Higashimachi Elementary

School Newsletter

October 30, 2026
No. 675
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Friends Are Wonderful

Principal Tetsuro Kawahara

Thank you to all the parents, guardians, and members of our local community who came to our recent Sports Festival and cheered our children on so warmly. We hope you enjoyed seeing how hard the children worked and how much they have grown.

At Higashimachi Elementary School, we have a tradition called "Song of the Month." The children sing these songs in music class, and they are also played over the school's lunchtime announcements. Our October song was *Tomodachi wa Ii Mon da* ("Friends Are Wonderful"), originally performed in the Shiki Theatre Company's musical *Yuta and His Wonderful Friends*. The lyrics express the idea that we share in one another's happiness and support one another through difficult times. They remind us that having friends by our side gives us the courage to take that first step and overcome challenges.

School life is made up of the many everyday moments that the children share with their friends. They learn and play together in the same classroom, and sometimes their opinions may clash. Yet through these experiences, children grow as they learn to understand one another's feelings and reflect on their own ideas. Friends are not simply people with whom we share happy moments; they are important people who accept one another and help each other grow.

The song also includes the words, "All for one, and one for all." At Higashimachi, we value the idea that each individual should think about the whole group, and that the whole group should care about each individual. This means looking beyond our own needs and considering the people around us. It means reaching out to help someone who is struggling and cheering on someone who is doing their best. These small acts of kindness and consideration help make each classroom and our entire school a better place.

At some point in our lives, each of us will be both someone who supports others and someone who needs support. There are limits to what one person can accomplish alone, but when friends come together, they can achieve so much more. Whether at the recent Sports Festival, the Learning Presentation in November, or in the everyday school life, there are many opportunities for the children to work together toward a common goal. Through each of these activities, children are learning how important their friends are and growing together.

November's Goal

Let's strengthen our minds and bodies.

Date	Day	Events
1	Su	
2	M	Morning Assembly, Safety Guidance Roppongi Academy at Higashimachi ES (Dismissal 14:30)
3	Tu	Culture Day
4	W	B schedule 4 periods Minato Teachers' Research Meeting 6-2 Lesson Observation (Dismissal 14:30)
5	Th	Music Assembly② Evacuation Drill⑦, Committees⑦
6	F	Family Asobi④, Clubs⑥ G3 Field Trip (Safety Map)
7	Sa	
8	Su	Minato Tag Rugby Class
9	M	A schedule 5 periods Morning Assembly
10	Tu	Special schedule for Learning Presentation begins
11	W	B schedule 5 periods, G1 Excursion
12	Th	Student Assembly④
13	F	
14	Sa	School Anniversary
15	Su	
16	M	School Anniversary Assembly
17	Tu	G1 Preschool Exchange
18	W	B schedule 5 periods
19	Th	G2 Excursion
20	F	G3 6 periods⑤
21	Sa	
22	Su	
23	M	Labor Thanksgiving Day
24	Tu	
25	W	B schedule 5 periods Learning Presentation Rehearsal
26	Th	A schedule 5 periods Learning Presentation (for students①)
27	F	A schedule 5 periods Learning Presentation (for students②)
28	Sa	Saturday School④ A schedule 5 periods Learning Presentation (for families)
29	Su	
30	M	Substitute Holiday for Learning Presentation

※ Please check your grade newsletters for dismissal times. The newsletter is distributed through *Sughool*.

※ Please see the Higashimachi website for the school newsletter and lunch menu. Paper versions are available from the homeroom teacher.

＊Evacuation Drill＊

The drill for November will be for a J-Alert (Nationwide Instant Warning System) issued during class.

＊Parent-Teacher Meetings＊

Parent-Teacher Meetings will be held from December 7 (Mon.) to 11 (Fri.)

＊Reading Week organized by the Library Committee＊

Reading Week will be held from November 2 (Mon.) to November 13 (Fri.)

＊Human Rights Day＊

This month's Human Rights Day is the 16th (Mon.) and lunch for that day will be bibimbap from South Korea.

＊Open Schoolyard for November＊

November 14 (Sat.) 12:00-15:00

Looking Back on Our Sports Festival

Grade 1 It was the first Sports Festival for our first graders, and it was wonderful to see them give their best in every activity. In *Let's Go to Higashimachi Zoo!!*, each child came up with a unique pose and had a great time taking part.

Grade 2 In *Let's Become One! A Circle of Hearts*, the second graders danced with lots of energy and enthusiasm. They also gave their all and enjoyed taking part in *Dragon Ball Toss* and the *Energetic Running*.

Grade 3 Our third graders put their practice to good use in the *80m Sprint*, *Team Tug Competition* and *Higashimachi Yocchore*. During *Higashimachi Yocchore*, they moved their bodies energetically and powerfully while rhythmically clacking their *naruko* wooden clappers. They also enjoyed the fun of dancing together as one.

Grade 4 The fourth graders applied what they had learned through practice to every event. In *Reach New Heights!*, they experienced the joy of working together to create something as a team.

Grade 5 In *Higashimachi Soran*, the fifth graders worked hard to portray the powerful movements of fishermen at work, bending their knees deeply and paying close attention to their hand movements. They also gave their all in the *100m Sprint*, which was longer than last year, and *Odama Koro-Koro*, a new event for them.

Grade 6 For their performance, *One Team: Walking Together*, the sixth graders worked hard to move in unison, coordinating their formations and flag movements as one. Their determination to work toward a shared goal truly embodied the spirit of *One Team*. Thank you all for giving the children such enthusiastic applause for their wonderful performance.

School Anniversary Day: Carrying 113 Years of History into the Future

Vice Principal

November 14 is the anniversary of the founding of Higashimachi Elementary School. The school first opened in 1913 as Tokyo City Higashimachi Jinjo Elementary School, and this year marks its 113th anniversary. Throughout its long history, the school has faced many challenges. During World War II, the school building was destroyed by fire, and the school was temporarily closed. However, thanks to the strong hopes and support of the local community, the school reopened in 1955. Since then, it has continued to adapt its buildings and learning environment to the changing times, watching over generations of children as they learn and grow. Now, Higashimachi is approaching another important milestone. Reconstruction of the school building is scheduled to begin in the 2030 school year, with the new school building expected to be completed in the 2033 school year. As we move toward this new chapter, we will continue to cherish and carry forward the rich history and traditions of our school while creating a new place for learning. We would like to express our heartfelt gratitude to everyone in the local community and to all parents and guardians who have supported our school over the past 113 years.

Looking ahead, we will continue striving to be a school where every child can learn with enthusiasm, respect one another, and grow together. We look forward to building the next chapter in the history of Higashimachi together with all of you.

Preventing Winter Illnesses Through Morning Health Checks

At the school nurse's office, we often see children who become unwell after saying, "I felt a little tired this morning," or "I wasn't feeling very energetic at home." Taking just a few minutes each morning to check your child's health can help protect their well-being.

What to Look for During Your Child's Daily Health Check

Any Changes from Usual?

- ☐ Do they feel feverish?
- ☐ Do they have a good appetite?
- ☐ Did they sleep well?
- ☐ Does their complexion look normal?
- ☐ Do they sound cheerful and energetic?

Simply asking, "Are you feeling tired or unwell?" can help children become more aware of how they are feeling.

If children come to school when they are not feeling well, their symptoms may worsen, and they may spread infectious illnesses to their classmates. Having the courage to let your child rest, even if their symptoms seem mild, can help not only with their recovery but also with protecting the health of the entire school community. Thank you for your understanding and cooperation in helping us keep all our children healthy this winter.