



International School of the Sacred Heart

Parents' Board Newsletter

May 12th, 2021

2020-2021 Issue: 12

Next Tuesday: Sign up quickly for a free Online Earthquake Preparedness Workshop

The Parents' Board has invited WaNavi Japan, a leader in preparing the Japanese and international communities for disaster preparedness, to conduct a Zoom workshop 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.

Please note that the event will take place only if a sufficiently high number of people sign up. So please sign up as soon as possible. Zoom meeting details will be emailed to registered participants. If you have any questions, contact us at isshpasocial@gmail.com

Date: May 18, 2021 (Tuesday)

Time: 9:00-10:30 AM

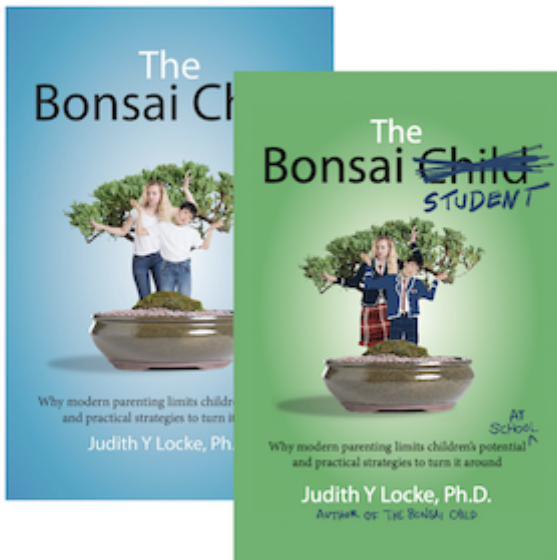
Sign-up: <https://www.signupgenius.com/go/9040D44AFAC28A5FB6-wanavi1>

Fee: FREE

Next week: ISSH & PB Joint event Parent Webinar on helping your child become Confident and Capable!

We hope that you will be able to participate in a very special joint event to learn positive and effective strategies parents can use to help their children become more confident and capable. 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.



There will be two sessions depending on the age group of your child (see below). Parents should not register for both sessions, however. Please register for the age group session of your eldest child or the one with whom you are having most current challenges. Register soon for one of the two seminars by using the links below:

Parents of 4 to 10 years old:

Monday, May 17th: 6:30 pm to 8:00 pm (Tokyo time)

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_mroPSV69T-G2q9B9kUUZlw

Parents of 10 to 18 years old:

Wednesday, May 19th: 6:30 pm to 8:00 pm (Tokyo time)

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_sW3efB1ESmiYYYYXLQP02NQ

Friday May 21st: MS/HS Parents' Social - Online at 8:00pm



Mark your calendars for Friday May 21st, 8:00pm for an MS/HS parents' online social. The school year is almost over, so let's get together, catch-up, unwind and chat about topics of mutual interest, including **"how to prepare for High School and College"**, or any other topic of interest to you. We will try to have some special guests on hand.

So please register at the SignUp genius link below first, then join us with your favorite drink on May 21st. Don't miss it!

<https://www.signupgenius.com/go/9040d44afac28a5fb6-mshs>

(A Zoom link invitation will be sent to those who register 1 day before the event).

See you on May 21st!!
The Parents' Board Social Committee

Used uniform donations

We are looking for donations of used uniforms (pinafores, skirts, PE t-shirts, fleece, zip hoodies, etc). We will reuse the donated clothes to sell at future Uniform Sales. This will help families who need these items and all proceeds will be donated to the Parents' Board.

Please put the clothes that you would like to donate 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.

Thank you so much for your support.
PB Uniform Sale Committee

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

We also urgently need someone to replace Mineko Harada as **PB Uniform Sales Chair** (or 2 Co-Chairs) 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 meeting will take place on Wednesday June 2nd at 9am. Please join us!

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)