



Friday 7th May 2021

MESSAGE FROM PAUL TOUGH – PRINCIPAL

Dear Parents, Staff, Students, and Friends of BST,

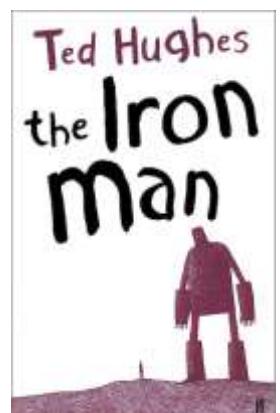
Last week I wrote about BST as a community of caring and supportive members who recognise their obligations and responsibilities to each other within the context of the ongoing pandemic. This week I wanted to use the concept of a community again but in the context of reading.

Since joining BST in 2019, it was clear to me that we have many keen, eager and prolific readers throughout the school. You would think that it can be difficult to promote the timeless pleasure of reading a book for enjoyment in a world full of digital distraction. This is not the case at BST, our School is a community of avid and accomplished readers from the Early Years to Years 13, and I have been reminded of this countless times this week in different contexts.

The first reminder came as I walked through the secondary library at Showa, where Mrs Grey (our Secondary teacher librarian) talked with a group of Year 7 students who were eagerly discussing their latest read. At the same time, the sounds of joyful reading aloud filled the rest of the room.

The second reminder came as I sat in on Mr Girling's lesson with Y4R, which began with a short reading section from the class text, *The Iron Man*. To listen to all the children read individually in front of the class with enthusiasm, confidence and passion were truly impressive.

While my third reminder came from Mr Stevens as he made me aware of the amazing achievement of Taiga Lewis Tamura in Y6B, who has read a staggering 85 books from this school year's Sakura competition. In fact, Taiga has read every single book in every single category - Chapter Books, Middle School Books, Graphic Novels, Japanese Chapter Books and High School Books. I think we would all agree that this is an incredible feat for a student in Year 6, and Taiga is deserving of huge praise.



Without a doubt, reading standards at BST are exceptionally high and rank with the best schools globally. This is due, of course, to the culture of reading fostered by staff at BST and the importance placed upon reading by parents at home. As we all know, great readers are not made by genetics or destiny but by the habits they build personally and the habits that their teachers and parents intentionally reinforce. However, the aspect that pleases me the most is the genuine love of reading that children at BST clearly have. Yes, of course, there are some reluctant readers, but generally speaking, the pleasure that so many children at our school derive from reading is something special and represents a genuine strength of our school community.

With this in mind, I am looking forward to next week's "Read-A-Thon" during our United World Schools (UWS) Week, where our community of readers will be able to demonstrate its prowess while raising money for such a worthy cause. A huge thank you to the School's UWS ambassadors, who have organised the "Read-A-Thon" event as a way of celebrating reading and raising money for our partner schools in Nepal and Cambodia. I hope to see lots of students and staff involved and demonstrate the power of reading.



If you have any questions about the topics in today's newsletter or would like a one to one meeting, please let me know.

Best wishes for the weekend, and I hope you take time away from your devices and invest the time in a good book.

Paul Tough

Principal

REMINDER: Primary Parent Workshop on 'Managing Devices and Screen Time at Home' on Tuesday 11th May at 5:30-6:30pm. Sign up here: <https://tinyurl.com/44utx364>

Dear Secondary Parents and Students,

I trust you have had a good week.

Our Year 11 students embarked on their formal external examinations this week for the courses assessed by Cambridge examinations (their courses in other boards will be assessed by a Teacher Assessed Grades process) and all appears to have started smoothly. They have worked hard and applied themselves very well. We wish them all the best.



Excellent progress has been made on the BST Relay as part of the #BSTGetActive project and we have nearly finished the whole virtual journey. Well done to all involved and let's enjoy the final stage! Enjoy the latest video here: <https://tinyurl.com/2brnh2nn>

Next week we have a number of activities as part of United World Schools (UWS week). The student ambassadors have organised tutor time activities, games, challenges, sharing of information about UWS projects and will oversee a MUFTI (non-uniform) Day on Friday in order to raise money for our partner schools. We have been very committed to UWS for a number of years and I am pleased that the partnership can continue.

Another highlight next week will be the virtual [hustings](#) for the new Head Prefects. Campaigns are being led with posters and manifestos - watch this space!

Year 10 parents and students will be able to see their Full Reports today on the Parent and Student Portals. I very much hope that they are useful in applauding, monitoring and supporting progress. Tutors are making appointments for Tutorial meetings to discuss how tutees are getting on; I trust discussions will be fruitful.

We have had some issues with rather short PE shorts and I would ask for the co-operation from students. I know it can be a challenge to source some items, but we have guidelines that we have discussed with students, which we should ideally follow.



Please ensure to read carefully the messages about the extension to the State of Emergency and the information about logistics moving forward this month. Many thanks for your understanding and patience. Likewise thank you for remaining sensible, vigilant and safe.

James Thomas

Head of Secondary

UWS MUFTI DAY



Friday 14th May 2021

500 yen suggested donation to support UWS.

Friday 7th May

Year 10 Full Reports Published

w/c Monday 10th May

Year 10 Tutorial Meeting Week

UWS Week

Friday 14th May

UWS Mufti Day

COVID-19



Please note that the Tokyo Metropolitan Government Public Health Number to call if you are displaying Covid-19 symptoms has changed.

If you have a high fever, shortness of breath, severe sense of fatigue etc. call the 24-hr Tokyo Fever Consultation centre on 03 5320 4592 or your doctor immediately.

<https://www.metro.tokyo.lg.jp/tosei/hodohappyo/press/2021/03/31/36.html>

名称	電話番号（対応時間）	対応外国語	
		3月31日まで	4月1日以降
新型コロナコールセンター	電話 0570-550571(9時00分～22時00分、毎日)	英語、中国語、韓国語	<11言語> 英語、中国語、韓国語、ベトナム語、タガログ語、ネバール語、ミャンマー語、タイ語、フランス語、ポルトガル語、スペイン語
東京都発熱相談センター	電話 03-5320-4592(24時間、毎日)	なし	

LIAM OSHIMA

BST Alumnus 2020

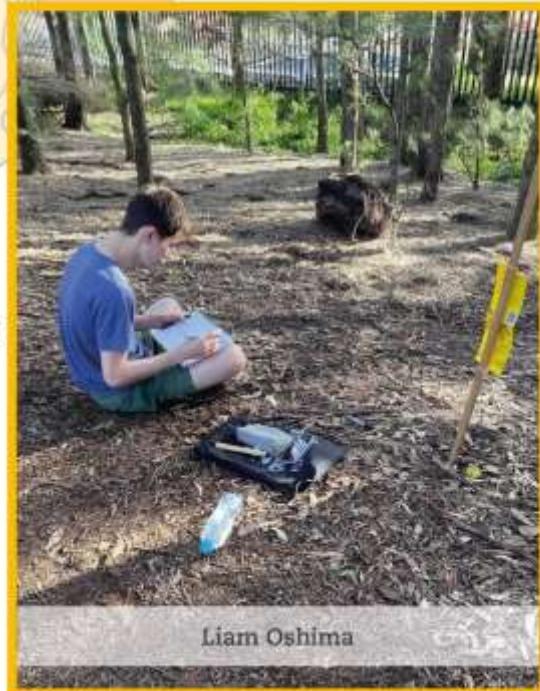
Fascinated by science and its applications in helping people, Liam Oshima was originally set to study medicine or neuroscience. However, his desire to learn about many other applications of science has guided him to a Bachelor of Science degree at Sydney University. Following four A Levels: Biology, Chemistry, Maths and Further Maths and an AS in Japanese, Liam's academic career continues to impress, in the form of The Chancellor's Award scholarship from the University of Sydney.

As Liam wanted to explore different fields more freely and broadly but still learn in depth, Australia was the perfect destination. Moreover, being an Australian citizen himself, this choice was economical and meant that he was closer to his family. 'There's a bit more wiggle room to explore different areas of study compared to a degree in the UK, but you're still taught in more depth and given more independence in learning than a degree in, say, the US. I'm definitely happy with my current choice!' Starting university life in a new environment, Liam has found that one of his biggest challenges has been adapting to online studies, Australia's culture, and the changes in his social life due to COVID. That being said, he has adapted to these new changes, and having just finished his first semester, considers his greatest achievement his 'newfound capacity to get into a consistent rhythm when things are so different from what I know.'

During his time at BST, Liam always showed commitment to extracurricular activities: being part of the Jazz band, football team and choir. His work-life balance has followed him to University, he is a member of the university's jazz band and enjoys exploring his new neighbourhood, reading and cooking. He strongly believes that 'the time you have available for yourself is a matter of priority as opposed to circumstance'.

Liam believes that BST's early focus on preparing for what lies beyond school was really helpful. Although his imminent future was not clear to him, having that foundation still allowed him to consider and explore different options, which he believes was really valuable.

(continues on next page)



LIAM OSHIMA Continued here:

<https://www bst ac jp uploaded alumni Liam Oshima Alumni Stories pdf>

<https://www bst ac jp our community alumni>

Dear Primary Parents,



Even though it was a four-day week, we still managed to fill it with a range of fabulous learning experiences. This week on the Showa campus, the PE department organized two days of sporting fun. It was so good to see the children out of their usual classroom environments and competing for their houses in a series of modified sporting activities. The children rose to the different sporting challenges and it was clearly evident the amount of enjoyment they got from this occasion.



Meanwhile over on the Shibuya campus, the children were happily engaged in their learning. The Year 1s have been bringing in their family trees and sharing these with each other. The Year 2s continue to take responsibility for their class pets and in fact, I have offered to look after Marcey the Rabbit this weekend. It has been lovely to see our Early Years children exploring the enhanced areas on the roof and further developing their critical and creative thinking skills whilst being encouraged to do so by the skillful interactions of our Early Years staff.

Screen time and managing devices at home - sign up

Tuesday 11th May 2021 - 5:30pm - 6:30pm

Just a gentle reminder that we will have another **Primary Parent Workshop** on '**Managing Devices and Screen Time at Home**' on Tuesday 11th May at 5:30-6:30pm.

Sign Up here: <https://tinyurl.com/44utx364>

The aim of the session is two-fold.

1. Parents will walk away with the latest guidance on screen time at various ages as well as strategies for managing technology use at home.
2. As a school we would like to open the discussion in more depth as to the issues that parents are facing with device usage and screen time in our context. This will allow us to pull together research and advice on these specific issues and collectively move the conversation forward in future workshops and discussions.

Lastly, next week is UWS Week & we will start our whole school 'read a thon' and the Secondary UWS Ambassadors have shared information with the primary students in this week's assembly. For those interested in knowing a little more about UWS and BST's connection with the charity:

- United World Schools (UWS) is a British charity set up by teachers with the aim of providing education to children in remote areas
- BST first sponsored the building of a school in Dor, Cambodia. We have run trips every year for a group of Year 11 students to fundraise for and visit the school
- Dor School is now nearly self-sufficient, with the Cambodian government paying the salaries of its teachers, which is fantastic!
- Nearly 2 years ago BST began funding the building of a second school in Batase, Nepal
<https://www.facebook.com/bst.tokyo/photos/pb.2477892552426439/2477892465759781>

Here is the UWS website www.unitedworldschools.org for further information.

Wishing you all a safe and relaxing weekend ahead.

[Eleanor Loran](#) - Head of Primary



**united
world
schools**
teach the unreached

United World Schools (UWS) works in small villages in countries such as Cambodia and Nepal to give every child access to the education they deserve. They build schools so that young girls and boys can have the opportunity to learn to study their own language, and enjoy all the subjects that we do at school.

Reading is one thing that connects students all over the world. By taking part in the BST Read-A-Thon, you will be able to help raise money to support children in Cambodia and Nepal.

Together we will be able to provide the students with everything that they need to study, and help them achieve their goals.



Early Years Newsletter

<https://www bst.ac.jp/our-community/latest-news/early-years-newsletter/>

Year 1 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-1-newsletter/>

Year 2 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-2-newsletter/>

Year 3 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-3-newsletter/>

Year 4 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-4-newsletter/>

Year 5 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-5-newsletter/>

Year 6 Newsletter

<https://www bst.ac.jp/our-community/latest-news/year-6-newsletter/>

Seesaw Accounts

<https://tinyurl.com/6ue4xcyd>

<https://www bst.ac.jp/our-community/pta>

Online Wellness Workshop

BEST HEALTH PRACTICES DURING THIS "NEW NORMAL"

Led by wellness consultant & fitness coach, Menya Hinga

Thursday 13th May 2021

8pm - 9pm



OR
SCAN
ME!

[SIGN UP HERE!](#)

The workshop will focus on the following topics:

- Healthy Habits
- Daily Reminders
- Solutions Involving Technology

Menya Hinga is a Tokyo-based online fitness instructor and health coach. He is also the founder of Sogo Fitness, an international non-profit fitness community.



If you're interested in learning more about Menya Hinga and the work he does, check out his website [here](#).

We will be in touch in the week of the webinar to share the Zoom link and details.

PTA主催 SPEAKER DR. NAKAMURAによるコロナ禍でのウェルビーイング：心身の健康ワークショップ

開催日時：2021年5月11日（火）9:30AM

今年3月に開催された "Remote Learning & Social-Emotional Wellbeing"を日本語で。



OR
SCAN
ME!

[SIGN UP HERE!](#)

スピーカー：スクールカウンセラー 心理学者 Dr. Nakamura
開催日時：2021年5月11日（火）9:30AM
参加者定員：40名

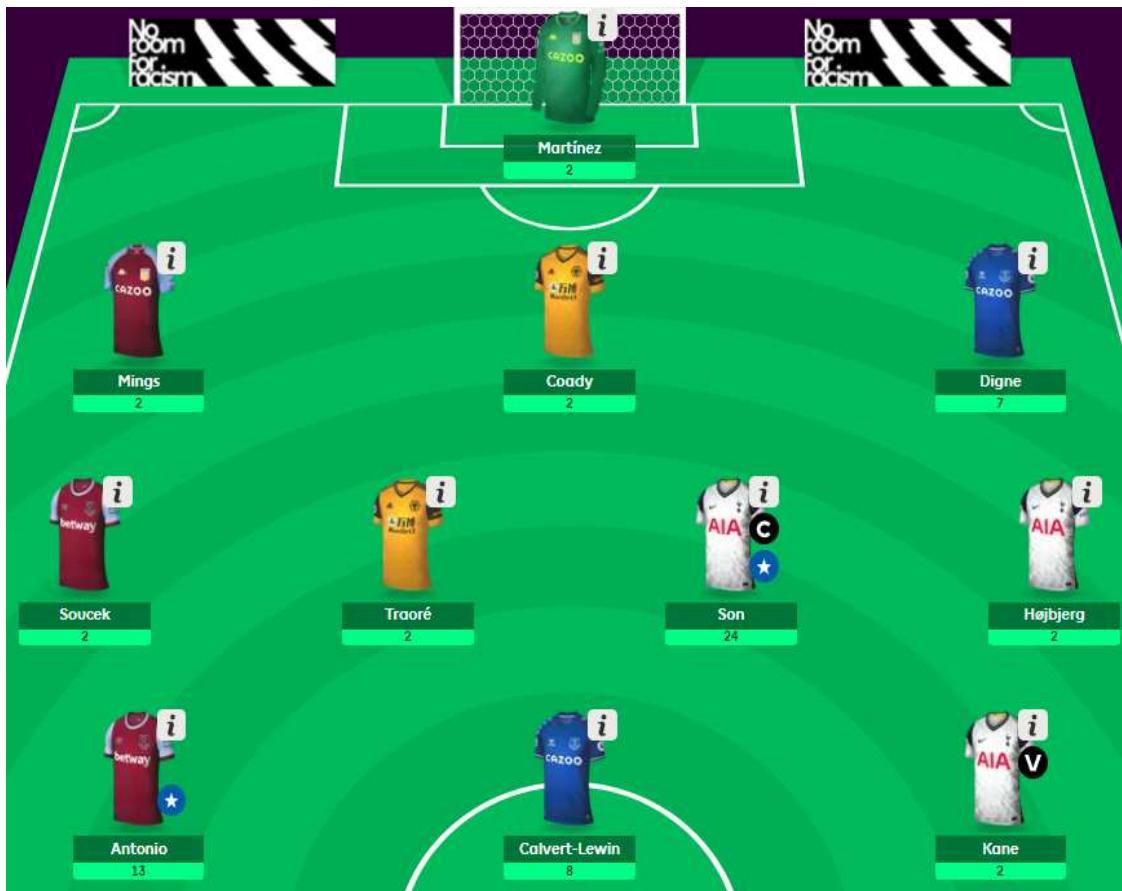
COVID-19により教室での対面学習、クラブ活動、課外活動が制限され子どもたちに大きな影響を与えています。下記の点に重点を置きDr. Nakamuraよりお話をいただきます。

- Remote Learningについての調査と結果について
- 子どもの電子機器使用をより上手く管理する方法と推奨
- 子どものウェルビーイング：心身の健康をサポートする方法

参加型ワークショップです。他の方との意見交換などインタラクティブに行われます。



This is a repeat of the March workshops for Japanese speaking parents and carers in both Primary & Secondary school.



<https://fantasy.premierleague.com/>

Fantasy Football Game Week 34

Since I moved to Japan it has been a rare occurrence that I could watch a big Man Utd game live. So often these matches take place on Sunday late afternoons in the UK, meaning I can't watch due to having work the next morning. I was delighted to see that our game against Liverpool coincided with one of the 2 national holidays we get at BST this time around. I stayed up until 12:30am to watch, only for the game to be 'delayed'. So I waited until 1:30am, only for it to then be postponed. Great. Even worse, with 6 Man Utd or Liverpool players in my squad, my points took quite a hit. Still, at least I wasn't one of the several people who played their Bench Boost this week!

A lot of us also probably woke up to see 4 Tottenham goals, only for disappointment to set in once we realised that Kane managed to avoid taking part in any of them. I definitely should not have gotten rid of Bale a few weeks ago.

At the top of the table where all the action is, 'The Rise of Bielby' is to be quickly followed by a sequel, 'The Fall of Bielby', as Teddy drops down from 1st to 5th, replaced by Mr Chew's 'Flaccid FC'. Only 4 weeks to go, place your bets now!

Mr Pye