

## The middle school mindset

### ■ Tests and reminders

As we have mentioned before, we are actively fostering greater independence in our students. We want them to take the lead by reminding each other about upcoming homework, tests, and responsibilities. The teaching team is placing a lot of trust in the students, giving them the autonomy to manage their own schedules. As long as they respect the deadlines, how they manage their time is entirely up to them.

For my English class, I always post a message in our chat, include it in the weekly schedule, and keep a reminder on the classroom whiteboard. The same goes for upcoming tests and retake opportunities.

So far, most students have adjusted well to this system and are turning in their work on time. However, a few are still waiting until the absolute last minute to ask for help. While I am always here to support them, rushing at the final hour isn't a sustainable strategy or a great habit for the future.

### ■ Digital devices addiction

While SOLAN encourages using digital devices for educational purposes, students can easily get distracted by YouTube or online games.

Lately, a significant number of students have been staying indoors during snack and lunch breaks. It is vital for them to get some physical movement during these times so they can stay focused during class.

At home, please help us promote healthy habits when it comes to digital devices by encouraging them to:

- Take frequent breaks to rest their eyes.
- Disconnect from screens at least an hour before bedtime.
- Prioritize outdoor play, exercise, or offline hobbies after school.



### Evacuation Drill

On Wednesday, we reviewed the evacuation procedures in case of an earthquake. We all looked very cool with our helmets on!

### English Project

The students are discussing their ideas. Some teams have decided on a product to make their commercial.



### Australia Homestay

Yuka-san gave us a presentation about her homestay experience in Australia. The students had many questions. They are now very excited about going too!