



The Comet

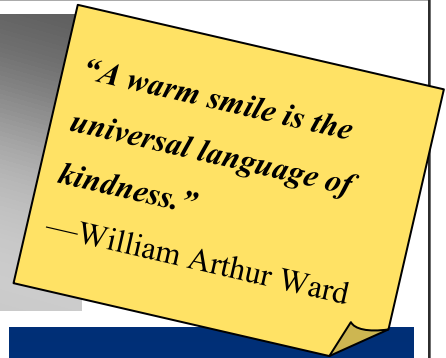
The Newsletter of K. International School Tokyo

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➡ In this issue...

- ▶03...Wall of Honor 2019–20
- ▶04...PYP News
- ▶04...Parenting Tips
- ▶05...Early Childhood News
- ▶06...Elementary ELS
- ▶07...KIPS News
- ▶09...Science Department News
- ▶11...Responsible Decision Making
- ▶12...KIST Social Media Accounts
- ▶14...Secondary SRC
- ▶15...Nurse's Notes
- ▶16...University Guidance News



From the Head of School



Equitable access to technology

Back in January and February of this year, as the COVID-19 pandemic situation worsened, we began to plan for the possibility of a school closure. In the event that a school closure became necessary, we developed our Distance Learning Plan in an effort to ensure continuous learning. When we announced that a school closure would be necessary, the initial closure was to last for two weeks. At the time, although uncertain, I was optimistic that we would return to normal classes on March 16. Even so, we worked as a team to provide distance learning using the tools we already had in place.



According to the United Nations Educational, Scientific and Cultural Organization, or UNESCO for short, 1.2 billion students across the planet have been affected by school and university closures due to the COVID-19 outbreak. As a school, I believe we have been fortunate to have the technology resources to continue with distance learning in a meaningful manner.



Never before have we witnessed educational disruption at this scale.

—UNESCO Director-General Audrey Azoulay

The International Society for Technology in Education (ISTE) is a community of global educators who believe in the power of technology to transform teaching and learning and solve tough problems in education. The closure of thousands of schools worldwide qualifies as a tough problem for educators. *Equitable access* is included in the essential conditions the ISTE lists as necessary for the effective utilization of technology for learning. Equitable access refers to reliable access to technology and digital resources, with connectivity for all students, teachers and staff.



At KIST, we are fortunate that all of our students and staff have dependable access to technology. Long before this outbreak we had already implemented the use of Moodle, PowerSchool Learning, and the Office 365 apps. While there were many other skills to learn, at the very least we had a reliable platform in which to build our Distance Learning Plan. Most of our families have access to laptops, tablets and smartphones that can be used for their children's learning. And our staff are all provided with high-spec laptops and guidance on how to utilize the various online learning platforms.

Continued on next page

DATES TO REMEMBER



June 2020

- 15-17 (S) Student grade level visits
- 15 (K1-G11) Semester 2 reports issued
- 17 Last day of school for students
- 18-Jul 26 Office open

July 2020

- 1-27 School closed
- 28-Aug 13 Summer review program

August 2020

- 20 (K1/K2/K3) Parent welcome night
- 24 First day of school for all students
- 24 (K2-G3) After care begins this week
- 25 (G1-G10) Mathematics diagnostic testing
- 25-27 (G12) DP diagnostic exams
- 26 (G1-G5) Parent welcome night
- 28 (G6-G12) Parent welcome night
- 28 (G12) University information night
- 29 SAT@KIST

September 2020

- 7 (K1) After care begins this week
- 8 (G1-G12) Semester 1 clubs program begins
- 9-11 (G11) Camp (*Tentative)
- 10 (K1-G11) Student health checks



PYP | MYP | DP

Continued from previous page

Not all students in Japan and abroad are so fortunate. Not all schools can afford the hardware, software and personnel required to utilize technology for learning on the scale required during this pandemic. Not all families can afford the technology necessary to allow their children to learn remotely. Not all communities have the internet bandwidth to support the millions of students affected by school closures. Along with responding to educational disruptions, UNESCO's Global Education Coalition provides valuable resources to support education and make it accessible worldwide. If you and your organization would like to support the global coalition and take action, more information can be found on their website.

Web [UNESCO Global Education Coalition](#)

As we close out the 2019–2020 school year, I would like to wish you all a relaxing and enjoyable summer vacation. Please stay safe and I look forward to welcoming you all back to school in August!

Kevin Yoshihara
Head of School



Elementary School News



Finding happiness

Eventful. This is one word I will use to describe the 2019–2020 school year. I would not say that the whole year has been particularly enjoyable or pleasant, but it has been eventful. The COVID-19 pandemic, as explained by the United Nations, is "a global health crisis unlike any in the 75-year history of the United Nations". It is much more than just a health crisis, they explain, it is a human, economic and social crisis.

While it is easy to surrender to the fear, worry and stress that often accompany threats such as this pandemic, ensuring we look after one another, and support one another, can have a positive effect on our happiness and well-being.

I would like to share a short story that is circulating around social media. It describes the difference between personal happiness and group happiness. Whether this story is true or not, I think it demonstrates well the positive effect that working together can have on everyone.

A teacher brought a bag of balloons to school and asked the children to blow them all up and then each write their names on their balloon. They tossed all the balloons into the hall while the teacher mixed them from one end to the other. The teacher then gave the students five minutes to find the balloon with their name on it.

The children ran around, frantically searching for their balloons, but as the time ran out, nobody had found their own balloon. Then the teacher told them to pick up the balloon closest to them and give it to the person whose name was on it. In less than 2 minutes everyone had their own balloon.

Finally, the teacher said, "Balloons are like happiness. No one will find it looking for theirs only. Instead, if everyone cares about each other's, they will find theirs as quickly as possible."



As Robert Louis Stevenson, once said, "Don't judge each day by the harvest you reap, but by the seeds that you plant". Planting the seeds of happiness for others will, in turn, bring about our own happiness.

As we move into the summer vacation, I encourage all of our students and their families continue to spread happiness throughout their families and communities. As they say, it is about "we", not just about "me."

Have a wonderful summer and I look forward to welcoming you all back to school in August!

Kevin Yoshihara
Elementary School Principal



Appreciation and Hope

Considering the events of the past few months, 2020 has shown itself to be filled with challenges for the way we go about our day-to-day lives. Issues of political upheaval, climate change and the COVID-19 pandemic have forced us to take stock of our lives. It has demanded that we search for answers in places that we might never have imagined looking had we been left on our regular course of living in the world as it existed before. I would like to take a moment to consider some of the amazing things that I have run across in working with the KIST community since we altered our programs back in late February due to the coronavirus.

Teachers, parents, students, staff and administrators alike went through some drastic changes to make sense of studying in an upside-down environment. Teachers learned new technologies to provide students with meaningful lessons without skipping a beat in the routine. On the receiving end, parents learned these new skills and helped their children access the curriculum and digest its meaning, all the while acting as teaching assistants. Students pressed themselves into action and learned responsibility for their studies as they did not have the benefit of the classroom teacher, classmates or resources readily at hand to provide support. Administrators too, learned new ways to communicate, support, inspire and empathize with a distant and separated community. No one was left unaffected by the lockdown and growing uncertainty. No one will come out the other side of this situation

untouched by the distance and adjustments we were all forced to make.

As we slowly move toward more freedom of movement and a reopening of the communities in which we live, I have been touched by the kindness that people easily exhibit in their interactions. Due to periods of isolation, we all long to be part of a communal environment in which we can again touch each other's lives through a closeness and proximity that we once took for granted. I hope that this yearning for community will be accompanied with a more gentle and genuine understanding that we are all in this world together and that we all matter.

I would like to express my personal gratitude to all of us, as only together will we be able to pick up the pieces of this world and hopefully put them together in a way that benefits us all as a community. We all deserve that.

I look forward to meeting each of you when we can all safely reassemble, and I know that your smiles and energy will be the catalyst that will transform us all.

Clay M. Bradley
Elementary School Vice Principal



Wall of Honor 2019–20

Every semester, we recognize students in Grade 6–8 for being role models in their class in line with the IB Learner Profile. Our second semester looked very different this year and many of the student nominations reflected the extreme changes and the way that our students have risen to the occasion.

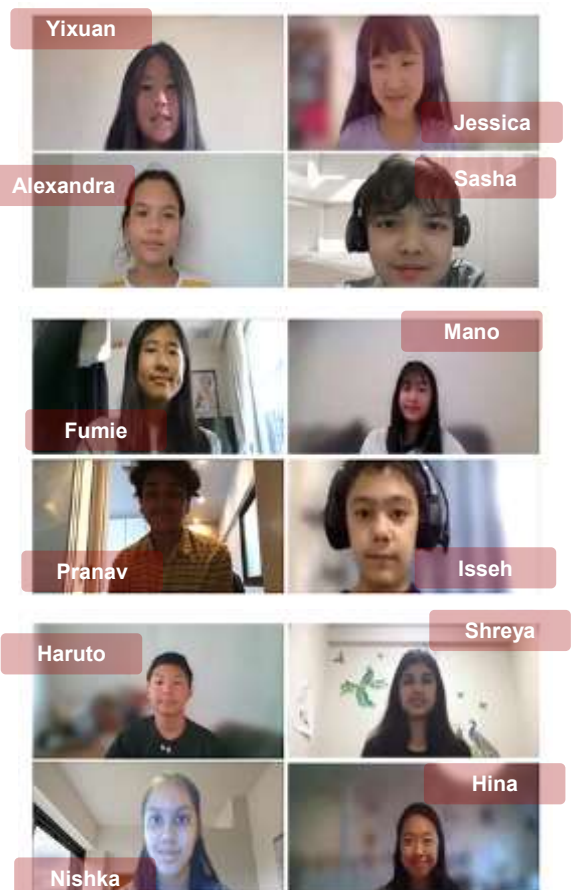
Common themes this semester were students who made the time to reach out to friends during our social distancing, interacted often and with detail on our online learning platform, and their ability to rise to the occasion and show resilience.

Congratulations to the winners of the Wall of Honor placements for the 2019–20 school year in Semester 2!

Anna Holdaway
Student Care
Coordinator (G6–G8)



G6A	Yixuan	<i>Communicator</i>
G6A	Alexandra	<i>Principled</i>
G6B	Eri (Jessica)	<i>Reflective</i>
G6B	Sasha	<i>Caring</i>
G7A	Wenhui (Fumie)	<i>Knowledgeable</i>
G7A	Pranav	<i>Principled</i>
G7B	Mano	<i>Balanced</i>
G7B	Isseh	<i>Caring</i>
G8A	Haruto	<i>Thinker</i>
G8A	Nishka	<i>Principled</i>
G8B	Shreya	<i>Caring</i>
G8B	Hina	<i>Communicator</i>



PYP News

Education outside of the classroom

First of all, I really do need to say a huge "thank you" to everybody who has been involved in our distance learning plan this year; from the teachers, to the administration teams and other school staff, the students and, of course, all the parents and carers. Everyone has really come together to ensure that our students are receiving the best possible education. When the school closed for an initial two weeks, I never imagined that I would be writing this having barely seen any of you face-to-face for over two months! These are strange times indeed and I truly hope that you are all doing well and that your families, wherever they may be, are safe and sound.

We are fast approaching the summer break and you can finally close those laptops and switch off those iPads and enjoy a well-deserved rest; however, the learning doesn't have to stop. It's important to remember that education is everywhere. It isn't only to be found in a textbook or through an instructional video or educational game, there are opportunities to learn wherever you are. Get outside with friends and family and open your minds to your surroundings or do things indoors with your family instead of hiding in your room.

Here are some ways that you can continue your learning journey over the summer months:

- Taking part in sports develops teamwork and leadership skills.




- Taking walks in parks and woods can develop a deeper appreciation for nature.
- There are educational apps for phones and tablets that can take you on virtual museum tours or even to other planets.
- Reading to one another improves fluency, and you can also learn many things. It is also a great way to slow things down before bedtime.
- Don't forget the importance of just playing outside. Get some fresh air and exercise.
- Visit your grandparents or talk with them on the phone...even write them a letter. Ask them questions about their lives. They will have so many interesting things to say if you just ask them.

The COVID-19 pandemic has brought many challenges and hardships, but I hope that we can soon return to some kind of normality. Please look after one another, and I'm looking forward to seeing everyone as soon as possible.



Oliver Sullivan
PYP Coordinator

For more information about the above article, including many links to useful websites, visit:

 <https://www.mykidstime.com/school/interesting-ways-to-educate-children-outside-of-the-classroom/>

Parenting Tips for Children's Mental Wellbeing





Science fiction films, books and cartoons have long been trying to predict the future of humankind, and many of us have been inspired by these fantasies. Although many of the ideas may have sounded like nothing more than dreams when they were first conceived, over the past decades, scientists and engineers have made incredible innovations, some of which are now reality. One such futuristic fantasy suddenly came true a few months ago when students around the world in mainstream schools began to access education online full-time. According to an article on the World Economic Forum, more than 1.2 billion children in 186 countries have been affected by school closures due to COVID-19 and as a result, education has shifted onto digital platforms. Many international schools in Japan, including KIST, have also started a distance learning programme in response to the request from Prime Minister Abe to close schools in early March.

Since our lifestyles have changed under the critical conditions of this pandemic, you may find your child facing various social, emotional and mental challenges. When children are under stress, they might show some physical and behavioural symptoms such as headaches, stomach aches, sleeplessness, restlessness, a poor appetite, not wanting to leave you alone, and becoming selfish. It is important that children develop an understanding of their own moods

and feelings in order for healthy mental growth, which allows them to select the resources they need from a wealth of information and make the right decisions for their mental health. Nevertheless, while technology might be able to replace some of our educational needs, these skills cannot be taught by computers. It is therefore important that you explain to your child about the current situation face to face using appropriate words for their age. It is also necessary to explain that the invisible virus that is causing the pandemic is no one's fault. You may wish to consider limiting access to television and social networking sites to avoid your child becoming confused and distressed by rumours and lies. Maintaining their daily routines is also important. Hold discussions with your child to create rules, build in regular times for work and breaks, and set times for physical activities. Give them the opportunity to talk to you and listen to their concerns regularly.

For more information, visit:

 <https://www.unicef.org/coronavirus/covid-19-parenting-tips> (English)
 <https://www.ncchd.go.jp/news/2020/20200410.html> (Japanese)



Kana Furnival
Elementary Student Care Coordinator

Early Childhood News



Hello, ECE families! I hope you are all staying safe and healthy at home. It is hard to believe that it has been more than three months since we began distance learning! As I live within walking distance from the school, I have been coming in to my classroom every day to maintain a normal routine. The physical classroom is the same, but without any of the students filling the room, it feels very different. It reminds me of the challenges we faced as we shifted from our normal classroom environment to distance learning. This transition was especially difficult for the ECE children, who learn best by interacting with their peers and teachers through fun and educational activities. I know that it must also have been challenging for families to support their children in completing the assigned tasks at home.

Parental support is always important in children's education and development, but it has become all the more necessary during distance learning. We could not have carried out the distance learning curriculum without your support, and we really appreciate having you as our "teaching assistants" during this long period of time. Although we regularly invite you to school events and post about what the children are doing in the classroom to Moodle and PSL, we are pleased to have had this opportunity to share with you more

closely how children learn at KIST. It has also provided an important reminder that parents are children's best teachers from the day they are born, whether they are at school or not. Thank you again for your continued support, whether in the classroom or through distance learning. Please see some of the learning activities we have been doing in each class below!

While we are all still anxious about what may be coming next, I hope that the summer holidays will bring some well-deserved time for rest and relaxation with your children. Now that parents and guardians are finally freed of the obligation to help with distance learning at home, I hope that you find some time to try our new and fun activities. I would like to recommend kendama, a traditional Japanese toy that has become popular around the world. The students in K1B have already had a chance to try it. Please check out the kendama videos at the QR code links below.

I am very much looking forward to welcoming you all back to school after the summer holidays!

Eri Ozawa
Early Childhood Coordinator (K1–K3)/
K1B Teacher



K1A

Making pancakes for mathematics.



Building yurts for the Homes unit.



K1B

Making houses for the Homes unit.



Our special hats.



K2A

Extended patterns



Sharing knowledge and ideas about living things using Padlet.



K2B

Experimenting about living things with soil and non-soil.



Morning Live sessions through distance learning.



Goemonfuro meat tray print.

K3A



Thatched shoes made from recycled paper and paper clay.

K3B



Reading homemade "Earth" books during Friday Live.



Ms Eri demonstrating kendama



A famous kendama group

Elementary ELS

English language support during distance learning

Thanks to our IT Department (as for everything during the school closure), English Language Support staff from K3 to G5 have been able to continue 1-to-1 and small group language support as part of the KIST Distance Learning Program. Focusing on speaking skills and writing skills, we have used Teams for live lessons twice a week with our students.


K3 and G1


K3 and G1 English Language Support staff have been making lessons to support vocabulary development and speaking skills. Speaking activities have included:


- games like hangman, memory games and spot the difference
- discussions based on crafts, drawing and stories
- presentation activities like show and tell

These speaking lessons have also been a chance for the students to share the work they have been doing in the main classroom through PowerSchool Learning, and for ELS staff to continue to help students develop a stronger understanding of the main lessons.

What some of our younger students say about their online lessons:

 "I like chatting and it's relaxing."
Sion (G1A)

 "I like it because it's fun and I can do it from home without going to school."
Reika (G1A)

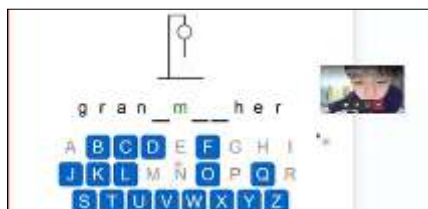
 "I like playing games with you like I Spy and What Is It?"
Mingzhe (G1B)



You Yu (K3A) plays a guessing game with Ms Wang during one of their online speaking lessons.



Yaojia (K3A) explains the drawing she made with Ms Wang during one of her online speaking lessons.



Masayuki (K3B) plays an interactive game during his online lesson with Ms Joanna.


G2–G5

For G2–G5, the focus has been on writing skills. ELS staff have been helping students with numerous writing traits: the ideas and organization skills needed to make a good narrative; sentence fluency (how to use different kinds of sentence patterns); and word choice (how to find more accurate and interesting vocabulary to express students' ideas). Activities have included:

- writing short paragraphs on a topic
- making story mountains then using them to write a story
- writing diary entries
- writing letters
- learning more about how to use figurative language

One-to-one follow-up lessons have been key to helping the students revise their first drafts and reflect on what they have learned about writing skills through that process.

Quote from **Kokona (G5A)**:

 "...I learned that you should use different kinds of transition language instead of 'firstly'. It makes the writing more interesting to use different types of transition language. [My next step is to] practice writing sentences with transition words that I haven't used before."

Thank you, IT Department, for making this all possible!

Rachel Parkinson
ELS Coordinator (Elementary)/
G5 ELS Instructor



From a G5 online writing lesson, this shows the rubric Yuma (G5B) was using to assess the first draft of his paragraph for the writing trait of "organization". He next wrote his second draft and assessed his paragraph again at the end of the lesson to see his improvement.



This screenshot from another G5 writing lesson shows Alvin (G5B) reflecting on what he learned about sentence patterns from doing the activity.

KIPS News



From the P1 classroom...

This month, I would like to share with you how the P1 families and teachers have worked together to support each other while staying home during the coronavirus outbreak.

In an effort to support families who needed childcare, KIPS remained open until the second week of April for a small number of children, but from April 13, all daycare centers in Koto Ward were asked to close by the government. From that week, we prepared materials to support families at home, and started sending a video each week consisting of our usual morning circle routine and two activities which could be done at home with family participation. Some examples included songs and dances, stories, and arts and crafts. Additionally, we took the opportunity to include parents and siblings in the activities to bring families together and help them stay connected to their children's schooling. We were delighted to receive feedback that the students were responding positively to the songs we use in our regular routine at KIPS. One parent shared with us that her child carefully watched the dance videos to make sure they were doing the correct movements, while another commented that her child continued to sing the songs throughout the day.

We have also been video calling each family weekly; it has been great to see how the children smile and even act a little silly when they talk to us. It has also been wonderful to hear from the parents about their children's progress at home, from toilet training experiences to an increase in their usage of English vocabulary. Thank you to the parents for sharing their experiences with us during this difficult time.



Although the school year ended differently than planned, we are relieved that everyone is safe and the children are still smiling at home with their families.

Ma. Cielito Bautista
P1 Teacher

From the P2 classroom...

Thank you to all KIPS parents/guardians in helping us prevent the spread of COVID-19 through thorough handwashing and disinfecting of hands and belongings, staying home, and temperature checks. On behalf of all KIPS staff, thank you also for cooperating with our emergency closure which started on April 13. Before the closure, all children practiced proper hand-washing techniques and were carefully supervised to make sure they washed/disinfected their hands frequently. We also put several preventative measures into place, such as creating more space between the children's chairs and frequently disinfecting all toys and other items the children touched, taking great care to ensure these measures were practiced regularly to protect our community members. We will continue to ensure the safety of children when we reopen, and look forward to seeing everyone again.

But despite the current situation, the children have impressed us with their growth and positive attitudes. During Term 5, they learned about various animals and the noises they make. Thanks to the help of our parents/guardians, we enjoyed studying the different animals native to Australia. In Term 6, we studied body parts through fun activities, including body painting, singing and dancing, and playing pretend. Thank you also to the parents/guardians for their cooperation with distance learning, which has been a first at KIPS. Everyone's kind words during our weekly phone check-ins really make us smile.

Sadly, it will soon be time for goodbyes. The children, who were still so small at the beginning of the year, have grown so much both physically and mentally. Not only are they now able to do things for themselves, but they eagerly offer to help the adults and other children around them. We are so proud to see how much they've grown! We're sad that we won't be able to see them every day anymore, but we're also excited to see them take the next step and wish them all the best in K1!



Nobuko Matsumura
P2 Teacher



Science Department News



Include Science in your plans this summer

If you're feeling down at the prospect of facing a boring summer trapped inside the house, don't worry! To encourage students to pursue life-long learning experiences in engaging digital spaces, the Science Team met online to choose some of the best, most interesting resources to share with you in each subject area. We hope you enjoy discovering something new with these fascinating science-related links.

For MYP Science students

I hope you have enjoyed our Earth and Space units through distance learning. The study of Earth and Space Science allows us to think about future possibilities, perhaps even for a vacation to a distant location. Whether you still have some unanswered questions about the world around us or just want to learn more about Earth and Space Science, here are some websites you might find enjoyable during the summer!

1. Virtual Field Trips: This links to many virtual field trips you can take around the world and beyond!
https://docs.google.com/document/d/e/2PACX-1vTbUBsKt4U5tR-eXC8b2bogrvjrVIEBI8QJlesNPw6b7BRScYRuyXIaSAVicl_q52BI4SqrK4_HVQCw/pub
2. Ever wondered what happens at the International Space Station? Take a guided tour with astronauts at the Nasa website.
https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html
3. Nova is full of tons of videos and information. Something will surely catch your attention!
<https://www.pbs.org/wgbh/nova/>



Ms. Ramos
Science Teacher

For IGCSE and DP Biology students

The following links have been useful during distance learning. Feel free to explore them further during the vacation!

1. Find a variety of 3D models to interact with at this link.
<https://www.biozone.com.au/weblink/au11-3dmodels/?playlist=ha>
2. Pearson has a wide variety of interactive step-by-step simulations for MYP and IGCSE labs on their website.
http://www.phschool.com/science/biology_place/labbench/index.html
3. They also offer much more advanced step by step interactive virtual labs for DP level and above.
http://www.classzone.com/cz/books/bio_12_fl/resources/htmls/virtual_labs/virtualLabs.html



And an extra...great for basics of Biology!
http://www.kscience.co.uk/animations/anim_1.htm



Mr. Dayaram
Biology Teacher

For IGCSE Physics students

Physics digital classrooms have multiple learning spaces for you to have fun exploring all your astrophysics queries this summer. Here are my top three sites:

1. Nasa's website is incredibly rich in resources that compress millions of light-years into a few centimeters between you and the computer screen. Don't miss out on diving into its fantastic content.
<https://www.nasa.gov>
2. An astronomy crash course on YouTube with 47 videos, each around 12 minutes long. This free series responds to all your quintessential questions about our universe. It's a supernova of fascinating information.
<https://youtu.be/0rHUDWjR5gg>
3. Mr. Neil deGrasse Tyson invites you to a world where science and pop culture collide in his STARTALK podcast. It's an invitation hard to refuse!
<https://www.startalkradio.net>



Mr. Cely
Physics Teacher

For Chemistry students

It was such a shame that the year was cut short, leaving you all without the chance to explore various labs and experiments at school. Check out these sites to further explore Chemistry from the comfort of your own home!

1. This PHET simulator is extremely helpful in understanding (by observing) the relationship between volume, temperature and gas particle pressure.
https://phet.colorado.edu/sims/html/gas-properties/latest/gas-properties_en.html
2. Knowing about laboratory safety procedures is essential, but with the state of emergency, it is not possible to be physically present in the laboratory. This website has several simulators to explore, without having to be in an actual laboratory. The simulator is a paid service, but the page about safety is free.
<https://www.labster.com/try/>
3. What better way to develop a deeper understanding of DP Chemistry than watching simplified guided videos and tutorials? Richard Thornley has compiled video tutorials into a playlist to support learning.
<https://www.youtube.com/user/richthornley/playlists>



Mr. Jamal
Chemistry Teacher

Secondary ELS



English language support in the time of COVID-19

This is not the 2020 we had imagined.

Few people, even with the rosy glasses of nostalgia, will look back and say that this was a great time. As a school community, we all have people we are missing, homes we may be far from (that seem even further away right now) and have had to accept an ever-evolving new normal.

If there is a silver lining to this situation, it has given us pause to reflect on our values within ourselves and those of society. It has pressed us to think outside of ourselves and outside of the box. For KIST, such thinking has resulted in us creating new opportunities for course delivery and engagement through various online platforms: an opportunity that we may not have been able to fully explore otherwise.

For the ELS department, this has included using PowerSchool Learning to continue courses in Academic Writing and Intensive English. We have also been able continue to support students in live lessons on Teams. While we would choose being together in a physical classroom over not, the virtual classroom has been invaluable in continuing our curriculum and our connection to each other at a time in which many of us have never needed it more.

Till we meet again, wash your hands, and stay safe.

Jade Bonus

Secondary ELS Coordinator



Keeping your language fresh during summer vacation

Summer vacation: long days of leisure, languid repose and...language learning? Draaaaaag. But it doesn't have to be! We are all aware that while time away is brilliant relaxation for the body and mind, not being as exposed to English can make that first week back in August a little challenging. But with a little help from your friends (and some books...mostly books) you can slide into the new year like a melting ice lolly on hot pavement. Cool.

Keep in contact with friends

Given our lack of proximity with each other, even outside of social distancing, summer vacation can be a time where we don't get to see our school friends. Be sure to stay in contact (in English!) via phone, email, snail mail, soliloquy, improvised beat poem etc. It will keep you connected, and your language skills will stay on point.



Go with your interests

I know this is not the first time I have said this, but I will say it again: read, watch and listen to texts in English that are within your interests. Forcing yourself to study English that is completely irrelevant to your life is demotivating at best and torturous at worst; don't do it.



Cross purposes

Who doesn't enjoy a crossword puzzle? I was enjoying one myself recently when I realized what a brilliant tool crosswords are for building vocabulary. From learning synonyms to decoding clues and helping us get a greater understanding for the different parts of language, crosswords are a worthy way to while away your free time this summer vacation. You can find crossword books in a range of difficulties and I am certain there are apps for that.



Double down

Do you have a favourite book in your home language? Do they publish that book in an English translation too? Brilliant! Have you ever considered reading them both AT THE SAME TIME? I suggest this because I recently started this project myself and it has been fascinating! See, the trick about languages is that no two can be translated word for word and keep their original meaning. This is because language isn't just about words, it's about thoughts and concepts and societal values and beauty...and I am rambling. Apologies. But by seeing how creative works are translated, we can get a greater insight into the language as a part of the culture it is from rather than just a mechanism. Try it, be amazed. It will help get your own creative ideas across better in English too. Trust me.



Responsible Decision Making



© Cartoonist Group

I sincerely hope we don't make important decisions or those that may affect others like the grandfather featured in the above comic strip! At KIST this past year, you would have experienced a range of Advisory lessons targeted at developing social and emotional competencies linked to Self or Others. Eventually, we aim to imbue responsible decision-making skills in our students, so they would lead fulfilling lives and generate positive outcomes in their spheres of influence.

Are you consciously working towards acquiring an ability to make **constructive choices** about **personal behavior** and **social interactions** based on **ethical standards, safety concerns and social norms** (definition of responsible decision making from CASEL organization)? Do you desire an improvement in your decision-making process? Consider the following steps ("Core SEL Competencies", 2020) each time you have to make a key decision. Practice and incorporate them into your life and reap the benefits of responsible decision making.

1. Try to fully understand the problem but consider the amount of time you have to make a decision.
2. List possible outcomes. Get advice from wise peers/trusted adults.
3. Weigh possible outcomes: What are the pros and cons of a particular outcome? Who would it affect?
4. Consider your values: Will the decision keep to your values and the values of your family/community?
5. Decide and act, bearing in mind there is no perfect or guaranteed outcomes. Evaluate and reflect on the result of the decision.

With our world now more virtual than ever, it is also important to be responsible digital citizens! Before you post or respond to anything online, it may be useful to

run through the following questions in your mind (Education World, 2011). As you weigh the possible outcomes of your view becoming public, do aim to reflect a more positive image and be considerate of others with your posts.

- Is this kind and respectful to others?
- How would I feel if someone did or said the same thing to me or to my best friend?
- What would my parent or other trusted adult think or do?
- Would I violate any agreements, rules or laws?
- How would I feel if my actions were reported on the front page of a newspaper?
- What would happen if everybody did this?
- Would it be okay if I did this in real life?
- How would this reflect on me?

For the keen amongst you, here is an additional 4-minute video resource that you can check out:

[Web Responsible decision making](#)

Evelyn Pang
Student Care Coordinator (G9–12)



References:

- Casel [ThinkTVPBS] (2019, June 27). Responsible Decision Making [Online video]. In *YouTube*, Retrieved on May 26, 2020, from https://www.youtube.com/watch?v=yWSSPnTB6OY&list=PLEL_0dbGD94bhASi25UydgqyVY3zZnuAX&index=3
- *Core SEL Competencies* (2020) Retrieved on May 26, 2020, from <https://casel.org/core-competencies/>
- Education World (2011) Retrieved on May 26, 2020 from https://www.educationworld.com/a_tech/columnists/willard/willard003.shtml

KIST Social Media Accounts

Want to follow KIST on social media but don't use Facebook? Good news—KIST now has official Twitter and Instagram accounts! Like the Facebook page, these feeds will showcase student experiences and successes, both academic and extracurricular. Currently, they're also a great way to get a glimpse into ways students have been staying engaged through distance learning! Please keep in mind, however, that official school announcements and event information will continue to be released primarily through E-Communications.

Links to the feeds are as follows:

 **Twitter:**
<https://twitter.com/KIST1997>

 **Instagram:**
<https://www.instagram.com/k.international.school.tokyo/>

We would like to invite members of the KIST community to "follow" our feeds to stay up to date on the new and exciting things that happen at KIST each week. Please feel free to use the buttons as shown in the below images.

Don't forget to "like" and "follow" us on Facebook, as well! As announced in the previous issue of *The Comet*, our Facebook page can be found here:

 **Facebook:**
<https://www.facebook.com/k.internationalschooltokyo>

If you have any questions about the KIST social media accounts, please don't hesitate to contact us at info@kist.ed.jp. We are looking forward to sharing more of our community through social media in the future!

Miranda Liu
 Social Media Administrator



Library News

Elementary library and distance learning

To enable elementary students to enjoy listening to books during the distance learning program, Ms Shannon and Mr Tim have been making storytime videos and audio files, with the help of some of their special friends. All the videos are available to see on the Storytime tab on the KIST Libraries PowerSchool page, so you can watch them anytime!

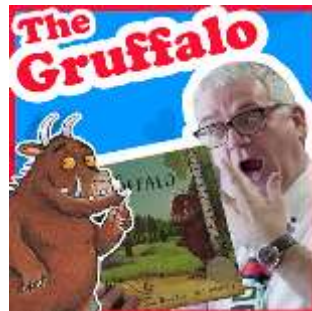


Mii-chan helping Ms Shannon with a reading of "My name is Musky".



Shii-chan helping order new library books.

making storytime videos and audio files, with the help of some of their special friends. All the videos are available to see on the Storytime tab on the KIST Libraries PowerSchool page, so you can watch them anytime!



Holiday borrowing and reading

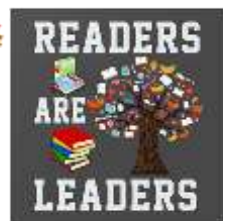
Normally during summer holidays, KIST students can borrow 10 books to read over the holidays, and we encourage students to read as much as they can during summer. To minimize the risk of COVID-19 spread, KIST libraries will not be able to lend out books for summer reading this year. We sincerely apologise for any inconvenience this may cause for KIST families.

You may be able to borrow English language books to read over summer at many public libraries in Tokyo. The Koto-ku public library has a small collection of English language books, you can search on the library's website here (open from June 1):

<https://www.koto-lib.tokyo.jp/>

LMC news

Did you know that when kids read over the summer, they are more likely to leap ahead when they return to school? This is often called the "summer leap," and we've made it a priority to keep your skills sharp by encouraging **Summer Reading Challenge. ALL**



LEADERS ARE READERS. This is a friendly reminder to keep on reading and log in for a wonderful summer.

Here are a few ideas and recommendations to help you keep the reading momentum going all summer long:

"Harness" the power of choice!

Try to pick books yourself—so visit a local library or bookstore and choose a book to read. But sometimes you may need help finding books you like. Don't hesitate to seek help.

Ultimate reading goal

Set a goal and see how many books you can read in one summer—Be a reading role model every day with a favourite picture book, comic book or even a newspaper article. Everything counts. There are many places to help you discover new books. The most popular ways to help children aged 6–17 with their reading over the summer include:

- > Visit a library with parents/siblings
- > Picking books from the local library or book fair
- > Taking books on trips and vacations

Scholastic summer reading recommendations

<https://www.scholastic.com/parents/books-and-reading/book-lists-and-recommendations/summer-young-adult-books.html>

Happy summer reading! 🌞🌞🌞🌞🌞

Kathy Kenny is an American actress and professional storyteller who is famous for her inspirational literature for women: "Queen of your own life" and "101 jolts of inspiration." She brings classic children's stories to life as "Mrs. P." You can find online learning lessons and many interesting activities here.

<http://mrsp.com/>

Open Library is an open, editable library catalogue, building towards a web page for every book ever published. Read, borrow and discover a wide range of collections and more...Just one click here:

<https://openlibrary.org/>

The Professor Garfield Foundation is a non-profit Educational learning content with a primary emphasis on children's literacy and creative expression. It is a place where kids like to play—on the Internet—supplemented with standards-based resources for teachers, parents and mentors.

http://www.professorgarfield.org/pgf_home.html

KIST Library Team



Staff 10!

In this month's *Staff 10!*, we are pleased to present Bartholomew (Bart) Miller who joined us in August 2015 as a Grade 4 teacher in the Elementary School.



Mr Miller enjoying a fishy meal.

1) Tell us something interesting about your hometown.

Camarillo, California is the site of the former Camarillo State Hospital, also known as 'Hotel California', but it has been converted and is now California State University Channel Islands. I attended some of my education training courses there.

2) What is your favorite place in the world?

I took a trip with my father, his friend who is an archaeologist, and my brother to Bahia de Los Angeles in Baja California, Mexico. Early in the morning, you can watch pelicans dive into the middle of the bay over a kilometer away. There is no noise pollution, so you can hear a faint splash a few seconds after you see the pelican hit the water.

3) Who would you like to meet if you had the chance and why?

I would like to meet Duke Ellington to listen to him tell stories about jazz in New York City in the 1920s–1970s.

4) Do you have any special skills or talents?

I can recognize the make and model of most cars, sometimes even only from seeing the shape of its taillights or fenders.

5) Please share a little-known fact about yourself.

I spent my first semester of college studying abroad in Nepal. The furthest I have ever been from home was Muktinath, the northernmost and one of the highest elevation Hindu shrines in the world.

6) What is your most prized possession?

My most prized possession is a Fender Rhodes Mark 1 Stage 73 electric piano. I played it for years in a rocky funk band but now it is safe in storage.

7) Which IB learner profile attribute do you most closely identify with and why?

Principled. It's difficult for me to overlook dishonesty. When I am in a situation in which truth and integrity are not upheld, I feel it necessary to stand up for my values or leave.

8) If you could live your life again, would you do anything differently?

If I could live my life again, I would study more seriously and try to complete my formal education as quickly as possible. It's important to create a firm goal as a teenager for college, but it's not necessary for the plan to be perfect.

9) Is there anything you are trying to learn/improve about yourself at the moment?

I have many independent projects underway, like writing a book and designing a smartphone app, so I am trying to improve my discipline to get more creative work done in my free time.

10) Do you have any special message for your fans?

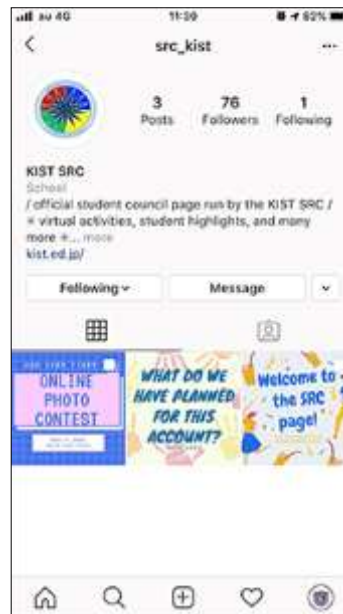
I would like to see the world become more cooperative and less competitive, so instead of looking for ways to defeat or overcome others, look for ways to grow and succeed together.

Secondary SRC



While the school closure has not prevented us from continuing to learn from home, it has resulted in a complete halt to school clubs and extracurricular activities. Well...an almost complete halt. Over the last two months, the SRC Executive has been working on a special project, aimed at engaging the student body despite the school closure. After several Teams meetings and countless e-mails, we are excited to finally announce the start an official SRC Instagram page!

The page is aimed at being a less formal and more engaging channel through which students can interact with the SRC and each other. Since the page is public, it can be viewed by all students, even those who do not have Instagram accounts. The page will host virtual activities, in the form of photo contests, as well as showcase highlights of students at sports matches, musical performances and many more. We also plan on having a Q&A section, as students are more comfortable communicating on a platform like Instagram than sending e-mails. We are particularly looking forward to starting a 'Class of 2020' Honor series, which will showcase the graduating seniors and their future plans, as a way to congratulate them and for students to learn more about them. Once school resumes, the page will also promote SRC and school events, including fundraisers or activities led by other student clubs and service groups.



We would like to invite all members of the KIST community to access the SRC Instagram page and stay up-to-date on all the activities and events we have planned! We look forward to engaging with the students even during these uncertain times.

You can find the page at the link below:

 https://www.instagram.com/src_kist/

Riya (G11A)
SRC President



Nurse's Notes



Tips to prepare for returning to school

Many children and families have likely experienced some stress from the disruption to daily routines while staying home during the state of emergency declared due to the growing spread of COVID-19 in April. While facing the unknown can be scary and stressful, it is important to stay calm and focus on what we have control over in our lives. One of the best ways to fight off the anxiety and uncertainty of being stuck at home and adapt to a new lifestyle is to stay physically and mentally healthy. Here are some ways you can get started today.

Keep or establish a healthy daily routine before school begins

Sleep well

Try to keep bedtime and morning wake up times the same as your regular school schedule to stabilize your body clock. Stop using your smartphone, laptop and other electronic devices before going to bed.

Eat three meals a day

Eating a healthy, balanced diet is an important part of maintaining good health and helps bring out your best performance. In particular, eating breakfast can help improve your energy levels, metabolism, memory and concentration.

Prevent dehydration

It is especially important to be mindful of heat stroke during early summer; encourage your child to drink plenty of fluids even before he/she feels thirsty.

Spend time outdoors each day

Spending only 10–15 minutes absorbing sunlight can help your body get vitamin D to boost your immune system.

Get regular exercise or physical activity

Staying active helps boost your energy levels and reduce your stress levels.

Maintain personal hygiene

Personal hygiene is one of the most important ways of maintaining good health and protecting yourself from infections. Make sure to wash your hands thoroughly, keep your nails tidy, brush your teeth, and bathe daily even while staying home.

Improve bowel movements

Eating a diet rich in fiber to maintain normal bowel movements can help to strengthen your immune system.

Reduce your stress levels

Watching the news can be helpful to stay informed

but excessive exposure to news and media can also lead to feelings of anxiety and negative thinking. Different forms of stress relief work best for everyone, so I would like to share several relief techniques that you can try out at home and find the right method for you.

Spending time with family

Taking the time to reconnect with your family can be a great way to relieve stress. Fun family activities like cooking a meal and then eating it together or chatting with one another can help you feel better.

Stay connected

Sharing your thoughts and feelings with friends or others can make them easier to deal with and also allow your friends to help you think of solutions.

Engage in self-care each day by doing things you enjoy

For example, take a hot bath, try out a new recipe, read a book with coffee, or stream your favorite music while you work. These are quick fixes to bring you comfort and boost positive emotions. If you cannot go outside, sitting by a window and letting the sun shine on you may help you feel calm.

Be kind to yourself and others

If you force yourself to work too hard or have too high expectations of others while already in this stressful situation, it can cause anxieties and tensions to rise. Instead, focus on being kind to yourself and others.

Discuss returning to school with your child

Ask your child how he/she feels about going back to school and any concerns or expectations he/she might have. Simply expressing their feelings and feeling heard can allow children to feel better when they are anxious and stressed. Listen to your child without needing to answer or offer advice; instead, try to understand their emotions. Try to talk positively at least in front of your child even if you feel worried yourself.

It is normal to be a little anxious, but if you and/or your child feel overwhelmingly stressed, anxious or depressed, seek professional support.

Overall, our mental well-being plays a huge role in our health. It is important to prioritize reducing stress during these difficult times. Please stay safe and healthy, and I look forward to seeing you next year.

Yukiko Yamazaki
School Nurse



References:

- *Managing stress during the COVID-19 outbreak.* University of Iowa Stead Family Children's Hospital. Retrieved May 23, 2020, from <https://uichildrens.org/health-library/managing-stress-during-coronavirus-covid-19-outbreak>
- Deanna Spoto, Psy.D. (April 21, 2020). *Establishing a Self-Care Routine During the COVID-19 Pandemic.* CompTIA. <https://www.comptia.org/blog/establishing-a-self-care-routine-during-the-covid-19-pandemic>

University Guidance News

What to do with my summer?

During these unprecedented times, there is the worry that we may get "stuck in time" and when everything returns to normal, we may have fallen behind our peers, whether at home, or abroad. In order to make sure we are all on track, our office has put together a small guide of what we think are the best ways you can keep yourself focused on your future, even if you are stuck at home. All these suggestions are designed to not only make you more aware of what is out there if completed, but also aims to provide benefits for your university applications in the future.

Participate in online university fairs, tours and meetings

We have had two successful university fairs through our partners at Cialfo this semester. Although we plan to have more scheduled next semester, there are many others that have been planned over the summer months, depending on your interests. You can search online for 'online university fair' or directly contact the universities you are interested in to see what events they have coming up soon.



Join an online class or summer program

Many students plan to go to summer programs each year. This year, although many programs have been cancelled because of travel restrictions, others have moved online. These provide ways to still interact with students, having live conversations from around the world, but in a virtual way.

Universities are also opening more online classes through their extension programs, where students can take certificate courses (many of which have been made **free** because of COVID-19) over the summer to not only enhance their interests, but also give them a head-start on college level studying.

***Tip:** We suggest looking into summer programs/classes offered from the university directly for the best experience. For example, U.S. universities will have a ".edu" web address for their official websites.

Begin studies for standardized tests (SAT/ACT)

For most KIST students, considering an SAT/ACT is only important for those considering applying to the



United States. If you have that interest, this summer may be a perfect time to do preparations. The [Khan Academy](#), as one example, offers Official SAT practice that can be done a few minutes each day to give you a boost in your score.

***Tip:** Many U.S. universities are moving to a "test-optional" application, acknowledging it may be difficult to take an SAT/ACT currently. However, it is still our opinion that **if you can** submit a good score to these schools, it would still benefit your application.

Do an online English test/interview (G11 students)

For those of you who will be in Grade 12 from August and will be applying to universities next year, submitting an online English test/interview may be a beneficial way to set yourself apart from others and show off your personality as you cannot visit schools in person this summer. Tests like the [Duolingo English Test](#) can be sent to many institutions [worldwide](#) and can include a small video interview and writing sample that universities can view to learn more about you.



Interviews conducted by other companies such as [InitialView](#) and [Vericant](#) can be more in depth and can be sent to partnered universities in the United States in order to show off your conversation skills and give you a chance to introduce yourself. Some universities may even offer free interviews via Skype or Zoom. Contact universities you are interested in to see what they accept for their applications.

Summary

There are many ways to keep busy this summer. At the university guidance office, we are keeping ourselves available throughout the coming months if there are any questions that arise. Please send an e-mail to keiko.okude@kist.ed.jp or thomas.waterfall@kist.ed.jp and/or schedule a virtual meeting through Cialfo (G9 to G11 students/parents).

Keiko Okude and
Thomas Waterfall
University Guidance
Counselors

