

Higashimachi Elementary



# School Newsletter

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Publisher Principal Yoji Hatano

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## **Novella Coronavirus (COVID19) and Human Rights**

Principal Yoji Hatano

At the beginning of November, without even reaching the bottom of the second wave of infections, the number of COVID19 cases across the country reached their highest since the beginning of the pandemic. I believe one reason for this is insufficient ventilation, so every day on the train I open the windows to let in air; however, recently (probably because of the cold), it is not so rare for people to openly show their disapproval to me for doing so.

In Japan, Human Rights Week is December 4 to 10. To commemorate the Universal Declaration of Human Rights adopted on December 10, 1948 by the United Nations, December 10 was designated Human Rights Day, and the week leading up to that was designated Human Rights Week. Higashimachi has Human Rights Week at the same time, and each class participates in creating and presenting slogans on human rights.

Human rights problems in the world affect women, children, the elderly, the disabled, social outcasts, the Ainu, foreigners, victims of HIV and leprosy, victims of crimes and their families, and include internet human rights violations, abductions by North Korea, problems that occur from natural disasters, harassment, gender dysphoria, homelessness, and so on. However, this year, discrimination and prejudice related to COVID19 infections have also become major problems. Those infected with COVID19 and their families, not to mention foreigners, medical professionals, delivery personnel, and those who support our daily lives, are often victims of prejudice, discrimination, and slander. We can also see instances of abuse and insensitive behavior on the internet.

Should this continue, it can become an obstacle to countermeasures against the spread of the virus, such as testing and reporting recent contact history to healthcare officials.

Anyone can contract COVID19. Therefore, it is important to reinforce our defenses against infection by thoroughly practicing good hygiene. With the way things are, it is not at all unusual for anyone to get infected. If someone you know becomes infected or was in close contact with someone infected, you must not forget how you would want to be treated if you were in their position.

During this time, we must carry on with our lives and be sympathetic and supportive to each other. I hope Human Rights Week will be a week for us to understand that we must fight against the virus, not each other.

### **Changes to the Smile Room Faculty**

The Smile Room instructor Saori Murakami will be taking maternity leave from Wednesday, December 2. Eriko Uno will be instructing Smile Room sessions starting December 2.

We appreciate your understanding and cooperation.

## December

Date	Day	Event	After-school
1	Tu		G5
2	W	4 periods, Tax lesson (G6)	—
3	Th	Evacuation drill, PE Assembly (lower grades)	G6
4	F	PE Assembly (upper grades), Human Rights Week begins, Teacher development (4-2)	—
5	Sa		—
6	Su		—
7	M	Kodomo Summit (G6 class representatives), Committee	—
8	Tu		G6
9	W		—
10	Th	Human Rights Week ends	G3
11	F		G5
12	Sa		—
13	Su		—
14	M	Club	—
15	Tu		G4
16	W		—
17	Th	Student Assembly, Individual parent-teacher meetings ① (if requested)	—
18	F	Individual parent-teacher meetings ② (if requested)	—
19	Sa	Saturday school	—
20	Su		—
21	M	Individual parent-teacher meetings ③ (if requested)	—
22	Tu	Individual parent-teacher meetings ④ (if requested)	—
23	W	Individual parent-teacher meetings ⑤ (if requested)	—
24	Th	Music Assembly, School lunch ends	G6
25	F	Closing Ceremony (4 periods)	—
26	Sa	Winter vacation begins	—
27	Su		—
4	M		
5	Tu		
6	W		
7	Th	Winter vacation ends	
8	F	Opening ceremony (4 periods)	
9	Sa	Saturday school	

### Notices

#### **\*Evacuation Drill\***

This month's evacuation drill is on Thursday and will simulate an Earthquake Early Warning (EEW). Please talk with your family about how to protect yourselves and others at home.

#### **\*Human Rights Day\***

This month's Human Rights Day is Friday, December 4. The lunch for that day will be paella and omelets from Spain.

#### **\*Jump Rope Month\***

Due to the spread of COVID19, the annual Jump Rope Competition will be replaced this year with Jump Rope Month. We plan to improve the students' individual jump rope skills.

#### **\* Closing Ceremony for Term 2, Opening Ceremony for Term 3\***

Depending on the weather, the ceremonies will be held either in the schoolyard or in the gym, one grade at a time.

There will be four periods and no school lunch on both days.

### **Educational Counselling**

#### **December's Goal**

"Let's Take Care of Our Friends and Ourselves!"

Junichi Takagi  
Educational Counsellor

Human Rights Week is Friday, December 4 to Thursday, December 10. We will teach the students about taking care of themselves and the people around them by using kind words and good behavior.

Also, we will instruct the students to show their appreciation over the year by tidying their things and cleaning the school.

They will realize that these actions are ways of taking care of themselves and their friends.

## Taking on Jump Rope

Yuto Nihei  
Head of Physical Education

Since the novella coronavirus (COVID19) has limited people's ability to exercise freely, it seems like more people are paying attention to a simple exercise that can be done at home: jump rope. Jump rope is an aerobic exercise like running. Aerobic exercises use oxygen, which turns carbohydrates into energy, and have less impact on your body's muscles. Swinging a rope and jumping seems like a simple exercise, but it actually uses 47 different types of muscles at the same time, greatly improving your body's performance. Specifically, it improves your heart rate and maintains blood pressure, lowering your risk for health problems. Also, jumping up and down works your body's core.

This year, students will take on individual jump rope techniques during the Jump Rope Month. There are lower- and upper-level jump rope cards that include independent challenges like the forward hop, cross hop, and double-under, as well as a timed challenge. Skillfully handling the jump rope and taking on different jumping styles improves your body's adroitness, and jumping continuously for a set amount of time increases your endurance. By using recess and P.E. time, you can improve your health and body.

For the best results, it is important that your jump rope is the correct length. If you step on the rope with one foot and raise the handles, they should come up to your chest. Some jump ropes might be difficult for students to adjust on their own. Please take time to teach them how to adjust the length at home. With the Jump Rope Month, we hope to bring in a healthy new year.

### Class Window

### Grade 4

Grade 4 Class 1 Kenji Kurihara  
Grade 4 Class 2 Hiroto Sasaki

Grade 4 students actively participate in everything they do. Amid the various restrictions brought on by the novella coronavirus (COVID19) this year, they have been fully engaged in all of their studies. At the P.E. Performance, they were able to cooperate as a grade and carry out their performance. During break times, they hummed the songs and practiced on their own. On the day of the performance, after receiving warm applause from the parents and guardians, they shared that they were nervous but had fun and wanted to do the dance again. It was easy to see that they felt a great sense of accomplishment.

Only 4 months remain as Grade 4 students. Once they become upper grade students, they will join committees, which requires more responsibility than their class duties. We hope to set aside time for the students to think about what it means to mature physically and mentally and "step up" to the upper grades.



## Making the Remote Music Video

Keiichi Hatanaka  
Music Instructor

This year, in an effort to prevent the spread of the novella coronavirus (COVID19), the Music Festival was cancelled. After thinking of what music event we can hold for the children, we came up with the Remote Music Video as a safe alternative. In order to guarantee that safety, there were many hurdles we had to clear first. We had to hire recording and editing professionals, create a space for the children to sing safely, and practice numerous times so they can give a quality performance.

Usually, the Music Festival is a "one-shot deal," where slight mistakes are overlooked and seeing the children give their best performance is what moves the audience. However, a work that can be listened too over and over again is something completely different. At the least it has to be good enough to listen to several times. In music class, by practicing every minute detail of their song, the children could think about what it means to create something that will leave a lasting memory.

On the day of the recording, the music room was transformed into a recording studio, and, with tensions high, the audio and video recording was done. Each student did their best to show the fruits of their practice and sang their hearts out for the people in their lives who will be watching the video.

The children were able to take part in creating something truly memorable for themselves, the faculty, and their families. The video will be available for viewing in mid-December. I am sure you are all looking forward to seeing it, and I hope the children will feel the wonder of coming together with friends and making something as one.

