



Shoei Collections



Exploring Fashion Trends:

What do our fashionable Shoei teachers coordinate in a week?



Teachers in Shoei



Photo by Akari Shinya

Through our exploration of the ways in which students express their admiration towards those who they find attractive and wish to support, we hope to shed light on the deeper connections and values that exist within Shoei's student body by understanding and embracing these dynamics. We in Shoei, the youngest junior high school students will be in college in

around five years, while the eldest senior high school students will be in college in just a few months. Since we students wear uniforms every day, going back to wearing regular clothes in daily life is seen as a significant challenge. Moreover, we believed it would be quite beneficial to obtain coordinating ideas from our teachers of a similar age, as Shoei students don't have enough spare

time to look for trendy costumes and go shopping because of the numerous assignments, club activities, and other individual lessons they have.

After seeing the one-week wardrobe of two young, endearing teachers, Ms. Ouchi and Ms. Hara, we think that this article will serve as a useful resource for readers' personal clothes choice and an opportunity to spark their interest in elegant and stylish coordination!

To preface their one-week coordination, Ms. Hara's personal color is yellow-based spring, and Ms. Ouchi's is blue-based winter; they both have a straight body structure.

From the photos of Ms. Hara, you can see that she wears easy-to-wear clothing on days when the temperature difference between the lowest and highest areas throughout the day is large by comparing her outfits based on the day's temperature. Moreover, Ms. Ouchi wears multiple sweater

layers during chilly days. Maxi-length bottoms that fall past the knee and just-right-sized tops that are neither tight nor loose, work well on people with straight skeletons. As you can see, these features are being used to code both teachers.

We hope this article helped you take the first step toward becoming the mature-looking college student you've been wishing to become, and that you were able to figure out the popular and trendy fashion among two young teachers' weekly coordination!

These are some of the brands the teachers recommend: earth music&ecology / Uniqlo / Natural Beauty Basic / Honeys.

By: Suzuha Tagami & Maya Matsui

Breaking News:

There's Actually a Nice Café Near Our School!



Café au lait Tokyo Photo by Asuka Shigeta

Walking for a few minutes from Takanawadai station, you will find one small dingy building by the street. If you could gather up some courage to go up the stairs and step into the building, an antique door will welcome you to

a nice and cozy atmosphere...

Since Shoei students are not allowed to go somewhere before or after school, we do not really know what kind of places there are in the surroundings of the school. Thinking that it would be

a great chance to let the Shoei students know more about our neighborhood, we are going to share one amazing café we discovered, "Café au lait Tokyo".

Just like its name, this café's specialty is the café au lait; by deciding what kind of milk or sugar you want to use, customers can arrange their own café au lait. Filing out the form along the directions on the picture on the left, you can customize a café au lait for your own tastebuds.

When we visited the café, we tried a hot café au lait, a cold café au lait, ham and egg sandwiches, and BLT sandwiches. The café au lait prices were reasonable, not too expensive for high schoolers to afford. We also

enjoyed the relaxing atmosphere of the café; we felt like we could stay there forever.

We would highly recommend this place to people wanting a relaxing time shifting your thoughts to your inner imagination, getting some time away from reality. Not a good place to study though... You'd probably get too comfortable.

The following is the address of the café: Kato Building 3F, 1-13-3 Higashi Gotanda, Shinagawa City. The café is open every day except for Tuesdays, from 11:30 am to 7:00 pm.

By: Asuka Shigeta & Rio Sugiura

Uncovering the Hidden Biases at School: A journey to find your *oshi*

Dear students who are reading this article, we would like to ask if you hold any “biases.” To start off, bias is a word for *oshi* in English. This expression refers to recommending or endorsing people or things, listing them as a subject you want to evaluate or support. It denotes the individuals or objects that become the focus of such evaluations. We have dug into the mysteries of bias issues happening among Shoei students.

In the vibrant school culture of Shoei, where students hold biases, there is a unique dynamic that sets it apart from typical co-ed institutions. As an all-girls school, Shoei has distinctive values when it comes to human relations.

Biases are individuals or causes that students find attractive and wish to support. It goes beyond mere friendship and involves a special connection. The

topic of biases is frequently discussed among students at Shoei, and our group decided to conduct research on it to share our findings with others.

Through our research, we discovered that biases often exist between seniors and juniors, and sometimes even within the same grade. One of the most anticipated days of the school year for students to interact with their biases is Valentine's Day. It is a day when students can gift chocolates and candies to their favorite seniors outside of school, or write heartfelt notes to their adorable juniors. To create opportunities for their biases to shine, our group members have made or purchased special items. These include glow sticks, giant paper fans with personalized messages, and nameplates adorned with jewel stickers around the bias's name. While

these items are not necessarily essential, they have the power to boost confidence and fulfill the desires of students in supporting their biases.

We believe that by sharing our research and experiences, we can provide helpful guidance to other students in understanding and navigating the world of biases. Ultimately, our goal is to promote a culture of respect and appreciation within Shoei's unique school environment.

Through our exploration of biases and the ways in which

students express their admiration, we hope to shed light on the deeper connections and values that exist within Shoei's student body. By understanding and embracing these dynamics, we can foster a stronger sense of community and unity among students.

By Miya Ikeuchi & Akari Shinya



Some examples for goods to cheer on biases.

Photo by Akari Shinya & Maya Matsu

Club Stories

Volleyball Club:

Lucky and Unlucky

The volleyball club has four uniforms: black, white, red, and blue. The blue uniform, which is usually used by liberos during external matches, is disliked by most of the club members because it is short sleeved and tight fitting. Recently, one side of the high school team had to wear it for Co-Learners' Day. Volleyball includes many movements, including the raising of arms. Maybe the members were uncomfortable

showing off their armpits so explicitly...? Whatever the reason may be, you could say that the blue uniform is the “Unlucky” of the volleyball club.

However, the club has its “Lucky” as well. Recently, a 36-pack of “In jelly” was gifted to the volleyball club from Morinaga & Co. Ltd. How did that happen? Morinaga & Co. Ltd. has a campaign where they gift “In jelly” to 500 clubs across Japan that get over 10 votes. The middle school students of the volleyball club worked hand in hand and voted

for their club at any given chance, leading to a whopping 305 votes. Considering only 500 clubs in all of Japan won the prize, you could say the Shoei volleyball club got lucky for sure. However, what is more praise-worthy than the luck they got is the hard work of the middle school members who brought it.

E.S.S.:

Auditions

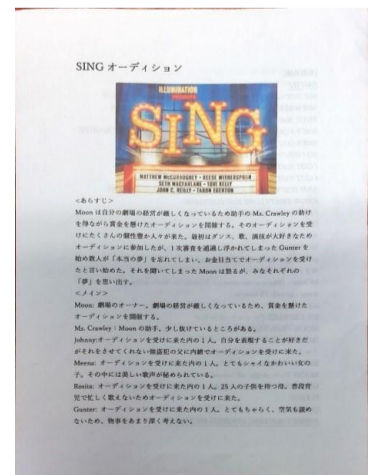
In E.S.S we do three musicals a year: one in Co-Learners' Day, one in the winter, and one in spring. We do auditions for each musical to decide who plays which character. We get to audition for three characters at most and there is a dance everyone must do in the audition. Based on the auditions, the top grade chooses the main, sub main, ensemble and staff. The main are the main characters and are the center of the story. The sub main

are characters with fewer lines and most of the time people cast as the sub main join the ensemble. Ensemble is a role where you don't have a set character, but you act and dance when the main cast are singing. Finally, the staff are people who do lighting, putting music and making the props. All these roles are essential to making a musical.

By Hinata Nakakarumai
& Kaho Matsumoto

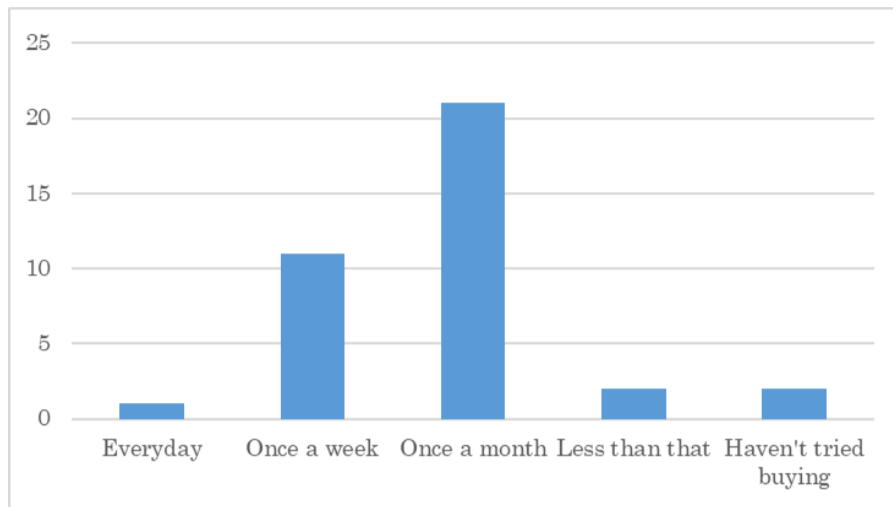


Blue uniform and Morinaga webpage by Hinata Nakakarumai



E.S.S. Audition papers by Kaho Matsumoto

What's New?



How often do you use the vending machines?
Sr. 1-5 (Out of 37 students) by Mana Inoue & Rina Kobayashi

The biggest news in our school this year must be the reinstallation of the vending machines. The vending machines that any students or teachers can use, and are cheaper than other places, had a huge impact on our school.

We took a survey in our class: how often they buy drinks from the vending machines and if

they had bought a drink, what their most favorite drink was.

The frequency is shown in the graph. Milk tea, lemon squash and muscat cider rose to the top of the popularity list.

Not many people in our class bought one, but apparently the school nurses seem to be a bit concerned about some students' health...so be careful.

Another point worth noting would be the schools' Instagram. Since our school has a slightly old-fashioned habit, this may be what is needed to keep up with modern society. Our English teacher, Ms. Nakajima has been updating a variety of photos on our school's Instagram page. We hope this to affect our school in a good way and will help more students to come to our school in the future!

As some of you may have noticed, the uniforms for the Shoei junior high students have changed this year. Here is a quiz for those who don't know yet.

Which part of the uniform do you think has changed?

1. The shape of the blouse collar
2. The color of the blazer crest
3. The length of the socks

Another change this year is Shoei's returnees' entrance exam format. Since it was a major change, I believe many of you were surprised to hear the news. In the new entrance examination format, the examinees can choose from two choices: either to take the entrance exam in three subjects, including Japanese, math, and English, or just in English.

(The answer to the quiz is No.2)



The former blazer crest (left) and the new one (right)
Photo by Rina Kobayashi

By: Mana Inoue and
Rina Kobayashi

Passion on the Tray



Shoei's school cafeteria Photo by Shoei

Do you know that in Shoei, there exists a room at the very top of the building that is loved by the students? Yes, you got it right. It's the school cafeteria! In this article, we will be introducing you to this place, followed by exclusive interviews from the workers. The cafeteria

started over 30 years ago, remembered by teachers who spent their youth times.

The variety of menus can be given as a reason why the cafeteria is beloved by many students. Every day, there are takeout menus for students to eat in their classrooms. There are

two main dishes and two side dishes you can choose from. For example, one Friday's menu was a white stew, a yangnyeom chicken, followed by sweet potato chips and chocolate cornet. In addition to that, there are set meals which only high school students and teachers can purchase to eat inside the cafeteria. According to the staff, some popular menus such as hamburgers and lasagna sell out on a frequent basis. Furthermore, when asked about how they come up with the menus, they mentioned how they want to add not only Japanese dishes but also those from foreign countries, such as tortillas from Mexico and mabo-tofu from China. The diversity of the menus had come from a returnee student who mentioned that she wanted to eat more foreign dishes.

Another reason the cafeteria is so popular among the students might be related to the prices. If you want to buy a main dish from the cafeteria, it will cost you from 350 yen to 450 yen, which is a cheap price in general. In fact, the writer of this article also uses the cafeteria often and is surprised by the quality and the low price of the menus. The volume of the dishes is just right, which makes us enjoy both the quantity and the quality of them.

Researching the cafeteria, which is close to our everyday lives, made us feel more attached to it. I hope that this article made you a lot more interested in the inside of Shoei and made you want to eat the lovely dishes!

By: Honami Higuchi

Disconnect to Reconnect

Can you imagine a day without your smartphone? No YouTube, no Instagram, no X (Twitter), no texts or calls with your friends, not even searching up your favorite idol—just you and the world around you. It's a scenario that, for many, induces a sense of anxiety. Welcome to the world of nomophobia, also known as “No-mobile phone-phobia”, where the fear of being without our mobile phones has become a pervasive aspect of modern technology life.

Nomophobia has indeed countless effects to your body both mentally and physically; in fact, it may also affect the people around you. However, in this article, we will not delve into the topic of how dangerous nomophobia can be and leave you with only uneasiness, but help you

slowly crawl out of this addiction.

In many papers, solutions to this problem are things such as setting screentime restrictions or going to therapy, but we all know that neither are effective nor realistic. That is why we present you three simple solutions you can start from today.

1. Make yourself a smartphone rule sheet.

It is important to make rules yourself so that you do not feel forced, and you will be able to set goals that are realistic and reachable for you. Start by deciding how many minutes you are going to allow yourself to go on your phone and what your purposes are.

2. Go find a hobby that does not require devices.

Find something you enjoy that does not require your phone.

Ideally, find a sport or exercise you like as it is extremely crucial to move your body especially if you are wishing to improve your grades.

3. Watch motivational study vlogs.

If it is difficult for you to get off your screen, start by watching study vlogs that can motivate you. Deliberately press the like button to fill your recommendations with those videos and make sure other videos are not in your sight. Some

recommended channels are, “みゅー myuuu”, “Study To Success”, and “Ali Abdaal.”

Nomophobia is a serious problem and one of the biggest topics discussed everywhere; we students also must be aware that we are part of this as well. To all students who wonder why your grades are so low, start by disconnecting to reconnect.

By Mamiko Tateishi



Smartphone Rule Sheet
Photo by: Mamiko Tateishi

Bookworm Expansion: Sharing nostalgia and passing it on to the next

Being in a foreign country, one of our ways to educate ourselves of English was to read books. It was not only to learn English, but also a way to communicate by chatting about it: how we like the book and why it is so interesting.

As we can all agree that reading really helped with our English usage, now it is the time to share some nostalgia so we can all share the happiness of reading with enthusiasm. In this section, we picked up two of the writers' favorite books for your perusal.

First one up, the one who gave us things to adventure in our sleep, *The Magic Tree House* series. Though this book has already

been translated into Japanese, as a returnee this book holds a very special existence against our oversea experience. The story is about very ordinary siblings named Jack and Anne time traveling to visit places in the past using a treehouse they have in their house. There, they solve uncanny mysteries, or go through massive adventures based on a real historical event. The readers will be able to experience a tickle of excitement and get an insight of what happened in the past.

Another good book is not actually a wordy book — it is a graphic novel, but can work perfectly for learning English and

getting good stories to cry on. The graphic novels, and the drama series *The Baby-sitters Club* is about a group of girls running a local babysitting organization for kids in their neighborhood. The main girls that we follow through the story are Kristy, Mary Anne, Claudia, Stacey, and Dawn, who appears in the later books. This book is filled with conflict and bonding between the girls and the children they babysit, portraying a realistic experience of friendships and navigating through it. We recommend this book because unlike other books there are illustrations that keep you entertained while also giving you

a better image of the scene.

The characters may also be very relatable to readers; it makes you want to root for them and journey with them through the books.

By: Ayako Miyanaga and Karen Nagai



Photo by scholastic

Shoei Collections

Published by a group of 15 students of Shoei, a private high school in Shirokanedai, Minato city, Tokyo, in cooperation with the not-for-profit Global Education Information Center (GEIC).

Publisher: Shoei Girls' Senior High School Sr. 1-5A

Project Supervisors: Ms. Erika Nakajima and Mr. John Healey from the English Department

Editor: Akari Shinya

Assistant Editor: Miya Ikeuchi, Rio Sugiura, Suzuha Tagami

Staff Writers: Akari Shinya, Asuka Shigeta, Ayaka Ito, Ayako Miyanaga, Hinata Nakakarumai, Honami Higuchi, Kaho Matsumoto,

Karen Nagai, Mamiko Tateishi, Mana Inoue, Maya Matsu, Miya Ikeuchi, Rina Kobayashi, Rio Sugiura, Suzuha Tagami

Contact: ☎108-0071 2 Chome-26-5 Shirokanedai, Minato City, Tokyo

URL: <https://www.shoei.ed.jp/>