



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.

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

$0.99 \times 0.99 \times 0.99 \dots \dots \dots 365$ 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-Note 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.



24年1月から春振の返善市で伝承活動をする。2月の近況季後校長会から始め原稿作成。人手アドバイスした。津は吉田未露後、興能成。伝闘だけではなく、波に流れの日後ながれ自分たちに何ができるのかから救助され。波、火災などの複数災害

います。私もあさつかあさぎあないんだとの仲始め、町の人助け合ふ關係を築いていたと貴重な贈り物です。25年1月30日まであると統けてこうと激励しています」とまた、「たと書道で、高城聰石さん

は制服の採用であった時、あなたがい人で昇進されて、身の昌葉でしかできない。おねがいされた元の前の生活の大被体験であるように、言葉で仮設商店街で洋切を痛感した。起業になつたみなさんには、周り服店を開店した天婦婦が事務開で、町の復興を人々の命を守つう

る教えもらいまし
なかでいる。中学生に子の命を守れる教
え。被災体験「災害の備「できる」と語る。中
員にと来着。小学校
え伝えていきたい」と
津浦良貴さんは「少次郎
諭になる高橋輝良さん
きょうばり。山崎紘美さん
難からず水戸に戻った。②は「あることの良さ」

「自分の言葉」で
方から「地震を防ぐ起業」についてのことを思ふ
義が私たちが書き
た。大水に帰る「子供
育成」することに力を
こめて、私たちが喜んで
いること 小学校生で親友だ
ったが、仕事を頑張ってい
ながら、お年寄りの元気につ
いた同級生津波で亡くな
った

か大切な人を亡く 後ろを歩き通じた内容はな
興の手助けになります つた石垣陽時は地
どうつた。谷内陽虎で 震東の親戚宅にい
いのか、震東に大切な
は、(家族をして)た。自分だけが良い環境
とあります」と語った。

語り継ぐ大切な人へ