

Sekishokai

Japanese Department Maiko Takeuchi

As in previous years, students will participate in Higashimachi's sekishokai at the start of January next year.

Sekisho (席書) dates back to the Edo period, when a practicing master would gather his disciples and others together for a calligraphy exhibition. This is a tradition that has continued in Japan for about 400 years. On the national level, every year there is a New Year's Calligraphy Contest that is held at Nippon Budōkan on January 5th.

At Higashimachi, grade 6 will do their calligraphy in the gym the day after the opening ceremony, on January 11th (Wed). On January 12th (Thu), grades 3 through 5 will gather in the gym, while grades 1 and 2 will stay in their classrooms, and everyone will do their calligraphy at the same time. Afterwards, the students' works will be displayed in the Kakizōme Exhibition at school.

Please take a few moments to observe the students' hard work when attending the next parent-teacher meeting.

★Kakizōme Exhibition January 16th (Mon) - 19th (Thu)

Location: Hallways outside the classrooms

Three Days in Nikko

6-1 Hideko Teramoto

From November 28th through the 30th, grade 6 left their usual classroom environs behind and journeyed to Nikko, where they learned a wealth of new things.

There, they encountered vast tracts of nature, saw things with their own eyes that they had previously only read about in class, and stayed up late into the night chatting with friends at the lodgings. Many memories were made on this trip. What truly made this excursion memorable was the three days of perfect weather, the kindness of the lodging staff and various guides and instructors, and the opportunity to see the newly restored "Three Monkeys" (三猿) and "Sleeping Cat" (眠り猫) carvings. All these things and more made for a very enriching three-day journey.

While the 6th graders' remaining time in elementary school grows short, we want to see them make use of these precious experiences and to value every single day as something priceless.



We Love School Lunch ♪

School Nutritionist Ayako Koide

Delicious smells waft through the halls, causing waves of grumbling stomachs. At recess, curious faces peer into the kitchen from the schoolyard, and curious minds come asking about the recipes for their favorite dishes. To be certain, many Higashimachi students love school lunch.

In a single year, we have 195 school lunches. We want to design the school menu so that it makes students excited about school lunch, gets them interested in one's diet, and makes them think of meals as more than just a time to take nutrition. In summary, "school lunch" should be another opportunity for students to learn many new things.

With the increase in the number of students at school, we have had to alter our techniques, but we still strive to deliver a variety of cuisines from across Japan, around the world, and even home-made bread from our very own ovens. All this serves to create school lunches with an abundance of flavors and a unique atmosphere.

Also, with the International Program at our school, there are students from many countries all sitting at the same dining table. In order to teach students about Japanese food culture, it is necessary to learn how to serve and arrange dishes, how to use chopsticks, and how to follow the correct manners during mealtimes. Please take a moment to review these lessons at home with your children during their meals.

Grade 4 Coming of Age, Halfway

4-1 Misa Nojima

4-2 Keishi Yashiro

The second Monday of January is "Coming of Age Day" in Japan. It is a day to celebrate and congratulate those who have become 20 years old. For the 4th graders that are 10 years old, they are halfway there. And so, every year during the 3rd term here at Higashimachi, we have a "Halfway Coming of Age" ceremony for the students.

The ceremony is a time for students to look back on the time since they were born, see how much they have grown, thank the people around them for their support, consider their futures, and think about their dreams. In their integrated studies class the students spent time reflecting on their strengths and qualities, tried to imagine what their future selves may be like, and chose a profession that they were curious about to do a research project on. Additionally, students looked into their own pasts from when they were younger, thought about how to express their feelings of gratitude, and how they can show their intentions going forward as well.

Grade 4 is typically full of energy, and very good at enjoying the moment, but we hope this will be a good chance for them to reflect on the past and consider the future as well, and take another step towards adulthood.

UNICEF Donations

This year the students raised **¥66,160** in donations. Thank you for your support.