



October 2026



Message from the President

After a rather rainy September, we are now all on track for a school year that has gotten off to a great start.

With numerous projects underway, the first school trips taking place, and assessments in full swing, our children are already right in the thick of things!

The FLT General Assembly was held on September 23, featuring a lively presentation and, above all, plenty of discussions and ideas to develop further. You can find a summary of the meeting and our upcoming projects on [our website](#).

The [association's new board](#) is now in place, and everyone has already started working within our two main teams—Representation and Events—which will form the basis of our organization this year.

Caroline Després

Parent Representative Elections

On October 16, you elected the FLT parent representatives to represent you on the School Council (Conseil d'Établissement) and the Primary School Council (Conseil d'École): **Thank you for your continued trust and support!**

Our volunteer parent representatives will make sure your voices are heard while engaging in discussions with school management, teachers, and students at these council meetings and within the various committees. A big thank you to them as well!

Have a question for the school or a concern you would like to raise?

Please contact us using [this form](#).

Upcoming Events

OCT	NOV	
31	1	Tokyo BD Festival
	NOV	
	3	Lycée Café Japanese
	DEC	
	10	Christmas Run (La course de Noël)



A review of our Back-to-School Events



September is a busy month for the FLT team! We organize numerous gatherings to give new parents a warm welcome, answer your questions, and listen to your needs, which also help shape our activities throughout the year!



On the first day of school, we were there to welcome you at our stand and to **distribute the school supplies** ordered through LDE. The distribution went smoothly and successfully, helping more than 200 families start the school year with peace of mind!

On **September 17**, the **International Lycée Café** brought together 45 participants. The presentation of the association's activities in English was followed by several questions about extracurricular and after-school activities, highlighting how important this topic is to families. We listened to your needs, shared information, and, of course, enjoyed a cup of coffee together!

After being postponed twice, we finally enjoyed a break in the weather on Saturday, October 3, bringing together 50 adults and just as many children for the **Family Picnic**. It was a wonderful opportunity to meet, connect, and enjoy time together, much appreciated by everyone!



On the morning of **Saturday, October 3**, our **Inclusive Education Lycée Café** brought together those involved in inclusive education: 15 parents, 5 FLT members, the Headteacher, Deputy Headteacher, the Primary School Director, and the new coordinator for students with special educational needs (EBEP), Mr. Saint-Martin.

This gathering is always an opportunity for meaningful discussions, allowing parents to meet, support one another, and ask questions directly to the school staff responsible for inclusive education. We have a dedicated WhatsApp group for parents interested in this topic, as well as an email address. **If this is relevant to you, please get in touch with us:**

ecole-inclusive@familles-lycee-tokyo.com

Events for Japanese-Speaking and Non-French-Speaking Parents



(Illustrative photo)

Lycée-Café Japanese



Do you have questions about how the school operates? About the French education system, language learning, or extracurricular activities? Do you have any tips or useful information to share?

The Lycée Café is organized especially for you, Japanese-speaking parents!

Come and meet other parents, find answers to your questions, share your experiences, or even offer your suggestions. Drinks and sweet treats will be waiting for you!

As space is limited, please remember to register in advance: [Registration Form](#)



Date: Tuesday, November 3
(Although it is a public holiday, the LFI Tokyo will be open as usual, and the kids have classes.)

Time: 9:00 AM – 11:00 AM

Location: Meeting Room (just inside the main entrance)

Homework Help for Parents!

Once again this year, the FLT, with the support of LFI Tokyo, are offering the **free “Aux devoirs les parents” (Homework Help for Parents) course**.

This course is specially designed for you, parents of primary school children, who want to support your children with their schoolwork but face language barriers. The course is intended for beginners in French, whether you have no prior knowledge of the language or already know a few basics.

Led by Ewa, the course aims to help you:

- Improve your French reading and pronunciation.
- Understand school instructions and vocabulary.
- Become familiar with the most commonly used verbs.
- Learn some basic mathematical concepts in French.

The November session is fully booked!
A second session is planned for January.
Thank you, Ewa 🍷



Digital News in Brief

Useful apps, the school's social media accounts, initiatives by students and teachers, FLT accounts, and more...

Discover or rediscover some useful online tools and platforms to **stay informed** and **keep up with life in the LFIT community!**



Official LFI Tokyo



Did you know that **Pronote** and **Eduka** are also available as mobile apps?

You can also keep up with the latest school news on its **Instagram, Facebook, and X** accounts.



Click on the icons. 



The LFI Tokyo website has been redesigned:
lfitokyo.org

FLT Accounts



[Whatsapp FLT](#)



[Instagram FLT](#)



[Facebook FLT](#)

Accounts associated with LFI Tokyo

Several LFIT sports clubs have their own Instagram accounts. You can also keep up with their latest news and activities throughout the year on the school's clubs website!



Sports Clubs:
[@aslfitokyo](#)



[LFIT Clubs Website](#)



Photos: FLT / A. Dubos - LFI Tokyo

Lost and Found: Not a Great Start

25 kg of clothes left behind in just two months at the Primary School Annex: How can we explain this?

Over the past year, the FLT have been working to raise awareness among families about lost and found items and to help reunite them with their owners. However, the annual weighing of lost items carried out by CE2 students at the Primary School Annex before the Toussaint (All Saints') holidays reveals a worrying trend:

In just one year, the weight has more than doubled. This finding encourages us all to reflect on our habits.

Labelling your belongings is good. Not leaving them behind is even better!

At the beginning of September, the FLT distributed clothing name labels to all primary school students, as labelling clothes and personal belongings makes it easier to identify lost items and return them to their owners. However, labelling alone does not prevent items from being left behind.

Octobre 2023	Octobre 2024	Octobre 2025	Octobre 2026
7 kg	10 kg	12 kg	25 kg

Weighing of Lost Items at the Primary School Annex by CE2 Students

So how can we help our children take better care of their belongings?

Here are a few simple habits that can make a difference:

- In the morning: Check together that their schoolbag contains everything they need.
- When leaving school: Take a few seconds to make sure nothing has been left behind.
- At home: Regularly check which belongings have been taken to school.
- If something goes missing: Try to find the item before considering replacing it.

A Shared Responsibility

Behind these 25 kg of clothing are valuable resources, energy, and money. If left unclaimed, forgotten items risk becoming permanently lost.

The goal is not to make children feel guilty, but to help them, with the support of their parents, become more independent and responsible.



What if we made checking our belongings a daily habit, both at school and at home?

Tokyo BD Festival 2026: European Comics Take Center Stage in Tokyo

Founded in 2025 by the bookstore Maison Petit Renard (メゾン プティ ルナール), the Tokyo BD Festival will return to LFI Tokyo on October 31 and November 1, 2026, from 11:00 AM to 5:00 PM. Come meet the artists, attend talks and presentations, and don't miss the autograph sessions! Find all the details at <https://bd-fest.com/en/>.



Influenza (Flu):

Simple Steps to Protect Yourself... and Others

With autumn arriving early this year, the flu virus is already circulating, and absences are increasing at school. To help limit its spread, everyone can take simple precautions in their daily lives, whether at home, on public transport, or at school.

Good Everyday Habits to Prevent Infection



Wash your hands regularly, especially after coughing, sneezing, or touching frequently used surfaces.



Wear a mask if you have symptoms or when you are in crowded places.



Ventilate indoor spaces several times a day to let in fresh air.



If you have symptoms, stay home to avoid spreading the infection to others.



Avoid close contact with people who are sick. If possible, eat and sleep separately to reduce the risk of infection.



Clean frequently touched surfaces and shared items, such as door handles, phones, tablets, and toys.



If you experience symptoms, consult a doctor. **If influenza is confirmed**, the school follows **Japanese school attendance exclusion rules: students must stay home for at least 5 days after the onset of symptoms and until at least 2 days after the fever has subsided.** Both conditions must be met before returning to school.

Good to Know: In Japan, a temperature of 37.5°C or higher, measured under the arm, is considered a fever.



Vaccination: Protecting Yourself and Others

Vaccination reduces the risk of catching the flu and developing serious complications, particularly in children (2024 study). It also helps protect vulnerable people ([WHO](#)).

- Protection: Develops approximately 2 weeks after vaccination.
- Ages 6 months–12 years: 2 doses, given 2–4 weeks apart.
- Ages 13 and older: Generally 1 dose.
- Cost: ¥2,000–¥4,000, usually not covered by health insurance.

If you have a fever of 37.5°C or higher, postpone vaccination.

Need Information in French?

Find a doctor who speaks a foreign language using the official [Himawari medical institution search service](#).

The school also provides a bilingual French–Japanese influenza vaccination questionnaire for use during your medical appointment.

Many thanks to the school nursing team for providing this information.



Protecting yourself also means protecting your classmates, teachers, and those who are most vulnerable.

Together, let's help stop the spread of the flu!

The Christmas Run Is Just Around the Corner!

In December, it's time for LFI Tokyo's traditional Christmas Runs (La course de Noël)! After several weeks of preparation, kindergarten and primary school students will take part in the races, cheered on by their parents. It's a wonderful opportunity to share a special moment with the children!

- For CE1, CE2, CM1, and CM2 students, the Christmas Run takes place in a park, with separate starts for each class and for girls and boys.
- CP students have their own CP Christmas Run on the school campus.
- The youngest children take part in the Little Elves' Run on the sports field of the main campus, featuring a much-anticipated visit from Santa Claus himself and a delicious hot chocolate as a reward!

The Humanitarian Club, with the support of the FLT, will organize a bake sale and drinks stand to raise funds for a charitable organization. Come cheer on our young runners while supporting a great cause!

The school will also need parent volunteers to help with the Christmas Runs. More information coming soon!



December

Wed. 9	Course de Noël CP
Thu. 10	Course de Noël CE1, CE2, CM1 and CM2
Wed. 16	Course des Lutins (Fairies) Kindergarten

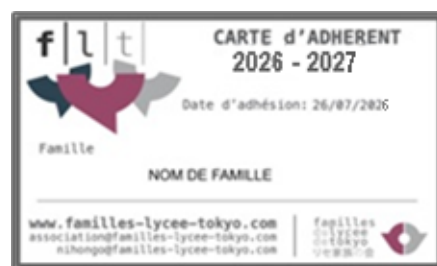


Latest News from FLT Partners

As an FLT member, you can enjoy exclusive discounts from our 35 partners:

www.familles-lycee-tokyo.com/fr/partenariat-flt/

*Upon presentation of your FLT membership card (available to download as a PDF).



**Since the start of the school year, 7 new partners have joined us!
Discover their exclusive offers for FLT members.**



French language and culture workshops for children from 2 years old and for adults: ¥3,000 discount on an in-home French tutoring session.



Ventes de livres d'occasion (Français / Anglais)
En ligne ou en présentiel sur des marchés
Les recettes des ventes sont reversées à des associations de solidarité
www.bouquinerie.jp



French/English Second-hand Book Sale:
One free book per year (excluding art books and comic books).



Cours particuliers de flûte traversière
à domicile



Transverse (concert) flute lessons: First month of flute lessons free, with a flute provided on loan.



Table Bourgeons
Cours de cuisine française



French cuisine cooking classes: ¥1,000 discount on your first French cooking class.



Atelier de Cuisine Japonaise
rue Chatons



Monthly workshop on traditional Japanese cooking: 10% discount on the monthly traditional Japanese cooking workshop.



Kickboxing, boxing, MMA, and Jiu-Jitsu in English (or FR/JA) for adults and teenagers aged 12 and up: Free registration, plus a complimentary full training outfit for the first 10 sign-ups.

dojodozo

Nouveau pays.
Nouvelles règles.
Nouveau soi ?
Retrouvez vos repères.

Unfamiliar in Japan? Break the isolation and get back on track with our programs: 10% discount on group coaching sessions designed to help you make lasting behavioral changes.