



# Nanohana – MIS Newsletter

Edition 338 – Friday 15 January 2021

From Mr. Trent Citrano, Head of School



In these unpredictable times with ups and downs in our lives, it is more important than ever to look after ourselves - our mental and emotional health in particular. As parents we can help ourselves and our children by practicing mindfulness. Mindfulness is the practice of detaching yourself from the craziness of the outside world and your own racing thoughts by honing in on the calm center that is always inside you. Studies have found that mindfulness reduces anxiety, even in people who haven't done the practice for very long. Kids and adults who do mindfulness activities actually learn better.

If you're interested in learning more about mindfulness and how you might practice it as a family, I encourage you to read and watch this article and video explaining [How and Why to Teach Kids Mindfulness](#). Please take of yourselves!

## Grade 5 Green Are Really Swinging!

This week, Grade 5 Green have been learning about pendulums in science. They conducted an experiment to investigate how changing the length of a pendulum or the weight of a bob would affect the speed of the swing. The children worked incredibly hard to ensure it was a fair test.



## Calendar

Per MIS's Return to School Operation Protocols, in order to prevent the risk of COVID-19, events have been limited or revised.

### Monday 18 January

G3-6 Spelling Bee

### Tuesday 19 January

PTA Board Mtg - 1:15pm

### Wednesday 20 January

G1 & 2 Swimming - Day 2

### Friday 22 January

Global Citizenship Time  
During Creative Studies for  
Elementary Grades  
(G3-6 Students should make  
sure that their GCA Journals  
are at school)

## Upcoming Student Council Sponsored Spirit Days

### Friday, February 12th - Non-Uniform Movie Time

Dress up as a favorite movie character and enjoy popcorn & a movie!



### Friday, March 12th - Non-Uniform Play Day

Bring a toy, game or craft to share with friends!



Students & Staff pay 100yen to participate. All donations go to the Red Feather Campaign to support those in need.



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From Mr. Anthony Hall, Deputy Head of School



## MIS Art Exhibition Brings Students' Creativity to the Forefront

Greetings from MIS! I hope this edition of Nanohana finds you all happy and healthy. Unfortunately, the Chiba Private Elementary School Art Exhibition, that our students' artwork was due to be displayed in, has been unfortunately been cancelled due to the prevention of the coronavirus. To make up for this, we will be creating our own pop-up exhibition in MIS to display the amazing talents of our young artists. Additionally, all art that was selected for the exhibition will be displayed in a digital art show video that will be shared with you on the MIS YouTube channel.

The school had a themed challenge for this year's art exhibition and the students from all grades had to create a piece of art that was inspired by one or more of the four elements: fire, water, earth, and air. We were very pleased with the outcomes, and across all of the grades there were so many wonderful pieces to choose from. We hope you enjoy this little teaser and also enjoy the entire exhibition when we share it with you later this month. Have a great weekend!



## HOUSE POINT TOTALS

**SARI EARNED THE MOST POINTS THIS WEEK!**



**SALE**

**School Photo Sale**

Sports Day photos are being sold until Feb 05

Order at:  
<http://snapsnap.jp/>  
 Passcodes sent home previously.

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## Kindergarten News

From Mrs. Laura McKeown, Kindergarten Coordinator



### Winter Weather

Discussing the weather is something the children in Kindergarten always love to do. The weather is fascinating – no two days are rarely alike. This week the children have noticed that it was 'cold', 'chilly', 'frosty', 'wet' and 'icy'. The children also commented on how the ground felt slippery under their feet. This has provided an excellent learning opportunity for the children to self-assess if they require more layers of clothing than usual. When the children look outside they see the beautiful sun shining and expect it to be warm. However, when they step outside they are noticing that their hands and bodies are becoming cold. It is great to see the children then recognising that they need to put on a jumper, jacket or hat and gloves.

To ensure that the children are comfortable playing outside we ask families to remind children to bring a suitably warm jacket with them each day. If it is exceptionally cold I would also advise children bring gloves and scarf.

{Pictured at right: K2 Children changing shoes and putting on their jackets independently.}



K1:  
Enjoying  
their Time in  
the Library!



K2:  
Learning  
About  
Opposites!



K3:  
Practicing  
Coordination  
Using  
Balloons in  
PE!



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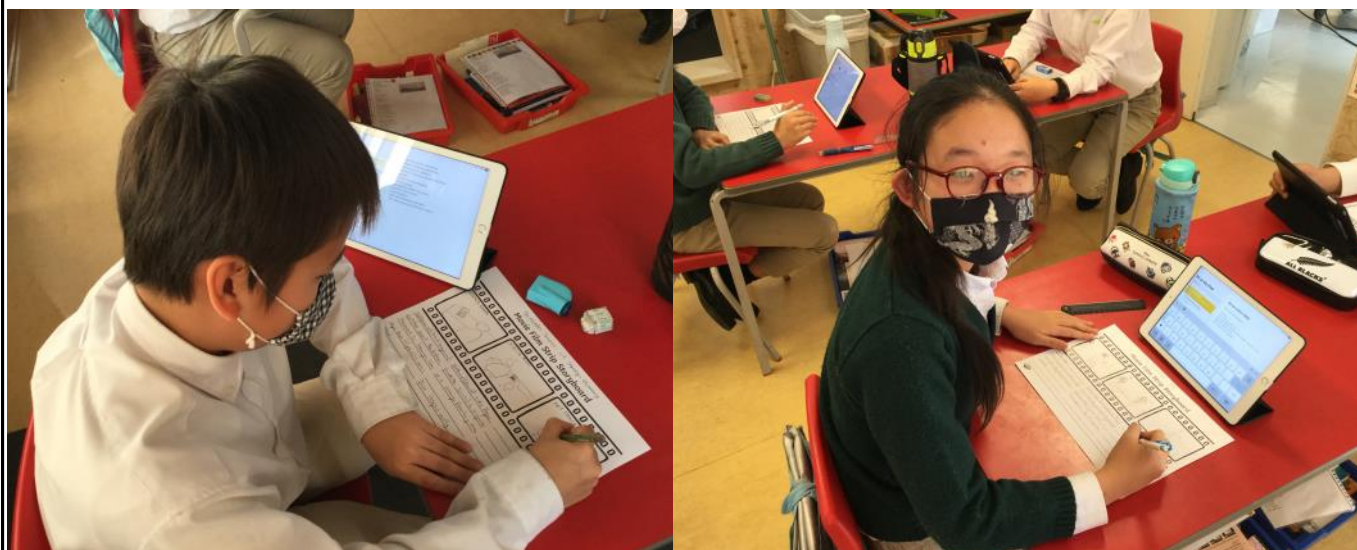
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## G5Y Bring Stories to the Theatre!

Grade 5 Yellow have been using their ideas from English writing to create a short independent suspense movie in ICT. They used a movie storyboard to make initial scenes that show progression. They also needed to show off their acting skills! Bravo, G5Y!



## Grade 3 Bring 3D Shapes to Life

The students in Grade 3 have been studying 2D and 3D shapes. In this lesson, they learned about the properties of parallelepipeds, then constructed their own out of paper. You can see from their creations that their hand-on approach led to some great real-life examples!



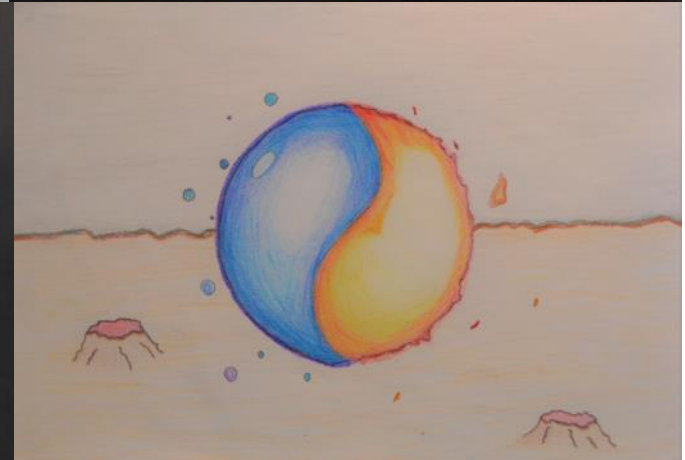
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## MIS ART EXHIBITION



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## *Out and About at MIS*



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