



How Do You Teach Self-Restraint?

Principal Yōji Hatano

Thank you to all the parents, guardians, and community members who attended this year's Sports Day on May 28th (Sa). Including the students, 1648 people attended this year's event.

The 2016 Sports Day was held after the new annex building was constructed and during a recent boom in student numbers. We appreciate everyone's cooperation with the school year ribbons and allowing viewing priority to those family members with children participating in a certain event.

Last month's newsletter was titled "Food is Fundamental to Everything." It asked if eating foods they do not like is one of the first challenges to take on things they are not good at or do not like at first.

The following experiment, called "The Marshmallow Experiment," was a famous experiment that proved a correlation between learning self-restraint during infancy and developing critical social skills.

In the experiment, a 4-year old sat at a table with one marshmallow placed on a plate in front of him or her. The researcher told the child, "I will give you this marshmallow, but I have to go run an errand. If you can be patient and wait 15 minutes until I get back, I can give you two marshmallows," and then left the room. There were hardly any children who ate the marshmallow right away, but only 30% of the children could wait the full 15 minutes and receive a second marshmallow.

Afterwards, the results of a follow-up survey showed a difference in college aptitude test scores between the children who did eat the marshmallow and the children that did not. Also, those that did not eat the marshmallow were apparently able to enter their desired profession in the future.

The environment that surrounds children today is one that makes teaching self-restraint difficult. There is air conditioning in houses and schools now, plastic bottles offer hot and cold drinks and can be drunk at any time. What is more, foods that were only available for special occasions are now available on a daily basis. Even on the train it is not rare to see a child sitting down while the parent stands. However, this is not the children's fault. Rather, it is the result of our pursuit for convenient lifestyles.

I believe that it is necessary for us adults to intentionally put children in situations where they have to be patient – like eating foods they do not like or standing on the train – in order to improve their life skills for the future.

June

		Event	after school
1	W	Safety Guidance, Excursion (Gr 3,4)	X
2	Th	Student Assembly, Dental Check (Gr 3,5) Pre-Pool Health Check (follow-up) Family Lunch and Play	4~6
3	F	Safety Guidance "Rain" (Gr 1) Anti-Bullying Committee	2~6
4	Sa	Japanese Culture	X
5	Su		
6	M	Committee	X
7	Tu	Excursion (Gr 1,2)	X
8	W	Healthy Teeth Assembly (pr. 4)	X
9	Th	Excursion (Gr 5)	4~6
10	F	PE Test (pr. 1-3), Urine Test Part 2 (City Office)	2~6
11	Sa		
12	Su		
13	M	Pool Classes Begin, Pool Opens	4~6
14	Tu	PE Test (for absentees, morning recess)	3~6
15	W	Spinal Check (Gr 5)	X
16	Th	Music Assembly Dental Check (Gr 2,6) Area Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)	X
17	F	Gr. 4 School Area Patrol (Pr. 5,6)	2~6
18	Sa	Japanese Culture	X
19	Su		
20	M	Open School, ESC PTA Meeting (15:30) Safety Guidance	4~6
21	Tu	Open School Explanatory Meeting (15:30)	3~6
22	W	Bicycle Safety Lesson (Gr 3) (Pr 3,4)	X
23	Th	PE Assembly ①	4~6
24	F	PE Assembly ②	X
25	Sa		
26	Su		
27	M	Club	4~6
28	Tu		3~6
29	W		X
30	Th	Festival Prep	4~6

June's Goal

Guidance Counselor Hiroki Mine

Give a hearty greeting to the people you meet at school.

Those who greet in a loud, clear voice are the progressive ones, because they know the importance of greeting others, and that a good day begins with a hearty greeting, so greet others with feeling.