



The Dragon Boat Festival is on sail.

The blue sky is shining as far as my eyes can see.

It is time to give myself time.

A pause in the week.

Before I get drowned by the number of things on my way.

The Dragon Boat is celebration for its nature

It reminds me to what to do within my busy life

Sailing accordingly to the different waves

I am also in charge of my boat

I am part of the team in a large boat

Sailing together for the benefits of us all as a group

By myself, my boat will sink.

The Dragon Boat flows guided by the lunar calendar

The solstice has long gone

I wish you 2 can enjoy it.

No matter what conditions your boat is

No matter what sea you are going through

Keep post in your flag - the winds always change

And nothing lasts forever.



This poem was inspired by the Dragon Boat history.



*By Jkarlsson*

*SENIA-Beijing Media Chair*

*Writer & Newsletter Editor*





End of the school year but not the end of our *celebrations*  
The Year of the Rabbit has indeed come out and about with  
our 1st and foremost

### **Autism Awareness Day**

The community was all the way with us  
Making our dream true  
Organized and coordinated by



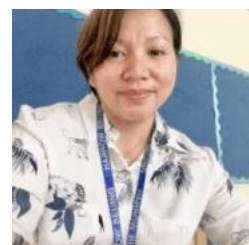
**Stephanie Lee**

**Marketing Chair**



**Dominique Blue**

**Membership  
Chair**



**Janice Pineda**

**Events Chair**

People moved above and beyond to support our neurodiversity community  
Collaboration, Love, Hope, Respect, Time  
Symbolizes a few of many things that made this event part of our calendar

**Our deepest GRATITUDE to Our friends and generous sponsors**

**#SENIA-Beijing Cares**



# 北极光 5KM家庭公益 跑步活动

Aurora  
5KM Family Charity  
Run & Walk



2023  
**05/28**  
10:00-13:00

签到地点:  
朝阳公园10号足球场

## 活动介绍

欢迎参加首届北极光公益跑步活动! 现场会有多家公益组织通过售票抽奖进行筹款, 所有的售票收入将会捐赠给各个公益组织。不要再犹豫了, 赶快和家人一起报名吧! 让我们一起用行动支持公益事业!

## 日程安排

10:00-10:30 签到 Registration & Sign-In  
10:30-11:30 跑步/走路 Run/Walk  
11:30-12:30 球场活动 + 公益项目介绍  
Games + Charity Fundraising  
12:30-13:00 抽奖! Raffle Prize Draw



扫描二维码报名

公益项目: Care & Cure, SENIA, 蜗牛我行, 崇世基金会, 月来月好

赞助商: duewest, F45, Groupon Run Home, 壹思盟, 完美直达

抽奖礼品: F45 训练两周体验卡, 途西教育美术1校单中, 海湾半山温泉酒店房券1晚, 安德鲁食品礼包, 壹思盟5月书单礼包, 完美直达班课免费试听2次等等



SENIA-Beijing all the way  
with you

# AUTISM Awareness DAY

FUN ☆ FOOD ☆ GAMES  
2 APRIL 2023 14:00-18:00  
PLAN B BACKYARD, SHUANGJING

SEE MY DISABILITY

Scan to Register

Beacon Learning, jingkids, PLAN B BEIJING, SENIA, ASIAN TIGERS CHINA, kingnature 萃瑞宝, T3, TAOZI TREE YOGA, Miss Green, ye go, basil 罗勒三, Raffles Hospital

More than awareness,  
our community is giving back to  
those who are the main reason for us being together  
Thank You for Being Exactly the Way You Are!



*Gerald Anthony – SENIA-Beijing Chair & Ms. Qiong Wu 吴琼女士*











北京市海淀区融爱融乐心智障碍者家庭支持中心

Bei Jing Rong Ai Rong Le Family Support Center for Persons  
with Intellectual and Developmental Disabilities



# 捐赠证书

DONATION CERTIFICATE

致： SENIA-Beijing

感谢您的珍贵捐赠： ¥1,000.00

带给我们信心与力量，协助心智障碍者更好融入社会，让更多人看见生命的多元，让我们的社会更平等、文明、融合。

期待未来与您继续携手前行，谨此表达最诚挚的感谢与祝福！

北京市海淀区融爱融乐心智障碍者家庭支持中心

2023年6月6日

#### 我们的使命

推动联合国《残疾人权利公约》的实施，通过家庭倡导、社会倡导、政策倡导以及支持心智障碍者的自我决策及自我倡导，促进心智障碍者的社会参与及社会融合。

#### 我们的愿景

中国的心智障碍者能够充分有效地实现权利平等、机会平等及地位平等。

生命因你而不同

LIFE BECOMES BECAUSE OF YOU

多元 / 融合 / 平等 / 自主







## How many people have autism?

0.01 – 0.05%

0.5 – 1%

2-3%

Aren't we all on the autistic spectrum?

If you answered a); Congratulations, this was the widely accepted prevalence up until (and including) 1981. If you answered b); Congratulations, this was the widely accepted prevalence at the turn of the century. If you answered c); Congratulations, this is the CDC reported prevalence in 2023, itself a 10% rise from 2022. And if you answered d), Congratulations if the current trend continues, over half of us will be considered autistic by 2050.

Whilst diagnoses appear to be rising, and rising fast, there isn't a consensus on whether this is a good thing or not.

Is this an overidentification, and the pathologisation of neurotypical behaviours? Or is this righting a historical wrong, and finally many more people are being equipped with the framework necessary to understand their unique pattern of strengths and needs.

Do subtypes help? Is 'profound autism' a helpful label that ensures children with higher levels of need don't fall through the cracks? Is 'Aspergers' a force for unity understanding and greater acceptance, or does it bring more division?

How do we best integrate the data from Europe and North America with the rest of the world?

Most however agree that this change was kick-started by a “loosening of the definition of autism” in the DSM-4 (the diagnostic manual used to classify mental disorders) – the words of Dr Allen Frances, who lead the task force at the time – “Careful field testing suggested the new definition would just triple the rate ... instead it quickly multiplied almost 100-fold. Ten years ago, the DSM-5 was published, grouping PDDNOS, autism and asperges under the single autistic umbrella.

The change both reflected changing societal attitudes and through the codification of the term ‘autistic spectrum’, further contributed to the reduced stigma associated with this label. At it’s heart however, this change was driven by data; there simply wasn’t robust, replicable evidence to support a diagnostic distinction between “high-functioning autism” (as it was then known), and Asperger’s syndrome. What’s more, research would consistently show that there was a lack of diagnostic reliability – whether a child was labelled as ‘atypically autistic’, or with Aspergers, or simply ‘autistic’, was primarily a reflection of the practices of your specific clinic, rather than saying anything meaningful about the child.

Thus, whilst the DSM-5 had provisions for specifiers, these were and are rarely used by clinicians, who mostly opt for the all-encompassing ‘ASD’ or ‘ASC’. Catherine Lord, involved in that very update and grouping of the autistic condition, now campaigns for a separate label for those who need round-the-clock care, and in 2022, autistic scholar Temple Grandin, argued “The spectrum is so broad it doesn’t make much sense.”. She’s far from alone; it appears that many of the global



experts who sought to bring the labels together, now find themselves advocating that the re-introduction of subgroups break up a far-from-homogeneous spectrum is necessary to support research and service providers.

However, the younger generation seem to have found an identity in an all-inclusive label, and are increasing in number. If the genie is out of the bottle, then DSM-6 specifiers might serve no tangible function, irrespective of however clinically valid they might be. It only serves to further emphasise that the knowledge of those close to the child is indispensable. Parents and educators knowing the individual learning profiles of their children, their patterns of behaviour, what motivates them. Labels come and go, societal attitudes change – **but our capacity to effect meaningful change in the life of an individual is boundless.**



*By James Rupasinha*

*D. Educational and Child Psychology*

*External expertise Chair*



International School Ho Chi Minh City  
Dates and Theme Coming Soon



We can't wait to see you there too!

To know more, go to  
[www.seniaconference.org](http://www.seniaconference.org)

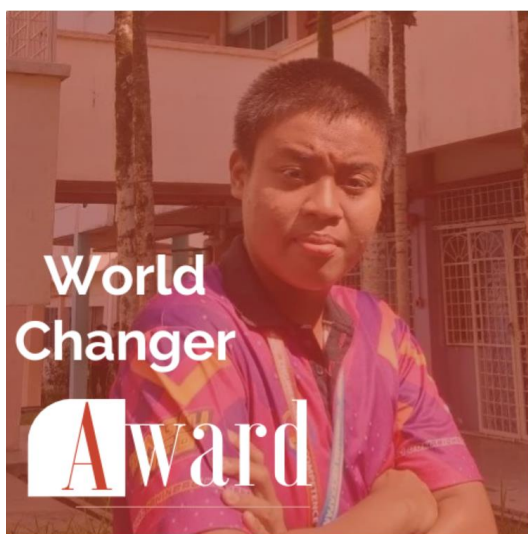
## Annual Global Virtual Conference

Starts November 17, 2023 | Available on demand for six additional months



## UNIFYING VOICES OF INCLUSION

SENIA VIRTUAL CONFERENCE 2023



(Sponsorship Available)

The SENIA World Changer Award recognizes an individual who actively promotes inclusion in their community while supporting SENIA 's Mission and Vision.



(Sponsorship Available)

Attend a  
SENIA  
Conference

The SENIA Student Award honors a student that celebrates the achievements of people with disabilities; encourages awareness of the abilities and aspirations of people with disabilities; and advocates on behalf of disabled or neurodiverse individuals in the world.



We are almost at the end of our news.

We do like to take this opportunity to say farewell to those who are leaving.

**Yes, David Dee, this section is specially for you.** Our dearest secretary chair, who had given us the best of his insights, expertise and tasty pancakes!!!

Your kind and warm heart made our discussions even better. Patience, attentive listening, inquisitive mind and ability to sum up the amalgam of our ideas were essential to the board.

We will miss you but, we are also really happy for this new chapter in your life. We know by a fact that your light will illuminate the lives of fortunate students and their families.

Rest assure that we will see you soon. We are connected by our hearts, minds, and actions. The chair is “empty” however, our memories are full of great moments.



That’s why we are looking forward to visiting you.

**THANK YOU, David!**



*David Dee*

*Secretary Chair*



# We HOPE You

AUTISM  
AWARENESS  
MONTH

enjoy being part of our SENIA-Beijing community as much as we do. Now, it is time to wish us all safe and well-deserved summer holidays!

Any suggestions or concerns, please feel free to contact us 

