



Change How You See Things and You Change How You Feel and Act

Principal Yoji Hatano

While the mornings and nights remain cold, we can feel the arrival of spring in the warmth of the sun. It is the last month of the first Reiwa academic year, and cases of COVID-19 infections are spreading. On February 17th, the Ministry of Health, Labor, and Welfare issued a statement advising people who feel like they have cold symptoms like a fever to stay home from school and refrain from going outside; and if they show the following symptoms, then they should seek consultation from their local consultation center (帰国者・接触者相談センター):

- If you have a fever over 37.5°C (99.5°F) for over 4 days in a row
- If you have a strong feeling of weariness (fatigue) or shortness of breath (trouble breathing)

Also, it is predicted that school events might be affected by this; however, we must take adequate precautions to prevent further infections.

Moving on: When some incident occurs, how it is perceived or how it is emotionally process can be different for each person. If we present a glass of water, there will be people who will have very different ways of perceiving the glass, saying the glass is half full, or half empty, or there may even be people who will just be thankful that there is water in the glass. Sociologist P.F. Drucker is known for saying, “‘The glass is half full’ and ‘The glass is half empty’ are descriptions of the same phenomenon but have vastly different meanings [that] open up big innovation opportunities.” Humans, as observers, can interpret things in different ways. A person’s interpretation of events is largely affected by that person’s way of life. When a phenomenon occurs, there are those who perceive it positively (optimists) or negatively (pessimists). So, depending on the observer, there are different ways to perceive things. The quality of life is also different between optimistic and pessimistic people. Pessimists tend not to trust their friends and believe that only bad things happen to them; however, optimists feel like they are surrounded by good friends and feel like a lot of good things happen in their lives. In the end, this all connects to one’s quality of life. If one changes their negative perspective to one that is more positive, they will see a vast improvement in the quality of their life.

I hope the 6 graders graduating this March will set off on paths to fulfilling lives. The Grade 6 Send-Off Party will be March 3rd (Tues). Grades 1 to 5 will show their gratitude to the 6th graders through songs and special messages. Then, the 6th graders will debut their original song, “Happy End.” It will be the final time they will show their talents to the student body. At the graduation ceremony on the 24th (Tues), the 5th graders will attend as representatives of the student body. There, they will inherit the baton of leadership from the graduates.

The 25th (Wed) is the Closing Ceremony for grades 1 to 5. We will help make use of each day to wrap up their studies and prepare for the following grade.

Lastly, I would like to express my sincerest gratitude to you, the parents and guardians, for your understanding and cooperation over the past year. Thank you very much.

March

Date	Day	Event	After-school
1	Su		
2	M	Committee, Safety lesson	5-6
3	Tu	G6 Send-off Party, Parent-teacher conference (G6, period 6)	3-5
4	W		x
5	Th	Manabi no Mori Land Aikido Kindergarten exchange (G1) Social S. field trip (G6)	3-6
6	F		4-6
7	Sa	Family Asobi, Japanese Culture	x
8	Su		
9	M	Club	4-6
10	Tu	Parent-teacher conference (G1-5, period 6)	6
11	W		x
12	Th	Student assembly	3-6
13	F		4-6
14	Sa		
15	Su		
16	M		4-6
17	Tu	PTA General meeting (15:40)	3-6
18	W		x
19	Th		3-6
20	F	Vernal Equinox	
21	Sa		
22	Su		
23	M	School lunch ends	x
24	Tu	Graduation Ceremony (10:00)	x
25	W	Closing Ceremony	x
26	Th	Spring Holiday begins	
27	F		
28	Sa		
29	Su		
30	M		
31	Tu		

※There will be one unannounced emergency evacuation drill sometime in March.

Notices

Emergency Evacuation

This month's evacuation drill is the last drill for the year. The drill will be unannounced. We hope the students will use what they have learned in previous drills and think about how to protect themselves.

Human Rights Day

March's Human Rights Day will be Friday the 13th. The lunch will be Hungarian goulash.

Graduation Ceremony

The Graduation Ceremony will be held March 24th (Tues) from 10:00 a.m. Grade 5 students will attend as representatives of the student body. Grades 1 to 4 will not attend school that day.

Closing Ceremony

The Closing Ceremony will be held on March 25th (Wed). Grades 1 to 5 will attend. Report cards will be given on that day. Please check your child's progress over the year. Grade 6 will not attend.

Open Playground

14th (Sat) 10:00-12:00 13:00-16:00

Educational Counselling

Motoki Takahashi
Educational Counsellor

March's Goal

"Let's Wrap Up the Year!"

It is already the final month of the school year. It is important for your own development to look back not only your studies but your time here at school over the past year. Did you come to school on time? Did you forget anything? Look back on your day-to-day lifestyle here at school, and if there was something to improve, make it a goal for next year. Also, clean the desks and chairs you use this year and welcome the next academic year with a fresh feeling.

The International Assembly

Erika Kobayashi

Reio Okajima

International Studies

The International Assembly was held on February 18th (Tues). Showing off what they had learned during their time in International Studies class, each grade put on a wonderful performance.

Seeing the ESC students help the Japanese students with pronunciation and gestures, we could feel that this was an event unique to this school.

G3 Super Market Secrets



Sharing what they learned about the supermarket on their social studies trip

G5 Good Time



Thinking about good times, writing their own script, and sharing in English

G2 Can You Tell Me How to Get to Higashimachi?



Showing and singing about different ways to get to Higashimachi by bicycle, rocket, and other vehicles

G4 Three Little Pigs



Dividing up into 3 little pig groups and wolf group and performing with chants

G6 Urashima Taro



Using easy-to-follow English to perform the well-known tale of Urashima Taro

Let's Sing Do Re Mi!



Lastly, everyone sang "Do Re Mi" together in English

G1 students were unable to perform or attend due to the numerous absences related to influenza. They will perform during the morning period at a later date.

To the Promising 1st Graders

1-1 Naoko Kashima
1-2 Misa Nojima
1-3 Shuhe Miyazawa

The children have grown from cute 1st graders with their shiny *randse* to promising, reliable first graders who give their best efforts in their studies and play. Before this month's preschool exchange, we asked the children what they can do now that they could not do in April, and they replied that they can now write hiragana, katakana, and kanji; they can eat more of my school lunch; and they can play the melodica really well. Then, they thought about what they can do for the preschool exchange party to show what elementary school is like and what is fun about it. They came up with different ideas together, like how to write the preschoolers' names, or how to do *ondoku*, or let them play the melodica.

While preparing to welcome the preschoolers, they realized that it was their turn to be upper graders and be nice to younger kids. This year has been full of moments like this of the children showing growth and dependability.

We hope to bring this year to a close and prepare them to start the second grade with confidence.



Looking Towards Graduation

6-1 Kenji Kurihara
6-2 Hiroshi Kurokawa

“Scrum,” grade 6's class motto, means “everyone coming together, to solidify as a union.”

This motto was chosen with the hopes that the students would take on their role as the highest class and realize their growth by taking on any challenge ahead of them, while being active leaders in Higashimachi and supporting the lower grade students in various situations.

April: Along with students who really wanted to try their best, there were also students who were unable to realize their role as the top class and chose to be disruptive and distracting, and the class was not unified at all. However, through club and committee activities, school family activities, and various events, they were able to think about what to do to improve their actions and in turn improve their behavior. By looking back on their successes and failures, they could sense the meaning of “scrum.”

Little time remains until graduation, and we hope the children will value their final days in elementary school.