



## As the Higashimahi Juban Matsuri Comes to a Close

Principal Yuichi Hashimoto

The Higashimachi Juban Matsuri has ended. For the first challenge, the "Juban Challenge," the children showed off their individual talents. Each child showed us their skills in art, sports, music, dance, martial arts, memorization, and so on; and I felt that everyone at Higashimachi possesses truly unique abilities.

For the presentations and performances in the Matsuri, each class shared the fruits of their daily studies and learning. At school, the students were able to watch each class's video presentations and performances. The lower-grade students were moved to see what they could possibly do when they became upper-grade students. Conversely, the upper-grade students were able to fondly watch their lower classmates. By sharing the videos, the children had a good chance to see the other grades and what they have learned. There have not been many chances for the children to get to know each other, so this was a wonderful opportunity for everyone to get to know each other and deepen their relationships.

### Human Rights Week

At Higashimachi, Saturday, December 4 to Friday, December 17 is Human Rights Week. This period is a time for students to learn about human rights and the importance of protecting those rights. Throughout the week, by raising their awareness of human rights, we hope for the children to learn to respect them as well.

Human rights are rights naturally granted to everyone on the basis of being born human, and these rights must never be violated. The Tokyo Metropolitan Board of Education recognizes 22 human rights violations, one in particular being violations that occur on the internet.

Higashimachi has its own "Higashimachi SNS Rules".

1. Put down your smartphones when you are with your friends and family and enjoy your time with them.
2. Decide a time, time limit, and place to use the internet.
3. Do not share personal information (name, address, school, pictures, videos) of yourself, your friends, or family.
4. Do not believe everything you read on the internet.
5. Talk with your family about how to use the internet safely (regarding filters, passwords, using money, and adding apps).

Now, when everyone has a tablet device from school, we hope that families will follow Higashimachi's SNS rules and discuss issues concerning human rights online, such as slander and privacy violations.

## December

Date	Day	Event	After-school
1	W	P.E. Assembly (G3, G5), 4 periods	—
2	Th	P.E. Assembly (G2, G6), Evacuation Drill	—
3	F	P.E. Assembly (G1, G4), 4 Periods	6
4	Sa	Human Rights Week	—
5	Su		—
6	M	<i>Kodomo Summit</i> (G6), Hakone Trip health check (G6-2)	3, 5
7	Tu	Music Appreciation (G5), Hakone Trip begins (G6-2)	3, 4
8	W	Hakone Trip health check (G6-1, 3), Hakone Trip ends (G-2)	—
9	Th	Music Assembly, Hakone Trip begins (G6-1,3)	4, 5
10	F	Hakone Trip ends (G6-1,3), Human Rights Week Ends	—
11	Sa		—
12	Su		—
13	M		—
14	Tu	Individual Parent-Teacher Meetings 1 (If requested)	—
15	W	Individual Parent-Teacher Meetings 2 (If requested)	—
16	Th	Student Assembly, Individual Parent-Teacher Meetings 3 (If requested)	—
17	F	Individual Parent-Teacher Meetings 4 (If requested)	—
18	Sa		—
19	Su		—
20	M	Club activates	—
21	Tu		6
22	W	School lunch ends	—
23	Th	4 periods	—
24	F	Closing Ceremony, 4 periods	—
25	Sa		—
26	Su	Winter Vacation Begins	—
27	M		—
28	Tu		—
29	W		—
30	Th		—
31	F		—

## Notices

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

The emergency evacuation drill will be held on Thursday the 2<sup>nd</sup> and will simulate a fire. The drill will be divided between Grades 3, 4, 5 and Grades 1, 2 and 6. The students will practice following *o-ka-shi-mo* while practicing evacuating from a fire.

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

December this year is Jump Rope Month, and students will take on the individual jump rope. They will try out different jumping styles, like the endurance jump, and work on improving their physical well-being.

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

This month's Human Rights Day is the 6th (Mon.). The lunch for that day will be hand-made piroshki and borscht from Russia.

### **\*After-School Play\***

The dates for after-school play are included in the calendar to the left.

### **\*Closing and Opening Ceremonies\***

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

Both days will have the usual arrival times, but there will only be four periods and lunch will not be served.

## Educational Counselling

### **December's Goal "Let's Clean the School"**

Naomi Naito  
Educational Counsellor

The other day I could hear some children saying that winter vacation was coming soon. Their conversation became much livelier as they talked about how quickly time flew. Perhaps the children can barely contain their excitement for such a busy and exciting month like December.

To transition from one year to the next, it is important to tidy up the area around you. When you hear the word "school," several things come to mind, like "desk box," "*randoseru*," "classroom," etc. We would like the students to tidy up everything and clean the entire school in time for the Term 2 Closing Ceremony. I also hope that families will take the time to check the contents of their *randoseru* and desk boxes together at home.

Did you enjoy watching Grade 4's video presentations? We're sure a lot of parents were surprised to see how the students have changed.

In social studies and integrated studies classes, the students are summarizing the things they researched and learned into presentations on their tablets. This time, the students thought about how to present their findings without using any electronic devices.

For the Prefecture Quiz, the students were actively researching about their favorite prefectures. Each of the students were nervous while recording their presentations, so they recorded themselves again two, three, sometimes four times to get it right. To prepare for the video, the students thought about how to speak and how to present pictures, illustrations, or text through trial and error. Before recording, the students rehearsed 3 to 5 times and put a lot of effort into helping each other out. As their teachers, we felt we witnessed major growth and maturity worthy of uploading to the school's website.

We hope this experience will connect with their lessons in term 3 about communicating one's ideas and be useful to them in the near future when they start their duties for the school.

## **Club Activities**

Yoshiyasu Tabei and Aino Yagisawa  
Club Activities

This year, there are 13 clubs, including art, manga/illustration, sports, cooking, crafts, science, badminton, table tennis, music, shogi/Othello, dance, indoor play, and computer. Students from grade 4 and up get together to do activities related to their interests and hobbies regardless of grade or class. Each club gets to enjoy working together with students from different grades while using their imagination for projects and tasks related to their shared interests. We teachers are there to support the students so that they can develop an ability to cooperate and plan activities with students of different ages.

Next month, we will begin gearing up for next year's club activities. It is important for each student to find what they want to do, foresee what sort of activities they will be doing in that club, and independently choose the club they want to join. Grade 3 will choose what club they want to join after observing all of the clubs on Monday, January 24 and Monday, February 7. Grades 4 and 5 will look at club introduction materials created by the club leaders and then decide what club they will join next year. Furthermore, every year we reconsider the approach to club activities by taking requests for new clubs to open and observe the number of people requesting to join certain clubs. We invite families to discuss at home what they are doing in their clubs at school and what club they want to join next year.

## **Taking on the Jump Rope**

Yuto Nihei  
Committee on Athletic Activities

Continuing from last year, December 1 (Wed.) to December 24 (Fri.) will be Jump Rope Month, where children will take on different jumping styles with a short jump rope. At Higashimachi, students will do their best in individual styles as well as the endurance challenge, "Challenge Hopping." No matter the hopping style, the students will do their best and improve their physical health.

Jump rope exercises not only your legs when you jump but also your arms as you swing the rope around and is considered an effective, fully-body exercise. Jumping for several minutes is equivalent to jogging for 20 to 30 minutes, so you can increase your heart rate and body temperature, which is why jump rope is good for not only training but for warming up. It can also help train different parts of your body. Keeping your upper body straight while jumping, as well as landing on your feet or hopping on your toes, helps train your calf and thigh muscles.

Having said that, I am sure there are some children who are not so good at jump rope. Of course hopping is key to jump rope, but so is swinging the rope. That is why it is important to have a jump rope that is correctly adjusted to the user's height. If you step on the rope with one foot and pull the handles straight up, they should reach around your chest. It can be difficult for children to adjust the jump rope by themselves, so please check the length of your child's rope at home and adjust it accordingly. Let's welcome the new year by training our minds and bodies through physical exercise.

## **Human Rights Week**

Chisa Yoshimura  
Human Rights

December 10 is designated as Human Rights Day. In 1949, the Ministry of Justice's Commission for the Protection of Fundamental Human Rights designated Human Rights Week to be every year and start from December 4 and end on Human Rights Day, December 10. During that week, related organizations and groups work together to raise awareness of fundamental human rights. However, many human rights issues still exist, including prejudice and discrimination against victims of COVID19, online slander, bullying, and discrimination against foreigners, the disabled, and victims of leprosy.

In accordance with International Human Rights Day, Higashimachi Elementary holds lessons about Human Rights during morals class, and the students think about human rights. Afterwards, classes decide on a slogan or goal related to human rights. The slogans and goals are then displayed in the entrance of the school from December 4 to December 17. On the 6<sup>th</sup> (Mon.), a representative will read a speech to the entire school in an online assembly, and the school will collectively elevate their awareness of human rights. Also, at Higashimachi, cuisine from different countries around the world is introduced to the students once every month. On days with Human Rights Day lunch, please look for information about each country displayed in the entrance.

