



When do you feel happy?

After the second semester began, we ask, I asked some students, "What was fun during summer vacation?". Many of them responded "Playing video games," "Reading lots of manga," or "Going on a trip."

These are examples of *instant fun*. This kind of fun comes quickly and is easy to enjoy right away, so many of you can probably imagine it easily. Instant fun helps us relax and refresh in our daily lives, and it plays an important role in making life more enjoyable.

But this kind of fun also has a weak point. It may be exciting in the moment, but the feeling often doesn't last long. It's hard to get a deep and lasting sense of satisfaction from it.

Now, let's look at another kind of fun: *the cumulative fun*.

This joy is reward from your continued effort and labor — for example, when you finally understand something in class after spending time reviewing it carefully, or when you improve your overhead smash in tennis after lots of practice. This type of fun comes from working hard and slowly getting better. It can lead to a great sense of achievement. However, this cumulative fun also has a weakness. Compared to instant fun, you don't notice the results right away. It requires consistency to feel this type of fun.

So, which type of fun do you think is more important?

I believe that the most important thing is a balance of both.

If you only reach for the instant fun, it won't lead to long-lasting happiness.

If you only focus on the cumulative fun, you might wear yourself out. By taking advantage of the strengths that each one offers, you can enjoy each day more fully. Until the summer break is over, try to prepare for the new semester — and find your own kind of fun!



School principal Koshun Hirozawa

July

- 1(T) School assembly 2 (W) 3 (Th) Final exam
- 4 (F) 2nd grade Noto railway/ Student council
- 8 (T) Open school
- 11 (F) Prefectural tournament pep rally
- 12 (Sa) Prefectural tournament (tennis • sumo)
Tsushin track and field tournament
- 13 (Su) Prefectural tournament (tennis)
Tsushin track and field tournament
- 16 (W) Prefectural mayor school visit
- 17 (Th) community cleanup
- 19 (Sa) Prefectural tournament (table t • kendo)
Hasebe festival
- 20 (Su) Prefectural tournament (table t • kendo)
- 22 (T) Closing ceremony, Handing out report cards
- 23 (W) Handing out report cards
- 26 (Sa) Brass band mini concert
- 29 (T) 2nd grade Waku-work, Nanao HS trial admission
- 30 (W) 2nd grade Waku-work, Anamizu HS trial admission
Otori HS trial admission



August

- 5 (T) School day (all grade)
- 9 (Sa) ~17 (Su) School closure
- 24 (Su) PTA volunteering day
- 28 (Th) extra study hour / cheer practice
- 29 (F) extra study hour / cheer practice

September

- 1 (M) Starting ceremony
- 4 (Th) proficiency test (1st 2nd grade)
achievement test (3rd grade)
- 5 (F) proficiency test (1st 2nd grade)
achievement test (3rd grade)
- 6 (Sa) Oku-Noto freshman tournament
(tennis • table tennis • basketball • kendo)
- 17 (W) Sports day 18 (Th) Spare day
- 27 (Sa) 28 (Su) All Noto freshmen t(basketball)
- 29(M) Disaster Safety class



Glorious Record – Koizumi and Seto win Prefectural Champions!

The third-year student, [redacted] won first place in the Kyotsu boys' long jump. Also, at the prefectural Sumo Tournament, [redacted], also our 3rd grader who competed in the lightweight division, achieved an impressive 1st place finish. Below you will also find the results of the Zen-Noto Tournament. Good luck to all the competitors who will compete in the prefectural tournament, please do your best!



Prefecture Track tournament Kyotsu Boys long jump 1st place [redacted]

Prefecture Sumo tournament Light weight class 1st place [redacted]

All Noto tournament

Soft tennis (Girls group) 1st [redacted]

(Girls individual) 1st [redacted] 2nd [redacted] 3rd [redacted]

(Boys group) 3rd [redacted]

Table tennis (boys individual) 3rd [redacted] 3rd [redacted]

(Girls group) 2nd [redacted]

(Girls individual) 2nd [redacted]



Art appreciation class~A moving experience of sound Orchestra Ensemble Kanazawa

On Thursday, June 12, students had the opportunity to see a live performance by the Orchestra Ensemble Kanazawa. It was a very special time for the students, as it is not often that they get to hear a full-fledged professional performance up close.

The powerful performance by about 50 musicians echoed through the hall, and many students were overwhelmed by the thickness and power of the sound. In between the performances, the names of the instruments and their sound characteristics were explained to the students, helping them to deepen their understanding of the instruments.

There was also a scene where students who wanted to actually experience being a conductor. The experience of having the music start on their own cue was very nerve-wracking, but it was an unforgettable memory for the students.

The music performed was not only classical, but also included a medley of "Mrs. GREEN APPLE" and songs that evoked the traditions of Ishikawa Prefecture, giving the audience a sense of both familiarity and novelty. By listening to various genres of music, the students were able to appreciate anew the wonder of the orchestra and the depth of music.

Anachu SING project

~Disaster Education using Hazard maps!~

On Monday, June 9th, we invited professor Tatsuto Aoki from university of Kanazawa to teach us how to read a hazard map. Tatsuto Aoki We used it to think about what might happen to our school and our homes if a natural disaster such as an earthquake, tsunami, or flood occurs. Also on Monday, June 30th, our 3rd graders carried out a fieldwork using Anamizu town hazard map. Mr. Aoki accompanied us and explained it concisely. By actually walking around our town, we were able to understand where the actual hazardous areas near our school. Also, we thought about where to escape in case of landslide and flood. Afterwards, the 3rd graders will make their own guideline "Anamizu Kikenkaihi Guideline(AKG)" to protect ourselves from natural disaster.



Discover the Depth of Tradition

~Special lecture by a Noh Actor~

On Friday, June 27th, the 2nd graders had an opportunity to watch Noh, a traditional Japanese play. On this day, we welcomed two Noh actors, Daijiro Tatsumi and Tetsuya Kidani who taught us about the history and the unique features of Noh. We could see that the students were fully enjoying the lecture through learning actual songs and movements from the play. In the activity where students wore Noh masks to experience the change in visibility, many expressed surprise, saying things like, "I didn't know it was this hard to see!" and "It's amazing they can perform with this sight." Although brief, through the experience we were able to appreciate the fascination of Noh, a traditional culture, and gain a valuable opportunity to deeply understand the depth of Japanese performing arts.

【Student's comments】

- The eye holes of the Noh mask were smaller than I expected, and I was surprised at how little I could see when I put it on.
- I was very impressed by how emotions are expressed not through facial expressions, but through movements (kata).
- I thought the two of them were truly amazing for continuing to preserve a culture.