



Autumn for ...

Principal Yuichi Hashimoto

As the hot summer steadily cools down, it is clear the seasons have begun to change. When it cools down, the mind and body are abated and the desire to create is stimulated. In Japanese, there are many phrases about autumn such as "autumn for reading," "autumn for sports," "autumn for art," etc. I hope the children, too, can find something to undertake this autumn and make it a fulfilling season.

There is also an expression for "autumn for food." As the first meal of the day, breakfast is a vital source of energy for the day and very important for children's growth. So, what should one do to make sure they have a good breakfast? The answer is to establish a routine of going to bed early and waking up early, and it is important for parents and guardians to understand this so that their children can establish a routine.

Lastly, as the number of COVID-19 cases continues to decrease, it seems like the rate of infection has slowed. We hope this decrease in cases continues.

Summer Projects Exhibition

The Summer Projects Exhibition was held in the gym from Monday, September 5 to Thursday, September 8. I visited the exhibition several times, but each time I discovered something new among the projects. There were numerous pieces that caught my eye, from arts and crafts and travel journals to research projects and much more. Among the works there were several research projects where it was evident that the student took their time to thoroughly research their subject. There will also be summer projects endorsed by the Minato City Public Library Sponsorship. We look forward to hearing their results in the coming months.

Inter-School Sports Day

Grade 6 had their Swim Meet on the last day of their swim lessons to record their swim times, concluding their 6 years of swimming elementary school. All of the students did their best to make their last record a good one. I hope they will use what they learned at Higashimachi in their junior high schools.

Next up is the Inter-School Sports Day, held for the first time in 3 years on Tuesday, October 4 at the Komazawa Olympic Park where all Minato public schools will gather. I am very happy that this event has returned after being cancelled in response to COVID-19. All students will participate in a 100m dash as well as elective events that include the long jump, high jump, softball throw, 50m hurdles, and 4x100 relay. At school, aside from their regular studies, the students practiced after school under the leadership of all the faculty members. The event will take place at an actual track and field stadium, and, like an actual track and field event, it is not easy to set a new record. All I ask is that students practice hard and give their all for their own best time.

Month

Date	Day	Event	After-school
1	Sa	Tokyo Citizens' Day	
2	Su		
3	M	Committee	
4	Tu	Interschool Sports Day (Komazawa Athletic Stadium) (G6)	
5	W	Social Studies Excursion (G5), Planetarium (G4)	
6	Th		3, 5
7	F	Excursion (G1)	4, 6
8	Sa		
9	Su		
10	M	Sports Day (National Holiday)	
11	Tu	Long Family <i>Asobi</i> ①	
12	W	4-period day	
13	Th	P.E. Assembly (lower grades)	
14	F	P.E. Assembly (upper grades) Report Cards out	
15	Sa	Japanese Culture ③ (G6)	
16	Su		
17	M	Club activities Evacuation Drill Long Family <i>Asobi</i> ②	
18	Tu	Life Studies excursion (G1)	
19	W		
20	Th		3, 4
21	F	Student Assembly, Long Family <i>Asobi</i> ③ Life Studies excursion substitute day(G1)	
22	Sa		
23	Su		
24	M	School route inspection, 4-period day	
25	Tu		5, 6
26	W	4 period day	
27	Th	Open School ①	
28	F	Open School ② School Orientation	
29	Sa		
30	Su		
31	M	Committee, School Anniversary Week Starts	

Notices

*Evacuation Drill

This month's evacuation drill will practice what to do in the event of an earthquake. Students will practice following "okashimo" to protect themselves.

*Human Rights Day

This month's Human Rights Day is on the 24th (Mon). School lunch that day will be Spanish Paella and Tortillas (Spanish Omelet).

*After School Play

After school play will be held for G3-6 until 15:20. The main gate closes at 15:30. Please check the calendar to confirm the dates for October. There will be a total of four times in October.

*October Open Schoolyard

October 22 (Sat) 13:00 to 17:00

Educational Counselling

October's Goal

"Let's Train Our Minds and Bodies"

Naomi Naito

Educational Counsellor

Little by little the days have become more pleasant, and it is the perfect season for training our minds and bodies. During recess, the students play with their friends, classmates, and even students from other grades. They are always excited to play with the ball, play tag, or even play on the monkey bars and iron bars.

By playing and interacting with friends, we are able to see children's true selves. In the Japanese word *kitaeru*, used here to mean "to train," the meaning for "to forge" is also included, and it is the faculty's goal to have students understand the importance of using play time to forge strong bonds with friends and people.

Even though the days have become cooler, children are still coming back from recess very sweaty. We are teaching the students the importance of wiping away their sweat when they wash their hands and wearing appropriate clothing for the weather, and we hope their families at home can help them dress appropriately for the season as well.

Long Family Asobi

Yurie Suzuki
Special Activities

Long Family Asobi will be held on October 11, 17, 21. As a measure to prevent infection, the event will be held in pairs: grades 1 and 6, 2 and 4, 3 and 5.

Throughout the first term, the children met during the morning period and got along really well as they played together. The upper grades in each pair arrived at school earlier than usual to prepare for the activities and could be seen enjoying their time with each other. Please visit the blog about Family Asobi on the school's website for more details.

Long Family Asobi this term is different from the regular Family Asobi because the students play during 3rd and 4th period. The upper grades think about games that the lower grades will enjoy, draw up a plan, rehearse, and test their ideas. Also, the students divide responsibilities among themselves, including preparation, execution, and managing the students. By utilizing their own skills and talents and working together, the students will be able to foster a sense of consideration and thoughtfulness towards others.

Conversely, the lower grade students will see the upper-grade classmates as models and learn appropriate language and behavior as they play with peace of mind. We look forward to this experience enriching the school's sense of understanding, cooperation, and fun, as well as further strengthening the bonds among students.

Special Activities at Higashimachi

Ayano Yagisawa
Special Activities

School is an institution where people interact with each other. School is often said to be a microcosm of society, and it is the society closest to children, and special activities make school life itself the object of learning.

At our school, we aim to acquire the ability to live better in an inclusive society through class activities, committee activities, club activities, and school events (sports days, overnight learning, etc.). In each diverse group of these four activities, we support and enhance each other, and accumulate each other's activities so that they lead to the development of a better group.

Among them, class activities are different from committee activities and club activities, and are available in every grade level. There are (1) class meetings that help children realize their thoughts and create rich classes and school life, (2) engaging activities and assembly activities (fun parties, etc.) to make class life enjoyable and enriching, (3) activities to look at oneself in the present and think about self-growth (such as self-review cards), and (4) activities to look ahead to the future and strive toward becoming the person you want to be (career passport, etc.). In all of our activities, we hope to foster the perspective of building better human relationships by making use of each other's strengths, working together, and building better human relationships in the relationship between "individual and individual" and "individual and group."

ICT (Information and Communication Technology)

Yoshiyasu Tabei
ICT

Approximately two years have passed since we started lending iPads to the students. In the beginning, there may have been aspects where iPads were used out of interest because they were novel, but gradually the environment of using iPads has become commonplace, and this transition to using iPads has been very beneficial for learning.

These devices have many advantages, such as being able to access a lot of information, making it easier to share information, using it at your own pace, and being able to broaden perspectives. In addition, online classes held during the pandemic allowed students to learn by feeling the atmosphere of the classroom without actually coming in contact with anyone.

The reason why we have been able to choose this kind of learning is because the environment has been improved through the understanding and cooperation of parents, the efforts of the children, and the support of related organizations such as the Minato City Board of Education.

In order to continue to promote the use of these devices, we continue to provide training for teachers on how to use them effectively when conducting classes as well as teach the children how to use the iPads.

We appreciate your continued understanding and cooperation.

Allocation of Special Needs Lessons and Learning Support Staff

Yoshiko Saita
Special Education

【Application for Smile Room Attendance and Learning Support Staff (Starting Next Year)】

We will accept applications for the Smile Room, which provides day-to-day guidance to overcome and improve difficulties in daily life and learning for children who have developmental concerns, and for the assignment of learning support staff who provide individual support in order to simultaneously guide children in class.

If you are a parent or guardian who is not currently receiving such support and wishes for your child to attend the Smile Room or be assigned a learning support staff member in the future, please consult with your homeroom teacher, school nurse or vice principal by **Monday, November 7**. (If you want to know more or have any questions, please do not hesitate to contact us.)

For example, are you worried about these?



Poor posture



Difficulty with reading or writing



Difficulty with organizing things



Moves awkwardly, bumps into things



Difficulty working in groups