

# Education

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Northern Valley Suburbanite

## HOW TO SUBMIT NEWS

Press releases must be in the Northern Valley Suburbanite office by Friday, noon, for possible inclusion in the following Thursday's edition. Fax press releases to 201-568-4360, mail to 210 Knickerbocker Road, Cresskill, NJ 07626-1890, or email to [suburbanite@northjersey.com](mailto:suburbanite@northjersey.com).

Questions, or story suggestions? Contact News Editor Mike Curley at [curley@northjersey.com](mailto:curley@northjersey.com) or call 201-894-6705.



PHOTO COURTESY OF COURTESY REPORT

Northern Valley Regional High School at Demarest students participating in a traditional Japanese tea ceremony.

## DEMAREST

# Students, staff participate Japanese Tea Ceremony

Japanese classes at Northern Valley Regional High School at Demarest experienced an authentic Japanese Tea Ceremony without leaving the country.

Kaiko Kitazawa, a professional instructor of the Omotesenke

tea ceremony style, conducted the program to coincide with the induction of students into the Japanese National Honor Society on April 23.

Kai Sakayama, a Japanese teacher at Northern Valley, received a Sakura Grant from

the Japanese Commerce Association of Washington D.C. Foundation, which she used to fund the visit.

In addition to conducting a tea ceremony for the induction, Kitazawa taught a lesson on this unique Japanese cultural custom

in the Japanese 2 and two honors classes.

Through the program, students learned how to sit and how properly, how to appreciate tea, and the elements that comprise the ceremony such as tea bowls, flower arrangements

and calligraphy scrolls.

Kitazawa taught that honor, respect, purity and inequality are the four main aspects of the ceremony and that the spirit and philosophy of the ceremony has remained unchanged since the 16th Century.