least four to six wet diapers daily. The baby should begin passing the black tarry stool (called meconium) on the first day and pass around three to four times per day, by day three, and then start transitioning from black to greenish-yellow and then to yellow by day five.

Tip 4: Mother-baby contact and holding

Continuous and frequent skin-to-skin contact between the baby and the mother and 24-hour rooming together helps facilitate early milk production, reduce infant crying, reduce stress and anxiety of the mother and help better facilitate the mother's recovery from the delivery. It will also help ensure greater breastfeeding success and duration.

Tip 5: Breastfeeding support helps.

When problems arise, it is important to seek assistance. Support is usually available in the community by International Board Certified Lactation Consultants (IBCLC), or a physician with special breastfeeding training. Additionally, mother-to-mother support organizations like La Leche League International can be of great support in helping mothers to feel a sense of community and validate and normalize their experiences.

Handy Contacts for Breastfeeding Support in the PRD

Guangzhou: When in need, reach out to Dr. Leila Sabet (MD, MPH, IBCLC – Guangzhou United Family Hospital Pediatrician and Board-Certified Lactation Consultant). Dr. Leila hosts English

breastfeeding support meetings on a monthly basis at her home. Chinese language La Leche League International meetings are held monthly at the Guangzhou United Family Hospital on the 15th floor multifunction room (dates are announced monthly on this website: muruhui.org).

Shenzhen: Shany Goren is a registered nurse from Israel and a licensed breastfeeding consultant. You can contact her on WeChat: [shanygoren](https://www.wechat.com)

Zhuhai: Grace is a Chinese-speaking La Leche League leader. You can contact her on WeChat: [happyfamily](https://www.wechat.com)
Varvara (Varya) Karu is an English- and Russian-speaking La Leche League leader and certified lactation consultant in Russia. Her email address is zhuhai.family@gmail.com

WeChat: There are breastfeeding parents' support WeChat groups in both English and Chinese. To be added, email leila.sabet@ufh.com.cn

Dr. Leila Sabet (MD, MPH, IBCLC) is a US board-certified pediatrician and Internationally Board-Certified Lactation Consultant (IBCLC). She currently works for Guangzhou United Family Hospital in direct outpatient pediatric care and with breastfeeding mothers at the clinic and in the hospital. She has been a practicing pediatrician since 2005, a Fellow of the American Academy of Pediatrics and a lifetime member of the Academy of Breastfeeding Medicine. She is a mother of three children and has had over eight years of personal breastfeeding experience.

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Advice From Dad

How We Raise Our Children 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 China 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, there is a probability that your child may not be the only one representing their culture. 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.

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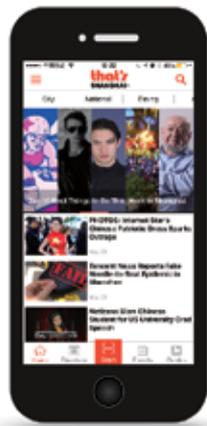
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HOMESCHOOLING

Homeschooling 101

Making the World Your Classroom

By Bianca De Leon-Antonio. Photo credits by Keenan Gaddiel, Aihua Mandarin School and Bianca De Leon-Antonio.

Have you ever heard this saying “The world is our classroom”? To us, this has always been our motto when it comes to our preferred choice of education: homeschooling.

There is a common misconception that homeschooling limits the child’s learning into the four corners of our homes. However, that has not been the case for our family. I am not writing to talk about the benefits of homeschooling nor to convince you to jump on the bandwagon of the rising number of homeschoolers. Instead, I simply want to share my experience of homeschooling my 9-year-old since birth and my eldest from the sixth grade all the way to 10th grade. To those who are currently doing it and to those who are looking into it, I would like to share some tips that helped us throughout this wonderful – yet challenging – journey of homeschooling.

There are many kinds and styles of homeschooling. I have chosen to do it the interest-led and eclectic way. Right now, I am left with just one student as my eldest son (who just turned 18) is already enrolled at aviation school. I can say that my homeschooling experience with my two kids has been totally different, as they have unique interests, study habits, strengths and character traits. In other words, one is an introvert and the other is an extrovert.

The Introverted Child

My oldest son is an introvert, so as a parent, I had to ensure that my teaching style matched his personality.

Sports are important for a homeschooled child’s learning. There are many things that they can learn through sports such as camaraderie, teamwork, discipline and achieving goals.

When my eldest was 5 years old, he had already shown great interest in aviation. I started homeschooling him when he played for the national football team in the sixth grade. Though he was an athlete at that time, he was still very much into airplanes. I started buying aviation-related books for him and he began to memorize names and models of aircrafts. Eventually, he stopped playing football for the national team and focused on taekwondo, wakeboarding and other types of sports. No matter what sport he got himself into, I have noticed that one thing remained constant: his love for aviation.

You don’t really need to spend a lot of money to learn. There are many ways to learn and it does not need to cost you an arm and a leg.

Though we were practicing a distance education setting of homeschooling, or what is known as “school at home” (a traditional way of homeschooling where the child is enrolled in a school and needs to comply with school requirements but is not physically present in the classroom), I decided to add an aviation subject in his daily schedule during the ninth and tenth grade. You might wonder how I was able to teach aviation if I am not an aviator myself? Well, the answer is simple. Nowadays, we have many open resources where we can study certain subject matter online, such as MOOCs (Massive Open Online Courses). An example of an aviation-related MOOC can be



found here: worldwide.erau.edu/massive-open-online-courses. Aside from aviation, my eldest son also took great interest in photography. He started taking photography lessons online from eighth grade onwards. Again, even though I am not a photographer myself, I found free photography lessons at photographycourse.net/beginner-photography/ and some very cheap ones at www.udemy.com.

Let your child explore. Let him/her make friends with different kinds of people and take interest in their culture and their way of life. In that way, he/she will have a wider view of the world.

While we were homeschooling, I made sure that he had at least a weekly or bi-weekly social interaction with kids his age. I would be lying if I said that it was easy to find friends in this kind of setting, but I can say that homeschooling parents need to exert extra effort in finding social groups where the child can fit in. It is not easy but it is possible. Some things that worked for my eldest are sports groups such as football, hiking, cycling, wakeboarding, martial arts and so on. Music groups (learning traditional instruments, studying guitar and ukulele with other teens), photography groups, environmental groups, volunteer and charity groups and language-exchange activities held at the local Chinese school or Mandarin center were also great for my son. Through these interactions, he was able to meet people from different parts of the world, coming from all walks of life.



Be ready to let go when you have to.

My homeschooling journey with my eldest finished in June this year. It was a bittersweet moment when we parted ways as he followed his own path. I am glad that we were able to hold on to his dream while doing many other things at the same time. Our homeschooling journey wasn't just a walk in the park. It was more of climbing a mountain barefoot. Now, he is ready to spread his wings and fly.



The Extroverted Child

Oh, this is a very different topic! My youngest son, who is now 9 years old, is a very outgoing kid. He is different from his brother, who is much more of an introvert.

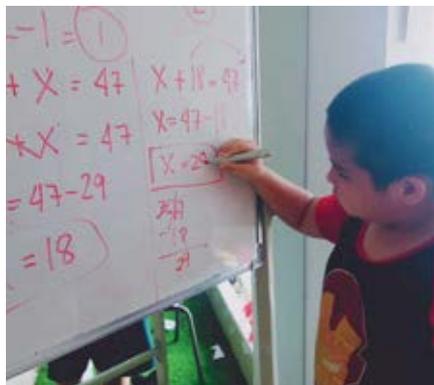
Let your little kids help you with housework. There are many things that they can do to help such as assist in cooking (washing vegetables, mixing the dough for cakes), cleaning up the mess they created themselves, wiping the table, arranging shoes and much more. For inspiration, I let my son watch *Tidying Up with Marie Kondo* on Netflix to get some ideas on how to keep his room tidy.

The little one is a morning person and prefers a full breakfast (sausages, bread, eggs, toast, jam) to be served as early as 7am (which makes life a little bit difficult for me). He often indulges in drawing or doing art right after breakfast. Then, he helps me with household chores such as clearing the dining table or vacuuming the floor. Following our chores, he has lunch and starts his school lessons after. It sets the day in motion for all of us.



If your child can do more, let him/her do more. Do not limit their learning capacity.

I do not need to remind my son to do things. He knows what to do and sometimes even decides on his own. He loves math so I thought about doing a little bit more that what is in the books. We played around with a few ideas and *voila*, he is now even more interested in math than ever before.



Tip: Don't make the iPad your new nanny. Instead, make it a learning tool.

My son is very interested in music. He loves singing and percussion instruments. One time, he asked me to buy him an African drum. After a few days, he started playing it with the rhythm of a certain song. When I asked where he learned it, he said: "*TED Talks*, mom!". I know that some parents out there ban their children from the internet. We don't actually ban our kids from using it but there are restrictions on what they can view and the hours of doing so. In this digital age, where most things are done online, we really cannot avoid the internet. Parental supervision is the key.

Go out and let your homeschooled child learn about his/her surroundings.

We live near the beach and my little one loves going there. There are days that we 'Homeschool Out.' This doesn't necessarily mean that we will literally bring his books and study outside. Homeschool Out means that we will go to the beach, a garden, a mangrove forest or somewhere where we can be in a natural environment and learn about the things in those places. We are fortunate enough to live in a place where we have plenty of clean parks and landscapes to visit. A trip to a garden means that we will study botany. A trip to the beach means that we will study about buoyancy, why sea water is salty and what makes it different from the water at home, what is sand made of or what are some things that we can make out of sand. We also encourage our kids to engage in environmental activities. At least once a month, we join an environmental care group to pick up trash on the streets or do other environment-related activities. By doing this, your child will have an awareness of the environmental issues that are currently happening in their surroundings and help to make our world a better place.

Your family's homeschooling journey can be truly rewarding if everyone is dedicated to working towards a common goal. You are not alone in this journey, so don't forget to reach out to other families when you need a listening ear.



From Primary to Secondary

How to Make a Successful Transition

By Lindsey Fine



If you are a parent of a student entering secondary school for the first time, you are likely experiencing a wide range of emotions, from a feeling of pride in the capable and wonderful young man or woman your child is becoming, to a feeling of fear in knowing that academic expectations are about to become more challenging for your pre-teen.

Your child is likely feeling similar emotions. On top of those already complicated feelings, he or she will surely be thinking a lot about friendships, having to get used to having various subject teachers and just coping with the understanding that things are going to change a whole lot.

Although it might seem scary, this transition has much to be celebrated. Lockers! Choices of certain classes! Choices on what to eat for lunch and where to sit for lunch! Choices of what wallpaper to use on their school's tech device! Ah, to be young again.

Along with increased freedom and choice comes increased workload, which can be a bit overwhelming at the start. However, with your support, your child will be able to navigate the transition much more successfully. Here are three things you can do to help support your child as they grow into secondary school life.

1. Take the time to talk. This one can be

challenging, as your child's schedule will likely be more packed than before and socializing with friends will become more of a priority for your child. Try to set aside a certain time of day, such as at the dinner table, or time just before bed, to ask your child about their day, from the best part of it to the worst part. It can also be as diverse as something exciting that they did in a lesson or something funny that their best friend did or said. This should be a casual time to connect rather than a review of what they learned in school that day. It will mean a lot to them to know you are really listening. This will help you bond as well as help your child feel more emotionally grounded as they face the new challenges in their world.

2. Help them stay organized.

Organization is tough on us as adults, and much more so for adolescents. Students today have electronic devices, sometimes multiple devices, usually packed with a mind-boggling number of apps that are all eager to distract them. They will have a new schedule that will take time to get used to, as well as multiple after school commitments they will need to keep track of. During the first month or two of the new school year, it's a good idea to spend 30 minutes to an hour each weekend helping your child plan out their week. Show them some of your favorite tools to use, such as your smart phone or tablet's calendar app. Sometimes we don't

realize how valuable our own strategies can be for our children.

3. Encourage them to get involved. Schools often offer a wide variety of extracurricular activities, which are meant to provide your child with a wide range of exciting activities to help them grow in ways that help them cope with the challenges of the academic side of school life. Sports will offer students

much needed exercise, which is crucial for mental and physical health. Athletics also allow students to build important relationships, and to develop a sense of confidence when faced with challenges. Tech-focused activities like coding and robotics can teach students essential skills needed in our tech-driven world, and help them build a deeper understanding and appreciation for the tools they use each day. Music engages students, teaches discipline, as well as provides a platform for performing. Most often, students who engage in a variety of after-school activities perform well academically due to the skills and relationships they build beyond the walls of the classroom.

So, parents, please do not worry too much. Your child has been working towards this moment for many years. You, along with your child's primary school teachers, have provided love, care, attention and encouragement. You have helped prepare for them to enter the wider world in all of its glory, and with you by their side, they will enjoy each exciting step of the way.

Lindsey is a teacher at Bromsgrove School Mission Hills Shenzhen. Besides being an educator, she is also an avid foodie and has been creating all sorts of delicious vegan recipes since moving to China nine years ago. You can read all about the perks of eating a plant-based diet on her blog: veggiemamablog.com

Separation Anxiety

Helping Toddlers Cope

By Varya Sanina-Garmroud

The school year has just started and your little one is now ready for formal schooling. Instead of happy smiles and waves, your little one is hysterical, crying and screaming. Does this sound familiar?

As a homeschooling mom, a home initiative owner and a teacher of many years, I often have to deal with separation anxiety in toddlers. As such, I am constantly asked for tips on how to deal with it.

Separation anxiety is a normal stage of development in toddlers. Their understanding of the world and people is very limited, so they often feel uncomfortable and insecure when being separated from their parents even for few minutes. They also don't have any understanding of time spans and follow their biological clock and intuition to differentiate times of the day. So, don't be surprised if they suddenly start crying if they can't see you – they just feel disoriented and lost.

Separation anxiety is also normal when you leave your toddler with a caretaker or at daycare with people that they do not know (yet). It takes a child some time to get used to a new environment and to develop a similar feeling of trust and safety as they feel in her own home. Moreover, separation anxiety exists in

every culture. Even if a whole village has brought up your child, when she is separated from familiar faces, they will experience some degree of anxiety. Here are some tips that will help your toddler with separation anxiety. Rest assured, they have been tried and tested!

- 1. Pick your child up early in the first week of daycare.** It is very reassuring for children. You can start by picking her up after a few hours the first day, gradually increasing the time of stay to a half or full day.
- 2. A quick goodbye is a good option.** If your child is not paying attention to you while you are saying goodbye, it is perfectly fine! There is no need to make sure they see you leaving. Being absorbed into the new environment is one of the best cures for separation anxiety.
- 3. If your child's teacher offers to schedule a meeting at home to see your child in his/her environment, do agree and plan for it as soon as possible.** It is one of the founding stones of trust between your child and the new caretaker as young children often associate visitors in their own environment as someone they could trust.
- 4. Bringing a blanket, a pillow, or a fa-**

vorite toy to daycare. This is a good way of allowing the child to have familiar things around.

5. Talk to your child about her day. Even if they don't speak yet, you can look at some pictures from the daycare together, pointing out teachers and friends, naming them and observing your child's reaction.

6. Be consistent and don't give in easily. Have faith in your child's ability to adapt. Loving and caring caregivers will surely win your child over. You just need to give your little one some time to build a strong bond with them.

7. Make sure to communicate any changes in behavior at home with your child's teachers. Working together with caregivers is important – there should always be feedback from both sides in order to assist your child in a better way.

I hope these tips were helpful. Separation anxiety shouldn't be dismissed. It can be overcome with lots of loving confirmations, reassurance and keeping promises.

Varya blogs at CreativeWorldofVarya.com. She is a mom to two girls and a boy, an early development specialist, a Montessori educator and a breastfeeding counselor.



Sleep Like a Rockstar

Tips for an Awesome Night of Rest

By Bob Chugani



It's autumn and you've probably just come back from your summer holidays. Those of you with families (especially little ones) will know hard it is to get back into routine. However, as you and your family jump into the new academic year, it's important to tackle an issue that affects us all as adults: sleep. We live in a culture that values industriousness, regardless of whether the candle is being burned at both ends. We often hear the refrains, "Sleep is for the weak!" or "I have no time for sleep, there's just too much to do!" Of course, we don't hear this from everyone. Some of us are well aware that sleep needs to be prioritized but for those who are not convinced, let's look at three compelling reasons why sleep is vital for a high quality life.

1. Testosterone and testicles. Men who routinely sleep five hours or less have significantly smaller testicles than those who sleep eight hours or more. In addition, these men will have a level

of testosterone equivalent to someone 10 years their senior. So, a lack of sleep ages you by a decade in terms of virility. The same can be said for female reproductive health caused by a lack of sleep, says the director of UC Berkeley's Sleep and Neuroimaging Lab, Dr. Matthew Walker.

2. Body fat percentage. A fantastic study conducted in 2011 at the University of Chicago, funded by the National Institutes of Health, demonstrated the shocking relationship between sleep deprivation and body fat. In this two-phase study, individuals were put on the same diet and the same exercise routine. In the first phase of the study, they were allowed eight hours of sleep. In the second phase, the same individuals were put on the same diet and exercise routine but were allowed only five hours of sleep. At the end of the study, they found that when the individuals were well rested, they lost 55% more body fat than when they were sleep deprived.

3. Emotional Intelligence (EQ).

There is no correlation between IQ and success. There is, however, adequate correlation between EQ and success. This is because individuals with a higher EQ are able to create, maintain and improve their personal and professional relationships. They do this by being sensitive to the emotions of those around them and by having the capacity to control their own emotional impulses. Sleep deprivation impairs the neocortex, the thinking brain, responsible for our better judgment and calculated rational responses. When the neocortex is impaired, the amygdala, a part of our emotional brain that processes fear, anxiety and aggression, becomes overactive. We say things we didn't mean say to those that trigger us and do things we instantly regret.

There's so much more that could be said about why sleep is detrimental to our physical and mental health. It also has tremendous influence over our experience of the world and how we interact with our family and friends, so let's look at how we can optimize it. Let's first address the low-hanging fruit:

1. Turn off the Wi-Fi router at night. It's a well-known fact that our hearts and brains generate their own electric signals and magnetic fields. When we go to bed, our heart rate needs to drop and our brain waves need to slow down. Wi-Fi signals interfere with these natural processes.

2. Before bed, put the phones on airplane mode and charge them in a different room. Our phones are bidirectional microwave devices that transmit and receive electromagnetic signals on many different wavelengths. When we charge our phones, they generate electromagnetic fields. These have a way of disrupting our bodies' heart and brain rhythms.

3. Natural light before artificial light in the morning.

Most of us check our phones within moments of waking. We do not realize the physiological effects this little habit has on us. When natural light enters our eyes upon waking, our pituitary gland received a signal to release an amazing cascade of anabolic hormones, one of these being serotonin. Serotonin in the morning amplifies our mood and sets us up for a night of deep sleep. Screen light first thing in the morning sends a different signal altogether. This signal is usually more stressful (catabolic) than beneficial.

For those of us who want to up our game and perform at a higher level, here is how to sleep like a rock star:

Screen curfew. One of the hardest things for us to do these days is to turn off all screens for at least an hour before going to bed. This little hack will help us fall asleep a lot faster and reap the rewards of deeper

more regenerative sleep. Blue light-blocking glasses for night-time screen use can be effective but nowhere near as effective as a screen curfew.

10pm to 2am. This timeframe has been nicknamed 'money time'. If we're already asleep before 10pm, our body releases vast quantities of Human Growth Hormone (HGH) and melatonin. These two hormones have amazing anti-aging and anti-cancer properties. If we miss this window, our bodies only get a tiny squirt – a light drizzle instead of a heavy shower – of these two magnificent hormones.

The time to start sleeping like a rockstar is now! Your family and friends will thank you for it and you'll feel like a brand new person.

Bob is a sleep hacker, certified heart math coach/mentor and founder of Epic Heart Math.



Studying Abroad

Your First Steps

By Melissa Mortier



For students in their final year of school, this is perhaps the most crucial time of their lives. Final exams are less than a year away and the pressure is on to ensure that you have a solid plan for the following year. Applying to study abroad involves a few key steps, so if the plan involves going overseas for further study, then read on.

The first, and foremost step, is asking yourself a very simple question: why do you want to go abroad to study? This seems like a silly and redundant question, yet this is consistently one of the first questions that you must ask yourself. As a senior educational consultant and foreign affairs coordinator, I have heard my fair share of reasons, especially from students in local schools. In fact, the answers are as surprising as they are diverse, and it is often not just about selecting the best schools or majors in the world. Many students have personal

reasons for setting off on this journey. For example, a student once said that there's so much pressure on Chinese high school students that there's barely any time left for hobbies. American high schools, where students get the freedom to pursue their passion and interests, looked more appealing. Another rather timid student wanted to actively improve herself by exchanging her comfort zone for a Hong Kong university where she could meet people from all over the world. Yet another student was looking for a fresh perspective on social activism and hoped to find it in the United Kingdom. Everyone has their own reasons for going overseas and it seems to be a very personal decision.

Once this question has been answered, what is your next step? You probably already expected that a discussion about grades would follow at some point. Of course, schools will look at your scores and school

reports, so don't neglect your current studies while dreaming of your future life abroad. Students who are not native speakers or from English-speaking countries may be asked to prove their English ability by taking an IELTS or TOEFL test. Certain schools or majors may even require you to take yet another exam such as SAT, GRE or GMAT to test your general knowledge.

Is that all you need to do? A common misconception about applying to schools anywhere in the world, is that grades are all that matter. Yet, they are not. Apart from grades, many foreign schools also verify whether or not a student's personality and experience are a good fit for their school. What does that mean exactly? For example, a Stanford student would be an innovative leader, whose potential is reflected in various extracurricular activities. The typical MIT student, on the other hand, is a mathematical and technological genius with a record of

science competition victories. The Princeton student tends to be very research-oriented and has taken part in many projects, just to satisfy one's curiosity. Of course, these descriptions lean towards stereotypes, but you get the general idea. If you have the chance to become your school's event planner, to be an editor for the school newspaper, to enter a math competition, to do an internship, to go on a study tour or to participate in voluntary work – don't hesitate to do so, because it's exactly those things that make and reflect the person you are.

With good grades and an impressive resume, you may make it through the initial screening of college application assessment. However, so will many others, which means it doesn't end here. Good scores and experience, while essential to college applications, are impersonal and distant. They don't say much about what truly drives you, which is why applicants are generally asked to write a personal statement or statement of purpose. You will also need to provide one or several recommendation letters from people who are familiar with your academic or professional life. They can shed a whole new light on you as a student and on your application. You may even get invited to an interview, where you get the chance to break out your charms and show the interviewer who you really are.

How can one prove their worth? Don't make the mistake of simply listing all of your strengths and going on and on about how fantastic you are. This goes for personal

statements, as well as interviews. Boasting your way through it may have the opposite effect of what you had intended. Instead, try to think of the experiences that motivated you to choose the major you are applying for. Explain why you choose this university, but don't resort to empty flattery. Be specific and show the school that you know their curriculum and campus life well, so they know your choice is well-informed. More importantly, demonstrate how you can contribute to the school and don't forget to devote a paragraph to your future goals as well. Where do you see yourself in 10 years? How will studying at this university help you get there? In this way, you can back up your resume and show you really mean it.

Timing is key, too. When are you supposed to do all of the above? For the procrastinators among us: Do not, I repeat, do not wait until the night before the application deadline! Start planning your overseas studies at least one year before the deadline, preferably even more. This will give you enough time to schedule all preliminary tests, to become more active in school and society, and to compose your application documents. It's important to be aware of the fact that, for enrolment in September, many schools set their application deadline in autumn or winter the year before, so be prepared and check the school's website for the correct information.

There are several ways that admission decisions are made, so it is key that you note

these down and remain vigilant and aware of important dates. Upon receiving news of acceptance, the first step is to rejoice! However, save the big celebration and total relaxation for after you get your high school diploma. It is very important to take a deep breath and read all the fine print in the acceptance letter, keeping in mind that an offer can be revoked if you do not eventually meet the grade requirements, have disciplinary issues or do not have the necessary funds. Your acceptance is not always rock solid, and, in many cases, they are conditional – meaning if your grades slip significantly or an issue occurs, your offer could be taken back and all your hard work would go down the drain. In other words, do not be overconfident and continue to work hard till the very end, as there is intense competition for admission. If you receive a letter of non-acceptance, don't fret. Try and try again, and always have a back-up plan just in case.

Are you feeling overwhelmed? There is no need to be. Thousands of students have done it before, and you can do it too. When in doubt, don't hesitate to ask for the help of your teachers, student counsellors and education consultants. They have your best interest at heart and are always happy to help. Reach out and you too shall achieve your dream of studying overseas.

Melissa is a senior educational consultant and foreign affairs coordinator at Guidance Education.





TAKING ON THE HEADSHIP

Meet the PRD Heads of School

Collated by Lena Gidwani

Behind every successful student stands a strong community of family, teachers and friends, as well as a visionary head of school.

As with all academic years, we're always excited to talk to school leaders from quality schools across the PRD. Meet a few of them from Shenzhen and Guangzhou.

Special thanks to our participating schools in the PRD for their assistance.

UF: What is QSI International School of Shenzhen's educational philosophy?

Scott: As with all schools in the Quality Schools International organization, we believe in 'success for all'. QSI employs a 'Mastery Learning' approach to education, ensuring success for all students. Mastery learning is a model describing a focused and powerful way of organizing curriculum and instruction in such a manner as to provide the best opportunity for a student to not just learn, but to master the material. Teaching and learning is student performance-based rather than time- or calendar-based. We use time as a resource and not as an arbitrary measurement. In order to reach mastery, students are given clearly-defined learning objectives, the time necessary and a model of what mastery looks like. In this way, reaching mastery can take many different paths and the teacher as well as the students are routinely assessing their progress. This helps students gain control of their learning experience and develop a growth mindset. QSI recruits very caring teachers who are willing to provide the extra effort required of mastery learning instruction.

UF: Much has been discussed about how our education system is fundamentally broken and in desperate need of a revamp. What are your thoughts on this?

Scott: Mastery learning is a reaction to a school system commonly found worldwide that revolves around shallow and inequitable learning. Consider the typical 'passing' mark of 70%. What happens to the 30% of material that wasn't mastered? Usually that 30% is the most challenging part and yet the student is passed on to the next unit or class. And if a child is given a certain amount of instructional days or weeks to learn something, how is that time amount determined? Children bring their individual strengths and learning styles to the classroom, and these should be harnessed and planned around in order to bring about authentic learning. So rather than dwell on what is broken, the question we ask ourselves at QSI is, 'How are we preparing our students for the 21st century?' Are they leaving QSI

Shenzhen with the skills, attitudes and knowledge that is needed for tomorrow's workforce? To us, these include an ability to assess one's self in order to continue to grow, to recognize and pursue one's passions, and the confidence to use their learning in practice. What these have in common is that they are intrinsically derived. I think it is agreed that the thinkers, creators and leaders of tomorrow are not going to come out of an education model that relies on memorization, comparisons based on high-stakes or standardized testing, or a coercive learning environment that uses rewards and punishments. These stunt the desire to learn. Relying on extrinsic motivations will fail students as they seek success in their adult lives. And we see our model working: Our graduates go on to top universities worldwide each year because you can create a rigorous learning environment in this way.

UF: What are your thoughts on universities moving away from requiring standardized test scores as part of the admissions process?

Scott: Although this announcement was recent, this is not news to me. This huge shift that we are now seeing comes about as universities hone their approach to choosing students who are the best fits for their programs, but it does not come as a surprise when you consider that these standardized tests like the SAT have not proven to be reliable indicators of success in universities. Research on programs like the IB diploma supports student readiness for success at rigorous universities. And while many top schools continue to require students to report SAT or ACT scores, the fact of the matter is that they are only one element among many others in the application and the weight they carry is lessening. Take Cornell University, for example, that still requires these scores: Far more of their application is focused on the ways in which they are, in their words, 'highly selective.' Among character, involvement and reasons for choosing their school, they ask about an applicant's 'intellectual potential' by referring to highest-level courses taken and a demonstration of 'passion for learning.'



Scott D'Alterio

Director – QSI International
School of Shenzhen

UF: How important is communication to you? How do you ensure that you communicate effectively with your school community?

Scott: Communication is so crucial, and yet can be challenging. At QSI Shenzhen, we essentially feel like you can't have too many venues for communication. We call on technology to make some of this happen, like the Moodle platform and Office 365 accounts for all students, that host not only communication but collaboration. Part of our child protection commitment has also guided us in being sure that our school communication methods are keeping students safe. The technology we have at our disposal is valuable, but at the same time we do not discount the simplest form of exchanging information and sharing ideas by just talking. Giving the community a time and a way to gather and talk is such a powerful tool. I host a 'Director's Coffee' monthly and our divisional directors of Instruction host one on each campus monthly as well. The coffees have a central focus of information-sharing, but they also always give time for parents to share their concerns and give input. We also feel very proud of our Parent University program, where we lead a monthly class for parents with a two-fold focus: one topic on language-learning support and one topic on a social or emotional health issues. And finally, our community knows how and where to contact their teachers or administrators. You can find me in front of the main campus greeting students every morning!



Andrew Torris

Head of School – Avenues:
The World School Shenzhen

UF: What makes Avenues: The World School Shenzhen so unique, and how does the school work with you to create a supportive community?

Andrew: Avenues: The World School truly thrives as a global organization. The Avenues community reaches from New York to São Paulo and now Shenzhen. We are looking forward to connecting with our new colleagues in the Silicon Valley in California, USA. Our common purpose of working to develop future world-wise leaders uniquely equipped to understand and solve global-scale problems brings us all together. Our globally-aligned admissions, globally-aligned intended curriculum, globally-aligned facilities standards, and our globally-aligned hiring practices create the foundation for a unique synergy within our school here in Shenzhen and around the world. We believe that the development of our parent community is vital to the success of the students in our classroom. This partnership is highly important to us, and it is one we nurture. Weekly, we hold Avenues Community Conversations hosted by myself and our ELC division head Angela Xu. Here we provide opportunities for parents to get questions answered, but more importantly, we bring our parent community together to laugh, learn and build personal connections. By creating a community of like-minded people, we believe we will empower our children and students to change the world.

UF: As a new member of your school community, what is your vision for the school?

Andrew: I have the unique pleasure of not being alone in being new. All of our teachers, my leadership team, my staff and my teachers have come together in the past six weeks and have begun to help me to further formulate my vision, which is of course, based on the overall vision of Avenues: The World School Shenzhen. I consider myself, as the head of school, to be the custodian for the mission which focuses us on our students who will be accomplished in the academic skills and at ease beyond their borders. Our focus and drive are to help students to be truly fluent in a second language. We focus on developing good writers and speakers who are confident, emotionally unafraid and of course, physically fit. We balance the personal skills and attributes of humbleness, generosity, and trustworthiness. Our dynamic classroom programs will provide transformative experiences for our students. Our vision is to build in our students' strong leadership skills that allow them to lead when they can and be good followers when they should. Our goal, ultimately, is to guide our students to be 'architects of lives that transcend the ordinary.'

UF: Much has been discussed about how our education system is fundamentally 'broken' and in desperate need of a re-vamp. What are your thoughts on this?

Andrew: To be fair, the word, 'broken' is a bit harsh. I believe that some indicators show that schools, as they are currently created and formed, may not be meeting the needs of our students for their future success. I have visited schools in China, the Middle East, Africa, Southeast Asia, Europe, North America, South America and Australia, and I see basically the same things. In those schools, there are students in desks – typically rows – there is an adult in charge directing the lessons and the students are passively receiving instruction with the expectation that they learn the

materials and then later on 'prove' they learned in through some sort of an assessment. Educators for years and years have wanted a different result, yet they continue to do the same thing! We want students to graduate from our schools with the requisite academic skills. We also want students who have mastery of at least two languages, who are confident, passionate and lifelong learners and who have high levels of empathy and compassion. Doing the same things in our schools and expecting this result is frankly not possible.

UF: How do you intend on actively participating in the daily life of your school? What are some of the upcoming activities that you are looking forward to?

Andrew: I was an elementary classroom teacher, and I find myself to this day drawn to be in the classroom with students. I would hope that the teachers and staff that I work with would tell you that Andrew is very active in the life of the school. You will find me in the classrooms daily, interacting with the students, and speaking and collaborating with the teachers. I will be contributing to team meetings and sharing ideas, and ultimately leading not only from the front but also from the back. I genuinely believe in the idea that the leader is the one who eats last – the leader is the one who serves. To do this most effectively, that means that my presence must be felt and perceived as supportive. On a daily basis, you will also find me present to meet the parents, greet guests, and interact with potential school community members touring our school. I strive to be a cultural, moral and thought leader in the school and an enthusiastic, passionate advocate for my students.

UF: What is Merchiston International School's educational philosophy?

Chris: Merchiston International School (MIS) is the first British international boarding school in Shenzhen. We are also the first international school founded from a Scottish independent school. Integral to life at MIS is our British boarding provision which is the first of its kind in Shenzhen, offering the highest quality care and control for our students. Our educational philosophy is unashamedly British in its approach and due to our close connection with our founding school, Merchiston Castle School Edinburgh, there are also many Scottish elements to our school. Our mission is 'to inspire young people to become global citizens in the pursuit of personal excellence in all things with a passion for life-long learning.' Our main objective is always to motivate students to try their best and to strive to achieve the highest levels possible in all areas – academic, cultural, sporting, service, leadership – and simply to live together as part of a nurturing, inclusive community so that school life is a happy time for all. Just like our founding school, MIS is serious about not only providing students with the best opportunity to succeed academically, but also about developing the whole child through its sport, performing and visual arts and co-curricular activities programs. A further fundamental aspect of school life is the service learning program where students become aware of, and are empowered to contribute to, the wider community. We believe in the transformative power of the experience of service and in our shared responsibility to others and the environment. A truly fulfilled school life deserves nothing less!

UF: From your point of view, what should be the relationship of a Head of School and the students? What motivates you the most to carry out this role?

Chris: As head of school, I believe it is important to model the behaviour I expect of all students, and staff: respectful communication; use of English when speaking to each other in and around the campus; full participation in lessons, in the

boarding house, and the myriad, diverse activities program; excellent presentation – not just smart uniform and general attire – including demeanour and purpose (we call this the 'Merchiston Walk' that we expect all students to adopt), but also excellent presentation of work produced – neatly written, carefully edited and punctually submitted by the due deadline. I try to be a happy and positive presence around school as much as I possibly can – greeting students and parents in the morning, dropping by home learning in the boarding house in the evening, sitting and eating with students in the dining hall during meals. I believe, rightly or wrongly, that a good leader of learning should by necessity be a practitioner and so I teach classes, share Year 7 form tutor duties and run an activity in our co-curricular activities (CCA) program. This gives me a great opportunity to enjoy living and learning with the students across all the age groups at various points throughout each day.

UF: What are some of the upcoming activities that you are looking forward to?

Chris: We already have a very busy school calendar ahead: our Founders Day in October, a Ceilidh in November and our Winter/Christmas Fair in December. Looking further ahead, we are proudly hosting the annual ISCMS Festival in February. This incredible event brings over 500 students and staff from international schools across Asia to Shenzhen for a long weekend to learn, rehearse and then finally perform a major choral piece in the Shenzhen Symphony Hall. It is incredibly exciting and a 'first' for Shenzhen. This year, we are also looking forward to a full and busy program of inter-school sporting competition and various exchanges with other regional schools in art, drama, science, debating and math. However, my main priority is getting into lessons as much as possible, to enjoy participating and sharing in the learning, supporting colleagues and building capacity.

UF: Describe a typical day at Merchiston International School.

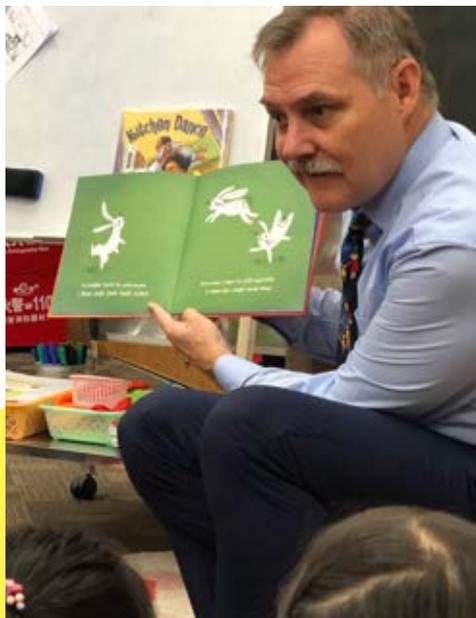
Chris: The day begins with breakfast for boarders in the dining room, where they are



Chris Lynn

Head of School – Merchiston
International School Shenzhen

joined by a range of staff enjoying a healthy start to the morning. At 8am, the academic day begins with registration and form time. MIS puts a great emphasis on staff being closely involved with students in order to ensure that they are supported. Once lessons begin, then you will see all kinds of different activities taking place – such as the great range of subjects being taught across senior classes in the classrooms, science labs and art rooms for example. Or, you might have a chance to visit Year One's Dinosaur Museum or see Year Six having a PE lesson in the swimming pool. There are so many learning adventures taking place everyday that it would be impossible to list them all. At lunchtime, staff and students mix together, before our junior classes head off to one of their two playgrounds to burn some energy. Other activities such as sports practices or student council meetings might also be taking place at this time, the school is always buzzing with purposeful energy. Once the afternoon lessons are finished, the students move on to the variety of CCAs. These are led by both teachers at the school and some by outside providers. This year's offering include horse riding, coding, bouldering and adventure English, to name a few. Day students in the juniors classes then return home after a busy and productive day, whilst the boarders have their evening meal, prep and relaxation time before retiring to bed for a good night's sleep.



Greg Smith

Head of School – Shenzhen
Shekou International School

UF: What makes Shekou International School (SIS) so unique, and how does the school work with you to create a community that is truly unique?

Greg: I feel very fortunate to be head of school at SIS. Our community is the greatest asset that we have. As the first international school in Shenzhen, we have had 30 years to build our community, and that is something I really value. All good relationships are based on trust, and we have managed to build trust over that period through consistently meeting the interests of our families.

Today, we can see the close working relationship expressed in our very active Parent Support Association, and the many amazing activities that they bring to the school year. We also see the relationship in the welcome and openness of our campuses and the way that parents feel comfortable being in the school, not just for special events. We can see the strength of the relationship through the many workshops and activities we host where teachers and parents learn together about a range of topics.

And, maybe most importantly, you see the strength of the community in the way that new staff, families and students are warmly embraced when they join. It is remarkable that a school of over 1,000 students can retain such a sense of closeness and support in the community. That makes us unique and helps our students to achieve their best.

UF: What is your school's educational philosophy?

Greg: I think that any great philosophy must be simple. Our philosophy at SIS can be summarized in a single sentence: We work together to find success. Now, while it is a short statement, there is a lot more depth behind those words. 'We work together' describes how we approach our educational program. Our parents are partners in learning, and our community is essential to us. In the classrooms, we bring together the expertise of a whole team of teachers so that students get a great experience. When we plan our lessons, we ensure that students learn to collaborate and solve problems in teams. We know that teamwork is one of the skills for the 21st century and so working together is integral to all of our plans. 'To find success' describes our expectation that everyone can be successful and achieve in our school. We all need to keep looking and use our expertise and experience to discover the talents and skills of each child and set them on the path to achievement. Success in life is way bigger than just academic results. Our approach to education is broad and balanced so that we prepare our students for life beyond school. We believe a successful life is measured by contributions to society, the ability to see possibilities and adapt to new situations, and a strong understanding of self and well-being. I am always inspired by the many ways that I see members of the SIS community working together to find success.

UF: Much has been discussed about how our education system is fundamentally 'broken' and in desperate need of a re-vamp. What are your thoughts on this?

Greg: I don't believe that international education is broken. We are fortunate that our sector of schools is vibrant, responsive and evolving. There is a lot of conversation about the balance between understanding concepts, developing skills or building competence. From what I see in most schools, there is a good balance of these because teachers understand that we are preparing students for the future and that all three elements are going to be critical. Something that I do see in good schools is that the whole school works hard to build 'human skills.' We must realize that our future will include a lot of automation and artificial intelligence, so our children need to become more human to be successful. We need to focus on teaching our students to be good communicators, who are empathetic, can collaborate, problem

solve, innovate and adapt. Then, they will be able to use the skills and knowledge they have acquired most effectively in the future. Looking at good schools allows you to quickly see that international education is developing young people who will be well prepared to lead in the future. Seeing students who approach new challenges with excitement and confidence makes me feel optimistic about our schools and the students who graduate from them.

UF: Last year, a prominent university in the US noted that it will no longer require its American undergraduate applicants to submit ACT or SAT scores, marking a watershed moment in the higher education world. What are your thoughts on this?

Greg: We have known for a long time that good universities look at many factors when selecting students and offering places in their programs. This news makes an announcement that explains this process a little more for parents. A student who wants to enter a good university needs to present a strong case for acceptance. Just think about how many applications a university receives. How many thousands of applicants have stellar scores in the ACT or SAT, or are a straight 'A' student? One recent report showed that out of 40,000 applications, there were only 2,000 acceptances. Almost all the applicants were straight 'A' students, so what makes the difference? The answer should make us all happier. What the best universities are looking for are candidates who are strong academically, have good personal attributes such as leadership and service and are balanced because they engage with a variety of pursuits such as being artistic and playing sports. Is it enough to be academic and balanced and a good person? I would say no. What you also need is a counselor who works with a student from grade 9 to help them prepare for life after they graduate. A great college counselor will know which university is the right match for a student, as they have a great deal of expertise and experience. They know the programs and incentives offered by universities so that a student can apply to a program that will be right for them. The university does not become famous by accepting only good academic candidates. It becomes famous because it helps them to become better people who then become successful. The smart university looks carefully at all the elements of the applicant so that they choose people who they can help to be successful.

UF: Tell us more about your school and its educational philosophy.

Peter: Shenzhen IPC School (SIPC) serves students in kindergarten to grade seven. It opened its new campus in Nanshan district in Xili last year and has already begun to make an impact on the Shenzhen education scene. Staff at SIPC are all fully trained and experienced teachers from the UK, America, Canada, Australia and other international countries. Our Chinese teachers are also fully qualified. Kindergarten to grade five students study the International Primary Curriculum (IPC), with the aim of cultivating academic knowledge, personal ability and international thinking. While stimulating students' passion in learning, we aim to arouse their curiosity, to cultivate their skills, and build on their confidence. The upper primary (grades six and seven) specifically focus on preparing students for the rigors of high school. It blends the skills-focused Common Core State Standards and Next Generation Science standards with a holistic development approach to create young learners who are ready to take responsibility for their own education. Following a typical American curriculum system, we create an environment where students can 'study in the United States' in Shenzhen. SIPC is the sister school of Shenzhen International Foundation College (SIFC), an American curriculum high school which offers accredited AP courses. They serve students from Grade eight to 12. Founded in 2004, SIFC has a strong reputation of top-level university placements and was last year ranked equal number one in Shenzhen with students receiving offers and scholarships from prestigious schools. SIFC has a 100% success rate of placing its graduates into universities of their choice in America and all around the world. One of the reasons for its success is that SIFC looks beyond GPA, SAT and ACT scores and focusses not only on the academic success of students, but the whole student academically, emotionally, socially and morally.

UF: Much has been discussed about how our education system is fundamentally 'broken' and in desperate need of a revamp. What are your thoughts on this?

Peter: Having experienced the education systems in Australia, Canada, the UK and China first hand, the generalization that education is fundamentally broken is an oversimplification. Every system has its strengths and weaknesses and it is the ability

to learn from each other on a global scale that helps move education forward. That being said, there are certain problems with the current Chinese education system that are inherent in its Gaokao exam-driven mentality where the majority of the focus is still on rote learning and fact memorization. There is no doubt there is a time a place for standardized testing, but there is also no doubt that such narrowly focused exams stifle creativity, critical thinking and self-expression. At SIPC, through the use of international curriculums such as the IPC, we aim to develop our students' abilities not just in the core subjects but encourage each child's sense of wonder and discovery through investigation and exploration during our integrated lessons. This approach assists children to become lifelong learners who have the ability to analyze and synthesize, not just memorize, so as the subject matter changes, they are able to use their skills to adapt to the new information.

UF: Happy students, happy parents, happy school! How important is communication to you, and how do you plan on ensuring that you communicate effectively with your school community?

Peter: It is easy to make children happy, but is that truly the only aim of education? Surely, we want to aim beyond this and challenge our students not only to be happy but to be successful? Sometimes this means stretching children beyond their comfort zones, so children need to feel safe enough at school to know that it is ok to try and sometimes fail, otherwise they may never push themselves to their true potential. SIPC and SIFC are small friendly schools where the children are known, not only by the staff but by the senior leadership teams. The students feel safe and happy but beyond that, they are encouraged and extended to be the best they can be. Parent feedback and communication are important at our school. For younger students, we use a class dojo where parents can access class photos and feedback on a daily basis online. Older students have a student planner where they record their homework and parents can write notes and comments to their child's homeroom teacher and counselor. We also hold regular parent/teacher meetings to give feedback to parents and parent salons where parents are encouraged to give their thoughts and feedback to the senior leadership teams.



Peter Rizzardini

Supervisor Principal – Shenzhen IPC School
and Shenzhen International Foundation
College

UF: What makes your school so unique and what sets your students apart from the rest?

Peter: Everyone that applies to top universities all have roughly the same grades. They are all equally intelligent and have good GPAs and SATs. So, what sets our student's apart? The simple answer is everything else other than their grades. Their passions, their leadership, their interests, their record of service to the community, everything else that makes them, them. One of the most difficult concepts for Chinese parents to understand, is that good grades matter, but so too does everything else. In China, there has traditionally been a tendency to focus solely on the academics, and children are forced to do long hours of study for TOEFL, ACT, SAT, piano, violin and others. However, what often gets neglected and ignored are all of the 'human' elements that major universities are looking for, the ability to fit in, the ability to lead, the ability to serve others, the ability to question and think critically. This is the SIPC and SIFC difference, our parents understand this and place their trust in our staff of qualified teachers and counselors to help them achieve their dream of one day studying abroad. The communities of SIPC and SIFC share the same vision, wanting what is best for each child.



Geoff Cocksworth

Founding Executive Principal – The King's School Shenzhen International

UF: What is The King's School Shenzhen International's educational philosophy?

Geoff: Continuing our tradition from Canterbury in the UK, The King's School Shenzhen International offers a very broad education focusing upon a holistic pedagogy which includes all aspects of a student's growth: academic, physical, creative and psychological. To achieve this, we establish an environment that is safe, challenging, nurturing, supportive and engaging. Our aim is to give students every opportunity to become the best they can be: world leaders, academics, scientists, medics, musicians and performers, business persons, designers and so on. In addition, a King's student is an entrepreneur and a problem solver, someone capable of being and doing something different. Therefore, we believe that our students should be encouraged to take risks and make mistakes without fear. The key lies in the strength of our teaching and the relationships that exist throughout the community. All our teachers and support staff are selected with this in mind.

UF: Much has been discussed about how our education system is fundamentally 'broken' and in desperate need of a re-vamp. What are your thoughts on this?

Geoff: I will answer this question in a general sense but in a way that is relevant to China too. We are now well into the 21st century. Much of education, worldwide, is still based on models which go back to the mid-20th century or earlier. Not all of this is outdated,

of course, and we must always be careful not to throw out the good with the bad. But today's children are born into a digital culture and a digital way of thinking. From an early age, their neurons are being trained to fire and connect in new ways, different to the children of earlier generations. As humans evolve, therefore, the task of education grows as human capacity expands. In the 21st century, we need to prepare our students for the world of AI and different roles in the workplace without losing the spirit of enquiry that is at the heart of us as educated beings. This should influence school design, the timetable and the role of the teacher. But ultimately, a school is still a school: A place where children are on their exciting journey to become young adults and ready to embark on the next stage of their lives.

UF: What makes The King's School Shenzhen International so unique, and how does the school work with you to create a community that is truly unique?

Geoff: The word 'unique' is much overused these days. I don't claim that what we do is necessarily unique – there are many great schools – but what is distinctively special about a King's education is the strength of its community. Everyone who works in the campus, everyone who walks through the gates is an essential part of that community. We all work to the common goal of giving our students the best possible all-round education in a challenging but safe and nurturing environment. From this secure foundation, our students are encouraged to be brave, creative, innovative and scholarly, capable of complex problem solving. These are not only essential tools for world class universities, our ultimate aim, but for 21st century life in the workplace. The creative and explorative spirit pervades everything and manifests itself in our annual King's Week festival in which students display their full range of talents to wider audiences. Alongside our academic progress and personal growth, this annual festival will be an important part of our calendar and help us to link with Canterbury, UK.

UF: Happy students, happy parents, happy school! How important is communication to you, and how do you plan on ensuring that you communicate effectively with your school community?

Geoff: I end every presentation I make about the school with a slide entitled 'The Joy of Learning.' One of the great quotations attributed to Albert Einstein expresses this perfectly: 'It is the supreme art of the teacher to awaken joy in creative expression and knowledge.'

From the moment they arrive at school, our students should indeed be happy in what they are doing. This doesn't mean that everything is fun. Progress rarely comes without a degree of hard work and, even, pain. Real knowledge has to be earned, not simply found. My job and those of our specially selected teachers is to challenge our students in the right way for them. They need advice, support, encouragement and correction along that route. At the same time, we have to take our parents with us; parents need to understand that the children will not always get 100% in terms of achievement marks. What we want, of course, is for children to be giving 100% for effort and attitude. Therefore, we are open and honest in our reporting: Children must have their own time at school but we offer opportunities for parents to come into the community to discuss their children with teachers and as well as receiving regular written reports, which are more personal than just a list of grades. Either me or members of the management team addresses year groups daily and we are a continual presence around the school. We do not just hide away from staff or students. We eat with them, listen to what they say and assess the mood of the school. We also gather all teaching staff together at least one a week and I personally work closely with the administrative and support staff, involving them also in the daily life of the school.

UF: What is International School of Nanshan Shenzhen's educational philosophy?

David: At International School of Nanshan Shenzhen (ISNS), we believe in developing the whole child so that they grow to be kind and contributing adults. We see education as more than just learning specific content. ISNS employs the IB approach and philosophy, which is aimed at developing children as whole individuals. We agree that there are specific skills students need that will serve them for their entire life, and they are: the ability to communicate, collaborate, conduct research, think critically and self-management. Students will learn and continually build and implement these skills during their time at ISNS. In addition, we firmly believe in providing a caring and positive environment to optimize student learning. We desire to have our students feel valued and included at ISNS so they can be confident in exploring all that the world of learning has to offer. We aim to provide a world-class education in a warm environment so that our students can become engaged global citizens and make a positive impact anywhere they go in the world.

UF: From your point of view, what should be the relationship of a Head of School and the students? What motivates you to carry out this role?

David: I believe it is important to greet students with a smile and a 'good morning' each day. As head of school, I view myself as an influencer who can create an amazing learning environment for them. I work hard to recruit the best faculty to support our students educational experience. I aim to create systems which ensure the school operates efficiently and learning happens joyfully and effectively each day. I hope that I am a role model for my students and am motivated by the fact that they are able to have a great learning experience because of the work I do at ISNS. I believe that as a school, we can positively impact each of our students both now and in the future, which will in turn create a better world.

UF: How do you intend on actively participating in the daily life of ISNS? What are some of the upcoming activities that you are looking forward to?

David: From all school events to classroom celebrations, our community is bustling with activity throughout the year. Active learning is happening in and outside of the classroom and I participate in as much as I can on a daily basis. Students regularly engage in extracurricular athletics and activities and ISNS often holds special events, too. I look forward to the upcoming Mid-Autumn festival, where our Parent Association will have a lantern riddle competition that is loved by students of all ages. We will also host a University Fair where students can connect with representatives from top universities across the globe. In the middle of the fall season, we are excited to host the ACAMIS volleyball tournament with participating schools from across China. In addition, our student will take part in service-learning trips in November where they travel to different parts of China or Southeast Asia; it's a great opportunity to show our students that learning extends beyond the classroom. Furthermore, we host an annual 'Caring Week' and conduct fundraising activities to support local charities. Our entire community rallies around this week and really promotes our caring spirit.

UF: Happy students, happy parents, happy school! How important is communication to you, and how do you plan on ensuring that you communicate effectively with your school community?

David: Communication is extremely important at ISNS. I strongly believe in the effectiveness and necessity of face-to-face communication and building positive relationships with all community members. This approach builds solid rapport and positive morale for the community. I actively seek to do this on a daily basis and encourage our leadership team along with our Parent Association to model the same. In addition to face-to-face communication, our teachers in the PYP use Seesaw to post student work and messages



David Swanson

Head of School – International School of Nanshan Shenzhen

to parents, along with OneNote in the upper grades. We send messages home regularly through a number of channels and we are very fortunate to have an active Parents' Association that collaborates with the academic leadership team and works to keep our parent community well-informed and involved.

UF: Describe a typical day at ISNS.

David: Students arrive happily in the morning and are greeted by a warm smile and 'hello' from our faculty and administration. They are eager to start their day and glad to see their friends. Each day is filled with possibilities. Learning is inquiry-based and engaging in the upper grade levels and play-based in kindergarten. Learning is also centered around key concepts which allows students to develop big ideas that are applicable in many situations. Throughout the day, students take advantage of our innovation spaces – the Virtual Reality Lab, Tool Shop, Dark Room, Media Lab and Makerspace – in addition to participating in performing arts, visual arts and athletics. With so much available to them and the many activities they participate in, our students find comfort knowing they are supported by an ample number of caring and qualified teachers and staff. I love witnessing student learning at ISNS and feel great pride about what they are able to accomplish each day.

UF: What makes ISA International School Guangzhou so unique? How does the school work with you to create a community that is truly unique?

Michael: To an outsider, I think they would say that the location of ISA International School in the Redtory area of Guangzhou makes the school very unique. Working in an area which is full of art and design galleries and great little restaurants certainly has its benefits. But more than that, it also creates a culture of thinking and excitement, and enables many educational opportunities for our students right at our doorstep. There are many things that make ISA unique and no school should be the same, otherwise education would be very boring. For me, the uniqueness begins with the school's name ISA - Inquire, Succeed, Act. We expect our students to experience and develop in these three areas throughout their educational experiences at ISA. We are firmly committed to the framework of the International Baccalaureate PYP and MYP curricula. The beauty of the program is that it gives the school an opportunity to be unique with its curriculum framework rather than mandated curriculum. At ISA, we have a strong commitment not just to Chinese language but also Chinese culture and history and focus on exposing students to Chinese at every opportunity. ISA has a strong mother tongue language program and we are proud to offer English, Chinese, Korean, Japanese, Spanish, Italian, French and Hebrew. I would like to see additional languages offered such as Arabic, Hindi and Urdu. We also have a strong commitment through the IB to the Community Project and Service aspect. Our students experience outdoor education, which includes a significant community aspect to the experience.

UF: From your point of view, what should be the relationship of a principal and the students? What motivates you the most to carry out this role?

Michael: Some people say that being a principal is a lonely job. I have to disagree. I believe it is an essential position in the school to celebrate the achievements of students and the only way to do this is to constantly interact with them, their teachers and parents. As principal of ISA, I want to give my students confidence and reassurance that they are in a safe environment where they can flourish holistically. As principal of an International Baccalaureate school, it is essential to model the attributes of the IB Learner Profile as I believe firmly that we are all life-long learners.

I want my students to believe that their principal cares for them. Often in schools, the principal only rings home if there is an issue of concern but each week at ISA, I ring a number of families to give positive and encouraging feedback on interactions I have seen or heard about a student modeling the attributes of the IB Learner Profile. In the middle school, we are encouraging leadership skills through our house system and the student council. I meet with the student council each month to listen to student voices and, where possible, act on their suggestions. I always enjoy seeing students grow and develop. To me, being able to celebrate student growth and success makes being a principal the best job in the world.

UF: How do you intend on actively participating in the daily life of ISA International School Guangzhou? What are some of the upcoming activities that you are looking forward to?

Michael: I firmly believe in being actively visible throughout the school day. This begins by greeting students as they arrive. During the school day, I will continue to be visible by walking around and visiting classes. I schedule time into my calendar every day for walking around and keep a record of the classes I visit to ensure that I am visiting all classes. I enjoy the opportunity to interact with students and find out about their units of inquiry in the Primary Years Program (PYP) and I am always interested in how students are reacting to and developing their own ideas related to their Middle Years Program (MYP) unit questions. I am the first to admit that I drink too much coffee so I plan to work on my tea drinking skills as this gives me an opportunity to interact with teachers throughout the day. Each week, I meet different groups of teachers to discuss issues as well as get their perspective on teaching and learning. Each week, our teachers have 'me time', where they focus on researching educational material that will help them in their teaching practice. As a group, we reflect and discuss the issues that teachers are researching. At ISA, we have an extended day, which allows students to experience a variety of co-curriculum activities. In September, a group of students will be traveling to Canberra, Australia, to participate in an invitational Chinese-speaking competition. In December, we will have our annual Winter Celebration at Canton Place. Our students are also looking forward to their camps, where they will experience China in an outdoor educational setting.



Michael Urquhart

Head of School – ISA International School
Guangzhou

UF: Guangzhou has often been described as a melting pot of people and cultures. What are your thoughts on the city this far?

Michael: I first visited Guangzhou in 2006 but there is no comparison with the 2019 version of the city. I am always amazed at the different nationalities and their cultures that can be found here in Guangzhou. Before leaving the UAE to work at ISA, my head of Arabic from Syria was telling me about her husband's visit to Guangzhou for the trade fair last year. He noted that, in his humble opinion, he had found the best Syrian restaurant outside of Damascus in Guangzhou and was now looking forward to bringing his wife back to visit. Each week, my daughter and I try to find a different international restaurant to eat besides the awesome Cantonese dim sum! We have certainly been blown away by the use of WeChat in just about everything that you do. According to my daughter, I have quickly become a fan of DiDi as a means to travel around the city, but I still love the metro. I have also been amazed at Guangzhou's commitment to environmental issues and the city today is far more environmentally-friendly than many cities in the Western world. As the father of a teenage daughter, I also feel that it is a very safe city.

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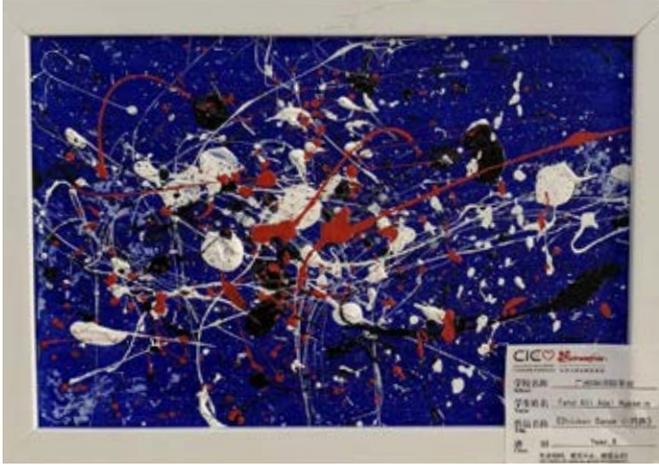
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These are works of art created by students in the PRD. Enjoy!

Art Attack



By Fahd Ali Adel Hussein, Canton Global Academy ▲



Hanaiah Vasandani, Singapore School of Guangzhou ▲



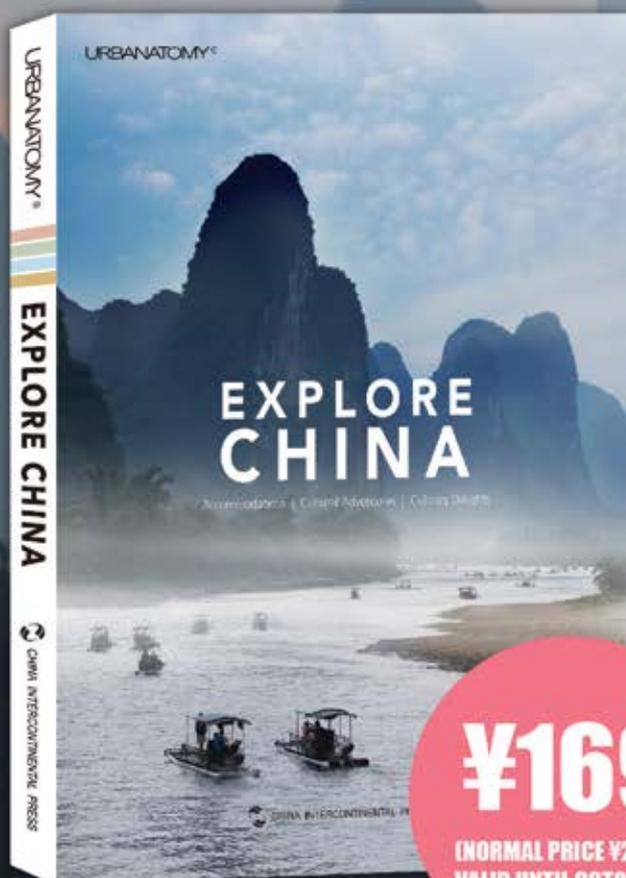
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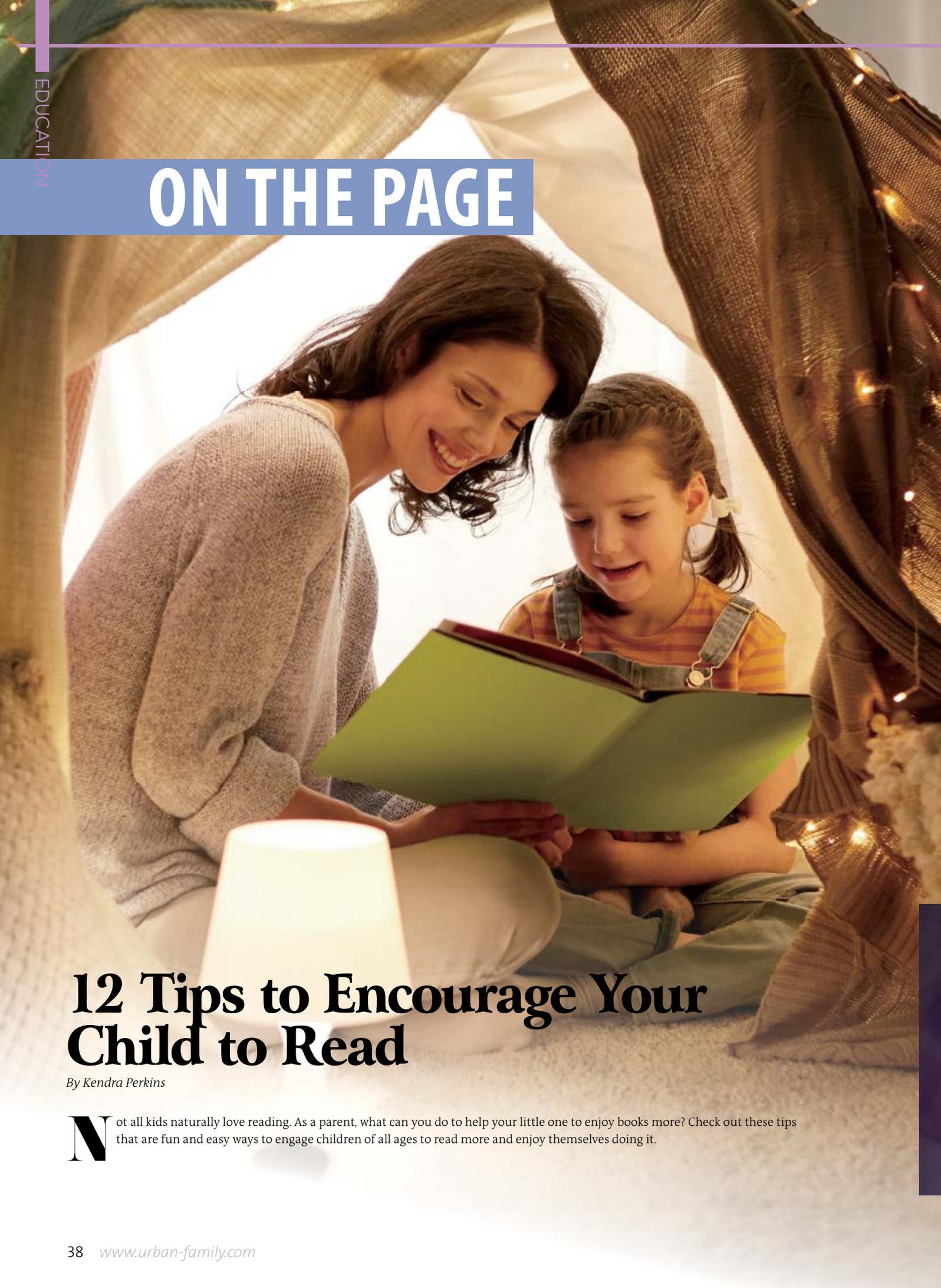
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ON THE PAGE



12 Tips to Encourage Your Child to Read

By Kendra Perkins

Not 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

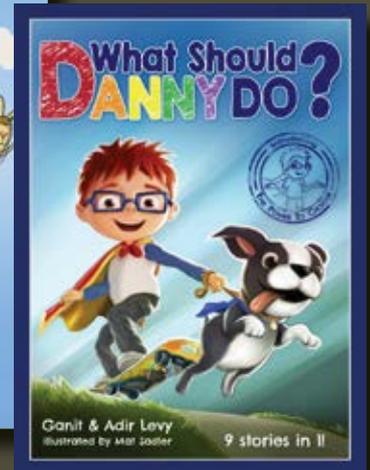
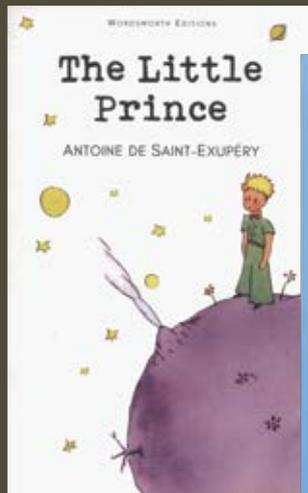
Use dramatic voices and actions as you read the book. Creating a fun experience can turn reading into an activity full of giggles.

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



This is a collection of short stories written by our young writers in the PRD. Enjoy!

A Little Creativity

Escaping From Darkness

By Galen, Grade 5, International School of Nanshan Shenzhen



There was once a homeless kid. He was living on the sidewalk alone. He had dreams that scared him. Every night, he would hide behind a bush or bury himself underground, breathing through a straw. His dreams were full of hideous things like zombies and people being hung to death. He was so horrified and scared that he would wake up sweating and hyperventilating. He really needed help. Hiding in the dark was the only option had.

However, the more he thought about it, he realized that hiding underground wasn't the brightest idea. This was because some monsters liked to go underground. There was another problem, too. People often came and pulled out his breathing straw, making him suffocate. "I've had enough! I must do something," he thought. It was time for the monsters to fear him instead.

He hatched a plan to conquer his fear. The plan was to make a hide-in-the-dark robe with a sword and a shield. The sword would dice up the monsters and the shield would blind them. The robe had special powers and could camouflage him like a

chameleon. He worked hard on his idea. After 365 days, the idea became a reality. One night, a monster appeared in front of him. He ran to his old underground hole, grabbing his robe and weapons. With the robe on, he hid in the hole and waited for it to appear again. When the monster finally came, he jumped out of the hole, surprising it. He fought with all of his might. But the monster was over nine feet tall. As much as he tried to destroy the monster with his sword, he was no match for it. He needed a strategy. He covered himself with the chameleon robe, immediately disappearing from the monster's sight. Then, he waited until the right moment. Suddenly, he pressed the shield in front of the monster, creating a powerful beam of light. Blinded, it stepped back and fell onto the ground. The boy took this opportunity to charge in, giving its head a huge blow! The monster flew towards the moon and that was the last time he ever saw it again.

After the monster's defeat, he lived safe and sound for a long time. One day, he said to himself, "I like being safe. However, I am getting bored. Maybe I should go look for more monsters." And thus, the journey continued...

A Monstrous Tale

By Henry, Grade 5, International School of Nanshan Shenzhen



One night at home in my living room, I was playing *Clash of Clans* on my phone. My dad, mom and sister were in their rooms. I was sitting all by myself.

While I was playing, a monster jumped out of my phone! It had a lot of bowling balls that he used as weapons. His skin was purple and he was as large as a giant! He threw a bowling ball at me. I was surprised but I managed to duck and save myself. The bowling ball was made of rock. He threw another one at me. I ran as fast as I could to the kitchen. I had my phone with me so I quickly shone the blue light at him, trying to ward him away. It scared him off and immediately, he ran away. I rushed to my room to hide under the covers. I did not want to tell anyone about what had happened.

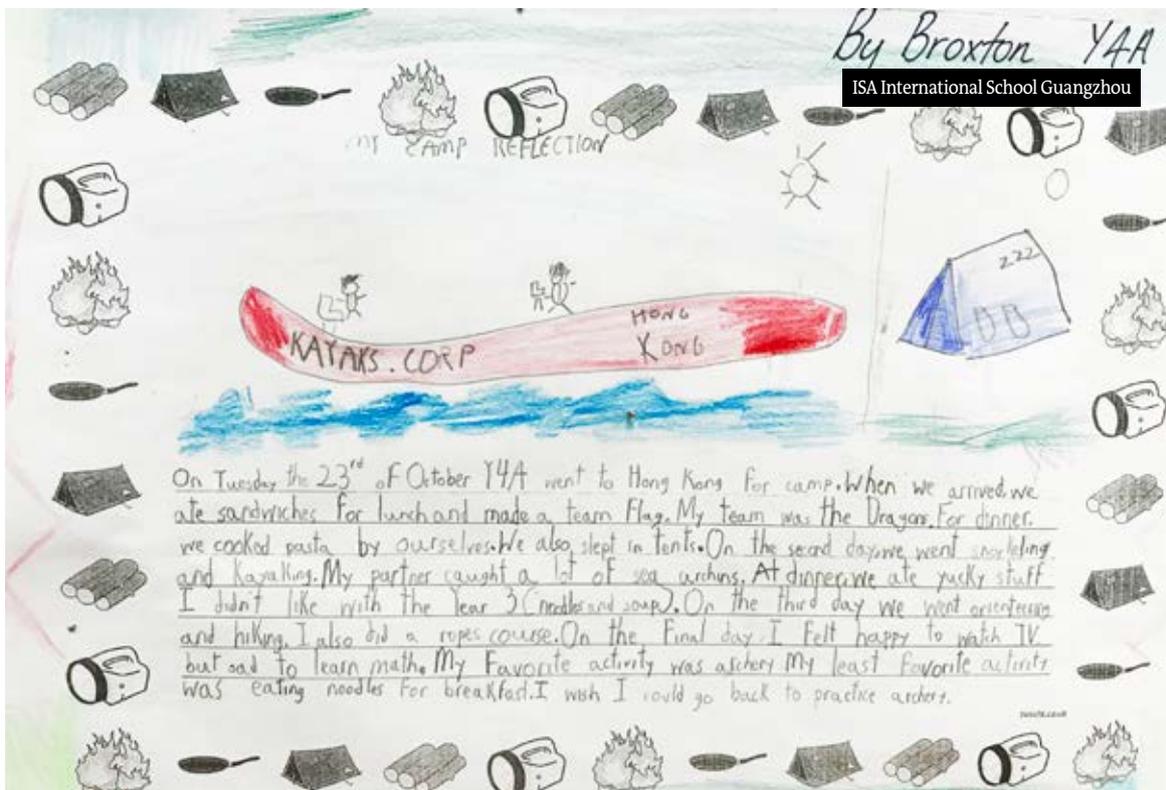
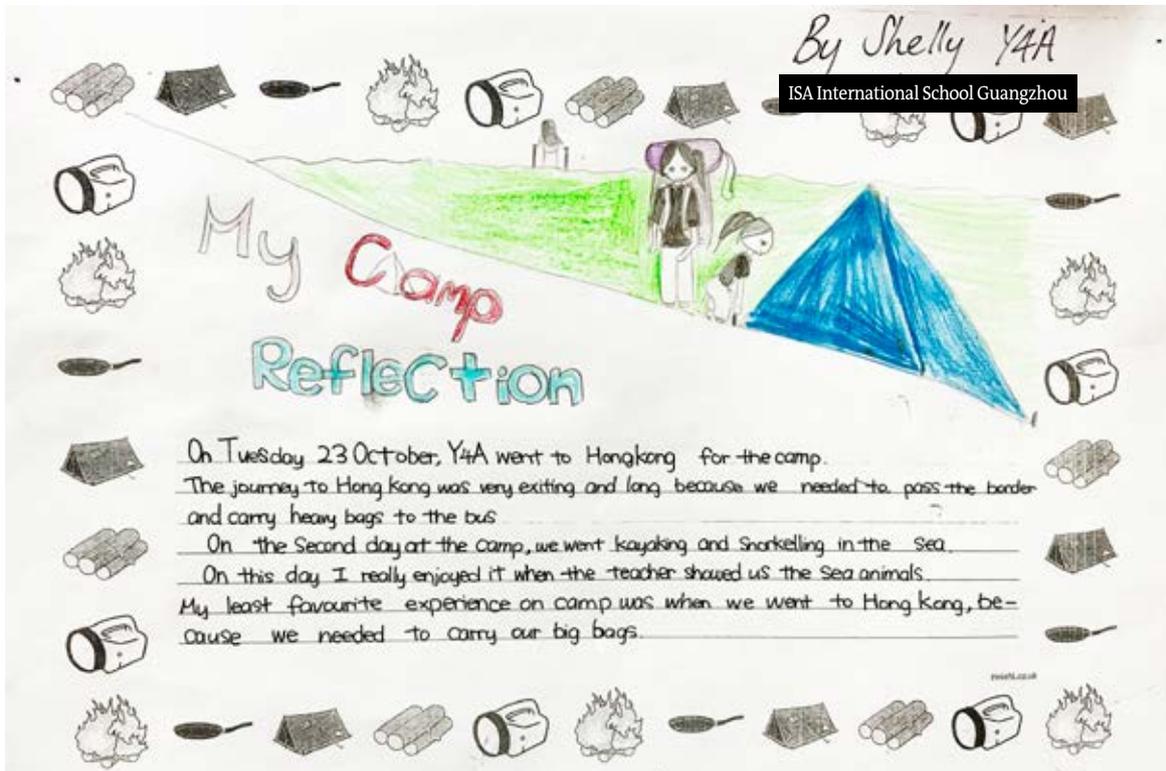
The next night, I was so scared. I did not want to be on my own. I decided to wear my gaming helmet and some LED clothes. The helmet had plenty of light, so it could prevent monsters from coming after me. I thought it would protect me as it had small LED lights on it. However, I did not realize that I had opened a can of worms. When night fell, a disgusting monster jumped out of my phone! He was slimy,

with saliva dripping from his mouth. He was obviously not afraid of my helmet or LED clothes. But, I knew that I had a secret weapon. I quickly shone my phone light on him, making him shriek and jump out of a nearby window in the living room. This time, I knew I needed a better plan to protect myself from these monsters. I wanted to create the world's most protective gaming gear. I worked for hours every day and a week later, I had completed it. Consisting of a helmet with many bright lights on it, the main idea was to ensure that there were enough lights around my face. As well, I managed to put a micro-bit that I programmed to say, 'Go away!'.

I was eager to test out my new invention. It was a Sunday night. As always, I was playing video games, but this time, I wore my helmet to protect myself. I was ready for him. In the middle of my battle, a monster jumped out! However, the lights on my helmet were so bright that he ran away and crashed into the door. The lights caused him to shrink, and within seconds, he became as small as a thimble. With a quick motion, I stomped all over him, squashing him to his last breath. I proudly tapped myself on my shoulder. I had finally destroyed our enemies. Our world was safe once again.

This is a collection of reflections written by our young writers in the PRD. Enjoy!

A Little Creativity



By Teresa Y4A

ISA International School Guangzhou



On Tuesday 23rd of October, Y4 A went to Hong Kong for a independent journey, helping our learning. The journey to Hong Kong was very exciting but long, making us all tired, because of five hours on the bus! When we arrived at camp, we put down our bags, and the coaches put us in groups. We made flags and drew them in our groups! We made the tents and cooked dinner by ourselves. On the second day at camp, we went snorkeling and kayaking, it made my body wet and cold, I shook my body to get warm. (My hands were tired too.) On this day I really enjoyed snorkeling and kayaking, even though was cold and tiring. On the third day at camp, we learnt how to use maps and compasses. We went orienteering and went on a walk to the mountain. On the final day at camp we began our long journey home. I felt happy and tired because we finally got back home! My favorite activity at camp was cooking dinner, it made me achieve it, because I have never cooked by myself! My least favourite experience on the camp was the moment that we are wet and cold, all the sand got in our shoes, it made me hurt! I wish I could go back to this camp that I could cook the dinner again!

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Our Family Favorites

Shenzhen Families Share Their Top Tips

Maria and Adolfo Martinez Icaza are both originally from Ecuador. They met by chance in New York in 2005, whilst dancing with friends. Adolfo had just finished his degree in architecture and Maria just started hers in interior design. Their creative personalities clicked, and they have been inseparable since. After a few years, they made their union official and not soon after, their first child, Sofia, was born. In 2013, Adolfo was then offered a very interesting opportunity that would take them to Shenzhen. After thinking about it, they decided to take the road unknown. They packed up their things, said goodbye to their beloved New York and hopped on a plane to China. Of course, it hasn't come without sacrifice to Maria's career. However, Maria's resilience, creativity and passion for her art has brought on many opportunities that would otherwise not have been available to her. The following year, their son, Gabriel, was born. Both Maria and Adolfo take great pride in their family. Maria knows how privileged she is to be available for the children when they come home from school. Both Sofia and Gabriel love Shenzhen and consider it their home. They love their schools, community and ability to travel around the world, making lasting memories everywhere they go. *Urban Family* sat down with this lovely family to learn more about their favorites.



Favorite Restaurant in Shenzhen

We enjoy going to Oggi often, as their service is wonderful. We always feel welcome there and our kids love their pizza. We also enjoy going for dim sum



every now and then at Chunmanyuan.

Oggi: No. 3-14, Golden Century Road, Coastal Rose Garden III, Shekou Harbor, Nanshan District, Shenzhen
Chunmanyuan: 1 Yanshan Lu, Nanshan District, Shenzhen

Favorite Summer Getaway

We usually stay in Shenzhen most of the summer and take short trips every now and then. However, this past summer was special because we took the kids on an architectural trip. First, we arrived to Dubai to see the Burj Khalifa, the tallest building in the world. This was followed by a camel ride in 45 degrees Celsius on the beach. Then, we went to Barcelona, where we took the kids to see the La Sagrada Familia, one of the most beautiful basilicas in the world. Right after, we took a train to Paris to see the Eiffel Tower. For many years, we thought that New York City was our favorite city but now after visiting Paris, we fell in love with it. There is so much beauty and details in their architecture and on top of that, the weather was just perfect. Our next train took us to Rotterdam to see beautiful random buildings and our favorite one was a food market that looks like something from the movie *Cloudy with Chance of Meatballs*. To finish our trip, we visited Amsterdam and were impressed by the canals around the city and the number of playgrounds around the public spaces. Overall, a wonderful, unforgettable summer and we highly recommend all these spots!

Favorite Activity in Shenzhen

We enjoy going for walks and get lost in Shenzhen. There is always something new around here; a new restaurant, new building or a new development. We enjoy taking pictures of whatever catches our attention.

Favorite Spot for a Family Outing

As a family, we spend a lot of time at home cooking, drawing or just relaxing, going for long walks around Shenzhen bay. Sometimes, we take a break from the kids and we go to Baia to listen to live Latin music and enjoy a gin and tonic or two. It's pretty fun there if you want to see some familiar faces and have a good time.

Baia: B301, Building B, Zone B, Sea World Square, Shekou, Nanshan District, Shenzhen

Favorite Family Movie

We love movies and shows. Our favorite television show is the *The Goldberg's* and our favorite movie lately is *Spider-Man: Into the Spider-verse*. Perhaps, it reminds us of New York, a city that we love and miss tremendously.



Our Family Favorites

Guangzhou Families Share Their Top Tips

Dario Pithard is no stranger to Guangzhou. Having lived there in 2012, he developed a love for this Southern city and vowed that one day, he would be back! Currently the general manager of W Guangzhou, Dario and his wife Claudia have two children. Maria is 11 and Nelson is 8, and both are students at the American International School of Guangzhou. Maria loves dancing and singing and Nelson loves football. His favorite teams are Bayern Munich and the German national team. The family have also lived in Bali, Beijing and Tianjin. *Urban Family* sat down with the Pithard family to learn more about their favorites.



Favorite Restaurant in Guangzhou

Two of our favorite restaurants are located at W Guangzhou. The Kitchen Table is our favorite spot for breakfast and weekend brunch. The food selection is mind-blowing.



Our other favorite is I by Inagiku, one of the best Japanese restaurants in Guangzhou. There is an excellent variety of authentic Japanese dishes. It's a must-try for anyone!
W Guangzhou: 26 Xiancun Lu, Zhujiang New Town, Tianhe District, Guangzhou

One of our favorite spots is Canton Place. The restaurants are great and there are a lot of family-friendly features such as the water fountains for the kids to play together with their friends.

Favorite Spot for a Family Outing

We love football a lot and we love going to the stadium to see Chinese Super League football matches. We have done this activity in other cities as well and it has become a family routine that we all enjoy.

Favorite Family Movie

The name of the movie is called *The Croods* and it was released in 2013. It was one of the first movies we watched in English after living outside of Germany, hence this has a special place in our minds. It is a fun movie that reflects how important family life is in order to overcome certain obstacles.

Favorite Summer Getaway

As we are from Germany, we love to spend our summer holidays back home, where we enjoy the comfy food we grew up with. We love all that the country has to offer, especially its nature, from the sea to the mountains. Seeing our family and friends is very important to us, and during our visits, we strengthen our connections and build new memories.

Favorite Activity in Guangzhou

On weekends when we are all together, we enjoy our family time by taking our scooters and exploring Zhujiang New Town.





Baby Cereal Snow Dough

An Edible Craft for Little Ones

By Varya Sanina-Garmroud

Parents, are you looking for ways to feed your little ones and entertain them at the same time? This is a perfectly messy, sensory and edible activity for toddlers and babies who can sit up.



Varya blogs at CreativeWorldofVarya.com. She is a mom to two girls and a boy, an early development specialist, a Montessori educator and a breastfeeding counselor.

You will need:

- Baby rice cereal (250-300g pack)
- Enough edible oil to make the cereal moist
- Large plastic/metal bowl and a smaller plastic/metal bowl
- Plastic shapes/molds (optional)
- Small plastic plates or bowls

Steps:

1. Ensure that your child's hands are thoroughly washed before starting.
2. Place a small amount of rice cereal into a large bowl. Put edible oil into a smaller bowl.
3. Allow the pouring and mixing to take place. It will be messy but it will be fun!
4. Children can either use plastic molds to make pre-determined shapes or use their fingers to make whatever shapes they like, such as animals. Or better still, they can just eat the cereal off their fingers after they are done mixing!

Tried and Tested Tips:

- It is best to line your floors or carpet with a reusable waterproof sheet.
- Clean up after by spraying the area with a water and vinegar solution, and then with clean water.
- The cereal dough will remain fresh for a few hours. You can always use it again to create new shapes.



DIY Clothes for Toys

Creating New From Old

By Varya Sanina-Garmroud

Got tons of old clothes and need new ones for your dolls or stuffed toys? This craft is easy and fun and is best suited to young children.

You will need:

- Pieces of colored material from old t-shirts or items of clothing (rectangular- or square-shaped)
- Children's scissors to cut material into shapes
- Safety pins (ask mom or dad for help to fasten them on)
- Dolls or toys to dress, such as ponies or teddy bears

A Dress for your Doll:

1. Wrap a rectangular piece of colored material around your doll.
2. Throw one end over the shoulder. Ask mom or dad to help you secure the material with a safety pin.
3. You have a lovely summer dress for your doll!

A Hoodie for your Pony:

1. Cut two holes in a square piece of material, leave enough material in between.

2. Put your pony's front legs through the holes and throw the middle section over its head. Ask mom or dad for help, and voila, you now have a pony with a hoodie!

A Vest for your Teddy Bear:

1. Cut two holes in a rectangular piece of material, for the bear's arms.
2. Meet the ends in front, under its head. Get some help from mom or dad to secure the material with safety pins.
3. Your teddy bear has a lovely vest now!

Tried and Tested Tips:

- There are so many different types of clothing that you can create using unwanted fabric. Be creative and enjoy the process of dressing up your toys.

Varya blogs at CreativeWorldofVarya.com. She is a mom to two girls and a boy, an early development specialist, a Montessori educator and a breastfeeding counselor.

Chilled Mango Sago with Pomelo

Sweet Treats for the Family

By Tony Zhao, Executive Pastry Chef of Sheraton Shenzhen

Invented in 1984 by a restaurant in Hong Kong, chilled mango sago with pomelo is a true classic. It can be found in many dessert shops and restaurants around Asia too. This version is brought to life with an interesting presentation technique. Special thanks to Tony Zhao, Executive Pastry Chef of Sheraton Shenzhen, for this delicious recipe.



Ingredients:

- 30g Thai sago
- 100ml mango puree
- 20g sugar
- 50g coconut milk
- 50ml whipping cream
- 200g fresh mango pulp
- 50g grapefruit
- 60g butter
- 30g low gluten flour
- 60g mango ice cream
- To decorate: 2 mint leaves and 10g raspberries
- To serve: 200g dry ice

Assembly and Plating:

Pull the mixture into a container and cover with a round butter chip or cookie. Put a spoonful of mango ice cream on it and put a couple of small mint leaves and raspberries as decoration. Finally, present it to guests on a deep layered dish which has dry ice inside. Pour water over the ice to create a misty visual effect.

Method of Preparation:

1. Cook the sago rice until it become transparent. Put it in cold boiled water for a few minutes. Take it out quickly and set aside.
2. Boil mango puree with sugar, then mix with coconut milk and whipping cream. After it cools down, add sago, mango pulp and mashed grapefruit.



Crab Cakes with Corn Puree and Corn Relish

A Savory Seafood Appetizer to Impress One and All

By The Connoisseur Restaurant at LN Garden Hotel



Impress your guests with this special seafood appetizer, compliments of The Connoisseur Restaurant at LN Garden Hotel. It looks complicated, but it is actually very easy to make and can be prepared in advance if needed. Bon appetit!

Ingredients for Crab Cake (makes 8 cakes):

- 454g or 16 oz. tinned crab meat
- Salt and white pepper to taste
- 2 eggs
- 56g or a quarter cup of panko bread crumbs

Ingredients for Lemongrass Corn Puree:

- 4 stalks fresh corn
- 250ml or 1 cup of double cream
- 1 stalk lemongrass
- Salt to taste

Ingredients for Corn Relish:

- 1 stalk fresh corn
- 2 shallots, diced
- 2.5g or a half teaspoon of yellow mustard seeds
- 2.5g or a half teaspoon of ground Aleppo pepper
- 56g or a quarter cup of white sugar
- 90ml or a quarter cup, plus 2 tablespoons, of white distilled vinegar
- Chopped coriander leaves

Ingredients for Raspberry Jelly:

- 90ml or a quarter cup of raspberry puree
- 0.75g or one-eighth teaspoon of xanthan gum powder

Garnish:

- Chinese chive buds and micro-herbs

Method of Preparation for Crab Cakes:

1. Drain the crab meat and squeeze all of the water out.
2. Season meat with salt and white pepper to taste.
3. Whip egg and fold into meat.
4. Add panko breadcrumbs until mixture becomes slightly damp and will hold a firm shape when formed. It is perfectly fine to not use all of the breadcrumbs. If your cakes are a little dry, sprinkle with a bit of water to make it moist.
5. Form cakes into cylinder shapes.
6. Roll carefully in panko crumbs and keep aside.

Method of Preparation for Lemongrass Corn Puree:

1. Carefully remove/cut corn kernels from the cob.
2. Bruise the lemongrass and place on a pot with the double cream. Warm it to infuse the flavors, for about 15 minutes.
3. Remove from the heat and cool.
4. Place cooled cream and lemongrass into a blender, to break up the lemongrass.
5. Once the consistency is of a puree-like texture, strain through a fine mesh

6. Sauté the corn kernels with a pinch of salt until they are half-cooked and have a bit of color on them.
7. Add the corn kernels into a blender and puree with some cream, till smooth. The amount of cream that you use will depend on whether you prefer a thicker or a thinner puree.
8. Remove from the blender and simmer to infuse the flavors. Check seasoning and add if necessary. Keep it aside for later.

Method of Preparation for Corn Relish:

1. Remove corn kernels from the cob.
2. Sauté the corn kernels and the shallot over high heat for three minutes. Make sure to let the kernels rest in one place to gain some color on the outside skin.
3. Cook until shallots are seared but half cooked.
4. Remove from the heat and cool for five minutes.
5. Bring the sugar, vinegar, mustard seeds and Aleppo pepper to a simmer, till the sugar dissolves.
6. Cool and pour liquid over corn and shallots. Rest for 30 minutes to infuse the flavors.

7. Once the liquid is cool, add chopped cilantro.

Method of Preparation for Raspberry Jelly:

1. Place the raspberry puree in a saucepan and bring to a simmer.
2. Sprinkle xanthan gum powder over the top and remove from the heat. Stir and rest for five minutes to cool and hydrate the xanthan gum.
3. Place in a blender and blend until smooth.
4. Pour through a fine strainer, place in a squirt bottle and keep it aside.

Assembly and Plating:

1. Using a spoon, place a dollop of the corn puree on a plate. Spread it with your spoon.
2. Place oil into a pan and sauté two crab cakes until slightly browned on both sides, approximately two minutes per side. You can also deep-fry the cakes if you prefer.
3. Remove from the pan and place the two crab cakes over the corn puree.
4. Spoon corn relish over the top of the crab cakes.
5. Garnish with raspberry jelly, chive buds and micro-herbs. Serve immediately.

Pumpkin Spice and Oatmeal Cream Pies

Easy Autumn Snacks

By Lindsey Fine



As summer finally turns to autumn, we begin to turn our tummies to more warming comfort foods. We can finally fathom using our ovens once again after the sweltering heat begins to subside. Pumpkin spice is perhaps the most quintessential autumn flavor, and luckily, they make for the perfect ingredients for this oatmeal cream pie. This recipe is plant-based, but no one will ever know it.

Ingredients for Cookies:

- 1 cup pumpkin puree
- 3 tbs coconut oil
- 3/4 cup packed light brown sugar
- 1/2 cup granulated sugar
- 2 flax eggs (combine 2 tbs ground flax and 6 tbs water, mixed well and left to set for 10 minutes)
- 1 tsp vanilla extract
- 1 tbs blackstrap molasses
- 1.5 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon

- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 3 cups quick cooking oats

Ingredients for Coconut Cream:

- 2 cups coconut cream
- 2 tsp maple syrup
- 1 tsp vanilla extract
- 1/4 tsp ground cinnamon

Method of Preparation for Cookies:

1. Preheat oven to 190 degrees Celsius.
2. Line two large baking sheets with baking paper.
3. Add pumpkin puree, coconut oil and sugars to a large mixing bowl. Using a handheld mixer,

mix for about one minute.

4. Add in flax egg, vanilla and molasses, scraping down the sides as needed.

5. Slowly add the dry ingredients to wet ingredients, mixing until all ingredients are well combined.

6. Using a large ice cream scoop, drop dough (around two tablespoons worth) onto prepared baking sheets. As you are not using a ton of sugar and not using butter, you might want to press each cookie lightly with the back of a fork as they will not spread like other cookies while baking.

7. Bake for 10 to 12 minutes, until cookies are lightly golden around the edges. Check if they are done with a toothpick. If it comes out clean, they are done.

8. After five minutes, transfer cookies to a wire rack to finish cooling completely before adding any cream filling. You will want to make sure they are cool enough or the cream will melt, but that doesn't mean you can't eat a few while waiting.

Method of Preparation for Coconut Cream:

Add all ingredients to a large mixing bowl and using a hand mixer (or standing mixer) to whip the coconut cream for five to eight minutes until fluffy and stiff peaks form.

Assembly and Plating:

Place one half of your cookie sandwich upside down and scoop 1 to 2 tablespoons of coconut cream onto it. Gently place another cookie on top to make a pumpkin and cream bomb that will have your friends talking for days. If you are taking them to a party, bring the cookies and cream in separate containers and assemble onsite, or you will likely end up with a creamy mess. If you are using a more traditional vegan butter cream, then assembly can be done beforehand.



Kale and Sweet Potato Salad with Agave Mustard Dressing

Stay Healthy with this Cool Salad

By Lindsey Fine



You can't think about autumn without thinking of the color orange. It's the color of the changing leaves, of jack-o-lanterns, as well as another autumn favorite food of mine - sweet potato. Foods that are bright orange are full of vitamins A and C, as well as potassium. Kids love sweet potatoes, so try to add them into as many dishes as you can. The combination of sweet potato and kale tossed in the tasty agave mustard dressing is one that kids and adults alike will love.

Method of Preparation for Salad:

1. Preheat oven to 200 degrees Celsius.
2. Wash, peel (if desired) and cube sweet potatoes.
3. Spread potatoes on baking sheet and drizzle with olive oil, salt and pepper. Stir with your choice of spoon, spatula or hands. Try and get some of the oil and seasoning on each piece of potato.
4. Bake on the middle rack for 30 to 40 minutes until tender, but not too soft.
5. Prepare other ingredients while the sweet potatoes are baking.
6. When the sweet potatoes are done, let it cool for 10 to 15 minutes.
7. Mix dressing with kale in a bowl, coating all of the pieces in this amazing dressing.
8. Put kale in serving dish, top with sweet potatoes, cranberries and almonds.

Ingredients for Salad:

- Agave mustard dressing (recipe below)
- Kale, de-stemmed and torn into pieces
- Toasted almond slivers
- Dried cranberries
- Roasted sweet potatoes

Ingredients for Agave Mustard Dressing:

- 1/4 cup olive oil (you can substitute for other kinds of oil that do not have a strong flavor)
- 2 tbs lemon juice
- 2 tbs dijon mustard
- 1 tbs apple cider vinegar
- 1 tbs agave (if you don't have agave or prefer honey, you can use honey too)
- 2 cloves garlic, finely chopped
- Salt and pepper to taste

Method of Preparation for Agave Mustard Dressing:

1. In a bowl, add all ingredients.
2. Whisk together until combined.

Lindsey is a teacher at Bromsgrove School Mission Hills Shenzhen. Besides being an educator, she is also an avid foodie and has been creating all sorts of delicious vegan recipes since moving to China nine years ago. You can read all about the perks of eating a plant-based diet on her blog: veggiemamablog.com

SCHOOL EVENTS



International School of Nanshan Shenzhen Welcomes New and Returning Families

The International School of Nanshan Shenzhen new student orientation kicked off successfully, as the school welcomed new and familiar faces. ISNS faculty and staff started the day with a great team photo to bring energy and positivity to the day, then went off to prepare for the arrival of their community. New and returning parents were welcomed by student volunteers and then assisted by the school's wonderful staff, to ensure that they had everything they needed to start the year off well. Like each new beginning, there is much to look forward to! #GoISNS



An Exciting Year Ahead at Shen Wai International School

Over the past few weeks, SWIS staff have been preparing diligently for the exciting start of the new school year. Orientation days were held for both new and returning students. With excitement, SWIS students met their new teachers, classmates and classrooms. Secondary students and parents received a special treat: their very own student-led orientation break-out sessions. A group of returning students used parts of their summer holidays to plan and collaborate on producing a well-informed presentation. The breakout sessions included a brief introduction to the curriculum, tips and guidance on school-parent communication, as well as frequently-asked questions and answers. It was a delight to have these capable helpers on deck. SWIS looks forward to an exciting year ahead!



Avenues: The World School Holds Ribbon-Cutting Ceremony For New Shenzhen Campus

Avenues: The World School hosted a ribbon-cutting ceremony on July 15 for its new Shenzhen campus, which welcomed its first students on September 5 this year. The event was attended by local officials, community partners, neighbors and the campus' 70 faculty and staff members. Avenues President Jeff Clark offered an remark to the assembled guests who were also treated to a traditional lion dance performance. Guests who attended the event had the opportunity to tour the campus, which, consistent with Avenues' design, is an urban oasis where architecture inspires learning and growth. Avenues Shenzhen opened this September with a highly-selective kindergarten program serving students in nursery, pre-kindergarten and kindergarten with the aim of expanding to serve students in toddlers through 12th grade. Avenues provides a state-of-the-art education focused on second language acquisition, interdisciplinary study and global citizenship. At Avenues Shenzhen, the integration of the Chinese national curriculum and the Avenues global curriculum will yield a rich, rigorous program that is at once global and local in focus. All students will become highly proficient in both English and Chinese and, as the Avenues mission statement promises, "at ease beyond their borders."



Whittle School & Studios Campus Opening

Whittle School & Studios Shenzhen hosted their opening ceremony this September in their magnificent new building, where they warmly welcomed everyone. Whittle School & Studios Shenzhen have taken the Chinese national curriculum as the backbone of their studies but have added additional features and new styles of learning to enhance it. They have taken the best learning and teaching practices from across the world, fusing them together to inspire and engage students of all ages. They have placed students at the heart of the design process and are all committed to ensuring the delivery of a modern, globally minded, holistic and nurturing education. The Whittle campus will prepare students for their lives ahead in a world that will be very different from today. The rapidly changing nature of life in our interconnected planet requires successfully educated, well-balanced, versatile, confident and culturally capable young people who are able to manage lifelong adaptation in order to thrive and succeed. Congratulations to Whittle School & Studios Shenzhen!

New Arrivals

Say Hello to the PRD's Newest Members



Jiang Xinchun
April 2, 2019



Justin Zhang
June 29, 2019



Serena Grace Deng
April 20, 2019



Xiao Longzhu
August 29, 2019



YangYang
May 2019



Sadie Zhang
June 27, 2019



LeLe
April 12, 2019



Coffee & Milktea
July 3, 2019



Share your good news with us! Submissions to uf.prd@urbanatomy.com

GZ EVENTS



SEPT 18 Dúa de Pel

Spanish musical duo Dúa de Pel are known for their versatility and ability to seamlessly combine music styles from different eras. The pair's body of work boasts a matchless sound and has graced audiences around the globe. During their China tour, Dúa de Pel will be accompanied by chamber music ensemble Lavanda Pel, who will jazz up the performance.

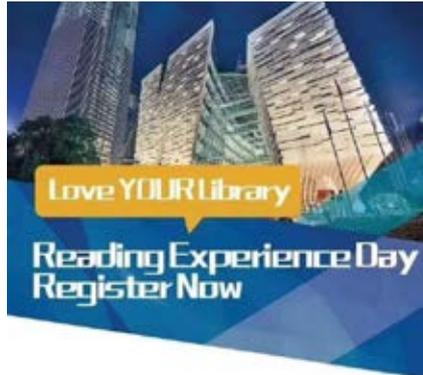
Wed Sept 18, 8pm; RMB150. Mao Livehouse, 1/F, Zhongzhou Trading Center, Huizhan Nan Wu Lu, Haizhu District, Guangzhou 海珠区会展南五路中州交易中心1楼 (247tickets.com)



SEPT 25 Vienna Boys' Choir

With a history spanning five centuries, the celebrated Vienna Boys' Choir are, without a doubt, one of the world's best boys' choirs and are as reputable as the Vienna Philharmonic. World-class composers and conductors such as Mozart, Haydn, Schubert and Bruckner were once members of the choir, which is divided into four touring choirs named after these four musical masters. Though based in Austria, the choir is comprised of talented young vocalists from all around the world. Come see this Austrian treasure in Xinghai Concert Hall this month.

Wed, Sept 25, 8pm; RMB80-680. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (ticket-easy.cn)



Fascinating and Distinctive Reading Experience:

- ▶ **Multicultural Library**
A Meeting Ground for Different Cultures
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A Space Where Your Ideas Become Reality
- ▶ **Language Learning Center**
A Paradise for Language Learners
- ▶ **Multimedia Appreciation Area**
Enjoy Film and Music

One day with multiple surprise

- ① Visit Our Featured Theme Libraries to Learn More About Our Basic Services, Reading Resources and Special Activities.
- ② Take Part in Specially-Themed Activities.
- ③ An Exquisite Gift.



SEPT 21 Urban Family x Guangzhou Library: Reading Experience Day and Free Lantern-Making Workshop for Kids

Urban Family and Guangzhou Library are excited to invite kids aged 4 and above to an exciting lantern-making workshop and reading experience day. Kids will get a chance to learn more about the library too! Don't forget to bring along your passport/ID, as you will get a chance to apply for your very own library card. The event is free of cost for 12 lucky families. To join, email marketing.prd@urbanatomy.com

Sept 21, 10am to 12pm. Free. Meet at 9.45am at the lobby/reception of Guangzhou Library, Huacheng Square, Tianhe District, Guangzhou



SEPT 26-27 Anna Karenina

Ballet Anna Karenina by Russia's top choreographer Boris Eifman is emotionally tense. Casting aside all other storylines from Tolstoy's complex, namesake novel, the ballet focuses on the love triangle among the heroine Anna, her husband Karenin and her lover Vronsky. Through the tested skills of the dancers and Eifman's astounding choreography, this balletic work conveys timeless human emotions that will still resonate with viewers today.

Thu-Fri, Sept 26-27, 7.30pm; RMB180-880. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江江西路1号广州大剧院 (247tickets.com)

Submit your event listings to
uf.prd@urbanatomy.com



SEPT 27 London Symphony Orchestra

Performing over 120 concerts a year, the London Symphony Orchestra (LSO) has been named by Gramophone as one of the top five orchestras in the world. Having an enviable roster of artists, the LSO have enjoyed residencies at the Barbican in London, Lincoln Center in New York, Salle Pleyel in Paris and Suntory Hall in Tokyo. During their Guangzhou concert, the famed orchestra will play under the baton of world-class maestro Simon Rattle and will be accompanied by Grammy-winning Emanuel Ax on the piano.

Fri, Sept 27, 8pm; RMB380-1,580. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (ticket-easy.cn)



TUE TO SUN, TILL SEPT 29

Buzz

Riveting illustrations and animations from three talented and imaginative artists are on display this month at Kui Yuan Gallery. Showcasing the artists' distinct way of recording life and conveying thoughts, these artworks capture a transitory scene or fleeting moment elevated in a world of free expression – the mind's eye of each artist.

Tue-Sun until Sept 29, 11am-8pm; free entry. Kui Yuan Gallery, 9 Xuguyuan Lu, Yuexiu District, Guangzhou 越秀区恤孤院路9号逸园艺术馆



OCT 11-22 The Legendary Swordsman

Based on the story of the classic novel *The Smiling, Proud Wanderer* by Louis Cha of Hong Kong, who is better known by his pen name Jin Yong, this acrobatic play tells the tale of a Chinese martial artist and how he achieves perfection in swordplay. Presented by the Guangzhou Acrobatic Troupe, this exciting spectacle will combine martial arts, acrobatics, drama as well as Cantonese folk music. Don't miss this sensational showcase of local talent and tradition.

Fri-Sat, Oct 11-22, 7.30pm; RMB280-880. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



Oct 11-20 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. With "timeless music, spectacular sets and a superb cast" (*Daily Mirror*), breathtaking choreography and of course, the unforgettable song 'Memory,' Cats is a magical musical like no other.

Tue-Sun, Oct 11-20, 2.30pm/8pm; RMB180-1,280. Guangzhou Baiyun International Convention Center, 1039-1045 Baiyun Dadao Nan, Baiyun District, Guangzhou 白云区白云大道南1039-1045号广州白云国际会议中心

GZ EVENTS

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Nov 16 Castle in the Sky Concert

The classics of Japanese animation legend Hayao Miyazaki come to life this month at the Xinghai Concert Hall in an audiovisual extravaganza. Performers from some of the country's best conservatories will come together to deliver a sensational, family-friendly musical rendering of such pioneering anime legends as *Castle in the Sky*, *My Neighbor Totoro* and *Valley in the Sky*.

Sat, Nov 16, 8pm; RMB160-380. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (ticket-easy.cn)



Ongoing Seasonal Afternoon Tea Set

Sheraton Guangzhou Nansha Hotel has prepared a seasonal afternoon tea for folks down in Nansha to escape the hot South China sun. The teatime offers guests special sweets, fresh seasonal fruits and other assorted goodies.

Daily ongoing; RMB168 for two people. Lobby Lounge, Sheraton Guangzhou Nansha Hotel, 79-80 Haixi Jie, Haibin Lu, Nansha District, Guangzhou 南沙区海滨路海西街79-80号广州南沙越秀喜来登酒店 (020 3900 2288)



Ongoing Anniversary Offers at LN Hotel Five, Guangzhou

In celebration of its fourth anniversary this month, boutique hotel LN Hotel Five, Guangzhou is offering patrons special food and drink deals at its Cantonese restaurant and rooftop bar, as well as room packages. Take advantage of the discounts offered at Roof Top Bar, where you can enjoy a second cocktail or house wine for half price, a dozen select beers for RMB450 or 10% off all bottles of liquor (except for Japanese whiskeys) from 5:30pm-1:30am.

Daily ongoing, various times and prices. LN Hotel Five, Guangzhou, 277 Yanjiang Zhong Lu, Yuexiu District, Guangzhou 越秀区沿江中路277号广州岭南五号酒店 (020 8931 0505)



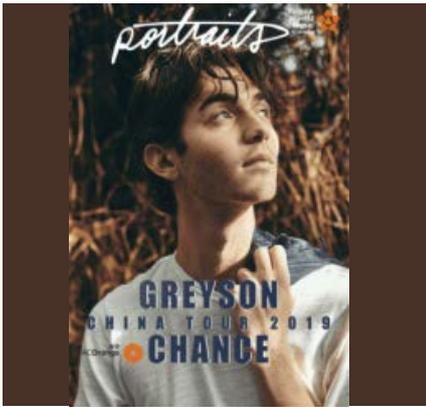
DEC 7 2019 AmCham Winter Ball Seeks Peace & Love

For over 20 years, AmCham Winter Ball has been AmCham South China's most glamorous signature event in the Greater Bay Area. The event is always a blockbuster and never ceases to attract more than 500 well-dressed guests. With grand raffle prizes valued at over RMB1,000,000, this upcoming event will be no different! Get ready for this year's Winter Ball on Saturday, December 7 at the fabulous LN Garden Hotel Guangzhou. With the theme 'Peace & Love' this year, you should feel the itty bitty yippie hippie in the air. Expect Motown songs throughout the night to take you back in time!

For ticket reservations, please contact Ms. Wing Xian / Joyce Hu at 020 8335 1476 ext. 12 / 20 or email [wxian@amcham-southchina.org](mailto:wxfan@amcham-southchina.org) / jhu@amcham-southchina.org

Buy now and don't miss out!

SZ EVENTS



SEPT 19 Portraits: Greyson Chance China Tour 2019

Greyson Chance is an American singer who will come to Shenzhen in September. When he was 13 years old, he gained popularity by covering Lady Gaga's 'Paparazzi' on YouTube and the video received over 100 million views. Today, Greyson Chance has become one of the most popular millennial singers, with many loyal fans from all over the world.

8pm-9.30pm, Sept 19, RMB320 early bird, RMB480 presale. Hou Live, B112A KK One Shopping Center, 9289 Binhe Dadao, Futian District, Shenzhen



SEPT 19 Xufei 'All Blank' Tour

Xufei, is a Chinese singer born in Jilin. In 2006, she participated in the Hunan TV draft entertainment program *Super Girl* and won the sixth place in the national finals. She kicked off her tour with a new album, *Fangshi*, which was released on July 15.

8.30pm-10pm, Sept 19, RMB150 for students, RMB200 presale, RMB220 at door, RMB299 for VIP tickets. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen



SEPT 21 Shenzhen Rapid 45 Open International Chess Tournament

Do you like chess? This chess tournament is played for five rounds and 45 minutes each player, and there is no delay or no increments. Tournament directors' judgement is final. This is not an official FIDE event. Winners get RMB2,000 for first place, RMB1,000 for second place and RMB500 for third place.

8.30am-8pm, Sept 21, RMB120 (CIC cardholder) / RMB150 for CIC members / RMB250. Dr. Café, Building A7 Nanshan Zhiyuan, No.1001 Xueyuan Dadao, Tanglang Dong Lu, Nanshan District, Shenzhen



SEPT 21-22 An Event with Wang Xinxin: As Blossoms Fly and Fade

Nanguan is one of the oldest musical styles in China that remains. The instruments of Nanguan were quite similar to those used in ancient Chinese music. Wang Xinxin started learning Nanguan at the age of four. Since then, she has mastered various types of this Chinese ancient music and is particularly famous for her singing, thus becoming a rare well-round talent in the Nanguan music scene. She established the Xinxin Nanguan Ensemble, dedicated to promoting the traditional music by upholding the principle of "the most ancient is also the most modern".

8pm (Sat), 5pm (Sun), RMB480 premium seats, RMB380 exclusive seats, Sea World Culture and Arts Center, 1187 Wanghai Lu, Shekou, Nanshan District, Shenzhen



OCT 10-12 Chorale Concerts: Shenzhen Serendipity

Two choirs from different sides of the strait will gather in Shenzhen, to celebrate the chorale music that has overwhelmed the East and the West. Programs for three concerts in a row include folk songs from the hometown of both choirs, a selection from the bel-canto and Lieder repertoire, newly composed songs for classical Chinese literature as well as classic pop songs. The program is below.

Oct 10 - The 1872 Chorus Concert

Oct 11 - The 1872 Chorus and Taipei Male Singers Concert

Oct 12 - Taipei Male Singers Concert

8pm, Oct 10-12, RMB280-RMB714, Mountain View Theater, 3-5/F, 1187 Wanghai Lu, Nanshan District, Shenzhen

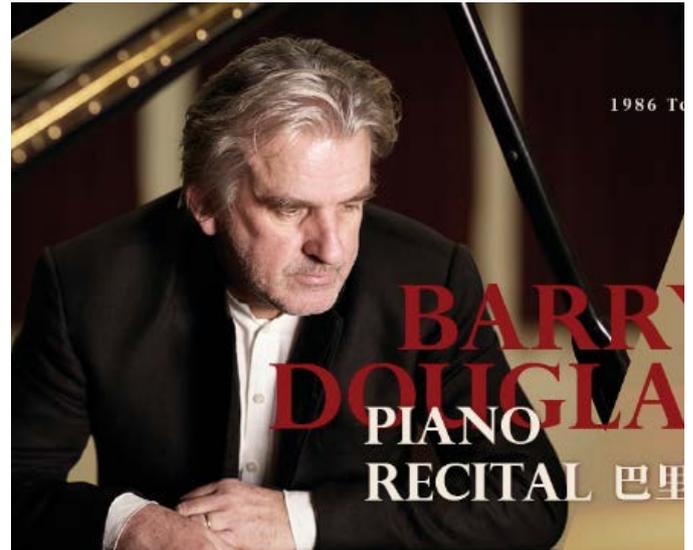
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OCT 12 NBA Shenzhen Game

The NBA China Games 2019 will be the NBA's 27th and 28th games in China, with 17 NBA teams having played games in Beijing, Guangzhou, Macao, Shanghai, Shenzhen and Taipei since 2004. The Lakers' roster currently features three-time NBA Champion LeBron James, six-time NBA All-Star Anthony Davis, four-time NBA All-Star DeMarcus Cousins, and 2018 NBA All-Rookie First Team member Kyle Kuzma. The Nets' roster currently features two-time NBA Champion Kevin Durant, six-time NBA All-Star Kyrie Irving, three-time NBA All-Star DeAndre Jordan, and 2018 Most Improved Player Award finalist Spencer Dinwiddie.

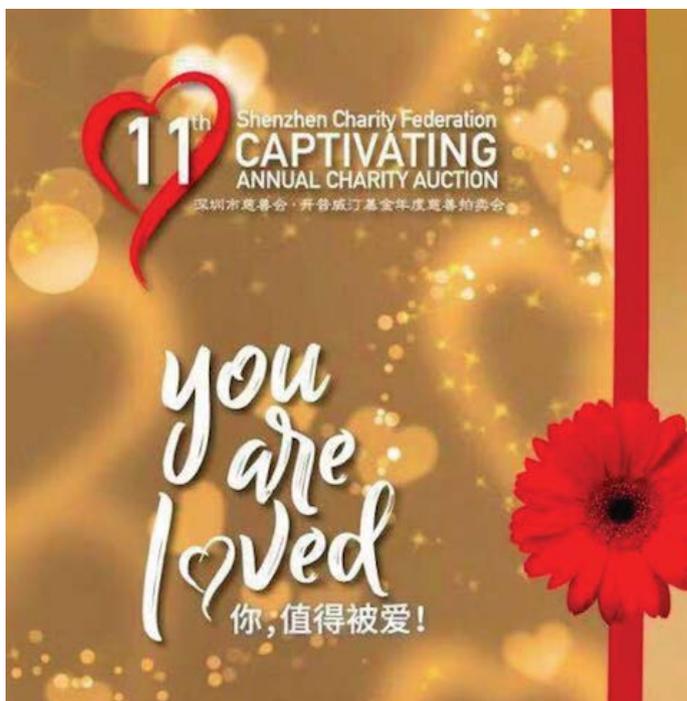
7pm, Oct 12, RMB350-RMB1,8888, Shenzhen Universiade Sports Center, 3001 Longxiang Dadao, Longgang District, Shenzhen



OCT 13 1986 Tchaikovsky International Piano Competition First Prize Winner: Barry Douglas Piano Recital

Barry Douglas has established a major international career since winning the Gold Medal at the 1986 Tchaikovsky International Piano Competition, the first non-Russian pianist to be honored with the award since Van Cliburn in 1958. In his debut concert at Mountain View Theater, Barry Douglas pairs Tchaikovsky's principal works for solo piano: *'The Seasons'*, and Mussorgsky's warhorse *'Pictures at An Exhibition.'*

8pm, Oct 13, Premium Seat: RMB480/ Exclusive Seat: RMB380/ Intimate Seat Subscription: RMB2,600. Sea World Culture and Arts Center, 1187 Wanghai Lu, Shekou, Nanshan District, Shenzhen



OCT 12 Shenzhen Charity Federation 11th Annual Captivating Charity Auction

Help celebrate 11 years of educating girls and transforming lives! Your attendance helps to create education opportunities for children, medical treatment possibilities for families and lessen poverty in meaningful and lasting ways.

Time: Oct 12, 2019 (Saturday), from 6pm onwards / Venue: Futian Shangri-La, Shenzhen

Website: captivatingevents.org

Email: charityauction@captivating.org / Phone: (0755) 2667 4830

Early bird discount: RMB800/person or RMB6,400/table of eight (Sept 20 is the last day to purchase discounted tickets)

Ticket price (after Sept 20): RMB900/person or VIP table from RMB12,500/table of eight people, includes priority seating and table signage.

Reserve a hotel room: special group rate of RMB1,603.25 (inclusive of 10% service charge and 6% tax + breakfast for two and in-room Wi-Fi)

To sponsor, please contact Serena at serena@captivating.org

To volunteer, please contact Jessica at volunteer@captivating.org

SZ EVENTS



OCT 13 Monsters in the Forbidden City

Adapted from the children's book series of the same title by Chang Yi, a Bing Xin Children's Literature Award winner, this musical tells of the adventures of Li Xiaoyu, a little girl who breaks into the world of monsters by mistake and becomes friends with a dragon's son. This is a fun and educational fantasy fiction series. The story is full of creativity and colorful illustrations. The author, Chang Yu, uses a very special way to introduce the special characteristics of the history, culture and artwork of the Forbidden City to the young readers. You can know more about Chinese historical culture.

10.30am, 3.30pm, Oct 13, RMB80-RMB580. Huaxia Art Center, 1 Guangqiao Jie, Overseas Chinese Town, Shenzhen



OCT 19 11th Annual Captivating Midnight Charity Run

Sign up today for the 11th Annual Captivating Midnight Charity Run!

Option 1: RMB250/runner (limited to 160 attendees).

Option 2: Fundraise over RMB1,000 to get one free entry. We will contact you directly once it reaches the value. Register before September 25 to get a quality long-sleeve race shirt (till stocks last).

11.15am, Oct 19, RMB250-RMB1000. Lianhuashan Park, 6030 Hongli Lu, Futian District, Shenzhen



OCT 20 Go Ahead Live Vol.1

Myth&Roid is a young modern music creation combination centered by producer Tom-H@ck. The combination name 'Myth & Roid' was conceived by the idea of 'Myth' which reminds people of the past and 'Android' which is reminiscent of the future, and hopes to open up a new world. They are a two-person band from Japan. They combine rock and string perfectly to form a unique style. They can control both hot songs and lyrical songs. They sang the ending songs for many popular animations. They created the latest theme song for the popular domestic mobile game! This October, they are coming to China to present a unique stage for everyone!

4pm-7pm, Oct 20, RMB380 presale. A8 Live, 2/F, A8 Music Mansion, 1002 Keyuan Lu, Nanshan District, Shenzhen



OCT 23 Broncho China Tour 2019

Broncho is an American indie rock band based in Norman, Oklahoma. The band formed in Norman in 2010. Churning out thoughtful, nuanced rock and roll with an art school spirit and a punk rock heart since 2010, the band's fourth album, *Bad Behavior*, finds them leaning into their strengths for their strongest effort yet. From 'la-la-la' and 'ooh-ooh-ooh' to 'bibbidi-bobbidi-boo' and 'zip-a-dee-doo-dah', sometimes nonsense syllables capture the improvisational joy of pop music better than proper words ever could. With the hook on their standout single *Class Historian*, Oklahoma's Broncho understands the use of these non-lexical vocables better than most. The song kicks off with a rapid-fire series of falsetto-sung 'doot-doot-doot's, making for one of the most contagious melodies of the year. Almost universally described with adjectives like catchy and infectious, *Class Historian* and the rest of the band's sophomore album, *Just Enough Hip to Be Woman*, attempts to milk as much as possible out of their brand of power chord-induced earworms.

8.30pm, Oct 23, RMB150 presale/RMB180 at door. Hou Live, B112A KK One Shopping Center, 9289 Binhe Dadao, Futian District, Shenzhen



OCT 24-25 The BlockChain World Forum

BlockChain World Forum will explore the opportunities and challenges associated with blockchain. The event is an initiative in creating an interactive platform for the leading technologists, entrepreneurs, regulators, investors, academics and financial institutions in the emerging blockchain industry. BlockChain World Forum will explore the industries that are set to be disrupted the most by new technology.

8am-5pm, Oct 24-25, RMB390-RMB990. Shenzhen Convention and Exhibition Center, Jintian Lu, by Binhe Dadao, Futian District, Shenzhen

Submit your event listings to
uf.prd@urbanatomy.com



OCT 26
Beauty in Asian Instruments 2019: Silence in the Woods - Singing Bowl Music by Tsang Man-Tung

Singing bowls are ancient instruments that have long been used in Buddhist ceremonies to accompany periods of meditation and chanting. A skilled performer of sacred Himalayan singing bowls, Tsang Man-Tung is also a renowned local scenographer with more than twenty years of experience.

8pm, Oct 26, RMB380 exclusive, RMB480 premium.
Mountain View Theater, 3-5/F, 1187 Wanghai Lu, Nanshan District, Shenzhen



OCT 27
Wuthering Heights

This year, Chapterhouse Theatre Company is proud to present the wild and tempestuous love story of Emily Bronte's *Wuthering Heights*, set on the beautiful and mysterious Yorkshire moors. This tale of passion and revenge has thrilled readers and audiences alike for generations. Now, in an adaptation by award-winning writer Laura Turner, is set to entrance Chapterhouse audiences for an evening of theatre beneath the stars.

7.30pm, Oct 27, RMB80-RMB380. Shenzhen Children's Palace, 2002 Fuzhong Yi Lu, Futian District, Shenzhen



NOV 1
We Lost The Sea China Tour 2019

New Noise is very proud to present a full China tour for Sydney-based instrumentalists We Lost the Sea, as they present their brand new album *Triumph and Disaster*, which continues to amaze people all around the world. The band will play 10 shows in China upcoming October/November. In this album *We Lost the Sea* tries to talk about themes and events such as the climate crisis, over consumption, isolation, and the loss of love and trust.

8.30pm, Nov 1, B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen



NOV 9-10
One Starry Night and Out of the Blue

Created by International team, this show is a unique combination of art and education. Guided by Grand Boat Culture, visitors will perceive 28 pieces painted by nine masters including Van Gogh, Monet, Da Vinci, Wang Xi Meng and others. Visitors will also appreciate live piano accompaniment composed by Mozart, Chopin, Debussy and Grieg, amongst others.

10.30am, 3.30pm, Nov 9-10, RMB153-RMB408. MixC World Theater, 19 Kefa Road, 2/F Shenzhen MixC World, Nanshan District, Shenzhen



NOV 9-12
TechCrunch Shenzhen

Inspired by the power and potential of technology today, we invite you to join us at TechCrunch Shenzhen 2019, which will take place from November 9 to 12 in Shenzhen with the theme: Technology Unbounded. As a hotbed for innovation, Shenzhen remains a popular destination for ambitious tech entrepreneurs, and thanks to the multifaceted and borderless nature of technology, Shenzhen continues to usher in fresh ideas, diverse talent and renewed economic growth. At TechCrunch Shenzhen 2019, we will gather top entrepreneurs and companies of each industry together under one roof and focus on trending topics such as 5G, artificial intelligence, the international expansion of companies and the ecosystem of the Greater Bay Area.

All day, Nov 9-12, RMB399 early bird, RMB1299 standard. Shenzhen Software Industrial Base, Houhai Dadao and Binhai Dadao, Nanshan District, Shenzhen

GZ & SZ LISTINGS



Make the best of family life in the PRD. Scan here for family events.



EDUCATION -GZ

Kindergartens

Trinity International Kindergarten
Address: 663 Huacheng Dadao, Zhujiang Xincheng, Tianhe District, Guangzhou
广州圣心国际幼稚园 天河区珠江新城花城大道663号 (Tel: 8291 4296)

Cherry Kindergarten Headquarters
Address: Room 1501, Yin Lai Ge, Li Jing Hua Ting, No. 22, Jinsui Lu, Tianhe District (廖先生 186 8844 8562);
Branch Address: Room 1001, Building C, Period 2, Tian Yu Garden, No. 138, Lin He Zhong Lu, Tianhe District
樱桃幼儿园, 总校地址: 天河区金穗路22号丽晶华庭银莱阁1501; 分校地址: 天河区林和中路138号天誉花园2期C栋1001

International Schools

American International School of Guangzhou 1) 3 Yanyu Nan Lu, Ersha Island (8735 3393); 2) 19 Kexiang Lu, Science Park, Luogang District (3213 5555). 广州美国人国际学校, 1) 二沙岛烟雨南路3号; 2) 萝岗区科学城科翔路19号

Canadian International School of Guangzhou Cambridgeshire Garden, Nancun Town, Panyu District (3925 5321) www.cigz.com 广州加拿大国际学校, 番禺區南村镇雅居乐剑桥郡花园内

Clifford School International Building, Clifford School, Clifford Estates, Shiguang Lu, Panyu District 新福英语实验学校番禺區市广路 (8471 8273)

Guangzhou Huamei International School 23 Huamei Lu, Tianhe District (Tel: 8706 5178, Fax: 8721 0372). 广州华美英语实验学校, 天河区华美路23号 www.hm163.com

Guangzhou Nanfang International School No.1 South Industrial Park, Yinglong Lu, Longdong, Tianhe District, (3886 6952, 3886 3606, Fax: 3886 3680). www.gnischina.com 广州南方国际学校, 天河区龙洞迎龙路龙山工业园南1号 www.gnischina.com

ISA International School Guangzhou Block C2-2 Redtory, Siheng Lu, No.128, Yuan Village, Tianhe District, 510655 广州市天河区员村四横路128号红专厂 C2-2(8890 0909) 广州爱莎国际学校

Canton Global Academy 4 Chuangjia Road, Jinshazhou, Baiyun District, Guangzhou (180 2401 1757) 广州寰宇外籍人员子女学校, 广州市白云区金沙洲创佳路4号

Raffles Design Institute 9F, B Tower of Guangzhou Sinopec Building, No.191, Tiyu Xi Lu, Tianhe District 天河区体育西

路191号中石化大厦B塔9楼 gz.raffles.edu.cn

The British School of Guangzhou 983-3 Tonghe Lu, Nanhu, Guangzhou (Tel: 8709 4788, Fax: 3725 9377). 广州英国学校, 南湖同和路983-3 www.bsg.org.cn

Utahloy International School Guangzhou 800 Shatai Bei Lu, Baiyun District 同和金宝岗沙太北路800号 (Tel. 8720 2019, 8720 0517; Fax. 8704 4296) www.utahloy.com

Utahloy International School Zengcheng Sanjiang Town, Zengcheng 裕达隆国际学校 广州裕达隆国际学校, 增城三江镇 (Tel. 8291 4691, Fax 8291 3303) www.utahloy.com

Yew Wah International Education School of Guangzhou Dragon Lake Resort, National AAAA Tourist Attraction, Huadong Town, Huadu District, Guangzhou (8683 2662 / 400 850 9778) 广州耀华国际学校 广州市花都区花东镇山前旅游大道学而街9号 (比邻国家4A级旅游风景区九龙湖) www.ywies-gz.com

Language Centers

Eclipse English Education Room D,18/F, Tianhe Bei Lu, Tianhe District (3878 0382, 189 2276 9713) 爱普教育, 天河区北路368号18楼D

Hanbridge Mandarin School Individual Class, Group Class: 50RMB/Hour~ Daily Chinese/Business Chinese/ HSK Kids Chinese/Cantonese/Company Training 1303, Left tower, Stars building, No.174 Huasui Lu, Zhujiang Xincheng, Tianhe District. Branch schools: Linhexi CITIC & LieDe Pub Street & ShiPaiQiao TaikooHui Tel & Wechat 020-85645966 189 9838 3060, 181 0272 9662 翰语桥中国语 总校: 广州珠江新城华穗路星辰大厦东塔1303

EDUCATION -SZ

Early Childhood Education

up, 307 a/b/c, 3d Floor, Donghai City Plaza, North of Hongli, West RD, Futian(8339 0166;8339 0266) www.upchildren.com 福田区香蜜湖红荔西路东海城市广场三楼307A/B/C

Kindergartens

St. Lorraine Chinese-English Kindergarten, 1) Tong Jing Garden, Luosha Dong Lu, Liantang, Luohu District (2582 4450). 2) Gemdale Haijing Garden, Xinzhou Nan Lu, Futian District (2381 0600). www.st-lorraine.edu.hk/zhenchun

1) 罗湖区莲塘罗沙东路桐景花园2) 福田区新洲南路金地海景花园

International Schools

Merchiston International School No. 12 Shilongzai Road, Daliang Sub-District, Longhua District, (400 867 0177) admissions@merchiston.cn, www.merchiston.cn 龙华区大浪街道新石社区石龙仔路12号

Green Oasis School, Next to Green Oasis Garden, Tianmian Lu, No. 4030 Shennan Zhong Lu, Futian District (8399 6712). admission@greenoasis.org.cn www.greenoasis.org.cn 福田区深南中路4030号田面路口城市绿洲花园

International School of Nanshan Shenzhen, No.11 Longyuan Road, Nanshan 南山区桃源街龙苑路11号

Peninsula Montessori Kindergarten, the Peninsula One, Jinshiji Lu, Shekou, Nanshan District (2685 1266) 半岛城邦国际幼儿园 南山区蛇口东角头金世纪路1号半岛城邦一期

Quality Schools International Shekou, 1/F, Bitao Building, No. 8 Taizi Lu, Shekou District (2667 6031). http://shk.qsi.org 蛇口太子路8号碧涛中心1楼

Quality Schools International Nanshan, A1, TCL Science Park, No. 1001 Zhongshan Yuan Lu, Nanshan District (8371 7108) 中山园路1001号TCL科学园A1栋

Shen Wai International School No. 29, Baishi 3rd Road, Nanshan, Shenzhen (8654 1225). www.swis.cn 深圳外国语学校国际部, 深圳市南山区白石三道29号

Shenzhen American International School Shekou Youth Center Building B.C, No.82, Gongyuan Rd, Nanshan District, Shenzhen (Tel:8619 4750) 中国深圳南山区公园路82号蛇口青少年活动中心BC座 518067

Shekou International School, Jingshan Villas, Gongye Er Lu, Shekou, Nanshan District (2669 3669). www.sis.org.cn 南山区蛇口工业二路鲸山别墅内

Shenzhen (Nanshan) Concord College of Sino-Canada, No.166 Nan'guang Lu, Nanshan District (2656 8886). www.ccsc.com.cn 南山区南光路166号

Extracurricular

Shenzhen Soccer Schools, Sports Training Services for Kids in Futian and Shekou with Qualified English Speaking Coaches. No.602 Haibin Garden, Xinhua Lu, Shekou, Nanshan District (2669 0765, 13823112524). cathy@shenzhensoccerschools.com; www.shenzhensoccerschools.com. 蛇口兴华路海滨花园虹霞阁602 **Soccer Rangers™** International Youth Football Grassroots football training for kids 4 to 15 yrs. The perfect base for children to experience the joys and benefits of

playing football. We follow the England FA coaching methodology, emphasizing small sided games and player centered learning. Weekday and weekend sessions delivered by FA qualified coaches. Shenzhen city, Nanshan district, No.10020 Beihuan Dadao 南山区北环大道西侧北段10020号

Language Centers

Classic Mandarin, 1) Room 11F Seaview Plaza, No.18 Taizi Lu, Shekou, Nanshan District (2688 6112). 2) Rm 601, Unit 1, Building 4, Guanhaitai Garden, Wenxin Wu Lu, Nanshan District(8605 2515). 3) Room22B, Building C2, Galaxy International Park and Apartment, Fuhua San Lu, Futian District (8344 6661). 4) Room 903, Block C, Mingzhu Square, Changqing Lu, Chang'an Town, Dongguan (0769-8158 5950). www.classic-mandarin.com 1) 南山区蛇口太子路18号海景广场11F室2) 南山区海岸城文心五路观海台花园4栋1单元601室 3) 福田区福华三路星河国际C2栋8B室 4) 东莞长安镇长青路明珠广场C栋903

Hanbridge Mandarin, 1) Room 103, Block D, Meijia Plaza, Qiaocheng Xi Jie, Nanshan District. 2) 16B, Seaview Plaza, Taizi Lu, Shekou, Nanshan District (400 600 2202). www.hanbridgemandarin.com 1) 南山区侨城西街美加广场D栋103室 2) 南山区蛇口太子路海景广场16B

I Mandarin, 1) 1F, West Wing, Xincheng Building, 1027 Shennan Dadao, Futian District (2598 7982). 2) Rm 8, 2/F, Youran Ju, Liuzhou Zhiye Center, Nanhai Dadao, Shekou, Nanshan District (2682 8811). 3) Rm1706, Main building of Golden Central Tower, No.3037,Jintian Lu, Futian District(15811815474). 爱玛德, 1)福田区深南中路1027号新城大厦西座1F 2) 南山区蛇口南海大道和工业八路交汇处六洲置业中心悠然居2楼 3)福田区金田路3037号金中环商务大厦主楼1706

New Concept Mandarin, 3/F, Bitao Center, 8 Taizi Lu, Shekou, Nanshan District (2688 3577) www.newconceptmandarin.com 南山区蛇口太子路8号碧涛中心3楼

Union Mandarin, 2A Bibo Building, Haibin Garden, Xinghua Lu, Shekou, Nanshan District (2688 4090). 南山区蛇口兴华路海滨花园碧波阁2A

Sinomatn Immersion Chinese, Suite 301, Block A, Seaview Garden, Seaworld, Shekou, Nanshan District. 希诺麦田沉浸式汉语, 深圳市蛇口海上世界海滨花园A栋301室

TLI 1209A, Building C, Ming Wah International Convention Center, Seaworld, Shekou, Nanshan District. 南山区蛇口海上世界明华国际会议中心C座1209A Tel: 0755-21618221 www.tli.com.tw



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FOUR ADVANTAGES A **MAKERSPACE** PROVIDES FOR STUDENTS

Makerspace is no longer a new term or idea; in fact, the positive effects of these innovative spaces that develop skillsets far beyond traditional book knowledge are being lauded throughout the global education community. Innovative spaces foster confident students who are equipped with 21st century skills. The Tech Advocate (thetechadvocate.org), an award-winning Educational Technologies reporting agency, wrote four of the biggest advantages they see for students who have creative reign in Makerspaces.

Makerspaces build perseverance—failure is a lesson, not an end

Students learn a multitude of valuable lessons throughout their life; however, one thing students need to learn is that failure is not something to fear. Through failure, some of the best minds in the world have learned a better way to do something. Makerspaces give students a place to learn that failure is an integral part of the learning process. Failure should not be considered an end itself or result in quitting. Makerspaces give students the opportunity to explore and accept failure without fear.

Makerspaces provide a connection between lessons and the real world

Occasionally students find it challenging to connect real world, practical application to classroom concepts. Makerspaces bridge that gap, showing students how concepts and ideas work in the real world, while providing memorable examples that typically improve their understanding of classroom lessons.



At ISNS, we encourage our students to take advantage of our Innovation Spaces like the Virtual Reality Lab, Tool Shop, Dark Room, Media Lab and, of course, the Makerspace as often as they can. These spaces highlight the ISNS commitment to the development of 21st century skills and our dedication to experiential learning. Through curriculum integration, self-directed time or extra-curricular activities, ISNS students seize the opportunity to engage with our Innovation Spaces.

Is your child a Maker? We invite you to learn more about the Innovation Spaces at ISNS and how we can serve your family's educational needs. Please book your campus tour today.



Makerspaces provide the opportunity for expression and conversation

The importance of developing expression and conversation skills are often overlooked because traditional classrooms tend to be about teaching and effective intake of knowledge; however, once students are out in the working world, expression and conversation become critical to completing any project or obtaining any goal. Makerspaces encourage conversation as students collaborate to create solutions. An essential part of success in a Makerspace is learning how to express themselves in a way that encourages further discussion and cooperation.

Makerspaces facilitate ideas and innovation instead of rote memory

Makerspaces foster innovative thinking that goes beyond strict memorization. The reality is, no matter how good a student's memory, there is only so much that can be retained without a solid understanding of the concepts behind the problem. For example, you learned how to add and subtract, but it was much easier to understand how this worked when you had physical objects that were added or taken away. Makerspaces provide the tangible experiences that deepen intangible concepts learned in the classroom.

