



I have been living in St. Mary's, Ontario, Canada for five months. I experienced what the winter in Canada is like. I saw deer in Wildwood, and the snow and the deer together made a beautiful view. Also, some international students and their families gathered and went tubing during Christmas break. I loved how fast we went and the cold wind and snow on my face. Plus, I had a real snow day—school was closed because of the snow! I'd like to tell you about my life in Canada.

In leadership class, we read the *Atomic Habits* and divided up the sections that we would read. My chapter explains that habits change depending on the environment. The studies say that people often choose products not because of what they are, but because of where they are. Over time, people begin to associate their bed with the action of sleeping, which makes it easier for them to fall asleep quickly. I wasn't completely sure if I understood the content correctly, especially because we were supposed to share our understanding in class. I wanted to confirm it with my teacher, so I emailed her and she took time for me. I read the book aloud, and she explained what the author said, gave me examples, and explained the meaning of difficult words, which was helpful. The hardest part was summarizing the sections in my own words to tell her about them.

I had exams at the end of January, but we had activities where we taught something we're good at instead of having a paper exam in leadership class. I explained some basic facts about Japanese and taught my classmates how to write their own names in Japanese characters. I was worried that my classmates might not be interested, but they enjoyed it, which made me happy.

Last month, I worked on my project in which I offered healthy breakfast to my classmates and gave a presentation about the importance of having healthy breakfast in leadership class. I made avocado toast, scrambled eggs, and yogurt with fruit. In this month, I offered healthy snacks to students. I made egg bites and yogurt with mixed berries.



My host parents took me to Lake Huron. Lake Huron is known as one of the Great Lakes. We saw the lake, but I couldn't believe it was actually a lake because it looked like snow covering a field. It was completely white and so calm. In the summer, Grand Bend is famous as a beach. My host parents are willing to take me there again in June, and they want me to see the difference in the scenery. What a wonderful host family!

