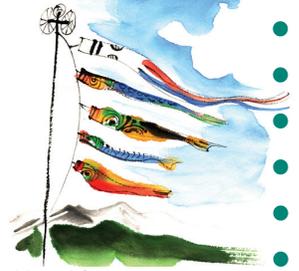




GBC JAPANESE LANGUAGE SCHOOL  
NAKAYOSHI YOCHIEN



# SCHOOL-PTC NEWSLETTER

JLS Article: Madoka I. Hull, Principal, Shoko Shimizu  
Preschool Article: Yoshiko Morohoshi, Director  
Translation: Shoko Shimizu, Madoka I. Hull  
Eng./Jpns Layout: Madoka I. Hull, Shoko Shimizu

Word Process, Edit, Print: Kimiko Goya, Akemi Sato  
Teruko Hashima  
J. Word process: Shoko Shimizu

March, April 2009

## PRINCIPAL'S MESSAGE:

*Fresh Images* by Masanori Nishio

(Modern Japanese Poem)

*When we walk slowly, we begin to see.*

*Polish the lens of our minds, and capture  
fresh images.*

*Depending on what we focus on, our world  
view changes.*

*Something that captures our mind may link  
with our future.*

*Let's see beautiful things.*

*Let's capture vivid images.*

*Today, when I look up at the sky,*

*I notice a brilliant cumulus cloud that brings  
back sweet memories.*

*It would be lovely to spend time at the beach.*

*Let's walk slowly.*

*We may see something that we normally don't  
notice.*

Gakushu Happyo-kai, the class presentations were a big success. Our students practiced hard and performed their programs marvelously. The very next day on Sunday, the preschool held their annual outing, Undo-kai and it went well. We are grateful to all the parents who supported our students and gave us so much help. Thank you very much.

Time flies with various activities and events at school. Often I think how busy we are in modern times! So many adults and children fill every hour with various activities throughout the day. Children nowadays have activity after activity. I wonder how much free time they have, and how often they can play freely without adult supervision and control.

As I read the poem by Masanori Nishio, it reminds me to slow down a little. Swamped with work, meetings and night courses and trivial everyday duties, we sometimes overlook many important things around us. If we stop for a moment, breathe fresh spring air deeply and look at the beautiful scenery, we may notice those people who care for us and how blessed we are. We may find different things we can appreciate. Let's stop being so critical of others. We will feel much happier.

The third semester has started and the season is changing from spring to early summer. At the end of the school year, teachers are focusing on reviewing and completing their lessons. We ask all our JLS parents and guardians for continuous support and cooperation.

*Madoka I. Hull, Principal*

## Marukai Fund-Raising Report

Thank you everyone for giving us your Marukai receipts. Many thanks to Mr. Kawate who has helped us on this. He is a parent and the manager of Marukai. Mrs. Criss spends her time calculating the receipts every so often. Thank you, Mrs. Criss.

When we receive money, that money is recorded in the account called "Gift Money." JLS and Preschool both have separate gift money accounts. So, donations from Marukai go equally into both accounts, JLS and preschool, each time. All donations from our parents such as graduation donations go into these accounts. This money is "free money" which means we can use it for anything. When we decide to purchase something,

we bring it up in the School Board meeting and discuss it.

As of April 2nd, 2009, we have received over \$5,000 from Marukai. With the help of Mr. Nakatani, GBC advisor, as well as, a school board member, we have purchased two speakers, two speaker stands, mixer, and a CD player for Undokai. With the brand new PA system, Undo-kai went very smoothly and successfully this year. The cost of the new PA system was \$1,334.89. Mr. Nakatani donated \$600.00 and the rest was paid with JLS and Preschool gift money from Marukai donation. Teachers will discuss the next purchase.

Thank you very much for your continued support and cooperation.

### THE JAPANESE-LANGUAGE PROFICIENCY TEST

Sonoma Saito from the daily division 5th grade of Ms. Okuna class passed the third degree of the Japanese proficiency test. *Congratulation, Sonoma!* Keep up the good job of studying Japanese. If anybody is interested in taking the test, please refer to the Japan Foundation site.

### GRADUATION TRIP - May 9th for 5th to 12th Grades

Destination: Universal Studios

Date: Saturday, May 9th

Chaperons: Ms. Hull, Ms. Sato, Ms. Goya  
Ms. Ando, & Mr. Aratani

Participation fee: \$25.00

Dead Line: Fri., April 24 & Sat., April 25

Students, who wish to participate, need to turn application form, medical release along with participation fee to his/her class teacher, A.S.A.P.



Summer School  
is fun!  
It is  
a great way  
to learn  
&  
review  
Japanese.

## SUMMER SCHOOL

We are accepting registration for summer school. Please refer to the details in the summer school notice distributed in each class.

### Daily Japanese classes

Dates: Mon., June 29th to Fri., August 7th, 2009  
Hours: 9:00 AM to 12:00 noon

### Daily English class:

**This class is for kindergarten entrance preparation.**

Dates: Mon., June 29th to Fri., August 7th, 2009  
Hours: 9:00 AM to 12:00 noon

### Saturday Japanese classes

Dates: Mon., June 27th to Fri., August 8th, 2009  
(5 Saturdays)  
Hours: 9:00 AM to 12:00 noon

### Day Care for Elementary Schoolers:

Dates: Mon., June 29th to Fri., August 7th, 2009  
Hours: 8:00 AM to 9:00 AM  
12:00 PM to 6 PM

### 2 Wks Extended Day Care

Dates: Mon., August 10th to Fri., August 21st, 2009  
Hours: 8:00 AM to 6 PM



## Notes from



## Nakayoshi Preschool

**Director's Message:**

While cold and warm weather repeats itself, we have a lot of fun spring discoveries such as violet buds blooming and a ladybug walking under a green leaf.



We are very happy that our students and parents had a blast playing games, dancing and racing at Undo-kai. It was a bit cool on that day, but no one cared since everyone was playing so hard. One of the most exciting games was the tug-of-war by the moms and dads. Our sincere appreciation goes to all our parents who helped support the event. Many parents came to the park at 7 AM and prepared the park. Many parents stayed after the event and helped put away Undo-kai equipment. Thank you Mr. Nakatani and Mr. Kawai for setting up the audio system.

We could not have done it without everyone's help.

Thank you so very much. Ms. Kawai and Ms. Nayuki were in charge of Undo-kai. Both senseis, gokuro-sama deshita! (Thank you for your hard work and planning.)

**Important Announcement**

The new preschool class formation will start from the beginning of summer session. The summer session will begin on Monday, June 29<sup>th</sup>, 2009. Please fill out a reregistration form and submit it to your class teacher, A.S.A.P. Please understand that after the deadline, new students will get priority enrollment.

Ms. Yoshiko Morohoshi, Director

**Appreciation**

Thank you to everyone for purchasing the Teriyaki chicken tickets. This year, some preschool mothers volunteered to cook on Friday and had it ready for the same day pick-up instead of Saturday.

It was easier for the daily parents since they didn't have to come on Saturday to pick up their orders. Thank you to all the volunteers who worked so hard to make this event successful.

**News from Piano Class**

The Jr. Bach Festival was held on February 7<sup>th</sup> at a church in Seal Beach. This festival is an annual event planned by Southern CA Jr. Bach Festival Organization. From our class, Tsukiko Hijikata, Emily Lennon, and Takeshi Yamane participated and passed. Only 31 students passed out of 94. These three students will participate in the second festival scheduled on May 17<sup>th</sup>. The event will take place at CSU Dominguez Hills. About 100 students will try out. If anyone is interested, please attend and give support to our students.

On Sunday, September 27<sup>th</sup>, we are planning to have our piano recital. Details will follow.

Ms. 'o Yasukawa, instructor



## From PTC

On March 14th, our biggest fund raiser, the Spring Sale was very successful. We would like to express our sincere appreciation to all the parent helpers and the church volunteer gentlemen who helped and supported the sale. The proceeds will be donated to JLS and Nakayoshi Preschool to help pay for part of the graduation trips and to help buy teaching materials.

The last PTC event will be the pizza party on the last day of the school year on June 19th & 20th.

We will provide Fun-Jumps and cookies for our preschoolers, as well.

*Lisa Kuwabara, President*

\* Next Meeting: Saturday, June 6th, @ 8:45 AM  
Hondo meeting room

## SCHOOL CALENDAR

### May

Sat. 2nd **GBC Fuji Matsuri Bazaar**

**SCHOOL CLOSED**

Sat. 9th 5th to 12th Grade - Field Trip  
to Universal Studios (Day trip)

Mon. 25th **Memorial Day - SCHOOL CLOSED**

### June

Fri. 19th Daily Div. Third semester ends  
PTC Pizza Party

Sat. 20th Sat. Div. Third Trimester ends  
PTC Pizza Party

Sat. 20th Graduation Ceremony  
in Church Hondo @4:00 PM

Sat. 27th Sat Div. Summer School starts

Mon. 29th Daily Div. Summer School starts



**ARTICLE TO SHARE** - This is a direct quote from the book titled "Babies and children's illness" by Dr. Sumio Okawa.)

## Allergic Illnesses & Preventions

### Today's children have a greater tendency to develop allergies?

Today, it seems that allergic illness has been increasing tremendously. The allergic constitution is largely related to heredity. However, it can not be thought that people who have allergic condition have suddenly increased. Rather, the environmental changes have been great factors in affecting people's allergic condition.

As a result of rapid progress of urbanization and industrialization,

we have gotten serious air pollution. Inhaling such polluted air constantly, our airways passages will become very sensitive. Also, in the modern buildings like condominium type of residence in Japan, window sills are shut hermetically. Under hot and high humid weather in Japan, it is a perfect environment for increase in house dust and dust mites which are the antigenic agents of allergy. It is in this Westernized modern sealed-up housing, that allergic conditions affect us.

In addition to this, as our dietary habits become more and more Westernized, excessive consumption

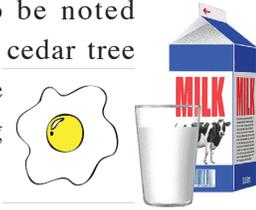
### Various illness based on allergy

- 1) Eczema
- 2) Hives
- 3) Contact Dermatitis
- 4) Pediatric Strophulus
- 5) Bronchial Asthma (BA)
- 6) Allergy to Foods
- 7) Allergy to Drugs
- 8) Allergic Rhinitis (AR)
- 9) Allergic Conjunctivitis

Illness which people who have allergic constitution are prone to get:

- 1) Inflammation of Nasal Sinuses
- 2) Otitis Media with Effusion (OME)

of eggs and milk proteins and/or the excessive use of food additives, might be related to allergic condition. Furthermore, antibacterial agent and other kinds of medical substances plus high level of tension(stress) are also reasons. Also, increasing bottle-feeding of babies and early weaning of the babies may create allergies. It might also be noted that Japanese cedar tree pollens have been increasing these days.



Namely, due to the deterioration of our environment and changes in our dietary habit, human bodies have become less resistant. Children are affected the most.

### What is an allergy?

An allergy is one of our natural immune reactions. Immune reactions are important system to protect our healthy human body from viruses

and bacteria. In our body, there are various kinds of immune reactions occurring, and may have good or bad results.

Today, we call "allergy", the excessive immune system reactions which affect adversely the minor groups of people who have a very sensitive constitution. For instance, someone who eats mackerel and gets the hives or eats buckwheat noodle and gets asthma - these reactions occurred because they ate mackerel or buckwheat noodle, resulting in allergic reactions by their bodies.

By the way, regarding allergies, the most important thing is individual constitution. Allergic reaction does not affect everyone. Allergic reaction occurs only in individuals who have an allergic constitution, and they react to various materials excessively. To a certain extent, in order to figure out if you have an

allergic tendency or not, you might want to check out your siblings, your parents, or grandparents to see if they have allergies or not.

However, even though one may have an extremely strong allergic constitution, he/she will not have a reaction without contact with the antigen. Also, the symptoms might be the same, however, the antigen may be different with each individual. The most important thing is to find out and avoid the antigen. This is the most important solution for prevention of allergic illnesses.



## FUJI-MATSURI BAZAAR - May 2nd

**Date: Saturday, May 2nd**

**Time: 11 AM - 7 PM**

**Place: Gardena Buddhist Church**

**Entrance fee: Free**

There will be booths of Okinawa dango, Teriyaki chicken, Sushi Udon (noodle soup) and other foods. Vegetables and plants will also be sold. There will be fun games for the children and entertainment. Please, come with your family and friends. The JLS teachers will help make Sushi and sell them in the booth.

**\*\*The language school and Nakayoshi preschool will be closed on that day.**