



THE KUGAYAMA TIMES



STUDENT EDITION, SEPTEMBER 2019

Unprecedented Victory in Koshien

Players achieving a long-cherished wish to win in Koshien thank for spectators who cheer and admire them.

THE TOKYO SHIMBUN Photo

This summer, Kokugakuin Kugayama baseball club participated in Koshien, or the National High School Baseball Championship, for the third time after 28 years' interval, winning in West-Tokyo high school baseball tournament. In the final local match with Soka High School, they got tied with a score of 2 to 2 in the 6th inning, and grabbed a come-from-behind victory at the end of the game.

Kazuya Okada's timely hit led to a victory in the first Koshien round against Maebashi Ikuei High School. They won by reversing the game by five consecutive hits from 2 outs in the 7th inning. The second game lost by 19-3, but they changed the club's history, in which they have never won at the championship.

When a new team was formed last summer, they were said to be "the weakest team ever." They set



5 goals, one of which was "singing the school song at Koshien." They practiced with the motto of "baseball with brains" and achieved the feat of the first victory at Koshien.

The baseball club was strongly supported by the cheering songs that the school brass band played. The players themselves decided their own support songs. There is

also a theme song, which the cheering party boosts the players' morale to seize the chance. This song was made by arranging "Star Silhouette," a song in "Touch," a famous Japanese baseball animation. The head of the cheering party Shotaro Higashi wrote the lyrics. During the memorable phrase, the cheering party members cry out, "Ippon daseyo," which means, hit the ball, swinging towels above their heads. That makes a unity. Whenever this song is played, the players make a hit, so it is popular as a "magical song" among high school baseball fans. The Kugayama cheering section, called "the Alps Stand," was all in red with scarlet cheering

T-shirts. Red is the theme color of the Kokugakuin Kugayama baseball club. The power of the song and the powerful cheering image also attracted much attention and contributed to being selected as "the best cheering team award" by the editorial department of "High School Baseball Dot Com" in a publisher Gentosha. The Kugayama baseball fans are enthusiastic about the future activities of the baseball club that impressed many people this summer.

By Yudai Tsukada, Momoka Otagi, Hikari Kato, Sorana Fujita, Nanami Ishida and Yuna Maruno

Soccer Club again Joined the Championship

The Kugayama soccer club has participated in the national convention 10 times. Hiroyuki Aketa, captain of the club said, "We will improve the skill of ball handling, which is our strength, and we tone up defense skill, our weakness. That's why we got to play nationwide." Unfortunately, in the first round, they lost the game to Kamimura Gakuen High School 3-2.

Not only regular members but also support members make this club stronger. The head of cheering party said "When regular members play games, we always sing Kugayama Sanka, which is a representative school cheering song, and inspire their motivation." In order to cheer the team more effectively, seniors of the club show the first graders how to cheer during lunch break.

The regular players and the cheering party of Kugayama soccer club.

KOKUGAKUIN KUGAYAMA SOCCER CLUB Photo



Like all the other clubs, the soccer club and the baseball club are never blessed with practice conditions. This school puts much emphasis not only on club activities, but also on studying. To get the students to study enough, regular practice time is about 2 hours in all club activities. What is more, morning practice is prohibited, and it must have a holiday once a week. The baseball club has to share their space for practice with the soccer club as well.

In spite of this difficult situation, they practice hard and juggle their time. Their effort has finally born fruit. The baseball club practices with the motto of "baseball with brains," and the soccer club "winning gracefully," their promising future is strongly expected from now on.

SOCIETY

Behind Tapioca Craze

Environmental terms such as recycling or environmental conservation are frequently brought up among the media. Various companies and nations have also been taking measures to protect the environment.

Starbucks, a major coffee chain, announced in July 2018 that it would gradually phase out the use of disposable plastic straws at all stores around the world by 2020. Similarly, McDonald's has shown a policy to switch from plastic straws to paper straws in some areas.

The problems also relate to tapioca boom. Tapioca drink is a mixture of tea and soft drinks with tapioca balls made from cassava powder. The boom started in 2008, and tapioca drinks are very popular in Japan, especially among young people. Tapioca drink originated in Taiwan has been spreading throughout Southeast Asia and around the world.

In Japan, many tapioca shops such as "Gong cha" and "Chunshuitang" have been popular for five years. Tapioca drink came into fashion among

young girls taking photos to post on Instagram.

However, there are various problems behind this popularity. First, containers and straws are thrown away on the roadsides. Stores have trash cans, but many young people drink tapioca drink while they are walking on the streets. They leave empty containers and straws on the roadsides, although they put cans or plastic bottles into recycle boxes. If leftovers in the containers are spilled on the roadsides, it will lead to odor annoyance and lack of hygiene.

Too much plastic waste is another problem. It has become even more serious in recent years throughout the world. Among other countries, Japan is known for its large amount of plastic wastes. According to the Annual Report on the environment in Japan issued by the Ministry of the Environment in 2019, the estimated amount of plastic containers and packaging is over 700,000 tons nationwide. The plastic trash in "Tapioca Drink" further promotes the seriousness. Dirty

plastic trash is difficult to recycle and must be incinerated. Toxic substances from incineration lead to environmental destruction. Various measures have begun to be taken against this situation. For example, China has restricted the import of plastic trash and Taiwan authorities have banned people from using plastic straws. However, tapioca drink is very popular in Taiwan, and many people want to drink it. As a solution, a tapioca bottle called "Float" was developed to solve the garbage problem. This innovative development made from recycled bottles, makes it possible to drink tapioca without a straw. There is a mesh case in the bottle, so tapioca drinkers can drink up the contents. In Iceland, new bottles made of seaweed were developed.

It's important that people throw the empty drink containers into trash cans. If people all over the world do this, the environment will improve and tapioca becomes more popular.

Thus, in recent years,



Yukino Umemura photo

Tapioca containers blocking trash cans

various companies have taken measures for environmental conservation. However, the most important thing is to pay attention to environmental conservation in places such as Shibuya or Shimokitazawa, where people are familiar with tapioca. Small accumulation of these acts leads to a better environment in the long run.

By Maki Goto, Yukino Umemura, Moe Nishikata, Hikaru Akiyama and Mai Umeda

In the Shoes of the Challenged

The 2020 Olympic and Paralympic Games will be held in Tokyo, so the interest for people with disabilities is growing. Mr. Andrew Parsons, the President of International Paralympic Committee said that the Paralympics promote the understanding of people with disabilities.

The Kugayama Times conducted a survey about support for people with disabilities. It targets the second graders of

Junior High and second graders of high school in Kokugakuin Kugayama High School. According to this survey, 64% of the students think that they can't help people in need because they are at a loss. Therefore, many students worry about how people with disabilities feel about what they did. For example, "If we students help, it may confuse people with disabilities", "can't have courage" and "other people may do it".

For these opinions, one teacher and students of Seiko Gakuen, a special needs education school in Kugayama, told that they don't want other people to hold white canes. Also, not to touch their shoulders suddenly when people talk to them. And, people with disabilities are grateful if they are told "Is there anything I can do?" rather than "Are you OK?" when they need help.

In preparation for the Tokyo Paralympics, Tokyo has to

improve barrier-free facilities. In the survey mentioned above, about 44.5% of Kugayama students think they live in barrier-free surroundings in Tokyo now. However one teacher and students of Seiko Gakuen insisted that there was still room for improvement. For instance, too narrow sidewalks and too many utility poles often prevent them from walking smoothly. When visually impaired people walk on the road, they often use white canes and are helped by persons who lead them to walk properly. If sidewalks are narrow with many utility poles, they will probably hit the poles, which become very dangerous for them. Moreover, some broken Braille blocks mislead them. Braille blocks help them walk safely. Therefore, Braille blocks must be repaired to new ones, and kept correctly anytime.

In conclusion, the action with people's kindness does not necessarily help the people with



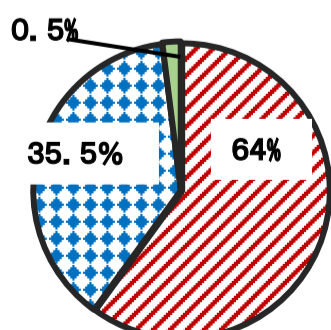
Natsumi Makino photo




Any road can be a serious risk to the visually impaired.

disabilities. In addition, barrier-free must not only just exist itself, but also be really convenient for those who need it.

By Himawari Kimura, Marin Ishizuka, Natsumi Makino, Daigo Takasaki and Mayuko Yano

If people with disabilities needs help, do you help them?



 I want to help, but I don't know how to help them.
 Yes, I want to help
 No, I don't want to help (total: 444 students)

SURVEY

How to Deal With Sleeping Students?

(total:444 students)

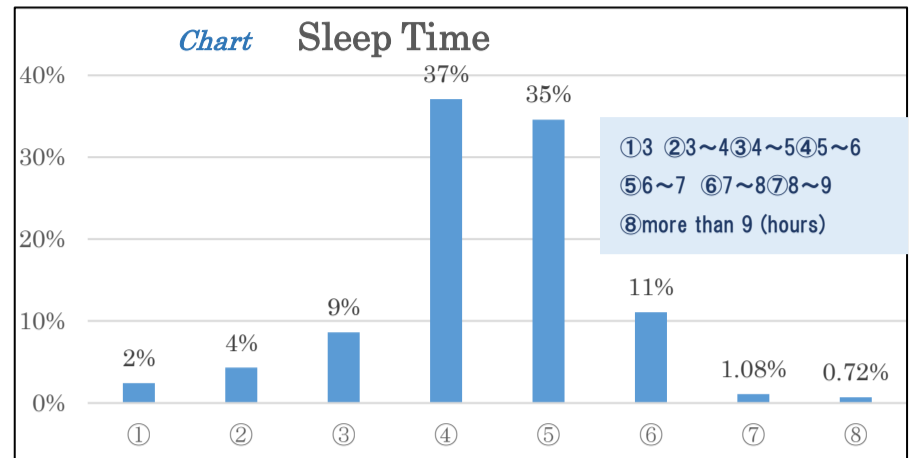
It is not rare to see the people who sleep on the train in Japan. It is also seen in the class. Stuart Dalziel, who is one of the English native speakers in Kokugakuin Kugayama Senior High School, recognized that this school's students tend to sleep in class. He used to be a teacher in Korea, Thailand and so on. It is impressive that students except for Japan and Korea take classes without sleeping. Table shows the average sleep time

in some countries. The average sleep time of Japanese is shorter than the other countries. This result corresponds with what Stuart said.

It is often said that children who sleep long time get good score. The Kugayama Times conducted a survey about the relationship between the length of sleep time and test score in third-year junior high school students and first-year high school students. Chart shows students sleep time. Most of them sleep from five hours to six hours or from six hours to seven hours. Most of high score students sleep from five hours to six hours or from six hours to seven hours. And also, most of low score students sleep that time. But some of both students sleep only about three hours. Therefore, sleep time is not always related to their score.

Mituo Nagane, a professor of Chiba University, wrote the report about sleep time. According to the report, Japanese bed time has been delayed, sleep time is decreasing. Many parents recommend to children "Go to bed early, get up early and eat breakfast."

That is to say sleeping is not



always related to grade. This result corresponds with a questionnaire which is carried out in Kugayama.

What kind of people's action are connected with improving test score? Some teachers said that students who listen carefully to what their teachers talk about improve their grade. It is quite natural that sleeping students' score are not good.

Meanwhile, one student said that she wanted her teacher to conduct the class more interestingly. Students-centered class is called active learning. In fact, Michael Lazarus, a professor of Tsukuba University, proves that sleepiness is relieved by the stimulation that motivates people. Sleepiness is related to adenosine, one of the substances in human brain. The substance becomes inactive if they keep motivated. One such way to enhance student' motivation is

active learning. However, it isn't easy to introduce active learning to class. According to a teacher in Kugayama, some subjects are not suitable for active learning. It is hard to teach in active-listening style when there are more than 20 students or there is not enough time to cover curriculum.

In Japan, teachers are likely to give students entrance examinations ahead one-way lectures because they think they should keep their own teaching pace for students. Not only teachers but schools and the educational institutions, have to strive to improve the current situation.

By Kento Sukai, Yuna Konno, Hina Sasaki, Yuriko Sakakibara and Aoi Fukushima

Table Sleep Duration Hours by Countries

1	Spain	7.92
2	Bulgaria	7.91
3	Romania	7.88
4	Greece	7.87
	⋮	
9	Italy	7.65
10	France	7.64
	⋮	
21	Thailand	7.02
22	Korea	6.83
23	Taiwan	6.56
24	Japan	6.15

Original data; from American Medical Association
Revised by the Kugayama Times

Gap of Opinions about Part-time Job between Students and Teachers

There are numerous school rules in Kokugakuin Kugayama Senior High School, and one of the rules prohibits the students to do a part-time job. There are many schools which don't allow students to do a part-time job in Japan. How do the students feel about this rule? The Kugayama Times conducted a survey about part-time job with 137 first grade high schools students.

Graph 1 indicates the percentage of students who want to do a part-time job. 32.8% of them said they don't want to.

Also, Graph 2 shows the result about " what is the purpose of working as a part-time? ". The

students can choose one of the five options as shown in the graph below. 56 students answered "money". Some of them said that they want to make money to have fun with friends or to buy anything they wish. And 26 students answered "experience". The students implied that they want to have social experience in society by doing a part-time job.

One of the students who have negative opinions to the school rules about a part-time job said "To work a part-time job is very good for

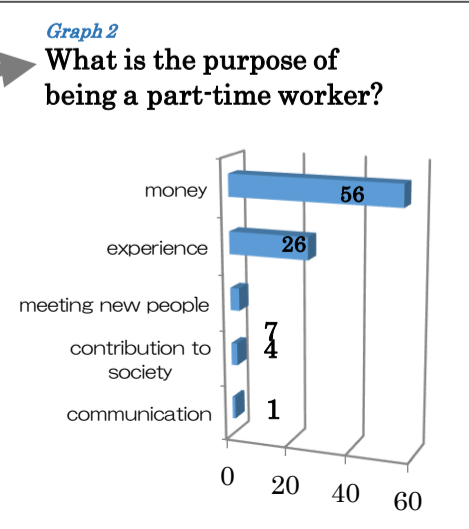
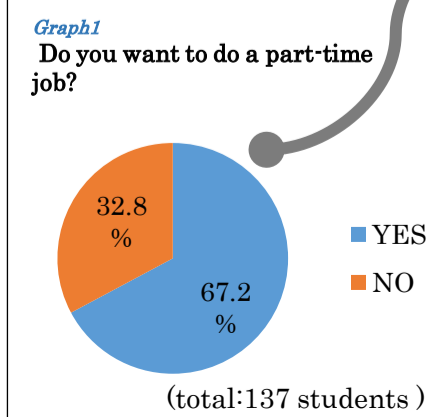
young people, because options in the future will expand." Another student claimed, "We want to do a part-time job in vacations such as summer holidays." Another opinion was, "High school students are old enough to work and contribute to society. It seems that they are interested in society and want to go out into the world". On the other hand, a student who has a positive opinion said "Rather than being troubled by human relationship with other part-timers and bosses, I would not have a part time job and stay at home." Another opinion was "High school students should concentrate mainly on studying or club activities, so they don't have enough time to work a part-time job."

Even though there are many students who want to do a part-time job, Kokugakuin Kugayama Senior High School doesn't allow them to do a part-time job. To ask the reason, an interview with Nobuhiko Sato, the School Rules Department

supervisor, and a science teacher, said, "Doing a part-time job doesn't have many negative effects for the students. Unfortunately, as written above, students should mainly focus on enhancing their academic abilities. Losing their time by doing a part-time job could lead to the lack of enthusiasm to study. That is why the school doesn't allow the students to work."

In conclusion, the students' opinions quite differ from the teachers' opinions, which is a considerable issue to discuss. As a method the teachers and students could have a conversation and explain why they're unsatisfied with each other. Knowing what's in each other's mind can fill in the gap between them, which is necessary for both the students and teachers.

By Misato Takabe, Shogo Mizuno, Kokoro Doi, Yusei Nakamura and Tsubasa Yoshida



LOCAL

Inokashira Line : Together with Hopes in Nature



Eigo Uemura Photo

The Keio Inokashira Line, which is used by most of Kokugakuin Kugayama Junior and Senior High School students, has a beautiful landscape with a lot of hydrangeas in early summer.

Many Kokugakuin Kugayama Junior and Senior High School students commute to school by getting off at Kugayama Station in Keio Inokashira Line. This Line connects Kichijoji and Shibuya, extending for about 12.7 kilometers.

In June, over 26,000 hydrangeas are in full bloom and please Inokashira Line users.

These beautiful hydrangeas date back to 1990. Keio Railway Corporation started to plant the hydrangeas. This project aimed to prevent the collapse of the banks along the train tracks from rainwater and amuse train passengers. Cherry blossoms, sasanquas and azaleas are also planted and decorate the train tracks throughout the year.

Keio Railway Corporation also held "Keio Photo Contest" to

publicize the beauty of the scenery along Keio Inokashira Line. The composition of picture with a train, which is an artifact, in a natural landscape, looks really attractive. Railways provide synergy for goodness of landscapes.

For example, fireflies that lived in the Kanda River and Tamagawa Water Supply along Inokashira Line. The population of Firefly has declined significantly. The soil on the riverbed that the fireflies' larvae cling to is necessary, but hoses were installed to improve the banks and the embankments, which washed away the soil for the larvae. As a result, the Kanda River is no longer an inhabitable environment, not only for fireflies, but also for black snails, or firefly feed. In addition, carps ate up black snails.

In addition, contamination of a pond occurred in Inokashira Park. There used to be clean water, and Inokashira Park used to have a unique ecosystem. However, urbanization of surrounding areas and depletion of spring water caused the increase of alien species. In fact, according to the interview with senior high school students in that school, some of them have the impression that there is little nature.

On the other hand, there are many activities to protect that nature. Some of the activities are mentioned below. First, a group aims to protect nature of Tamagawa Water Supply, saving wild grasses, trees, fireflies and birds around. As a result, wild

grasses were revived, flowers in the four seasons began to bloom, and insects such as butterflies increased.

Second, the group to revive the clear stream of Kanda River makes an effort to clean the river and research the ways that make the river beautiful in order to change it into a "swimmable river".

Finally, at the Inokashira Park, the Tokyo Metropolitan Government, NPO and volunteers cleaned up the pond and carried garbage out from the bottom of the river. It has been held three times since 2014. This activity was prized as the Nature Conservation Grand Prize in 2017 by the Nature Conservation Society of Japan. The Wadabori Park, located along the Inokashira Line, also has a plan that contributes to nature conservation Tsubasa Ashizawa, a second year student in Kokugakuin Kugayama High School who usually use the Keio Inokashira line said "Keio Inokashira line conserves the nature along the line as well as promotes the development there."

It is no exaggeration to say that, railways are strongly connected with people's lives and nature. Ruining nature is easy, but it is extremely difficult to recover it in a short period of time.

By Yura Matsumoto, Kento Takamura, Ui Chinen, Eigo Uemura and Masahiko Takemori

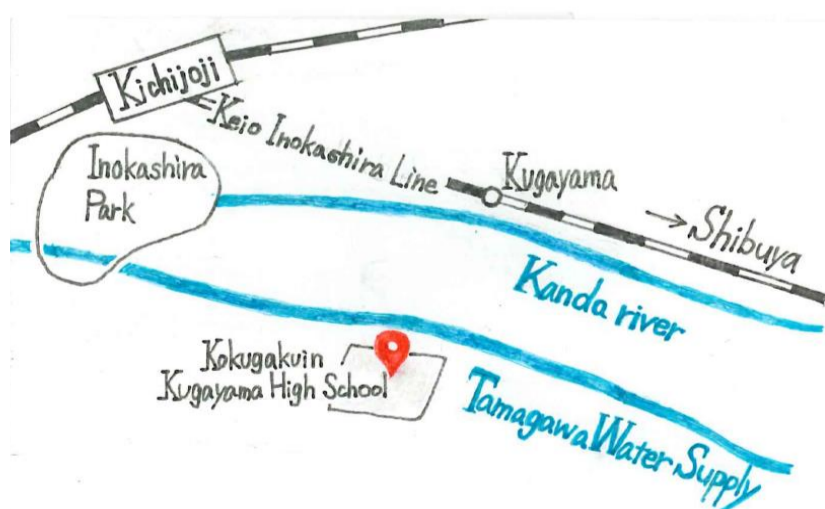


illustration by Ui Chinen

THE KUGAYAMA TIMES

Published by a group of 32 students of Kokugakuin Kugayama Junior and Senior High School, a private high school in Suginami Ward, Tokyo, in cooperation with the not-for-profit Global Education Information Center(GEIC).

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