



Dear SENIB Community,

This is our spring newsletter. In this edition, you will see columns written by a parent, a member of our external expertise community, book recommendations, an announcement about our spring meeting, and much more!!! We hope you enjoy reading it!!!! Thanks to all who made it possible!!! Do you want to collaborate? Don't be shy, come together by getting in touch with any of our board members. Let's use this space! We are looking forward to hearing you!

By Juliane Karlsson

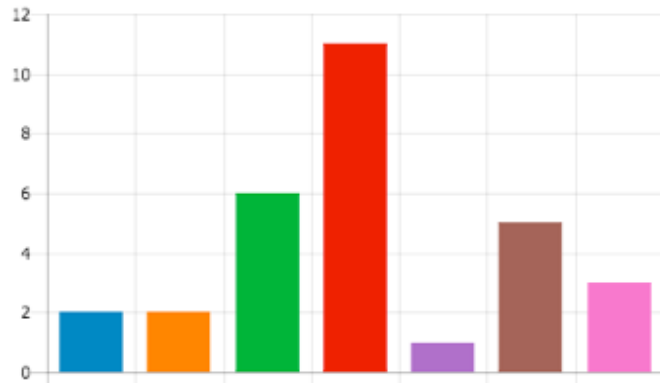
[SENIB Survey: An Overview](#)

At our 6th conference at BCIS on November 17th last year, we've conducted a small survey focused on inclusion and on the next page you can find some of its initial results. If you are interested in more details or if you have suggestion for future versions of the survey, please let us know.

1. Who are you?

[More Details](#)

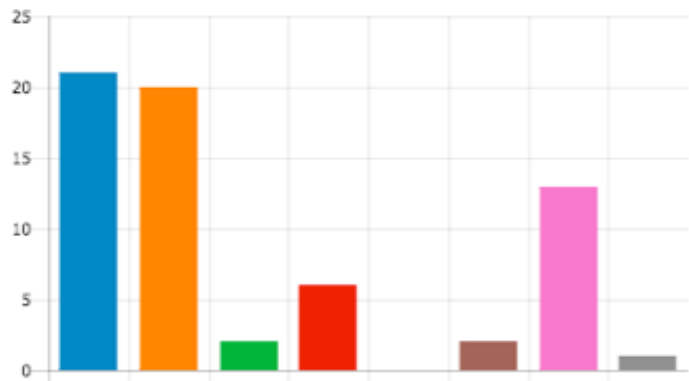
● Parent	2
● Classroom Teacher	2
● Shadow Teacher or 1:1 Aide	6
● Learning Support Teacher	11
● Therapist	1
● Counselor	5
● Other	3



2. What special needs do your child(ren) or student(s) have?

[More Details](#)

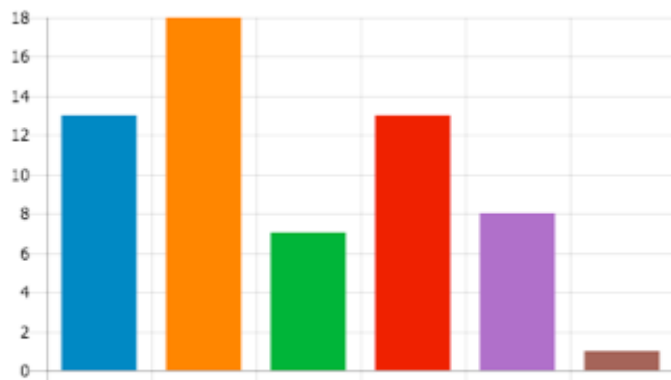
● Autism Spectrum Disorder	21
● ADHD/ADD	20
● Down Syndrome	2
● Hearing Impairment	6
● Seeing Impairment	0
● Physical Disabilities	2
● Dyslexia	13
● Other	1



4. What do you want to know more about?

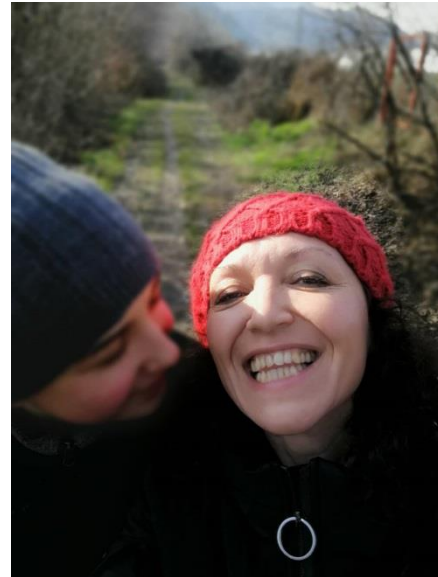
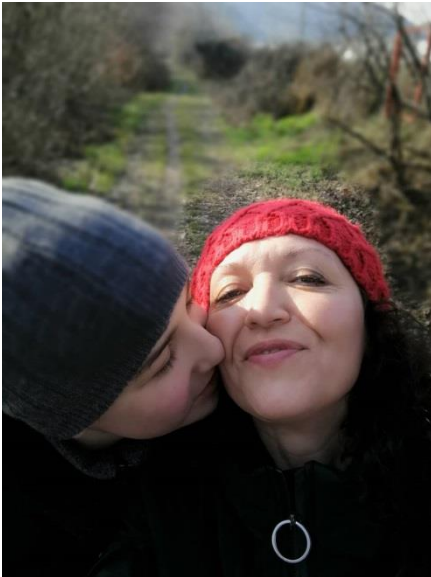
[More Details](#)

● Support Groups	13
● Teaching Strategies	18
● Guidelines/Policies for School	7
● Inclusion Strategies	13
● Various Disabilities (e.g. autis...	8
● Other	1



Parent's Section: Sharing Experiences

I once read “parents of kids with special needs are like Dragons”.
I can identify this within me.
My enormous wings fly over the world to help me see it from above.
I carry my child on to show him all the wonders of the Earth,
So to cover him from eyes which wonder,
The eternal words of judgment,
The infinite excuses!
I carry a flame of fury reserved for the next battle.
But from within I possess a gentle hart
Which strives to understand those who don't understand.
I have become a Dragon inside
Chosen to be a mum of my child.

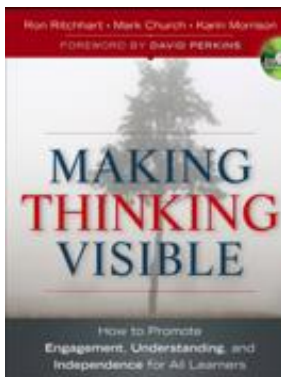
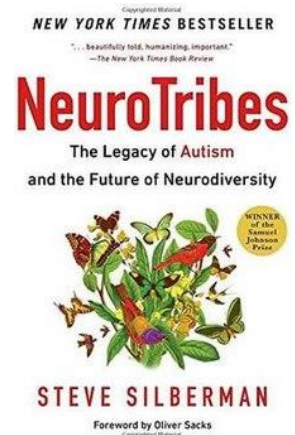


Written by: Melita Ivanovska
SENIB member, BIBA staff, and proud mother

Book Recommendations

In 1938 an Austrian pediatrician named Hans Asperger gave the first public talk on autism in history to an audience of Nazis; he feared that his patients who were children who fell onto what we now call the autism spectrum were in danger of being sent to Nazi extermination camps. This is just one of the intriguing facts in NeuroTribes by Steve Silberman (2015) that traces the history and evolving definition of autism and argues for a more nuanced, more empathetic understanding of what it means to be autistic. The book is replete with thought-provoking case studies and fascinating information about autism. I learned more from this book than I have in any special ed course I ever took.

By Dr. Reed Rhodes



Frustrated that your students aren't thinking at a deeper level? Looking for some excellent professional development? "Making Thinking Visible" develops thinking routines to engage students, deepen thinking skills and extend student understanding. Routines can be used for all grade levels and this book offers a step-to-step guide on how to implement various thinking routines.

For more information, see: [Project Zero Thinking Routines](http://pzartfulthinking.org/?page_id=2) or http://pzartfulthinking.org/?page_id=2

By Tanya Farrol

For Parents

Understanding ADD

了解注意力缺失症

As a parent, I guess you have often wondered how come your children often take longer time to finish homework, are easily distracted by other things in the environment, seem to have problems organizing time and space as seen in messy rooms and backpacks, with tendency to be late or have trouble predicting how long things will take them to do, put things off until the last minute and lack the staying power to see projects through to the end, and tend to do what it matters at the moment and struggle with forethought.

Short attention span, distractibility, organizational problems, difficulty following through, and poor internal supervision are the five hallmark symptoms of ADD.

作為一個家長，我猜你曾經納悶為什麼你的孩子通常花很長的時間才能夠做完作業，容易受外界事物影響而分心，缺乏對於時間和空間的組織力像是房間和書包的凌亂不整齊，有遲到傾向或是對於一件事情要花多少時間來完成的預估不準確，事情總是拖到最後一刻才完成或是沒有辦法從頭到尾把一件事完成，而且傾向去做在當下最重要的事和不會去計劃。

注意力不能夠持久，容易分心，缺乏組織力，做事有頭無尾，和自我監督能力欠佳是注意力缺失症最主要的五個症狀。

As a teacher, I guess you also wonder how come this particular student cannot focus, late to turn in homework, forget to do homework or to bring homework, and sometimes have dreamy eyes like they are daydreaming, or can be talkative, restless and impulsive.

作為一個老師，我猜你也會懷疑為什麼這個學生不能夠專心，遲交作業，忘記寫作業或是忘記帶作業，有的時候眼神看起來像是在做白日夢似的，或是很愛說話，好動，以及衝動。

Yes, it is now called Attention Deficit/Hyperactivity Disorder, or ADHD. Yet, I agreed with Dr. Daniel Amen, a renowned expert in the field, that ADHD highlights the hyperactive component of the disorder (H) and discards half of the girls who usually are inattentive but not hyperactive. It is probably fair to call it ADD, and there are 7 subtypes in his book; hyperactive is only one subtype. ADD is the most common learning and behavior problem in Children. It is also one of the most common problem in adults, and has been associated with job failures, relationship breakups, loneliness, a sense of underachievement, drug abuse, Alzheimer's disease, obesity, and Type 2 diabetes.

現在我們稱之為注意力不協調/過動症，但是我同意這個領域的專家丹尼爾亞曼醫生的想法，現在我們強調的是病症過動的部分，但是大多數的女孩們並不過動而是注意力缺失。所以称为注意力缺失可能比较公平些，因为在书里是有七种亚型，而过动只是其中的一类。

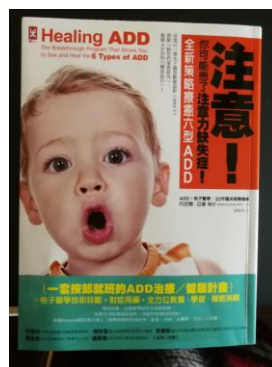
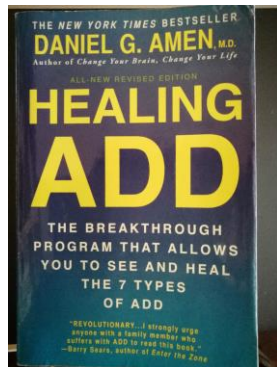
注意力缺失症是兒童最常見的學習及行為障礙，也是成人最常見的問題之一；可能會導致工作失敗、婚姻破裂、強烈的孤單感和挫折感，藥物濫用，阿茲海默症，過度肥胖，和二型糖尿病。

Some parents say that their children can focus on things they like to do such as Lego games or video games. Yes, that is true. Many people with ADD can pay attention just fine for things that are new, novel, interesting, highly stimulating, or frightening. They have problems focusing on things that are regular, routine and everyday matters such as homework, schoolwork, chores, or paperwork.

有些家長會說他們的孩子能夠專注的玩樂高或是電動遊戲。沒錯，那是真的。大部分有注意力缺失症的孩子對於新奇，刺激，有趣或恐怖的事情的時候都可以集中注意力。他們對於規律、例行性的日常事務像是回家作業、學校功課、家事、或是文書工作。

If you suspect you or your children have ADD, then please bring them to be evaluated. The information about ADD is getting popular in media, but not everything is accurate. I use the book *Healing ADD*, written by Dr. Daniel G. Amen, M.D. for my reference. He is well known for his treatment for ADD. There is a Chinese version from Taiwan.

如果你懷疑你或你的孩子有注意力缺失症，請帶他/她去接受評估。網路上可以讀到許多關於這方面的資料，不是所有的資料都是正確的。我用的是丹尼爾亞曼醫生寫的療愈注意力缺失症作為參考。他是治療這個病的有名專家。台灣有翻譯本。



In his book, there are many good and useful information about ADD and I am going to summarize some of them for parents and teachers.

在他的書裡有許多對家長和父母有用的知識和訊息，接下來我只能簡單的談一些。

For parents, you can start doing the following things today.

作為父母，下列的事你現在就可以開始做。

1. Take a 100-percent multivitamin and mineral supplement every day.
每天服用一粒多種維生素內含有人體所需的礦物質。

2. Adults can take about 2000 to 6000 mg of high-quality fish oil a day, and 1000 to 2000 mg for children.
成人每天服用 2000 到 6000 毫克的魚油，兒童是 1000 到 2000 毫克。
3. Eliminate caffeine and nicotine.
禁止咖啡因和尼古丁。
4. Exercise daily for 30 to 45 minutes. Avoid exercise with the potential to hurt the brain.
每天運動 30 到 45 分鐘。避免從事可能會讓頭部受傷的運動。
5. Limit television, video games, and device time to no more than 30 minutes a day.
限制電視，電子遊戲和類似產品的每天使用時間為 30 分鐘。
6. Food is a drug. Most people with ADD do best with a higher protein, lower simple carbohydrate diet, with the exception to one subtype.
食物就是藥。除了一種亞型的人以外，大部分有注意力缺失的人吃高蛋白質和複雜碳水化合物都會改善。
7. “NO Yelling” when you are dealing with children or adults with ADD.
不要對有注意力缺失的人吼叫。
8. Test ADD children and adults for learning disabilities. They occur in up to 60 percent of people with ADD.
讓有注意力缺失症的人去評估有沒有學習障礙，最高到 百分之六十左右的人會如此。
9. Never give up seeking help. 千萬不要放棄尋求幫助。

The American Academy of Pediatrics recognized a new form of “best support” intervention for ADD on par with medication called Neurofeedback in late 2012. Now, it is available in Beijing. The center only has a Chinese name and currently, they don’t have any English-speaking staff. Please type in “金博智慧注意力訓練中心” on Baidu, then you can read the instruction in Chinese only. Telephone: 13159778920, mailbox: 1122446634@163.com

在 2012 年末，美國的兒科學會認可了神經反饋治療是和藥物治療一樣對注意力缺失症有很好支持效果。現在北京也有這樣的中心提供這樣的服務，但是他們目前沒有可以說英語的工作人員。在百度上輸入 “金博智慧注意力訓練中心” 可以看到他們的公司介紹。電話: 13159778920, 郵箱: 1122446634@163.com

For teachers:

對於老師們:

1. Keep the wall simple, seat the children with ADD up front, near the teacher, with the back to the rest of the students, and minimize distraction such as heaters, air conditioners, doors or windows.

教室牆面要簡單，讓有注意力缺失的孩子坐在前面並且靠近老師，背對其他的學生，同時減少視覺及聽覺的干擾，譬如說不要靠近冷暖氣機，窗口和門邊。

2. Surround ADD children with good “role models” who are willing to help.

讓注意力缺失的孩子周邊坐有願意幫忙的孩子，可以成為他們模仿學習的榜樣

3. Emphasize teaching approach according to learning style of student (audio/visual/tactile/multisensory). Present more difficult lessons early in the day. Utilize “hands-on” activities.

根據學生的學習風格 (聽覺/視覺/觸覺/多元感官)強化學習

4. Change format of assignments to best fit need of child.

改變作業形式以符合注意力缺失孩子的需求

5. Use reward systems for positive behavior with concrete rewards. Check often for understanding and review. Teach study skills. Encourage them to ask questions if they appear lost.

用具體的獎賞獎勵正面的行為。隨時掌握學生的理解和複習狀況。教導他們學習技巧並且看到他們感到困惑時，鼓勵他們發問。

6. “Firm and kind” are the words to remember when you discipline them.

在管教的時候，記住堅定和仁慈這五個字。

Yuwen Chou is a psychologist currently working at the Beijing United Family Hospital. Prior coming to Beijing, she worked in both New York and New Jersey and have held licenses in both states.

周裕文是一個心理醫生現在在北京和睦家醫院工作。在來到北京之前，她在紐約和紐澤西工作，同時也有這兩州的執業執照。



Upcoming

SENIB's Annual Meeting is Coming up!

Join us for SENIA conference highlights
and job-alike groups
Friday, April 13, 1-4 PM
@ Beijing International Bilingual Academy
Please RSVP by March 23 at:
<https://goo.gl/forms/DPdBFqvcj87OBTHk2>

Nina Krafft

How to get there?



Beijing International
Bilingual Academy

Meet the SENIB Board!

The SENIB board is a group composed of people with different backgrounds and expertise. We believe that diversity has a key role to play in any group. If you are interested in collaborating with us, don't be shy. Get in touch with us!

Dr. Reed Rhodes (Membership Coordinator)
reed.rhodes@bcis.cn

Tanya Farrol (External Expertise Coordinator)
tanya.farrol@bcis.cn

Nina Krafft (Social Media and Website Coordinator)
nkrafft@bibachina.org

Juliane Karlsson (Awareness Coordinator)
pejuli@outlook.com

Dr. Gerald Anthony (Local Liaison Coordinator)
geraldanthony@bibs.com.cn

Deviyani Pathak (PD/Events Coordinator)
deviyanipathak@bibs.com.cn

Katy Cameron (Advocacy Coordinator)
katy.cameron@dulwich-beijing.cn

Monica Benn (Documentation Coordinator)
monicabenn@bibs.com.cn

Coming Together!!!

We are updating our External Expertise list and are looking for recommendations for any professionals (therapists, psychologists, etc.) who are currently practicing in Beijing. Please, send any recommendations to tanya.farrol@bcis.cn

Facebook

Another way to stay in contact is through our **Facebook** page, titled SENIB - Special Education Network in Beijing. It is a closed group but you can request to join at <https://www.facebook.com/groups/1728937867318355/>

SENIB Newsletter

Are you interested to collaborate on our next edition? Ideas, experiences, questions, practices, and much more to share... Get in touch by emailing Juliane Karlsson pejuli@outlook.com

Get Connected

Join our WeChat group by emailing Nina Krafft nkrafft@bibachina.org