



We are all on this together

There is something in the air. Something is calling our attention and it is time to talk about it. Most of us come from different countries looking for new experiences in China. Living abroad can provide us great moments and big challenges, likewise as in our own countries.

Our community has grown quickly, as have **our needs**. So, what are the necessary steps to move forward? How can we include more of our local community? How can we integrate our diverse realities? What else can we do? As a multicultural community, I truly believe that we can learn even more from each other. Sharing our expertise, narrating our experiences, discussing our issues. Together we can multiply exponentially our support group. Although there is this huge **IF**... If I've had more **TIME**... We all know how busy we are, how much work is on our shoulders. However what priorities have we chosen?

Wellbeing, academic success, decision making, and so on are part of our designed curricula at schools. We are doing our best every day promoting many activities to help those in need. Nevertheless, what has been left behind? Who is not in? We could provide many explanations and I do understand our reasons. But that is our **BIG CHANCE** to include children with different *this-abilities* and **levels** in our spaces. To make them visible, to take the dust off opening our doors to them. Shifting our perceptions from labels like “special school” to “beyond an inclusive school.”

Inclusion means been part of a group, part of a society; and it the benefits of any action towards this direction have been proven. The **financial cost** for our society itself (although only a small aspect) is also a reality when a fair chance is not given to these children. <https://www.economist.com/leaders/2016/04/16/beautiful-minds-wasted>

New steps are being taken and it's how our movement started. **Let's celebrate, consolidate them and move forward in meeting our needs**. Many questions remain ahead, but so many possibilities do too. Together we can find better ways to include this-abilities. Our community is one space and time for it. Which events can we join in? Can we spread the good news to our community? **Yes, we can!** The newsletter is one more way to advertise what we have done well and for sharing our concerns too. And we do like to **THANK YOU** all who have made it possible.

“One step forward and, we are no longer in the same place.” That is our calling, that is our **invitation**. I want to be part of it. How about you?

By Juliane Karlsson

<https://www.unicef.org/malaysia/what-we-do/learning>





DULWICH COLLEGE BEIJING

November 6th 2019

Mindfulness in Education: Supporting SEN, EAL and Counsellors

Keynote Speakers:

Amy Burke & Kevin Hawkins, MindWell Education

WORKSHOP OBJECTIVES

In this workshop we will explore the role that mindfulness can play in supporting our students and ourselves in some key areas:

- **METACOGNITION:**

Perhaps the single most important development for a student with learning needs, is when they begin to understand, own and consciously work with, their particular challenges to learning. Mindful awareness training can support the effective development of meta-cognitive skills in our students as they grow to understand more about themselves as reflective learners.

- **EXECUTIVE FUNCTION:**

FOCUS

- There is growing evidence that mindful **attention** training can increase the ability to focus and to be able to filter out distracting stimuli.

EMOTIONAL REGULATION

- Cultivating **executive functioning** skills through mindfulness can support students' ability to notice, name and regulate their own emotions.

Bringing mindfulness training into schools is a universal intervention that can be particularly helpful to students with special needs. By learning to use simple calming and focusing activities within our classes we can help students - and ourselves - find moments of calm within a busy and demanding school day.

SELF-CARE

All of the above points of course can be just as helpful to adults as well as children. As teachers who often bear a heavy load supporting students for whom school can be a major challenge, it's vital that we also take some time to focus on ourselves and our own ability to be present, well-regulated and calm under pressure. In fact, the real power of mindfulness often becomes apparent when the adults in the building begin to apply these skills to themselves. We will explore in practical ways how developing greater self-awareness can transform our daily experience as adults in a demanding social environment and help us to work more effectively with students, parents and colleagues.

Do you want to know more?

Check out the [thirteen workshops](#) available in the afternoon.

If you require a **fapiao**, please fill [the request form](#) and send it back to us.

More PD Opportunities!!!!



The poster features a yellow background with a blue and orange torn-paper effect. At the top left is the SENIA logo, which consists of three stylized buildings in blue and yellow. To the right of the logo, the text 'SENIA MANILA' is written in a blue serif font. Below this, the word 'PRESENTS' is written in a white sans-serif font. The main title 'SENIA 2020 BEYOND INCLUSION' is written in large, bold, white sans-serif letters on an orange torn-paper background. Below the title, the dates 'FEBRUARY 21-23' are written in orange sans-serif letters on a blue torn-paper background. The location 'International School Manila University Parkway Bonifacio Global City 1634' is written in orange sans-serif letters. At the bottom, the text 'REGISTER NOW!' is written in bold blue sans-serif letters, followed by the registration URL 'https://seniaconference.org/register/' in orange sans-serif letters.

 SENIA MANILA

PRESENTS

**SENIA 2020
BEYOND
INCLUSION**

FEBRUARY 21-23

International School
Manila
University Parkway
Bonifacio Global City 1634

REGISTER NOW!

<https://seniaconference.org/register/>



CALL FOR NOMINATIONS SENIA Student Award

Do you know an exceptional child or youth with disabilities who is raising awareness or advocating for special needs in Asia? The SENIA Student Award recognizes the contribution of these children and their influence on the community.

Prizes

- Monetary scholarship and plaque
- Feature article on the SENIA website
- Roundtrip airline tickets & accommodations to attend the SENIA Conference
- Opportunity to speak at the conference.

You do not have to be member of SENIA to nominate; you must, however, live in Asia to nominate.

Please submit all nominations to:
awards@seniainternational.org

Nomination Information can be found at:
<https://seniainternational.org/awards/>
All nominations packets must be submitted by December 1, 2019



Hidden

That word recently jumped out to me as I read an article explaining the use of group homes for children with intellectual disabilities in Ontario, Canada in the 1950s. At that time, children were sent to live in group homes for their entire lives and in some instances were eliminated from their family's history. In Canada, and many other countries, the 'enabled' members of society like to pat themselves on the back on how far we have come. We no longer send children away from homes, but rather, have moved toward inclusive societies...

Is that really true?

I am regularly grappling with that question as I live in Beijing with my family, which includes our son Zachy. He will turn 5 years old this fall, and is a wonderful, happy little boy who brings joy every day to our lives. He also has hearing loss (wears hearing aids) and has a brain malformation that has resulted in him being non-verbal, developmentally delayed, and physically challenged (he uses a walker). We came to China because it was a good decision for our family. Zachy receives lots of love and care at Elliot's Corner, including his physical, occupation, and speech therapy needs.



Our experience in China has been that we have had great therapists, teachers, and some of the resources that we need. Zachy is not hidden in China. He is out in his walker every day, happily waving at everyone he sees. There are many stares – I think mainly at the equipment which isn't commonplace for kids here. I also understand that kids like Zachy aren't visible in China, so feel free to stare, if that means other kids with disabilities can eventually come out.

That is where the SENIA network, and the individuals working in China, can make a huge difference. It is by ensuring that kids like Zachy are not hidden. **You** know that they exist, and you are working with them and their families every day. In every encounter, whether with schools, hospitals, groceries stores or wherever, you see them and acknowledge them. You talk to them. Please continue to do that, and wherever possible, help take the fear and ignorance out of inclusivity. Whether it is in conversations, WeChat posts, community & school events, every effort to bring these kids out into the public will greatly help families like mine.

Betti-Jo Ruston Errejon

Please note that all views expressed are my own and do not represent the view of the Government of Canada





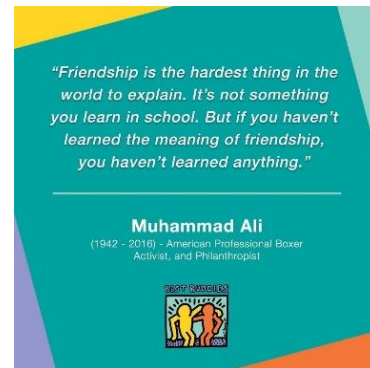
On Wednesday, 25th September 2019, Best Buddies China held a volunteer training for teachers, parents and individuals who would like to take part in a global mission for an inclusive community. A training was also given to students taking part in this program.

Best Buddies China is led by Rong Ai Rong Le (RARL), an organization supporting individuals with special needs (intellectual and developmental disabilities) in China. Best Buddies China will reinforce the programs offered and provided by Best Buddies International, the world's largest organization dedicated to ending the social, physical and

economic isolation of the 200 million people with intellectual and developmental disabilities (IDD).

Best Buddies programs include helping people with IDD form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.

RARL and Harrow School Beijing (HBJ) have started a collaborative program in April this year where Harrow students and individuals being supported by RARL met every other Thursday to participate in joint activities. The program has been very successful, and we hope to expand and reach out to the greater community!



If you would like to get involved or start up a Best Buddies chapter in your school, please contact Janice Bareng-Pineda at jpineda@harrowbeijing.cn.



Western Academy of Beijing (WAB) is announcing an Intensive Needs Program Coordinator. To know more about it, please visit <https://wab.careers.eteach.com/o/enriched-inclusion-program-eip-lead-teacher>

L.I.N.K.

SENIA-Beijing in 2019 – 2020 is continuing with the Local Integration to Needs and Knowledge (L.I.N.K.) program. This year, the program is expanding with two new projects to connect with the local community.

If you would like to volunteer to speak to local learning communities or as a local learning community would like to request someone in SENIA-Beijing to come to your school to give a talk or presentation on a SEN or learning support topic please contact SENIA.

The **L.I.N.K.** program is also adding two new initiatives. The first initiative is by helping to coordinate school to school peer job-alike network opportunities. If you would like to host or would like SENIA to assist in coordinating a school-to-school job-alike sharing, please contact SENIA.

The second initiative is based on feedback from last year. Due to time and location constraints, L.I.N.K. would like to launch its Mini-LINK Initiative. Mini-Links are 5-minute or less voice or video contributions on a single SEN topic to share with the local community. SENIA-Beijing will share the Mini-Links to subscribed members.

If you're interested in contributing or receiving future Mini-L.I.N.K.s or in any other of the L.I.N.K. initiatives please contact the SENIA-Beijing L.I.N.K. Coordinator at **gerald.anthony@keystoneacademy.cn** with your interest in the subject line.





Getting in touch. Meeting the board

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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/>

SENIA-Beijing Newsletter/WeChat

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** peqjuli@outlook.com

L.I.N.K

Do you want to participate on it? Talk to **Dr. Gerald Anthony** geraldanthony@keystoneacademy.cn

