



## Try to be just a little better than "yesterday's you"

Do you know the "1.01" vs "0.99" rule?






There are people who live each day with the mindset of 1.01, thinking, "I'll try just a little harder than yesterday," and there are people who live with 0.99, thinking, "This is probably good enough." The difference is only "0.02". Yet, even this small gap, repeated 365 days a year, becomes amazing results after one year.

$1.01 \times 1.01 \times 1.01 \dots$  365 times, the result is about 38-nearly 38 times growth!

$0.99 \times 0.99 \times 0.99 \dots$  365 times, the result is about 0.03-almost nothing remains of your current ability.

By continuing just a +0.01 effort each day, you can become 38 times stronger than you are now in one year. But if you continue to compromise even a little, your abilities will gradually shrink away.

I have often seen moments at school when many of you become more "independent".

- Students who can greet others cheerfully on their own.
- Students who can confidently express their ideas in front of others.
- Students who sit down before the class bell 
- Students who read quietly and concentrate during morning reading 
- Students who steadily improve themselves with their +ONE notebooks 


These may look like ordinary actions, but the faces of those who try to do them a little more carefully than yesterday are truly shining. This is because you have pressed your own motivation switch.

Don't wait for someone else to push your switch. Move on your own. Those small "+0.01" efforts, when added up, will carry you to heights you can't even imagine one year from now.



So then, in what will you make this "+0.01" difference today? Let's make this year a little better than yesterday's you.

School principal Koshun Hirozawa

### January

- 8 (Th) Opening ceremony, Kakizome 
- 13 (Tu) Regional test(3rd)  
Student growth measurement (until Jan 19th)
- 14 (W) Regional test(3rd)
- 20 (Tu) Open School Day
- 23 (F) Eiken test
- 24 (Sa) Oku-Noto joint wind ensemble practice  
(at Wajima JHS)
- 26 (M) Student council committee meeting
- 29 (Thu) Achievement test (1st, 2nd grade)
- 30 (F) Private school entrance exam  
Achievement test (1st, 2nd grade)

### February

- 2 (M) School assembly
- 10 (Tue) Risshi shiki (2nd grade)
- 11 (W • holiday) Oku-Noto Joint wind Ensemble practice (at Wajima JHS) 
- 12 (Th) Elementary school trial enrollment
- 17 (Tu) 18 (W) 3rd grade final exam
- 19 (Th) Career talk(1st grade)
- 20 (F) Student assembly
- 24 (Tu) Student council meeting
- 26 (Thu) Final exam (1st/2nd grade)
- 27 (F) Final exam (1st/2nd grade),  
Emergency first aid training session (1st/2nd grade) 

# Calligraphy



After the opening ceremony, the New Year's calligraphy contest was held. Everyone moved their brushes with serious expressions, pouring their New Year's resolutions into their writing. The school display of the contest entries will be open until the 21st. If you visit during the Open House (20th), please be sure to take a look.

1st

2nd

3rd

## Record of Glory

At the Oku-Noto Branch Ensemble Contest held on Sunday, December 7, the Wind and Percussion Septet won a Gold Award and was selected as the regional representative. In addition, the Woodwind and Percussion Quartet received a Silver Award. Furthermore, at the Prefectural Ensemble Contest held on Sunday, December 21, the Mixed Septet received a Bronze Award. Congratulations to everyone!!

**Ensemble Contest Oku-Noto** Gold prize (Regional representative)

**Regional Competition**

Bronze prize

**Ishikawa Ensemble Contest** Bronze prize



### Drug Abuse Prevention Class~Learn the Facts to Protect Yourself~

We invited Mr. Yutaka Takehana, the school pharmacist, as a guest lecturer and held a Drug Abuse Prevention Class for third-year students. During the class, students learned about the intake of familiar substances such as caffeine, as well as the issue of "overdose (OD)," which refers to taking more than the necessary amount of medicines such as cold remedies and sleeping pills. They studied the serious effects these behaviors can have on both physical and mental health, and even on life itself. In addition, it was explained that illegal drugs such as marijuana are not a distant issue for younger generations, and the importance of having accurate knowledge was emphasized.

### Open school day (Volleyball Tournament)

The School Open Day for the third term will be held on Tuesday, January 20. We sincerely invite you to take this opportunity to observe the school and our students in their daily activities, and we would greatly appreciate receiving your opinions and feedback. Please note that an in-school ball game tournament (volleyball) will also be held by each grade on the same day. As it is expected to be very cold inside the gymnasium, visitors are kindly asked to bring warm clothing.



**The Oku-Noto Oral History Project** An article featuring the "Oku-Noto Oral History," in which 12 3rd grade students are participating, was published in the *Mainichi Shimbun*. We are sharing the newspaper page as it appeared, so please be sure to take a look.

石川・穴水中「東日本」の伝承者 招いて学習会

### 語り継ぐ大切な人へ

「自分の言葉で」  
小・中・高で被災者  
の体験を語り継ぐ  
活動が広がっている。被災地  
の子どもたちや、被災地を  
訪れた人たちの体験を、  
自分たちの言葉で語り  
継ぐ活動が、被災地や  
被災地を訪れた人たちの  
間で広がっている。被災  
地の子どもたちや、被災  
地を訪れた人たちの体験  
を、自分たちの言葉で  
語り継ぐ活動が、被災  
地や被災地を訪れた人  
たちの間で広がっている。