



## Fostering Self-Confidence and Self-Esteem

Principal Yuichi Hashimoto

Although slightly dated, the survey *Kodomo Wakamono Hakusho* asked students if they were satisfied with themselves. 55% percent of the Japanese students taking the survey answered negatively (30.8% said they were unsatisfied if required to answer and 24.2% replied that they were decidedly unsatisfied). Taking into account results from other countries such as South Korea (26.5%), USA (13%), UK (20%), Russia (18.2%), France (14.3%), and Sweden (25.9%), the number of students who have low self-confidence in Japan was not only clear but comparatively high.

Afterwards, in 2021's nationwide aptitude survey, students were asked if they recognize any good qualities in themselves, to which 23% of grade 6 elementary students and 23.7% of 3<sup>rd</sup>-year junior high students answered in the negative. While it is difficult to superficially compare the two surveys side by side, visible action must be taken to improve the situation.

At the Tokyo Metropolitan School Personnel In Service Training Center, research about improving self-confidence and self-esteem is being conducted, and here are two practical methods developed from that research.

First, create time for students to analyze their time at home and school and think about where they have improved or matured. They can do this on their own or discuss it with their friends. This will help them notice where they may have grown up or improved in their lives.

Second, create time for students to think about good qualities or individual characteristics in themselves. For example, by having them write on a worksheet what good qualities they see in themselves, they will feel comfortable sharing their ideas and their classmates will be able to recognize again their good qualities and characteristics. Recognizing one's good qualities on a daily basis is linked to confidence.

Whether at home or in their community, it is important for children to experience a sense of accomplishment and to receive praise and recognition for their achievements.

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### Applying for Smile Room and Special Assistance (for 3<sup>rd</sup> Term)

Higashimachi offers Smile Room classes for students who are concerned about school and their studies as well special instructors to join their child's class and offer individual assistance in difficult areas.

New applicants for the Smile Room or the individual teaching assistance should consult their child's homeroom teacher, our school nurse, or the Vice Principal by Monday, September 5. Feel free to contact the head of special education Ms. Yoshiko Saita.

## July

Date	Day	Event	After-school
1	F	G6 Hakone Trip ends	—
2	Sa		—
3	Su		—
4	M	Committees, Safety lessons	—
5	Tu		—
6	W	4 periods, Waterworks Caravan (G4)	—
7	Th	Roppongi JH visit (G6, 5 <sup>th</sup> -6 <sup>th</sup> period), Music Assembly	—
8	F		—
9	Sa		—
10	Su		—
11	M	Clubs	—
12	Tu	Evacuation drill (G1-G3 5 <sup>th</sup> period, G4-G6 6 <sup>th</sup> period)	—
13	W	4 periods	—
14	Th	Student Assembly	—
15	F	Excursion (G2), School lunch ends, Color-vision test (G4, if requested)	—
16	Sa	Family Asobi, Japanese Culture (G6)	—
17	Su		—
18	M		—
19	Tu	4 periods, 12:30 dismissal	—
20	W	Closing Ceremony, 4 periods, 12:30 dismissal	—
21	Th	Summer vacation begins	—
22	F		—
23	Sa	Sports Day (National Holiday)	—
24	Su		—
25	M	Swimming 1 Individual Parent-Teacher Meetings 1	—
26	Tu	Swimming 2 Individual Parent-Teacher Meetings 2	—
27	W	Swimming 3 Individual Parent-Teacher Meetings 3	—
28	Th	Swimming 4 Individual Parent-Teacher Meetings 4	—
29	F	Swimming 5 Individual Parent-Teacher Meetings 5	—
30	Sa		—
31	Su		—

## Notices

### \*Emergency Evacuation Drill

Students will practice group dismissal on Tuesday, July 12. They will learn how to go home in groups safely after a typhoon has passed. Grades 1 to 3 will have their drill 5th period, and grades 4 to 6 will have their drill 6th.

### \*Human Rights Day

This month the school lunch for Human Rights Day will be on July 5 (Tue). The lunch that day is a mahi-mahi sandwich and pineapple cake, from Hawaii.

### \*Parent-Teacher Interviews

This year Parent-Teacher Interviews will be held from July 25 (Mon) to July 29. Please check your interview time and come to your child's classroom at the appropriate time.

### \*Summer Supplementary Studies

The summer supplementary study classes will be held August 29 (Mon), 30 (Tue), and 31 (Wed).

### \*Open Schoolyard

July 9 (Sat) 13:00-17:00

## Educational Counseling

### July's Goal "Let's Tidy Up!"

Naomi Naito  
Educational Counsellor

Pencil cases, textbooks, notebooks, P.E. clothes - students really have a lot of things for school! Not only that, but there are also worksheets from their lessons as well as printouts and letters from school. Sometimes I see things just pour out of their desk boxes. From study tools used to learn to letters connecting schools and families - we want the students to take care of each individual item. So the students can return to school fresh from the summer break, they will tidy up their communication pouch, their desk box, their *randoseru*, and other things around them. We hope that during the break, families will tidy up their things together.

## Hakone Trip

Yoshiyasu Tabei  
Grade 6

Grade 6 will be travelling to Hakone to stay at Minato City's own Niko-Niko Kogen Gakuen facility for 3 days and 2 nights from June 29 (Wed.) to July 1 (Fri.). Typically, the students use the Niko-Niko facility in Grade 5 as well and this year would be their second year to visit; however, this Grade 6 class was unable to have their summer camp in Hakone last year, so this will be their first time visiting. The students will enjoy doing everything together, from learning outside of the school to eating and sleeping as well.

The Grade 6 Hakone Trip has 3 objectives to further the students' education.

- ✧ Students will work together with their classmates to learn about Hakone's nature, history, industry, and art and then present their findings.
- ✧ By staying together as a group and following the rules to keep themselves safe and healthy, they will deepen their bonds among their classmates (also establishing a custom of being prepared 5 minutes in advance).
- ✧ To express gratitude to those who take care of them via their words and actions.

### Main Destinations

Odawara Castle, Hakone Ropeway, Owakudani, Hakone Geo Museum, Ancient Hakone Highway, Onshi Hakone Park, Hakone-Sekisho Museum, Tabimonogatari Museum, Kanagawa Museum of Natural History, Niko-Niko Kogen Gakuen

We hope the students will do their best and learn from this experience.

## Health Newsletter

Saika Shimosato  
School Nurse

Dental exams were held the other day, and we learned that not many students had cavities but several students were not brushing their teeth well. Since children can do many things on their own after entering elementary school, and as a way for children to practice being independent, a lot of families allow their children to brush their teeth on their own. However, children are not as dexterous as adults might think. Also, children with mixed dentation (when both baby teeth are still mixed with permanent teeth) may have trouble reaching certain teeth with their toothbrush. It depends on their individual development, but for most children it is necessary to check their brushing until around the fourth grade. At the very least, families should help their children in lower grades clean the spaces between their teeth, their gums, and the tops of the molars where cavities can easily occur before bed. We also recommend brushing after meals as a family to help establish a routine.

We have just distributed notices for students who need to seek additional medical consultation after their medical checks at school. If you receive this notice, please consult a physician as soon as possible. In addition, thank you to all the families for your efforts in preventing infection. Please continue to check your children's temperatures in the morning and evening, determine the condition of their health before leaving for school, and keeping them home if they are not feeling well.

## Swimming

Chisa Yoshimura  
P.E. Events Committee

Swim lessons started from June 20 (Mon.). We will instruct the students to be safe and have fun as they learn about swimming and playing in the water to achieve goals that match their abilities.

In order for the students to enjoy learning safely, please remember to take your child's temperature and sign the pool card, as well as make sure they do not forget anything before leaving for school.

We are encouraging the students to actively participate in their swim lessons from beginning to end.

Summer pool is another chance for students to continue improving their swimming skills. We believe students of all abilities will be able to work towards their own goals and experience a rewarding feeling of accomplishment.

Swim lessons will be held during the summer break. It is very important for children to move around and have fun with their friends. We hope many children will be able to participate and enjoy learning about swimming while improving their swimming abilities.

Please check the notices sent earlier about dates, times, and what to bring before joining summer swim lessons. Students will not be allowed to participate if they forget even one item or procedure. Please make sure they have everything before leaving for school.

## School Route Inspection

Hiroshi Yagi  
Educational Counseling

Higashimachi does school route inspections twice a year, in spring and fall. The faculty split into three groups, Azabujuban, Yuai, and Mitsunobashi, and inspect the conditions of the routes. This inspection does not stop with the faculty but includes parents and guardians, officials at the Azabu city office, the Azabu police, as well as members of the town council.

Observations:

- Damaged street signs
- Where traffic signals, guard rails, and sidewalks are needed
- Places for suspicious people to hide
- Places with graffiti
- Abandoned bicycles
- Sufficient light at night, etc.



The results of the inspection are shared in an official report and appropriate measures are discussed. The inspection held on June 24 (Fri.) did not include parents/guardians or members of the city council as a measure to prevent infection.

The next inspection is scheduled for October 24 (Mon.), and we hope to do our best for the safety of the students.

