



# St. Mary's International School Newsletter First Quarter 2009-2010

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## *A Message from our Headmaster*

The school year started very smoothly in our new environment since most of the students were already familiar with the new school. The wisdom of moving into our new school on the first of April instead of at the beginning of the school year became apparent. I extend a warm welcome to all of you with the promise that we will do our best to fulfill our educational mission. The theme for this year will help us in this endeavor, even if the way it is stated may seem a bit different from past years. This year, instead of using collaboration or cooperation or some other similar rallying word, we have chosen a metaphor:

### WEAVING A TAPESTRY IN COMMUNION

The tapestry to which I refer is the result of our efforts to live our school mission, that is, to instruct, to educate and to impart Christian values to the students in our care. At school, we can imagine that we are all working on the same tapestry, each one of us contributing a different but essential part in the creation of the whole. Each thread, each color, each contribution enriches the design and, if we truly work in communion together, we can create a whole that goes far beyond what any of us could have achieved alone.

As we weave our tapestry, once in a while we have to take a few steps back so that we can see things in perspective. This reflection helps us stay on the right track; it helps us ensure that we are contributing to the whole we set out to create. If we stay on track, the outcome will be a beautiful tapestry of all our individual work blended together into a meaningful whole. It is in this way that we move beyond the mere mechanics of the teaching profession and create an

educational environment that is truly special, indeed, a true work of art.

I am confident that we can and will succeed in the creation of this tapestry, and I believe that our school philosophy and mission can guide us in this work. Our school philosophy states that:

*"St. Mary's International School endeavors to form free and responsible young men. As a Catholic school, it integrates the acquisition of knowledge, the establishment of responsible freedom, and the deepening of personal faith. Education at St. Mary's is based on love and respect for the person, in full recognition of the dignity of humankind created in God's image and destined to live in union with Him.*

*Students are made aware of global issues, as well as of the aspirations of people who work for peace, justice, freedom and truth, in the hope that these may engender beliefs and actions conducive to the betterment of humanity. In this process, personal development is marked by empathy and mutual trust.*

*Academic programs are rigorous and challenging and are designed to prepare students for higher*

*education within a safe, caring and orderly atmosphere. The all-boy environment creates a place wherein positive self-esteem can fully develop and where learning is promoted at a pace appropriate for boys. A comprehensive and enriching co-curricular program is offered, which allows for individual expression to enhance self-worth.*

*At St. Mary's, members of the international community in Japan can establish an identity respectful of both cultural and religious differences in an atmosphere that values diversity."*

This is the tapestry we strive to create. And in the philosophy where it says *St. Mary's International School*, we mean parents, teachers, administrators and all those who have a vested interest in the well-being of the children under our care. It's up to all of us to do our part, to do our best to create the work of art expected of us. God bless us and all our efforts.

-Br. Michel Jutras, Headmaster

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## Greetings from the St. Mary's Association President

Welcome to the new school year from the SMA! As the construction of the new school continues around us, the SMA is also moving forward with the times. As you see, this is our first online newsletter and we are all excited about making this transition to an electronic format. Thank you to all the families who have already responded to Br. Michel's letter, and visited <http://families.smis.ac.jp> to register an email address. Now, the school and the SMA may send you important information in a timely manner. If anyone you know has not yet registered an email address on the website, please encourage them to do so at the earliest opportunity. This is an environmentally-friendly, efficient way to ensure smooth communication between the school, the SMA and the St. Mary's community. If you do not wish to use your regular email address, please feel free to create one specifically for this purpose, such as [stmarysmom@hotmail.com](mailto:stmarysmom@hotmail.com). However, please do sign up!

The SMA has already held the Welcome Tables and Welcome Tea for the 2009/2010 school year. We are now gearing up for our first major fundraising event, which is, of course, BINGO on Friday, October 23<sup>rd</sup>. If you would like to be involved in this event and help in any capacity, small or large, please fill out a Volunteer Sign-up Sheet, available in the Main Office, or email us at: [sma@smis.ac.jp](mailto:sma@smis.ac.jp). You can also contact any of the Board members directly. Their contact details will appear in the school directory but for your information, I would like to introduce this year's Board members below.

Advisor: Br. Michel  
President: Gillian Kinjo  
Vice President: Ben Leibson  
Secretary: Miwa Mogi  
Treasurer: Etsuko Lam  
Assistant Treasurer: Miho Nagano  
Nominations:  
Bingo Chairperson: Chieko Kanaumi  
Bingo Co-Chairperson: Hisako Shimada  
Carnival Chairperson:  
Carnival Co-Chairperson:  
Donations Chairperson: Naomi McGuire  
Donations Co-Chairperson: Chigusa Miura  
Hospitality Chairperson:  
Hospitality Co-Chairperson:

International Ball Chairperson: Akane Jansen  
International Ball Co-Chairperson: Miyuki Shimizu  
Japanese-Speaking Support Group (JSSG): Mihoko Morellini  
JSSG Co-Chairperson:  
Newsletter Editor: Josie Schmidt  
Publicity Chairperson: Noriko Hatton  
Publicity Co-Chairperson:  
Raffle Chairperson: Saeko Kiyonaga  
Raffle Co-Chairperson: Aki Lewis  
Recycled Uniform Chairperson: Yoon Sun Choi  
Recycled Uniform Co-Chairperson: Michal Gordon  
Room Parent Coordinator: Caterina Tanaka  
Room Parent Co-Coordinator: Roula Leggieri

As you can see, there are still a few positions available. If you are interested in becoming part of this year's Board, please let me know. Whether you help out with an event or join the Board itself, becoming involved is definitely the best way to meet people, make friends, and have a lot of fun along the way! Dates for our main events this year are:

BINGO: Friday, October 23<sup>rd</sup>  
INTERNATIONAL BALL: Friday, March 12<sup>th</sup> at the Conrad  
RAFFLE DRAWING & CARNIVAL: Saturday, May 8<sup>th</sup>

Please mark your calendars!

As well as carry out these fundraising events, the SMA is also here to help YOU, especially if you are a new parent to Tokyo or to St. Mary's. If there is anything we can do to help make your transition to a new life a little bit easier, please let us know.

I'm looking forward to meeting as many as you as possible throughout the year, and hope that this proves to be an enjoyable and rewarding year for you all.

Warm regards,

-Gillian Kinjo, SMA President

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## From the Elementary School Assistant Principal

Welcome to all returning parents as well as newcomers for the 2009-2010 academic year! We are happy to see all the smiling faces in our new air-conditioned hallways, and we look forward to another very successful school year!

At St. Mary's, our educational mission is three-fold: to Instruct, to Educate, and to Impart Christian Values. Each of these elements is important in its own right and all are fundamental to our program. St. Mary's students are *instructed* so as to be able to meet their academic goals. Second, they are *educated* so that emotional, social, and personal developmental needs can be met. And lastly, they are exposed to *Christian Values*, through actions and words, in hopes that these may lead them towards living a life wherein their own personal happiness furthers the happiness of those with whom they live.

To accomplish this mission, we depend on the teamwork we create between the parents and the school. Indeed, our success in ensuring that your son receives all that he needs, both academically and personally, is dependent on how well you, his parents, and we, the school staff, work together for his benefit. By working closely together as a team, we can confidently ensure that your son will develop to his fullest potential.

On the business end of this first newsletter of the year, allow me to inform you of a few important things. Please note the following:

### 1. Students After School

- Please remember that, until November, there is no place for the boys to play after school due to practice for organized sports and the limitations caused by the loss of our large playing field. The tennis courts will be opened for play in November but until then boys should go directly home after school unless they have a legitimate reason to stay at school. **Also, it is very important for parents to pick up their children before 4:30p.m.** Students should not be left at school after that time. Thank you for your cooperation.

### 2. Commuting To and From School

- Again, allow us to encourage you to make use of public transportation for the commute to school. The roads are quite congested around school during DROP OFF and PICK UP so you will help us greatly if you can use public transportation with your son.
- For the **AFTERNOON PICK UP**, please note the following recommended times for your arrival at school (REMEMBER THE THREES!):

\*\*For RP Students, please arrive around 3:03p.m.

\*\*For Gr. 1-5 Students, please arrive around 3:13p.m.

*This will give the students time to get to the PICK UP point.*

- Also, thank you very much for your patience when we ask you to go around the block when your son is not at the PICK UP point. This really helps us keep the traffic flowing. Thanks!

### 3. Lost and Found

- The Lost and Found bins are located on the first floor near the cafeteria on the South Campus. If your son should misplace something, please look for it there. If he misplaces more valuable items (glasses, wallets, train passes, etc.), please check at the main office or my office.
- Please identify all items: Please take the time to write your son's name and homeroom on all items he brings to school. This will enable us to return his property.
- Lost and Found Reclaim Days: Reclaim days will be held when necessary. A note will be sent home to all ES parents to announce the reclaim days. After the reclaim days, any unclaimed items will be donated or discarded.

Again, welcome back to our returnees and a BIG St. Mary's WELCOME to our newcomers. May God grant each one of us the best year possible!

- Michael DiMuzio, Elementary School Assistant Principal

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### From the Middle School Principal

The Middle School has experienced a busy start to the new school year. We are delighted to welcome the 6<sup>th</sup> Grade to Middle School after many months and years of planning. Before sharing some of the many activities that will take place in the first two months, I would like to express my appreciation to the Grade 7 students and parents for your kind understanding during Mr. Sava's absence. I want to extend a big thank you to Mr. Scott Young who has stepped in and done a superb job of leading the Science and Health classes. Mr. Sava is very grateful for the many good wishes that have been expressed over the past month and we look forward to his return to St. Mary's in due course.

Some of the highlights of the first quarter in the Middle School include:

- New student and parent **Orientation Day** in August. We had over 60 new students and parents for this event, which was followed by a pizza lunch in the cafeteria.
- **Back to School Day.** Thank you to the many parents who were able to attend and learn about their sons' program of studies. We appreciate your interest and involvement in their school life.
- Field Trip to "**Egypt Sunken Treasures**" exhibit in Yokohama on Sept. 16<sup>th</sup>. This trip connects with the 8<sup>th</sup> Grade History curriculum and provided some very interesting glimpses of a past civilization.
- **Author visit** on Sept. 16<sup>th</sup> in the MS/HS library. Mr. Marc Levitt is a storyteller, author, filmmaker and radio host from Rhode Island, USA. He entertained the Middle School with several humorous and thought-provoking stories about being a young adolescent. Judging by the frequent sound of laughter in the audience, the visit was a big success!
- **Edo Museum and Sumo Arena.** The 7<sup>th</sup> and 8<sup>th</sup> grade classes enjoyed a field trip on Sept. 18<sup>th</sup> where they experienced some of the fascinating aspects of Japanese culture.
- **Sea Forest Project.** A number of our 6<sup>th</sup> grade boys travelled to the Tokyo Port and Harbor area on Sept. 20<sup>th</sup> to plant seedlings. This is a wonderful initiative which will make Tokyo a greener and more eco-friendly city.
- **Bowling Afternoon.** Our students join with the MS girls from Seisen and Sacred Heart Int'l Schools every year at the end of Sept. for a fun afternoon of bowling, sponsored by the MS Student Council.
- **Fall Sports.** The fall season is well underway with Intramurals, Soccer, Baseball and Cross-Country running all in action through to mid-November.

None of the activities mentioned above would be possible without the commitment and enthusiasm of our teachers and staff who give of their time to coach, organize trips, bring in special visitors—all on top of their daily teaching loads. We believe that these experiences enrich our students' experience of Middle School. Thank you for doing your part at home to send your sons to school well rested and ready to learn each morning.

-Andrew Cross, Middle School Principal

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## From the Learning Support Coordinator

### Developing Good Study Habits

We all try to cultivate good study habits in our children. But what does it take to ensure this? Perhaps we need to back track a little and examine the words closely:

- **Habits** are routines of behavior that are repeated regularly. Habits imply slow, incremental accrual over time, which means that we cannot expect these habits to develop within a week, but more slowly over years. Each day of practice contributes its share to procedural memory until the habits become automatic.
- **Study** means to apply oneself diligently in order to acquire knowledge. This implies close attention, deep thinking, patience, and effort.

What can we do as parents to help our children develop good study habits?

### Create a study-friendly environment at home

If we want to develop good study habits, we need to set the stage for this to happen. Cultivate an environment at home that ensures that these routines of repeated behavior will be ingrained in our children. We want good study habits to be as natural as the habit of brushing their teeth after every meal.

Doing daily homework is one form of studying, and should help students develop an independent, organized approach to learning, *if the atmosphere at home is encouraging*. Ideally, homework is meant to provide an opportunity to practice new skills learned in school, strengthen understanding of new concepts, and build the habits of close attention, deep thinking, patience, and effort.

- With your children, work out a schedule for daily homework, assignments, and review. Predictable routines are a huge part of developing good study habits.
- Find a place to study with:
  - ✓ No distractions (no TV, phones, video games, and a door that can be closed, if needed)
  - ✓ A straight-backed but comfortable chair
  - ✓ A desk or table clear of clutter, and preferably facing a blank wall (to help your child concentrate better).
  - ✓ Good lighting
- Make sure your child has:
  - ✓ An assignment/agenda book (with assignments written down!)
  - ✓ Textbooks, workbooks, and worksheets needed
  - ✓ Writing supplies, dictionaries, and reference books
  - ✓ Access to a computer (for school-related work, if needed)

If your child tells you that there is no homework for that day, you can still maintain good study habits by following these suggestions:

- ✓ Review concepts or notes from the previous day or week
- ✓ Practice Math and/or Science formulae
- ✓ Brainstorm ideas about upcoming projects or assignments
- ✓ Read

I would like to extend a warm welcome to all new and returning families to St. Mary's. I hope you all have a wonderful school year!

*-Mitos Molina, Learning Support Coordinator*

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## **From the Elementary/Middle School Counselor**

### **Counselor's Corner**

Welcome back everyone! My name is Julie Gordon, and I'm the Elementary School Counselor. For those of you who are new to St. Mary's this year, please feel free to give me a call, set up an appointment or just stop by my office to say, "Hello". I have already met your children, (I'm the counselor with the brownies and Kool-Aid that the new students, grades 2<sup>nd</sup>-5<sup>th</sup>. meet.)

In a nutshell, no problem is too small to contact me about. Please call me even if you just have one simple question. I am licensed in the United States and follow the ethical guidelines of my profession. One of the most important aspects of that Code of Ethics is the right of the client's privacy. Meaning, if you decide to speak with me about a problem, that information is confidential. The only time that the confidentiality clause doesn't apply, is if a client is in imminent harm to himself or another identifiable person. Even in that instance, only the least amount of confidential information will be disclosed to insure the safety of the individuals involved. This confidentiality clause "opens the door" for a lot of people. You don't need to worry about private matters being disclosed.

Please speak with your boys and encourage them to visit with me as well. All of us experience "trying times" throughout our lives. Sometimes it helps just to have someone to talk to. At other times we may need advice from someone who is "outside" of the problem, and can give us a non-judgmental, non-emotional perspective on the matter.

Often children (especially boys) will keep their feelings and emotions to themselves. When we ask them if they're o.k. often they will tell us "yes" (even when they aren't). If you suspect something is bothering your son, keep asking them anyway using different modalities of questioning. Try to ask them questions that they can't answer with a simple yes or no.

One of my favorites is to ask them what the best and the worst things were at school each day. You'll get a lot of information through this simple question. Consistently remind them that they can tell you anything, and you won't get mad as long as they tell you. Then STICK TO IT!! (I know it can be hard, but bite your tongue or something). If you tell them you won't get angry and then you do, you've lost their trust and it will take a long time and a lot of effort to get it back. This doesn't mean you will always like what you hear from your son. It may even require some type of disciplinary action. But don't get mad, and remind them how much worse the consequences would have been if they didn't tell you.

Most importantly, keep those communication channels open and encourage them to share!

Please contact me if I can be of help.

Have a great year!

*-Julie Gordon, Elementary/Middle School Counselor*

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## From the School Nurse

I trust everyone had a restful summer. A few things regarding your son(s) health here at school, please:

### ALLERGIES

You will note that we have certain areas/classrooms that are NUT FREE ZONES. For students with allergies, please be sure to submit to the Nurse's Office an ALLERGY PLAN for your son. There is also a very help website that links to *Food and Travel Translation Cards* for people with severe allergies/medical conditions such as Asthma emergency Cards, Nuts, Latex, Food Allergies, Penicillin, Lactose Intolerance, Bee Stings, etc. Address as follows: <http://www.selectwisely.com>

Each child with serious allergies will be asked to complete an Allergy Plan that includes a little photo of your child for ready identification. If your child has allergies, please be sure to notify the nurse's office. Any questions, please call the Nurse's Office.

### MEDICAL RESOURCES

This newsletter edition will attach a list of English speaking Medical Resources here in Tokyo, along with the map of a 24 hour Emergency Pediatric Hospital in the area of the school. This map might come in handy one day so popping it on your fridge might be helpful, although hopefully you won't need it, of course.

### IMMUNIZATIONS

While there may be variations on child immunization recommendations depending on the country and region, the World Health Organization (WHO) recommendations are available from the following address:

[http://www.who.int/immunization/policy/immunization\\_tables/en/print.html](http://www.who.int/immunization/policy/immunization_tables/en/print.html)

### INFLUENZA PREVENTION

To prevent the spread of Influenza, avoid close contact with others, cover nose and mouth when sneezing and coughing, frequent handwashing, avoid touching your eyes, nose and mouth can help prevent the spread to others. **If your child has come in contact with a person who has been diagnosed with Influenza, please check his fever before he departs for school in the morning. If his temperature is higher than 37.3 C (37.3 C = 99.14 F) under the arm, please keep him at home and inform the school nurse.** Please check with your doctor about Influenza immunizations for your family members.

### Absence from School:

In the case of positive influenza, the school requires that the infected student **remain at home and resting for FIVE-SEVEN DAYS**. Please inform the school if your child is diagnosed with influenza. This will help school in its duty regarding prevention of contagious illnesses. On return to school your son should be checked at the nurse's office the before proceeding to his classes.

America's Center for Diseases Control offers information on the novel influenza.

[http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)

-Kerry Suzuki, School Nurse

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## **From the Elementary School Library**

### **Summer Reading Program Update**

The Elementary School Library is off to a fantastic start this year! The St. Mary's elementary students truly "Caught the Reading Bug" over the summer.

I am pleased to report that 145 students participated in our 2<sup>nd</sup> annual summer reading program: Catch the Reading Bug – 500 Page Challenge. Last year only 84 students participated!

Participating students who met their personal goal of 500 pages received a special pencil. Some of you may be asking, what about the school goal of 100,000 pages? Did we reach it? Did the elementary students earn a "Free Dress" day? Yes, yes, and yes!!!!!! Parents will receive a letter shortly explaining when the "Free Dress" day is and give you some guidelines for what your sons may wear.

Congratulations go out to all the students who read so many pages during the summer and to their families who read with them and supported their efforts throughout the summer. Our voracious readers read a grand total of .... Oh, I'm sorry. I can't tell you at this time, as we are having a contest to guess the total number. Maybe next newsletter...

### **More about the ES Library**

The summer reading program is over, but there are still many books to read in the ES Library. Please stop by and see what we have to offer. The ES Library is open Monday to Friday from 8:15 am to 4:15 pm. Parents are welcome to use the library before and after school. The library has approximately 25,000 books and 14 magazine titles available for student and parent use. Students are invited to use the library after school to complete their homework, finish their research projects or simply enjoy some quiet reading time. RP students may use the library with an accompanying parent. First grade students and up may use the library without their parent as long as they can work without disturbing others.

I would like to invite all parents who have yet to register to use the ES Library to stop by before 9:00 am or after 3:10 pm to register. It only takes a few minutes and will allow you to checkout up to 10 books. Once registered you will also have the added benefit of being able to checkout books from the MS/HS Library which has a superb collection of parenting books and so many more treasures to find!

### **Call for Volunteers**

The ES Library is looking for enthusiastic library volunteers who can donate 1 or 2 hours of their time one day a month. Training will be provided, so don't worry if you have never worked in a library. Volunteers will be asked to help keep a small section of the library in order. This is an important job in the library and any time you can give to the ES Library would be greatly appreciated. If interested, please contact Tammy Hays at [hayst@smis.ac.jp](mailto:hayst@smis.ac.jp)

### **Upcoming Programs**

Finally students in the RP to Grade 3 will participate in the St. Mary's Book Award program beginning in October. The SMBA, a children's choice award, is an important part of our library program. Students will hear the five short-listed titles during their library classes and will vote for their favorite title. They are encouraged to evaluate the books for both the story's content, as well as the illustrations.

The Sakura Award Program will begin at the end of October for grades 4 to 6. Grades 2 and 3 will be joining the fun by reading books off of the Sakura picture book list beginning the end of November. All lists will be made available on our website near the end of October.

Remember to take time out from your busy schedules to spend time reading together as a family. Just a few minutes a day can really make a difference toward your son's academic achievements and can foster a love of reading that will help them reach their potential.

Happy Reading!

-Tammy Hays, Elementary School Librarian

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## From the High School Library

### MS/HS Library News

Welcome back to the new MS/HS Library! Our new school year got off to a quick start as we published a long list of new books acquired during the summer months, and prepared for a visit from an American author with a special interest in third culture kids!

On September 16, students in Middle School grades 6-8 were entertained by award-winning writer, storyteller, educator, radio host and filmmaker **Marc Levitt** who came to the MS/HS Library to tell some wonderfully humorous and wildly imaginative *third culture stories*.



Marc Levitt had students snapping their fingers to his catchy jingles and chuckling at his punch lines during his funny stories, and then hanging on with suspense and anticipation for what was going to happen next in his more dramatic tales. His visit was a great success - and lots of fun! It is sure to be remembered by our middle school students for a long time. St. Mary's and Seisen teachers also benefited from Marc Levitt's *Writing from the Roots*, a joint workshop tailored exclusively for them, where he shared his ideas for nurturing good writing in our students by having them draw upon their own diverse and rich experiences.

Be sure to visit our website <http://library.smis.ac.jp/mshs/index.shtm> for more information and photos of this wonderful author event.

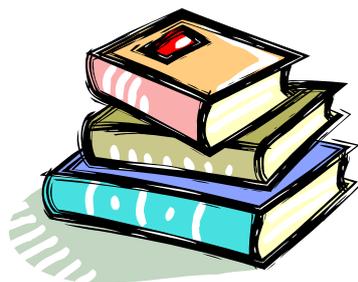
Our website has recently been given a new look and made more user-friendly, so have a look and check it often to find out what's happening in the MS/HS Library.

Our new MS/HS Library is bigger and better **and** busier! We would love to have **library volunteers** assist with shelving, reading shelves and generally help to keep the collection looking neat and orderly. If you or your friends have an hour or two to spare per week, please contact Ms. Fernicola by phone or email [fernicolaa@smis.ac.jp](mailto:fernicolaa@smis.ac.jp). Your volunteering will be greatly appreciated and it will give you an excellent opportunity to connect with your kids and your library.

Wishing you all a great school year & happy reading,

-Anna Fernicola, MS/HS Library News

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## **From St. Mary's Athletics**

### **The Amazing Benefits of Sports for Kids**

By Jennifer Dowd

<http://health.kaboose.com>

With a little encouragement, children will leave the TV, the X-Box, and Wii behind for busy playgrounds and ball fields. Instead of chips and cookies, they'll reach for basketballs, footballs, rollerblades, and bicycles.

Not sure how many structured after-school activities kids should participate in? Too much structured activity is not good for young children, but a little planning for playtime does have its place. What better way to keep your kids out of the house and away from television and computer games than enrolling them in sports?

Research has found that participating in sports can have a healthy developmental impact on young children. These activities can promote cooperative play, teamwork, and good sportsmanship while helping to refine gross motor skills. Sports can also help children get along with and become accepted by others, including peers, family members, teachers, and coaches. Plus, through positive feedback, group play builds self-esteem, helping your child realize that she's a capable person who is able to accomplish significant achievements.

### **Fair Play**

Learning how to play fair is perhaps the most important lesson a child can glean from participating in youth sports. And according to *American Academy of Child and Adolescent Psychiatry*, parents need to be actively involved in order to raise a good sport. They can do this by doing the following:

- Giving kids emotional support and positive feedback.
- Attending some games and talking about them afterward.
- Having realistic expectations for your child.
- Learning about the sport and supporting your child's involvement.
- Allow your child talk with you about their experiences with the coach and other team members.
- Helping your child handle disappointments and losing, and modeling respectful spectator behavior

### **Choosing a Sport**

If you have a child over the age of four, you know that there are dozens of activities and sports for them to become involved in, and it can be difficult to choose which ones are best. When deciding what sports to sign children up for, particularly young children, it is important to consider their personalities and interests.

Assertive children may be better suited for team sports such as soccer and basketball where close contact between other children is common. Less aggressive children may prefer baseball, swimming, or gymnastics where they are given more space and independence from the rest of the team. The most important thing to remember, however, is not to push your child into any activity they are not comfortable with. The result will be a stressed out child who will continue to resist you.

As parents of active children, it is our job to look for the signs of a stressed-out child. Some examples include falling grades in school, a child who is often tired in the morning, a child that needs to be nagged to get ready for activities, or a child with an overactive concern for perfection.

We don't mean to pressure our children, but we may make them feel like they must achieve for us to make us happy. It is important to offer constant support and love, while trying not to push them into too much. While we all want our children to achieve great feats of success, it is important to remember that they are still children and need freedom to learn and explore at their own pace.

- Tom Molina, Athletic Director

## From the Swim Team

The International Buccaneers Swim Team is back in full swing. Practices started on the first day of school and the Bucs are looking forward to the 2009 – 2010 season.

The sport of swimming has many benefits, including the people you meet. The camaraderie among young swimmers is unique. Swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. This exercise can be enjoyed throughout one's entire life. Possibly the greatest benefits to participating in an organized swim program are the life skills children develop. These skills include time management, self discipline, and sportsmanship. Competition allows the swimmer to experience success and to learn how deal with defeat.

### Buccaneer Summer 2009 Highlights

Every year, just as our school year begins, the **Summer Age Group National Swimming Championships (JOC Cup)** begin in the 50 meter long course format. This year the Bucs had four swimmers in the meet: Senior Ryutaro Kamiya, Junior Bruno Ortiz, Sophomore Kelly Moodie, and 7<sup>th</sup> grader Mokhtar Al-Yamani.

### Individual results for SMST Swimmers at Nationals:

Day	Name (age)	Age Group	Event	Time	Place
1	Mokhtar Al-Yamani (12)	11–12	50 meter Fly	29.50	28 <sup>th</sup> - 103 entries
3	Ryutaro Kamiya (17)	15–18	200 meter Back	2:05.27	13 <sup>th</sup> - 65 entries
	Kelly Moodie (15)	15–18	200 meter Free	1:54.26	28 <sup>th</sup> - 113 entries
	Bruno Ortiz (16)	15–18	200 meter Free	1:57.43	95 <sup>th</sup> - 113 entries
4	Kelly Moodie (15)	15–18	400 meter Free	4:07.15	66 <sup>th</sup> - 92 entries
	Ryutaro Kamiya (17)	15–18	100 meter Free	52.01	16 <sup>th</sup> - 119 entries
	Bruno Ortiz (16)	15–18	100 meter Free	53.41	63 <sup>rd</sup> - 119 entries
5	Bruno Ortiz (16)	15–18	50 meter Free	24.88	51 <sup>st</sup> - 83 entries

This summer marked the first year that St. Mary's received permission to compete in Japan's prestigious **2009 National Inter-High Championships**. The National Inter-High Champs is swimming's equivalent to the *Koshien*. The road to Osaka – site of the 2009 National Inter High meet - included two preliminary meets; the **All Tokyo High School Championships** and the **All Kanto Championships**.

The National Inter High series is the major event of the summer and features the nation's top high school swimmers. The process is merciless. Swimmers are limited to two individual races and must place in the top eight, and/or better in the National Inter-High Champs qualifying time each time, in order to advance to the next meet in the series. All meets are held in long course 50 meter venues.

Ryutaro Kamiya, Kelly Moodie, and Bruno Ortiz competed at the All Tokyo High School Champs on June 27<sup>th</sup> and 28<sup>th</sup>. Both Kamiya and Moody finished the meet with a ticket to the All Kanto meet in the 200 Free + the 200 Back, and the 200 Free + the 400 Free, respectively. The All Kanto meet was held in Tochigi Prefecture on July 24<sup>th</sup> – 26<sup>th</sup>. Once again, both Kamiya and Moody swam well enough to qualify for the next round. Kamiya swam the 200 Freestyle + 200 Back, and Moodie competed in the 400 Free + 200 Free in Osaka. The National Inter High Championships were held at the Namihaya Dome on August 17<sup>th</sup>-20<sup>th</sup>.

The recently released issue of *Swimming World* magazine (September) indicates that the St. Mary's 4 x 100 meter Freestyle Relay from Japan's Age Group Nationals (March 2009) ranked 2<sup>nd</sup> in the US national

rankings. The Bucs relay also finished 2<sup>nd</sup> overall in Japan to Osaka's Itoman Swimming School. The Buccaneer foursome (Ryutaro Kamiya, Miguel Ortiz, Bruno Ortiz, and Kelly Moodie) swam a 3:22.23 with all members breaking 51 seconds for 100 meters. US high schools compete in yards - the Buccaneers relay converts to a 3:02.19 effort in yards behind California's Saratoga High School (3:00.68) and just ahead of New Trier High School in Illinois. Congratulations to ex-Buccaneer Erik Mai for his All-American selection (100 Breast + 200 Individual Medley) representing St. Charles Preparatory School in Columbus, Ohio.

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## From the Parent-Faculty Advisory Group (PFA)

The PFA provides parents an opportunity to communicate with St. Mary's administrators and faculty in an open and informal atmosphere. The PFA contributes by serving the administration in an advisory role. All parents are welcome to attend. We discuss a range of topics, such as school campus facilities, curriculum, the community at large, school calendar, etc.

We encourage parents to send an email to [pfa@smis.ac.jp](mailto:pfa@smis.ac.jp) to raise issues for discussion at the meetings. If you would like to request an upcoming meeting agenda, please send an e-mail to the same address.

### PFA Officers for 2009-2010

President: Lynne Abe  
Vice-President: *Position Open*  
Secretary: David Nakabayashi

### PFA Meeting Dates for 2009-2010

October 1<sup>st</sup>  
November 5<sup>th</sup>  
December 3<sup>rd</sup>  
February 4<sup>th</sup>  
March 4<sup>th</sup>  
April 8<sup>th</sup>  
May 6<sup>th</sup>

All meetings are from 7:30 pm to 9:00 pm in meeting room 263.

**Every Parent is Welcome!**

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## From the SMA Treasurer

As outlined in the SMA Constitution, the treasurers' role is to "coordinate, control and monitor the collection and disbursement of all SMA funds" and to ensure transparency in all SMA treasury transactions.



Below are the treasury reports for:

- SMA Treasury 2008-2009 Income/Expenses Report as of Sep. 17, 2009
- SMA Treasury 2007-2008 Report

We are pleased to work in our capacity as the SMA Treasurers with the support of all SMA members. Please feel free to provide us with any comments. We are more than happy to hear from you!

-Etsuko Lam, SMA Treasurer  
-Miho Nagano, SMA Assistant Treasurer

**St. Mary's Association Treasury Report as of September 22nd, 2009**

**School Year 09/10 Starting Amount** **20,797,666**

**Total Amount in SMA Bank Accounts as of Sept. 22nd, 2009** **18,574,793**

**SMA Income for School Year 2009/2010**

SMIS Pocket Calendars Sale	187,500
Donation Received by Sept. 18, 2008	930,000
Recycled Uniform	90,300
Newsletter Advertisement	66,000
Bank Account Interests	3,037
08/09 Expense Balance Deposit	45,479
<b>Total Income as of Sept. 22nd, 2009</b>	<b>1,322,316</b>

**SMA Expenses for School Year 2009/2010**

Minds' I 2009	865,200
SMIS calendar	2,043,000
Pocket calendar	252,000
Elementary Library	380,253
Sport Allocation	
Weightlifting	4,736
<b>Expenses paid by Sept. 22nd, 2009</b>	<b>3,545,189</b>

**2008-2009 Treasury Report**

Event/Committee	INCOME		EXPENSE		BALANCE
Bingo	2,558,196		305,198		2,252,998
Ball	5,721,275		6,470,992		-749,717
Raffle	5,607,250		504,132		5,103,118
Grand Open	2,020,226		397,143		1,623,083
Carnival	155,000		0		155,000
Donation no preference	258,424				258,424
Spring Luncheon	492,500		832,944		-340,444
Hospitality			23,495		-23,495
JSSG	82,641		4,200		78,441
Donation to Save the Children Drive			77,237		-77,237
Newsletter adv.	352,000		26,050		325,950
Publicity			10,933		-10,933
Recycled uniforms	177,050				177,050
Lands End donation	3,388				3,388
FBC donation	25,562				25,562
08-09 Pocket calendars sale	193,800		325,500		-131,700
09-10 Pocket calendars adv.	300,000				300,000
Bank acct interest	27,788				27,788
Others	210,350		45,479		164,871
Room Parents			90,439		-90,439
ES/HS Graduation			442,100		-442,100
SMA Board			413,396		-413,396
Donation to SMIS			5,479,100		-5,479,100
Sports Allocation			2,372,248		-2,372,248
Fine Arts Allocation			1,017,260		-1,017,260
ES/MHS Library			366,945		-366,945
Students Allocation			1,655,000		-1,655,000
Scholarship			1,300,000		-1,300,000
Cash Float prepared for Bingo 09-10			384,576		-384,576
Hotel Reservation for 09-10 Ball			200,000		-200,000
<b>TOTAL</b>	<b>18,185,450</b>		<b>22,744,367</b>		<b>-4,558,917</b>

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## Fall Play 2009: All Aboard for Mystery!

This year's fall play serves up equal portions of suspense and comedy and romance-- it's Alfred Hitchcock's ***The Lady Vanishes!*** A group of eclectic characters find themselves sharing a train ride through pre-WW II Europe. One of them goes missing, but no one claims to have seen her in the first place! Is young Iris Henderson going crazy, or is there something more going on here? Come enjoy the ride, presented together by St. Mary's and Seisen students.



Actors from St. Mary's include Jun Bum Bae (10), Mattias Bengtsson (12), Jonathan Comberbach (12), Julius Fuente (9), Eugene Joyce (12), Luca Nioi (10), Jangho Seo (10), Miles Taylor (11), and Chris Vilina (11).

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## From Boy Scouts Troop 15



Troop 15 is on the trail again...

It's the beginning of another great Scouting year for Troop 15. Summer was a busy time for many of our Scouts –

In June, 17 Troop 15 Scouts attended, in greater numbers than ever before, summer camp at Tama Hills. It's always been the Scoutmaster's goal to have at least the same number of Scouts as our unit number (15) attend summer camp – (*imagine if we were Troop 192!*). Except for having to deal with a few drops of "liquid sunshine," our Scouts enjoyed their week in the forest, earning both rank advancements as well as various merit badges such as Wilderness Survival, Rifle Shooting, Basketry, Camping, Pioneering, and Orienteering, among others.

The Order of the Arrow is Scouting's Honor Society. Fellow Scouts elect OA members into the organization. In late July, two Troop 15 OA members traveled to Indianapolis, Indiana, to attend the National Order of the Arrow Conference (NOAC). Scoutmaster Striegl was the contingent leader for the Far East Council group, consisting of 12 youth and 5 adults. With classes, seminars, patch trading, and fun activities all week, everybody had a great time. The theme this year was "the Power of One" – and the message was not lost on the nearly 8,000 Scouts and Scouters who attended this conference – they can make a difference. Scouts and adults in our group came from all over Asia--Korea, Okinawa, Taiwan, and of course, Japan.

For some of us, the most moving part of that week was standing in the University of Indiana stadium and witnessing all 8000 conference members recite the OA Oath in unison – it was awesome.

After a great summer, Boy Scout Troop 15 held its registration in late August, shortly after classes started. We are delighted that we signed up seven new Scouts – we welcome them and their families to Boy Scouting!

On 4-5 September, a few of our Scouts climbed to the summit of Mt. Fuji, which is no small feat. At 3,744 meters, it's a strenuous climb. Congratulations to Scouts Ryan, Max, and Haruto, and also to ASM Ward, who all made it to the top (and down again!).

We have several great activities on the radar:

- The **Court of Honor** (awards ceremony) will be held at the end of this month to recognize our Scouts' achievements in earning merit badges and ranks since May.
- Our **first-campout-of-the-year in Gotemba** is a chance to get out in nature and enjoy the glorious late summer weather in Japan.
- A **joint campout with the Pack 15 Webelos Cub Scouts** is in October – this is always a highlight of our calendars and we are looking forward to it.

- The **Tokyo Zone Merit Badge Day**, will be held in late October at St. Mary's. Classes on various merit badges will be offered by registered instructors, and Scouts will have the opportunity to earn a merit badge in one of several areas.

We are looking forward to a great year in Scouting, so feel free to drop by and visit us at a troop meeting sometime! We meet when school is in session on the South campus, in the cafeteria, on Wednesday evenings from 6:15 – 8. From November, we'll revert to Tuesday evenings, same time. See you there?

-F. Striegl, Scoutmaster, Troop 15

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**From the Development Office**

September has been wonderful, not too hot or cool but just right. However, students have enjoyed the luxury of air-conditioned rooms in the new North Campus.

Our school is now in Phase Two of the reconstruction. You may have seen the H-beams and columns stand where the Brothers' Residence and Elementary School used to be. This phase includes the gym/art/music building, the pool/cafe/teria building and the athletic field.

As our reconstruction goes on, it is vital to continue the outstanding educational program we offer to our students. For this, we need your strong support. The Annual Giving letter went out in September and already we have received several generous contributions from our parents. Please take a moment to check the Annual Giving letter. We would appreciate any contribution from you.

For any inquiries, please feel free to contact the Development Office at 3709-3411 or e-mail: [development@smis.ac.jp](mailto:development@smis.ac.jp)

You can also view progress of the reconstruction at the St. Mary's Construction Photos website: <http://dev.smis.ac.jp/construction.html>

Log in with using the following information:

User Name: students  
Password: titans

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## From the Recycled Uniform Committee

Welcome back to School!

**Recycled Uniform Sales** are held three times during the year. Sales by appointment with parents are also available.

The first **Recycled Uniform Sale** was held at the Parent's Welcome Tea on September 9, but there are **two more sales opportunities**:

Elementary Christmas Concert Day on December 6 (Sunday)

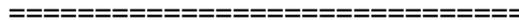
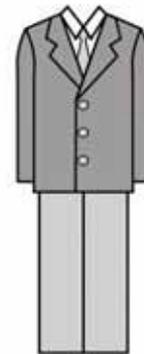
Spring Luncheon Day on April 21 (Wednesday)

*\*\* Parents who urgently need recycled uniforms may also arrange an appointment with either the chairperson or the co-chair listed below\*\**

**Donations are always appreciated and very much needed! You may donate uniform items in good condition at any time. Please mark your bag or box as "Recycled Uniforms" and bring them to the school's main office.**

Chairperson : Yoon Sun Choi  
e-mail : [yoonsun1257@yahoo.co.kr](mailto:yoonsun1257@yahoo.co.kr)  
Tel. No. : 080-5688-5749

Co-Chairperson : Michal Gordon  
e-mail : [michal.agordon@gmail.com](mailto:michal.agordon@gmail.com)  
Tel. No. : 080-3487-9696





# St. Mary's

## BINGO

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F	R	I	.	
6	:	00	P	M



**We are looking for volunteers. We need you!**

**Please contact us : [bingo09sm@yahoo.co.jp](mailto:bingo09sm@yahoo.co.jp)**

**Bingo Chairperson**

**Chieko Kanaumi  
090-6149-2889**

**Bingo Co-Chairperson**

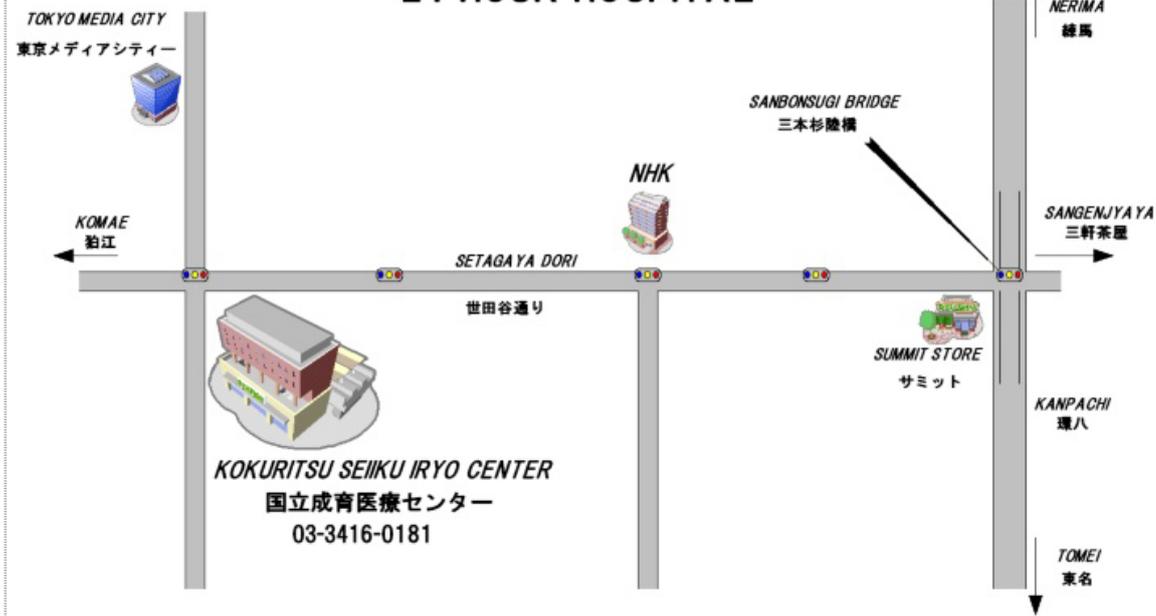
**Hisako Shimada  
080-3366-4012**



**Sponsored by St. Mary's Association**



# 24 HOUR HOSPITAL



SHOW THIS MAP TO TAXI DRIVER: “国立成育医療センターに行ってください。”

The above map is a direction to the Kokuritsu Seiiku Iryo Center, the former Okura Hospital. This is a pediatric hospital in Setagaya ward. Should you need to visit after hours or use a taxi to transport your sick child to the hospital, you may show this map to the taxi driver. The hospital is open 24 hours and the set-up is said to be based on the Canadian Kid's Hospital. Patients are triaged so please enter through the emergency section. On your left, as you enter, you will see the reception desk, and opposite, on the right is the entrance to the triage centre. Most, if not all, signs are in English and the lay-out is pediatric-patient friendly. All doctors are said to speak some English.

Please keep this copy where you can retrieve in case of emergency.

Nurse's Office

## ENGLISH SPEAKING MEDICAL RESOURCES IN TOKYO

Dr. Norio Endo, 2-24-13, 305 Kami Osaki, Shinagawa-ku,	Tel: 3492-6422
Dr. Karl Che, Hiroo.	Tel: 5420-5866
National Medical Clinic, Minami Azabu.	Tel: 3473-2057
King Clinic, Jingumae, Shibuya-ku.	Tel: 3409-0764
Tokyo British Clinic, Ebisu-Nishi, Shibuya-ku.	Tel: 5458-6099
Tokyo Medical Surgical Clinic, Mori Bldg., Shiba-Koen, Minato-ku.	Tel: 3436-3028
International Clinic, Azabudai, Minato-ku.	Tel: 3582-2646
Morita Women's Clinic Ebisu, Shibuya-ku	Tel: 3760-0256
National Pediatric Hospital "Kokuritsu Seiiku Iryo Centre" Setagaya-ku, <b>24 HOURS EMERGENCY</b>	Tel: 3416-0181.

### **DENTAL CLINICS:**

Dr. Jason Wong, Kamiosaki, Shinagawa-ku.	Tel: 3473-2901
Dr. S. Kan, Kaminoge, Setagaya-ku	Tel: 5752-6480
Dr. K. Ikeda, (Orthodontist) Kamimeguro, Meguro-ku.	Tel: 3710-7447
Dr. Ward, Tokyo Medical Surgical Clinic.	See above.

## ENGLISH SPEAKING MEDICAL RESOURCES IN TOKYO

### **DENTAL CLINICS (continued):**

Dr. H. Okamoto,  
Akasaka, 7-9-7,  
Minato-ku.

Tel: 3505-5910.

### **ORIENTAL MEDICINE:**

Dr. Ronko Itamura,  
Japanese Physician's Society  
for Homeopathy,  
Chiyoda-ku.

Email: [ronkoita@a5.rimnet.ne.jp](mailto:ronkoita@a5.rimnet.ne.jp)

### **DERMATOLOGY:**

Dr. Chin-Huai Keong,  
Garden Clinic Hiroo

Tel: 6427-9198  
<http://www.gardenclinic-hiroo.com>

Dr. A. Ishikoh  
Kaminoge Skin Clinic  
Kaminoge 2-6-18.

Tel: 5706-4137

### **EYE DOCTOR:**

Dr. Toulain Musashi

Tel: 3727-5391

### **ADOLESCENT CHILD HEALTH COUNSELLING SERVICE**

Dr. D. Berger,  
American Board Certified Psychiatrist,  
Meguro-ku

Tel: 3716-6624  
[www.tokyochildtherapy.com](http://www.tokyochildtherapy.com)

Advertising Section

St. Mary's has no direct relationship with services or events advertised in this section of the Newsletter.  
Please contact the advertisers for more information



**GLOBAL  
INTERNATIONAL  
KINDERGARTEN**

グローバルインターナショナルキンダーガートン

**2010-2011 園児募集**

Open-House / Program Explanations

## Open-House Day All Visitors Welcome!

**11月7日(土)**

**PM13:00 ~ 14:00**

**Location: Global International School**  
**\* 20 people max.**

**\* Please apply through our website or by phone.**

### 2010-2011 Programs

Pre-School Program    Ages 4 ~ 5  
Kindergarten Program    Ages 5 ~ 6

For those looking for:  
A Bilingual education  
Examination Preparation  
A prestigious international education  
Returnees are welcome!

## Schedule of Events

**For those applying to  
Pre-school or Kindergarten**  
2 years old and up  
(Mothers must also attend)  
There is a limited number  
of seats so please apply  
as early as possible!

### 無料体験クラス

**10 / 1 ( Thurs )    PM12:45-13:30**

**Rhythm**

**10 / 13 ( Tues )    PM12:45-13:30**

**Art**

**10 / 16 ( Fri )    PM12:45-13:30**

**Language**

We look forward to  
seeing you soon!

TEL: 03-3707-8718    FAX: 03-5797-5571

E-mail: [info@juku-inter.com](mailto:info@juku-inter.com)

**GLOBAL INTERNATIONAL SCHOOL**

**3 - 8 - 18 Green house 10-1-2C**

**Setagaya-ku ,Yoga,Tokyo 158-0097**

**URL: [www.juku-inter.com](http://www.juku-inter.com)**

Advertising Section

St. Mary's has no direct relationship with services or events advertised in this section of the Newsletter.  
Please contact the advertisers for more information



*October Class Start !*

Special offer :

We are happy to announce registration will be **half-price** until end of October. !  
入学金半額 ! (10/31 まで)

**Regular Courses ( 目標 : 学力 up ) K&Grade1 ~ Grade12**

Classes:90min lesson	Schedule:once/twice a week	Subjects
3:45 ~ 5:15	Mon ~ Fri	English/Math
5:30 ~ 7:00	Mon ~ Fri	English/Math

**Special offer :** For those students who take classes twice a week , there will be special homework assistance courses available at all times.

**SAT/TOEFL Courses ( 目的 : スコア - up ) Grade7 ~ Grade12**

Classes:90min lesson	Schedule :twice a week	Subjects
5:30 ~ 7:00	Mon ~ Fri	English/Math

**Special offer :** For those students who take classes twice a week , there will be special homework assistance courses available at all times.

**Returnees、 Other(インター受験/編入対応) Courses**

Classes:90/60min lesson	Schedule:once/twice a week	Subjects
3:45 ~ 5:15	Mon ~ Fri	English/Math
5:30 ~ 7:00	Mon ~ Fri	English/Math
10:00 ~ 15:00	Saturday	English/Math/Worksheets

**Special offer :** For those students who take classes twice a week , there will be special homework assistance courses available at all times.  
\* 受験に関するカウンセリングシステムあり(別途料金)

For further updated info, please feel free to contact us.

**CONTACT INFORMATION**

**GLOBAL INTERNATIONAL JUKU**

Green House101-2C,3-8-18,Yoga,Setagaya-Ku,Tokyo,158-0097  
TEL:03-3707-8718(English) /03-5797-5570(Japanese)  
FAX:03-5797-5571 E - mail: [info@juku-inter.com](mailto:info@juku-inter.com)

URL: <http://www.juku-inter.com>

## Dates to Watch

<b>Oct.</b>	12 Mon	No School — Professional Development Day (National Holiday)
	23 Fri	Bingo
	28 Wed	End of First Quarter
	29-30 Th-Fri	No School — Autumn Holidays
<b>Nov.</b>	13 Fri	No School — Parent -Teacher Conference Day
	20 Fri	2 <sup>nd</sup> Quarter Newsletter Submissions Due
	23 Mon	No School (National Holiday)
<b>Dec.</b>	08 Tues	St. Mary's Day
	18 Fri	Christmas Holidays begin at 10:20 a.m.

Newsletter Editor

Josie Schmidt

For St. Mary's Newsletter submissions and advertising opportunities, email inquiries to:

[sma\\_newsletter@yahoo.com](mailto:sma_newsletter@yahoo.com)

For 2<sup>nd</sup> Quarter Issue, all submissions due:

**November 20, 2009**