



# Nanohana – MIS Newsletter

Edition 373 – Friday 03 December 2021

From Mr. Trent Citrano, Head of School



I want to extend my appreciation for the MIS teachers, teaching assistants, office staff, bus drivers and assistants, after school care staff, and school cleaning and maintenance staff. As I reflect on all that happens at our school in any given week, I realize that there are literally over a thousand small acts by our dedicated staff that contribute to each child having everything in place to be safe, well cared for, and ready to learn.

Whether this is welcoming students at the front gate, making sure a going home tag is completed and checked, cleaning up after a child who has been sick, posting a student's learning activities on Seesaw, communicating with a parent with empathy, offering a school club, nurturing students in after school care until 6:30 at night, sitting down and talking with a child about their day, fostering a child's bilingual language growth, or any one of a number of other actions undertaken at our school on a daily basis, it is our combined efforts as a school staff that make MIS such a remarkable place for students to thrive.

So, simply said, THANK YOU to all of the members of the MIS staff for coming together for our children! I appreciate each and every one of you!

## Calendar

### Wednesday 08 December

Winter Performances

Day 1

Make Sure to Present Your Coloured Ticket at the Gate for Admission!

Kindergarten Show

11:00am

(Gates open 10:35am)

Lower Elementary Show 1

12:30pm

(Gates Open 12:05pm)

Upper Elementary Show 1

2:00pm

(Gates Open 1:35pm)

### Thursday 09 December

Winter Performances

Day 2

Make Sure to Present Your Coloured Ticket at the Gate for Admission!

Lower Elementary Show 2

12:30pm

(Gates Open 12:05pm)

Upper Elementary Show 2

2:00pm

(Gates Open 1:35pm)

### Friday 10 December

Non-Uniform Movie &

Popcorn Spirit Day

(100yen donation)

Reports Home

Saturday, January 15 - Saturday, March 5, 2022 (8 sessions)  
10:00 - 11:30 AM JST on Zoom

## COPING SKILLS FOR ANXIETY & PANIC ATTACKS

Based on Acceptance and Commitment Therapy (ACT)



ACT is highly effective in coping with anxiety & panic attacks. Fees for 8 sessions are a flat rate of ¥25,000. This group is for adults & participants will be pre-screened.

Sessions will focus on understanding ACT and failed coping mechanisms, how to cope with thoughts and feelings using ACT.

Presented by TELL's Jono Lee, LISCW, LMHC and co-hosted by Kei Lee, LMSW. For further questions or inquiries, please contact TELL at [grouptherapy@telljp.com](mailto:grouptherapy@telljp.com).



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**From Mr. Anthony Hall, Deputy Head of School**



Greetings from MIS. In this week's edition of Nanohana I want to share some reminders. Firstly, this week was the last week of clubs this term. It has been a successful restart for clubs after a long break, and the staff and children seem to have really enjoyed the wide variety of activities that they partook in. Next term, there will be clubs again and I will send you a Google Survey for you to complete early in the New Year. Please remind your children to send their club leaders their thanks if they have not already.

Secondly, I look forward to next week's Winter Performances. The children have been practicing so hard to put on the best show they can for you, and we hope you really enjoy their performances. This year, the children will only perform a dance as we cannot sing live. However, you will notice when you hear the dance numbers that the vocalists sound familiar. Mr Satterwhite worked with the children to record their own version of the lyrics and it is these new recordings that the children will perform with their dance. Please remember your coloured ticket on the day to gain entry to Makuhari's biggest, brightest super power show.

Finally, I would like to share information with you about the upcoming Tokyo English Life Line events. There are two Zoom sessions coming up, the first being 'Using the Power of Positive Psychology to Set Aspirations in 2022' held on the 11th of December at 5pm. The second is called 'Coping Skills for Anxiety and Panic Attacks' initially held on the 15th of January. Please see the fliers below and on the next page for more details. To register, please go to <https://tellip.com/>.

**HOUSE POINT  
TOTALS  
ROSSO IS THIS  
WEEK'S  
WINNER!**



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**Saturday, December 11, 2021 @ 5 PM JST**

**tell**

## USING THE POWER OF POSITIVE PSYCHOLOGY To Set Aspirations in 2022



Learn the pillars of **Positive Psychology** as a way to guide us in living more balanced lives. Leave with a set of aspirations you will have in 2022 so that even if unexpected things happen you can steer back.

Some aspirations people work on these days are:

- Taking steps in work-life balance or integration
- Building a career direction
- Becoming a mentor-like parent or a role-model
- Taking control of an aspect that could be better in their lives

**Presented by Mete Yazici, M.Sc., MBA. Sponsored by The Bluff Clinic.**



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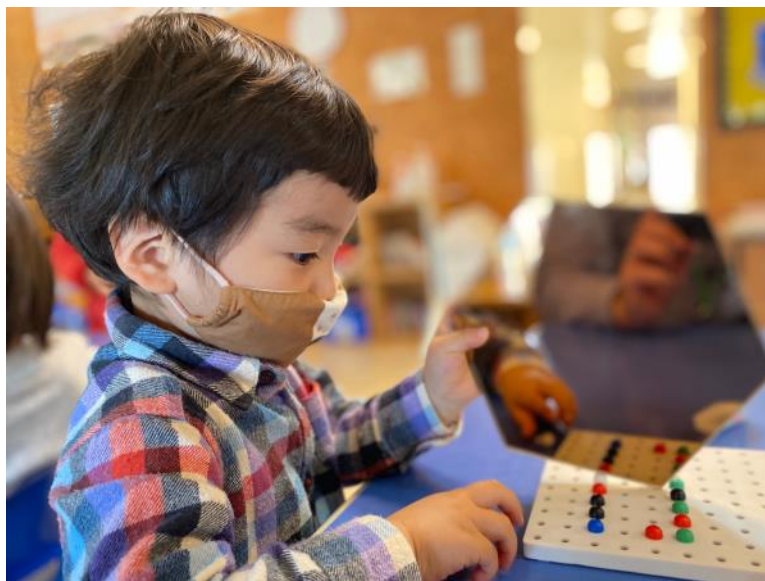
## Kindergarten News



K1:  
Exploring  
Symmetry!

K2:  
Making Hot  
Chocolate!

K3:  
Counting  
Coins to Use  
in the Toy  
Shop!







## Grade 6 Learn About How to Make Their Dreams Come True!

This week, G6 had great opportunities to listen and talk to two MIS parents - professional soccer player Mr. Yuto Sato from JEF United Chiba and Mrs. Mai Ishii who is a professional violinist. The students heard some keys to making their own dreams come true, then dialogued with these two successful professionals about these key points. The session was not only a memorable experience for G6, but also a great support for our students' future.



## Grade 6 Making Pancakes in Home Economics!



### School Photo Sale

Book Parade photos are being sold until December 9th.

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



## Upcoming Student Council Sponsored Spirit Day



**Friday, December 10 – Non-Uniform, Movie and Popcorn Day.** On this Spirit Day, MIS students can wear non-uniform and, in the afternoon, children will enjoy a movie and popcorn with their classmates. The Student Council will purchase individual bags of popcorn for each child. If you prefer that your child not eat popcorn on the day, please let your child's teacher know by sending them a message on Seesaw.

All MIS students and staff are welcome to participate! In order to take part, each person must donate ¥100 or more per Spirit Day for our Red Feather Campaign collection to help support those in need all over Japan. This is an excellent way for us to have fun and make a positive difference in our world! Global Citizenship in action!

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## How Big is it, Grade 3?

Grade 3 Green have been learning about area and perimeter in their Maths lessons recently. This week, they used peg-boards, rubber bands, and cubes to help them visualize and understand the concepts. They also learned to measure them using multiple methods.



## Christmas is Shaping Up in Grade 5!

Grade 5 worked hard to create some very accurate mathematical nets from triangular prisms and dodecahedrons, to cylinders and icosahedrons!! Then they turned them into Christmas decorations!

### Please Check Lost & Found

The office will dispose of the remaining Term 2 lost & found items on Friday, December 17th.

Please check for missing items before that.

Thank you!



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# Road Safety Week 2021 Autumn

## - Looking for the Crosswalk Monitors -

Dear Parents,

Road Safety Week - Autumn is approaching! It will be held for the week of 13th December 2021 (13th December 2021 - 17th December 2021).

MIS PTA plans to monitor the crossings near the school semi-annually in spring and autumn. If you can find a time to spare for

any time slots during that week, please volunteer yourself as a Crosswalk Monitor before and/or after the school. It takes only about 30 min in the morning and afternoon while all the students come to/leave from the school.

Road Safety Week 2020



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13th December - 17th December 2021

**Morning: 8:30 - 8:50** (meet at Aeon Style Makuhari Bay Park at **8:25**)

**Afternoon: 15:15 - 15:35** (meet at Aeon Style Makuhari Bay Park at **15:10**)

Join Us  
Now!

To sign up for the volunteer, please click the URL below:

**<https://forms.gle/6L6Vzp8stcDLHZwD9>**

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It would be a great opportunity not only to watch over the safe commute of our children, but also to greet to the MIS students as well as the neighborhoods of the school!

If you have any questions, feel free to contact [misptaevent@gmail.com](mailto:misptaevent@gmail.com). Thank You!

The MIS PTA

# Road Safety Week 2021 Autumn

## - Crosswalk Monitors 募集中！ -

2021 年 2 回目の交通安全週間が 12 月 13 日（月）

～12 月 17 日（金）に実施されます。

MIS PTA では 2020 年より交通安全週間に合わせ年に 2 回ほど（春と秋）学校周辺の横断歩道の見守りを実施しています。

保護者の皆様には、この期間中の登下校時間帯に学校周辺の横断歩道の見守りにご協力を頂きたいいたします。朝・午後のいずれかでも、1 日のみの参加も可能ですので、ぜひ多くの皆様のご参加をお待ちしております。



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2021 年 12 月 13 日（月）～17 日（金）

朝：8:30 - 8:50 （8:25 にイオンスタイル幕張ベイパーク前に集合）

午後：15:15 - 15:35 （15:10 にイオンスタイル 幕張ベイパーク前に集合）

Join Us  
Now !

お申し込みは以下のリンクからご確認ください。

**<https://forms.gle/6L6Vzp8stcDLHZwD9>**

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登下校中の子供たちの明るい挨拶から元気をもらえて、学校近隣の方々と交流もできる大変よい機会になると思います。ぜひご協力のほどをお願い申し上げます。

ご質問はこちらまで：[misptaevent@gmail.com](mailto:misptaevent@gmail.com)

The MIS PTA