

OIS Educator

JANUARY 29, 2019



SOIS hosted a Model United Nations (MUN) conference on January 11-12, 2019. Students from The British School in Tokyo (BST) and Marist Brothers International School (MBIS) in Suma joined students from SOIS in discussing current affairs topics, and a simulated international emergency. See page 8 for more details of this exciting student-student-organized and student-led conference.

Views from the Head of School, BILL KRALOVEC

One of the themes for this school year for OIS faculty is *student well-being*. Well-being is the state of being comfortable, healthy or happy. All throughout the world, educators are seeing a rise in mental health problems such as anxiety, depression, loneliness, etc. in children and adolescents. Experts speculate that this may be caused by increased use of social media and the internet, parenting styles, global economic change, among others. Schools around the world are trying to help students and parents improve the situation. If a student is not mentally or emotionally healthy, they will not be ready to learn and grow. Student well-being is a priority for our teachers.

Earlier this month, Dr. Christopher Liang, a counseling psychology professor from Lehigh University's College of Education visited our school for three days. Lehigh University is a private research university in Bethlehem, Pennsylvania, USA. Dr. Liang directs an international counselors master and certificate program for Lehigh.



OIS received a grant from EARCOS (East Asia Regional Council of Schools) to host a weekend workshop for over 50 international school educators from around the region, including many of our faculty. Dr. Liang stayed for an extra day on Monday to support OIS faculty in training. His main message is the key to multi-tiered student support system (MTSS) of a school is to build close, healthy relationships between teachers and students. All students should have an adult on campus that they feel is an advocate for them and someone to turn to for advice and mentoring.



I always say what is good for students, is also good for teachers and parents. OIS faculty will continue working for everyone in our community to feel "comfortable, healthy, and happy" as the definition of well-being states. Part of any MTSS program is parent and family outreach. The faculty is also implementing ideas and techniques gained from the workshop into their teaching and learning.

from the MS, HS Principal, KURT MECKLEM

Happy New Year! I hope that 2019 has started well for you.

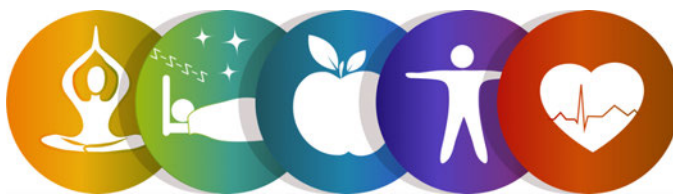
It is cold and flu season and we have had a number of absences because of sickness. Please be sure to take care of yourself and encourage your children to be on guard and do things like wash their hands and cover their mouths when they cough. More information about preventative measures you can take, and the school's procedures to follow when a student contracts influenza can be seen in the article below.

All the spring camp forms have been sent out and returned. Please do not come in to pay yet, another letter will come out soon when the business office is ready to take payments.

On the three-day weekend for Coming of Age Day, many of the teachers were in school at a workshop on the "Role of the teacher in student well-being". On the actual holiday, all of our teachers were here discussing the same thing. Increasing student well-being and improving our pastoral program has been a big focus this year. Not only does this fit with our mission (informed, caring, creative individuals contributing to a

global community) it also helps improve learning. The research behind this is summed up nicely in this [New York Times Op-Ed piece](#) by David Brooks, "Students Learn From People They Love."

You as parents have a role to play in this as well. As I've written in these pages before, students in general are feeling a lot of stress these days and our own internal surveys bear this out. Stress by itself isn't bad but if a student is responding negatively to the pressure they are feeling, that can have a negative impact. One problem is the stigma that many people feel about reaching out. If you notice your child is suffering from anxiety, listen to what they say and encourage them to reach out to you, their teachers, our counselor or others. If we work together we can help them navigate the challenges of school.



Influenza Season Arrives

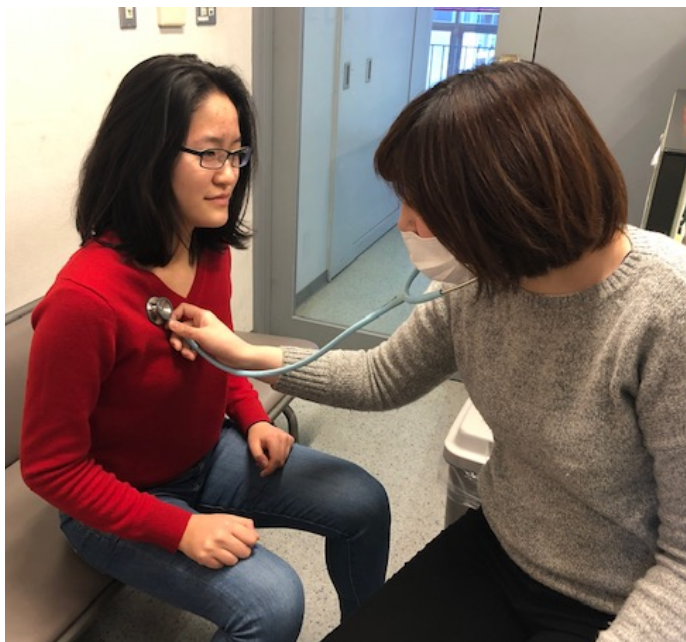
This month there are confirmed cases of influenza (flu) with students and teachers. February is usually the peak time for outbreaks so we are expecting more people to come down with the disease. We ask parents to notify us of an influenza diagnosis so we can track the progress of the virus. If any grade level classes reaches $\frac{1}{3}$ of the students with influenza, we may close that particular class and ask students to stay home.

Recall according to Japanese School Health Law Article 19, students should stay away from school for 5 (five) days after the start of symptoms AND be free of fever for at least two days without medication. This will prevent the spread of the disease. If possible, please get a certificate from the clinic or doctor allowing the student to return to school. You can download the form at the following address:

<http://www.senri.ed.jp/en/wp-content/uploads/2016/01/Permission-to-return-to-school-form.pdf>

We ask that parents to use their best judgment and consider the greater good of the community when deciding to send or not send your child to school.

The school nurse Saho Minamizawa presented information to OIS elementary students during a recent assembly on how to protect yourself against influenza. The middle school and high school teachers also instructed students during the homeroom sessions.



from the ES Principal, CAROLYNE MARSHALL

At our first PYP assembly of 2019 on January 11 the Actioneers shared their New Year's Resolutions with all the classes. We are now halfway through the academic year so it is a good time to pause and reflect on how far we have each come in our learning and to think about what we each want to accomplish next.

The resolutions shared by the Actioneers were each different yet there were similarities. They focused on health and academics. When we asked all the PYP students to notice any connections, they said, "They are all good things to do." To achieve them they will need encouragement and support, which we as a community aim to provide.

Developing each child's appreciation of their well-being is a key focus of the Primary Years Programme which aims to develop the whole child. The teaching of well-being is laid out in the International Baccalaureate Personal, Social and Physical Education (PSPE) curriculum and is taught by every teacher.

We are addressing interactions this trimester in each grade. Through role-plays, songs and discussion, students are learning to consider their responses to challenging situations with peers. They are learning to understand the differences between teasing, being "mean on purpose" and bullying. They are practicing words and actions they can use independently. Ask your child about how Kelso's Choice is useful.

Next term we will focus on well-being by including weekly sessions of mindfulness in each class. This helps children to develop focus and calm. The teaching of developing a growth mindset is also being addressed to enable our students to be more resilient. As I mentioned in last month's article, this learning has been shared in two well-attended parent workshops this year. If you were unable to attend, the slides are available on the class blogs. We will also run a workshop next trimester about well-being so you can practice the skills with your child at home.

School Calendar

February

- 1 Organic Green Grocer Vegetable Sale
@genkan (15:30 - 16:30)
- 4 MYP Personal Project Exhibition
@3F Conference Centre (13:00 - 17:00)
- 6 PTA Monthly Meeting
@3F Conference Centre (9:00)
- 7 Yearbook Picture Day @3F Conference Centre
(12:00-16:30) *Final chance*
- 11 **No School**
Commemoration of the Founding of the Nation
- 14-16 All School Production
- 16 Sabers Middle School Boys Futsal Tournament
- 18-22 International Baccalaureate Mock Exams
(Grade 12 students) @3F Conference Centre
- 18-22 OIS Elementary School Language Week
- 20-22 Model United Nations Conference
@Marist Brothers International School
- 22-23 Sabers HS Badminton Tournament @SOIS gym
- 27 MS/HS Winter Strings & Chorus Concert
@SOIS theatre (16:00)
- 28 MS/HS Winter Bands/Ensembles Concert
@SOIS theatre (16:00)

March

- 1-2 WJAA MS Boys Soccer
@Canadian Academy,
Girls Basketball @Marist Brothers
- 2 Senri International School Graduation
@gym (10:00)
- 4 OIS/SIS HS Student Council Cleaning Day
- 6 Parent Teacher Association (PTA) meeting
@3F Conference Centre (9:00)
- 8 OIS Grade 5 Camp
- 8-9 WJAA HS Soccer Tournaments
Boys @Canadian Academy
Girls @Yokohama International School
- 9 Scholastic Admissions Test (SAT)
- 10-16 OIS Grade 11 Service Trip to
Cebu, Philippines
- 13 OIS ES Three-way Conferences
(classes end at 11:30)
- 13-15 OIS MS/HS Spring Camps
- 14 OIS ES Three-way Conferences (no classes)
- 15 OIS ES Creativity Day
- 15 SOIS Winter Trimester Ends
Classes resume April 2, 2019

Library Bookmark Competition Winners Announced

In December 2018 the SOIS library held its annual bookmark contest. In this contest students from the entire student body are asked to submit entries. The focus is on encouraging reading and the different genres that can be read. The winning entries are printed for the school community and are currently available at the library. Each student & community member may select one bookmark of their own; any remaining bookmarks will be available in the library throughout the rest of the year.

This year we had over 230 entries from 131 students. From these entries, the art department, librarians and school administrators selected the winners. Each winning student is given a book voucher/art supplies, a certificate, extra copies of their bookmark and a small prize. Winning entries and exemplary entries will be displayed for the month of January.

Congratulations and we look forward to next year's entries.

SOIS Annual Bookmark Contest Winners 2019

OIS Elementary School

1. KA Satoshi Kamada
2. KB Meika Iwaki
3. G1 Miu Imoto
4. G2 Lisa Kawakami
5. G3 Catalina Nishino
6. G4 Hajun Noh
7. G5 Maya Kobayashi

OIS Middle School

8. G6 Aimi Iwamoto
9. G7 Nico Ishiuchi-Ray

SIS Middle School

10. G7-1 Rina Tajima
11. G9-1 Nanako Gomi

SIS Middle School

12. G10-1 Miu Akiyama
13. G11-2 Ritsuki Tanimoto

Artist's choice

14. OIS KA Doyun Lee
15. OIS G1 Mia Ono
16. OIS G2 Juno Matsuoka
17. OIS G5 Angus Wong
18. OIS G6 Sofia Watanabe

19. OIS G7 Mia Sawamoto
20. SIS G7-2 Mayu Kitao
21. SIS G9-2 Nanami Tamura
22. SIS G10-4 Koyomi Takemasa

OIS Headmaster's choice

23. OIS G2 Juno Matsuoka

OIS Principal's choice

24. OIS G7 Ayaka Azumi

Librarian's choice

25. OIS G5 Yuuka Iwaki
26. SIS G9-2 Yasuha Katayama



Personal Project Exhibition

February 4th - 13:30 to 17:00 - 3rd Floor Conference Room

All members of the SOIS community are invited to the Personal Project Exhibition in the 3rd Floor Conference room. Grade 10 students have spent the past year working on a project of their own creation, from getting fit to writing history books for children and now they are ready to show off what they've done and what they've learned. The Personal Project (PP) is the culmination of the International Baccalaureate's Middle Years Program. The PP demonstrates independence and maturity in grade 10 learners.

Each student has been allocated a 10-minute time period starting at 13:30 to present their journey. They will start with why they wanted to do the project, how it went and what they learned. There will be time for questions, which the students will use as feedback for the 3,500-word essays they will write afterward.

Although students from the school will attend, we would love if parents come and support the project. OIS Technology Learning Coach, Mr. Oscar Sala will be filming the event and making videos for anyone unable to attend, and more information on that is coming later.

If you have any questions, feel free to contact the Personal Project Co-Ordinator Mr. Brodie Nicholl at bnicholl@senri.jp.ed

Sana Konishi-Attwood	1:30-1:40
Malka Bobrove	1:40-1:50
Curtis Noguchi	1:50-2:00
Joshua Clifton	2:00-2:10
Oka Maeda	2:10-2:20
Bee Suk Kwon	2:20-2:30
Hyon Joo Chang	2:30-2:40
Owen Kralovec	2:40-2:50
Kazuma Shinohara	2:50-3:00
Kei Kondo	3:00-3:10

Amy Saeki-Zhai	3:10-3:20
Emily Yoo	3:20-3:30
Go Iwabuchi	3:30-3:40
Youn Young Yang	3:40-3:50
Euan Lewis	3:50-4:00
Minami Matsushima	4:00-4:10
Jiun Kim	4:10-4:20
Natsuki Hiura	4:20-4:30
Lisa Kato	4:30-4:40

All School Production 2019

This year's All School Production is the much loved fairytale with a twist, Shrek The Musical! We look forward to taking you on a singing, dancing, laughing, crying roller-coaster ride with Shrek, Donkey, Fiona and a colourful cast of over 70 characters!

You can join us on the journey at the following times:

Thursday, February 14th from 4:30

Friday, February 15th from 6:00

Saturday, February 16th from 2:00 and 6:00.

Tickets will go on sale to cast members from Tuesday, January 29th.



K-G2 Cafeteria Lunch Menu



February

01	Fri	Bolognese Penne Pasta, Herb Garlic Bread, Mixed Salad, Leek & Potato Soup
04	Mon	Chicken Cacciatore, Corn Rice, Mixed Leaves, Clear Vegetable Soup
05	Tue	Hashed Beef, White Rice, Sengiri Salad, Barley Soup
06	Wed	Grilled Lime Pork Chop, Spiced Corn on the Cob, Chickpea Salad, Carrot & Coconut Soup
07	Thu	Sakana Fry, White Rice, Steamed Green Beans, Red Pepper Soup
08	Fri	Juicy Beef Burger, Spicy Potato Wedges, Mixed Leaves, Tomato Soup
12	Tue	Demi-Glace Hamburger, White Rice, Steamed Broccoli, Pumpkin Soup
13	Wed	Chicken Fajitas, Tortillas with Tomato Salsa, Mexican Vegetables, Mixed Bean Soup
14	Thu	Chicken katsu, White Rice, Asazuke, Asparagus Soup
15	Fri	Winter Pork Stew, Edamame Risotto, Mixed Leaves, Clear Baby Corn Soup
18	Mon	Chilli Con Corne, White Rice, Corn Salad, Minestrone Soup
19	Tue	Beef Curry Don, White Rice, Mix Salad, Spicy Lentil Soup
20	Wed	Grilled Greek Perch, Saute Potatoes & Onion, Mixed Leaves, Cauliflower Soup
21	Thu	Grilled Shoyu Mayo White Fish, White Rice, Namul, Miso Soup
22	Fri	Meat Lovers Pizza, Steamed Broccoli, Mixed Leaves, Citrus Bean Soup
25	Mon	Rosemary Roast Chicken, Crushed Baby Potato, Seasonal Vegetables, Mushroom Soup
26	Tue	Teriyaki Chicken, White Rice, Ume Cabbage, Corn Soup
27	Wed	Crispy Fried Fish Burger, Tartar Sauce, Sweet Potato Fries, Coleslaw, Greenpea Soup
28	Thu	Sauteed Pork Chop, White Rice, Bean Sprout Salad, Clear Vegetable Soup

Cezars Kitchen also produces three menus every month for Middle and High School students; an **International Menu**, a **Japanese Menu**, and a **Vegan, Vegetarian Menu**. You can find PDF copies of these menus [here](#).

Stay



Healthy!

SOIS Sabers Sports and Activities

Sabers Sports updates from Activities Director, PETER HEIMER

Sabers Website

<http://sabers.senri.ed.jp>

Sabers Facebook page

<https://www.facebook.com/groups/SabersAthletics/>

Middle School Winter Sports Season II Begins

The start of the new year marks the start of winter sports season II for Sabers middle school student-athletes. Both the MS girls basketball team, coached by Mr. Mecklem and Ms. Nicholl, and the MS boys soccer team, coached by Mr. McGill and Mr. Martin, have started practice, Tuesdays and Thursdays, 3:45–5:45. Each team has nearly 50 players, reflecting the popularity of our middle school sports program. We have a no-cut policy at SOIS, meaning that all players who want to join a team are encouraged to do so; no players are cut due to limited ability or experience – come one, come all! MS sports seasons last about six weeks with competitions on most Saturdays, culminating in a two-day WJAA championship tournament. Once a year, players and parents are required to complete the [Sabers Sign Up](#) process by submitting a series of online permission and agreement forms – thank you for doing so.

High School Basketball Season

The Sabers boys and girls basketball teams continue their successful seasons. The junior varsity teams competed in season-ending WJAA championship tournaments January 11–12, with the boys finishing a strong 2nd in Yokohama and the girls winning the championship in Kobe.

The varsity teams competed in their WJAA tournaments January 18–19. The boys traveled to Canadian Academy in Kobe where they finished a disappointing last place with 4 losses. SOIS hosted the girls tournament and the crowd was treated to an exciting championship victory by Coach Sagara's team. Details can be found on [the tournament webpage](#).

The varsity basketball played in the season-ending AISA tournaments January 25–26, the boys at Yokohama and the girls here at SOIS.

AISA Math Mania and Leadership

SOIS student leaders and math whizzes traveled to Seoul International School January 24–27 for the annual AISA math mania competition and leadership conference. The

math mania competition unites mathematicians from AISA schools to challenge and expand their understanding of mathematics, to engage in friendly competition, and to have fun. At the same time, AISA schools student council members and leaders gather to take part in a collaborative leadership conference in which students develop team-building skills, share common student leadership experiences, and explore practical ideas for promoting school and community spirit.

These are great AISA events that provide new opportunities for our students. Special thanks to the teachers who have prepared the students: Mr. Bertman, Takahashi-sensei, Mr. Sheriff, Mitsuhashi-sensei, and Ms. Alcantara. Mr. Bertman and Mr. Sheriff who traveled with the students to Seoul.

New high school seasons begin Monday, January 25

Next up for Sabers high school student-athletes, after the basketball season: soccer, swimming, badminton. First official practices will be held during the last week of January. Be ready, Sabers. Players should complete the [Sabers Sign Up](#) now.

Thank you

As always, thank you for your continued support of the Sabers activities program. Please contact the AD any time you need help. Please visit the AD office, room A-240, near the business office. Contact at pheimer@senri.ed.jp or at 072-727-2137.

Congratulations to the HS Girls Varsity Basketball team, who won the 2019 WJAA Tournament. The girls beat teams from five other international schools to take the title.



SOIS Model United Nations Conference

by Nanami Hasegawa, OIS G11

SOIS hosted a Model United Nations (MUN) conference on January 11-12, 2019. MUN is an educational simulation of the United Nations, where students act in the role of delegates representing different countries and discuss current world issues. The British School in Tokyo (BST), Marist Brothers International School (MBIS), and SOIS were the participating schools in this MUN conference. Some SOIS students had the opportunity to homestay BST students during this event. In addition, we were delighted to have Dr. Keith Alverson, director of the UN Environment International Environmental Technology Center in Osaka, as our guest speaker for this event. He kindly gave us an engaging talk on plastic waste and how we can move towards a sustainable future.

The delegates in this conference prepared two topics of discussion: nuclear disarmament and combatting disinformation. These are issues that our world currently face and allowed heated debates to occur among the participants. Moreover, this conference also had an emergency crisis, where delegates were presented with a current events-related scenario on the spot, meaning they would have to have a good grasp of their country's policies and positions on global issues. During this emergency crisis, a hypothetical scenario of a Chinese frigate and an American commercial ship colliding in the South China Sea was discussed, and a resolution was

created in an attempt to resolve this conflict. This was the highlight for most delegates, as it was the climax of the conference and the sense of urgency was in the air.

Furthermore, the experiences delegates gained tied in with the school's mission statement to develop informed, caring, and creative individuals who contribute to a global community. Delegates researched about the country they were representing and were informed about their stance on certain issues, they were caring towards the visiting schools by helping them feel comfortable at SOIS, they creatively crafted resolutions that would solve problems, and contributed to the global community by advocating for worldwide issues. Additionally, they also gained confidence in their public speaking skills since the conference pushed them to voice their ideas in a professional manner. Sometimes a country's stance may have contradicted the delegate's opinion, so students had to set their personal thoughts aside when speaking in front of an audience.

All of the participants shone in their own way and grew throughout the conference. We would like to especially congratulate Minami Matsushima (OIS grade 10) and Yuki Kusanagi (SIS grade 11) for being the outstanding delegates from SOIS. Everyone was tired at the end of the two days, but the room was filled with laughter and pride from all of the hard work that was paid off over the course of this conference.

Important Numbers

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