



## Life and Time

Principal Yoji Hatano

At the community festival held on the 16<sup>th</sup> (Sat) and 17<sup>th</sup> (Sun), the members of the community took great care of the children. This year, although the event was affected by the typhoon, I would like to give thanks to the members of the community for thoughtfully looking over the children.

Every year, MEXT conducts a survey about problematic student behavior with elementary, junior, and senior high school students. Over the years, student violence has become a concern. Even Higashimachi ES is not without cases where students cannot express themselves, or communicate with others, and eventually end up fighting.

Dr. Shigeaki Hinohara, honorary director of St. Luke's International Hospital who passed away this summer at the age of 105, wrote a book titled "To My 10-Year Old Friends, from 95-Year Old Me" (十歳のきみへー九十五歳のわたしから), but 8 years later he published an even more earnest work titled "To My 10-Year Old Friends Who Will Make a Brighter Future, from 103-Year Old Me" (明日をつくる十歳のきみへー一〇三歳のわたしから). It is thought that what made him want to speak more earnestly in this work is based on the current conditions of the students he wrote about previously. In the book, he states that in order to save lives, we must make a world where people do not fight and there are no wars; and to make a world without bullying or war, it is important to have forgiveness. If you do something because it was done to you, then the situation will escalate into a much graver situation. This is the essence of war, he says.

Furthermore, he writes that life is being able to use one's own time freely, and children should use their time for themselves; however, when they become adults, it is more important for them to use their time to help other people.

Having a forgiving heart, and using our time as adults to help other people – if more children could take these principles as their own, then hatred and fighting could disappear from this world.

As of September 29<sup>th</sup>, the grade 5 and grade 2 EST Tomoko Ichimaru has left Higashimachi ES, due to family circumstances.

The grade 2 ESTs will be Mr. Stuart Neilson and Ms. Emi Tomita. The grade 5 ESTs will be Mr. Clint Yajima and Ms. Miyoko Furukawa.

We appreciate your understanding.

Best wishes to Ms. Ichimaru.

## October

date	day	Event	After-schol
1	Su	Tokyo Citizen's Day	
2	M	Safety lesson, Club	4 – 6
3	Tu	Special lecture on atomic bombs (G6)	3 – 6
4	W		X
5	Th	4 periods, Teacher development (5-2)	X
6	F	Emer. evac. drill, LINE workshop (G6)	2 – 6
7	Sa	Minato City Festival	
8	Su	Minato City Festival	
9	M	Health and Sports Day	
10	Tu		3 – 6
11	W	4pr., Field trip to Mitsubishi auto factory (G5), Teacher dev. (Tsubomi class)	X
12	Th	Committee presentation assembly, Student-teaching begins	4 – 6
13	F	Soc. St. field trip (G4), School visit (1-2), School route inspection	X
14	Sa	Japanese Culture, Student-teaching ends	X
15	Su		
16	M	Committee	5 – 6
17	Tu	Inter-school Sports Day (G6)	3 – 6
18	W	Open school, Lesson from Temple U. student (grades 1, 2)	X
19	Th	Open school, Music assembly, Lesson from Temple U student (G5), Drug use prevention lesson (G5, 6), School explanatory meeting	4 – 6
20	F	Life studies field trip (G1)	2 – 6
21	Sa		
22	Su		
23	M	Parent-Child Reading begins	4 – 6
24	Tu	Inter-school Sports Day (substitute day)	3 – 6
25	W		X
26	Th	PE assembly (G1, 2, 3)	4 – 6
27	F	PE assembly (G4, 5, 6), 4pr., Teacher dev. (4-2)	X
28	Sa	Japanese Culture	X
29	Su		
30	M	Bullying Prevention Committee meeting	2 – 6
31	Tu		4 – 6

## October's Goals

Educational Counselor Hiroki Mine

**Train our minds and bodies.**

"A sound mind dwells in a sound body."

Exercising is necessary for health as well as for the start of a good day. We know that being unhealthy affects not only your body, but your mind as well.

There are numerous merits that come with training our bodies. Training our bodies results in a substantial increase in health. If you train your body, your muscle mass and metabolism increase. Then, you become healthier as your blood circulation improves and your organs work more effectively. We also know that those who train themselves become sick or injured less often.

Lastly, training yourself is not so simple, and requires continuous effort. It not only promotes good health, but can strengthen your mind's persistence and tenacity.