



東中通信

School's
Educational Goal
Act for your own
and everyone's
happiness

みのかも教育21
FROM-0歳プラン
~きびしく・やさしく・
たくましく~

TEL(0574)25-3885 FAX(0574)25-3886 E-Mail : higashi-jhs@edu.forest.minokamo.gifu.jp

Let's make this summer the one to win Trust.

■ I wrote about turning “Worry” into “Trust” (previous issue)

Certainly, I wrote it with the feeling that “We should do that” and I believe that “We must make that kind of effort”.

But to all junior high school students, I want you to understand, even just a little, that adults are worried about you. This is also my true feelings.

■ “Easy” alone is not enough.

To put it simply, I think this is why adults worry about you (at least, I do). Once you start working and getting paid, it's something you really feel.

On the other hand, this also means that there have been many painful experiences as a result of taking the easy way out. When someone who has had such experiences looks at you, they may think, “Oh, if you keep doing that, something terrible will happen...”. This is the true nature of “Worry” (I think so).

■ Well, summer vacation is finally starting...

Many people will say, “We have been waiting for this!” The next 40 days (960 hours) from tomorrow are the time when you can almost entirely control by your own thought.

And adults, who know how difficult it is to control the time, will go to work, and watch over you from tomorrow, trusting you and worrying about you. Therefore, this is your chance to show that you can control of your time and win others' trust. Don't you think so?

信頼を勝ち取る夏に

Principal Hideya Watanabe 校長 渡辺英哉

■ Is it your sustainable plan or goal?

There are so many things you “have to do” and “want to do”, and so many temptations that get in the way. I think it's summer vacation. For example, the Paris Olympic Games are taking place this summer. For those of you (me) who love watching games, this is probably a big problem.

At this like this, I try to think of “moderate resistances”. The idea is to set the bar just right, and to make it not “easy”, but not “too hard”. “This year, I am going to hold off on all the things I want to do”. This is also admirable. But in my case, that would not last 40 days. So, I came up with two “moderate resistances” as below.

- ① To walk to work the day after watching the Olympic Games.
 - ② In 40 days, to read at least two books of a genre or by an author I have never read before.
- If I can do these two things, I will be able to take control of my health that I have always felt I had to or wanted to do, and broaden my horizons, and it will make me feel excited.



For both of us, let's take this summer vacation to think for ourselves, make our own choices, and take action, and we will see each other in good health 40 days later.



Schedule of Aug. & Sep.

Leaving school time is subject to change.

日	曜	Events' schedule	End of meeting	Dismissal Complete	Club
29	木	Classes start after vacation	13:25	13:40	×
30	金		14:55	15:10	×
31	土				
1	日				
2	月	Final exam for 1 st half of the year ①	/	13:00	×
3	火	Final exam for 1 st half of the year ②	/	13:00	×
4	水		14:55	15:10	×
5	木	Grades' ST	15:50	16:45	○
6	金		15:50	16:45	○
7	土				
8	日				
9	月		14:55	15:10	×
10	火		15:50	16:45	○
11	水		14:55	15:10	×
12	木	Grades' ST PTA High School Tour PTA executive committee	15:50	16:45	○
13	金		15:50	16:45	○
14	土				
15	日				
16	月	Respect for the Aged Day			
17	火	Teachers' training Math (3-9)	14:55	15:15	×
18	水		14:55	15:10	×
19	木	Entire school's ST	14:55	16:10	×
20	金		15:50	16:45	○
21	土				
22	日	Autumnal Equinox Day			
23	月	Spare holiday			
24	火		14:55	15:10	×
25	水		14:55	15:10	×
26	木	Grades' ST	15:50	16:45	○
27	金		15:50	16:45	○
28	土				
29	日				
30	月		14:55	15:10	×

Schedule for the beginning of 2nd semester

Aug.29th (Thu) Morning classes only

School lunch served, Last dismissal time 1:40pm

Aug.30th (Fri) Regular curriculum

School lunch served, Last dismissal time 3:10pm

Sep.2nd (Mon) Final exam of 1st half of year (1st day)

School lunch served, Last dismissal time 1:00pm

Sep.3rd (Tue) Final exam of 1st half of year (2nd day)

School lunch served, Last dismissal time 1:00pm

学校運営協議会

■ 第1回学校運営協議会が6月10日に行われました。生徒会執行部と懇談や授業の様子を参観していただき、その後、学校運営について協議をしていただきました。また、会長選出が行われ、会長が決定しました。令和6年度の委員の方を紹介します。

会長 渡邊 哲郎 様 (元東中PTA会長)
堀部 義郎 様 (学識経験者)
船戸 宙治 様 (美濃加茂中高等学校長)
安藤 伸一 様 (古井連絡所所長)
芝辻 竜也 様 (下米田連絡所所長)
渡邊 貴裕 様 (山之上連絡所所長)
神田 博子 様 (主任児童委員)
川上 敏弘 様 (東中PTA会長)
宮嶋 愛子 様 (東中PTA副会長)

About PTA High School Tours (September, 12th (Thu))

In June, we called for applications from guardians of 3rd grade students for "PTA High School Tour", and received 80 applicants. Due to bus restrictions, only 65 people will be able to attend. Winners will be notified by e-mail around the end of July. On the day, we will collect 500 yen as a participation fee (including lunch), so please prepare 500 yen coins or 1000 yen bills. Thank you.

Contact during the summer vacation

◆ If you have any notices or inquiries to the school or school staff during the summer vacation, please contact the school.

Higashi J.H.S (0574) 25-3885

Weekdays 8:00~16:30

At times other than those mentioned above, you will get the answering machine.

◆ There will be no school staff on duty at school from August 6th (Tue) to August 16th (Fri).

In case of emergency,

• Minokamo City Board of Education, School Education Division

28-1137 (weekdays 8:30am~5:15pm)

• Kamo Police Station 25-0110 (代)

• Chuno Child Consultation Center

25-3111 (代)