



We support the challengers!!

This summer vacation started with the "Olympics" and ended with the "Paralympics." I watched TV every day until late at night and sometimes early in the morning. I wished that there was no time difference every day. I am always moved by that moment when athletes fight against the pressure and perform at their best. These athletes that train so hard to win a gold medal. Somehow, my own heart was also filled with energy. Even if there was nothing to strive for at that moment, I found myself saying, "Okay, I will do my best, too."



The Paralympics are the Olympics for athletes with disabilities. Here is a quote from a Paralympic athlete: "I don't consider myself disabled. Think about an elderly person who cannot move or cannot see well. Everyone just thinks that this is a part of aging, not a disability. It is similar to that. I believe there is no big difference." From this athlete's message, we realize that the real obstacle is the wall of the mind. The part of your mind that gives up and says, "I can't do it." The part of your mind that is like a barrier to success.

Do you ever find yourself saying "I can't do it" or "That's impossible!?" If you think this, aren't you giving up before you even try? Athletes competing in the Paralympics probably do not have these mental barriers that make them give up and say, "I can't do it". If these barriers existed in their minds, I believe that these athletes destroyed them.



I hope that the upcoming second semester will be a semester of "challenges" for you. Challenges during the sports festival and school festival, and challenges to study for the entrance exam for your high school. The obstacles that stand in your way will probably be quite high and difficult. However, please do not give up from the beginning. Destroy the barriers in your mind that stop you from trying. Taking on these new challenges will help you to grow and develop as a person.



The slogan of the Japanese Paralympic team is "Challenge" yourself to be the strongest you've ever been. The slogan for the Anachu Sports Festival is Youth "Declaration! - Full throttle beyond the limit". By coincidence, both aim for the same goal. The teachers will fully support the challengers of Anachu!

Principal, Koshun Hirozawa

~Prefectural tournament•Hokushinetsu tournament~

Getting ready for the sports day!!

At the prefectural tournament held in July, the women's table tennis team won second place in the team competition and □□□□ won third place in the individual competition, thus successfully qualifying for the Hoku-Shinetsu Tournament. At the Hoku-Shinetsu Tournament, the team finished 1-2 in the team preliminary league and regrettably did not advance to the final tournament, but □□□□, who participated in the individual tournament, made it to the best 16th place.

In preparation for the athletic festival to be held on Saturday, September 21, the last week of August, the students, divided into red and blue troupes, practiced cheering mainly by the third graders. During the summer break, the third-year students completed their team flags. This year's slogan was "Declaration of Youth! ~Go beyond our limit~We are looking forward to even more enthusiasm as the students will be practicing for their events from now on.

□□□□, winner of the lightweight division of the prefectural junior high school sumo championships, also competed in the Hokushinetsu Tournament,

We are also planning to have a tug-of-war competition between the 3rd graders and their parents, and we hope that the parents of 3rd graders will join in the fun and make the Sports Day more exciting.

Hokushinetsu tournament members

- Table tennis (Girls group)
 - (Girls individual) (Round of 16)
- Sumo (lightweight) (5th place)

Let's welcome our new ALT, Jason!

Jason will be our new ALT (Assistant Language Teacher) starting September. He will be working every Thursdays and Fridays. Let's enjoy learn- Hello! Nice to meet you! My name is Jason Pacholl, and I am from Georgia in the United States. My hobbies are, cooking, volleyball, and playing video games. I really like Japan too! My favorite things from Japan are sumo wrestling, anime, onsen, and yakiniku. I am very excited to be your new ALT! Please come say hello if you see me in the school or in Anamizu. Let's speak lots of English together!



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M	Tue	W	Thu	F	Sat	Sun
						1
2	3	4	5	6	7	8
Starting ceremony			proficiency test (1st 2nd grade) achievement test (3rd grade) Latter period student council election presentation Freshman pep-rally	Achievement test 1st/2nd test Academic ability test 3rd grade Town PTA meeting	OkuNoto freshmen Boys&Girls table tennis tournament Boys&Girls basketball/ Girls tennis Kendo Sumo	Oku-Noto freshman tournament Boys tennis
9	10	11	12	13	14	15
Growth measurement (~13)			Student council general meeting	Latter period student council starts		
16	17	18	19	20	21	22
		Class discussion PTA meeting	Sports day practice		Sports day	Spare day
23	24	25	26	27	28	29
No school day	No school day	Anamizu high school Demae judo for 2nd grade (4th hour math, 5th hour Eng)		Student general meeting	All Noto freshman tournament Boys and Girls basketball	All Noto freshman tournament Boys and Girls basketball / Prefectural freshmen sumo tournament
30	<October> 10/ 1(Tue) School festival meeting 4(F) Eiken 5(Sat) All Noto freshman table tennis 8(Tue) 9(W) Midterm exam 10 (Th) student council general meeting			12(Sat) Town PTA meeting/Town Shonen no shucho speech competition/All Noto freshmen Boys&Girls tennis/ Track and field 13(Sun) All Noto freshmen Boys&Girls tennis 22(Tue) 2nd grade JOC Olympics class 26(Sat) School festival 28(M) No school day		