

October Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tokyo Citizen's Day	2 Kanji Tatewari Greeting 8	3 Keisan Social Studies Field Trip G5	4 Student Committee Presentation Assembly Tatewari Greeting 9 Fisheries Industry Study G5	5 Boccia Experience G3, 4 Tatewari Greeting 10 PTA Event
6	7 Morning Assembly Report from Overseas Trip Tatewari Greeting 11 Committee	8 Safety Instruction Tatewari Greeting 12	9 Kanji Tatewari Greeting 13 Planetarium G4	10 Keisan Life Studies Field Trip G1, 2	11 Intercity Sports Event Send-Off Assembly Tatewari Greeting 14	12 Ward Residents Festival
13 Ward Residents Festival	14 Sports and Fitness Day	15 Intercity Sports Event G6 Interaction with Azabu Kindergarten G2	16 Kanji Research Lesson 1-1 Tatewari Greeting Make Up Day	17 Keisan Evacuation Drill	18 Reading Life Studies Field Trip G1, 2 (Make Up Day)	19
20	21 JRC Initiation Ceremony Community Cleaning	22 Enthronement Ceremony Day School Foundation Day	23 Kanji Open School Club (5 th Time) Japanese Manners G1	24 Keisan Open School Furoshiki G5	25 Tatewari Assembly Open School School Explanatory Meeting 11:00 Japanese Instruments G5, 6	26
27	28 Morning Assembly Committee (for November) Community Cleaning	29 Music Assembly Interaction with Nanzan Kindergarten G5	30 Kanji School Route Inspection	31 Keisan Job Experience G6		

October Goal 「Use with care.」

- Check how you cleaned up.
- Put things neatly for the next person to use it.



南山小学校

School Newsletter

October Edition

September 30, 2019
Minato City, Nanzan ES
Principal Akio Nanba

October is Physical Improvement Awareness Month

【Seeking Physical Fitness for the Children Who Will Lead the New Generation】

According to the results of the Sports Test from the Ministry of Education, Culture, Sports, Science and Technology (MEXT), there has been a steady decline in students' physical fitness and ability since 1985. Physical fitness is a source of activities in which we sharpen our intellect and make use of our knowledge, as well as a source of vitality for maintaining our everyday lives.

Last month, the results of the Sports Test were given to the students. Were you able to review them at home with your child? The students were tested on "grip strength," "sit ups," "sit and reach," "lateral sprints," "20m shuttle run," "50m sprint," "standing long jump," and "throwing a softball." The average scores for these 8 tests are compiled at the national, municipal, and school levels. The results for our school are as follows.

<Grade 1>

○The boys and the girls are both above the national and municipal averages.

- The boys had lower scores for "throwing a softball" (pitching ability), while the girls had lower scores for the "standing long jump" (explosive power).

<Grade 2>

○The boys are the same as the national average and above the municipal average. The girls are below the national average, and the same as the municipal average.

- The boys' and the girls' scores were low for the "20m shuttle run" (stamina).

<Grade 3>

○The boys are below both the national and municipal averages, while the girls are above both the national and municipal averages.

- The boys' and girls' scores were low for "throwing a softball" (pitching ability).

<Grade 4>

○The boys are the same as the national average, while they are above the municipal average. The girls are above both the national and municipal averages.

- The boys' and girls' scores were low for "throwing a softball" (pitching ability).

<Grade 5>

○The boys and the girls are below both the national and municipal averages.

- The boys had lower scores for the "20m shuttle run" (stamina), while the girls had lower scores for "sit ups" (flexibility).

<Grade 6>

○The boys and the girls are below both the national and municipal averages.

- The boys' scores were low for "throwing a softball" (pitching ability), while the girls' scores were low for the "20m shuttle run" (stamina).

【Efforts at our school to improve students' physical fitness】 Every week on Thursday we engage in "Tairyoku Up Time" (fitness time).

Event Name	Activity
Touch Cone	How many times can you touch the cones that are laid out in 10 seconds?
Rhythm Jump	Following the rhythm, how many lateral sprints can you do in 1 minute?
Aim for the Hoops	Aim for the hoops and throw the foam rockets at the target.
Jump Rope Master	How many times can you jump using different techniques? Try out various jump rope techniques.
Ballschule	Do different exercises with various balls.
Dogu to Nakayoshi	Spin the hula hoop using different parts of your body.
Dokomademo Nakayoshi	Do standing long jumps and running long jumps at the sand pit.
Iron Bar Plaza	Try new techniques and practice your skills at the iron bars.
Reverse-y	Quickly flip over objects placed on the ground. Battle for points.
Jump Rope	Jump for 3 minutes as a class and try to reach a new goal together.

It is important that we try to move our bodies doing day to day things like cooking and cleaning, go outside and engage in exercise and sports on our days off, have an active lifestyle, and be able to feel comfortable every day.

The season is fresh and invigorating. How about putting a twist on some of the events and trying them out together as a family? Please enjoy exercising together as a family, and I hope this will be an opportunity to think about the improvement of physical fitness.

Swimming Instruction • Summer Swimming

Starting from the pool opening on June 17th the students have done swimming studies in their P.E. classes and at summer swimming.

The lower grades focus on trying to “get used to the water as well as floating and submerging games,” while the middle grades concentrate trying the “*kenobi* and *fushiuki* floating exercises, as well as practicing the basics of the crawl and the breaststroke.” The upper grades worked on “practicing the crawl and the breaststroke in different task groups.”

Around the middle of July, there was a lot of rain and lower temperatures, so we could not carry out swimming instruction for a number of days. Just as we were thinking, “Will summer swimming be cancelled due to low temperatures?” the temperature climbed, and unlike the summer swimming that was cancelled last year, this year it went ahead as planned. July 30th was the swimming level evaluation day, and altogether 97 students from all grades participated.

After swimming instruction had ended, students from each grade were interviewed about their accomplishments. Building on their accomplishments from this year, we want to provide fun and rewarding swimming instruction next year as well.

【Interview ~What did you do your best at, and what did you learn to do during swimming instruction this year?~】

- I could submerge all the way up to my head. (Grade 1)
- I could do *fushiuki* for a longer time. / I did my best at *kenobi*. (Grade 2)
- I could swim 25m. / My swimming level went up 4 ranks. (Grade 3)
- I learned to do the crawl while being conscious of my breathing. (Grade 4)
- I did my best to become faster at the breaststroke to prepare for the swim meet. (Grade 5)
- I became able to do the crawl for 50m. / I shortened my breaststroke swimming time by 10 seconds. (Grade 6)

The clothed swimming exercise was carried out on September 13th (Fri). Every year we carry out this exercise with the students so that they will know what the appropriate actions to take are when confronted with a drowning incident. This year it was done by the middle and upper grades. They learned about how different it is when moving while wearing a swimsuit compared to wearing clothes in the water, and how a bucket or a plastic bottle can be used as a float which can save a life.



Mathematics Study by Level Aiming for the Summit

Mathematics Teacher i

At our school, we conduct math classes by level for students in the 3rd through 6th grades. First, the students' current level is ascertained before each unit with a “Readiness Test,” and we look into which course they hope to take. Afterwards, with those results in hand, there is a meeting with the homeroom teachers and the students' courses are determined. From this point, we build a mutual understanding of how the class should proceed and which goals should be emphasized. For grades with only a single class, standard and developmental are the two courses offered. Grade 3 has three courses available, which are supplemental (deliberate and careful), standard, and developmental. In the supplemental course, more time is spent on having the students grasp the problems, and the class proceeds with the teacher and the students working together to solve the questions. The standard course proceeds with a course of study that follows the mathematics textbook. The developmental course proceeds with students deepening their presentation and analysis skills after solving the problems individually as well as engaging in practice problems that depart from the textbook.

An important thing to remember about the math classes by level at school is that no matter which course the students take, they all take the same math test at the end of the unit, so the goal (level of attainment) is the same. In the end, the summit of the mountain is “the acquisition of basics, (practical) application, and development,” and while this goal is the same for all of the students, the climbing route (course) is slightly different for each of them. This style of study is intended for all students to be able to stand atop the same summit. With this idea in mind, teachers at Nanzan carry out their math classes by level daily.

Summer Project Display



Using the hallways of the school, the students' summer projects were displayed from September 5th (Thu) through the 10th (Tue).

Whether it was a report or a project done independently through research and experiments, or a project made together with parents, every work was an achievement and worth seeing.

I believe that the experience of considering topics, choosing a subject, and creating something on their own tied into a strong sense of accomplishment for the students. Please carefully preserve their projects at home as a record of their growth.

