



# NAKAMURA TIMES

Special Edition

October 2024

## Nakamura students “train” in Cambodia

“Cambodia training” means teaching Japanese and English to Cambodian children. The training is mainly aimed at volunteers. The program also allows us to cooperate and convey the meaning and importance of going to Cambodia to many people.

We learned about the lives of Cambodian children, and what differences there are between Japan and Cambodia. We also learned how these differences relate to Japan.

Cambodian children routinely wake up at 6:30 a.m. and leave for school around 10 minutes later. They have classes from 8:00 a.m. to 4:30 p.m.

Morning classes are held until 11:00 a.m., and children who have taken morning classes return home before heading to cram school in the afternoon. Similar to Japan, Cambodian students have a school uniform and continue to wear it when they attend cram school.

The place to learn, both in the



Above: Nakamura and cambodian students pose in the classroom.



Left: Wall art outside the classroom. Right: Aina Kubota teaching Japanese and English to happy cambodian students.



morning and in the afternoon, is the elementary school building. Most schools teach English and Japanese from junior high school. Elementary school students study

Japanese, history, geography, science, and social studies.

The lives of Cambodian children are completely opposite to our own; many children want to

go to school but cannot.

In our classes where we taught Japanese and English, we were impressed by the very honest and mild-mannered children. In an environment where neither Japanese nor English is spoken very well, we spent a lot of time trying to find out how to interact and communicate with the children. Even the time we spent thinking and planning was enjoyable.

We volunteered with the hope that the children of Cambodia will continue to have more opportunities to learn. We believe that even making one useful contribution to the children would make this training worthwhile.

The many memories and smiles we received from the children gave us strength, and we felt that the training in Cambodia was such a valuable learning experience for us.

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By Aina Kubota, Aika Shirai-shi, Hinata Kizawa, and Rena Nagayoshi.

## Getting to know N Store’s Chieko Kojima

Nakamura Junior and Senior High School has a convenience store called “N Store” on the 4th floor. It sells light meals and snacks such as rice balls and bread and is very popular among students.

In particular, longtime sales clerk, Chieko Kojima, fondly known as “Chi-chan,” is an important figure in N Store’s popularity, because of her bright and cheerful personality.

We asked Chieko to share with



Nakamura students enjoy time with N Store’s beloved Chi-chan.

us her experience of the store.

**Q: How long have you been working at the store?**

**A:** I’ve been doing it for 30 years.

**Q: What are your most popular items?**

**A:** All of them. Onigiri and chocolate bread are especially popular.

**Q: Are there any days of the week that are busiest?**

**A:** It’s about the same amount of busy every day, and everything usually sells out.

**Q: What is most rewarding about your job?**

**A:** I love the students, and I want to see everyone, so I’ve continued to sell here for 30 years and am still enjoying it.

The interview taught us many



N Store’s delicious selection of bread and snacks.

new things about our N Store as well as Chi-chan who runs it. We hope you learned something new, as well.

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By Ako Yokoyama, Yua Kaneko, Ayako Enoki, Maika Terashima, Yui Toono, Yui Murakami, Nanami Chubachi, and Nanaka Matsumoto.



## ABOUT NAKAMURA

# Students enjoy club activities at Nakamura

Nakamura has 26 clubs: 15 cultural clubs and 11 athletic clubs.

According to a survey of all students at the school, 80% of the students participate in club activities, so the school grounds after school are crowded with students taking part in club activities every day.

The high school volleyball club, a designated school strengthening club, has a long history and has

produced many volleyball players.

This time, we interviewed Nanaka Matsumoto who has been a member of the volleyball club the longest.

When we asked her about the hardest part of being a member of the volleyball club, she said it is tough because of the amount of practice she needs.

*“But it’s rewarding when we win a match, I am now working hard everyday to compete in the Kanto Tournament.”* she said.

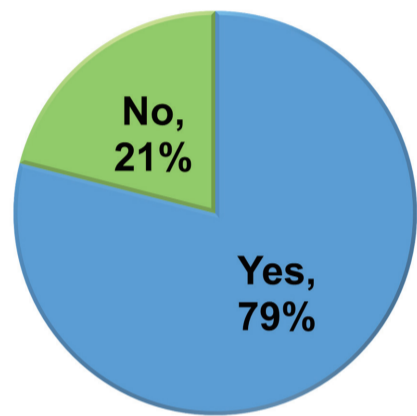
She also gave a reason why she chose the volleyball club.

*“When we practiced together in junior high school, the seniors were cool. There was also a fun atmosphere that I wanted to try even if I didn’t have any experience,”* she said.

*“When we practiced together in junior high school, the seniors were cool and there was a fun at-*



Nakamura’s volleyball team celebrate with a team photo after practice.



Survey showing students currently involved in school clubs.

*mosphere that I wanted to try even if I didn’t have any experience.”*

As you can see, many students at Nakamura find club activities rewarding, and it is easy for even inexperienced students to get started, so it is an environment in which many students can enjoy their activities.

By Ako Yokoyama, Yua Kaneko, Ayako Enoki, Maika Terashima, Yui Toono, Yui Murakami, Nanami Chubachi, and Nanaka Matsumoto.



Club posters displayed on the fourth floor of Nakamura.

# Introduction to Japanese School Uniforms

Slacks and short socks were introduced as uniform options at Nakamura on April 23, 2024.

We surveyed the entire student body to find out what people were saying about their use. We asked our students how many of them had purchased slacks or short socks.

### Survey Results

With regard to slacks, 41 out of 366 students have purchased them. The most common reasons

given were, “I don’t like skirts,” “They are convenient and easy to move around in,” and “They reduce the risk of being harassed.”

In this age of diversity it is important to have more options, and slacks are a way to allay concerns that are unique to female students.

Those who actually wear the new slacks responded that they gave them a sense of self, they were easy to spend time in, but that the quality deteriorated

quickly after daily use.

When it came to the short socks, 155 out of 365 students have purchased them. The most common reasons given were, “short socks are cool on hot days” and they are “easy to wear.”

The temperature on hot summer days can exceed 30 degrees, so the introduction of short socks to Japanese School Uniforms is perfect.

Those who actually wore the socks commented that they “matched their summer clothes” and were “good” and “cool.”

In addition, three years ago, a new gym kit was introduced. Students using the new kit commented that they were “glad UV-cut fabrics were used,” that it was “airy and comfortable,” and that it was “convenient” because they could wear it to and from school without their names embroidered on the kit.

Uniforms are one of the motivations for attending school, which is why it is great to have more options for uniforms and to be able to make our own decisions.

We hope this article will be a

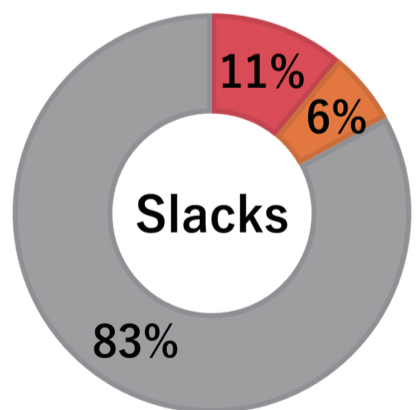


Above: New gym kit. Below: Old gym kit. ANNA TAKAGI

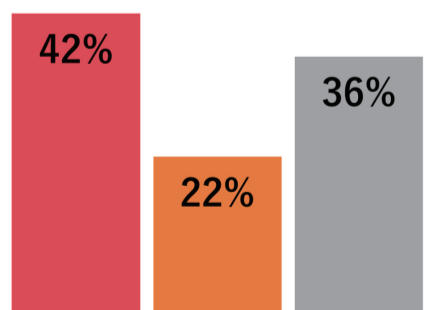


good starting point for current students who are thinking of buying uniform items and those who are interested in this school.

By Anna Takagi, Ai Miyadera, Mao Ookawa, Arisa Ichikawa, and Shiori Kato.



Survey results of students who did and did not buy slacks.



Survey results of students who did and did not buy short socks.



## ABOUT STUDENTS IN NAKAMURA

# Personalities at Nakamura High School

Have you heard of the Myers-Briggs Type Indicator (MBTI)?

It is a personality test, which classifies human personalities into 16 types, to help us better understand our own and others' traits and tendencies.

We researched the personalities of Nakamura High School students using the MBTI. We found that third-year junior high school and second-year senior high school are two of the most

MBTI-biased grades.

First, we found that 31% of junior high school third-year students were ENFP types.

ENFP stands for Extroverted, Intuitive, Feeling and Prospecting. People with this personality type are called "Campaigners" and are characterized as cooperative and adaptable; they are outgoing, openminded and open-hearted; true free spirits.

According to third-grade teacher, Niko Mori, she was impressed

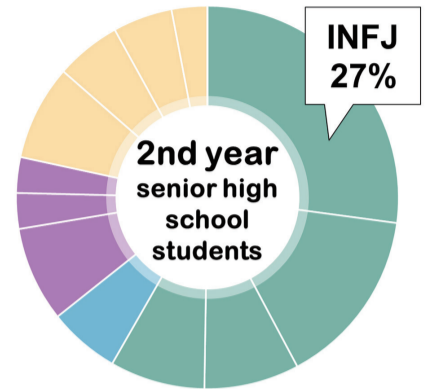
with how students with this personality type were happy together in class, not only with themselves but also with their friends. This experience seems to be close to the cheerful image that ENFP personalities supposedly have.

Second, we found that 27% of the high school second-year students were INFJ types.

INFJ stands for Introverted, Intuitive, Feeling and Judging. Known as "Advocates" or "Idealists," people with this personality type are characterized as empathetic and insightful. They tend to approach life thoughtfully and imaginatively, and aim to make a difference in the world.

Hiroaki Oba, a second-year high school teacher, said that students have an interest and willingness to get involved with new students who have different lifestyles and cultures.

Another second-year high school teacher, Noriko Manaka, said that the students with this



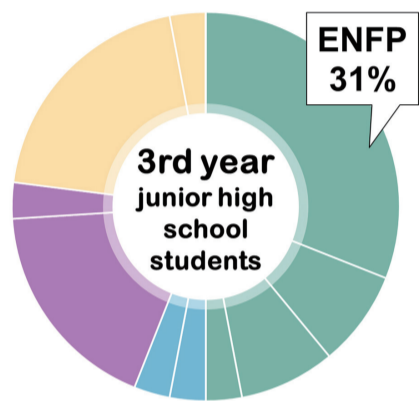
MBTI results of second-grade high school students.

personality type are more likely to trust their own knowledge and intuition than to accept other people's ideas and social norms.

This story could only have been written about a grade that has many empathetic and insightful students.

As these results show, MBTI may effect student traits and the atmosphere of the school.

By Saya Ishimoto, Miyu Ueno, and Kyoko Yuda.



MBTI results of third-year junior high school students.



## Enjoy Bento with Friends!

At Nakamura High School, students do not eat lunch provided by the school but instead have to bring their own lunch or eat at the Café Miyakodori. We took a close look at the bento and packed lunches that students often bring.

Even if you are having a bento with friends, the side dishes included will vary from person to person. So, what side dish is the most popular?

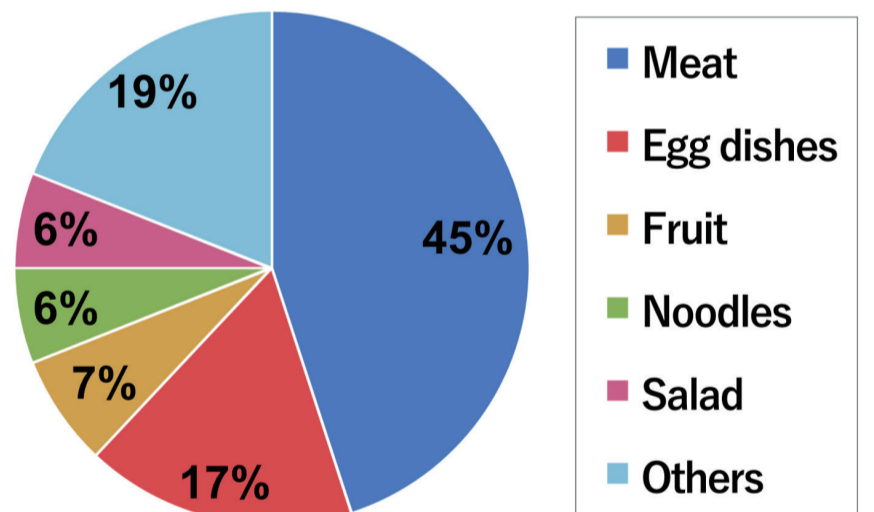
We conducted a survey of all junior and high school students to find the answer. The responses offer plenty of ideas that will

make you look forward to your lunchboxes for the next six years!

We asked the question, "what side dishes do you like to have in your lunch box?" and compiled a ranking based on the results of the questionnaire. Students were given the following options: meat, egg dishes, fruit, noodles, salad, or other.

From the results, we learned that each student has a favorite side dish that they enjoy at lunch, however, among all the options, "meat" was the most popular.

Students were also encouraged



Questionnaire results for the sides dishes students enjoy the most.

to suggest other side dishes they enjoy other than the options listed in the questionnaire.

Please consider trying these surprise dishes that we found:

- Ahijo:** Japanese style shrimp fried with garlic and oil.
- Pancakes:** A filling side dish which can be eaten savory or sweet.
- Fried bread:** You can try various types such as french toast or curry bread.

We also interviewed two parents who make lunches for their daughters at Nakamura.

When asked how early in advance they prepare lunch, the par-

ents answered, "one hour before," and "the day before."

We also asked what they kept in mind when making a bento. One parent considers whether the bento would be filling enough, while the other thinks about the amount that their daughter can finish within lunch time.

From this interview, it appears that our parents often think about us and prepare lunches that meet our needs the day before or early in the morning.

By Karen Iwanaga, Hahyun Oh, Rimi Kiyomatsu, and Mio Murai.



A student's homemade bento with meat, fried egg and other side dishes.



## ABOUT CAFES

## Exploring the charm of Café Miyakodori

How often do you use Café Miyakodori on the first floor of Nakamura's new building? We looked at why more students might want to try it.

**The secret of deliciousness**

We asked a member of staff at the café what the secret to their delicious food was. He told us that the café only uses fresh domestic ingredients. In addition, it seems that each ingredient is carefully prepared without using any frozen food.

**We asked all the students to rank their menu favorites**

Here is the ranking of students' favorite meals from the menu: No. 1 is ramen, which accounts for about half of the total responses. This seems to be the most popular meal among the students because it is "affordable" and "tasty."

No. 2 is the karaage set meal, which accounts for 18%; No. 3 is udon, which accounts for 14%;



Students from all grades enjoy lunch in café Miyakodori.

and finally No. 4 is other, which accounts for 8% of the total.

There are a variety of meals which fall into the "other" category, such as curry rice. If there is something on the menu you have never had, please try it.

When we circulated a questionnaire to see how many students use the café, we found that one-third of them had never tried it. Even among those who have used

other cafés, they do not use them frequently.

The café is a bit small and it can take a while for lunch to be served, but the food is always delicious, so it is well worth the wait. Please go to Café Miyakodori! You won't be disappointed.

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By Maya Takayanagi, Goma Takanashi, Mao Nagaoka, and Juri Tokairin.



The café's popular "tantanmen."

## A youthful perspective on Kiyosumi's "Old and New"

Nakamura is located in Kiyosumi, in eastern Tokyo's Koto Ward. We stopped in at a café and a candy store to sample the area's friendly mix of the modern and the traditional

**~It's like a café overseas~**

Iki ESPRESSO is a modern café with a distinctive New Zealand flavor. This is because the owner worked as a producer in a café in New Zealand after graduating from university.

The café offers a full coffee and food menu and is very popular with people in their 20s and 30s who visit after coming across the café's trendy Instagram and Facebook posts.

One of the most popular dishes is Eggs Benedict. There's in-house roasted coffee, as well as homemade lemonade, and drinks imported from New Zealand.

The café also sells coffee beans and machines, which is unique to the shop. There's even a latte art class! The staff are friendly and the service is great.



Cakes on display inside the cafe.

ANNA TAKAGI

Iki ESPRESSO is the ideal place for a relaxing "cup of joe."

**~A candy store loved by everyone~**

Next, we went to Edo Miyageya Takahashi, a traditional Japanese candy store, and Edo souvenir shop. The shop curtain that says "I'm sorry for the worst tsukudani in Japan" immediately attracted our attention.

Nobuo Takahashi, the owner, moved to Kiyosumi and opened the shop here with his wife. People of all ages visit.

There are many foods to choose from, but the original Fukugawa-meshi stock is especially recommended.

At Edo Miyageya Takahashi, you can also see and learn about some beautiful old toys, and can actually play with them at the shop. Customers say that the colorful and unique toys add to the enjoyment of their visit.

The shop owner Nobuo Takahashi is a very welcoming and colorful character and he sometimes wears a \*chonmage, as shown in the picture. We invite you to satisfy your sweet tooth at



Owner Nobuo Takahashi and his wife warmly greet customers.

ARISA ICHIKAWA

Edo Miyageya Takahashi.

\*Chonmage is a type topknot that was worn by men around 1200 from the Kamakura period to the Muromachi period. Originally, it was intended to improve ventilation of the head. It gradually became a proud symbol of the samurai fighting for the monarch, and it was popularized by the general public.

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By Anna Takagi, Ai Miyadera, Mao Ookawa, Arisa Ichikawa, and Shiori Kato.



Takahashi Edo Souvenir Shop's original Fukugawa-meishi stock.

ARISA ICHIKAWA