



## NEWSLETTER

Vol.7

## LETTER

## HAPPY NEW YEAR 2026 FROM SAKAE HIGASHI'S INTERNATIONAL PROGRAM!

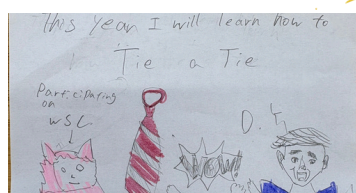
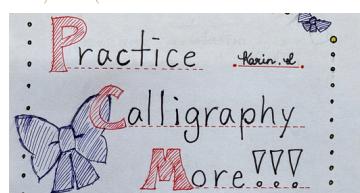
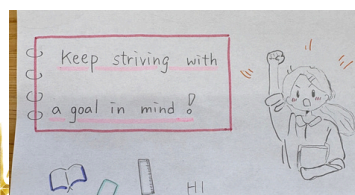
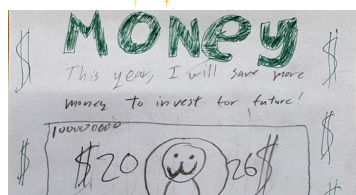
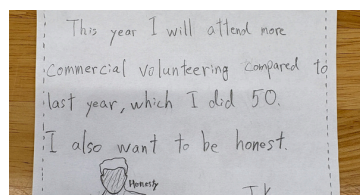
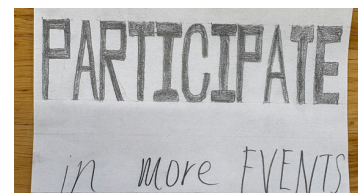
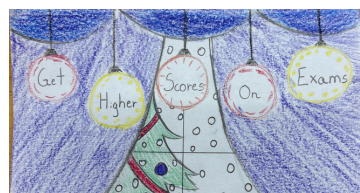
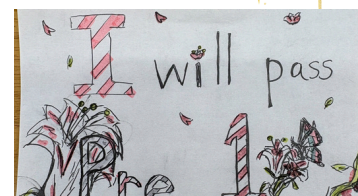
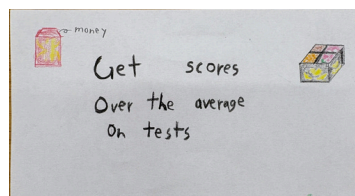
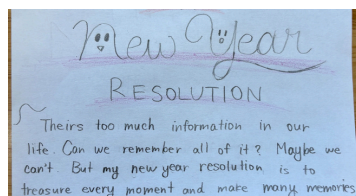
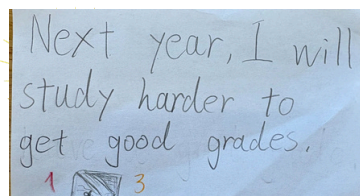
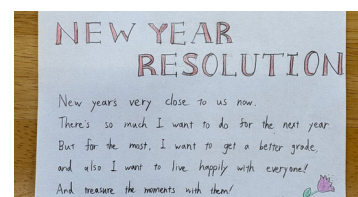
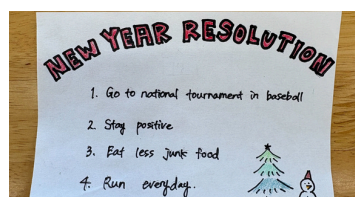
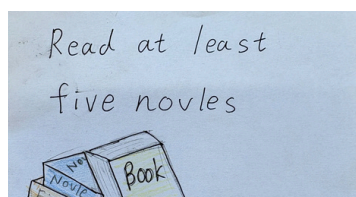
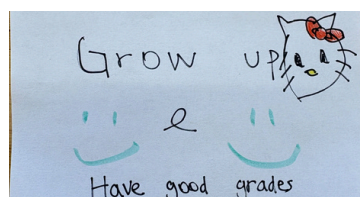
by Michael Ringen - International Program Chief

In many countries, people make a "New Year's resolution" at the start of the year. A resolution is a personal goal you choose for the new year. It's something you want to improve or try. For example, you might decide to study English for 10 minutes a day, learn 20 new words each month, read one short article every week, exercise a little more, or spend less time on your phone. You do not need to be perfect. What matters is steady effort.

My resolutions for 2026 are to get a little more sleep, drink a little less coffee, and make the International Program even stronger and more supportive for everyone. And for our 12th graders (高3), my goal is to help you reach your dream schools in Japan and overseas. What is your New Year's resolution? Good luck, and let's make 2026 a great year together!

## VOICE

## OUR GOALS, OUR WORDS



## BOOK

## BOOK OF THE MONTH - PAN'S LABYRINTH

by Alex MacDonald

Pan's Labyrinth is set in Spain after a war. A young girl named Ofelia moves with her mother to live with a strict and cruel army captain. Ofelia discovers a magical world where a faun gives her three tasks to prove who she truly is. She must face danger in both the real world and the fantasy world. The story mixes fairy-tale wonder with real-life fear and sadness. This story is best for readers who like dark fantasy, brave heroes, and magical challenges. It encourages imagination, courage, and hope even in difficult times.

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