



NAKAMURA TIMES

Special Edition

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Revealing the secret of Nakamura's uniform

Our uniform has been the same since 1909, so a remodel was overdue. Therefore, *NAKAMURA TIMES* interviewed Mrs. Natsuki Kagaya, who was in charge of the uniform's redesign project.

Q: What inspired the design? The concept was to design something that felt "intelligent." On top of that, the crimson color is eye-catching and combines Nakamura's uniqueness, while retaining traditions.

Q: What were your main concerns? We wanted to maintain the values of both the middle and high schools. We looked at many fabrics, colors and patterns to best express each of them while upholding harmony. We also wanted it to be comfortable. The blouse is opaque and well-fitted and the jacket is light. In addition, we used Zque New Zealand Merino



The stunning Nakamura uniform NAKAMURA GAKUEN

wool, the world's leading ethical brand for environmental sustainability. We wanted to convey Nakamura's strong desire and deter-



mination through its uniform. We felt it was not only a symbol of the school, but also made the students happy. We asked students

what their thoughts were on the school uniform.

Q: Was the cute uniform a reason for choosing Nakamura? Around 86% answered "Yes." Many believe that if they wear a cute uniform every day, it will motivate them more.

Q: Do you prefer the summer or winter uniform? 90% prefer the winter uniform, while 10% prefer the summer.

Q: What do you like about the winter uniform? We like the unique features such as the ribbon and sweater.

Could the kind and careful design considerations be the secret behind the popularity of the school uniform?

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By Riona Abe, Natsumi Sato, Yurina Endo, Rion Okubo and Aoi Fukutome

The International Course

[About NIC] Nakamura high school's international course (NIC) is famous because students go to English speaking countries for a year, to improve their English skills in a completely integrated environment. The NIC classes are taught completely in English by native teachers. NIC offers 10 hours of English classes a week, and provides special differences in contrast to regular classes, such as drama. During these lessons, English plays are made from scratch. Every year, they are performed at the Kiyosumi Festival. Before studying abroad, we are required to choose a topic of interest that is linked to a global issue and plan out interviews. After returning to Japan, we are required to compile our research and write a 1,700-word thesis on the topic we chose.

[4E Interviews] NAKAMURA

TIMES interviewed current students of NIC.

Q: Why did you choose NIC? Almost all students said that they would be able to improve their English skills. One of them said "I want to develop and improve not only in English, but all ways of communication."

Q: Why did you choose the particular country? One student chose Australia because she "wanted to do some volunteer work, which is not considered special but rather, normal and meaningful." One student who chose America said "I want to improve my English in an environment with few Japanese people." Another chose New Zealand saying "there is little time difference." Whilst another chose Canada, reasoning that "it is a multi-cultural country, differing a lot from Japan, therefore I think I will be able to learn a lot



"The 2022 Little Mermaid" drama performance KYOTA SATO

over there."

Q: What is your passion for studying abroad? One student said "I want to be able to express my opinions in English, I also want to come back to Japan after learning about things that are commonplace overseas, differences in culture and ways of thinking."

By enrolling in the NIC for three years, students have a one-of-a-kind experience, where

they can develop not only their English skills, but also their imagination and creativity, in a non-conventional classroom context. We the 4E class will travel abroad in January 2023 to partake in this unique experience.

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By Ria Kawano, Mina Kohayakawa, Kanade Sasaki, Mira Teraoka, Miran Niizuma, Momoka Maeda, Aiko Matsuo, Maya Miura and Tina Yoshida.

ABOUT NAKAMURA

Nakamura continues to charm students

With the overwhelming amount of highschools in Tokyo, the decision of which school to choose is certainly a difficult task. *NAKAMURA TIMES* asked students in the first to third years of high school what they found most attractive about the school. About 120 students responded. The most popular answers were: “The beautiful and clean school buildings, the cute uniform, the school is close to home and the small class sizes.” Let's take a closer look at the reasons for these answers. First, the school buildings. The school buildings are divided into the main building and the new building. The main building was constructed in 1999, the new building in 2012. As well as being beautiful, there were

opinions that also mentioned the cleanliness of the school. It was great to hear those opinions. Because of the schools’ beautiful and clean interior, the students always feel comfortable.

Second, the students told us that the “Teachers are kind.” Many students said that they find it easy to ask the teachers for help. As well, a warm classroom environment allows students to study. Also, we think the teachers’ room is different from other schools. Nakamura’s teachers’ room is easy to enter, and talking with teachers is natural.

It is a place where you can freely go in during lunch and after school, and is always crowded with students. Therefore, there are many opportunities to consult



The busy teachers’ room HIYORI ITO

with teachers about school work, and other matters.

As well, since you can have a conversation with many teachers, there are merits such as improving your communication skills.

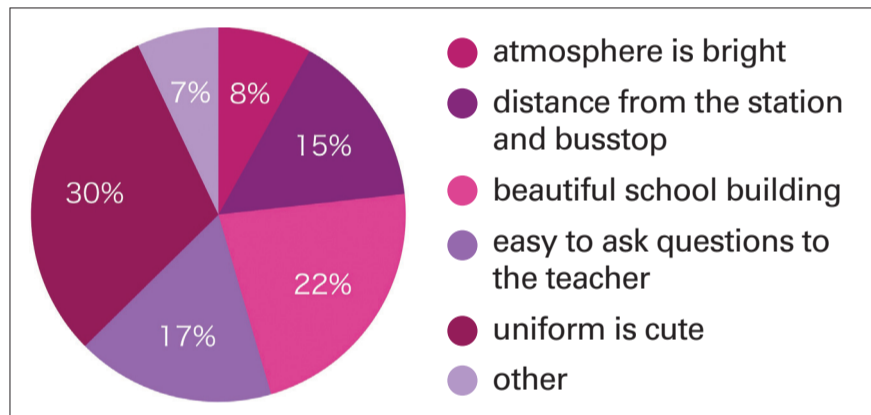
The third great point about Nakamura is the distance from the station. Nakamura High School’s nearest station is Kiyosumi-Shirakawa (which is on the Toei Oedo and Tokyo Metro Hanzomon lines). It is just three minutes on foot from the school . So parents don’t have to worry about safety since we can get off the train and walk straight to school in no time.

The final attractive point about

Nakamura is the small class sizes. Because they are small, it is easier to make friends, and more convenient for teachers to provide individual assistance and attention to every student.

Nakamura High School has so many charms we couldn’t fit them all into just one article. So, we strongly encourage you to please come by Nakamura High School and discover its charms for yourself.

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By Hiyori Ito, Serika Akazawa, Kurumi Takeda, Yuuna Takahashi, Mahiro Tamura, Honoka Nikawa and Aoi Nitta



The graph expressing the results of our interviews NAKAMURA GAKUEN

Who are our teacher fashionistas?

Nakamura High School’s teachers are not only amazing at teaching, but also happen to have a wonderful fashion sense.

NAKAMURA TIMES conducted a survey to find who the most fashionable teacher in our school is. We interviewed two teachers who are popular based on student’s opinions. Perhaps you may be able to pick up some fashion tips from them.

The first teacher was Mrs.Miku Watanabe who teaches Japanese. Students often say “Her clothing combinations are beautiful” and “I like her clothes, they look clean and cute.”

When we asked Mrs. Watanabe how she chooses her outfit everyday, she answered “It just depends on how I am feeling that day, as for my hair, I just brush

it.” She didn’t tell us why, but she often wears the same color. Her students said, “We have the impression that she likes blue since



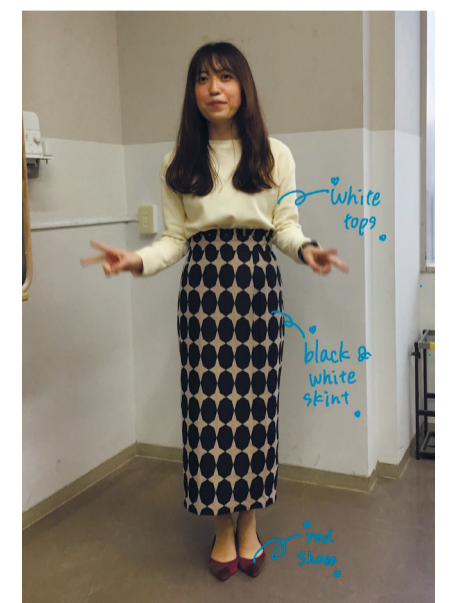
Mrs Miku Watanabe NAGOMI KOJIMA

she always wears blue items.”

The second teacher we interviewed was Mrs.Manaka Noriko, who is a wonderful mathematics teacher. Students always say, “She has a great fashion sense” and “her hair is stylish.” She told us her outfits are related to her child. Everyday, she wears the same colors as her 5-year-old child. In other words,they like to coordinate their outfits.

When we asked her about her hairstyles, she said, “If I have time I’ll tie it up,and if I don’t have time, I’ll have my hair down.” Though they look expensive, she told us that her barrettes are only from 100 yen shops.

We were surprised at the results from our interviews with our fashionable teachers.They used such simple methods to choose



Mrs Noriko Manaka EN SHU

their outfits and hairstyles however, they are both so elegant and stylish.

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By En Shu, Sena Kanazashi, kanna Goto, Nagomi Kojima, Yuuri Taketani, and Yuuka Shibano

ABOUT NAKAMURA'S EVENTS

'Kenshuugasshuku' strengthens our bonds

Nakamura High School holds the "Kenshuugasshuku" at Lake Yamanaka in Yamanashi Prefecture for four days in June for fourth-grade students. The residential camp aims to build relationships and strengthen bonds between students. According to the results of a survey of 40 fourth-year students, the ekiden long-distance relay and curry making were the most enjoyable accounting for 25 % of the responses. The ekiden relay begins on the second day and



The students cooking together on the first day. HIKARI KASAI

is around Lake Yamanako. It involves teams of five runners, who at the end of each leg, pass on a tasuki, or cloth sash, to the next runner. Each team decides on a color and runs with a tasuki of that color. In addition, a few words from everyone on the team are written on the tasuki. We created a tasuki full of individuality for our teams. It was very impressive to see all of the students working together as one. *NAKAMURA TIMES* spoke to a runner involved in the race and she said, "It was very hard, but I didn't give up because of the support from the people around me." All the teams gathered at the finish line, united to cheer the last runner home. After the ekiden, we made a big curry for lunch. As we prepared the meal, we were able to interact with each other as if we were all in the same class. We also made fires together, cooked rice, and cut vegetables. Because of this, many people said that the communication and conversations were enjoyable, helped break down barriers, and deepened our relationships with our one another.



Some students during the ekiden race. SERINA KUDO

At first we were nervous and shy with each other, but as the curry cooked, the conversations increased. It was a happy time, and we shared a sense of accomplishment and satisfaction because we had run the ekiden and made the curry together. Everyone seemed to agree it had been a very rewarding experience. One person said it was "An opportunity to interact and help many people." Another student said it "Deepened our relationships" and even that she "got to know many friends in a more familiar way." But perhaps

one comment summed it up best, "Compared to the barbecue on the first day, there were many times we couldn't make it without sharing roles, so we talked about a lot of things and it worked."

The Kenshuugasshuku helped us overcome difficulties with our fellow students, which made us more united. It was truly an unforgettable experience.

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By Momoka Hara, Yuna Nakagawa, Rin Kanamaru, Mako Fujishiro, Serina Kudo and Hikari Kasai

Summer school puts English skills to the test

In the second year at Nakamura High School, we experience the "Domestic Summer School" programme. Our school is in Fukagawa, so we introduce this area to people from outside Japan. We can put our English skills to the test and are able to cultivate our ability to communicate clearly with others.

The experience allows us to develop the four skills of English: reading, writing, listening and speaking.

On the first day of the programme, we learned about our lecturer, including their background and country of origin. We also played games in English.

On the second day, we visited the sites in Fukagawa with our new friend from overseas. At that time, each person in our group introduced themselves to one another in English.

On the third day, we gave a presentation on the theme that we had



A group at the Tomioka Hachimangu shrine HINANO YOSHINO

practiced together. Everyone was very nervous at first and we found it hard to speak in English, but we gradually got to know each other, laughed and talked whilst enjoying the Fukagawa sites.

One of the groups went to the Kiyosumi Gardens, and saw people taking wedding photos. There were various plants and animals in the garden, including birds and soft-shell turtles, which were so

cute. At the end of the field day, we gathered under a red umbrella for a commemorative photo. Overall, our experience doing fieldwork with our friends from overseas was so much fun. We worked hard every day to improve our English skills. It was very difficult at first to communicate with people from overseas, but after some practice, we were able to easily talk and enjoy time together.



A group at the Kiyosumi Gardens SAE TOCHIGI

er. Many of the students who participated in the event now want to put what they learned to use every day. Some said they wanted to improve their vocabulary, whilst others mentioned that they wanted to expand their speaking abilities. We are grateful to have had this wonderful experience and will remember it forever.

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By Shiori Kato, Rena Nagayoshi, Ai Miyadera and Hinano Yoshino

ABOUT CAFES

Cafe serves food with a smile

The Nakamura High School, cafeteria is called CAFE “MiyakoDori.” Located on the first floor of the new LADY building, it sells hot, and delicious hand-made lunches to students. There

are two kinds of “bento,” or lunch boxes, A and B, available daily, and each costs ¥480. There are also side dishes such as french fries, fried chicken and salad. In addition to same-day ordering,

you can also preorder your lunch. French fries are the most popular item on the menu. As for the boxed lunches, hamburger bento and fried chicken bento are popular. *NAKAMURA TIMES* spoke to the president of CAFE MiyakoDori, Mr. Yuji Ogawa and his staff. One staff member told us that only being able to provide premade lunch boxes was the hardest part of the coronavirus pandemic. Since then, the eating space of the cafe has been closed. The staff member said that he was looking forward to reopening the ‘dine-in’ space of the cafe. When we asked another staff member what the best part of her job was, she told us that it was when customers said, “That was delicious.” The staff also told us that their motto is “Taking care while smiling with food” and since “Many customers care



The eating space inside CAFE MiyakoDori. NAKAMURA GAKUEN



Nakamura students chatting in the outside space of the cafe NAKAMURA GAKUEN

and think about their health, we want to do everything we can to help them.” CAFE MiyakoDori says that when the pandemic is over, it wants to serve some fresh dishes and ice cream that everyone will love. We hope to be able to enjoy freshly cooked lunches again soon!

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By Ako Yokoyama, Tomoka Ohashi, Saki Shioiri, Miyu Ueno, Sakurako Sunagawa, Natsumi Orikasa, Mio Murai, Mio Tachihara, Kasumi Watanabe, Karen Iwanaga and Towa Aikawa.

Something's brewing on Kiyosumi-Shirakawa's cafe scene

Kiyosumi Shirakawa has recently become a fashionable and unique spot for locals. This is in part due to the great new cafes that have opened up in the area in recent years. *NAKAMURA TIMES* did some research on these cafes to find out what atmosphere and vibes they provide their customers.

We first interviewed the staff at “TOKAKU coffee+” a cafe with a homely atmosphere just a five minute walk from Kiyosumi-Shirakawa Station. The store has large windows that make for a bright but cozy interior, which is decorated with fashionable pictures and objects. The staff recommend their “Brazilian pudding” and their seven kinds of coffee. Decaffeinated beverages are also available, so you can even have a drink before bed time. Iced teas are great for those who don't like coffee. Apart from the “Brazilian pudding” all items can be made take away. The cafe's special feature is that there are no partitions between seats, which creates an accessible and easy-going atmo-

sphere. In fact, we saw customers engaging in friendly conversations with the staff. Pets are also welcome as long as they don't bother other patrons.

Next, we visited a cafe named “iki ESPRESSO.” It has recently been featured on TV and in other media, and is one of the most popular cafes in Kiyosumi-Shirakawa. Although it has a concrete interior, it feels cozy and there's lots of greenery. The entrance is always open, allowing warm sunlight to flood in. The fact that it was built in a renovated old building makes it even more relaxing.

The iki ESPRESSO staff recommend the “Eggs Benedict.” The cafe is New Zealand themed, so you can try many foods and sweets that are not commonly found in Japan. Iki ESPRESSO is also very particular about its coffee, so you can drink high-quality coffee roasted in-house from more than 10 types of beans. If you don't like coffee, they recommend teas or a hot chocolate. This store is also pet-friendly, so it's a good place to drop in for



The Brazilian pudding set from TOKAKU coffee+ REI SATO

a drink if you are out walking your pet. Iki ESPRESSO's goal is to make the store busier and hopes to bring in more customers each year. In August, the owners opened a new bakery-centered cafe called iki Roastery & Eatery, along the Sumida River. We hope you will stop by and enjoy Kiyosumi-Shirakawa's ever-growing cafe culture.

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By Rei Sato, Hazuki Tominaga, Aoba Suzuki, Moeno Saito and Yuzuha Tanaka



TOKAKU coffee+ cafe YUZUHA TANAKA



iki ESPRESSO cafe HAZUKI TOMINAGA

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