Higashimachi Elementary School



#### May 31, 2016 No. 572

Publisher Principal Yōji Hatano higashimachi-es.minato-tky.ed.jp

### 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 28<sup>th</sup> (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

Image: constraint of the section of the sectin of the section of the section of	June				
2ThStudent Assembly, Dental Check (Gr 3,5) Pre-Pool Health Check (follow-up) Family Lunch and Play $4 \sim 6$ 3FSafety Guidance "Rain" (Gr 1) Anti-Bullying Committee $2 \sim 6$ 4SaJapanese CultureX5Su			Event		
2Th Pre-Pool Health Check (follow-up) Family Lunch and Play $4\sim 6$ 3FSafety Guidance "Rain" (Gr 1) Anti-Bullying Committee $2\sim 6$ 4SaJapanese CultureX5Su $X$ 6MCommitteeX7TuExcursion (Gr 1.2)X8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5) $4\sim 6$ 10FPE Test (pr. 1-3), Urine Test Part 2 (City Office) $2\sim 6$ 11Sa $X$ 12Su $X$ 13MPool Classes Begin, Pool Opens $4\sim 6$ 14TuPE Test (for absentees, morning recess) $3\sim 6$ 15WSpinal Check (Gr 5)X16ThArea Cleaning (Gr 3.4) Emergency Evacuation (Pr. 6 Group Dismiscil) $X$ 17FGr. 4 School Area Patrol (Pr. 5.6) $2\sim 6$ 18SaJapanese CultureX19Su $X$ 20MOpen School, ESC PTA Meeting (15:30) Safety Guidance $4\sim 6$ 21TuOpen School Explanatory Meeting (15:30) $3\sim 6$ 22WBicycle Safety Lesson (Gr 3) (Pr 3.4)X23ThPE Assembly (D $4\sim 6$ 24FPE Assembly (D $X$ 25Sa $Z$ $X$ 26Su $Z$ $X$ 27MClub $4\sim 6$ 28Tu $Z$ $X$	1	W	Safety Guidance, Excursion (Gr 3,4)	Х	
3FAnti-Bullying Committee2~64SaJapanese CultureX5Su $X$ 6MCommitteeX7TuExcursion (Gr 1,2)X8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5) $4~6$ 10FPE Test (pr. 1-3), Urine Test Part 2 (City Office) $2~6$ 11Sa $2~6$ 12Su $4~6$ 14TuPE Test (for absentees, morning recess) $3~6$ 15WSpinal Check (Gr 5)X16ThArea Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal) $2~6$ 17FGr. 4 School Area Patrol (Pr. 5,6) $2~6$ 18SaJapanese CultureX20MOpen School, ESC PTA Meeting (15:30) Safety Guidance $4~6$ 21TuOpen School Explanatory Meeting $3~6$ 22WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly (D $4~6$ 24FPE Assembly (QX25Sa $2$ 26Su $2$ 27MClub $4~6$ 28Tu $2$ $3~6$	2	Th	Pre-Pool Health Check (follow-up) Family Lunch and Play	4~6	
5SuX6MCommitteeX7TuExcursion (Gr 1,2)X8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5) $4 \sim 6$ 10FPE Test (pr. 1-3), Urine Test Part 2 (City Office) $2 \sim 6$ 11Sa	3	F	, , , , , , , , , , , , , , , , , , , ,	2 <b>~</b> 6	
6MCommitteeX7TuExcursion (Gr 1,2)X8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5)4~610FPE Test (pr. 1-3), Urine Test Part 2 (City Office)2~611Sa		Sa	Japanese Culture	Х	
7TuExcursion (Gr 1,2)X8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5) $4\sim 6$ 10FPE Test (pr. 1-3), Urine Test Part 2 (City Office) $2\sim 6$ 11Sa	5	Su			
8WHealthy Teeth Assembly (pr. 4)X9ThExcursion (Gr 5) $4\sim6$ 10FPE Test (pr. 1-3), Urine Test Part 2 (City Office) $2\sim6$ 11Sa	6	М	Committee	Х	
9ThExcursion (Gr 5)4~610FPE Test (pr. 1-3), Urine Test Part 2 (City Office)2~611Sa	7	Τυ	Excursion (Gr 1,2)	Х	
10FPE Test (pr. 1-3), Urine Test Part 2 (City Office)2~611Sa	8	W	Healthy Teeth Assembly (pr. 4)	Х	
10FOffice)2~611Sa	9	Th		4~6	
12SuA13MPool Classes Begin, Pool Opens4~614TuPE Test (for absentees, morning recess)3~615WSpinal Check (Gr 5)X16ThMusic Assembly Dental Check (Gr 2,6) Area Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa27MClub4~628TuClub4~629WX	10	F		2 <b>~</b> 6	
13MPool Classes Begin, Pool Opens4~614TuPE Test (for absentees, morning recess)3~615WSpinal Check (Gr 5)X16ThArea Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly (D)4~624FPE Assembly (D)X25Sa27MClub4~628TuClub4~629WXX	11	Sa			
14TuPE Test (for absentees, morning recess)3~615WSpinal Check (Gr 5)X16ThMusic Assembly Dental Check (Gr 2,6) Area Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly (1)4~624FPE Assembly (2)X25Sa27MClub4~628Tu3~629WX	12	Su			
15WSpinal Check (Gr 5)X16ThMusic Assembly Dental Check (Gr 2,6) Area Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su	13	М	Pool Classes Begin, Pool Opens	4~6	
16ThMusic Assembly Dental Check (Gr 2,6) Area Cleaning (Gr 3,4) Emergency Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School (15:30)Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa27MClub4~628Tu3~629WX	14	Τυ	PE Test (for absentees, morning recess)	3~6	
16ThArea Evacuation (Pr. 6 Group Dismissal)X17FGr. 4 School Area Patrol (Pr. 5,6)2~618SaJapanese CultureX19Su20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa27MClub4~628TuImport3~629WSuX	15	W	Spinal Check (Gr 5)	Х	
18SaJapanese CultureX19Su	16	Th	Area Cleaning (Gr 3,4) Emergency	х	
19SuOpen School, ESC PTA Meeting (15:30) Safety Guidance4~620MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School (15:30)Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa	17	F	Gr. 4 School Area Patrol (Pr. 5,6)	2~6	
20MOpen School, ESC PTA Meeting (15:30) Safety Guidance4~621TuOpen School Explanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa	18	Sa	Japanese Culture	Х	
20MSafety Guidance4~621TuOpen SchoolExplanatory Meeting (15:30)3~622WBicycle Safety Lesson (Gr 3) (Pr 3,4)X23ThPE Assembly ①4~624FPE Assembly ②X25Sa	19	Su			
21     10     (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	20	Μ		4 <b>~</b> 6	
23       Th       PE Assembly ①       4~6         24       F       PE Assembly ②       X         25       Sa	21	Τυ		3~6	
24       F       PE Assembly ②       X         25       Sa	22	W	Bicycle Safety Lesson (Gr 3) (Pr 3,4)	Х	
25       Sa          26       Su          27       M       Club       4~6         28       Tu       3~6         29       W       X	23	Th	PE Assembly ①	4~6	
26       Su	24	F	PE Assembly ②	Х	
27       M       Club       4~6         28       Tu       3~6         29       W       X	25	Sa			
28       Tu       3~6         29       W       X	26	Su			
29 W X	27	М	Club	4~6	
	28	Τυ		3~6	
30 Th Festival Prep 4~6	29	W		Х	
	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.