

**“Pushing children too hard, too early is putting their emotional wellbeing and prospects for future success at risk”, Warned healthy brain expert**

(Hong Kong) While thousands of Hong Kong parents have unprecedentedly voice out against too much homework and the TSA assessments in primary schools, an international advocate on healthy brain speaks about her concern of the long term effect of this highly strung, exam and academic oriented education phenomenon in Asia.

*“All work and no play is detrimental to a child’s emotional development. Too much pressure can lead to high levels of stress that may manifest as anxiety and or depression.”* says, Dr. Jenny Brockis, medical practitioner who has been specialising in the area of brain fitness since 2011. A staunch advocate of healthy brain, she has just released her third book: Future Brain: The 12 Keys to Create Your High Performance Brain. “ (Wiley 2015)

*“My concern is we are witnessing an epidemic of anxiety and stress related disorders in young children, and much of this appears to stem from placing too much emphasis on introducing formal learning early and too little on the value of play and down time for fostering creativity, curiosity and a love for learning”.* She says, while cultural factor can play a part, the basic child developmental needs are similar across different cultures.

Dr. Jenny started her Brain Fit program in Australia. This looks at what it takes to create a healthy and fit brain that helps kids to learn better and be happier too. **She will come to Hong Kong to give a talk called “How Do We Learn?” on 5 Dec. 2015 (Sat) at the 7<sup>th</sup> Kowloon City Book Fair at the HKICC Lee Shau Kee School of Creativity, to support a local parent-initiated charity, EDiversity’s Happy School Map Project.** The project is collecting parents’ views about the schools that they are happy about, and map them out in a website so as to allow parents to further exchange information. *“Parents are in need of schooling information. This map will give them another source of information from parents who have direct positive experience with their schools. In the long term, we hope the ‘happy factors’ shared can influence other schools to improve their teaching in respect of children’s individual development needs. We are very grateful that an expert like Dr. Jenny can enlighten us in her short trip to HK, and help us fundraise for this project.”* Says EDiversity.

Dr. Jenny is specially making this trip to Hong Kong to share with local audience about her findings in her new book “Future Brain”. Sponsor of the talk, Chairman of the FinnCham education committee HK and co-founder of Polkuni, Mr. Stuart Patton says, *“Finland has an exemplary education system that focuses on child developmental needs and happy learning. This is something engrained in parents and teachers’ mindsets. We would like to help more HK people to gain this mindset so the children here can enjoy learning just like Finnish children do. Dr. Jenny is an award-winning communicator with the ability to bring the latest research in neuroscience to life. She has been helping educators, managers, and business leaders leverage their mental capital to get better results in everything they do. I highly recommend her to everyone who wants to enhance their brain power.”* Mr. Patton will join in the talk to give the audience a Finnish education perspective.

You are cordially invited to cover the talk and Dr. Jenny will be available for interview afterwards. Please write to [admin@ediversity.org](mailto:admin@ediversity.org) to preregister your coming before Dec 3 rd.

**Dr. Jenny's books on brain:**

"Brain Fit! How Smarter Thinking Can Save Your Brain"

"Brain Smart : How to Regain Focus, Manage Distractions and Achieve More."

"Future brain: The 12 Keys to Create Your High Performance Brain"

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Event : "How Do We Learn?" Talk + Workshop  
Date : 5 December 2015  
Time : 1:15-4:30 pm  
**1<sup>st</sup> session: (1:15 – 3:15 pm):** Dr. Jenny Brockis's healthy brain talk + Q&A + Finnish education perspective by Mr. Stuart Patton (in English)  
**2<sup>nd</sup> session: (3:30 – 4:30 pm):** Hip Hop Dance to Creativity workshop (in Cantonese)  
Venue : Talk : 1/F, Resource Centre, HKICC Lee Shau Kee School of Creativity  
Workshop : 2/F, Dance Studio, in the school  
Enquiry: [admin@ediversity.org](mailto:admin@ediversity.org)  
Ticket : <https://ediversity.doorkeeper.jp/events/34994>  
(all proceeds will put into funding EDiversity's Happy School Map Project)  
Individual : HKD 200  
Group : (from 10 persons) : HKD 150 each  
Children : age 12-18: HKD 50 each  
Under 12 : Free admission (each to be accompanied with a parent/adult guardian.)

The Event is jointly presented to you by:



## Organiser:



**EDiversity:** A parent-initiated charity promoting choice and diversity in HK education

## Speaker sponsors:



**Polkuni** is a newly formed business based in Finland and HK. It aims to bring to Asia the best and innovative solutions from Finland and other parts of the world, with well thought out pedagogical design for 21st Century education needs. (Polkuni will also be at the Learning and Teaching expo at the HKCC 10-12 Dec 2015)



**FINNHAM**

HONG KONG

**Finnish Chamber of Commerce HK Education Committee**

## Workshop Sponsors:

**Tutor Republic:** a Science Park company promoting ‘local creative education’ through building online education platforms.



空間再造  
PLACE MAKING PRODUCTION

**Place Making Production:** Self-proclaimed ‘The hottest activity planner in HK’, PMP uses hip hop and art to recreate a new city living concept.

## Workshop & Instructor:

### **Workshop: Dance to Creativity**

Check out how hip hop dancing with your kids and using interesting body language can inspire creative and happy interactions.

### **Workshop Instructors : Spicy Boogie**

SB is formed by a passionate group of ‘street culture’ lovers, who believe that cultural education is essential for effecting societal change. Previous partnerships include West Kowloon Cultural District Authority, HK Art Development Board, MaD, Puma, and HK express.

## Venue Sponsors:



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