



To Truly Understand Others

Principal Yoji Hatano

Soon after the second term began, Typhoon Faxai (No. 15) arrived in Tokyo and disrupted the arrival time for school; however, with the cooperation of the parents and guardians, the school day was able to start from 3rd period without incident. Thank you very much.

In her book "*Kininarkomo Minna Iki-Iki Hoiku*," Dr. Asagi Hoshiyama, a guest lecturer until last year who had advised us on observing students at this school, presents 6 very individualistic friends and asks the readers to decide who (or, what color) they most resemble.

Red – Likes rules, justice, perfection, is prideful and thinks s/he is the best

Orange – Anxious and nervous, kind, hasty, diligent, oblivious to time

Yellow – Has many ideas, restless, major mood swings, prone to fights

Green – Quiet, secretly proud, obedient, sensitive, introverted

Aqua – Knows everything about everything, does not try new things, tires easily, treasures personal time, members pictures and markings well

Blue – Quiet and composed, kind and gentle, has difficulty with verbal expression, makes mistakes, takes time with everything

What do you think? I am sure many of you think your child is just like Yellow or maybe Aqua, or maybe a lot like Orange but with a little Blue too. I myself think I am mainly red with a little bit of green and aqua.

Each individual child is different. And the characteristics explained above are also expressed differently. However, people have their own personal values and opinions with which they evaluate others. It is perfectly natural. That is why it is important to know and accept other people's values to truly understand them. Just like food preferences, people also have different ways of perception and feeling, and it is necessary to foster children to think about how to bridge the gaps.

Applying for "Smile Room" and Special Assistance

Smile Room, special classes for students who are concerned about their studies as well as their school life, was opened at this school in 2016. Smile Room is set up to assist students in overcoming any difficulties they have in their studies or school life.

Also, parents may apply for the on-going program that assigns a special instructor to join their child's class and offer individual assistance if they wish to do so.

Those who wish to apply for Smile Room or the individual teaching assistance starting in April of 2020 should consult their child's homeroom teacher, School Nurse Ayaka Shimozato, Ms. Hatsuko Kobayashi (or any special assistance coordinators), or the vice principal.

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October

date	day	Event	After-school
1	Tu	Tokyo Citizens Day	
2	W	Safety lesson, 4 periods	-
3	Th	Student assembly, Teacher development (5-2), 4 periods (except 5-2)	-
4	F	Emergency evacuation drill	4 - 6
5	Sa	Family Asobi, Japanese Culture	-
6	Su		
7	M	Committee	5 - 6
8	Tu	Teacher development (2-2) 4 periods (except 2-2)	-
9	W	Life studies field trip (G2)	-
10	Th		3 - 6
11	F	School route inspection	4 - 6
12	Sa	City festival	
13	Su	City festival	
14	M	Health and Sports Day	
15	Tu	Interschool Sports Day (G6)	3 - 6
16	W	Open School, Safety lesson (G1/2, 2 nd period; G5/6 2 nd -3 rd period)	-
17	Th	Music assembly, Open school	3 - 6
18	F	Planetarium field trip (G4, 1 st -3 rd periods)	4 - 6
19	Sa	Speech assembly (G1,3,5, 1 st period) Japanese culture	-
20	Su		
21	M	Club ☉, Social studies field trip (G3)	4 - 6
22	Tu	Coronation Day	
23	W	Social studies field trip (G3)	-
24	Th	PE assembly (lower grades)	3 - 6
25	F	PE assembly (upper grades), <i>Utsukushii</i> Japanese (G5)	4 - 6
26	Sa		
27	Su		
28	M	Social studies fieldtrip (G5) Med. check for Hakone trip (G6)	4 - 6
29	Tu	Hakone trip (G6)	3 - 5
30	W	School lunch tasting (G1 parents/guardians)	-
31	Th		3 - 5

Notices

○ Tokyo Citizens Day

Tuesday, Oct. 1st is Citizens Day and the school will be closed. Every year several students come to school, so please make sure they stay at home.

○ October's Emergency Evacuation Drill

The drill on Friday the 4th will be to practice evacuation in the event of a fire. To experience a smoke-filled room, grades 2, 4, and 6 will go through a smoke tent.

The smoke used in the tent is not harmful, but those worried about asthma or other issues can inform their child's homeroom teacher via the communication book.

○ Coronation Day

Tuesday the 22nd is the Emperor's Coronation Day. The school will be closed that day.

○ Human Rights Day

This month's Human Rights Day is Wednesday the 9th. The lunch that day will be Korean bibimbap.

○ October's Open Playground

Open playground will be during the following times.

12th (Sat) 10:00 – 12:00

13:00 – 16:00

19th (Sat) 13:00 – 16:00

26 (Sat) 10:00 – 12:00

13:00 – 16:00

Educational Counseling

October's Lifestyle Goal

Train Our Minds and Bodies

Motoki Takahashi

Educational Counselor

To have a healthy life, it is important to exercise, eat, and sleep. A lack of exercise affects not only your body but your mind. This is a good season for exercising. Let's get out and train our bodies.

A Window for Grade 3

Grade 3 Naoko Murakami
Chitoka Yamaji

The 3rd graders have been studying their new subject social studies since April. In social studies, the students are researching about where people usually do their shopping. There are people who shop at convenience stores, drug stores, and supermarkets, but they learned that most families shop at supermarkets. So, the students visited Naniwaya Supermarket. The children listened to the shop staff and took notes about how food items are prepared for families as well as those living alone, how fish and vegetables are delivered every day from Toyosu, and how over 30,000 items are sold each day.

They were also allowed to see Naniwaya's "backyard," something not normally seen by customers. The students were surprised to see that large pieces of meat were kept in the freezer and that meat was kept at colder temperatures than vegetables. 4
The students summarized what they heard from the store manager into a newspaper and thought about what items they would sell if they were the store manager.



School Lunch

Ayako Koide
School Nutritionist

There are a lot of Higashimachi children who find themselves hungry just from the fragrance coming from the lunch prep room, who peak into the prep room through the windows in the school yard, who thank us for preparing the lunch, and who ask families at home to make the same food as their school lunch.

During the 188 meals they eat at school over one year, the students are not just simply taking in nutrients; but they are also learning the names of dishes and ingredients as well as becoming familiar with table manners. We are doing our best to make lunch time fun and to give a deeper understanding of what food is. We hope the children are inspired by school lunch to learn more about food.

This year, we will continue to provide a variety of delicious foods, from ceremonial or cultural Japanese foods to international foods and homemade bread.

In preparation for next year's Tokyo Olympics, we will continue to teach the children the cultural aspects of Japanese food, like placement, using chopsticks, and table manners. We hope families can do the same during their meal times at home.



Trying Japanese Culture

Keiichi Hatanaka
Head of Japanese Culture

"Japanese Culture" is a time for grades 4-6 learn about *sado*, *shogi*, and *wadaiko*, is held during Saturday school. It is a time for students to experience traditional Japanese culture from specialists from the area.



4th to 6th grade students will be able to experience all of the classes during those three years. 1st to 3rd graders learn about Japanese culture from *hyakunin isshu*, *karuta*, *kendama*, and origami in their own classrooms. We hope they will become children who can appreciate their own country's culture during this time of global changing.

New Higashimachi SNS Rules

Misa Nojima
Special Activities

The Tokyo Metropolitan Board of Education revised their rules about using social media services in response to internet and SNS problems. In response to this, Higashimachi has also revised its own rules about using SNS and the Steering Committee members will discuss them two times in July and September. The rules are as follows.

SNS Higashimachi Rules revised September 2019

1. Put down your phone and talk when you are with friends and family
2. Decide the time and place and length for using smartphones.
3. Do not give your personal information, nor the personal information of family members or friends (name, address, school, pictures, videos, etc.).
4. Do not post anything on the internet that can hurt someone's feelings.
5. Do not believe everything you read on the internet.
6. Talk with your family about how to use the internet safely. (Filters, swords, using money, downloading applications)

More and more children are connecting with adults they do not know on the internet through PCs, cell phones, smartphones, and video games. Many kinds of dangers, including physical damage, personal injury, financial loss, have been increasing. Please talk with your family about using the internet and set rules about using the internet and social network services safely.