

Dear friends,

It has been a long time since the SENIA-Beijing Newsletter was released. I had a bucket filled up with many ideas. However, even though I wrote, edited, and shared it with the supportive board, for some reason something holds me back.

This year has been hectic, coming back to “normal” was/is an adventure journey at least for me. Nevertheless, I *ad-mired* our group at distance by observing the hustle and bustle in our main platform, WeChat, and feeling grateful for our amazing community.



Besides this platform, we have an outstanding webpage at <https://www.seniachapters.org/beijing/#the-board>



SENIA Beijing

[THE BOARD](#) [EXPERTISE](#) [RESOURCES](#) [EVENTS](#) [ARCHIVES](#) [NEWSLETTER](#) [CONFERENCE](#)

There we can find our online history accessible and sometimes “in-visible” to our members. But, it has its on purpose as our digital fingerprint that connects us around the world.

Additionally, the SENIA International at <https://www.seniainternational.org/>

provides amazing resources. It is growing exponentially and helps me to bounce back to the mission and vision that drives the board and our members tireless by volunteering their time, expertise and love to what makes our community unique and neurodiverse.

As the school year is coming around the corner, here goes a few reflections and peace of mind of finally sharing an extra special newsletter. [Thanks EVERYONE for being part of the SENIA-Beijing Family.](#)

END OF THE YEAR

→ → Read Alouds



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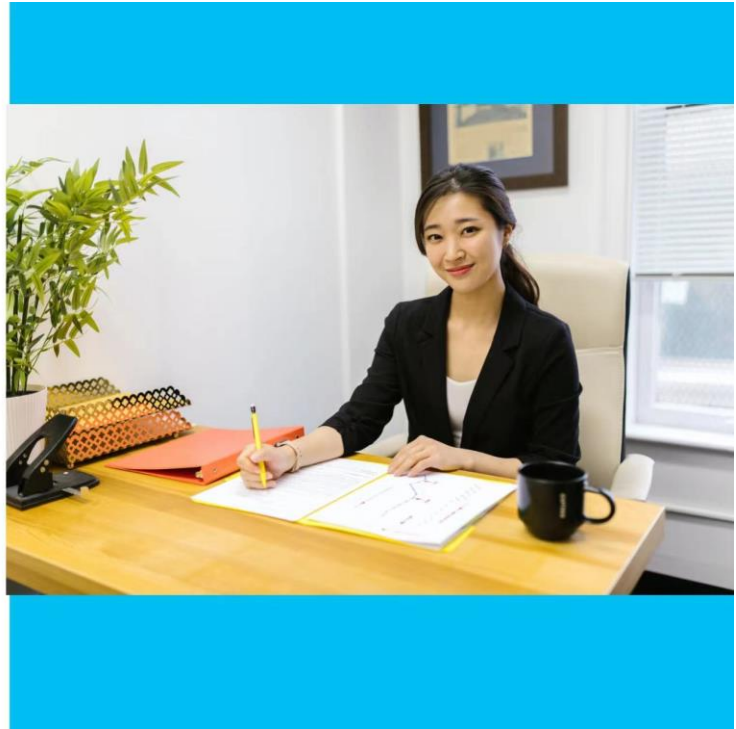


RECRUITING SCHOOL REPS

Schools are place of:

Inclusion
Advocacy
Learning
Fun

Join the SENIA School Rep
Program to Create Inclusive and
Fun Learning Spaces for All!



Volunteer

(noun)

1. An insane person who is offered a job and thinks “Ok. I'll do it, but I don't want to get paid.”

Youth Spotlight

SENIA-Beijing would like to shine the light on two amazing youth programs happening in our local community. Please visit their websites and be sure to support their initiatives as possible.

Utopix

Website: <https://www.utopixyouth.com>

Utopix is a youth-led digital magazine dedicated to shedding light on diverse social issues through the lens of literature and the arts. We provide a dynamic platform for young voices to be heard, showcasing impactful content ranging from articles and essays to illustrations and photographs. With a unique focus on spotlighting local organizations actively addressing each issue, Utopix strives to inspire and connect communities, fostering a collective commitment to creating a more informed and compassionate world.



Project Visionary

Website: <https://www.projectvisionary.org>

Project Visionary is a non-profit organization that creates and distributes educational financial material to the visually impaired.



By Dr. Gerald Anthony

SENIA-Beijing Chair



WE NEED YOU!

The SENIA Beijing Board is made up of a diverse team of volunteers and ahead of the next academic year, we are recruiting for a number of exciting positions. Please scan the QR code for more information and to express an interest before June 17th.

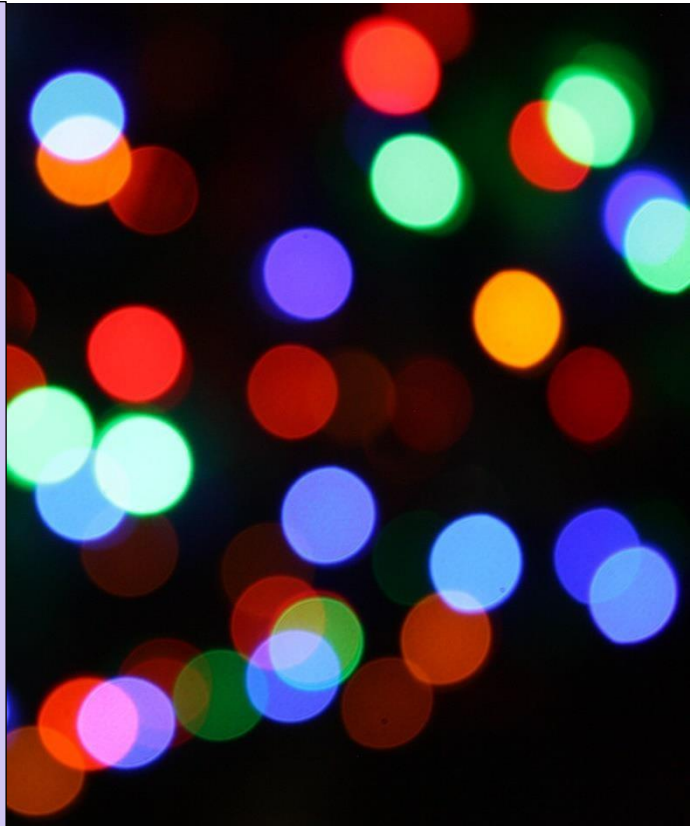


The world is unified by cultural celebrations. They allow Westerners and Easterners to give their families and friends Time.

Time to come together sharing their lives and building new ways for being well & together. 2023 is past, 2024 is present.

Challenges and opportunities are ahead of us all. May 2024 be fulfilled with inspiring old and new practices that strengthen our society to live in peace besides and because our differences.

Embedded by this *e-motion* we are delighted to share with you the SENIA - Beijing *Retro* & *Perspective* News. Just in Time.



By Juliane Karlsson
Media Chair, Newsletter Editor & Writer

Guide – Lines

We are **500 people who come together** to

- **Raise awareness.**
- **Bring our attention to challenging topics.**
- **Share good practices and/or reliable resources, preferably free,** among us.



1CC BY-SA 3.0,
<https://commons.wikimedia.org/w/index.php?curid=133101>

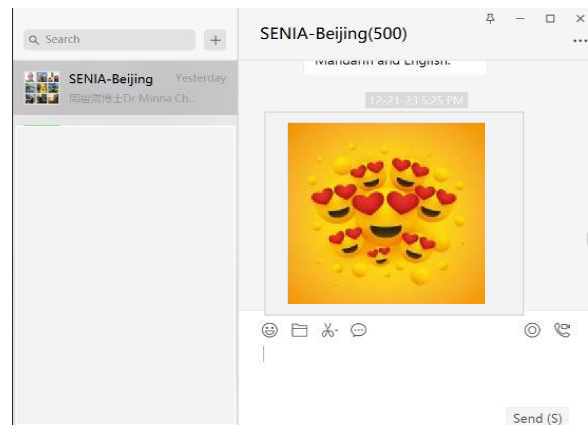
We are **grateful** for all and each one of you for being part in this **inclusive** and **diverse** movement. Moving is one of our pillars and it defines who we are too. That's why here and there, we say **farewell** to those who are going to a new places and **welcome** others who are coming here. The board understand this **flow** and you may have noticed that as soon as we achieve 500 members, on our WeChat platform, a few people are replaced.

However, our **friendship moves beyond, and above frontiers** and your **contribution is priceless** to our community. You are at the heart of our discussions. Your need become our need and that's

why we are on this together. Your presence makes us stronger, like an evergreen tree. As **network**, many things happen at same time. We can only imagine all the **amazing things you are doing at your work or**

home place, supporting our community even during your "free time", giving care and hope to our neurodiverse and multicultural community.

Can you imagine how fabulous it will be when you share that news to our community. The ripple effect that it creates is an exponential force for



making good things happen even more. **The aim in our space is keeping moving by inspiring each other though our initiatives.** We need you. And we are here to help you to share.

Imbedded by this **sharing idea** and **giving back** spirit, we'd like to wish you all a light, warm, joyful holidays! Let's continue embracing the year with the same energy we have when we come together. See you in **SOON!**

On behalf of the **SENIA-Beijing Board**,
Juliane Karlsson – Media Chair.



<https://studycli.org/chinese-zodiac/year-of-the-dragon/>



#SENIA-BeijingCares

Any ideas? Please contact us at beijingchapter@seniainternational.org

Coming back, Looking Forward

SENIA-Beijing Conference Highlights.



Months Before the Conference

One of the big parts about what we do, **the SENIA-Beijing Board**, is embed by this warm motion to include everyone. This inclusion starts inside and within us. We know that we are not perfect, and **we promise to try our very best to keep this *e-motion* in movement across the globe.**



It's a pleasure to be with YOU!



SENIA-Beijing Conference

When SENIA-Beijing comes together, we can create a welcome space to explore **news pathways** for inclusion.

November 03rd, finally happened!



The mission of RARL goes back to 2011. Its anchor in education with a deep commitment that education is a basic right to everyone (UN human rights). Their advocacy and work support families and students to find a place in our society. Their vision creates pathways to move and include people all over China. (Photo com maps)

Creating centres that promote people's abilities. The triangulation model focus on solutions empowering individuals to be accepted and welcomed whatever they go.

Education is the key element to remove barriers through research, best practices training and designed curriculum for public or international schools.

Embedded in this philosophy RARL is creating pathways to build an inclusive society.

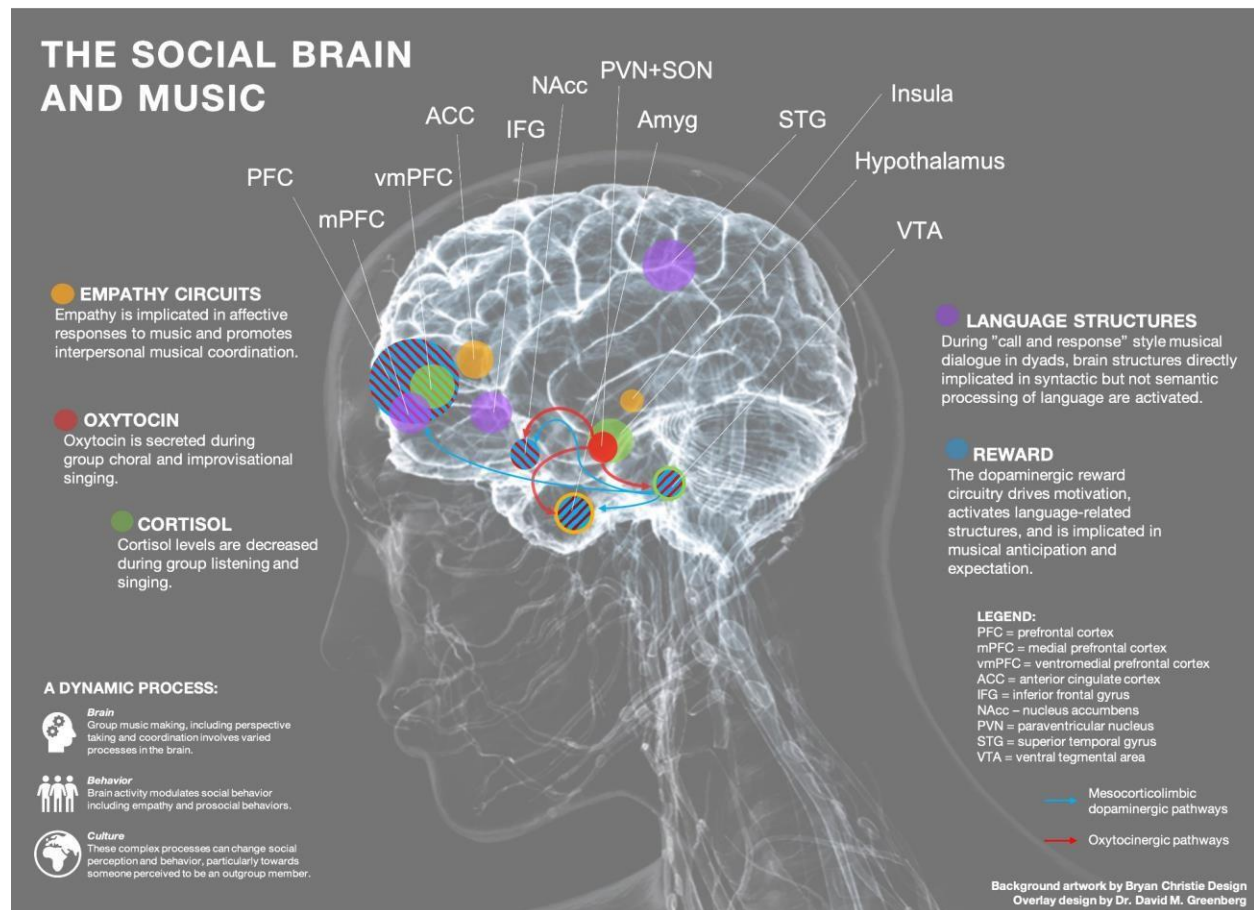
Working Shops Highlights

The audience was full of energy.



People from different backgrounds learned new ways to make our environments a safe place enhancing holistic approach. From head to toe, inside and outside our body, supporting our pupils

though auditory nervous system, for example. Soothing our students to help them to **feel safe and grounded by listening to music that resonates with their needs.**



Picture: [Dr David M Greenberg](#).

Rethinking before and after assessment

Do we need to label after assessment?

Actually not, "I never do that, after assessment I explain what I recognize on this. What can we do together?"

Questioning what is behind behavior?

Trauma, OCD, PTSD... Trying to map out the causes, not

blaming or shaming but understanding **how to support those who are "acting out"**. Supporting a healthy growth that includes all abilities as a way of living well in our society.



Coming back to the place we belong. Back to our whole body. Re - igniting our pathways to feel ourselves. Giving our selves time to become our best friends. As I used to say **our best teacher is our bodies**. Let's learn how to listen and honoured them.



Addressing **basic needs** were essential in this path. Nurturing our bodies to refuelled our stamina for learning.

After



Noon



Getting ready to
welcome the
participants!

Data and mental health roadmap for better support

Who are we talking to? What are we supporting us? The importance of **collecting data to support the interventions in place for our mental health**. “What we need to talk about?” How many times

It takes a village to support new parents.

A little one can bring sleepless nights, long days, and big adjustments for parents. Having a strong support system can make all the difference.

FAMILY Let extended family help with household chores, give you a chance to nap, and offer emotional support.	FRIENDS Lean on friends for support without judgement and much-needed levity. Let them pick up supplies and lend an ear.
COMMUNITY Keep up with postpartum medical visits to stay healthy. Check out events at the library and community center to meet other parents.	CO-WORKERS Find colleagues who have been in your shoes and learn from their experience. Take advantage of maternity/paternity leave.

the parents don't understand what we are talking about? The family dynamics are quite interesting, the parents want to help their children. The students also want this help, and the kids are quite open to talk about and the parents don't know what and how to help. Supporting students is a well established practice. Staff is being supported by PD, mindfulness 5 - 10 min a quick safe chat which teachers when is possible.

Building trust is fundamental. The unrealistic expectations and competition to excel academically and the high need of collaboration from teachers to help the mental health department to support the students and parents as better as I can. Recommend to support groups either inside school or outside school based on similarities things. Applying baby steps models = sustainable, achievable, and simple.

The challenges of online self-learning

It is quite challenging but yes, parents can learn from it. As everything it has pros and cons. Example: customize information. When am I stuck? Ok, I do it and now what.



It takes a lot of time to design it for the child, parents and generalization is a collaborative work done by the parents. **An easy plan doesn't mean a plan easily applied to the child's case.** As always, being part of a community helps parents to overcome hard / different circumstances when they happen. It is how to navigate situations as they appear along the way.

As professionals who deal with the side effects of Covid - it will take time to get into the routine.

Using mindfulness to refresh myself plus physical activities, between patients giving myself at least minutes out of the room. Giving children more choices and opportunities. Being a detective to get to know your children. Progression is always important, based on the now and preparing for next steps as hand on hand for build a better future.

Embodied Cognition Berkeley - Sofia Tancredi

What brought me to SEN happened after I was struck by the lack of understanding in the ASD world. It raised my curiosity and I move from teaching to researching. Thinking new way of doing it called embody cognition. Bringing professionals (teachers) who have a wider perspective. **Our bodily experiences shaped the way we think.** Neuroscience brings us new perspectives. This new paradigm represents a shift in our understanding and as a new field with a lot of things to be built.



The body makes sense of our world. Fidgeting could be a way the kids are working to solve a problem but is lot of times they don't have consciousness of their behavior.

Is it something really new? Linking with other areas, when can find millenary practices that connects our body and

takes us a state of flow.

Internet addiction or depression

I really don't know I just feel Not Ok. That's why with kids it is easier and but it takes more time to build up the relationship.

There is a correlation, but we don't know what leads to what (internet -depression)

Irritable (mood change) / somatic symptoms (head to toe)

Being part of the group by using the new cigarette- vaping The new flavors that

NSSI - hurting themselves just to feel alive. Medicine and therapy are essential to treat them.

When is the time to get a check? (Photo)

Depression is a combination of multiple risks factors. When my identity is a problem and when what is seeing as a problem can lead kids to depression.

Richest 2nd generation- meaning of life - I don't need to do anything to build.

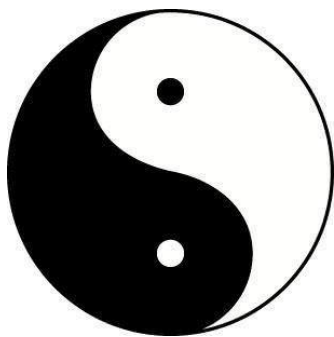
Online regulations and how to help the kids to learn to self-regulation.

(Neizhuan) too competitive.

Same standards to educate your child.

20 sessions = 1 speeds up day treatment

Bullied- psychodynamic the tentative of having a bullying as the only cause of depression.



Perspectives

In China our community always have the double luck to celebrate **New Year**. Like Yin and Yang, there is always a chance to find harmony through balancing differences and similarities. Additionally, lessons from Covid still lingers around our new normal. Among these lessons, we witnessed a radical change in our priorities. Now more than ever,

mental health has the same status as physical activities. Nevertheless, we are facing an incredible raise of mental health issues.

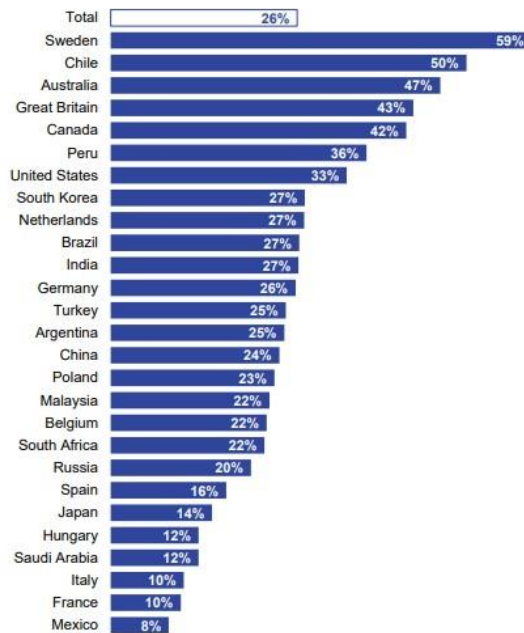
MENTAL HEALTH

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?

26% across 27 countries say mental health is one of the top health problems facing people their country today. Scores for many illnesses have dropped this year due to coronavirus, but mental health is consistent with 2018's 27%.

Mental health appears to be a more prominent issue for younger people (31% of under-35s vs. 26% aged 35-49 and 21% aged 50-74).

Women are also more likely to highlight mental health as a big issue (31% vs. 22% of men).



Base: 20,009 online adults aged 16-74, September 25th - October 9th 2020



www.weforum.org/agenda/2022/01/ten-covid19-lessons-from-the-pandemic-ipsos/

Lack of investment in key areas call everyone's attention to do more. We are moving slowly due to a variety of reasons but at least we are not motionless. On the other hand, the world is back to fast pace due to **AI re-volution**. The way of learning is reinventing itself through ChatGPT. According to UNESCO, "ChatGPT is a language model that allows people to interact with a computer in a more natural and conversational way." ChatGPT describes it as

We asked ChatGPT to explain ChatGPT in 50 words. Here is its answer:

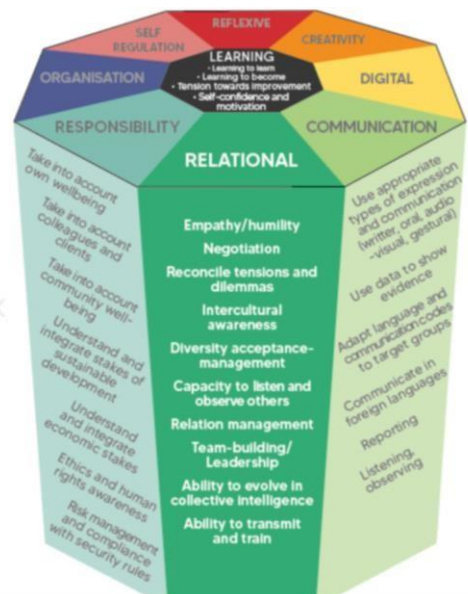
ChatGPT is a large language model developed by OpenAI, based on the GPT-3.5 architecture. It can generate human-like text based on input prompts, answer questions, and perform a variety of natural language processing tasks. It was trained on a massive dataset of internet text to learn patterns and relationships in language.

UNESCO 2023, *ChatGPT and Artificial Intelligence in higher education: Quick start guide.*

However, are we ready to immerse ourselves in this 2nd universe? What skills are required? How are schools getting ready to support students with different needs? This is indeed a multilayered work. Everyone has a part to play on it. **Sharing free reliable resources** help us to reinforce the mission and vision that embodies those who are part of our community. Our work brings to us the responsibility to recognize our vulnerabilities in order to promote the resources and upcoming learning spaces in need. My hope for 2024 is to build bridges that disentangled us from walls. Walls that create limitations rather than collaborations. Walls that are being misused to blame and shame instead of empowering and promoting our mental - physical well-being at work learning spaces.

ED-EN HUB OCTAGONS

ED-EN Hub Octagon is the Transversal Competence Map used in ED-EN Hub approach. It's conceived to be applied to Levels 4,5 and 6 of EQF. Eight groups of competences are identified after both comparing existing schemes (AEFA, RECTEC, OECD Transformation Competencies, NESTA transferable Skills, Skills Builder, EU Key Competences for Lifelong Learning, DQ Digital Intelligence, CEDEFOP/IPTS LifeComp) and adding the results of the partners brainstorming exercises. To these eight groups, the Learning Group was added and represented at the centre of the octagon as a condition for the development of all the other competences with full awareness of learning intentionality and learner's responsibility to strengthen her/his capacity to plan and manage learning processes.



<https://edenhub.eu>

Collaboration is easy to say and hard to achieve. It comes in every place we go, however, there are different faces or shades of what we can understand and work for it.

Between celebration, schools are full back to “normal.” Among professionals, we are facing the overload amount of ADHD among younger, for example. we are juggling between lessons from a recent past and unexplored territories opened by technology and all complexities that it brings along. No wonder the impact of it hits even harder those who have different abilities.

By Juliane Karlsson SENIA-Beijing Media Chair



SENIA OUTREACH SCHOLARSHIP



H.O.P.E.

Horses Offering People Enrichment



Congratulations!
Winner of the SENIA 2024
Outreach Scholarship

Supporting Students with ADHD in Middle School: A Personal Experience

Working with students with attention deficit/hyperactive disorders (ADHD) has been extensively documented. It is considered a challenge by most teachers; I am no exception.

In order to achieve modifications in a student with ADHD's behavior there are two things to bear in mind. First, we should adopt an approach that includes the student, the learning environment and home-school communication. Second, changing the situations that trigger disruptive behaviors is easier than changing the outcomes of the behavior.

We may begin by identifying which aspects of their behavior are more recurrent and affecting their concentration and that of their classmates the most. Once the target behaviors are determined, set clear and achievable goals. Thinking of an alternative to the target behavior becomes the replacement behavior.

Before implementing our intervention, we need to make sure it is discussed with the student in question. Thanking the student for his or her class contribution, clarifying expectations, and making him or her part of the decision-making process are areas to cover. We should inform all the stakeholders as well.

It is not possible to discuss changing certain ADHD behavioral manifestations if we do not reflect on the context where a child studies. Clear class expectations echoed in the classroom rule system provide a solid foundation for our changes.

In the case of teenagers, low-key strategies that do not affect the flow of the lesson are meant to be more effective. Our strategies should also create a sense of anticipation that allows the learner

to foresee and self-correct his or her behavior. The use of positive reinforcement should redirect the student's attention to the replacement behavior. Meanwhile, we need to monitor the progress of the intervention. Subsequently, we consider whether the student continues to engage in the replacement behavior before removing those elements that are redirecting his or her behavior.

Caregivers should be involved from the beginning. They are our primary source of information therefore they should receive regular feedback. Home-school communication should continue even when the intervention stops.

Inclusion must serve as a compass for our daily teaching practice. This requires transforming our classrooms to accommodate the individual needs of our students. Making small changes in our classroom could bring about the desired miracle.

Originally produced for Venture Education



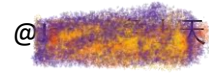
Eduardo Gonzalez is a highly motivated English language teacher with an MA in teaching English for Specific Purposes and an iPGCE. In addition, he is TESOL and TEFL certified. He currently works as a subject leader who teaches Reading and Language Acquisition at Greentown Yuhua Middle School, Hangzhou. Having taught for over twenty years, he has gathered extensive experience in ELL, curriculum design, PBL, reading, teacher training and management.

Last but not Least



Looking back, I gazed at my screen escrowing up in search of us. It always amazes me to review, to reenergize, to realize how much we have done this year.

My fingers moved fast, and I have this feeling, it seemed almost endless, until I finally found signs.



Is this what you wanted?

Images, messages, wishes and here we were once more together. Sharing bits and pieces of our lives. Being there for us. So many times, we even didn't have time to share what seemed so perfect. Never mind, I use this time to do it.





It seems like a dream between my thoughts and facts. And I know it was all true. True love, effort, collaboration, to face the time dealing with our challenges, nevertheless coming together the best way possible. Learning how to adapt to the fast pace that “coming back to normal” means.

My heartbeat fastening, my hands and feet getting warmer, my mind opening to new time. As the time passes by, I understand more and more how it shapes us. I am grateful for having you here and there. I know you stand by me, and I stand by You.

By Juliane Karlsson

SSENIA-Beijing Media Chair



[Dragon zodiac sign: What your animal has in store for you this Chinese New Year | The Sun](#)