



CLASS2 NEWS

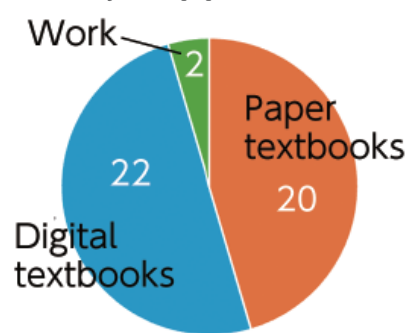
STUDENT EDITION, SEPTEMBER 2024

Class 2

Paper vs. Digital Textbooks : Class Survey Insights

According to a questionnaire in our class, about half of the people think paper textbooks are necessary, contrary to our expectations. Also, a few people thought they didn't need a textbook. Some students answered that electronics are not bulky and that it is easy to organize their belongings. It has various convenient functions.

Question :
Do we really need paper textbooks?



Made by Hasegawa Tora

On the other hand, paper is good because it's easy to see and use. Some students said they are used to using paper books and don't get tired quickly from reading them for a long time. Another advantage is that people don't have to learn any function to read paper books.

Other students even suggested they don't need the textbook itself if they have some handouts or workbooks, as they intend to learn how to solve the questions in class.

The Internet is one of the advantages of electronic inventions. It can improve children's motivation to learn, and parents and teachers can easily share their learning performances. On the contrary, it was found that if the terminal data disappears,

the motivation for learning may decrease, and it can be challenging to develop an environment where tablets can be used.

On the other hand, paper has the merit of offering various teaching materials tailored to children's needs. Paper's physical load on the body, especially on the eyes, is less than on electronics. Because students carry multiple textbooks to school daily, carrying paper books is still heavy and burdens the body. Some students say memorizing the underlined parts in the paper textbook is boring and doesn't raise much learning motivation for students.

From the above, both electronic and paper have disadvantages and advantages, and neither is necessarily better.



<https://free-icons.net/school028/>
https://www.ac-illust.com/main/search_result.php?word=%E3%83%87%E3%82%B8%E3%82%BF%E3%83%AB%E6%95%99%E7%A7%91%E6%9B%B8

By Inuzuka Jinya, Iwanaga Shuri
Sato Hikari, Hasegawa Tora
Matsuyama Riku

Aging Operators and Costs Threaten Japanese Festivals

Festivals are a Japanese tradition. It has been enjoyed by many people from ancient times to today. However, in recent years, Japan's traditional culture and festivals, while entertaining people, have faced many crises. Why is it facing a crisis even though so many people love it? After interviewing people involved in managing of a particular festival, we found that the lack of successors was a problem. The lack of successors promotes high operating costs and increases the number of elderly operators.

First, regarding the operational costs involved, specific costs associated with repairing old food stalls and disposing of garbage. Garbage disposal is for the environment, and restoring

old items is an expense that is necessary to keep the festival running.

However, festivals allow customers to enjoy themselves without spending money; they tend to end up in the red. As a result, the number of people who want to be involved in the management is decreasing due to the financial burden placed on the operators.

Additionally, as the operators are aging, running mikoshi and other events has become difficult. However, recently, some companies have started trying to save festivals that are in crisis as a business. The festival is said to be planning to attract young people and foreign tourists, such as inviting popular entertainers to the festival. As for other activities,

as countermeasures against global warming and marine plastic waste have become international issues, reusable tableware is being introduced at stalls at festivals and events across the country.

The Gion Festival in Kyoto, an advanced initiative, has seen some results, including a 40% reduction in garbage. A person involved with a non-profit organization working to reduce waste said, "We hope that the festival will serve as an opportunity to think about



Photo by Kagami Asuki

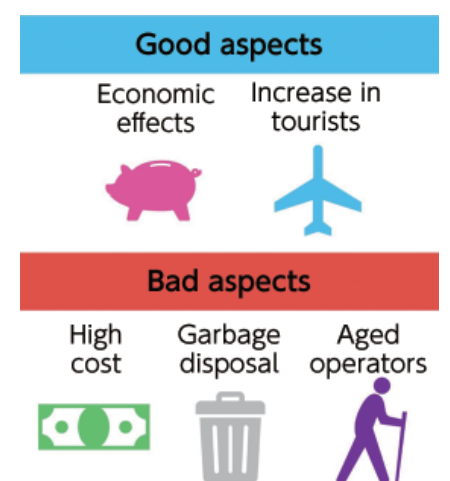


Illustration by Kagami Asuki

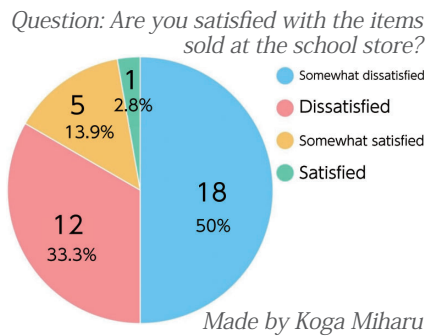
reducing waste." We hope this movement will spread and more people will become interested in festivals.

By Kagami Asuki, Kimura Sora
Saito Yukiho, Sugiyama Coco
Nakajima Shugo, Murayama Daichi

ENTERTAINER

Student Survey Highlights Nutrition Concerns at School Store

We surveyed students at Nihon University Sakuragaoka High School. The results are shown in the figure below.



First, the results show that the items sold at the store were not well-received. There were also many voices expressing concern about nutrition. There were also multiple opinions that many sweet breads were high in calories and contained few vegetables. Take sweet bread,

for example. Most people can feel satisfied with just two sweet breads. Eating two sweet breads exceeds 200 kilocalories, whether the student thinks about the calories. Also, there are few vegetables at the store, so students need more minerals and vitamins. Other bento boxes also contain few vegetables. While purchasing affordable foods from convenience stores every day can be advantageous financially, it is best to keep in mind that it may not be suitable for your health in terms of nutrition. However, some people say that the food is tasty even though it is high in calories. To provide it at an affordable price for students, the food is sold at a lower cost than convenience stores. Although various people have reviewed the items sold at the store, they

are still popular among students and continue to sell well. In other words, the items sold there align with customers' needs, both in the past and now. There are still many areas for improvement, but I hope they will continue to

improve, even if only little by little, to improve the store.

By Koga Mihar, Nakanishi Takumi
Furuki Rito, Miura Yui
Watanabe Rion



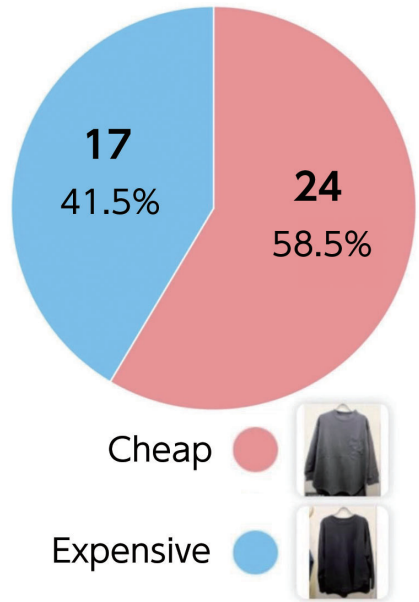
Photo by Koga Mihar

Brand Power vs. Performance : Price Disparity

Is there an equal relationship between product performance and price? First of all, performance is not proportional to price. First, performance is not proportional to price because of brand power, supply, and demand. The first example is watches. Take Audemars Piguet, one of the world's three largest watch brands. Their smartwatches are excellent products. However, the average price of a smartwatch is tens of thousands of yen at best. Audemars Piguet watches, which are far inferior in performance, are often priced in the millions, tens of millions, or even hundreds of millions of yen. Now, the second example is clothing.

Clothing may differ regarding breathability and wrinkle resistance, but not so much in appearance and performance. We have researched clothes that are similar in design by comparing pictures 1 and 2. Now let me ask

Question : Which shirt looks more expensive?



Made by Koyashiki Miu

those reading this to consider which is more expensive. The correct answer was 2. Which did you choose?

The survey results showed that one-third of the class chose the cheapest clothes and could not distinguish between cheap and expensive clothes. The point at

which most people differentiate between the two is related to the presence or absence of wrinkles. If there are no wrinkles, people cannot distinguish between the two. Differences by price were about 13 times greater for clothes that looked very similar. Prices are rising because supply is not keeping up with demand. Similarly, in the watch market, even though they are older and more fragile than modern watches, which are often richly decorated with gemstones, they are rare and highly priced, with no resale value. And the generally high demand is related to the strength of the brand. Suppose a watch has a prestigious brand stamp on it. In that case, people

will want it regardless of the product's performance, even if it is the same. These two reasons can result in prices far exceeding the product's performance.

To summarize what has been said so far. If you like the brand or want the status of the brand, you should buy a branded product, but if you want a quality product, you can afford a specific price. In other words, product performance and price do not have an equal relationship. You all need to work with that.

By Udagawa Moe, Koyashiki Miu
Goto Yuta, Bito Eita
Matsumoto Genki

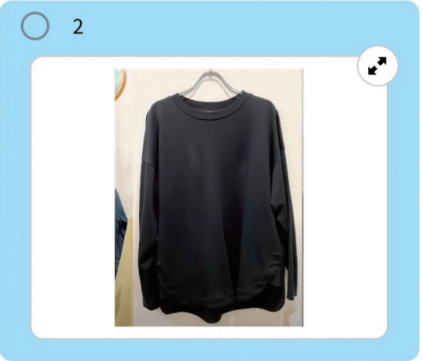


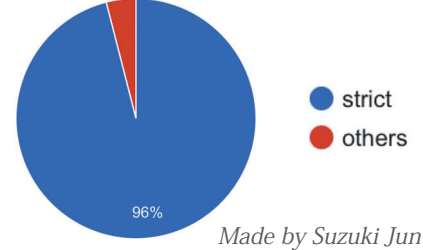
Photo by Koyashiki Miu

ENTERTAINER

Japanese vs. American School Rules : A Comparison

Japanese schools have strict rules and regulations that regulate students' lives. Students were surveyed to determine whether the school rules were strict. Most of the students responded that the school rules are stringent. Most students mentioned the policies on clothing and hairstyle as one of the strict regulations.

Question : Do you think your school rules are strict?



Made by Suzuki Jun

On the contrary, some overseas schools, like the ones in the United

States, have a high degree of freedom regarding school rules such as clothing and hairstyle. This article will compare the differences between Japanese and American school rules.

Japanese School Rules

Japanese school rules are stringent regarding policies on uniforms, hairstyles, and personal belongings. In particular, it is mandatory to wear a uniform, and even the length of the socks is specified.

American School Rules

American school rules vary from school to school. Many public schools allow a high degree of freedom in terms of clothing. However, there are restrictions on hair color and style, clothes with excessive exposure, and inappropriate messages.

Japanese school rules strictly value students' sense of unity and group behavior. This severity

is a factor in maintaining student discipline. However, it is believed that there is a possibility that individual performance will be limited. In contrast, American school rules emphasize individuality and freedom and promote self-expression. Although, sometimes, there are challenges in maintaining discipline. In this way, while Japanese students can live a regular life, they are in a situation where it is difficult to demonstrate their individuality freely.

On the other hand, while American students can enjoy self-expression in a free environment, there may be problems in terms of discipline. In this way, it is clear that Japan emphasizes regularity, and the United States emphasizes freedom. Japanese school rules are strict because they do not emphasize freedom, so the content of the school rules will change depending on what one emphasizes. By understanding the differences between the school rules in Japan and the United States, one can learn more about the characteristics of the education system.

By Uehara Tamao, Ohkawa Haruto
Katayama Oujū, Kurosawa Yuna
Suzuki Jun, Nakamura Runa



<https://www.sakura.chs.nihon-u.ac.jp/life/uniform/>

Japan's Sleep Crisis : Causes and Solutions

Japan has the least sleep worldwide, at 1.3 hours less than Brazil, which ranks first. The ideal is 7 hours of sleep.

Average Sleeping Hours

1	Brazil	7.8 h
2	India	7.7 h
3	Mexico	7.5 h
	China	7.5 h
	France	7.5 h
4	America	7.1 h
5	Germany	7.0 h
6	Korea	6.9 h
	Singapore	6.9 h
	Australia	6.9 h
7	The UK	6.8 h
8	Japan	6.5 h

<https://sleepspot.resmed.jp/sleep-health/world-sleep-day-2023>

However, Japan gets only 6.5 hours. We took a class survey about the average amount of sleep on weekdays. The results showed that only 40% of the students got 6 to 7 hours of sleep.

Thus, why does Japan sleep so little? There are two reasons. The first is the nocturnal nature of life due to information and communication devices. As noted in the table, Japan is highly dependent on smartphones, and the data shows that Japan is the third most dependent country in the table. Thus, using smartphones all the time or staying up late due to computers and smartphones causes the brain to be active due to blue light and other factors, which deteriorates sleep quality. Therefore, even if you think you are getting enough sleep, you may need to sleep better.

How long can you not use your smatphone?

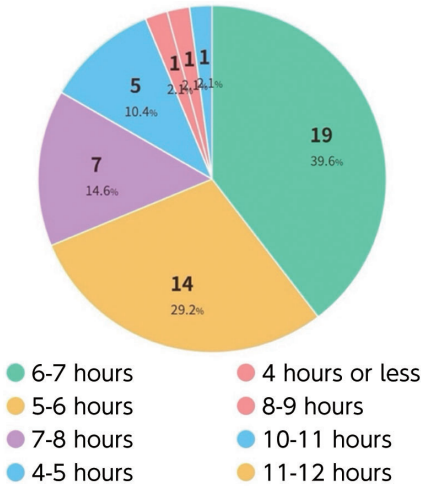
Country	Can't stay without using smartphone	Can't use smartphone a day	Can't use smartphone for a week	Can't use smartphone for a month	Can't use smartphone for permanent
Japan	49.8%	32.2%	10.9%	2.1%	5.1%
France	45.9%	27.5%	17.0%	5.7%	4.0%
Germany	41.3%	20.2%	24.0%	6.9%	7.5%
India	68.0%	18.1%	7.0%	2.6%	4.2%
Italy	45.4%	27.3%	15.1%	5.0%	7.2%
Singapore	48.7%	24.2%	15.1%	9.2%	2.9%
South Korea	55.7%	26.8%	9.3%	5.4%	2.8%
The UK	37.6%	22.6%	18.7%	7.9%	13.2%
The USA	35.7%	28.9%	17.4%	6.6%	11.5%
Total	47.6%	25.3%	14.9%	5.7%	6.5%

Second, stress is a significant factor. Having to work or raise children until late at night makes it difficult to get enough sleep, and the day's fatigue accumulates daily, affecting the body and mind.

To remedy these causes, it is essential to adjust the rhythm of one's life and consult with someone. Even if it is impossible to go to bed early and get up early, deciding on a wake-up time and bedtime for yourself and sticking to them will increase your time for sleep. Also, talking to someone about your problems instead of keeping them to yourself can help solve them and lighten your heart.

Sleep is very much related to one's physical and mental health.

Weekday sleep time



<https://webtan.impress.co.jp/n/2019/08/08/33584>

Therefore, getting the proper sleep will help us maintain our health.

By Kamoshita Ryo, Kiyota Hina
Taguchi Mikuri, Tanaka Hibiki
Nagao Konan, Hoshina Rena

ENTERTAINER

Whale Conservation Success : Humpback Numbers Rebound

Have you ever noted the Washington Convention? CITES is a 1973 treaty that aims to curb the extraction and protection of wildlife and protect wildlife at risk of extinction due to excessive international wildlife trade regulations. Each animal covered by the Convention is listed in an annex.

- Annex 1
Species already at risk of extinction.
- Annex 2
Species that are not necessarily in danger of extinction but may become endangered if not regulated.
- Annex 3
Trade for commercial purposes is possible, but An import permit or certificate of origin is required for export.

I will give a humpback whale as an example of the species protection law. Humpback whales are a kind of bald whale that is distributed almost all over the ocean. Humpback whale excrement supplies nutrients into the sea and affects the ecosystem of various organisms. If the population of humpback whales decreases, the ecosystem will be disrupted, and there is a high possibility that it will adversely affect the marine environment and climate change. Such humpback whales were whaled for a while, and it is said that 300,000 whales were whaled worldwide during this period. After that, humpback whale whaling was banned worldwide, and there were only about 10,000 left in the 1960s, but now it has recovered to about 250,000.

We don't have daily contact with endangered species. However, I think the Washington Convention and other treaties protect endangered species. Because the law is established and animals are alive, the current ecosystem and our lives are preserved. And there are things we can do to protect

animals. It is to strive to live an environmentally friendly life daily. Not treating the global environment as a problem for others is the first step to helping our precious animals.

By Mikana Asaoka, Ryuhei Kudo
Yuina Shinozaki, Mihana Tokeshi
Rina Maeshima, Yu Yazawa



<https://hawaiihumpbackwhale.noaa.gov>

Challenging ‘Black’ School Rules : A Survey

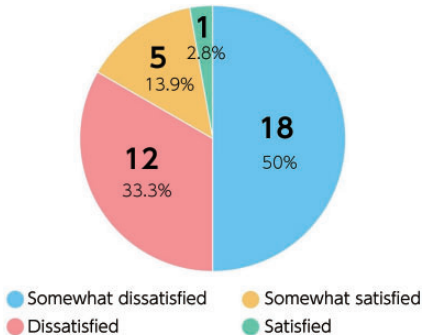
School rules that restrict freedom Have you ever felt dissatisfied with the school rules? It may be the black school rules. Black school rules are school rules that have no meaning at all or that make students feel uncomfortable. Examples include specifying clothing and banning flashy hairstyles. Therefore, I thought about why there is a black school rule. For example,

some adults may impose old habits on others. However, is it okay to have school rules that unnecessarily restrict freedom? I surveyed 36 of my classmates. In response to the question “What do you think about the school rules at your school?”, students were asked to choose from “dissatisfied,” “somewhat dissatisfied,” “somewhat satisfied,” and “satisfied.” By the

way, as the graph shows, more than 80% of people think it's not good. The Constitution guarantees our right to freedom. It should be allowed at school as long as it doesn't cause trouble to others.

By Ishii Rin, Kuroki Yunosuke
Kobayashi Nao, Sueishi Riko
Sekimori Toma, Yamaguchi Akito

Question: What do you think about the school rules in your school?



Made by Sekimori Toma

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Editor : Hoshina Rena
Assistant Editor : Suzuki Jun
Staff Writers : Asano Hana, Ishii Rin, Inuzuka Jinya, Iwanaga Shuri, Uehara Tamao, Udagawa Moe, Ohkawa Haruto, Kagami Asuki, Katayama Oju, Kamoshita Ryo, Kimura Sora, Kiyota Hina, Kuroki Yunosuke, Kurosawa Yuna, Koga Miharu, Goto Yuta, Kobayashi Nao, Koyashiki Miu, Saito Yukiho, Sato Hikari, Sueishi Riko, Sugiyama Coco, Suzuki Jun, Sekimori Toma, Taguchi Mikuri, Tanaka Hibiki, Nagao Konan, Nakagawa Hayuru, Nakajima Shugo, Nakanishi Takumi, Hasegawa Tora, Bito Eita, Furuki Rito, Hoshina Rena, Horie Yuma, Matsumoto Genki, Matsuyama Riku, Miura Yui, Murakami Riku, Murayama Daichi, Yamaguchi Akito, Wada Soshi, Watanabe Rion, Nakamura Runa
Contact : 3-24-22 Sakurajosui,Setagaya-ku, Tokyo,Japan 156-0045
URL : www.sakura.chs.nihon-u.ac.jp