

Did you enjoy the 6<sup>th</sup> grade club shows last week? They were a lot of fun. The teachers were interesting. I thought Mr. Oike and Mr. Kuramoto were exceptionally<sup>1</sup> good. I wonder how long they practiced the song for. I do like to watch the shows, but everything is so loud that my ears usually ring<sup>2</sup> for the rest of the day. Maybe I am just getting old. And we are at the end of January already. Boy<sup>3</sup>, this year is going by fast. You don't have long until Valentine's Day. You had better get started making all of my chocolate.

### Something You Didn't Know (The KonMari Method)

1. It is a mindset<sup>4</sup>. You have to change your ideas and the way you think about things.
2. You must divide all of your possessions<sup>5</sup> into categories and then hold each one. You must think "does this bring me joy?" If it doesn't, you should discard<sup>6</sup> it.
3. The idea is to simplify your house as much as possible. If you can do this, it makes tidying in future much easier because you have fewer things. Also, if you unclutter<sup>7</sup> your house, you can unclutter your mind. Having a tidy house can reduce stress.
4. She doesn't teach about storage. If you are storing possessions, you are hiding the problem.
5. Things you discard should be launched onto a new journey with a parting ceremony and you should be talking to your house while you clean.

What is the area of the yellow rectangle?

	20	14	
12			?
8		15	
	25		21

### Last Week's Answers



### Announcements

The JHS are skiing on Monday, the 4<sup>th</sup> grade on Tuesday and the 5<sup>th</sup> grade on Thursday.

The 4<sup>th</sup> grade English majors have a workshop on Saturday.

### Marie Kondo Releases Netflix Series

Many people in Japan will not have heard of Marie Kondo, but in America she is huge. She released a book in 2011 called "The Life Changing Magic of Tidying Up." The book had some success in Japan, but it was when it was translated into English that her career really took off. The book has now sold millions of copies and been translated into many languages. She lives in America now and tries to bring her philosophy<sup>8</sup> to people.



On January 1<sup>st</sup> this year, her new TV series started. In each episode, she goes to a different person's house and tries to tidy up for them. She goes through their things and divides them into different categories. Then she asks the people to look at each thing and ask it how much joy it brings. If the item doesn't bring much joy, they should throw it out or donate<sup>9</sup> it to a charity. American charities have already noticed more donations.

Her method relies heavily on the ideals behind Buddhism, especially the idea of living a simple life. However, her methods are not without criticism<sup>10</sup>. If something doesn't bring you joy, throw it out. This laptop I am writing on and the desk beneath it don't bring me joy. Should I throw them out? Then what do I write on? My shoes don't particularly bring me joy, but without them my feet will get awfully wet. Should I keep them? Still, taken as an idea, her method is very good.



- 1.Exceptionally 非常に 2.Ringing ears 耳鳴り 3.Boy わあ 4.Mindset 考え方 5.Possession 所有物 6.Discard 議論する 7.Clutter / Unclutter 散乱物・~をきちんと整える 8.Philosophy 視点 9.Donate 寄付する 10.Criticism 批判

# ★ English News Page 2 ★



"BEDROCK ELEMENTARY HISTORY CLASS"

## World Records

Do you play basketball? Can you slam dunk? Only a few people can slam dunk because it's really, really hard to do. Not Bini the Bunny. He has the world record for the most slam dunks by a rabbit! Try and beat that! He managed to do seven dunks in one minute. That's one dunk every 9 seconds. Wow! Now, this record I think we can beat. All of you that have rabbits at home, start training them. Sometime this year, we'll have a rabbit dunking day here at Hokusei and we will beat this record. We can do it if we try!!!



**If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.**



Roald Dahl

# ★ Where did it come from? ★

If, like me, you are too lazy<sup>1</sup> to tie and untie your shoelaces, I'm sure you are familiar with Velcro. Here in Japan, it is called "Magic Tape" and it certainly is magic. Velcro was invented when Swiss engineer<sup>2</sup> George de Mestral was walking his dog. He noticed that burs<sup>3</sup>, a seed with hooks, were sticking to his dog's fur. He could pull them off, but they stuck on very well. He looked at them with a microscope<sup>4</sup> and saw that the hooks on the burs hooked perfectly onto the fur of his dog. He wondered if he could make something like that. It took him years, but he did. However, it wasn't very popular until NASA realized it would be perfect for their astronauts to use on the space shuttles. Then it became popular. Which is why I have it on my shoes.



# ★ An Interesting Sport ★

## Lawn Mower Racing

This sport is just starting to take off, so we still have chance to make a Hokusei team. There isn't really much to explain. People race lawn mowers<sup>5</sup> that have had their blades<sup>6</sup> removed around a track. The race was invented because most motorsports are too expensive. Lawn mower racing is very cheap. The fastest lawn mowers can do 100 km/h. I kind of hoped they would be cutting grass at that speed, but it is just a race. The sport was invented in the 1960s.



1.Lazy 怠け者 2.Engineer 技術者 3.Bur いが、とげ◆クリやゴボウ (burdock) などの種や果実の外皮、またはいがやとげを持つ植物自身を指す 4.Microscope 顕微鏡 5.Lawn mower 頭微鏡 6.Blade 刃物