



PB Uniform Sale date changed to Friday April 30th!

The Uniform Sale, which was scheduled for Thursday April 29th, has been postponed to Friday April 30th because of the expected bad weather on Thursday.

You can buy the following items:

- New items: socks. Tights, sweatshirts, hats (for KJS), calico bags, etc.
- Old items: Pinafores (for JS students), skirts (for MS and HS students), blouses, PE uniforms, long pants, etc. Please note that for second-hand items there is no guarantee that all sizes will be available.

We welcome donations:

If you have any used uniforms (pinafore, skirt, PE t-shirt, fleece, zip hoodies) that you would like to donate, please put them in a bag and leave them at the lodge. Note that we only accept clothes that are in good condition, clean, and with no pilling or stain. We will reuse the donated clothes to sell at the Uniform Sales. This will help families who need these items and all proceeds will be donated to the Parents' Board.

We kindly ask everyone to wear a mask and sanitize their hands before accessing the sale. We hope that you will understand the need for such measures and that you will enjoy the sale!

Mineko Harada
PB Uniform Sales Chair

ISSH & PB Joint event: Guest speaker on overparenting

In May, we hope that you will be able to participate in a very special joint event to learn more about the important topic of overparenting and its impact on students' resilience. This event is being organised by the School and funded by the PB.

The guest speaker, Dr Judith Locke (her books include [The Bonsai Child](#) and [The Bonsai Student](#)), is a clinical psychologist, researcher and former teacher who has seen how modern parenting practices and changes in schools have led to the development of what she refers to as "bonsai" children and students. She argues that many children are so protected by well intentioned overparenting against anything adverse happening to them, that they cannot thrive when challenged. She will present practical strategies for how parents can help develop resilience, self-regulation, resourcefulness, respect and responsibility in their children. This is particularly useful in the challenging times that we currently live in.

Please mark your calendar as there will be two sessions depending on the age group of your child:

Ages 4 to 10 years old:

- Monday, May 17th: 6:30 pm to 8:00 pm

Ages 10 to 18 years old:

- Wednesday, May 19th: 6:30 pm to 8:00 pm

More information on how to register for the event will soon be sent by the school.

WaNavi Online Earthquake Preparedness Workshop - Empower yourself to protect your family

New to Japan? Unfamiliar with Earthquakes? Need a review on how to be prepared, react if a natural disaster does occur?

The Parents' Board has invited WaNavi Japan, a leader in preparing the Japanese and international communities for disaster preparedness, to conduct a Zoom seminar for all Sacred Heart families, to teach us all we need to know about understanding natural disasters with focus on earthquake preparedness in Japan, and how to react in the event of an emergency.

While this interactive workshop is perfect and critical for new members to our school community, it is also ideal for both Japanese and non-Japanese residents who will benefit from a refresher course and updated information, based on experience from recent disasters.

This year, the participation fee will be FREE - courtesy of the Parents' Board. Please note however that the event will take place only if a sufficiently high number of people sign up. So please do sign up as soon as possible below - we look forward to seeing you on Zoom!

Date: May 18, 2021 (Tue)

Time: 9:00-10:30 AM

Sign-up: <https://www.signupgenius.com/go/9040D44AFAC28A5FB6-wanavi1>

* Zoom meeting details will be emailed to registered participants

Fee: FREE

If you have any questions, contact us at isshpasocial@gmail.com

PB Virtual Fun Run

Thank you to the 117 students, family members and staff who joined the 2021 Fun Run! We are sure that everyone had a great time during this first virtual version of the event. All proceeds will go towards supporting the Sports Council / PE department and the Nepal Seeds charity.

Special thanks are due to our Fun Run Chairs Mami and Tomo Takada for all their hard work on making the event possible, to Ms Ettl and members of the Student Sports Council, to the school administration for their support, as always, and to all parents and students who volunteered and contributed to this fun event.

Big congratulations to the Fun Run winners - well done!

Kindergarten:

1st place: Norah Partin (K5 Tigers),

2nd place: Alva Partin (K3 Owls)

Junior School:

1st place: Marie Sato (G4 Green)

2nd place: Kesera Takada (G3 Purple)

Middle School:

1st place: Phoebe Campbell (G6M)

2nd place: Aahana Hingarh (G6M)

High School:

1st place: Sofia Sato (G9O)

2nd place: Ju (Yeonju) Kim (G9O)

Winning classes for the ice cream treats are:

The classes (one per section) with the highest number of participants who ran or walked at least 1 km have won an ice cream party:

Kindergarten: K4 Penguins

Junior School: G2 Aqua

Middle School: G6M

High School: G9O

Once again, thank you everyone for such a wonderful and memorable event.

Here are photos of Mr Takada and Ms Ettl, our MCs for the event, and the JS medal winners. Many thanks to you both for your fun commentary!





Looking for PB Board Committee members

The PB is looking for new Board Committee members to bring forward the association into a great 2021-2022 year:

- President: Please [contact Nathan](#) for more details.
- Vice president: Please [contact Kristina and Joceline](#) for more details.
- Treasurer: Please [contact Yukiko](#) to know more.
- Co-secretary: One parent to join Mika as PB Secretary. Please [contact Mika and Willy](#) for more information.

We are also looking for someone to replace Mineko Harada as PB Uniform Sales Chair from next August. We have been lucky to have her manage so efficiently the stock, sales and volunteers for several years, so please do consider helping out by joining the Uniform Sales team. If you have any questions, please [contact Mineko](#).

Being part of the PB Board is a fantastic way to contribute to our ISSH community and to make new friends.

Next PB Zoom meeting

The next PB Zoom meetings will take place on Wednesday May 5th and Wednesday June 2nd at 9am. All parents are welcome!

Join Zoom Meeting:

<https://nishimura.zoom.us/j/9405571026?pwd=WFVzVEFITHVuZFIHWnN3V3lyNXdYZz09>

Meeting ID: 940 557 1026

Passcode: 837355

Join by SIP

9405571026@zoomcrc.com

The Parents' Board Committee:

President: [Nathan Schmidt](#) (G5)

Vice-President: [Kristina Ganea](#) (G4)

Vice-President: [Joceline Sirgi](#) (G12)

Secretary: [Mika Ishii](#) (G7)

Secretary: [Seihei \(Willy\) Tada](#) (G5)

Treasurer: [Yukiko Gelegen](#) (G12)

Treasurer: [Ikuko Jameson](#) (G7, G9)

