



A class and a school full of challenges

It is said that there are three zones within a person's mind. The innermost zone is called the "Comfort Zone." This is the space where you feel the most safe and at ease — for example, when you're relaxing in your own room or having a fun conversation with close friends. Beyond the Comfort Zone lies the "Learning Zone." When you face something you've never done before, meet someone for the first time, or step into a new situation, it's natural to feel nervous and anxious. The Learning Zone is the place where you gather courage, experience growth, build confidence through overcoming challenges.

People spend much of their lives within their Comfort Zones. But what happens if you stay there forever? You won't be able to grow and expand your abilities. Each of you has experiences where you did something you couldn't do before — through studying hard every day, participating in club activities, presenting in front of others, or taking part in school events. Why were you able to achieve those things? It's because you chose not to stay in your Comfort Zone, but instead stepped into your Learning Zone.

Now, you might think, "Then, why don't we just keep stepping out of our Comfort Zones?" But it's not that easy. That's because beyond the Learning Zone lies the third zone — the "Panic Zone." "Panic" means being overwhelmed by confusion and excessive stress, losing your sense of direction. It's only natural to hesitate before stepping into the Learning Zone because we are afraid of falling into the Panic Zone. So, what can we do to stay in the Learning Zone and take on new challenges?

The answer is to create a class environment where no one has to fear the Panic Zone. If someone summons the courage to try something new and is laughed at or criticized for failing, what they thought was the Learning Zone will quickly turn into the Panic Zone. On the other hand, if we create a sense of safety where courage is recognized and appreciated, everyone will be more willing to leap into the Learning Zone.

Let's work together to build a classroom and a school where everyone feels encouraged to take on new challenges.



School principal Koshun Hirozawa

May

- 17 (Sa) Oku-Noto tournament (kendo)
- 18 (Su) Oku-Noto Brass band association instrument seminar
- 22 (Th) Dental check up (All grades)
- 23 (F) All Noto track and field
- 28 (W) Midterm exam
Urine test #1#2
- 29 (Th) Midterm exam
crime prevention class



June

- 2 (M) School assembly
- 3 (T) 3rd grade internal medical checkup
- 5 (Th) 1st grade heart checkup
1st 2nd grade internal medical checkup
- 7 (Sa) All Noto tournament (basketball)
- 9 (M) crime prevention class
- 10 (T) 11 (W) 3rd grade school academic class
- 12 (Th) Urine test #2 Ensemble Kanazawa concert at Anachu gym
- 21 (Sa) School day All Noto tournament
(table tennis • basketball • tennis • kendo)
- 22 (Su) School day All Noto tournament
(table tennis • basketball • tennis • kendo)
- 23 (M) No school day
- 27 (F) 2nd grade Noh experience class,
1st grade ear checkup, vision test
- 28 (Sa) 29 (Su) Prefectural tournament
(track and field)

Open school – Nurturing the Mind through Moral Education–

Thank you for taking time out of your busy schedule to visit our classes the other day. This time, all classes were open to the public, and we hope that you were able to see the children thinking seriously and putting their thoughts and ideas into words. This school year, we will continue to support children's spiritual growth by nurturing their "ability to live better" through moral education classes. We hope that you will talk about the content of the class with your children at home to further deepen their learning.

We would also like to thank the many people who attended the general meeting of the nurturing friendship association, the grade-level discussion meeting, and each committee meeting after the class visit.



Why are laws and rules necessary?
Class 2-2 Moral class

2025 PTA executive committee members

President
Vice president
Female Representative
Female vice-Representative
1st grade representative
2nd grade representative
3rd grade representative
Cultural & PR Committee Chair
Culture & Sports Committee Chair
Student & Lunch Committee Chair

Looking forward to 2025!

School Trip & Bus trip – A trip to create memories! –

Third graders visited Tokyo on a school trip to see the National Diet Building, Tokyo Sky Tree, and other places that symbolize Japanese politics and modern culture. By actually seeing the Diet building and being exposed to a sense of reality that they cannot experience in their regular classes, the students were able to deepen their interest in the workings of society and politics. In addition, in a self-guided tour around Ueno Park, the students tried their hand at interviewing foreign tourists in English for the first time this school year. It was very impressive to see the students, despite their nervousness, trying their best to communicate in their own words, making use of the expressive and communicative skills they have cultivated in English classes so far. The sense of accomplishment and confidence they gained through this hands-on experience will surely lead to their future studies.

The second-year students worked on an independent plan to visit Kanazawa, a city steeped in tradition and culture. They made a group plan well in advance, and while visiting places such as Kenrokuen Garden and Higashi Chaya-gai, they were exposed to the history and charm of the area based on their own interests. Some of the groups also spoke to foreign tourists in English and conducted interviews with them, showing their willingness to try new things. Although things did not always go according to plan, I could see their solid growth in the way they cooperated and devised new ideas each time.

The first graders visited Notojima Island on a bus excursion. This was the first field trip for the students since their enrollment, and despite their mixed feelings of anticipation and anxiety, it was impressive to see them enjoying the fun of working together with their peers. The students experienced the joy of making things at the Notojima Glass Studio, and at the aquarium, they observed a variety of creatures with great interest. It was a memorable day that deepened their interest in nature and life.



3rd graders interviewed foreign tourists



2nd graders at the Kanazawa Tourist Products Center



1st graders experienced glass making at a workshop

The first term of the student council begins! –Turning individual opinions into reality–

The other day, the Student Council appointment ceremony and the General Student Assembly were held, officially starting the first semester of the student council. The slogan for the first semester of this school year is "Anachu Reform - giving shape to each individual's opinion."

This slogan expresses our strong desire to build a better school with our own hands, while valuing each individual's opinion. We expect all students to be proactively involved in school building, centering on the Student Council.

In addition, each committee has begun its daily activities to achieve the activity goals they have set for themselves. I am sure that every committee will work with originality and ingenuity to make school life more comfortable and fulfilling. I look forward to seeing the students and teachers of Ana-chu working as one, supporting each other and making progress in building a vibrant school.



Student council appointment ceremony
Friday, May 2nd

2025 First term Student Council

President
Executive committee