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School Uniforms free from sex

In 2018, Ochanomizu Girl's University announced the acceptance of transgender. More and more education organizations are presumed to follow this trend. However, there are concerns about the contradiction between the recognition of gender diversity and the distinction of school uniforms stemmed from gender difference. Considering the current discrepancy, students of Ochanomizu Girl's University Senior High School designed a school uniform free from sex.

The project members had a number of interviews with a variety of people such as professors, fashion designers and sexual minorities. A fashion designer of a clothing brand Blurorange, Tomoyo Matsumura gave them some tips on coming up with ideas. Blurorange manufactures feminine clothes for those who have male bodies. Those who are in any figure can wear them without bringing sexual stigma. The project members realized that observing users and trying to comprehend their minds are necessary before working out ideas from Ms. Matsumura's lecture.

On February 23rd, 2019, finally, the members created "happi school uniform". "Happi" has two meanings: the English word "happy" and 'happi', traditional coats which are worn at festivals in Japan. It has two points which are mindful of both



PHOTO BY SAKURAKO TSUJIMOTO

The happi school uniform

cis gender, a kind of gender type whose gender identity and sex matches, and sexual minorities. First, the project members applied Japanese clothes to the "happi uniform". As a professor in Ochanomizu University, Niimi Iho demonstrated to them, Japanese clothes manifest little gender difference compared to Western counterparts. With reference to these lectures, the students focused on and utilized this unique characteristic of Japanese clothes. Second, its sleeves and hem are designed to be longer than the user's arms and hip. This distinctive structure enables to conceal the users' body parts that reveal their sex.

However, the project members say that "happi uniform" is not a complete form yet. In

designing a uniform for sexual minorities, the students adopted the idea of hiding gender difference. In order to realize a world acceptable of diversity, is it really the best way to conceal the differences? It is not a uniform designed to reveal gender differences openly more successful to achieve a society with which everyone respects each other's sex? The answer is not clear yet. There is no panacea at this very moment as there is no single place in the current world that is totally tolerable of gender diversity. Nevertheless, the project members regarded their action as a significant step. That is, they believe that the cycle of improving and adding new concepts to one proposal would lead to proceeding towards an

open-minded world.

On the 91th Academy Awards in Los Angeles, California, actor and singer Billy Porter turned up on the red carpet in a hybrid tuxedo ballgown, which attracted massive attention from all over the world. In response to a magazine interview, he said, "I want people to understand that you do not have to understand or even agree with other people's authenticity or truths, but we must all respect each other." Today, our life is restricted by gender more than necessary. Hopefully, a society in which one would not be restrained of freedom by gender would come in the fairly near future.



Credit: Official website of BBC news Japan

Hybrid tuxedo ballgown on 91th Academy Award in Los Angeles

By Yui Aoki, Miyo Saito, Yuna Sato, Sakurako Tsujimoto, Kako Yoshihara

NOTICE TO READERS

Ochanomizu University Senior High School is in Bunkyo Ward which is literally read as "center of education" in Japanese. As the name suggests, there are many educational institutions, cultural heritages, and historic sites telling Japanese history especially from Edo period to the present in it.

Our school is one of them. Its predecessor is Tokyo girls' Shihan School, the oldest government girls' school aiming to training female teachers. Now it is aiming to training female global leaders. In addition, the school was designated as a Super Global High School (SGH) by MEXT from April 2015 to 2019. The mission of SGH was to cultivate human resource who can succeed in a globalized world. Students in the school have worked on various projects in order to learn how to contribute to global peace and welfare as global citizens.

They gained various points of view and the abilities to think about social problems critically. Though our school stopped to be registered as a SGH at the end March 2019, it has been registered as a Super Science High School (SSH) since April, 2019. The students started to gain a new understanding of the world based not only on global point of view but on scientific one. (By Natsumi Yanagisawa)

Dear girls in Zambia

Many women are felling anxious or in the worst case dying from not having enough information about pregnancy and childbirth. The second largest cause of death of 15-19 years old girl is from pregnancy and childbirth.

JOICEF made an attempt to confront this situation by taking various actions. JOICEF is an international cooperation NGO established in Japan, to protect the health of pregnant women around the world. To solve the problems that was mentioned in the previous paragraph, JOICEF has made actions such as making maternal and child health by letting peer educators teach their own generation. They are people who educate their friends and buddies. Learning from a same aged friend seems to have a positive effect. The peer educator teaches sex education and discuss and think about gender problems in the society with young people. This method of teaching is called CSE (Comprehensive Sex Education).

There were high school students who had made an action against this problem. The three students (Abe Yume, Ito Shino, Yatsugi Maho) were in the 12th grade at the Ochanomizu University high school. They sent a handmade scent soap with a flyer with information about how period works to a village called Copperbelt in Zambia. To practice maintaining their panties clean, they put the data that shows the importance of keeping it clean on the flyer. They wanted to solve the worries of the girls of the same generations in developing countries using the idea of peer educator. At first, they thought that it would not be enough, but it would raise their awareness just from the fact that they got a soap from girls in developed countries and from the information from the flyer. They learned that it is significant to raise from a negative situation to a zero situation and decided to put it into action. They did conducted a survey on the girls to know how their awareness changed.

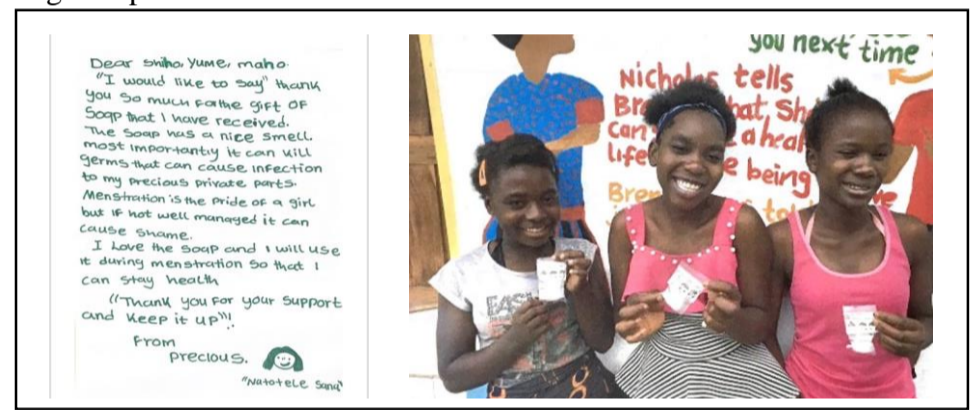
As a result, the number of people who thought that it is appropriate to wash their panties increased. Before their actions some girls said that the reason to wash panties is because it stinks and itches while others did not even understand why they should wash it. After their action, more and more girls understood the scientific reason of washing panties and the reason for keeping it clean. The three students got a letter of gratitude written by the girls from Copperbelt.

Ito Shino, one of the Japanese students, said "We feel that we were able to make a slight improvement to the current

condition at the site. When we saw a picture of the girls smiling with a soap in their hands, we were satisfied with our work.

There are more countries other than Zambia that are suffering from tremendous poverty and hygiene state. We need to know it and think of it as our own problems and try to make an approach even if it is a small step. Small steps may become a trigger to raise the situation from negative to zero possibly positive.

By Shino Ito, Rio Shiozuka, Suzuho Tauchi, Kokoro Higo, Risa Yamashita



The letter that students received from girls in Zambia

Girls using the soaps

Photo by NGO for International Cooperation JOICEF

How tolerant does Japanese think of transgender

Ochanomizu University, a girls' school, publicized to accept transgender female formally from April in 2020. To begin with, transgender is a person which has a gender identity or gender expression that differs from their assigned sex. This transgender acceptance all started from a mother inquiring The Junior High School Affiliated with Japan's Woman's University if her son (only on family register) can take the entrance exam or not, as a female. This gave an opportunity for separate educational schools to think and discuss the way to handle gender problems seriously. In addition, Nara Women's University also publicized to accept transgender female right after Ochanomizu University.

0.47% of people in Japan is said to be LGBT (= lesbian, gay, bisexual, transgender) currently. In most of the developed countries such as America, France and Finland there is a curriculum that includes a topic about LGBT during the

compulsory education. Among all those countries, Finland is especially prepared to accept LGBT people. Actually, Finland is said to have the less sexual discrimination than any other country according to the research done in 2018. On the contrary, there are still countries like Korea that puts ban on becoming a LGBT person. There's another case called the Orlando nightclub shooting incident which happened in Florida in 2016. It was a mass shooting incident at a gay nightclub and 50 people including the suspect was found dead and 53 people were injured. The nightclub was a place especially for homosexual people and the suspect was known for taking discriminative attitude continuously. In countries like that, there seems to still have more gender discrimination, and this includes Japan. This proves to think tolerant on LGBT also means to have surroundings which allows people to feel more comfortable on sexual barriers.

In Japan LGBT is not fully recognized in general yet. Even worse, there are still many people that don't try to understand LGBT as one of the identity of a person. In 2015, there was a suicide case in Hitotsubashi University because of the lack of understanding on how a LGBT person also has feelings. The case went on like GuyA revealing the fact that he was asked if he would flirt around or not with GuyB in the group chat without permission. GuyA also mentioned it was so annoying and stressful. GuyB broke his heart and committed suicide. The judgement on what kind of punishment is necessary is still not passed to GuyA. Surprisingly, even after this case, the LGBT community is not fully recognized among Japanese people. According to the research of "Attitude survey toward LGBT in workplace" by Japanese Trade Union Confederation in 2016, about 8% of eligible people were LGBT. Furthermore, the rate of those who think you should

abolish discrimination against LGBT was over 80%. Though, 20% or more of the people answered "no", when they are asked whether they could accept or not if their boss, co-worker, or subordinate was a transgender.

We can predict a fact that the way people understand LGBT in Japan is still lacking from this survey. To overcome this problem, it is necessary to know that there are people having complications about their own sex. To make that happen, Japan should have the curriculum in school about LGBT and in order to do that giving an opportunity for teachers to recognize LGBT is obviously needed.

To make this real, the decision of Ochanomizu University this time was a big step forward for a new openness about gender in Japanese society.

By Mirei Inaoka, Chisa Kajiura, Kokoma Shigenobu, Sumire Fujimaru, Akane Miyashita

ENVIRONMENT

Relation between lifestyle and heatstroke

	Juveniles	Adults	Elders
Type	More Exertional	More Exertional	More Non-exertional
Situation 1 st	During Exercise	At Home	At Home
2 nd	In Public Places	During Working	In Streets and Parking
3 rd	In Schools	In Public Places	In Public Places
The month when the number of heatstroke patients by EMS is many	July / August	July / August	July / August
The month when the rate of heatstroke patients by EMS is high	May / June / September	August	July / August
When the rate of heatstroke patients by EMS is high	During practice for the Sports Day	The rainy season	When the difference of temperature is big
Day-level feature	A change of season	The day with high temperature	After the hot days continue

By Moeka Ueda

A group of Ochanomizu University Senior High School students analyzed segmentalized situations of getting heatstroke and it turned out that its timing facing a growing risk is during labor work for adults and during exercise for juveniles in Japan. The group calculated correlation coefficient, which indicates the relationship of two variables, between the number of heatstroke patients by EMS and each four data that is used for computing WBGT; average temperature, highest temperature, humidity, and declination of the sun from 2010 to 2017. The group's study is based on dataset by Japan Meteorological Agency, Fire and Disaster Management Agency of the Ministry, and National Astronomical Observatory of Japan.

If you want to know more

about WBGT, please refer the last part of this article "What is WBGT?"

Heatstroke is a collective term for a variety of health hazards that develop when our bodies cannot adapt to a hot and humid environment. Heatstroke has various symptoms. Any of the following symptoms could be a sign of heatstroke. Degree of severity is mild for Level 1 and severe for Level 5. The major symptoms at each level are as follows. At Level 1, dizziness of faint. At Level 2, muscle pain and muscle cramps. At Level 3, abnormal perspiration. At Level 4, listlessness and nausea. At Level 5, not responding when someone talks to you or high body temperature.

Adults have a lot of exertional heat stroke due to heavy sweating during work.

The team found that even when the awareness of heat stroke is low, if the humidity exceeds 70%, a large amount of sweating occurs so that the risk increases.

Juveniles' physical feature is the main reason that causes heatstroke. Compared with adults, they are affected by radiant heat more and their function that control body temperatures adequately is undeveloped.

As you can see from the research that shows low correlation between the number of people transported by EMS because of heatstroke, and WBGT. It is necessary to pay enough attention to heatstroke.

The coefficient between the average temperature and the number of heatstroke patients is the highest, 0.71. The coefficient between WBGT and the number of heatstroke patients is the second highest, 0.69. On the other hand, when the day temperature difference is more than 8.5 degrees Celsius, for example when the temperature is not high, April and May, and where the temperature is low, Hokkaido, the coefficient between WBGT and the number of heatstroke is the highest.

From the analysis results, it was found that WBGT is

effective as an index of the risk of heatstroke in a scene with low awareness of heatstroke.

In 2020, the Tokyo Olympic and Paralympic games will be held and heatstroke is mentioned as one of the considerable problems. It is necessary that not only organizers but also each individuals take appropriate measures. The group suggests that "Comprehension of the risk lurking in surrounding environments properly and concretely beforehand can mark a first step toward heatstroke measurements."

What is WBGT?

WBGT (Wet Bulb Globe Temperature) is an index which focuses on the exchange of heat between the human body and the outside air. It incorporates three of the following facts; humidity, surrounding thermal environment such as radiation, and temperature which influences on the heat balance of the human body.

By Hitomi Suzuki, Moeka Ueda, Ayana Kobayashi, Natsuki Chiba, Chihiro Hasegawa

How to Reduce Garbage in the Olympic Games

In 2020, Tokyo Olympic games is going to take place in Japan. Olympic Games give people unforgettable impressions and excitement; however, it has a problem of trash as there are a huge number of spectators.

Tokyo Organizing committee of the Olympic and Paralympic Games suggests a goal "Zero wasting" which means reducing the amount of waste as much as possible. They are trying to use resources effectively and not to do bad things on the environment.

To think about what people can do, past Olympic examples and what have been done in daily life can be useful.

In the London 2012

Olympics, London Olympic Committee succeeded in diverting more than 90% of garbage in the landfill which was nearly full. For instance, London Bio Packaging, Ltd. supplied over 120 million pieces of compostable packaging. As a result, they could compost over 1700 tons of garbage.

One way to reduce the garbage would be bringing washable chopsticks carried in a case or portable cutlery. Today, about 25 billions splittable chopsticks which are mainly imported are consumed every year. Under the circumstances, using portable chopsticks would help reducing garbage and give people the opportunity of thinking about daily trash.

To conclude the suggestion, the government should make the best use of past examples or efforts and realize a environmentally friendly Olympics which reflect the Japanese traditional spirit "mottainai".

On the other hand, the nation and visitors must realize their own responsibilities for saving the earth's environment and it is



Photo by Fumika Terada

important for each of them to act independently.

If the government and individuals cooperate with each other, the Tokyo Olympic Games will be much more wonderful and impressive. Everyone in this country should make efforts to hold the sustainable Olympic Games.

By Mana Nishitani, Kana Suzuki, Miyu Hanada, Fumika Terada, Yumika Nagatome

Looking with Your Own Eye



Source: Official website of Okinawa Kanko Channel

In April 2019 The Ochanomizu high school students went to Okinawa on a school trip. In addition to its prodigality of nature that we could feel easily, we learned about Battle of Okinawa looked at the documents in the memorial museum and

visited GAMA that played an important role to protect Okinawan residents in the Battle of Okinawa.

The first extensive damage in Okinawa occurred in October 1944, and 688 people died. The battles continued and in 1945,

Japan started the suicide attacks and 2500 people died within just few months.

The United States Armed Forces started taking Okinawa using air raids on Kerama Island in March 1945. Okinawa was completely occupied by the American Army within 2 weeks.

The leader of The Japanese military in Okinawa committed suicide on June 23rd 1945 and the battle ended. The American military officially ended the battle on July 2nd and finally the Japanese military signed full-scale surrender on September 7th.

Then, they went to a natural cave called NUNUMACHIGAMA, a rural area in Yaesecho. It was used as a hospital to treatment sick and wounded soldiers. The full length is about 500m. More than 1000 soldiers interned in it, and army surgeons, nurses and youths worked there.

Without anesthetic and medicine, they couldn't care for them very well. Many of girl students named "shiraume gakutotai" were pushed around.

Soon, they were forced to leave by American invasion. Many soldiers were given cyanide and died. Finally, many were left to live by themselves. Inside it was too dark to see properly.

They learned a lot about Okinawa. What they would like to tell you most is, that it is important to see with your own eyes. We learned about the Battle of Okinawa in social studies class, but that is only one part of the picture. Through their experiences in Okinawa, learned and felt the reality.

By Shannah Jenkins, Reina Saito,
Ruri Sekiguchi, Natsumi Taguchi,
Ayuna Maeda

Taco Rice is Traditional Food

Students in Ochanomizu University Senior High School had a trip to Okinawa from April 12 to April 16, 2019 and finding that people in Okinawa use cheese and minced meat produced in America as ingredient in "taco rice", they wondered whether they could recognize it as a traditional Okinawa food.

The definition of traditional food is as follows.

- 1: The food local people make adjustments to with ingredient which is made a lot there.
- 2: The food which is made of ingredient that is only available in the area.
- 3: The food that local people create in their own way with some ingredient from other areas.

Shoku no miraiwo kangaeru by Ando Momofuku, the promoter of Nissin food

To name a few senbei soup, Fukagawamesi, Kuwai, Houtou are accepted as official local food by Ministry of Agriculture, Forestry, and Fisheries.

In 1984 Parlor Senri, Mexican food specialty restaurant invented Taco rice for the first time.

Since U.S. armies from



Photo by Nagisa Omori(Left) and Toko Ikegami(Right)

Taco Rice(Left) and Goya Chanpuru(Right)

nearby U.S. military base often visit Parlor Senri, they had to design food filling and cut off the costs.

Then, Matsuzo Gibo, a chief of Parlor Senri came up with Taco rice.

They could cook it with cheap beef and much rice to make it cost friendly.

From 1990s, schools in Okinawa adopted Taco rice for their providing meals. Taco rice rapidly spread above Okinawa citizens as a national meal.

Considering these ingenious contrivances for Taco rice, you can say that Taco rice meets the first condition.

Taco rice drives from Mexican Tacos. People in Okinawa jumble food such as minced meat, onion,



spice, cheese, lettuce and tomato to make its ingredients and put it on rice. The way of cooking like jumbling is similar to its of Okinawa "Chanpuru".

For example, When people make Goya Chanpuru, which is one of the local dishes of Okinawa, they fry Goya, meat, tofu. Taco rice contains all the mixed ingredients. In this way, how to cook Taco rice is a traditional cooking method of Okinawa, and it fulfill 3.

In conclusion, Taco rice already meets the condition of two thirds, so it is enough to behave traditional food. Though the ingredients of Taco rice is quite different from food in Japanese mainland, it is popular among people in Okinawa.

By Toko Ikegami, Nagisa Omori,
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