



### Supporting Our Children's Well-being

Principal Tetsuro Kawahara

As we leave behind a hot September, the cooler mornings and evenings are finally bringing a sense of autumn. At the recent Higashimachi Festival on the 26th, we were delighted to see so many joyful smiles on the children's faces—thanks to the wonderful support of our PTA.

These days, the word "well-being" is often used, and it is something we are also focusing on in education. In fact, Japan's national education policy for 2023 highlights the importance of improving well-being in ways that are rooted in our society.

But what does well-being look like for children at school? Of course, it varies from child to child. From an academic point of view, children tend to feel happy when they experience moments of success—like when they understand something new, apply what they have learned, or work with classmates to achieve a goal. In their daily school life, they feel happiness when they accomplish something meaningful, find a dream to pursue, make that dream come true, or simply enjoy time and achievements with friends.

At the recent Higashimachi Festival, students from second grade and up planned their own class activities. They worked together to come up with ideas, prepare, assign roles, and run the event. It was wonderful to see their enthusiastic faces as they took part in something they created themselves. I believe experiences like these are a big part of what helps children feel happy and fulfilled.

Most importantly, children thrive when they are recognized, supported, and encouraged. A safe and welcoming school environment free from bullying, where it is okay to make mistakes, is essential, as is a home and community where children feel secure and valued.

As we continue through the school year, I hope we can all work together—the school, families, and the local community—to help our children grow in happiness and well-being. Thank you, as always, for your support.

Date	Day	Events
1	W	Tokyo Citizens' Day
2	Th	Safety lesson Minato Science Museum (G4)
3	F	Sewerage lesson (G4)
4	Sa	
5	Su	
6	M	4 periods, Morning Assembly
7	Tu	Committees
8	W	B schedule 5 periods, Inter-school Sports Day (G6)
9	Th	Social Studies Field trip (G5)
10	F	Report cards distributed
11	Sa	Minato Citizens' Festival
12	Su	Minato Citizens' Festival
13	M	Sports Day (national holiday), Minato Citizens' Sports and Athletics Festival
14	Tu	Student-teaching starts
15	W	B schedule 4 periods
16	Th	Music Assembly, Life Studies Field trip (G2)
17	F	6 periods for G2 and G3, Evacuation drill
18	Sa	
19	Su	
20	M	Morning Assembly, Clubs
21	Tu	Family Asobi, Rugby lesson (G6)
22	W	B schedule 5 periods
23	Th	Student Assembly
24	F	Open School, School Orientation, Yakult Swallows pitching lesson (G1), Information ethics lesson (G3), Hibiya Kadan lesson (G4)
25	Sa	5 periods, Open School, Japanese Culture
26	Su	
27	M	Substitute Day off
28	Tu	Social Studies Field trip (G3)
29	W	B schedule 5 periods
30	Th	Minato Science Museum (G6)
31	F	Committees, Evacuation drill substitute day

※Please check your grade newsletters for dismissal times.

※Please see the Higashimachi website for the school newsletter, grade newsletter, and lunch menu. Paper versions are available.

### October's Goal

**Let's work together until the end.**

### \*Evacuation Drill\*

In October there will be an evacuation drill to practice what to do in the event of an earthquake during recess and how to respond to aftershocks.

### \*Art Exhibition\*

As we announced in the Parent-Teacher Conference newsletter, the Art Exhibition will be held this school year. The children began working on their pieces around May and are creating 3-dimensional work now. During art classes, children are enthusiastically engaged in their creative activities. We hope you will visit the exhibition and enjoy seeing the many wonderful pieces created by all the students, beautifully displayed in our school gymnasium. Please take this opportunity to appreciate your child's hard work and artistic expression.

November 14 (Fri) Student · Parent Viewing

November 15 (Sat) Parent Viewing

### \*Human Rights Day\*

This month's Human Rights Day is Wednesday, October 29. Lunch for that day will be fish and chips from England.

### \*Information about Report Cards\*

Please see the letter that was handed out on September 30.

### \*Open Schoolyard for October\*

October 11 and 18 (Sat) 12:00-15:00

### Committee Activities

#### Special Activities

This year, our student committees are made up of seven groups: Health, Broadcasting, Environment, Assemblies, Library, School Bulletin Board, and Steering Committee.

In these committees, upper-grade students think about what they can do to help all students enjoy a better school life, make plans, and take action to put their ideas into practice.

Each month, students take time to reflect on their roles, review responsibilities, and discuss improvements to solve any issues that arise. The 5th and 6th graders will continue to make the most of each committee's unique role, build a sense of accomplishment, and nurture a spirit of service. Committee presentations will also be shared during school assemblies. Please check their growth and efforts on our school website, blog, and X.

### Applying for Smile Room and Special Needs Assistants for 2026

#### Smile Room Head Instructor

The school is accepting applications for two types of support for students who may have developmental concerns.

First, the Smile Room provides specialized guidance to help students overcome or improve difficulties in daily life and learning. Second, we offer placement of Special Needs Assistants who provide individualized support within the classroom to help students with areas they find challenging during group instruction.

If you are interested in either of these for your child, please consult with your child's homeroom teacher, the school nurse, or the vice principal by **Friday, October 24**.

### Music

#### Music Instructor

In the music curriculum, learning is centered around four main activities: singing, performing, listening, and creating music.

Through a variety of musical activities, students develop the skills necessary to express themselves musically, experiment with different ways of musical expression, and learn to appreciate music by listening attentively. Instruction encourages students to engage their musical sensitivity, collaborate with others, create musical expressions, and discover the qualities and enjoyment of music through active listening.

Students also deepen their awareness of the roles that sounds and music play in daily life and society. By experiencing the joy of music-making, they cultivate a lasting love and appreciation for music.



### \*Open School\*

October 24 (Fri) and 25 (Sat)

Information will be provided on a separate handout. Please take a look at it.

### Educational Counseling

#### Education Consultant

Educational counseling is a support system that helps students work through their worries or problems together with teachers or trained counselors. Talking to someone can help students organize their thoughts and emotions, and often leads to discovering possible solutions. Educational counseling provides professional advice and support from various perspectives, including education, psychology, and the learning environment.

If you would like to request counseling for your child, please contact their homeroom teacher, the school nurse, or the vice principal.

School Counselor (SC) and

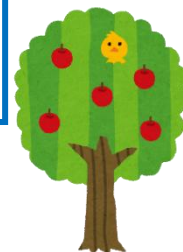
School Social Worker (SSW)

Working Days

Monday: Kenji Tanaka (SSW)

Tuesday: Hana Ikeda (SC)

Friday: Wakana Kamimura (SC)



SC—a specialist who provides emotional support and care from the perspectives of clinical and developmental psychology.

SSW—a specialist who coordinates with families and related organizations to provide support, make necessary adjustments, and help address various challenges students may face.