



From “worry” to “trust”

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「心配」を「信頼」へ

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■Is “raising a child” something to “worry about”? . . .

I apologize for starting off my personal views on child-rearing.

When a child graduates from junior high school, will parents/guardians be able to “graduate” from their “worries”? I have watched over my child with this hope, but I have to come to realize that “graduation” is not something that happens even when a child graduates from high school or becomes a member of society. Then, at a bookstore, a book caught my eyes.



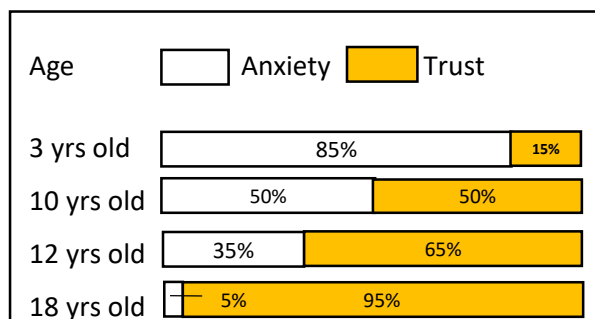
■Raising children is a journey that transforms “worry” into “trust”.

I was taken aback by a phrase from Nobel Prize-winning scientist Shinya Yamanaka that appeared on the cover of the book, and so I bought it written by Naoko Narita, a physician and pediatric neuroscientist.

The book contains thought-provoking episodes that leave me with no time to feel that my own parenting is being criticized. For example, when Ms. Narita’s child was taking entrance exams, she said, “Her child had to order the application forms own-self, write them own-self, get any recommendation letters, and do all the other procedures own-self. As a result, “the situation became so chaotic” that the child received phone calls from all the universities he applied to, saying that there were “inaccuracies”. The child tried to deal with the situation desperately by rewriting his application... I broke out in a sweat when I read sentences like, “I’m sure it was a very educational experience for him” and “When he retakes the exam and submitted his applications for the second time, none of them were returned”.

Furthermore, the phrase, “Overly interfering and overprotective parents prevent their children from becoming independent. As a result, children end up causing trouble for others and getting into trouble in places where their parents can not manage or control them”, made me reflect on the many times I have been overly interfering in my children’s lives, with the intentions of doing them a favor. I may have covered some harsh topics, but strangely, I felt relieved after reading it. I agree with the phrase written on the cover of the book, “You are not the only one who is worried! Gentle and specific advice from a leading expert!”.

This graph was also impressive.



Even though I can not stop complaining about “how long do I have to worry...”, I have come to realize that I want to be an adult who can continue to “trust, wait, and watch over my child.

The excerpt is from “Kodansha Shinsho: The Disease of Highly Educated Parents” by Naoko Narita

Main events in July

日	曜	Event's Schedule	Club	Meeting End	Leaving time
1	月			14:55	15:10
2	火		○	15:50	16:45
3	水			14:55	15:10
4	木	Human right activity		14:55	16:10
5	金		○	15:50	16:45
6	土	J.H.S Regional Championship			
7	日	J.H.S Regional Championships			
8	月			14:55	15:10
9	火		○	15:50	16:45
10	水	Traffic safety Activity		14:55	15:10
11	木		○	15:50	16:45
12	金	How to send out SOS activity	○	15:50	16:45
13	土	J.H.S Regional Championship			
14	日	J.H.S Regional Championship			
15	月	J.H.S Regional Championship			
16	火	Entire school training day 2-7 Sociology		14:55	15:10
17	水		○	15:50	16:45
18	木	Special needs class Field Trip (Ayu park) General cleaning		15:50	16:05
19	金	Last day before summer vacation		15:50	16:05
20	土				
21	日				
22	月				
23	火	Parent-Student-Teacher meeting ①			
24	水	Parent-Student-Teacher meeting ②			
25	木	Parent-Student-Teacher meeting ③			
26	金	Parent-Student-Teacher meeting ④			
27	土				
28	日				
29	月	Parent-Student-Teacher meeting ⑤			
30	火				
31	水				

We will be holding Parent-Student-Teacher meeting over five days from July 23rd to 29th. We would like to share with you about the efforts children have made since April, what they will be working hard during summer vacation, how they are doing at home, etc. Thank you for your cooperation.

Schedule after summer vacation

Aug. 29th (Thu) Class starts (Lunch provided)
 Sep. 2nd (Mon) • 3rd (Tue)
 End of semester exam
 Sep. 12th (Thu) PTA High School Tour
 Oct. 16th (Wed) **Danketsu-sai** (Sports day)
 Oct. 18th (Fri) Spare day for **Danketsu-sai**

東中生徒の活躍

■少年の主張美濃加茂大会
 優秀賞 古田 麗さん
 優秀賞 伊藤 詩麻さん



ボランティアとして
 伊藤 夏葉さん 清木 瞳さんの2人が運営スタッフとして会の運営を担ってくれました。
 また、美濃加茂少年少女合唱団の一員として、田口 結菜さん 山田 沙羅さんが、大会に華を添えてくれました。

■第18回全国中学生少林寺拳法大会
 単独演武 紅谷 律さん
 組演武 渡辺 夕愛さん
 全国大会が8月23日～25日まで岡山県で行われます。頑張ってください！

Heatstroke measures

The season when we have to worry about heatstroke has arrived. Currently, most students are wearing gym clothes, but some students are still wearing their jerseys, we are worried about it. Please discuss this at home and take measures to prevent heatstroke.

- When students come to and from school:
 Wearing gym clothes to and from school, using parasols, and constant rehydration
- When physical education, club activities, and other physical activities: Remove mask, etc.

Registering the Smart-Renraku-chou

We are sending out information about emergency schedule changes, school dismissal notices, and picking up students from overnight training. We will continue to send out information through the **Smart-Renraku-chou** from now on too. As of June 20th, 837 students have been registered. We also use the **Smart-Renraku-chou** to notify us of your absences, so if you have not registered yet, please do so immediately. If you do not know your ID or other details, please contact vice-principal (Kyotou) or the school affairs department (Kyomu).

生徒会の活躍

執行部の生徒達が、団結祭の企画に向けてFormsを使い「開催内容」「開催方法」「どんな団結祭にしたいか」について全校生徒にアンケートを取っていました。RGの団結祭がどんな開催内容になるのか楽しみです。

また、生活委員会からは服装について放送されたり、健康委員会から熱中症対策に関わって呼びかけがあったりして、自分たちの学校を創っていく気風が流れています。