

ois Educator

FEBRUARY 10, 2018



Views from the Head of School, BILL KRALOVEC

We are looking forward to hosting the Western Association of Colleges and Schools (WASC) and International Baccalaureate (IB) representatives February 18-22, 2018. A visiting committee will be evaluating our school and supporting our improvement plans. The IB is led by Nigel Forbes-Harper, a former head of several international schools and head of regional services for the IB in Asia-Pacific. He is currently an educational consultant living in Perth, Australia. The WASC team will be led by Dr. Gary Davis, a current Governing Board Member of WASC and a retired educator from Oxnard, California.

The eight-member team will be meeting with students, parents, faculty and staff. If you see them, please say hello and introduce yourself. They want to hear from a variety of community members. Parents are invited to attend a meeting on Monday February 19 at 3:45 PM in the third floor conference room to talk with the committee members. Please let Chiaki (caotani@senri.ed.jp) if you are interested in going. There is no preparation needed, they are looking for feedback on your experience as an OIS parent.

We will use feedback from the committee visit and our self-study to create our next 5-year strategic plan. We hope to reaffirm our strengths as a school and ways to improve student learning. It will be an exciting week!

Global Issues Forum

Part of our mission is to “contribute to the global community”. Last month OIS high school students and students from United World College International School of Asia Karuizawa (UWC-ISAK) debated global issues in a United Nations-like format. The UWC ISAK students stayed with OIS families and part of the conference was about friendships and interacting with others. UWC ISAK is a boarding school in Nagano and gives scholarships to students from all over the world. The students debated many topics and made resolutions to solve child poverty around the world.



from the MS/HS Principal, KURT MECKLEM

If you follow the U.S. media, it isn't uncommon to see articles about the increasing anxiety and stress levels amongst young people today. For example, in October, the New York Times asked the question, "[Why are more American teenagers than ever suffering from severe anxiety?](#)" In the last few years, numerous other media outlets from [The Atlantic](#) to [NPR](#) have had similar stories. While most of our students aren't from the United States, it is probably fair to say that the trends that are being reported apply to many of our students, too. In surveys we have conducted, almost two thirds of our students in grades 6 to 10 report that they suffer from stress at least sometimes. While stress is unavoidable and can actually be used positively, when it affects sleep and diet, it becomes more serious. In our survey, about three quarters of our students report that stress affects their sleep at least sometime and around half say that it affects their diet at least sometime. While these numbers probably aren't that much different from what we would see in other similar schools, we have been working to help our students deal with stress. This has ranged from presenting in assembly to doing activities in homeroom that are based on encouraging wellness.

As a parent, there are things you can do at home. There are numerous resources out there to help you understand the impact of stress which also include suggested activities and other strategies. One good resource is [GoZen](#). This website has sections for both schools and families. There are free resources and a newsletter but there is a subscription fee if you want to go further with your family. We have used some of their resources in school to introduce the topics of stress and anxiety which is a first step to controlling it. Another resource, more geared towards parents than schools is the [Children's Anxiety Institute](#). Stress doesn't have to be all bad, Kelly McGonigal has a good TED Talk on "[How to make stress your friend](#)." But, it is clear that the increasing amount of stress and anxiety in young people is something that schools and families need to be aware of so that they can take steps to help mitigate it. We have been working on this at school and I encourage you to discuss it with your children at home. The first step towards managing it is understanding it and its impact. If you would like to discuss this more, feel free to contact me and I can also arrange a "coffee discussion" if there is enough interest.

You have probably seen us mention several times in recent *Educators* about the re-accreditation visit from WASC and the IB. After over a year and a half of preparation the visit will occur next week. I would like to thank those parents who supported us through meetings and answering surveys.

Other events in February include the personal project exhibition to which everyone is invited. This occurs on

February 19 at 2:40pm on the second floor mezzanine. On February 21-23, SOIS students will be participating in a Model United Nations at Marist Brothers International School in Suma. On February 27 and 28 we will be having our winter concerts. The performers will include the middle school chorus and the middle school and high school concert strings groups on Tuesday the 27th and the middle school and high school concert bands the next afternoon. Both events start at 4:00pm in the theater.

Camps are coming up, too. The sign-ups are complete and you should have received more information in your SOISMail accounts about payments and schedules. As always, please feel free to contact me with any questions.



K-G2 Cafeteria Lunch Menu

February

13	Tue	rice with hashed beef
14	Wed	hamburger in stew
15	Thu	pork rice bowl
16	Fri	kitsune udon - wheat noodles in soup with fried bean curd
19	Mon	ramen noodles in miso flavored soup
20	Tue	rice omelet with demi-glace sauce (type of brown sauce)
21	Wed	Milanese cutlet
22	Thu	chicken & egg bowl
23	Fri	cheese burger
26	Mon	curry & rice
27	Tue	Milanese rice casserole
28	Wed	chicken grilled with pizza sauce

March

1	Thu	Salmon broiled with cheese
2	Fri	kitsune udon - wheat noodles in soup with fried bean curd
5	Mon	fried pork with almond
6	Tue	beef & egg bowl
7	Wed	deep-fried pork stuffed cheese
8	Thu	cheese omelet with meat sauce
9	Fri	pork-cutlet sandwich
12	Mon	pork bone broth ramen
13	Tue	Milanese chicken cutlet
14	Wed	hamburger steak

Views from the ES Principal, CAROLYNE MARSHALL

The one hundredth day of the school year will be Thursday February 15. This is often celebrated in elementary schools by younger students making collections of one hundred objects to help them understand large numbers. Our grade 1 class has made unique collections of one hundred objects which clearly show their creative thinking and organizational skills. Creativity is a strong focus of the PYP. We encourage students to be risk-takers trying out new techniques and applying them to new contexts in all subject areas. Grade 3 are making a collection to give to G1. They are applying their knowledge of different mathematical operations and functions to compile one hundred ways to make the sum of one hundred.

Creativity is evident throughout the classes as students are given opportunities to experiment with skills and make connections. It is not confined to the art room. Movement sequences are created by groups of students in PE. KA constructed an aeroplane in which they can all fit to fly imaginatively to the different climates they have studied. Genius Hour is practised by G4.

Language skills also develop when we are creative. Our commemoration of International Mother Language Day on 21 February will be part of a week of activities that enable students to share their home languages and to

learn more about how people have developed unique ways to express themselves. By making a large multilingual art installation together outside the library we'll see how words can be creatively represented in a collage. We are concluding this trimester with a day devoted to creativity. At a weekly assembly the students brainstormed the skills they wanted to explore and how this could be done in multi-age groups. We will have cooking, construction, music and movement, creative writing, team game inventing and crafts. We're looking for parents to join one of these skills so that everyone can enjoy being more creative. If you are interested please contact me.

Donation Drive for the Homeless

Dawn Inada, G1 teacher

On behalf of the students in grade 1, I would like to send a heartfelt thank you for your generous support of the donation drive for the homeless. We collected many items to provide comfort in the cold and were also able to make a monetary donation to the Sannou Kodomo Center that organizes the monthly Yomawari.

Mami Sensei, who is in charge of the center, is a remarkable woman who works tirelessly to help members of the community. She was very grateful for the donations. We are looking for additional ways to support her work with the children and homeless in the area.

The social service program of Yomawari (delivering onigiri to homeless people at night) through Sannou Kodomo Center was filmed the evening the donations were delivered to the center. The program will be aired on TV, in two parts, on February 10 and 17. Several OIS students and teachers who helped with Yomawari might appear in the program.



- Saturday, February 10th 10:00-10:30pm
- BS Fuji TV The Program: "Itteki no Mukougawa e (first half)" (一滴の向こう側へ 前半)
- Saturday, February 17th 10:00-10:30pm
- BS Fuji TV The Program: "Itteki no Mukougawa e (second half)" (一滴の向こう側へ 後半)

Thank you again for caring and contributing!

School Calendar

February

- 13 Monday Schedule
ASP Preview for ES Students
- 15-17 All School Production
- 18-22 WASC & IB Joint Accreditation
Authorization Visit
- 19-23 ES Mother Tongue Language Week
- 19-23 IB Mock Exams
- 20 Yearbook Picture Day (final chance for those who have not taken yet)
- 21-23 Model United Nations at MBIS
- 27 MS/HS Winter Strings & Chorus Concert
- 28 MS/HS Winter Bands/Ensembles Concert

March

- 5 OIS/SIS HS Student Council Cleaning Day
- 9 OIS G5 Camp
- 10 SAT Test

Setsubun

OIS strongly believes in having our students experience Japanese culture. Setsubun is celebrated in Japan every February 3 as a division between Daikan (greater cold) and Risshun (beginning of spring). The traditional Japanese calendar has 72 "microseasons" in a year and Daikan and Risshun are two of the 24 major subdivisions of this calendar.

Setsubun was previously thought of as sort of a New Year's Eve, and so it is still today marked by a special ritual to cleanse away the bad spirits of the former year. The mamemaki ritual of throwing beans at the Oni representing bad spirits, cleanses the participants so they are good and healthy for the rest of the year.

The kindergarten students loved throwing beans and had a memorable experience because they were active and it was emotional. The IB philosophy of learning by doing is on display on an activity like this. OIS students learn the culture and language of Japan through their Japanese classes.



Library News - February 2018

Sarah Wakefield, Librarian

One of the great resources the library offers to the SOIS community is the use of magazines both in Japanese and English. There are a variety of magazines that are focused on teachers, parents and special interests such as art, science, news and history. We have magazines both for elementary and secondary students.

These magazines are available for check out or to enjoy in the library. I would like to highlight a few new magazines we have recently subscribed to:

ChopChop is a magazine about cooking and food for children (elementary). It is focused on bringing families together around food in healthy ways. Please see their link (which has loads of recipes) and also I've included their mission statement for their organization.

<http://www.chopchopmag.org/>

Their mission:

ChopChopKids is an innovative non-profit organization whose mission is to inspire and teach children and families to cook real food together. We believe that cooking and eating together as a family is a vital step in resolving the obesity and hunger epidemics.

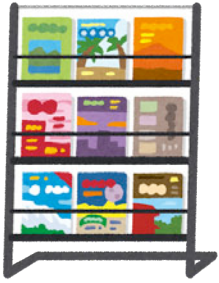
Eating Well is another new magazine in the library (secondary or community) and is focused on healthy eating. The organization does not believe in fad diets and instead focuses on good tasting, healthy and sustainable food.

For more information please visit their website:

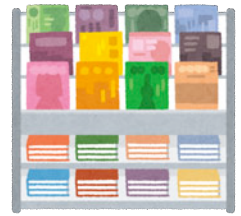
<http://www.eatingwell.com/article/14869/about-eatingwell/>

Jack and Jill is a new magazine for elementary that will be fun for all ES students. "Jack and Jill is an award-winning magazine for children ages 6-12. It promotes the healthy educational and creative growth of children through interactive activities and articles."

<http://www.uskidsmags.com/magazines/jack-and-jill/>



Below is a list of magazines found in the SOIS Library. If you need any help accessing them, please ask us to assist you.



English Magazines	Japanese Magazines	Japanese Magazines	Japanese Magazines
Aesthetica	Amnesty	学習情報研究	Number
American Girl	アジアの土	本の旅人	日本語学
ArtAsiaPacific	アニメージュ	情報の科学と技術	Newsweek 日本語版
BBC Focus	AERA	JST News	日経サイエンス
Boys' Life	AERA (English)	JTB時刻表	週刊金曜日
ChopChop Magazine	朝日新聞縮刷版	海外子女教育	数学セミナー
COSMOS - Australia	AERAムック	聴く中国語	ソトコト
Discover	バンドジャーナル	切り抜き速報 科学と環境版	総合政策研究
Eating Well	BE-PAL	切り抜き速報 食と生活版	現代数学←理系への数学
Educational Leadership	文藝春秋	季刊民族学	少年写真ニュース
Fast Company	文藝春秋SPECIAL	国立民族学博物館 友の会ニュース	Sai
Imagine	Civil Engineering Consultant	国際文化フォーラム通信	心理臨床の広場
Instrumentalist	COMVO	子供の科学	週刊ベースボール
Jck & Jill	クロスロード	韓国語学習ジャーナルhana	世界
Juxtapoz	ch Files	教育科学 国語教育	Science Window
National Geographic	ダ・ヴィンチ	蛍雪時代	図書館雑誌
New Ceramics	大学への数学	キネマ旬報	図書
New Internationalist	栄養と料理	暮らしの手帖	テルスター
New Yorker	英語教育	MILK CLUB	unicef news
Parents	ふい〜るど	mundi	うかたま
Psychology Today	月刊みんぱく	MORGEN	WWF 地球のこと
Runner's World	学校図書館部会報	もみじだより	non-no
Seventeen	月刊Newsがわかる	ナショナルジオグラフィック日本版	音楽の友
Shape Magazine	月刊ジュニアエラ	日経パソコン	本の旅人
Time	学校図書館	Newton	通訳・翻訳ジャーナル
Vogue	学校図書館 (速報版)	学習情報研究	図書館教育ニュース
Wired	芸術新潮		

Sabers Sports updates from Activities Director, PETER HEIMER

Sabers Website:

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

Sabers Facebook page:

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

SABERS SEASON CALENDARS

Want to know which Sabers teams are playing where and when? Be sure to check out the Sabers season calendar page on the Sabers website.

MIDDLE SCHOOL WINTER SPORTS SEASON II BEGINS

The Sabers winter season II for middle school student-athletes continues. Both the girls basketball team and boys soccer team have large squads and look strong again this year, with games already played against WJAA opponents. All players on the MS teams have seen game action, from the A teams all the way through to the beginners. Be sure to watch the boys soccer team as it competes in the annual Sabers Invitational futsal tournament here at SOIS on February 17. Details at <http://sabers.senri.ed.jp/ms-futsal.html>. Good luck to the MS teams as they work toward their WJAA tournaments in early March.

JV BOYS BASKETBALL

The Sabers high school boys basketball team captured an exciting WJAA championship, January 20, at Canadian Academy, on Takayoshi Nakagawa's late jump shot to defeat the host Falcons by 1 point. For more details and video of the thrilling final minute, go to <http://sabers.senri.ed.jp/news/jv-basketball-2018-boys-champions-girls-2nd-place>.



Sabers JV boys basketball team: WJAA champions 2018

AISA RESULTS: GIRLS BASKETBALL 1st, BOYS BASKETBALL 4th, MATH MANIA 3rd AND 4th

Over 50 Sabers students participated in four Association of International Schools in Asia (AISA) events in Osaka

and Seoul, February 1–4, 2018. SOIS played host to the 2018 AISA math mania competition and leadership conference, whilst the Sabers girls and boys basketball teams traveled to Busan and Seoul for their AISA tournaments. Congratulations to all Sabers basketball players, mathematicians, and student leaders, and a big thank you to the coaches.

Thirty students from Korea International School (KIS), Seoul International School (SIS), and Yokohama International School (YIS) traveled to SOIS to participate in math mania and leadership.

AISA MATH MANIA COMPETITION

The Sabers entered two teams in the math mania competition. The A team – Nanami Hariguchi, Yumiko Tajiri, Miki Fujito, Risako Okuda, Sho Sakura, Keiya Iwamida – finished in 3rd place, behind 1st place KIS and 2nd place SIS. The B team – Kodai Hara, Christopher Mitsuda, Fuka Nagahashi, Takayoshi Nakagawa, Yuka Aoyama, Bo Min Kim – finished in 4th place, ahead of last place YIS. Nanami Hariguchi was the top mathematician for the A team, and Kodai Hara topped the B team.



AISA math/leadership boat building fun

AISA LEADERSHIP CONFERENCE

Eight SOIS student council members – Aidan Suzuki, Arina Horai, Rizumu Kishi, Kino Hashida, Jenifer Menezes, Skye Inada, Noah Izumi, Nanami Hasegawa – took part in a two-day collaborative conference in which they explored international leadership issues and shared common student leadership experiences with their AISA counterparts. The students planned and conducted the events all on their own. In the end, Nanami Hariguchi and Noah Izumi proved to be master boat builders.

These were great events for our students. Special thanks to the teachers who prepared the students and helped run things – Mr. Bertman, Mr. Welburn, Mr. Sheriff, Mitsuhashi-sensei, and Takahashi-sensei.

Homestay: Special thanks to the 11 SOIS families who volunteered to be homestay hosts for the visiting students from Seoul. Many of these families are "repeat" hosts, evidence of their generous spirit and the enjoyable experience that hosting can provide. AISA events could not happen without homestay host families – thank you.

AISA BASKETBALL, GIRLS

Coach Sagara, Coach Okamoto, Coach Hirai and the Sabers girls basketball team competed in the annual AISA basketball championship tournament at Busan International Foreign School where the girls cruised to an impressive championship, winning all games by double digits. The Sabers pulled off a special double honor, also winning the sportsmanship award. SIS seniors Ayaka Nishi and Nanako Ogura, playing in their final Sabers basketball games, and SIS junior Yulia Ikumi were named to the all-tournament team. Special mention: OIS seniors Masami Nagasaka and Leola Hara also played in their final basketball games in the purple and black.



AISA girls basketball, champions

AISA BASKETBALL, BOYS

Coach Heimer and Coach Routh traveled with the boys team to SIS in Seoul for the AISA boys basketball tournament. The Sabers played well in all games – even defeating eventual champions KIS in round-robin play – before losing in the semifinals, and then finishing 4th. SIS seniors Tommy Ban and Shunji Nitta were named to the all-tournament team and, along with several other seniors – Mark Yamamoto, Teru Hasegawa, Yugo Mima, Hijiri Kamigawa, Hiroya Kobayashi, Kotaro Minamiguchi,

Shoma Oki – played in their final Sabers basketball games. Collectively, these seniors represent over 40 years of Sabers basketball experience.

Livestream: Video of the boys and girls basketball games can be viewed online. For video links, please go to <http://sabers.senri.ed.jp/news/aisa-events-feb-1-4-2018-live-streaming-available>.

NEW HIGH SCHOOL SPORTS SEASONS

Soccer, swimming, badminton, softball – all these HS teams are up and running. The girls soccer team, coached by Mr. Frater and Kono-sensei, and the boys, coached by Mr. Entwistle, are ready for matches this week. Swimming (Coach Bertman, Coach Kano) and badminton (Coach Hasegawa and Coach Ishiuchi-Ray) are busy practicing. And softball (Coach Hirai, Coach Hikosaka) have begun early-season batting practice. Good luck to all Sabers teams.

SABERS TV

Do you know that Sabers athletics has its very own television show? Every other Wednesday morning, Sabers TV is broadcast to all classrooms via the SOIS in-school television network. Student anchors, interviewers, camera operators, and control board technicians work together to put on a show that announces Sabers results and conducts interviews with coaches and players. With the technical expertise of Mr. Frater and minimal interference from Mr. Heimer, the students organize, write, rehearse, promote, produce, and broadcast the show...and have lots of fun doing so. They work hard and provide an informative and entertaining service to the Sabers community. View past shows on the Sabers TV webpage. <http://sabers.senri.ed.jp/sabers-tv.html>.

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.



AISA boys basketball, 4th place

All School Production

You're a Good Man CHARLIE BROWN



Thursday 15 February..4:30PM

Friday 16 February6:00PM

Saturday 17 February..2:00PM

Saturday 17 February..6:00PM

in the SOIS Theatre



Staff Notice



Dear OIS parents,
One of my duties as administrative assistant to the head and principals at SOIS has been to edit and publish *The Educator*. This, however, will be my last edition, as I am retiring on 31 March 2018 after almost 27 years at the school. I would like to express my great appreciation to the whole OIS

community; although it is sad to leave, I feel honored to have worked in this wonderful school for so many years. Your support for school has been very much appreciated, and I hope you will continue to support it for many more years to come. Thank you very much.
Chiaki Aotani

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