



A Safe School Lunch

Principal Yoji Hatano

Thank you very much to the parents and guardians who arrived early in the morning and began the Higashimachi ES Disaster Prevention Conference at the *Mochitsuki Takai* in January. I felt the positive qualities of Higashimachi ES in the children's smiles and voices in the gym, the teachers' *mochitsuki* performance, and the look of parents/guardians and community members kindly looking over the children.

In December, 2012, there was a heartbreaking incident in Chufu City where a 5th grade girl suffered a fatal allergic shock after taking a second helping of school lunch. Since this incident, measures have been taken to ensure that something like this will not happen again. Allergies can improve with age, but foods that were safe before can become allergens. To that end, we ask that in the event that an allergic reaction occurs after eating at either school or home, please specify the allergen, take a medical exam and submit the results to the educational counselors. I understand that such measures may require time, but for the sake of the children, we appreciate your cooperation.

The following is a message from the parents of the girl who passed away to the committee charged with preventing the recurrence of food allergy reactions.

To the Committee Members,

My daughter's life was short at only 11 years, but I believe it was a brilliant life lived in the boundless love and affection from family, relatives, and community members.

Despite carrying the burden of food allergies and asthma, she adopted a positive attitude towards her situation; and I believe that, if anything, it fostered in her a keen awareness and abounding sensitivity.

She was a child who was thoughtful and responsive to all tangible and visible things. She lived her life with earnest joy for each and every day.

Therefore, her biggest wish for the future was to utilize her experience and become a scientist who could conduct research that would help children.

We hope Japan, the medical society, the school and its administration will not let this passing be forgotten and establish reliable policy that will offer peace of mind to the many children with allergies and their parents and fulfill our daughter's hope for the future.

April 10, 2013

February

		Events, etc.	after-school
1	Th	Safety Lesson	4 - 6
2	F	P.E. Assembly	2 - 6
3	Sa	Japanese Culture	x
4	Su		
5	M	Open School, Committee Meetings	4 - 6
6	Tu	Open School, Morals lesson and lecture	3 - 6
7	W	4-pr. day	x
8	Th	Student assembly, Emerg. evac drill	4 - 6
9	F	4-pr. day	x
10	Sa		
11	Su	National Foundation Day	
12	M	Substitute Holiday	
13	Tu	4-pr. day, Teacher development (6-2)	X
14	W		x
15	Th	International Assembly (3-4 th pr.)	4 - 6
16	F	SS field trip (G5), Visit from Manabi no Mori and Ai Nursery schools	2 - 6
17	Sa	Japan Culture	x
18	Su		
19	M	Club (G3 observes), Family Meeting (grade 5, morning recess), School council	4 - 6
20	Tu		3 - 6
21	W	Jump Rope Competition	x
22	Th	Music assembly, SS field trip (G4), P-T conference new G1 parents	4 - 6
23	F		2 - 6
24	Sa		
25	Su		
26	M	Committee	4 - 6
27	Tu	Library volunteers (G3)	3 - 6
28	W	4-pr. day	x



February's Goal

Education Guidance Counsellor Hiroki Mine

Let's Beat the Cold and Exercise Outside

Having children consciously develop their core muscles (from their chest to their back, abdominals, hips, and glutes) does not just improve their exercise abilities, but will be a great benefit for their future. A correct posture improves blood flow throughout the body and delivers oxygen from head to toe. This is linked to improved learning and exercise because of activated cells. Also, a well-developed body core will make people less susceptible to physical or mental illness when they are older.

Even if children are not especially training their body cores, playing outside, running, throwing a ball, and playing with friends will naturally develop their cores. Let's beat the cold and play outside often.

The International Assembly

Head of International Studies Shuuichi Yamasaki

It is time once again for our school to hold the International Assembly, in which the students make a presentation from their international studies class.

Each class will be presenting to the other grades, and due to the increase in student numbers we will be unable to provide reserved seating for parents and family members at the event. It is however still possible to attend and observe from behind the student seating area. We request your cooperation in giving viewing priority to the parents and family members whose children are performing at the time.

Date, Time, Location

February 15 (Thurs) In the Gymnasium
3rd Period (10:45 ~ 11:30)

1-1, 3-1, 5-A, 2-A, 4-1, 6-1

4th Period (11:35 ~ 12:20)

1-2, 3-2, 5-B, 2-B, 4-2, 6-2

※Grades 5 and 2 classes are split up and organized into 2 groups, A and B.

Program

Grade 1 "Today is Monday"
Grade 3 "Tortoise and the Hare"
Grade 5 "No. 1 in the World"
Grade 2 "Let's go to the Higashimachi Farm"
Grade 4 "The Rich Straw Man"
Grade 6 "Our Memories"

Jump Rope Competition

Head of the JRC Hiroshi Kurokawa

The school's Jump Rope Competition for this year is scheduled for February 21 (Wed). Every day, students can be seen practicing on the school grounds. Some are practicing individually with their friends counting their jumps for them. Some are practicing in groups, keeping time by chanting together. Whether individually or in groups, all the students are practicing hard and giving it their best.

In the December PE assembly, the grade 6 students demonstrated the various jump rope techniques that are included in the competition. The demonstration began with simple techniques, such as the forward and reverse jumps. By showing off more advanced techniques, such as the difficult *hayabusa*, the on-looking students' excitement grew as they became eager to start practicing.

Students set goals for themselves in the individual jump rope challenges, and they have been working hard at accomplishing them. In order to improve their class records, the students have had to communicate and cooperate together, fostering deeper bonds of friendship along the way. One of the charms of the Jump Rope Competition is how it encourages the growth of individuals and groups.

In the end, the Jump Rope Competition is an opportunity for the students to have fun while doing physical activities.

It is possible for parents to watch.

For each class's time please check that class's newsletter.



Fire and Smoke Inhalation Awareness

Head of Evacuation Drills Miku Kobayashi

On January 22nd (Mon), the school conducted an emergency evacuation drill that simulated the contingency of a fire in the teacher's office. Afterwards, the 2nd, 4th, and 6th graders had the opportunity to enter an artificial "smoke tent," thanks to the Azabu fire department, to simulate what smoky conditions may be like during an actual fire, and to practice the proper response to such a situation. With vision obscured by thick clouds of white smoke, it took considerable time to walk even the shortest route through the room. Exclamations of "I couldn't see!" and "I was scared to walk!" could be heard from the students emerging from their smoky trial.

It is said that in the event of a fire, the smoke is more dangerous than the flames themselves. Indeed, there are far more victims of smoke inhalation than anything else in fire related incidents. This emergency evacuation drill was different than previous cases, as it provided a unique and important experience by demonstrating the dangers of smoke during a fire.



Education Consultation

School Counselor Nobuko Arai

Every week on Tuesday, Ms. Arai, and every Thursday, Ms. Miyamoto, have been visiting the school as counselors this year. During break times and after school, we are always willing to discuss matters of friendship, family, study, and any other concerns students may have. Working as a counselor always feels rewarding, as students tend to leave with smiles on their faces after having a chance to take a break from everyday life and talk to someone who can listen to all their worries and troubles. At times, we work together to think of solutions to problems. Especially in cases involving trouble between friends, the students themselves play an important part in finding solutions, and then work with their teachers as well to resolve things. As adults, it can be easy to assume these issues are no big deal, but in a child's world such troubles can feel like very serious matters, and so it is necessary to deal with them as such. Of course, as adults we must be cautious of going too far ahead and interfering too much, as it can stifle growth of a child's willingness and desire to resolve situations.

At times, parents and family members will visit us to talk as well. If there is anything about your child's development, whether behavioral or emotional, that you wish to discuss, please feel at ease to consult with us. In the event that you would like to arrange a meeting, please contact either your child's homeroom teacher, the school nurse (Ms. Yamagishi), or the vice principal of the school, and they will assist you in making an appointment.