

Let's make a phonics cartoon  
Line examples;

- 1 "Let's go to the beach!"
- 2 "Hmmm..."
- 3 "Why not?"
- 4 "This is why...sigh."

Please share  
your ideas!

"Hiraku" provides useful information  
and the latest news related to  
English and childhood education.

- Your recent interests
- Topics you want us to cover
- New content etc etc...

If you have ideas to contribute,  
please share these with us!

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Expanding future possibilities

# Hirakû



Hirakû

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Understanding the importance of sleep for children

Join survey ★ GET ★ Present Staff Spotlight Eiken class Online Lesson  
Interview - Successful Examinees File 004 Grad Club News



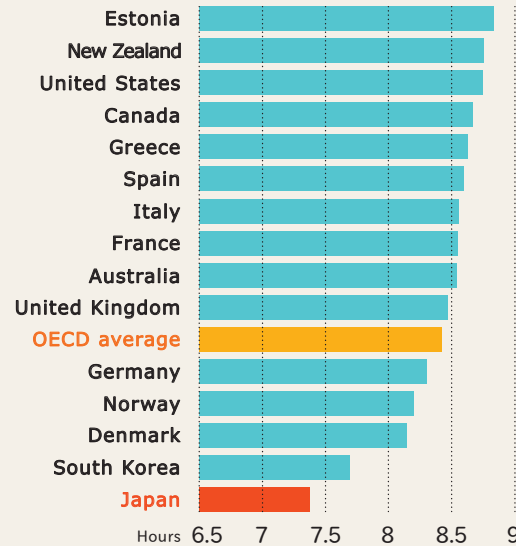
# Understanding the importance of sleep for children

## Feature Story

### The Japanese are described as the world's worst sleepers.

The Japanese are described as the world's worst sleepers. Japan is recognised as a sleep-deprived country. 2018 OECD \* statistics reveal that Japan has the shortest average amount of sleep in the world. Moreover, according to the National Health and Nutrition Survey 2017 conducted by the Ministry of Health, Labour and Welfare, about 30% of the working generation (20-59 years old) suffers from chronic sleep deprivation.

\* The OECD (Organization for Economic Co-operation and Development) aims to discuss the overall global economy.  
 \* Chart ... Average sleep time per day in selected countries OECD \* Gender data portal 2018\*  
 The survey year varies between countries. The target population for the survey is of working age people in most countries.



Sleep deprivation is a common problem in Japan, not only among adults but also among children. According to research (Mindell et al., 2010), "total sleep time for children aged 0 to 3 years" in Japan is 11 hours and 37 minutes, which is the shortest among 17 countries/regions and 1 hour and 42 minutes shorter than in New Zealand.

A Pampers study found that 46.8%, nearly half of Japanese infants and toddlers (0 to 4 years old) went to sleep after 10 p.m.

This night owl tendency continues as they grow and they only have an average sleep time of 7 to 8 hours at puberty (junior high school students). This is about 30 minutes shorter than in the United States and about 90 minutes shorter than in European countries.



### Why a lack of sleep is bad for children.

The majority of growth hormones are released during sleep. This is about 70% of the total amount secreted per day. Sleep deprivation suppresses the release of growth hormones and has further negative effects on children. Children often fail to notice sleepiness and become irritable, hyperactive, or impulsive.



- Loss of concentration
- Decline in academic performance
- Decrease in the amount of exercise
- Stimulates unhealthy eating habits
- Increased risk of injury
- Trouble managing emotions

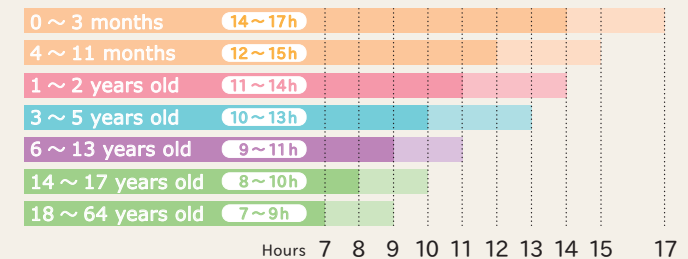


Growth hormones can be referred to as the 'fountain of youth'. Sleep is closely related to skin condition and obesity levels. Let's develop good sleep habits together with our children ★



### How much sleep is best for children?

To promote healthy physical development, check out how much sleep your child needs.



\* Chart ... National Sleep Foundation Published in January 2015

## Children & Sleep

Let's practice healthy sleep habits at home!

If children develop healthy sleep habits, they learn to sleep better in the long term

Many parents may feel that they don't get enough sleep every day. The optimum amount of sleep for adults is between 7 and 9 hours. Research shows that people in their 40s and raising children, sleep less than six hours. Less than in any other generation for both men and women.

Lifestyles, including sleep patterns, affect children significantly. Let's consider the life rhythm of our family. Do your family members tend to be night owls?

## Family & Sleep

At Kinder Kids we have nap-time for long stay children from infants to K1 (until the end of Term 1).The recommended sleep time per day for children includes napping. Taking afternoon naps at a certain time will help to fulfill the sleep requirements for children and will make it easier to adjust the child's sleep schedule at home.



Childcare Department  
Hirose Takako

### A message from our experienced nursery teacher!

#### Tips for getting children to sleep

- ✓ Prevent children from watching TV or smartphones 1 hour before bedtime to help them feel calm

Read picture books aloud to help children settle and relax

- ✓ Dim the lights in the bedroom

As children are more sensitive to light than adults, pay more attention to children's use of smartphones and tablets.

- ✓ Go to bed within an hour after taking a bath

- ✓ Keep regular bedtime and wake-up times  
Maintain the same sleep/wake patterns as usual on holidays

For the healthy development of your child and your health, will you reconsider the sleeping habits of your family?



Thank you!  
Thanks to you **1st Anniversary**  
Expanding future possibilities  
**Hirakû**

Many thanks to you all, it has been one year since "Hiraku" was first published. For the past year, we covered a range of topics including people, products and services that we hoped you would find engaging.

In order to create a more attractive magazine, we kindly ask for your cooperation in filling out our survey.

Please complete our survey by  
**Monday, Sept. 7th**  
18:00 p.m.

- Your favorite articles
- Categories you are interested in
- Your recent interests
- Topics you want us to cover in the future
- New contents, etc...

**Kinder + Grad +**  
"Parent Survey" Page

For PCs, the menu is in the top right

For Smartphones, dropdown menu in the top right corner

Scan to access the survey!



## Join survey **GET!** Present Angry Apple lunch bags!

**50** raffle winners

We will give our original lunch bags featuring Angry Apple to 50 raffle winners that complete our survey. Please complete our survey by Monday, September 7th, 6:00 p.m.

To enter our raffle for the lunch bags, please make sure to enter your name in the survey.



Please take a moment to complete our survey

Back issues are now available! /

Digital edition **Hirakû**

**Kinder + Grad +**

Hiraku page in Kinder Kids Grad Club, or school websites

Digital editions of all the back numbers up to vol.9 (issued in May 2020) are available in both Japanese and English.







Interview

# Takatsuki

## School

Takatsuki School Manager  
Eriko Okubo



7 classrooms, indoor gym,  
rooftop garden  
Surprisingly spacious!

Takatsuki School is located in a very convenient urban area close to JR Takatsuki Station. As some parents are working while others are not, I always try to be aware of and meet their various needs.

While children continue to grow rapidly, each family has different concerns and thoughts about raising children. As individuality and growth varies from child to child, I am always learning how to encourage children to be independent and give assistance and attention to things children struggle with as necessary.

I would like to keep an open environment where parents feel free to exchange opinions or to share their concerns with us at any time, and make sure that both parents and school staff feel comfortable to talk to me first so that I can act as a bridge between them to provide the best care for children. Our school staff has a lot of diversity with different nationalities and ages.

The staff room is always filled with laughter, and we actively share information about childcare, the day's events, and how children are doing.



Our staff is reliable, always values teamwork, takes care of children across all levels, and provides a child-centered approach that brings out each child's potential. The future possibilities of children in all aspects of their lives, especially language acquisition and group interaction, is truly amazing and inspiring to me every day. They show me their crafts or tell me about lunches they tried hard to eat...I can see their growth every day through such heartwarming interactions.

It is very fulfilling to be able to share in the children's development and the pleasures of raising children with their parents.

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Facebook



1-1-1, Tenjin-cho,  
Takatsuki-shi, Osaka



# Staff Spotlight



Interview

# Sakai

## School

Sakai School Manager  
Eriko Sugimura

Sakai School has lots of experienced staff working for kinder kids across the grade levels!

Sakai School is located in a quiet residential area and 15 minutes' walk from each of the nearest stations. Close to the school, there is a park where children can get in touch with nature, viewing insects and plants. In the school yard, children enjoy playing with the slide, sand, and water! We also have fun school events such as Tanabata and Halloween to encourage children to interact with friends of different ages. We always enjoy activities no matter if it's hot or rainy. There are a lot of uniquely attractive activities which children can only experience in the school.

I have been working for Kinder Kids for 10 years. There was a family who graduated from Kinder Kids when I just started to work. After a while, this family came back to Kinder Kids for a sibling to join us. I felt so happy that they chose us again even though it's been a while since they graduated and there must be lots of other schools they could choose. I still remember what they said "If we choose Kinder Kids, the English ability of children will be guaranteed!" and "Our children will become independent and able to do many things!"

We focus not only on improving English skills but we also take care of children according to their stage of development as childcare professionals. Under our philosophy of "Every staff member is responsible for every child", we encourage children to develop their own minds so that they can demonstrate their abilities in their own way when they go to elementary school after graduation.



Our school has lots of teachers who have children and they understand being in the position of a parent. I can see them trying to empathize with parents in every situation. All the staff members try to be aware of each parent's feelings and provide a place where everyone can feel comfortable and look forward to coming to every day.

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1633-1 Nagasone-cho,  
Kita-ku, Sakai-shi, Osaka



# Eiken class

## Online Lesson



We have started a new online course for Eiken class!  
The benefits of taking online classes were noticed by many at the end of Term 1 and the number of applications in the second term nearly tripled! Our next online course will start this fall and we are looking forward to you joining us!  
If you have any questions or inquiries, please contact Kinder Kids Eiken Department [06-6135-0140]!



What's new?  
Check member site  
"Kinder +"  
"Grad +!"

### Four Features

#### 01 Take classes from the comfort of home



Students study the same curriculum in the same week as each school.  
Students continue learning while ensuring safety in preventing infectious diseases.

#### 02 Choose the best time/day for your schedule and no need to travel.

Example (Lesson schedule for 2020 Term 2)

G ... Group Lesson M ... One on One Lesson

月水 Grade4 G 16:00~17:00 Grade3 G 17:15~18:15 Pre2 G 18:30~19:30  
金 M 16:00~17:00 M 17:00~18:00 M 18:00~19:00

#### 03 Take only lessons for the topics students wish to focus on

\* At least 3 lessons

Students have an option to take the same lesson twice if they wish to review or study it again.

#### 04 A learning style of students' choice: One on One/Group Learning

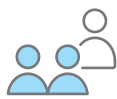
Choose a learning style suitable for your child's personality.



One on One

30minutes

Learn at a pace that suits each child!



Group Learning

60minutes

Group members motivate each other! Reinforce and support each other's learning!

There were many cases where discussion in class helped each student to work out the answer by themselves!

\* Kinder Kids/Grad Club students can take the online course.  
\* We may ask parents to confirm that the online system is operating smoothly during the lesson in case of computer or network problems.

\* The online course is for Grade 4, 3, and Pre-2.  
\* Feedback is given to parents during the last 5 minutes of each lesson.  
\* There is no listening preparation provided online for the Eiken test.



Entrant

File004

M.O ちゃん

School	Ibraki Saito	Grade at exam	k3
Test date	January 2020 (The third exam in 2019)		
Grade	Pre-2		
How I studied			
Counting backward from the scheduled exam date I made a study plan, I allocated time to study for the Eiken test, working on past exams and expected questions little by little every day.			



How I understood the questions	Family support
I tried to have a rough idea about what was written instead of understanding completely. I also tried to find out how to deal with difficult questions; such as figuring out the meaning of words that I didn't know from the context or using the elimination method, etc.	To encourage my child to work with confidence, we asked her to start with questions she liked and moved on to questions she didn't like after she'd been motivated. In regards to social situations and trends, when we found any topics likely to be covered in the exam, we wrote explanations in a notebook to make them easy for her to understand.

Vocabulary	How I studied	What do you like about Kinder Kids!
I highlighted words that came up frequently in questions, identified unfamiliar words and tried to memorize them.		The expressions and words that the teacher usually used were helpful for passing the grade pre-2. There are lots of things that our child learned in Kinder Kids. It is a great help for parents!

Writing	How I got over	Message for peers who are studying
For long sentences, marking each paragraph made them easier to see and understand which part was related to which questions. This helped me answer questions more quickly.		Journal homework helped me learn various expressions and it was helpful when I organized my thoughts and expressed them in my own words and sentences in the exams. 'Show & Tell' was also helpful for interviews!

\*Refer to group test site results

### Our overall results

### Kinder Kids

Test date	January 2020 (The third exam in 2019)	Test takers	K3
Passing rate of Grade 3	88%	Passing rate of Grade Pre-2	1/8名



Questionnaire conducted by: General Research Ltd. Survey period: February 22-25, 2019  
Survey method: Internet Survey summary: Comparison of services offered by 10 English focused pre-schools  
Survey participants: 1048 Japanese adults M/F aged 20-50

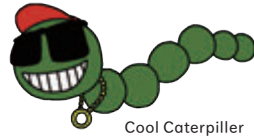




Grumpy Ghost

# Let's make a phonics cartoon

Let's enjoy the comic world of four panel manga with your children in English!  
In the manga, there is a ghost girl who is a bit selfish and spoiled but cannot be left alone, and a caterpillar boy who is a cool all-rounder with great taste in art and music. What are they talking about? Choose from the following four lines to complete the cartoon.



Cool Caterpillar

『 This is why... : これだから ... 』

1

2

3

4

『Hmmm...』  
『Let's go to the beach!』  
『This is why...sigh.』  
『Why not?』 See back cover for examples of lines



## Grad Club News



Our Grad Club lessons this year started in June; two months behind schedule. The children's lively voices have come back to our schools! Saturday classes in Tennoji Yuhigaoka School are bustling with around 200 children from G1 to G6. Most children take a full-day of lessons from morning to evening and enjoy lunch with their teachers and friends!

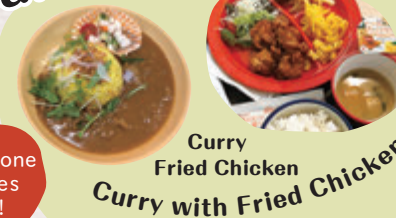
We have opened 'Kids Dining' to provide energy and inspiration for the afternoon lessons!

In Tennoji Yuhigaoka School,

Enjoy Saturday lunch at **Kids Dining**

We offer a one coin (500 yen) lunch with a variety of filling dishes.

### Café grand opening for Saturday class students!



Everyone loves it!

Curry Fried Chicken  
Curry with Fried Chicken

Japanese dishes

Let's eat fish for a change!  
Udon Noodles  
Fish Plate



The menu is improving by incorporating the opinions of students and teachers.



Let's eat veggies!

Served with a bite-size dessert, a salad, and side dishes.



※Lunch is served flexibly, in line with class rotations.

**Grad Club**  
Creating bilingual young adults