

Japan School News

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Escape to Niseko On a Family Summer Camp

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SPECIAL EDUCATION HELP & ADVICE

Dealing with a meltdown

✉ Cecil Burton (Send your questions to theceebeecenter@gmail.com)

LAST MONTH during my 'TERACTIVITIES' Program at the Osaka YMCA, I met the Japanese mother of an 11 year old autistic son who asked me this:

Q: My 11 year old son is very aggressive sometimes and shouts and even beats on me, anyone or anything around, whenever something sets him off. His triggers vary from not being able to throw a volleyball in the basket to banging into a fire hydrant when walking and the list goes on and on. He can be happy and loving one min, and aggressive and mean the next. Speaking clearly one min and babbling nonsense words the next. I don't know what to do?

A: The first thing I noticed was the interaction between the mother and son. If the son said something in anger the mother countered then the son, then the mother and so on, a never ending story. To me it was like watching a boxing match between Pacquiao and Mayweather, a never ending stream of punches and counter punches. So the first thing I did was to ask the mother how long she had been dealing with this kind of situation in the same way and she said for 9 years ever since the boy was diagnosed as autistic.

My immediate reaction was to ask her if anything had changed in the boy during those 9 years of her dealing with the problems the same way and she said no. I then ask her if she dealt with the problems the same way for another 9 years when the boy became 20, did she think he would change, and she answered no to this too. So I told her that isn't it time that she thought she changed her attitude and way of dealing with her son's problems and she read through the lines of what I was saying and said yes.

Here are just two basic steps that I suggested she try when something sets her son off:

Step One: Instead of getting excited and talking/shouting back loudly/angrily to the boy she should talk calmly to the child but in a firm voice and try to reason with him and get him to calm down instead of adding fuel to the fire. If

this doesn't work then to try step 2.

Step two: Give him time-outs. E.g. when doing activities with other children if he gets angry then give him time-out breaks, away from other children and people so that he has time to assess and process the situation on his own and then, only when he is really ready i.e. promises to try and control his temper and has completely calmed down, let him join back with the other children in the activity.

A further resort could be for the child to learn proper anger management techniques and coping skills (supported by the parent), through a comprehensive and monitored/recorded behaviour management plan.

During the full day program I also implemented the two steps above a couple of times when the boy got angry while participating in various activities with other children. I did not get angry and tried reasoning with the boy and when that didn't work, I proceeded to step 2. The outcome was that he seemed to realise two things: one, is that I was serious about what behaviour I expected from him and two, that if he wanted to join and have fun with others, he had to try and control himself. There was no need for me to do this a third time. The mother who also participated together in the program, got a firsthand look at how to deal with the situation and promised to try to do the same thing, the same way and I am looking forward to meeting them again at my next YMCA program to see if she is following my advice or not.

Send your SPED questions directly to Cecil at theceebeecenter@gmail.com and the answers may be published here to help other parents with similar concerns. All personal details will be kept private and confidential.

About the author:

Cecil Burton is the director of **The Cee Bee Center & School** – A bilingual English (and Japanese) support center and school for children with special education needs and their families, and support for teachers and schools.



Escape to Niseko this summer on an EdVenture camp

Edventure Niseko

HAVE YOU ever seen what lies beneath the blanket of snow that covers Niseko? Or heard about the famed fresh Hokkaido produce that springs up in summertime, stretching across green fields from the foot of Mount Yotei to distant mountain peaks? Summer in Niseko offers families a chance to step back, unplug and escape from the ordinary.

The temperate climate and fresh mountain air invigorate the senses of children and adults alike, and this new energy doesn't go to waste. There are berries to be picked at local farms, Japanese Taiko drumming classes with local students, and tents to be pitched on the shores of the volcanic caldera Lake Toya. Work up an appetite exploring and learning outdoors all day, and then satisfy your cravings with the delectable 'green season' creations of Niseko's renowned chefs. Kids can't stay away from the playgrounds and woodland hiking trails and there's plenty to keep adults busy too... whether it's a round of golf at a nearby award-winning course, or a glass of wine on your private patio.

Summer in Niseko is delightfully conducive to a distinctive kind of lifestyle...even if it's only for a week! You won't see your kids reaching for their smartphones when their hands are busy building their own skateboards. Checking your inbox will be far from your mind when you're watching your

children discover where fresh milk and eggs really come from, or sampling local favourites – *Milk Kobo* choux crème, anyone? Let nature take the reins as you soak up the last of the sun's rays before it dips behind the mountains and the crickets take up their nightly chirping.

For an all-encompassing summer escape, why not join **EdVenture** for an immersive camp designed to help families make the most of Hokkaido's incredible green season. The week-long program connects kids with new friends from Hong Kong, Singapore, Taiwan and Japan. It takes full advantage of its location at **The Orchards Niseko**, the locale for morning yoga, arts and crafts, treasure hunts and weekly barbecues. Hands-on activities make quick work of breaking down any cultural barriers and bring the spirit out of even the most shy child.

Summer for 2016 is set from June 22 until July 24. Visit edventureniseko.com for more details about camp activities, dates, registration and also winter camp options.

Sign up before March 1 and qualify for a special early-bird 10% discount!

More information

Contact: Timothy King

Email: info@edventureniseko.com

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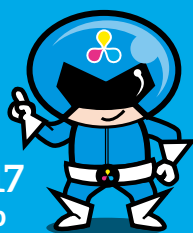
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CRAFT CORNER

Winter Creative Fun

📷 Janelle McNeill

Winter is a wonderful time to experiment with new creative activities. Get your hands on some cotton wool, cupcake liners or round makeup pads, and transform them into fun **snowman crafts**. Decorate them further with buttons, ribbons, pipe cleaners, stickers or anything else you find randomly about the house. Combine this with seasonal **snowflake crafts**, and your children will have hours of winter craft making ahead.

Making **origami paper snowflakes** strengthens fine motor skills in young hands, and is delightfully fun. Another personal favorite are **watercolor snowflakes** - using coffee filters or paper towels painted with every color under the sun and then cut out when dry. Display these in windows to thrill your children even more.

With Valentine's Day approaching, why not make something special for grandparents? Fabric art fun with **paper heart doilies**, is a classic indoor project for children. Turn white T-shirts, baby onesies, paper or plain cotton tote bags into adorable and original art. All you really need is fabric paint and a heart doily. Give it a go! Older children will also love making **hama bead heart creations** that can be turned into jewelry, key rings, or schoolbag tags.

Making **winter bird feeders** is another lovely annual ritual to support nature. Why not even try making **giant colored ice marbles** for your front yard, or **painting snow**? Winter is full of arty moments! Grab them! JSN

Winter craft resources online:

Heart Doily T-shirt making

<http://artfulparent.com/2011/01/how-to-make-a-heart-doily-t-shirt.html>

Winter bird feeders

<http://happyhooligans.ca/32-homemade-bird-feeders/>

Icy winter fun

<http://www.funwithkids.com/help-your-kids-bring-color-to-your-winter-wonderland/>

Snowflake crafts

<http://handsonaswegrow.com/make-snowflake-crafts/>

Love Art

<http://innerchildfun.com/2013/02/love-painting-for-kids.html>



Kanto Academica FC FOOTY JAPAN

Teaching Team

Sid Lloyd

EVER WONDERED how international school teachers spend their free time? Well one bunch of educators come together from different schools to play 7aside soccer in a team called Kanto Academica FC.

At this year's **Footy Japan New Years 7s tournament**, teachers from Seisen, St. Mary's and Yokohama International schools comprised the team that took on outfits who predominantly play in the Tokyo Metropolis League, as well as local team from the Yokohama area, in the annual competition held at the Yokohama Country & Athletic Club, in Yamate, Yokohama.

Often when these teachers meet, it's on the sidelines for the teams they coach at their respective schools, but a few times a year they put aside their schoolbased rivalries to join forces and put their coaching theories to the test.

At the New Years 7s, Captain Teodor Nitu, from Seisen International School, led the team to the quarter finals where they were beaten by eventual tournament champions Tachikawa 01 FC.

The next opportunity for this band of teachers to school others on their footballing-knowhow, will be at a charity tournament for Footy Japan's own NPO, slated for May 28, to support Refugees International. This tournament will see both adults and children taking part in a day that promises to fuse both competition and fun for a very, very good cause.

For more information, to sponsor this event, which would be very much appreciated; with a myriad of reciprocal benefits, or to enter a kids or adult team, visit/contact: footyjapan.com / info@footyjapan.com

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Celebration of learning JINGU-MAE INTERNATIONAL EXCHANGE SCHOOL

Winter Performance

✎ Kayoko Kobayashi

ON DECEMBER 17th of last year, Jingu-mae International Exchange School held its annual winter performance. As an IB school, our winter performance is held as a Celebration of Learning and this time followed the theme of the transdisciplinary unit Where We Are In Place and Time. It was a great opportunity for the students to present what they have studied during this unit.

Students from Kindergarten sang to "It's a small World". Grade One performed a Japanese traditional song called "Tako no uta" as part of their unit on celebrations and family traditions. Grade Two shared a play they had created called "How and why we migrate". Grade Three shared some fables during their performance "Explorations into stories of the past, present and the future". Grade Four presented their "Time line of discovery" while Grade Five become ancient ancestors in their performance "Legacies of the ancient". We also had some special performances from our After School program. This

included the Nihonbuyo club, which performed a traditional Japanese dance in Kimono. The Celebration of Learning also included our Dance After School Program, and our Guitar After School Program. To wrap up the performance, students from grades four and five played "Pomp and Circumstance", composed by Elgar, which they have been practicing diligently during their music classes last term.

After the Celebration of Learning, the PTA put together refreshments. The whole performance was a huge success with many visitors from the school and local community. It was clear to see that the students were proud of themselves as they were able to give their best performance so far for this Winter Performance. Thank you to all of the students, parents, and school community for coming. Our next Celebration of Learning will be coming up early next year. We hope you will be able to attend and look forward to seeing you there.



A student helping to thin the forest by cutting down a tree. K. INTERNATIONAL SCHOOL

K. International School students helping to thin our forests

✎ Craig Larsen

GRADE 7 students at K. International School Tokyo took part recently in an overnight excursion to Fujinomiya in Shizuoka. The purpose of the excursion was to take action towards solving the problem of overpopulation of trees and unmaintained planted forests which they had learned about in class.

Working with members from an NPO, Mori-no Yomigaeri, which was introduced to the school by a number of parents, the students performed tasks to help maintain the forest and actually cut down some trees.

Prior to the excursion, some of the students thought that cutting down trees would be harmful to the environment; however, through their firsthand experience they gained knowledge about the nature of tree growth and contributed to thinning the forest in order to grow healthier trees.

Online School Directory

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Kailua children enjoy yummy mochi at their annual mochitsuki. KAILUA INTERNATIONAL SCHOOL

Welcoming 2016 with an age-old Japanese tradition

✍ Robert L. Gomez

MOCHI (POUNDED rice cakes) are readily available all year round, but this does not diminish the joy and excitement of welcoming the New Year and celebrating one of the biggest and most important holidays in Japan with a traditional *mochitsuki* event.

Kailua's started the third and last term of the school year on Friday, January 8th coinciding with the school's celebration of the start of the New Year. As the children arrived everybody instantly knew that it was going to be a very special first day of the term as they spotted a large wooden mortar flanked by two wooden mallets sitting in the corner of the assembly hall. The fresh aroma coming from four rice cookers further gave it away – it's the annual mochitsuki day at Kailua.

The children assembled in the hall and after the usual short prayer and singing "Kailua Is Your Home", the children gave their own reasons for having a mochi festival. Some of the ideas given were – for good health, for happiness, for good luck and for keeping family and friends together.

Everybody had a chance to pound the mochi. The younger children, using the smaller mallet, pounded the rice 5 times while the older ones did it 10 times, made lively by the loud and cheerful counting of the ones awaiting their turn. Teachers, staff and Ohana mothers then took turns to complete the preparation of the mochi. The mochi was flattened and cut into small bite-size pieces before serving to everyone. Happy New Year and Aloha!

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