



## “Mind switch” You are the one responsible for creating yourself.

There is a poem called “Mind switch” by Yoshio Toi.



Human eyes are strange. Without the mind to look, you won't see  
 Human ears are strange. Without the mind to listen, you won't hear  
 Same thing as your brain. It seems that there is no smart or dumb brain in the beginning  
 “Let's do it!” If you hear your mind switch turned on, your brain will work fabulously  
 It's up to your mind switch which makes humans great or not  
 Turning your light switch will make your house bright or not

When I read this poem, I thought this is very true. Something that doesn't interest me will not stay in my head, nor will I try to study about it further. So, who turns on your “mind switch”? People around you may encourage you to turn it on, or people around you may help you to do so. But after all the person who turns on the switch is yourself. How can we turn it on the switch then? This is the question.

I think there are two ways to turn it on. They are (1) to make the goal clear and firm, and (2) to take one small step into action.

You are the one who are responsible for employing yourself. It is not your parents, not your teachers nor your friends. It's you. Are you the “employer” now? Aren't you becoming an “employee”? Humans are born to be weak. So, we tend to go on the easier side. That's why I think we need to keep in mind what we have decided and continue to take small steps one at a time. If you fail to do so, you will stop trying and become a “employee” and not the “employer” of yourself. You all have this “mind switch”. You are the one who turn them on.

Third graders should make sure to turn on your “minds switch” in order to assure your high school entrance. You can make your effort not only by studying but by spending your days fully, have compassion to others and be responsible to your rolls. First and second graders should balance out your studies and club activities. Before exams and competitions, everyone works hard. How you spend this period, when there are no exams nor competitions, will determine the results of the next year's competition in May and June. Are you putting your thoughts and intentions into your practice or studying? Are you the “employer” of yourself? Make sure you turn on your “mind switch” to make the most of each day.

Principal Katsuhiko Takada

### 【December】



### 【January】



- 1 2 / 1 (Tu) 3<sup>rd</sup> grade assessment test  
2<sup>nd</sup> grade test (math, Japanese)
- 2 (W) 3<sup>rd</sup> grade assessment test / Tuition payments
- 3 (Th) Morning reading (Human rights essay)
- 4 (F) Human Rights Week
- 1 0 (Th) No TV day / 3<sup>rd</sup> grade tax class
- 1 1 (F) Staff meeting (Leave on time day)
- 1 3 (Su) Brass band recital
- 2 3 (W) Anachu times
- 2 4 (Th) 2<sup>nd</sup> semester Closing ceremony  
End of the semester meeting (afternoon)
- 2 5 (F) Winter vacation / End of the semester meeting
- 2 8 (M) The last business day
- 2 9 (Tu) No business day
- 3 1 (Th) New Year's Eve



- 1 / 1 (F) New Years Day
- 4 (M) Tuition payments due / First day of work
- 8 (F) Starting ceremony
- 9 (Sa) 1 0 (Su) Indoor soft tennis tournament
- 1 0 (Su) A coming-of-age ceremony
- 1 2 (Tu) No TV day
- 1 3 (W) Leave on time day
- 1 4 (Th) 1 5 (F) 3<sup>rd</sup> grade assessments
- 1 9 (Tu) Open school day (period : 1~3,5,6)  
Joint training for all clubs (Opening : 16:10~)
- 2 2 (F) English approval test (Eigo Kentei)
- 2 5 (M) Parental survey
- 2 7 (W) Staff meeting (Leave on time day)
- 2 9 (F) Private school exam





# November photos: Looking back, we learned and experience many things!!

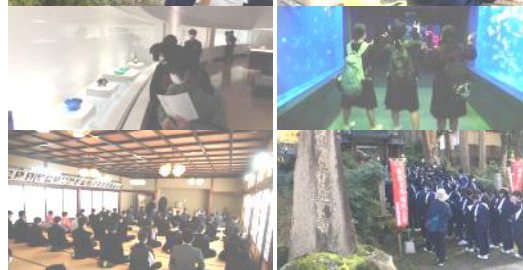
## Student council Community clean-up day

On Tuesday, November 24, the student council organized a clean-up day to contribute to the community and cleaned the school zone and its streets. We saw many plastic bottles, cigarette butts, empty cans, etc. Some students came back with full garbage bags. When a lot of people get together, it's an amazing power. The town and the heart were cleaned up. It's "more the merrier".



## Field trip/Hometown study (regional excursion)

All grades left school and went on a field trip and hometown study. The third graders went to Notojima Glass Art Museum and the aquarium, where they saw fish and dolphin shows and were impressed by the art works. Second graders also went to the aquarium and after that, they experienced Zen meditation at the Soji Temple. The first graders made new discoveries by walking around the area to experience the history and culture of our town. In the midst of self-restraint and restricted activities due to the corona disaster, this tour study must have made them freshen up in many good ways.



## [Lecture about sleep] For our next day energy Learn the importance of sleep



On Thursday, November 5<sup>th</sup>, a lecture about sleep, "Learn how to use media and how to sleep" was held to the entire school by Senior Sleep Health Instructor Osamu Kunii. Many students feel tired and sleepy the next morning due to not getting enough sleep from "playing games until late at night" or "staying up late watching media". Therefore, we held a sleep seminar to help students understand the importance of sleep. We sleep one-third of 24

hours every day, so it is necessary to help them develop a better rhythm of life. The lecture was based on scientific evidence and from an expert's perspective. He talked about the relations between sleep and academic performance, the effects of lack of sleep on the mind and body and the effects of using media devices (such as games) late in the day before sleeping. I was shocked to know that if we can get much better sleep, we would be able to perform much better during daytime. Also, students asked questions about the effect on their studying while listening to music and the effects of naps, and it was great to see that they listened to the lecture with interest and asking many questions proactively. We handed out the summary of this lecture to our parents as well.

## Trees in front of the school has been trimmed !

We applied for "green fundraising" (green feathers) which promotes greening our environment and luckily, we were able to use this aid fund to trim trees in front of the entrance and beside the school. The trees had gotten too long but the gardeners trimmed it nicely creating a truly calming school environment.



## Glory of Anachu

- OFamily letter contest
    - Honorable mention 3<sup>rd</sup> 1 student
  - OHosu district book report award
    - Selected 1<sup>st</sup> 3 students
    - 2<sup>nd</sup> 3 students 3<sup>rd</sup> 1 student
  - ONoto district Kendo tournament ( preliminary of invitational tournament)
    - Boy's group 2<sup>nd</sup> place
    - Boy's individual match 2<sup>nd</sup> place
    - Girl's group 3<sup>rd</sup> place
- Both boys and girls are qualified to All Prefectural tournament in Unoke Gymnasium on Saturday, February 13<sup>th</sup>!  
Individual match 4 students are selected for All prefectural tournament.
- OKendo Dan level exam
    - Shodan 3 students
    - 2dan 8 students

We will not put student names on this page.

- OResults of Eiken
    - Grade2 1 student (high school graduation level) Grade Pre2 8 students (high school 2nd grade level)
    - Grade3 21 students (junior high school 3rd grade level) are passed the exam!
- Especially, it is not easy even for high school students to pass Grade 2 and Grade Pre2.  
Congratulations!!

## December Goals

## Let's finish the 2<sup>nd</sup> semester well !



- ★Effort task \*Mask • gargle • wash hands • sanitize ! \*Let's behave well in class
- \*Let's do clean-up right \*Let's review the 2<sup>nd</sup> semester and schedule our winter vacation
- \*Follow the traffic rules commuting to and from school