



# 守 破 離

第 30 号

R7.9.30

R7 年度

足高第 3 学年通信

## 足利にもやってきた！ 騒げ！足高万博！

R7/8/29 金(校内公開) 8/30 土(一般公開)



○生徒感想 ・仲間と協力することの大切さを学び、この学年の団結力や一体感を肌で感じることができた。

・クラスの団結力が深まったと同時にみんなで協力して一つのもをつくりあげる達成感が得れた。

また、一日目で見つかった課題を放課後に話し合っ対策を講じるなど、課題解決の力もついたと思う。

・ルールが多くてもみんなで工夫して、考えて、精一杯取り組みれば良いものができることがわかった。

・クラスの雰囲気さらに良くなったことは、この後ある受験に対してもとてもいいなと思いました。

・クラス全員で協力して作った出し物で、一般の方たちが喜んだり楽しんだりしているのを見て、人を笑顔にできることの楽しさを学んだ。これからも人を笑顔にするために行動していきたいと思った。

・大変だったが、達成感が大きく笑顔で楽しめた。開祭式から閉祭式まで忘れられない一生の思い出です。

・生徒会の皆さん、先生方、実行委員の方ありがとうございました！高校最後の文化祭、最高の思い出になりました！



What, like it's hard?

This is a quote from my all-time favorite movie, “Legally Blonde”. Elle Woods, a college student with beautiful blonde hair, is taken to dinner by her boyfriend, Warner. She is expecting him to propose to her, but he tells her he is going to Harvard law school, and he cannot date with her any longer because she is not “serious” enough for him. She gets depressed for a moment, but she decides to get into the same school as him! Once she sets the goal, she works really hard and finally is accepted into the school! After the entrance ceremony, she tells him that she goes to the same school as him. He finds it impossible for someone like her to pass the exam, so he thinks she is lying, and even makes fun of her. In retaliation to this she faces him and says with confidence, “What, like it's hard?”.

I like the movie because her attitude towards achieving her own goal always encourages me to work even harder to realize what I want to do and reminds me of the importance of not giving up. She does something that almost everyone does not believe she can do. So, what makes it possible for her to do it? What drives her to work that hard? I believe the answer is GRIT. (If you have ever taken my class, you probably have heard this word.) Grit is translated into konjo in Japanese, so it sounds spiritual, but it involves more. Angela Duckworth, a psychologist, defines grit as passion and perseverance for long-term goals. From her experience of teaching math at a public school in the U.S., she found that the most distinct difference between high-achievers and others lies in their mindset—specifically, how they respond to challenges and setbacks. In other words, it is how they face and deal with obstacles ahead of them. People often become easily satisfied or disappointed at outcomes such as scores on daily tests and tend to be discouraged by them. They just think they failed. On the other hand, high-achievers never get satisfied at where they are. The most important thing for them is to improve day in day out and stick to their final, true goal. They consider failures not as failures, but as the process of their long journey, and they regard the outcomes as a chance to improve. They believe that they always have room to grow, and this belief enables them to highly concentrate on what they do. This is grit. If you want to learn more about grit, you should watch her video “Grit: The Power of Passion and Perseverance” on YouTube. (I have literally watched it more than 100 times and am almost able to quote her word for word.) She also gives us scientifically proven tips to be gritty in her book. If you want to deeply understand grit, I can lend you the book as well!

Here are the questions: How about you? How have you dealt with the results of the prep tests so far? Are you resilient enough for the goal you set? What makes a difference is your mindset.

## 部活動報告

合唱部 第 80 回関東合唱コンクール 金賞

第 62 回栃木県合唱コンクール 金賞 全日本合唱連盟理事長賞（全部門最優秀賞）受賞

英語部 3－6 水野恵里咲 実用英語技能検定 1 級 取得