

# School Newsletter

11

Important information about school life.

NOVEMBER 2020

No. 211

## Message from the Principal

Many of our students suffer from orthostatic dysregulation (OD). Symptoms include having difficulty getting up in the morning, dizziness, lassitude and so on. The school is working on various ways to help these students, such as holding training sessions to understand OD better, hearing from the OD Family Association, and cooperating with the YMCA Wellness Division on an OD campaign.

Because other students also suffer from health concerns and various illnesses, this year we have expanded the focus to hold a "Gathering for Students and Parents/Guardians with Concerns about Children's Health" in October. "Health concerns" can include mental and physical worries like "Will I be able to get up and go to school tomorrow?" or "Will I start feeling sick on the train?". The Gathering was attended by 58 participants, including those online, and three alumni, along with staff from the Wellness Division. In the first section, Dr. Yanagimoto of Kansai Medical University provided specifics on OD symptoms and countermeasures, while the second section was a chance for parents and children to talk separately, with participants saying it was good to learn more about the disease, talk with other people in the same situation, and figure out how to speak with their children.

The school is working on ways that students can find opportunities to challenge themselves and shore up their health, without giving up because of physical concerns. From mid-November on, we have been holding a 13-session "OD Health-Building" course jointly with the Wellness Division. If it shows good effects, the program will be continued. The YMCA has always provided various health-building services such as classes on getting comfortable with physical education and summer camps for children with asthma. Now, when anyone may live to 100, health-building is especially important for growing old in good health. Balanced meals, good sleep, suitable exercise. In particular, in order to achieve good sleep, we hope students will put down their smartphones (which might be called the disease of modern times) an hour before going to bed, and get ready for sleep with an easy mind. We plan to continue various approaches through which students will be able to lead their daily lives with peace of mind, look toward the future with hope, enjoy life, and acquire the health base needed for all of this.

Psalms 41:3: "The Lord sustains them on their sickbed and restores them from their bed of illness."

## Requested Anti-Infection Measures

To prevent infection with the novel coronavirus, the most important thing is to take care of your own health. Because we gather in groups at school, please be considerate of others as well.

Please continue to observe the items below.

### 1. Take your temperature at home and fill in the temperature sheet before coming to school.

The school will not be taking everyone's temperature. Please be sure to do it at home before attending school.

If you forget, check in on the first floor to have your temperature taken.

If you have a temperature of 37.5 degrees or above, stay at home.

If you feel even a little unwell, contact your homeroom teacher and rest at home. Your homeroom teacher will let you know what to do when you miss school.

\*The temperature sheet has been mailed on October 19 (Monday).

### 2. Always wear a mask.

Do not dispose of your mask at school.

### 3. Wash your hands thoroughly. (Use hand sanitizer when entering the school and after using the bathroom.)

4. Desks and chairs are sterilized every morning, but feel free to use the sanitizer and paper towels in every classroom whenever necessary.

5. Avoid touching other people, and keep a set distance whenever possible.

6. Use the stairs. Only four people at a time should use the elevator.

7. Between classes, speak in a normal tone of voice and do not shout.

8. When eating in the school, do not face other people and eat quietly.

## Academic Affairs

### Study Progress Reports

"**Study Progress Reports (#2)**": mailed December 1 (Tue.)

- The reports will include your schooling attendance count and report submission status as of November 27 (Fri.). Confirm your schooling attendance count and report submission status for yourself.
- For students expected to graduate in the 2020 second term, a "Confirmation of Intent to Graduate" form is included. Confirm the content and submit the form to your homeroom teacher by the deadline.

"**Second Term Final Study Progress Reports**": mailed January 21 (Thu.) (planned)

To be mailed along with notification of qualifications for course credit tests

## Submission of Reports and Schooling Alternative Assignments

Reports for submission	Notes	Final deadline for submission of second term reports
<ul style="list-style-type: none"> <li>■ Reports to be submitted</li> </ul>	<p>Be very careful not to forget to submit your reports! Even if you miss report deadlines, you still <b>have until the final deadline, Dec. 24 (Thu.)</b>. Turn in any missing reports as soon as possible!</p>	<ul style="list-style-type: none"> <li>○ For submission at school (staffroom) <b><u>Deadline: December 24 (Thu.), 17:00</u></b></li> <li>○ For submission by post <b><u>Postmarked by December 24 (Thu.)</u></b></li> </ul> <p><b>*When posting your reports on December 24 (Thu.), be sure to send them from a post office window.</b></p>
<ul style="list-style-type: none"> <li>■ Reports returned with "For resubmission" <i>*Excluding those marked 1/15 (see [Note 1] below left)</i></li> </ul>	<p>Check whether your returned reports are marked "For resubmission." If so, go back to work on them and submit them promptly!</p>	
<ul style="list-style-type: none"> <li>■ Integrated Study (Exploration) A report Osaka Museum of History, etc.</li> </ul>	<p>Be sure to check museum opening days/times in advance, visit in good time, and submit your report. *Students who have not attended in-class schooling for Integrated Study (Exploration) A should consult their homeroom teachers.</p>	
<ul style="list-style-type: none"> <li>■ Schooling alternative assignments</li> </ul>	<p>If your attendance count is too low, you can receive credit for schooling attendance by submitting a "schooling alternative assignment" and receiving a passing grade. (One assignment per class hour)</p>	
<ul style="list-style-type: none"> <li>■ Reports with 1/15 marked for resubmission deadline [Note 1]</li> </ul>	<p>Be sure to check this and submit the report. Reports must reach the staffroom by this date. (Note that <u>this does not mean postmarked by 1/15.</u>)</p>	

### Open Media Room

□ The media room (6th floor) will be open on the following schedule for work on information systems class reports.

December 23 (Wed.) 13:00 to 17:00  
December 24 (Thu.) 13:00 to 17:00



### Homeroom

- In homeroom, upcoming schedules, reports, credit tests and so on will be confirmed.
- Times by class are as follows. Classrooms will be posted on the day.
- Special Activities: 1 hour credit

Schedule	Time	Homeroom class
December 9 (Wed.)	12:25 - 12:45	3A, 3B, 3C, 3D, 3E, 3F, 3M
December 11 (Fri.)	12:25 - 12:45	1A, 1B, 2A, 2B, 2C

## Career/College Support

### Career Guidance for Parents/Guardians

- Career Guidance will be held for the parents/guardians of first- and second-year students on the schedule below. To participate in person, apply through the URL or QR code below. Videos will be available later on (no application required).

Date: December 12 (Sat.) 11:00 to 12:40 (reception begins at 10:00)

Target: Parents/guardians of 1st- and 2nd-year students

Content: We will explain the process and current situation of universities (in particular), junior colleges, vocational schools, and employment.

Application URL and QR code

<https://forms.gle/dJXA4Pin7LdovSo2A>



\*In-person participation will be limited to only one person per household as a novel coronavirus countermeasure.

\*Career Guidance for Medical/Nursing/Psychology Studies will be held for students on the same day. Interested students should apply from the student form.

### Career Guidance for Medical/Nursing/Psychology Studies (first- and second-year students)

- Career Guidance for Medical/Nursing/Psychology Studies will be held for first- and second-year students on the schedule below. To participate, apply through the URL or QR code below.

Date: December 12 (Sat.) 11:00 to 12:40 (reception begins at 10:00)

Target: 1st- and 2nd-year students

Content: Career understanding workshop on medical, nursing, and psychology careers, and guidance by career type

Special Activities: 2 hours credit

Application URL and QR code

<https://forms.gle/aktzQapXwprpwoNe6>



\*Career Guidance for Further Education will be held for parents/guardians on the same day. Interested parents/guardians should apply from the parent form.

## Osaka Prefecture Accredited Distance Learning High School Joint Career Path Briefing

- An Osaka Prefecture Accredited Distance Learning High School Joint Career Path Briefing will be held. With regard to employment in particular, several companies will take part, making this an opportunity to talk with them directly. Students interested in employment after high school are urged to attend.

Date: December 15 (Tue.) 11:00 to 15:00 Location: Tennoji Community Center

January 19 (Tue.) 11:00 to 15:00 Location: Osaka City Central Public Hall

Target: Students planning on employment (3rd-year students only) / students planning on future study (all years)

Application QR code



\*Partial participation is possible.

\*The content is the same, so choose one to attend.

## Special Activities

- Special activities for November and December are as below. Check SakuraNet for the details.  
To participate, register on SakuraNet.

Activity name	Date	Location	Credit hours	SakuraNet notification date
Online sports *Deadline passed	11/25 (Wed.) 15:00 - 16:00	Online	1 hour	11/11
Learn about the worldwide effect of the Treaty on the Prohibition of Nuclear Weapons. (Sponsored by Hiroshima YMCA)	11/29 (Sun.) 13:00 - 16:30	Online	4 hours	11/9
Christmas prayer service *This year's street-corner fundraising has been canceled to prevent the spread of the novel coronavirus.	12/5 (Sat.) Part 1: 10:00 to 11:00 Part 2: 13:00 to 14:00	Daido Church	1 hour	TBA
Bible Hour	11/26, 12/3, 12/17 (Thu.) 15:00 - 15:30 12/11, 12/25 (Fri.) 16:00 to 16:30	Posted on the day	1 hour for two sessions	10/21
Movie experience: "Invictus"	12/14 (Mon.) 15:00 - 17:00	Room 201	2 hours	11/17
Guidance on psychological and medical issues	12/12 (Sat.) 11:00 - 12:40	Rooms 301/302	2 hours	11/4

- To graduate, **you must participate in at least 30 hours** of Special Activities.
- "Time for Film and Art: Off-Campus Art and Cinema Appreciation" (two credit hours for each movie or exhibit, up to 18 hours)

View the movies and exhibits listed under "Special Activities (Off-campus art and cinema appreciation)" on the school website, fill in an application, and submit it to the staffroom. Application forms are available in the staffroom.

★ August Special Activities (Off-campus art and cinema appreciation) are here

<https://www.ymcagakuin.ac.jp/upload/39ddb4c2302db84c34c24ebd4a9f0c2af3e1de90.pdf>

★ July Special Activities (Off-campus art and cinema appreciation) are here

<https://www.ymcagakuin.ac.jp/upload/51f5a0377721118a9f7af72639dc2a656f622a54.pdf>

★ June Special Activities (Off-campus art and cinema appreciation) are here

<https://www.ymcagakuin.ac.jp/upload/4adcb692d3db3ae8f0bc918dd3407210a137a9f7.pdf>

## Student Support

### Y-Y Cafe

- This is a place where you can meet people and spend time together within the school.
- Schedule: Wednesdays through December 16
- Time: 15:00 to 17:00
- Supervisor: Volunteer staff, 石倉篤 (ISHIKURA, Atsushi), etc.

## Administrative Matters

### Administrative Affairs during Winter Vacation

- Office administration holiday period: December 26 (Sat.) to January 5 (Tue.) 13:00 (school closed until January 5 (Tue.) 13:00). The office will be open from January 5 (Tue.) 13:00 on in the new year.
- Applications for student discount cards or discounts on long-distance travel can be processed by December 24 (Thu.) if handed in by December 22 (Tue.). Ask with plenty of time to spare, as issuance on the same day is not possible.



## Monthly Bible Quotation

"Now you are the body of Christ, and each one of you is a part of it."

(I Corinthians 12:27)

Sometimes we find ourselves making assumptions about our own value. Sometimes we get carried away and overestimate ourselves, looking down on others--I'm not like them, don't treat me like I was the same as those people. Sometimes, instead, we underestimate ourselves. There's no reason for me to be alive, it wouldn't matter to anybody if I was gone...

But we don't have to judge ourselves this way. If the way we judge ourselves changes by mood, then there is no way of knowing whether it's correct. Instead of obsessing about whether your own judgment is correct, let go and let God. God cares about each one of us so much as to say that each of us is a part of the body of Christ. Just as each part of the body is essential, every life is essential to God. Never forget that you are needed.

(Pastor Yoshiya Fukushima of the Kawachi-Nagano Migiwa Church, United Church of Christ in Japan)



South YMCA Christian Committee 2020-11

