

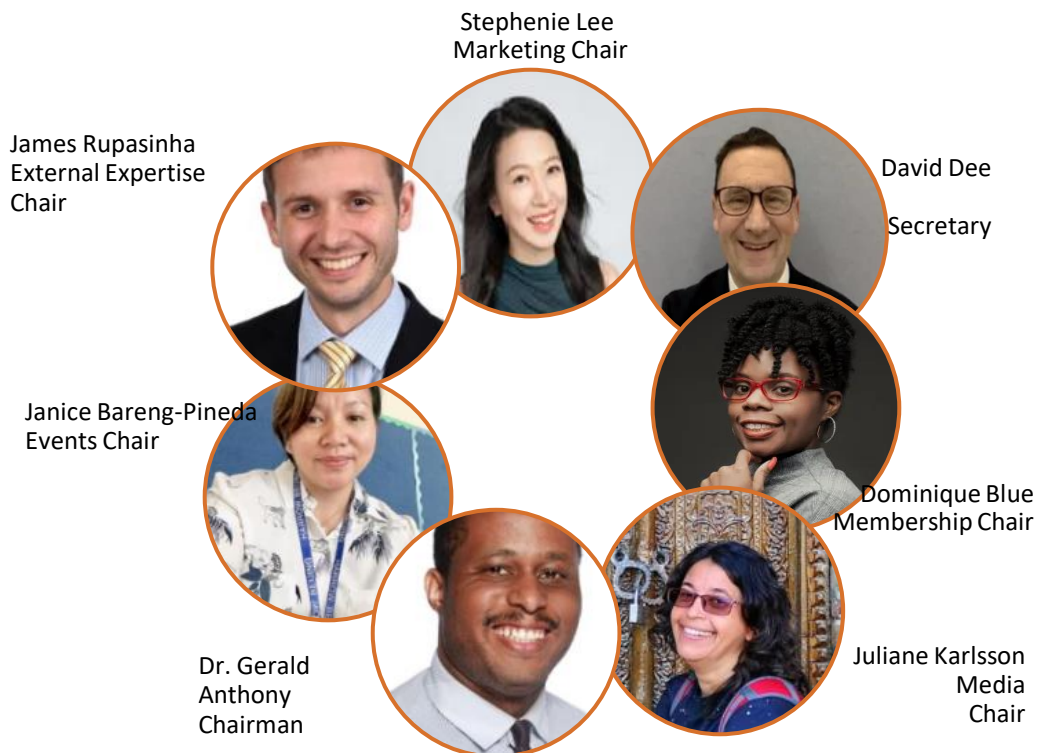
SENIA-Beijing 2022



Dear SENIA-Beijing,

On Behalf of SENIA-Beijing, we would like to wish everyone a happy and prosperous year of the tiger, happy 2022! After an interesting, yet stabilizing 2021, we hope that the upcoming year brings better days as SENIA-Beijing begins new initiatives and welcomes new talents.

Firstly, I would like to introduce Ms. Stephenie Lee as Marketing Chair. Stephenie is very familiar with SENIA-Beijing both participating and presenting in past conferences. She brings great new insights and support for our [SENIA-Beijing local Chapter](#).



I would also like to briefly highlight the remarkable success of our winter conference – Learning Ecosystems: Supporting Inclusive School Communities. Our conference had over 2,300 participants from all over the world and more than ten scholarship winners plus countless donations, exchanges of resources and encouragement. Kindly consider donating to our awards and scholarships or nominating someone in the community by [clicking here](#).

I am sure that 2022 will bring more chances, more collaboration, and more connection than ever before. Be sure to keep updated with our upcoming events, conferences, resources, and collaborative opportunities. Have a wonderful 2022!

Gerald Anthony

Chairman on Behalf of the SENIA-Beijing Board



The entire Student Award Ceremony can be viewed here: <https://vimeo.com/652183806>

Congratulations to Sasin (Emmy) Thamakaison as the recipient of the 2021 SENIA Student Award.

Emmy has been involved in inclusion work for many years. She was the co-chair for an inclusive club called “InvisAbilities” at the International School of Bangkok. Her club hosted many activities at her school to help create awareness of disabilities and advocate for all students. She headed SENIA Youth chapter in Bangkok and worked tirelessly to create an Inclusion Club Starter Pack to share with other inclusion clubs around the globe. In addition to this, she wrote an English-Thai children’s book “JJ Squiggly Mind” to explain ADHD. The proceeds from her non-profit projects has allowed her to provide resources to children from underprivileged backgrounds. Emmy is continuing her inclusive work with the MARIO Framework as their Marketing Coordinator, while attending Stanford University.

As a SENIA Student Award recipient, Emmy will receive a certificate, a monetary scholarship and a plaque. The awards ceremony was virtual and Emmy provided an inspiring pre-recorded speech. Also recognized at the ceremony are the following honorary award winners who are promoting inclusion and making a difference in their communities:

- Advait R. Menon
- Lokawya Lakshmi Kantha Raju
- Sanjana Nagraj

SENIA-Beijing requests

We are back! It's a pleasure to welcome the new members in our community. To ensure that you are getting the latest news from our community, we kindly remind you to subscribe our e-mail list membership by contacting our board with the subject: "E-mail update 2022 / **Dominique Blue**".

Your feedback is essential to keep our External Expertise List updated. In case you notice that someone has left Beijing or that a new professional or organization is now available, please contact the board by e-mail with the subject: "External Expertise List feedback / **James Rupasinha**".

Are you aware of any events that will benefit our community? You are more than welcome to post them in our online platforms. For those who do not know our guidelines, contact the board by e-mail with the subject: "guidelines 2022 / **Juliane Karlsson**".

Are you interested in establishing or promoting a partnership with SENIA-Beijing in your upcoming events? Please contact **Stephenie Lee** to know how.

Are you in for a gathering/meeting to talk about inclusive education practices? Share your expertise? Learn from others? or just talk to someone in the SENIA-Beijing community about your work and what you do?

If your answer is yes, please provide some information on how you would like to participate. You can also get in touch with any of the SENIA-Beijing Board members at beijingchapter@seniainternational.org.

<https://forms.office.com/Pages/ResponsePage.aspx?id=TGetWAPgNEK6hoCn7LfWCPDRSf7jvRVNIRFDNgeQ4BxUNDRYOVJEQ1Q4R0JWT0w1S1RTOEk0VTY3Ri4u>



SENIA-Beijing Youth & Best Buddies



SENIA YOUTH

ART WORKSHOP WITH YOUNG PEOPLE
27 November 2021 | with JEN POHLAND

I am beautiful

*I am beautiful
Yet no vision I am visionary
with no hearing senses I always hear
with no ability to speak I speak in hundred ways
This is the beauty in me
I do things in strangest ways
I let my deed give testimony
Because I am full of heart*

*I am Beautiful
Yet without hands I touch lives
Without legs I visit many hearts
With a different skin tone, yet you and I
are not so different
I do things in the strangest ways
I let my heart give testimony
Because I am full of passion
Cornelius Mpesi*

Jen Pohland offered an art workshop adding excitement to the Christmas holiday. The group made tamari balls. It was a calming activity that was enjoyed by the young people, volunteers, and organizers too!



DR SEUSS'S IEP

unknown author

Do you like these IEP's?

I do not like these IEP's
I do not like them, geez Louise
We test, we check
We plan, we meet
But nothing ever seems complete.

Would you, could you
Like the form?

I do not like the form I see
Not page 1, not 2, not 3
Another change
A brand new box
I think we all
Have lost our rocks.

Could you all meet here and there?

We could not meet here or there
We cannot all fit anywhere!
Not in a room
Not in the hall
There seems to be no space at all.

Would you, could you meet again?

I cannot meet again next week
No lunch, no prep
Please hear me speak
No not at dusk. No not at dawn
At 4pm I should be gone.

Could you hear while all speak out?
Would you write the words they spout?

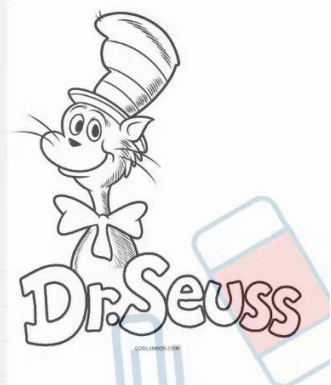
I could not hear, I would not write
This does not need to be a fight.
Sign here, date there
Mark this, check that
Beware the student's ad-vo-cat(e).

You do not like them
So you say
Try again! Try again
and you may.

If you will let me be,
I will try again
You'll see.

Say!

I almost like these IEP's!
I think I'll write six thousand three.
And I will practice day and night
Until they say
"You've got it right!"



VOLUNTEER OPPORTUNITIES

We are in full support of the amazing works of organizations and individuals in Beijing who offer activities and different opportunities in promoting inclusion.

If you would like to get involved by offering your time, talent, and skills, please do not hesitate to get in touch with us at beijingchapter@seniainternational.org.



Come and join Best Buddies-China in different activities that they offer to youth and individuals with special needs.
Find this WeChat Mini Program to join in!



Living with...

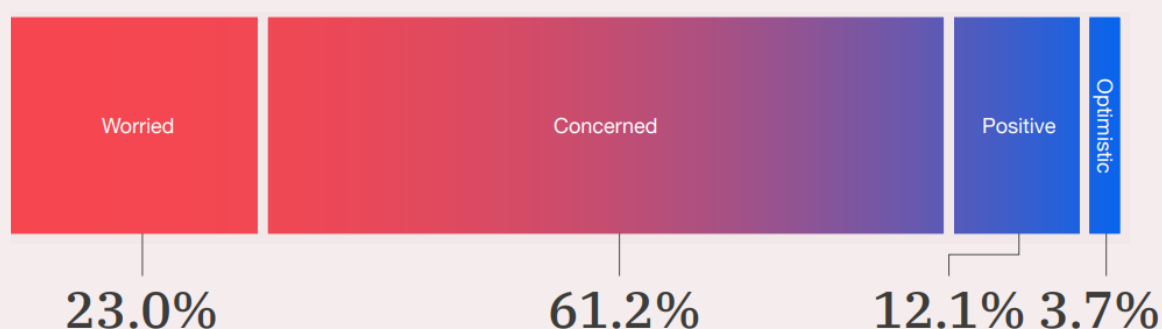
As we approach the second anniversary of the start of the Covid-19, millions of Chinese are wondering if they can travel home to celebrate the Spring Festival with their families. Their expatriate colleagues in schools across China are also wondering about the next time they will get to see their families. Teaching was already challenging, but the additional uncertainty about when we will next see our loved ones has made everyone more aware of the stress in our lives.



The newest variant was a “strong shake” for those who had dreamed, “Life is going back to normal.” The Omicron depicts the New Year as a déjà vu image. The pandemic seems to be endless and perhaps we are going to a new phase [from ending it to living with it](#). Nevertheless, we are not there yet, and it can be useful to keep in our minds the last longing effects of the pandemic in the world.

FIGURE 1.2

“How do you feel about the outlook for the world?”



Source: World Economic Forum Global Risks Perception Survey 2021-2022

Two senior leaders at **Beijing World Youth Academy**, **Aaron Wise** and **Stephannie Tebow**, saw the effects of this at their own school. Having seen staff members react to normal situations in ways that they wouldn't normally react and watching colleagues struggle with a feeling of having less control over their own lives, they decided it was time to talk about it. This discussion didn't take place amongst friendship groups but as part of a whole school discussion, in a staff meeting with more than one hundred and fifty teaching colleagues. **“The aim was to talk about the elephant in the room that everybody is under a lot of stress. Our aim was to help everyone to be active in helping themselves and to help others.”** By talking about the stress that everyone was facing and helping the staff realise that they were not

alone, Aaron and Tebow wanted their colleagues to understand that their stress, in the middle of a Global Pandemic with vaccinations and regular testing, was normal. In addition, that it was normal to feel that stress and it was normal to want to talk about it.

Some suggestions were made for good ways to encourage everyone to have good mental health:

- Being empathetic to each other was an important part of the discussion.
- Encouraging colleagues to take action to support themselves was also important.
- Healthy diet and regular exercise give a great foundation for good mental health.
- Spending time with friends is important, sharing your concerns and joys.

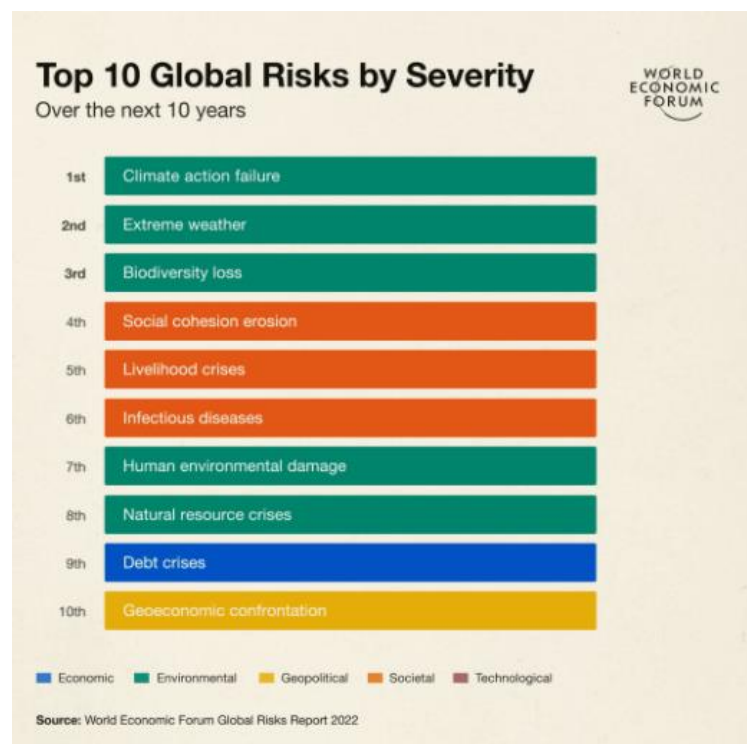
But, some people prefer to talk to others outside of their situation. **'It's okay, not to be okay'** is the slogan of a China-based charity called Lifeline. This charity provides free, confidential support in English, in China. You can find out more at – lifelinechina.org

Understanding that not talking about our worries will not make things disappear magically. *Un-easy* feelings, recurrent worried thoughts, unexpected health problems, and lots of pressure to "recover the lost time" can be listed as things we cannot always explain, but we can feel them. Taking time to S.T.O.P. and reflect upon them, is not wasting time. On the contrary, is giving ourselves time to be proactive than reactive.

With support, we can create better ways of living. Better ways of being. Better ways of doing. The "normal routine" and promising vaccines may have given us a break; however, the pandemic has shown us that we are all connected. As was said by Dr Tedros Adhanom Ghebreyesus "We cannot end the acute phase of the pandemic unless [we close this gap.](#)"

We are responsible to look after ourselves and it takes compassion, courage, kindness, forgiveness, and resilience in **building up our well-being for the sake of the community well-being. It goes beyond our workplaces.** Recognizing our gaps is one of possible ways to make meaningful life changes. Asking for help is not a reason for feeling defeated or ashamed.

The world is full of problems. We are not alone. The question hanging upon us is how we collaborate including our differences, linking our best resources. The present time is our best gift.



“Nobody understands me, I don’t know if I understand anybody else” is a common cry of those who feel under stress and that disconnect from others can cause conflict with our colleagues and families. As part of the discussion at BWYA, **Tebow helped the staff consider the damage that ignoring or avoiding conflict can do.** “If you just ignore a conflict then it will become worse,” Tebow explained “but if it’s out there then you can figure out what to do about it.” Tebow led the staff through a variety of conflict scenarios and ideas on how to solve them.

Both Aaron and Tebow have heard from a lot of staff since they led this discussion on mental health and conflict resolution – their conclusion? It is better for schools and teachers if these challenging subjects can be discussed openly, especially under the shadow and stress of Covid.

**Aaron
Wise**



**Stephannie
Tebow**



**By David Dee
Head of the Learning Support Team
BWYA Primary School**

We recommend



An incredible journey at the heart of the human being through music and images.

“**HUMAN** has been one of these rare moments in my life as a film composer during which I could express all these different cultures at the same time” -

<https://youtu.be/uog4eCZTUX4>



“Taking Action Brings Happiness”

Raising public awareness on environmental issues and environmental protection by the lens of the renowned photojournalist

Yann Arthus-Bertrand.

<https://www.goodplanet.org/en/>

Insights around the globe

Every moment is an open opportunity to make our days better! We can do inside or outside and it can also be an inside – out opportunity. A few days ago, I came across with the following website. Some of the passages were stick on the back of my mind. We hope it can also bring you some insights too.

“The Department for Education’s Inclusive Education Support Program (IESP) is a new functional needs based funding model for preschool and school students with disability. It replaces the former Preschool Support and Disability Support Programs and is aligned with the definitions of disability in the [Disability Discrimination Act 1992](#) and the [Nationally Consistent Collection of Data on School Students with Disability](#). The program’s name and eligibility criteria reflect its inclusion approach and principles.

The IESP is a significant reform requiring practice and cultural change across the system.

<https://www.education.sa.gov.au/parents-and-families/health-and-disability-support/health-and-disability-programs/inclusive-education-support-program-iesp-disability-funding-students-and-children>

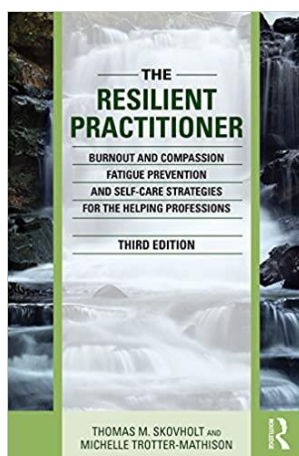
Just for us

The Psychology of Self-doubt

“We all have times when we feel like a fraud. Psychologist Kevin Cokley studies the corrosive effects of self-doubt, and how we can turn that negative voice in our heads into an ally.”

Interested? Please go to

<https://podcasts.podinstall.com/npr-hidden-brain/202112131900-psychology-self-d>



If you are more a type of book person, it may be your cup of tea.

“[The Resilient Practitioner](#), 3rd edition, gives students and practitioners the tools they need to create their own personal balance between **caring for themselves and caring for others**. This new edition includes a new chapter on resiliency, an updated self-care action plan, self-reflection exercises in each chapter, and a revised resiliency inventory for practitioners...”



MBSR is an 8-week evidence based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation, movement practices and to integrate stress reduction habits and mindsets into daily life.



Teaching Parenting the Positive Discipline Way

<https://www.mindfulsel.com/courses/TP>

10% discount for SENIA-Beijing members to enroll in the courses. The coupon code is SENIA10

To know more please visit

<https://www.mindfulsel.com/courses/MBSR-W>

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It is up to us to fill the blanks for good.

Dear Friends,

To make things happen as accessibly and **free-of-charge as possible**, your collaboration is an essential part of our movement. If you are in a comfortable position, here go a few ideas on how you can contribute and be part of it:

- Hosting one of our events;
- Sharing articles, books, ideas that benefit our community;
- Posting your questions/doubts in our online channels;
- Writing something for our newsletters;
- Advertising your events to our community;
- Joining SENIA Youth;
- Being a Best Buddy;
- Donating money (1 RMB or above) to help fund different efforts. All donations are more than welcome.

For financial support, please scan the QR code below. It's the easiest and fastest option to help. If you need a fapiao for your contribution, please contact our board by e-mail with the subject "Supporting SENIA-Beijing Initiatives".

Thanks for all your help and support!

By Juliane Karlsson
Media Chair

