

**BUNKA SUGINAMI
CANADIAN
INTERNATIONAL
SCHOOL**

**2020-2021 SCHOOL YEAR
TERM 2 EDITION
DECEMBER 2020**



“Great things happen to those who don't stop believing, trying, learning, and being grateful.”

— Roy T. Bennett,
The Light in the Heart



GREETINGS FROM THE PRINCIPAL - Ms. Riyo Whitney

I am feeling very grateful! I have been reflecting about the wonderful years of teaching and learning at Bunka Suginami Canadian International School. The past several years have been truly transformative and challenging by becoming a co-ed school, implementing a new BC curriculum, and becoming an “exemplary BC offshore school”, in the words of the BC Ministry inspectors. In the almost three years I have been here, our staff have more than doubled to meet the needs of our growing school, with increasingly collaborative and innovative teachers. We continue to hear from graduates, attending excellent universities domestically and abroad, telling us that they are glad to have had the type of education offered at BCS which prepared them well for university and the global world. I am grateful for our students, staff, parents, and all our stakeholders. Thank you for your dedication, perseverance, and kindness.

Have you taken a moment lately to reflect on all the good things in your life? COVID-19 is certainly getting in the way, but there are definitely many things we can be thankful for. Some things are big, while other things are small. And, some things are tangible and other things are not. There is scientific evidence that the regular practice of GRATITUDE can improve your life! Psychologists engaged in the research of gratitude found that writing down a few sentences every week on anything that you can be grateful for — things, people, events, and more — changes the brain to make you a happier person! And in turn, this makes you healthier, mentally and physically! Of course, positive changes might take time, but a gratitude journal is a great start!

Research has shown that gratitude can improve general well-being, increase resilience, strengthen social relationships, and reduce stress and depression. The more grateful people are, the greater their overall well-being and life satisfaction. They'll also have stronger immune systems, lower blood pressure, better sleeps (and better waking). They'll be more alert and more generous, compassionate, and happier. Grateful people also have a greater capacity for joy and positive emotions. Grateful people also have a greater capacity for joy and positive emotions. (excerpt from Hey Sigmund)

Personally, I am even grateful for setbacks as they have forced me to re-focus and re-evaluate, making me stronger and wiser, taking me to greater heights.

Thank you for the opportunity to serve you as your Principal. I wish you all the very best, and i hope Bunka Suginami Canadian International School will continue to reach new heights. I also hope the gift of gratitude reaches each and every one of you.

Riyo Whitney



THE BCS STAFF ON GRATITUDE:

I am grateful... 😊

- ... that I can still FaceTime my 90 year old grandmother, and 94 year old grandfather. - Ms. Conlon
- ... to be a full-time teacher, at a great school, less than one year after completing my teacher education. - Mr. Gill
- ... to have met so many lovely students, teachers, and people this year and that many of us at this school still have a sense of normalcy to our lives, despite the pandemic that we are still going through. - Ms. Haleem
- ... for people who care about me.
- ... for the connections I've made in Japan. - Ms. Katz
- ... my students, who always teach me a lot!, - Mr. Kubota
- ... that everyone is safe and sound, despite the dangers the pandemic brought this year. - Mr. LaRosa
- ... that our school community takes COVID precautions seriously and has done a good job with masks, which helps keep everyone safe. - Mr. Omar
- ... that my family members are healthy as many of them work in the health field. - Ms. Pearn
- ... for the US election results! - Mr. Ruebe
- ... for my loving friends and family. - Ms. Travis
- ... for all the fun adventures I'm having with my best friend (my husband) in Japan! - Ms. Whitney

MORE GRATITUDE FROM THE BC STAFF:

Can you guess who????? 😎

I'm grateful for...

... delivery pizza!

... delicious ramen that makes me forget every bad moment that happened on the day!

... the employees that constantly replenish the vending machines!

... coffee delivery to my bathroom every morning!

... the Rose Cafe serving a variety of ramen again!

... the udon in the cafeteria; it was really missed earlier in the year.

... strawberry milk.

... for having only minor injuries from my faceplant into concrete.

... for the spacious and roomy DD office!

... for the sweltering level of heating in the Grade 12 homeroom.

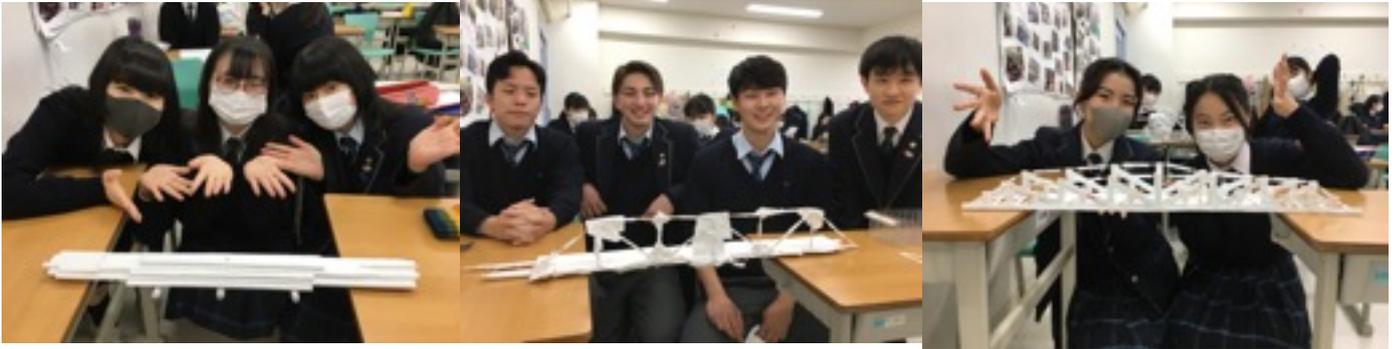
... for great works of Japanese animation that prevent boredom during Stay-at-Home.

... for Niantic to finally come out with their newest update to Pokemon Go. I can now finally catch the generation 6 Pokemon and the upcoming shiny legendary Pokemon that I've been waiting for 2 years: Celebi. The new entries will help fill my Pokedex completion from 44% to 49% (excluding mega evolution Pokemon). The newest update will also add quality of life improvements that were very much needed before, such as shortcuts for searching Pokemon, adding more definitions to Pokemon filtering, adding several holiday accessories, and, most importantly, Santa Hat Pikachu.



SOME SCENES FROM OUR SCHOOL THIS TERM...

Grade 12 Physics Bridge Competition - How much weight did each bridge hold???



Grade 11 Comparative Cultures Gallery Walk - What kind of culture would you like to create



Grade 10 and Grade 7 Cross-Grade Collaboration Activity - Practice English in a meaningful way!



Halloween Social - A chance for all grades to interact and strengthen our school spirit!



Remembrance Day Ceremony - We wear poppies... we remember... and we honour... let's pray for world peace.



Good luck in the final term of the school year! Work hard, study smart, and do the best you can! And, be grateful!

