

Becoming ourselves

Who are you when no one is watching?

If you look around the Grade 7 class, you'll see a lot of growth happening. Minds are expanding, students are growing taller, and the classes are getting a little more complex. But some of the most important growth happening this year isn't visible on a report card or a height chart.

It's happening in the quiet moments, when no one is looking.

Maturing is really about character. It's about the choices we make when there isn't a grade attached, a teacher looking over our shoulder, or a gold star waiting at the end. It's picking up a dropped binder in an empty hallway. It's choosing honesty when a mistake would be easy to hide. It's putting in extra effort simply because you want to take pride in your work and in your actions.

As our Grade 7 students navigate this year, the big question isn't just "What do I want to accomplish?" but "Who do I want to be?" True maturity happens when we shift from asking "What do I get out of this?" to asking "How do I want to show up right now?" It's showing who you are when there is no outside influence.

Mr. Yamashita, Ms. Misaki, and I are dedicated to supporting our students as they grow into thoughtful, capable young adults. Let's continue to grow together!

TOEFL

We took the TOEFL test last week. With all the grammar studying we have been doing in English classes, I think many students will see their score go up.

By the end of the year, I hope everyone will be able to take the Step 2 or Junior!



Summer vacation

Over the break, it's important to take care of your body by exercising and not staying in the sun too long. But it's just as important to take care of your brain! If you completely stop using your brain over the break, coming back to school will be much harder.

I suggest doing a little bit of studying every day, especially with English. It doesn't have to be boring; you can watch a movie or read an English comic book! Other examples: try changing your phone's language setting to English, listening to English music and reading the lyrics, or playing video games in English. What matters most is using your "English brain" so you don't forget what you've learned.

There is no secret recipe for learning a language: you just have to put in the hours. The more you use English every day, the faster you will improve. Try your best!

Once we get back, I would love to hear about your summer vacation stories.