



## Weekly Goal Achievement: Small Successes and Big Satisfaction

«September 22 (Mon)»

Mr. Sakashita asked me to come to a rehearsal for an academic orientation. During that, he said, "The students' presentations and greetings were impressive this year. I want to do my best to communicate clearly and concisely." That made me think, us teachers can't lose to the students!

«September 23 (Holiday)»

It's my day off, but there's no Ohtani game. How disappointing :( When you have a player you cheer for, it's strange how their good performances can motivate you to push yourself too. Vice versa, if they don't perform well, your spirits drop. Our emotions are constantly swayed by those around us. I wish I could learn to control my feelings and thoughts on my own.

«September 24 (Wed)»

Something disappointing happened. We got a complaint from a resident about improper use of the B&G Gym. It's a public facility without an attendant. How it's used tests the "heart" and "character" of those who use it. It asks, "What kind of person are you?" I want to raise middle school students who can be proud of their actions.

«September 25 (Thu)»

At a meeting of Hōsu District principals, I spoke about Okawa and Kuma Elementary School. I had a lot I wanted to say, but organizing my thoughts and communicating them clearly was really tough. Like Mr. Sakashita, I need practice.

«September 26 (Fri)»

Some guests came to observe classes. "Every class is so calm," "Everyone participates seriously," "The displays in the school show how hard they're working" - we received many compliments. They are about the students and the teachers, but it made me happy as if it were my own achievement.

«September 27 (Sat)»

I couldn't make it to the basketball game to cheer them on. I got a LINE message saying the boy's team won their first round match. Great job! Before, at the Oku Noto Tournament, they had a lot of fouls and it was nerve-wracking, but I hope they were okay this time. I hope each victory builds their confidence and drives them to work even harder.

«September 28 (Sun)»

I went to see Sandwich Man live. An hour and twenty minutes in, and they were still just rambling on stage. They hadn't even started their first routine, yet it was nonstop laughter. Seeing the parts you rarely get to witness on TV was inspiring. I truly saw and felt the incredible skill of comedians. The live show ended up lasting over three hours.

At the academic orientation, Mr. Sakashita suggested, "Let's try setting weekly goals." Since the students were challenging themselves, I decided to try it too. My goal was: "At the end of each day, jot down my feelings about that day." Doing that for a full week, I felt an immense sense of accomplishment. Though the task itself was very small, it brought me great satisfaction.

Since the orientation, have you changed anything? Did you set any goals? Small challenges and their results can lead to significant accomplishment and satisfaction, and they will surely illuminate the path you should take.

Principal Koshun Hirozawa

### October

- 2 (Th) School assembly, Student general meeting, Cultural festival meeting
- 3 (F) Eiken
- 4 (Sat) All Noto freshman table tennis tournament
- 8 (W) Midterm test 9 (Th) Midterm test
- 11 (Sat) Town PTA, Town shonenno shucho All Noto freshman tournament (tennis • track&field)
- 12 (Su) All Noto freshman tournament (tennis) Wine&Ushimatsuri Brassband performance
- 24 (F) Kanjikentei



### November

- 1 (Sat) Cultural festival
- 3 (M/holiday) Town cultural fes/ B-band performance
- 4 (Tue) holiday
- 5 (W) 6 (Thu) regional academic survey (3rd gr)
- 7 (F) School lunch tasting • Nutrition class (1st gr)
- 10 (M) School assembly, Outreach class (2nd gr)
- 14 (F) JFA Kokoro Project (2nd gr)
- 20 (Th) Anamizu town JHS student parliament
- 23 (Su • holiday) All Noto freshman tournament (Kendo)
- 27 (Thu) 28 (F) Final exam



## "Shining Together: Sports Festival – Blooming Years, the Fruits of Our Efforts"

On Wednesday, September 17, although there were some concerns about rain, our school successfully held the annual Sports Festival under the slogan "Kayonenka- The Shining Fruit of Our Efforts." The festival was filled with excitement through all school competitions, spirited cheering battles between teams, and the whole-school relay. Loud cheers of encouragement echoed from the stands, and the school grounds overflowed with energy and smiles.

The cheering battles were prepared mainly by the third-year students starting from summer vacation. Although they sometimes struggled to communicate their ideas to the first- and second-year students during practice, on the day of the event both teams came together with strong voices and showed unity in their cheering. In addition, the third-year students' dance performance highlighted the strength of their bonds as a grade, captivating the entire audience. Due to the rain, the closing ceremony was held in the gymnasium. There, students went beyond team boundaries to unite as one, truly creating "a moment when Anamizu Junior High School became one."

Through the Sports Festival, students were once again able to experience the joy of working together with friends and the sense of accomplishment that comes from it. Next comes the Cultural Festival. We look forward to seeing the students of AJH unite once more and shine through choir performances, plays, and more.



### 3rd Graders vs. Parents! Tug-of-War Showdown!!

Following last year, the traditional tug-of-war match between the 3rd graders and the parents was held again this year. With the parents showing their true strength, the 3rd graders rose to the challenge with all their might, resulting in an exciting contest surrounded by loud cheers. For the 3rd graders, it surely became an unforgettable and joyful memory. We would like to sincerely thank all the parents who participated.



### "Anamizu Junior High School × Athletes Sports Exchange Event – #NeverStopSports"

On Monday, September 29, Anamizu Junior High School hosted the "Anamizu Junior High × Athletes Sports Exchange," organized by the Japanese Olympic Committee (JOC). Led by Mr. Masahiro Watanabe, head coach of Japan's breaking team for the Paris Olympics, it was a valuable opportunity to interact with young athletes aiming for future Olympic Games. Students were able to experience the joy of sports firsthand by trying out boxing and taekwondo. In addition, Olympic judo gold medalist Ayumi Tanimoto visited the school again this year, following her appearance last year.

Seon Okazawa, who will represent Japan in boxing at the Paris Olympics, delivered a powerful message: "I first encountered boxing when I was in high school. You never know when your talent will bloom. Once you find something you love, I want you to challenge it with everything you've got."

Meeting and interacting with world-class athletes was surely a great inspiration for our students. We sincerely wish for the continued success of the athletes who visited us, and we hope that our students will also take on their own dreams and goals with a positive spirit.



All Athletes who visited our school!!  
 Seon Okazawa (boxing)  
 Masato Hashimoto (canoe)  
 Sayaka Ishii (tennis)  
 Riato Kawai (Taekwondo)  
 Yuna Baba (Ice Hockey)  
 Rui Watanabe (Equestrian)  
 Koki Nishimura (Snowboarding)  
 Shugo Takasugi (Cricket)



### "AKG (Anamizu JHS Kikikaihi Guidelines) – To Protect Your Life, Your Family's Life, and the Lives of Our Community"

On Monday, September 29, our school held a Disaster Preparedness Class. Based on the AKG (Anamizu Junior High School Kikikaihi Guidelines) created mainly by the 3rd grade students, the whole school worked on making their own "My Timeline." This emergency manual is a personal plan that organizes, in chronological order, the actions one should take in the event of a disaster. It is designed to lead to appropriate evacuation behaviors that protect lives. During the activity, 3rd grade students visited the groups of first- and second-year students to give advice, and we could see learning being passed down from older to younger students. In addition, we received valuable guidance on making "My Timeline" from Associate Professor Tatsuto Aoki of Kanazawa University, who serves as the school's disaster prevention advisor. These disasters can happen anytime and anywhere, so it is important not only for students and teachers but also for families to think about these issues together. We encourage everyone to take this opportunity to discuss disaster preparedness at home as well.

### 🏆 Oku Noto Freshman tournament 🏆

Oku Noto Freshman Table tennis tournament	Girls group 1st place				
	Girls individual 1st place		2nd place		3rd place
	Boys individual 1st place		2nd place		3rd place
	Boys individual 1st place				
Oku Noto Freshman Kendo Oku Noto Freshman Tennis	Boys group 1st place				
	Boys individual 2nd place				
	Girls individual 3rd place			3rd place	
Oku Noto Freshman Basketball	2nd place				